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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 – Groundhog Day	3	4	5	6	7
 11:00am Protestant 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 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, FR  2:00pm Advanced Photo, CBA  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, 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	 8:45am Water Exercise A, P  9:30am Bus to Ft. Myer, LO  9:30am Water Exercise B, P  10:00am Beginner Painting, CBA  10:15am Drum Circle, B  12:00pm Beginner Photo, CBA  1:00pm CARE Update, B  1:00pm Yoga, SD  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  10:15am Kidstretch Drum Circle, B  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
8	9	10	11	12	13	14 – Valentine’s Day
 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 Bus to National Portrait Gallery, LO  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, FR  2:00pm Advanced Photo, CBA  2:00pm Balance & Gait, SD  3:00pm Birthday Tea, B	 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	 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 Town Hall, B  12:00pm Beginner Photo, CBA  1:00pm CARE Update, B  1:00pm Yoga, SD  1:30pm Bus to Ft. Myer, LO  2:00pm Balance & Gait, SD  3:00pm Mindfulness, SD	 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  5:00pm Les Zazous Duo, BI  7:00pm Movie Night, CBB
15	16 – Presidents’ Day	17 – Lunar New Year	18 – Ash Wednesday	19	20	21
 11:00am Protestant Service, CBB  11:30am Sunday Brunch, BI  2:00pm Ping-Pong, SD	 9:00am Pickle Ball, SP  10:30am Bus to Safeway, LO  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, CBA  10:30am Bus to Giant, LO  11:00am IT Portal Class, CBB  12:00pm Advanced Painting, CBA  1:00pm The Needlers, FR  2:00pm Advanced Photo, CBA  2:00pm Balance & Gait, SD  5:00pm Happy Hour & Trivia, 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 Distribution of Ashes, CBB  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  12:00pm Beginner Photo, CBA  1:00pm CARE Update, CBB  1:00pm Yoga, SD  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 National Gallery of Art, LO  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  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
22	23	24	25	26	27	28
 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  11:30am American Legion Luncheon, BI  12:00pm Advanced Painting, CBA  1:00pm Bus to Tysons Mall, LO  1:00pm The Needlers, FR  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 Hot Cocoa/Ice Cream 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  11:00am Residents Association Meeting, B  12:00pm Beginner Photo, CBA  1:00pm CARE Update, B  1:00pm Yoga, SD  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
COMMITTEE MEETINGS	COMMITTEE MEETINGS		NAVY FEDERAL CREDIT UNION	MEETING PLACES	MEETING PLACES	DIMENSIONS OF WELLNESS
Feb 3, 11:15am, Health & Wellness Committee Meeting, CBB Feb 9, 3:00pm, Visual Arts Committee Meeting, CBA Feb 13, 10:30am, Resident Marketing Committee, HRC Feb 13, 11:45am, Operations Committee Meeting, MPR	Feb 17, 1:00pm, Dining Committee Meeting, CBRR Feb 19, 10:00am, Executive Committee Meeting, CBB Feb 25, 10:30am, Finance Committee Meeting, CBB Feb 27, 3:15pm, IT Committee Meeting, CBB		 Upcoming visits February 4 th &18 th 9:30-11:30am HR Conference Room	TV - TV CBB - CB Boardroom BI - Bistro SD - Studio D FC - Fitness Center P - Pool SP - Sports Park SD/TV - Studio D & TV LO - HH & WO Lobby CBL - CB 2nd Floor Lounge CBRR – CB Reading Room	CBA - CB Art Center FR - Fireplace Room B - Kathy Martin Ballroom WORL - Willow Oak Residents Lounge HRC - HR Conference Room MPR - ABP Multi-Purpose Room HHL - HH Lobby	 Physical  Emotional  Spiritual  Social  Intellectual  Health Services  Nutritional  Purposeful