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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	MEETING PLACES	MEETING PLACES	DIMENSIONS OF WELLNESS	1 – New Year’s Day	2	3
	TV - TV BI - Bistro SP - Sports Park WORL - Willow Oak Residents Lounge SD - Studio D LO - HH & WO Lobby CBB - CB Boardroom P - Pool CBL - CB 2nd Floor Lounge SD/TV - Studio D & TV	CBA - CB Art Center MA - Marketing Suite Sitting Area B - Kathy Martin Ballroom HRC - HR Conference Room MPR - ABP Multi-Purpose Room FR - Fireplace Room HHL - HH Lobby	 Physical  Emotional  Spiritual  Social  Intellectual  Health Services  Nutritional  Purposeful	 9:00am Catholic Mass, CBB  11:30am New Year’s Day Brunch, BI  12:00pm The Toucan Club, BI	 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	 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
4	5	6	7	8	9	10
 11:00am Protestant 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  3:00pm Ecumenical Discussions, CBB	 9:00am Men's Fellowship Breakfast, BI  10:30am Painting Workshop, CBA  10:30am Bus to Giant, LO  12:00pm Advanced Painting, CBA  1:00pm Bus to Fair Lakes, LO  1:00pm The Needlers, MA  2:00pm Advanced Photo, CBA  2:00pm Balance & Gait, SD  2:00pm Health & Wellness Talk, CBB  3:00pm Birthday Tea, B  5:00pm Happy Hour & Trivia, CBB	 9:00am Pickle Ball, SP  9:00am Pool Volleyball, P  10:00am Beginner Painting, CBA  10:00am Fitness Class, SD/TV  10:30am Bus to Trader Joe's, LO  12:00pm Drawing, CBA  1:00pm Bridge, CBL  1:00pm Line Dancing w/ Grace, SD  2:00pm Intermediate Photography, CBA  4:15pm Matthew Melvin Keyboardist, BI	 8:45am Water Exercise A, P  9:30am Bus to Ft. Myer, LO  9:30am Water Exercise B, P  10:00am Drum Circle, B  10:00am Beginner Painting, CBA  11:00am Town Hall, B  12:00pm Beginner Photo, CBA  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	 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  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
11	12	13	14	15	16	17
 11:00am Protestant Service, CBB  2:00pm Ping-Pong, SD	 8:45am Water Exercise A, P  9:00am Pickle Ball, SP  9:30am Water Exercise B, P  10:30am 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, CBA  1:00pm The Needlers, MA  2:00pm Advanced Photo, CBA  2:00pm Balance & Gait, SD  2:00pm Vinson Hall at Home Info/Q&A Session, CBB	 9:00am Pickle Ball, SP  9:00am Pool Volleyball, P  10:00am Beginner Painting, CBA  10:00am Fitness Class, SD/TV  10:30am Bus to Trader Joe's, LO  12:00pm Drawing, CBA  1:00pm Bridge, CBL  1:00pm Line Dance with Grace, SD  2:00pm Intermediate Photography, CBA  2:00pm 2026 Meal Plan Presentation, B	 8:45am Water Exercise A, P  9:30am Bus to Ft. Myer, LO  9:30am Water Exercise B, P  10:00am Beginner Painting, CBA  12:00pm Beginner Photo, CBA  1:00pm Yoga, SD  1:00pm CARE Update, B  1:30pm Bus to Ft. Myer, LO  2:00pm Balance & Gait, SD	 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  12:00pm Bus to National Building Museum, LO  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, CBL  4:30pm Catholic Mass, CBB  7:00pm Movie Night, CBB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19 – Martin Luther King Jr. Day	20	21	22	23	24
 11:00am Protestant 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 Caregiver Support Group, HRC  2:00pm Tai Chi Class, SD	 9:00am Women's Fellowship Breakfast, BI  10:30am Photo Workshop, AC  10:30am Bus to Giant, LO  12:00pm Advanced Painting, CBA  1:00pm The Needlers, MA  2:00pm Advanced Photo, CBA  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, CBA  10:00am Fitness Class, SD/TV  10:30am Bus to Trader Joe's, LO  12:00pm Drawing, CBA  1:00pm Bridge, CBL  2:00pm Intermediate Photography, CBA	 8:45am Water Exercise A, P  9:30am Bus to Ft. Myer, LO  9:30am Water Exercise B, P  10:00am Beginner Painting, CBA  11:00am Residents Association Meeting, B  12:00pm Beginner Photo, CBA  1:00pm Yoga, SD  1:00pm CARE Update, B  1:30pm Bus to Ft. Myer, LO  2:00pm Balance & Gait, SD	 9:00am AARP Drivers Class, CBB  9:00am Pickle Ball, SP  10:00am Get Fit Stay Fit Class, SD  10:00am 2026 Meal Plan Presentation, B  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
25	26	27	28	29	30	31
 11:00am Protestant Communion Service, CBB  11:30am Sunday Brunch, BI  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 Bus to National Portrait Gallery, LO  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, CBA  1:00pm Bus to Tysons Mall, LO  1:00pm The Needlers, MA  2:00pm Advanced Photo, CBA  2:00pm Balance & Gait, SD	 9:00am Pickle Ball, SP  9:00am Pool Volleyball, P  10:00am Beginner Painting, CBA  10:00am Fitness Class, SD/TV  10:30am Bus to Trader Joe's, LO  12:00pm Drawing, CBA  1:00pm Bridge, CBL  2:00pm Intermediate Photography, CBA  3:00pm Ice Cream & Hot Cocoa Social, HHL	 8:45am Water Exercise A, P  9:30am Bus to Ft. Myer, LO  9:30am Water Exercise B, P  10:00am Beginner Painting, CBA  12:00pm Beginner Photo, CBA  1:00pm Yoga, SD  1:00pm CARE Update, B  1:30pm Bus to Ft. Myer, LO  2:00pm Balance & Gait, SD	 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

Navy Federal Credit Union



January 7 & 21, 2026
9:30am-11:30am
HR Conference Room

COMMITTEE MEETINGS

Jan 6, 11:15am Health & Wellness Committee, **CBB**

Jan 9, 11:45am Operations Committee Meeting, **MPR**

Jan 12, 3:30pm Visual Arts Committee Meeting, **CBA**

Jan 15, 11:00am Executive Committee Meeting, **CBB**

COMMITTEE MEETINGS

Jan 16, 10:30am Marketing Committee Meeting, **HRC**

Jan 20, 1:00pm Dining Committee Meeting, **CBB**

Jan 28, 10:30am Finance Committee Meeting, **CBB**

Jan 30, 3:15pm IT Committee Meeting, **CBB**

EXERCISE CLASSES ON CHANNEL 970

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