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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	 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 SHARE Gift Assembly Party, B  1:00pm Motion is Lotion, SD  2:00pm Tai Chi Class, SD  3:00pm Ecumenical Discussions, CBB	 9:00am Men's Fellowship Breakfast, BI  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, CBB  5:00pm Happy Hour & Trivia, CBB	 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  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  10:00am Beginner Painting, AC  10:15am Drum Circle, B  12:00pm Beginner Photo, AC  1:00pm Yoga, SD  1:00pm CARE Update, B  1:30pm Bus to Ft. Myer, LO  2:00pm Balance & Gait, SD  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, CBB  2:00pm Pool Volleyball, P  2:00pm Tai Chi Class, SD  7:00pm Concert Pianist Steve Baddour, B	 10:30am Bus to Giant, LO  11:00am Zumba Gold, SD  1:00pm Cribbage, FR  4:30pm Catholic Mass, CBB  7:00pm Movie Night, CBB  7:00pm Bus to Fiddler on the Roof, LO
7	8	9	10	11	12	13
 11:00am Protestant Service, CBB  1:15pm Bus to Nutcracker, LO  2:00pm Ping-Pong, SD	 8:45am Water Exercise A, P  9:00am Pickle Ball, SP  9:00am Catholic Mass, CBB  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 Women's Book Club, MPR  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, 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  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, B  12:00pm Beginner Photo, AC  1:00pm Yoga, SD  1:00pm CARE Update, B  1:30pm Bus to Ft. Myer, LO  2:00pm Balance & Gait, SD  3:00pm Mindfulness, HRC  4:15pm Bus to Bull Run Festival of Lights, LO  5:15pm Vinson Voices, B	 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, CBB  1:00pm Board Game Social w/ Chesterbrook ES, LO  2:00pm Pool Volleyball, P  2:00pm Tai Chi Class, SD  7:00pm Vinson Voices Holiday Concert, B	 10:30am Bus to Giant, LO  11:00am Zumba Gold, SD  1:00pm Cribbage, FR  4:30pm Catholic Mass, CBB  3:00pm Bus to America Festival Pops Orchestra, LO  7:00pm Movie Night, CBB
14 – First Night of Hanukkah	15	16	17	18	19	20
 11:00am Protestant Service, CBB  1:00pm St. Dunstan's Caroling, FR  2:00pm Ping-Pong, SD  3:00pm Bus to New Dominion Chorale, LO	 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, BI  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, BI  5:00pm Happy Hour & Trivia, CBB  7:00pm Episcopal Holy Eucharist, CBB	 9:00am Women's Fellowship Breakfast, BI  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 Vinson Hall Chapel Caroling, CBB	 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  1:00pm CARE Update, B  1:30pm Bus to Ft. Myer, LO  2:00pm Balance & Gait, SD  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, CBB  1:30pm Bus Lidl, 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, FR  4:30pm Catholic Mass, CBB  7:00pm Movie Night, CBB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22	23	24 – Christmas Eve	25 – Christmas Day	26	27
 11:00am Protestant Service, CBB  2:00pm Ping-Pong, SD  2:00pm Bus to US Navy Band Holiday Concert, LO	 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 Motion is Lotion, SD  2:00pm Tai Chi Class, SD	 10:30am Bus to Giant, LO  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  7:00pm Steve Friedman Broadway Lectures, CBB	 9:00am Pickle Ball, SP  9:00am Pool Volleyball, P  10:00am Fitness Class, SD/TV  10:30am Bus to Trader Joe's, LO  11:30am Christmas Eve Meal, BI  12:00pm Capitol Carolers, BI  3:00pm Hot Cocoa Social, HHL	 Administrative Offices Closed for Holiday Christmas Day Meal 11:30am – 2:30pm, Bistro Catholic Mass at 9:00am, CB Boardroom	 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, FR  4:30pm Catholic Mass, CBB  7:00pm Movie Night, CBB
28	29	30	31 – New Year’s Eve	MEETING PLACES	MEETING PLACES	DIMENSIONS OF WELLNESS
 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  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  11:30am New Year’s Eve Meal, BI  12:00pm Drawing, AC  2:00pm Intermediate Photography, AC	P - Pool SP - Sports Park SD/TV - Studio D & TV LO - HH & WO Lobby CBL - CB 2nd Floor Lounge SD - Studio D CBB - CB Boardroom BI - Bistro AC - Art Center FR - Fireplace Room	B - Kathy Martin Ballroom WORL - Willow Oak Residents Lounge HRC - HR Conference Room MPR - ABP Multi-Purpose Room AA - Alford Auditorium HHL - HH Lobby	 Physical  Emotional  Spiritual  Social  Intellectual  Health Services  Nutritional  Purposeful

COMMITTEE MEETINGS
Dec 2 11:15am, Health & Wellness Committee Meeting, CBB
Dec 8, 3:00pm, Visual Arts Committee Meeting, AC
Dec 12, 11:45am, Operations Committee Meeting, MPR
Dec 16, 1:00pm, Dining Committee Meeting, B
Dec 17, 10:30am, Finance Committee Meeting, CBB
Dec 19, 3:15pm, IT Committee Meeting, CBB

NAVY FEDERAL CREDIT UNION



Dec 10 & 23, 2025
9:30am – 11:30am

HR Conference Room