

November 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	EXERCISE ON CHANNEL 970	NAVY FEDERAL CREDIT UNION				1
	HASfit: Every day at 9:30am Fitness Class: Every Sunday, Monday, Wednesday and Saturday at 10:00am Yoga for Posture: Every Sunday, Monday, Tuesday, Friday and Saturday at 10:30am Yoga with Cindy: Thursdays at 11:00am	 November 12 th & 26 th 9:30am – 11:30am HR Conference room				 10:30am Bus to Giant, <i>LO</i>  11:00am Zumba Gold, <i>SD</i>  1:00pm Cribbage, <i>FR</i>  4:30pm Catholic Mass, <i>CBB</i>  7:00pm Movie Night, <i>CBB</i>
2 – Daylight Savings Ends	3	4 – Election Day	5	6	7	8
 11:00am Protestant Service, <i>CBB</i>  11:30am Sunday Brunch, <i>BI</i>  2:00pm Ping-Pong, <i>SD</i>	 8:45am Water Exercise A, <i>P</i>  9:00am Pickle Ball, <i>SP</i>  9:30am Water Exercise B, <i>P</i>  10:00am Fitness Class, <i>SD/TV</i>  10:30am Bus to Safeway, <i>LO</i>  12:00pm Pool Volleyball, <i>P</i>  1:00pm Bridge, <i>CBL</i>  1:00pm Motion is Lotion, <i>SD</i>  2:00pm Tai Chi Class, <i>SD</i>  3:00pm Ecumenical Discussions, <i>CBB</i>	 9:00am Men's Fellowship Breakfast , <i>BI</i>  10:30am Painting Workshop, <i>AC</i>  10:30am Bus to Giant, <i>LO</i>  10:30am Bus to Voting 2025 General Election , <i>LO</i>  12:00pm Advanced Painting, <i>AC</i>  1:00pm Bus to Fair Lakes, <i>LO</i>  1:00pm The Needlers, <i>FR</i>  2:00pm Advanced Photo, <i>AC</i>  2:00pm Balance & Gait, <i>SD</i>  2:00pm Health & Wellness Talk, <i>CBB</i>  5:00pm Happy Hour & Trivia, <i>CBB</i>	 9:00am Pickle Ball, <i>SP</i>  9:00am Pool Volleyball, <i>P</i>  10:00am Beginner Painting, <i>AC</i>  10:00am Fitness Class, <i>SD/TV</i>  10:30am Bus to Trader Joe's, <i>LO</i>  12:00pm Drawing, <i>AC</i>  1:00pm Bridge, <i>CBL</i>  1:00pm Line Dancing w/ Grace , <i>SD</i>  2:00pm Intermediate Photography, <i>AC</i>	 8:45am Water Exercise A, <i>P</i>  9:30am Bus to Ft. Myer, <i>LO</i>  9:30am Water Exercise B, <i>P</i>  10:00am Beginner Painting, <i>AC</i>  10:15am Drum Circle, <i>B</i>  12:00pm Beginner Photo, <i>AC</i>  1:00pm Yoga, <i>SD</i>  1:30pm Bus to Ft. Myer, <i>LO</i>  2:00pm Balance & Gait, <i>SD</i>  3:00pm Steve Friedman Broadway Lectures , <i>CBB</i>  5:15pm Vinson Voices, <i>B</i>	 9:00am Pickle Ball, <i>SP</i>  10:00am Women's Bible Study, <i>WORL</i>  10:00am Get Fit Stay Fit Class, <i>SD</i>  10:30am Bus to Safeway, <i>LO</i>  11:00am Tech Class, <i>CBB</i>  2:00pm Pool Volleyball, <i>P</i>  2:00pm Tai Chi Class, <i>SD</i>	 10:30am Bus to Giant, <i>LO</i>  11:00am Zumba Gold, <i>SD</i>  1:00pm Cribbage, <i>FR</i>  4:30pm Catholic Mass, <i>CBB</i>  7:00pm Movie Night, <i>CBB</i>
9	10	11 – Veteran's Day	12	13	14	15
 11:00am Protestant Service, <i>CBB</i>  2:00pm Ping-Pong, <i>SD</i>	 8:45am Water Exercise A, <i>P</i>  9:00am Pickle Ball, <i>SP</i>  9:30am Water Exercise B, <i>P</i>  10:00am Fitness Class, <i>SD/TV</i>  10:30am Low Vision Support Group , <i>HRC</i>  10:30am Bus to Safeway, <i>LO</i>  12:00pm Pool Volleyball, <i>P</i>  1:00pm Bridge, <i>CBL</i>  1:00pm Motion is Lotion, <i>SD</i>  2:00pm Women's Book Club, <i>MPR</i>  2:00pm Tai Chi Class, <i>SD</i>  5:00pm Marine Corp 250th Birthday Celebration , <i>CBB</i>  7:00pm Bus to Mason Jazz Vocal Night, <i>LO</i>	 10:30am Bus to Wegmans, <i>LO</i>  12:00pm Advanced Painting, <i>AC</i>  1:00pm The Needlers, <i>FR</i>  2:00pm Advanced Photo, <i>AC</i>  2:00pm Balance & Gait, <i>SD</i>  2:00pm Birthday Tea & Veteran's Day Celebration , <i>VHL/SP/BI</i>	 9:00am Pickle Ball, <i>SP</i>  9:00am Pool Volleyball, <i>P</i>  10:00am Beginner Painting, <i>AC</i>  10:00am Fitness Class, <i>SD/TV</i>  10:30am Bus to Trader Joe's, <i>LO</i>  12:00pm Drawing, <i>AC</i>  1:00pm Bridge, <i>CBL</i>  1:00pm Line Dance w/ Grace , <i>SD</i>  2:00pm Intermediate Photography, <i>AC</i>	 8:45am Water Exercise A, <i>P</i>  9:30am Bus to Ft. Myer, <i>LO</i>  9:30am Water Exercise B, <i>P</i>  10:00am Beginner Painting, <i>AC</i>  11:00am Town Hall, <i>AA</i>  12:00pm Beginner Photo, <i>AC</i>  1:00pm Yoga, <i>SD</i>  1:30pm Bus to Ft. Myer, <i>LO</i>  2:00pm Balance & Gait, <i>SD</i>  2:00pm Mindfulness , <i>HRC</i>	 9:00am Pickle Ball, <i>S</i>  10:00am Get Fit Stay Fit Class, <i>SD</i>  10:30am Bus to Safeway, <i>LO</i>  11:30am Eating Well=Aging Well, <i>CBB</i>  2:00pm Pool Volleyball, <i>P</i>  2:00pm Tai Chi Class, <i>SD</i>	 10:30am Bus to Giant, <i>LO</i>  11:00am Zumba Gold, <i>SD</i>  12:00pm Community Art Show , <i>B</i>  1:00pm Cribbage, <i>FR</i>  4:30pm Catholic Mass, <i>CBB</i>  7:00pm Movie Night, <i>CBB</i>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16	17	18	19	20	21	22
 11:00am Protestant Service, CBB  11:30am Sunday Brunch, BI  12:00pm Community Art Show, B  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, CBL  1:00pm Motion is Lotion, SD  2:00pm Caregiver Support Group, HRC  2:00pm Tai Chi Class, SD  3:00pm Ecumenical Discussions, CBB	 9:00am Women's Fellowship Breakfast, B  10:30am Photo Workshop, AC  10:30am Bus to Giant, LO  12:00pm Advanced Painting, AC  1:00pm The Needlers, FR  1:00pm Bus to SHARE McLean, LO  2:00pm Advanced Photo, AC  2:00pm Balance & Gait, SD  5:00pm Episcopal Dinner, B  5:00pm Happy Hour & Trivia, CBB  7:00pm Episcopal Holy Eucharist, CBB	 9:00am Women's Fellowship Breakfast, B  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, CBL  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 Activi-Tea, VHL  5:15pm Vinson Voices, 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  11:00am Tech Class, AA  1:30pm Bus Lidl, LO  2:00pm Pool Volleyball, P  2:00pm Tai Chi Class, SD  6:15pm Third Friday Bridge, CBB	 10:30am Bus to Giant, LO  11:00am Zumba Gold, SD  1:00pm Cribbage, FR  1:00pm Bus to Hadestown, LO  4:30pm Catholic Mass, CBB  7:00pm Movie Night, CBB
23	24	25	26	27 – Thanksgiving Day	28	29
 11:00am Protestant Communion Service, CBB  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, CBL  1:00pm Motion is Lotion, SD  2:00pm Tai Chi Class, SD	 10:30am Bus to Giant, LO  10:30am Thanksgiving Service, CBB  11:30am American Legion Luncheon, B  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	 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, CBL  2:00pm Intermediate Photography, AC  3:00pm Hot Cocoa Social, VHL	 11:30am – 2:30pm Fred Johnson’s Bistro Administrative Offices Closed	 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, CBL  4:30pm Catholic Mass, CBB  7:00pm Movie Night, CBB  7:00pm Bus to Chanticleer, LO
30	COMMITTEE MEETINGS	COMMITTEE MEETINGS		MEETING PLACES	MEETING PLACES	DIMENSIONS OF WELLNESS
 11:00am Protestant Service, CBB  2:00pm Ping-Pong, SD  2:00pm Borisevich Duo Recital, B	Nov 4, 11:15am Health & Wellness Committee, CBB Nov 10, 3:00pm Visual Arts Committee, AC Nov 14, 11:45am Operations Committee Meeting, MPR	Nov 18 1:00pm Dining Committee Meeting, BI Nov 26, 10:30am Finance Committee Meeting, CBB Nov 28, 3:15pm, IT Committee Meeting, CBB		FC - Fitness Center TV - TV LO - VH & WO Lobby SD - Studio D CBL - CB 2nd Floor Lounge CBB - CB Boardroom B - Kathy Martin Ballroom VHL - VH Lobby MPR - ABP Multi-Purpose Room	P - Pool SP - Sports Park SD/TV - Studio D & TV AC - Art Center FR - Fireplace Room WORL - Willow Oak Residents Lounge HRC - HR Conference Room BI - Bistro	 Physical  Emotional  Spiritual  Social  Intellectual  Health Services  Nutritional  Purposeful