

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	DIMENSIONS OF WELLNESS	1	2	3	4 – Independence Day	5
	 Physical  Emotional  Spiritual  Social  Intellectual  Health Services  Nutritional  Purposeful	 9:00am Men's Fellowship Breakfast, DR  10:30am Painting Workshop, AC  10:30am Bus to Giant, LO  12:00pm Advanced Painting, AC  1:00pm Bus to Fair Lakes, LO  1:00pm The Needlers, FR  2:00pm Advanced Photo, AC  2:00pm Balance & Gait, SD  2:00pm Health & Wellness Talk, AA  3:00pm Line Dancing Party, BI  3:30pm Fairfax County Library Services Presentation, AA  5:00pm Happy Hour & Trivia, PHSL	 9:00am Pickle Ball, SP  9:00am Pool Volleyball, P  10:00am Beginner Painting, AC  10:00am Fitness Class, SD/TV  10:30am Bus to Trader Joe's, LO  12:00pm Drawing, AC  1:00pm Bridge, PHSL  1:00pm Line Dancing w/ Grace, SD  2:00pm Intermediate Photography, AC	 8:45am Water Exercise A, P  9:30am Bus to Ft. Myer, LO  9:30am Water Exercise B, P  10:15am Drum Circle, AA  1:00pm Yoga, SD  1:30pm Bus to Ft. Myer, LO  2:00pm Balance & Gait, SD  5:15pm Vinson Voices, AA  7:00pm Vinson Voices Independence Day Concert, B	 9:00am Pickle Ball, SP  10:00am Women's Bible Study, WORL  10:00am Get Fit Stay Fit Class, SD  10:30am Bus to Safeway, LO  11:30am Independence Day Buffet, DR  2:00pm Tai Chi Class, SD	 10:30am Bus to Giant, LO  11:00am Zumba Gold, SD  1:00pm Cribbage, PHSL  4:30pm Catholic Mass, CH
6	7	8	9	10	11	12
 11:00am Protestant Chapel Service, CH  11:30am Sunday Brunch, DR  2:00pm Ping-Pong, SD	 8:45am Water Exercise A, P  9:00am Pickle Ball, SP  9:30am Water Exercise B, P  10:00am Fitness Class, SD/TV  10:30am Bus to Safeway, LO  12:00pm Pool Volleyball, P  1:00pm Bridge, PHSL  1:00pm Motion is Lotion, SD  2:00pm Tai Chi Class, SD	 10:30am Bus to Wegmans, LO  12:00pm Advanced Painting, AC  1:00pm The Needlers, FR  2:00pm Advanced Photo, AC  2:00pm Balance & Gait, SD  3:00pm Birthday Tea, PHSL	 9:00am Pickle Ball, SP  9:00am Pool Volleyball, P  10:00am Beginner Painting, AC  10:00am Fitness Class, SD/TV  10:30am Bus to Trader Joe's, LO  12:00pm Drawing, AC  1:00pm Bridge, PHSL  1:00pm Line Dance with Grace, SD  2:00pm Intermediate Photography, AC	 8:45am Water Exercise A, P  9:30am Bus to Ft. Myer, LO  9:30am Water Exercise B, P  10:00am Beginner Painting, AC  11:00am Town Hall, AA  12:00pm Beginner Photo, AC  1:00pm Yoga, SD  1:30pm Bus to Ft. Myer, LO  2:00pm Balance & Gait, SD  2:00pm Mindfulness, AA	 9:00am Pickle Ball, SP  10:00am Get Fit Stay Fit Class, SD  10:30am Bus to Safeway, LO  11:30am Eating Well=Aging Well, AA  2:00pm Pool Volleyball, P  2:00pm Tai Chi Class, SD  6:00pm Bus to Kennedy Center Les Miserables, LO	 10:30am Bus to Giant, LO  11:00am Zumba Gold, SD  1:00pm Cribbage, PHSL  1:00pm Bus to Signature Theatre, LO  4:30pm Catholic Mass, CH  7:00pm Movie Night, AA
13	14 – Bastille Day	15	16	17	18	19
 11:00am Protestant Chapel Service, CH  2:00pm Ping-Pong, SD	 8:45am Water Exercise A, P  9:00am Pickle Ball, SP  9:30am Water Exercise B, P  10:00am Fitness Class, SD/TV  10:30am Bus to Safeway, LO  12:00pm Pool Volleyball, P  1:00pm Bridge, PHSL  1:00pm Motion is Lotion, SD  2:00pm Women's Book Club, PHC  2:00pm Tai Chi Class, SD  5:00pm Les Zazous Duo, DR	 9:00am Women's Fellowship Breakfast, DR  9:15am Bus to AMC Shirlington, LO  10:30am Photo Workshop, AC  10:30am Bus to Giant, LO  12:00pm Advanced Painting, AC  1:00pm The Needlers, FR  2:00pm Advanced Photo, AC  2:00pm Balance & Gait, SD  5:00pm Episcopal Dinner, DR  5:00pm Happy Hour & Trivia, PHSL  7:00pm Episcopal Holy Eucharist, CH	 9:00am Women's Fellowship Breakfast, DR  9:00am Pickle Ball, SP  9:00am Pool Volleyball, P  10:00am Beginner Painting, AC  10:00am Fitness Class, SD/TV  10:30am Bus to Trader Joe's, LO  12:00pm Drawing, AC  1:00pm Bridge, PHSL  2:00pm Intermediate Photography, AC	 8:45am Water Exercise A, P  9:30am Bus to Ft. Myer, LO  9:30am Water Exercise B, P  10:00am Beginner Painting, AC  12:00pm Beginner Photo, AC  1:00pm Yoga, SD  1:30pm Bus to Ft. Myer, LO  2:00pm Balance & Gait, SD  3:00pm Social Tea, PHSL	 9:00am Pickle Ball, SP  10:00am Women's Bible Study, WORL  10:00am Get Fit Stay Fit Class, SD  10:15am Bus to The People's House, LO  10:30am Bus to Safeway, LO  11:00am Tech Class, AA  1:30pm Bus Lidl, LO  2:00pm Pool Volleyball, P  2:00pm Tai Chi Class, SD  6:15pm Third Friday Bridge, PHSL	 10:30am Bus to Giant, LO  11:00am Zumba Gold, SD  1:00pm Cribbage, PHSL  4:30pm Catholic Mass, CH  7:00pm Movie Night, AA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	21	22	23	24	25	26
 11:00am Protestant Chapel Service, CH  11:30am Sunday Brunch, DR  2:00pm Ping-Pong, SD	 8:45am Water Exercise A, P  9:00am Pickle Ball, SP  9:30am Water Exercise B, P  10:00am Fitness Class, SD/TV  10:30am Bus to Safeway, LO  12:00pm Pool Volleyball, P  1:00pm Bridge, PHSL  1:00pm Motion is Lotion, SD  2:00pm Tai Chi Class, SD	 10:30am Bus to Giant, LO  10:30am Yoga for Posture, TV  11:30am American Legion Luncheon, BI  12:00pm Advanced Painting, AC  1:00pm Bus to Tysons Mall, LO  1:00pm The Needlers, FR  2:00pm Advanced Photo, AC  2:00pm Balance & Gait, SD  2:00pm Caregiver Support Group, PHC	 9:00am Pickle Ball, SP  9:00am Pool Volleyball, P  10:00am Beginner Painting, AC  10:00am Fitness Class, SD/TV  10:30am Bus to Trader Joe's, LO  12:00pm Drawing, AC  1:00pm Bridge, PHSL  1:00pm Extended Care Open House, B  2:00pm Intermediate Photography, AC  3:00pm Ice Cream Social, VHL	 8:45am Water Exercise A, P  9:30am Bus to Ft. Myer, LO  9:30am Water Exercise B, P  10:00am Beginner Painting, AC  10:30am Residents Association Meeting, AA  12:00pm Beginner Photo, AC  1:00pm Yoga, SD  1:30pm Bus to Ft. Myer, LO  2:00pm Balance & Gait, SD  7:00pm Steve Friedman Broadway Lecture, AA	 9:00am Pickle Ball, SP  10:00am Get Fit Stay Fit Class, SD  10:30am Bus to Safeway, LO  2:00pm Pool Volleyball, P  2:00pm Tai Chi Class, SD	 10:30am Bus to Giant, LO  11:00am Zumba Gold, SD  1:00pm Cribbage, PHSL  4:30pm Catholic Mass, CH  7:00pm Movie Night, AA
27	28	29	30	31	MEETING PLACES	MEETING PLACES
 11:00am Protestant Communion Service, CH  2:00pm Ping-Pong, SD	 8:45am Water Exercise A, P  9:00am Pickle Ball, SP  9:30am Water Exercise B, P  10:00am Fitness Class, SD/TV  10:30am Bus to Safeway, LO  12:00pm Pool Volleyball, P  1:00pm Bridge, PHSL  1:00pm Motion is Lotion, SD  2:00pm Tai Chi Class, SD	 10:30am Bus to Giant, LO  12:00pm Advanced Painting, AC  1:00pm The Needlers, FR  2:00pm Advanced Photo, AC  2:00pm Balance & Gait, SD	 9:00am Pickle Ball, SP  9:00am Pool Volleyball, P  10:00am Beginner Painting, AC  10:00am Fitness Class, SD/TV  10:30am Bus to Trader Joe's, LO  12:00pm Drawing, AC  1:00pm Bridge, PHSL  2:00pm Intermediate Photography, AC	 8:45am Water Exercise A, P  9:30am Bus to Ft. Myer, LO  9:30am Water Exercise B, P  10:00am Beginner Painting, AC  12:00pm Beginner Photo, AC  1:00pm Yoga, SD  1:30pm Bus to Ft. Myer, LO  2:00pm Balance & Gait, SD  5:15pm Vinson Voices, AA	FC - Fitness Center DR - Penthouse Dining Room TV - TV AC - Art Center LO - VH & WO Lobby AA - Alford Auditorium FR - Fireplace Room SD - Studio D PHSL - Penthouse Sylvester Lounge SP - Sports Park	P - Pool SD/TV - Studio D & TV B - Kathy Martin Ballroom WORL - Willow Oak Residents Lounge PHC - PH Conference Room CH - Chapel BI - Bistro VHL - VH Lobby
COMMITTEE MEETINGS	COMMITTEE MEETINGS	BANKING SERVICES				
July 1, 11:00am, Health & Wellness Committee Meeting, AA July 4, 11:45am, Operations Committee Meeting, PHC July 14, 10:30am Low Vision Support Group, PHC	July 15, 1:00pm, Dining Committee Meeting, PHC July 23, 10:30am, Finance Committee Meeting, AA July 25, 3:15pm, IT Committee Meeting, PHC	Navy Federal Credit Union Onsite 9:30am-11:30am, Penthouse Conference Room Wednesday, July 9th Wednesday, July 23rd 				