


# April 2026

Vinson Hall Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MEETING PLACES</b>	<b>MEETING PLACES</b>	<b>EXERCISE CHANNEL 970</b>	<b>1 - Passover</b>	<b>2</b>	<b>3 – Good Friday</b>	<b>4</b>
<p><i>SP</i> - Sports Park  <i>FC</i> - Fitness Center  <i>P</i> - Pool  <i>HRC</i> - HR Conference Room  <i>TV</i> - TV  <i>CBA</i> - CB Art Center  <i>SD/TV</i> - Studio D &amp; TV  <i>LO</i> - HH &amp; WO Lobby  <i>CBL</i> - CB 2nd Floor Lounge  <i>AA</i> - Alford Auditorium</p> 	<p><i>CBB</i> - CB Boardroom  <i>B</i> - Kathy Martin Ballroom  <i>SD</i> - Studio D  <i>WORL</i> - Willow Oak Residents Lounge  <i>HHFR</i> - Heritage Hall Fireplace Room  <i>BI</i> - Bistro  <i>FR</i> - Fireplace Room  <i>MPR</i> - ABP Multi-Purpose Room  <i>PHSL</i> - Penthouse Sylvester Lounge  <i>CBRR</i> - CB Reading Room  <i>HHL</i> - HH Lobby  <i>CH</i> - Chapel</p>	<p><b>HASfit:</b> Everyday at 9:30am  <b>Fitness with George:</b> Everyday at 10:00am  <b>Yoga for Posture:</b> Every Sunday, Monday, Tuesday, Friday and Saturday at 10:30am  <b>Yoga with Cindy:</b> Thursdays at 11:00am</p> <hr/> <p style="text-align: center;"><b>NAVY FEDERAL CREDIT UNION</b></p> <p>April 1: 🕒 9:30am Navy Federal Credit Union, <i>PHC</i>            April 15: 🕒 9:30am Navy Federal Credit Union, <i>PHC</i></p>	<p>🏊 8:00am Pickle Ball, <i>SP</i>            🏊 9:00am Pool Volleyball, <i>P</i>            🎨 10:00am Beginner Painting, <i>CBA</i>            🏊 10:00am Fitness Class, <i>SD</i>            🚌 10:30am Bus to Trader Joe's, <i>LO</i>            🎨 12:00pm Drawing, <i>CBA</i>            🏠 1:00pm Bridge, <i>PHSL</i>            📷 2:00pm Intermediate Photography, <i>CBA</i>            🗣️ 3:30pm Great Decisions Group A, <i>PHC</i>            🗣️ 5:00pm Vinson Voices, <i>B</i>            🗣️ 7:00pm Special Guest Speaker Series, <i>AA</i></p>	<p>🏊 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>CBA</i>            🥁 10:15am Drum Circle, <i>AA</i>            📷 12:00pm Beginner Photo, <i>CBA</i>            🏊 1:00pm Yoga, <i>SD</i>            🚌 1:30pm Bus to Ft. Myer, <i>LO</i>            🏊 2:00pm Balance &amp; Gait, <i>SD</i></p>	<p>🏊 8:00am 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></p>	<p>🚌 10:30am Bus to Giant, <i>LO</i>            🏊 11:00am Zumba Gold, <i>SD</i>            🏠 1:00pm Cribbage (Rhea Austin's Group), <i>HHFR</i>            🏠 1:00pm Cribbage (Sally Fellowes' Group), <i>CBL</i>            📖 4:30pm Catholic Mass, <i>CH</i></p>
<b>5 Easter</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<p>📖 9:00am Easter Mass, <i>CH</i>            📖 11:00am Protestant Service, <i>CH</i>            🍽️ 11:30am Easter Celebration Meal, <i>DR</i></p>	<p>🏊 8:00am Pickle Ball, <i>SP</i>            🏊 8:45am Water Exercise A, <i>P</i>            🏊 9:30am Water Exercise B, <i>P</i>            🏊 10:00am Fitness Class, <i>SD</i>            🚌 10:30am Bus to Safeway, <i>LO</i>            🏠 12:00pm Pool Volleyball, <i>P</i>            🏠 1:00pm Bridge, <i>PHSL</i>            🏊 1:00pm Motion is Lotion, <i>SD</i>            🏊 2:00pm Tai Chi Class, <i>SD</i></p>	<p>🗣️ 9:00am Men's Fellowship Breakfast, <i>DR</i>            🎨 10:30am Painting Workshop, <i>CBA</i>            🚌 10:30am Bus to Giant, <i>LO</i>            🎨 12:00pm Advanced Painting, <i>CBA</i>            🚌 1:00pm Bus to Fair Lakes, <i>LO</i>            🗣️ 1:00pm The Needlers, <i>HHFR</i>            📷 2:00pm Advanced Photo, <i>CBA</i>            🏊 2:00pm Balance &amp; Gait, <i>SD</i>            🏊 2:35pm Balance &amp; Gait, <i>SD</i>            🗣️ 5:00pm Trivia Happy Hour, <i>PHSL</i></p>	<p>🏊 8:00am Pickle Ball, <i>SP</i>            🏊 9:00am Pool Volleyball, <i>P</i>            🎨 10:00am Beginner Painting, <i>CBA</i>            🏊 10:00am Fitness Class, <i>SD</i>            🚌 10:30am Bus to Trader Joe's, <i>LO</i>            🎨 12:00pm Drawing, <i>CBA</i>            🏠 1:00pm Bridge, <i>PHSL</i>            📷 2:00pm Intermediate Photography, <i>CBA</i>            🗣️ 5:00pm Vinson Voices, <i>AA</i></p>	<p>🏊 8:45am Water Exercise A, <i>P</i>            🗣️ 9:30am Arts of Asia Pop-up Shop, <i>HH&amp;FR</i>            🚌 9:30am Bus to Ft. Myer, <i>LO</i>            🏊 9:30am Water Exercise B, <i>P</i>            🎨 10:00am Beginner Painting, <i>CBA</i>            🏠 11:00am Town Hall, <i>B</i>            📷 12:00pm Beginner Photo, <i>CBA</i>            🏊 1:00pm Yoga, <i>SD</i>            🚌 1:30pm Bus to Ft. Myer, <i>LO</i>            🏊 2:00pm Balance &amp; Gait, <i>SD</i>            ❤️ 3:00pm Mindfulness, <i>SD</i></p>	<p>🏊 8:00am Pickle Ball, <i>SP</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>AA</i>            🏊 2:00pm Pool Volleyball, <i>P</i>            🏊 2:00pm Tai Chi Class, <i>SD</i></p>	<p>🚌 10:30am Bus to Giant, <i>LO</i>            🏊 11:00am Zumba Gold, <i>SD</i>            🏠 1:00pm Cribbage (Rhea Austin's Group), <i>HHFR</i>            🏠 1:00pm Cribbage (Sally Fellowes' Group), <i>CBL</i>            📖 4:30pm Catholic Mass, <i>CH</i>            🗣️ 7:00pm Movie Night, <i>AA</i></p>
<b>12 – Orthodox Easter</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<p>📖 11:00am Protestant Service, <i>CH</i></p>	<p>🏊 8:00am Pickle Ball, <i>SP</i>            🏊 8:45am Water Exercise A, <i>P</i>            🏊 9:30am Water Exercise B, <i>P</i>            🏊 10:00am Fitness Class, <i>SD</i>            10:30am Low Vision Support Grp, <i>PHC</i>            🚌 10:30am Bus to Safeway, <i>LO</i>            🗣️ 12:00pm Taylor Marie Spring Fashion Show, <i>B</i>            🏠 12:00pm Pool Volleyball, <i>P</i>            🏠 1:00pm Bridge, <i>PHSL</i>            🏊 1:00pm Motion is Lotion, <i>SD</i>            🗣️ 2:00pm Women's Book Club, <i>PHC</i>            🏊 2:00pm Tai Chi Class, <i>SD</i>            🗣️ 7:00pm Steve Friedman Lecture, <i>AA</i></p>	<p>🚌 10:30am Bus to Giant, <i>LO</i>            🎨 12:00pm Advanced Painting, <i>CBA</i>            🗣️ 1:00pm The Needlers, <i>HHFR</i>            📷 2:00pm Advanced Photo, <i>CBA</i>            🏊 2:00pm Balance &amp; Gait, <i>SD</i>            🏊 2:35pm Balance &amp; Gait, <i>SD</i>            🗣️ 3:00pm Birthday Tea, <i>PHSL</i></p>	<p>🏊 8:00am Pickle Ball, <i>SP</i>            🏊 9:00am Pool Volleyball, <i>P</i>            🎨 10:00am Beginner Painting, <i>CBA</i>            🏊 10:00am Fitness Class, <i>SD</i>            🚌 10:30am Bus to Trader Joe's, <i>LO</i>            🎨 12:00pm Drawing, <i>CBA</i>            🏠 1:00pm Bridge, <i>PHSL</i>            📷 2:00pm Intermediate Photography, <i>CBA</i>            🗣️ 5:00pm Vinson Voices, <i>AA</i></p>	<p>🏊 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>CBA</i>            📷 12:00pm Beginner Photo, <i>CBA</i>            🏊 1:00pm Yoga, <i>SD</i>            🚌 1:30pm Bus to Ft. Myer, <i>LO</i>            🏊 2:00pm Balance &amp; Gait, <i>SD</i>            🗣️ 7:00pm Concert Pianist Steve Baddour, <i>AA</i></p>	<p>🏊 8:00am 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>            🚌 1:30pm Bus Lidl, <i>LO</i>            🏊 2:00pm Pool Volleyball, <i>P</i>            🏊 2:00pm Tai Chi Class, <i>SD</i>            🗣️ 6:15pm Third Friday Bridge, <i>AA</i></p>	<p>🚌 10:30am Bus to Giant, <i>LO</i>            🏊 11:00am Zumba Gold, <i>SD</i>            🏠 1:00pm Cribbage (Rhea Austin's Group), <i>HHFR</i>            🏠 1:00pm Cribbage (Sally Fellowes' Group), <i>CBL</i>            📖 4:30pm Catholic Mass, <i>CH</i>            🗣️ 7:00pm Movie Night, <i>AA</i></p>

# April 2026

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19	20	21	22 – Earth Day	23	24	25
<p> <b>11:00am</b> Protestant Service, <b>CH</b></p>	<p> <b>8:00am</b> Pickle Ball, <b>SP</b>  <b>8:45am</b> Water Exercise A, <b>P</b>  <b>9:30am</b> Water Exercise B, <b>P</b>  <b>10:00am</b> Fitness Class, <b>SD</b>  <b>10:30am</b> Bus to Safeway, <b>LO</b>  <b>12:00pm</b> Pool Volleyball, <b>P</b>  <b>1:00pm</b> Bridge, <b>PHSL</b>  <b>1:00pm</b> Motion is Lotion, <b>SD</b>  <b>2:00pm</b> Caregiver Support Group, <b>HRC</b>  <b>2:00pm</b> Tai Chi Class, <b>SD</b>  <b>3:00pm</b> Ecumenical Discussions, <b>AA</b></p>	<p> <b>9:00am</b> Women's Fellowship Breakfast, <b>DR</b>  <b>9:00am</b> Bus to Chesterbrook ES - Special Election Voting, <b>LO</b>  <b>10:30am</b> Photo Workshop, <b>CBA</b>  <b>10:30am</b> Bus to Wegmans, <b>LO</b>  <b>11:00am</b> IT Portal Class, <b>CBB</b>  <b>12:00pm</b> Advanced Painting, <b>CBA</b>  <b>1:00pm</b> The Needlers, <b>HHFR</b>  <b>2:00pm</b> Advanced Photo, <b>CBA</b>  <b>2:00pm</b> Balance &amp; Gait, <b>SD</b>  <b>2:35pm</b> Balance &amp; Gait, <b>SD</b>  <b>5:00pm</b> Trivia Happy Hour, <b>PHSL</b>  <b>5:15pm</b> Episcopal Dinner , <b>BI</b>  <b>7:00pm</b> Episcopal Holy Eucharist, <b>CBB</b></p>	<p> <b>8:00am</b> Pickle Ball, <b>SP</b>  <b>9:00am</b> Women's Fellowship Breakfast, <b>DR</b>  <b>9:00am</b> Pool Volleyball, <b>P</b>  <b>10:00am</b> Beginner Painting, <b>CBA</b>  <b>10:00am</b> Fitness Class, <b>SD</b>  <b>10:30am</b> Bus to Trader Joe's, <b>LO</b>  <b>11:45pm</b> Earth Day Tree Planting Ceremony  <b>12:00pm</b> Drawing, <b>CBA</b>  <b>1:00pm</b> Bridge, <b>PHSL</b>  <b>2:00pm</b> Intermediate Photography, <b>CBA</b>  <b>3:00pm</b> Ice Cream Social, <b>HHL</b>  <b>5:00pm</b> Vinson Voices, <b>AA</b></p>	<p> <b>8:45am</b> Water Exercise A, <b>P</b>  <b>9:30am</b> Bus to Ft. Myer, <b>LO</b>  <b>9:30am</b> Water Exercise B, <b>P</b>  <b>10:00am</b> Beginner Painting, <b>CBA</b>  <b>11:00am</b> Residents Association Meeting, <b>AA</b>  <b>12:00pm</b> Beginner Photo, <b>CBA</b>  <b>1:00pm</b> Yoga, <b>SD</b>  <b>1:30pm</b> Bus to Ft. Myer, <b>LO</b>  <b>2:00pm</b> Balance &amp; Gait, <b>SD</b></p>	<p> <b>8:00am</b> Pickle Ball, <b>SP</b>  <b>10:00am</b> Get Fit Stay Fit Class, <b>SD</b>  <b>10:30am</b> Bus to Safeway, <b>LO</b>  <b>2:00pm</b> Pool Volleyball, <b>P</b>  <b>2:00pm</b> Tai Chi Class, <b>SD</b>  <b>3:00pm</b> Concert Pianist Thomas Pandolfi, <b>B</b></p>	<p> <b>10:30am</b> Bus to Giant, <b>LO</b>  <b>11:00am</b> Zumba Gold, <b>SD</b>  <b>1:00pm</b> Cribbage (Rhea Austin's Group), <b>HHFR</b>  <b>1:00pm</b> Cribbage (Sally Fellowes' Group), <b>CBL</b>  <b>4:30pm</b> Catholic Mass, <b>CH</b>  <b>7:00pm</b> Movie Night, <b>AA</b></p>
26	27	28	29	30	COMMITTEE MEETINGS	DIMENSIONS OF WELLNESS
<p> <b>11:00am</b> Protestant Communion Service, <b>CH</b>  <b>11:30am</b> Sunday Brunch, <b>DR</b></p>	<p> <b>8:00am</b> Pickle Ball, <b>SP</b>  <b>8:45am</b> Water Exercise A, <b>P</b>  <b>9:30am</b> Water Exercise B, <b>P</b>  <b>10:00am</b> Fitness Class, <b>SD</b>  <b>10:30am</b> Bus to Safeway, <b>LO</b>  <b>12:00pm</b> Pool Volleyball, <b>P</b>  <b>1:00pm</b> Bridge, <b>PHSL</b>  <b>1:00pm</b> Motion is Lotion, <b>SD</b>  <b>2:00pm</b> Tai Chi Class, <b>SD</b>  <b>4:00pm</b> Health &amp; Wellness Discussions, <b>CBB</b></p>	<p> <b>10:30am</b> Bus to Giant, <b>LO</b>  <b>11:30am</b> American Legion Luncheon, <b>BI</b>  <b>12:00pm</b> Advanced Painting, <b>CBA</b>  <b>1:00pm</b> Bus to Tysons Mall, <b>LO</b>  <b>1:00pm</b> The Needlers, <b>HHFR</b>  <b>2:00pm</b> Advanced Photo, <b>CBA</b>  <b>2:00pm</b> Balance &amp; Gait, <b>SD</b>  <b>2:35pm</b> Balance &amp; Gait, <b>SD</b></p>	<p> <b>8:00am</b> Pickle Ball, <b>SP</b>  <b>9:00am</b> Pool Volleyball, <b>P</b>  <b>10:00am</b> Beginner Painting, <b>CBA</b>  <b>10:00am</b> Fitness Class, <b>SD</b>  <b>10:30am</b> Bus to Trader Joe's, <b>LO</b>  <b>12:00pm</b> Drawing, <b>CBA</b>  <b>1:00pm</b> Bridge, <b>PHSL</b>  <b>2:00pm</b> Intermediate Photography, <b>CBA</b>  <b>5:00pm</b> Vinson Voices, <b>AA</b></p>	<p> <b>8:45am</b> Water Exercise A, <b>P</b>  <b>9:30am</b> Bus to Ft. Myer, <b>LO</b>  <b>9:30am</b> Water Exercise B, <b>P</b>  <b>10:00am</b> Beginner Painting, <b>CBA</b>  <b>12:00pm</b> Beginner Photo, <b>CBA</b>  <b>1:00pm</b> Yoga, <b>SD</b>  <b>1:30pm</b> Bus to Ft. Myer, <b>LO</b>  <b>2:00pm</b> Balance &amp; Gait, <b>SD</b></p>	<p>April 6:  <b>11:00am</b> Health &amp; Wellness Committee Meeting, <b>CBB</b>            April 10:  <b>10:30am</b> Marketing Committee Meeting, <b>PHC</b>            April 10:  <b>11:45am</b> Operation Committee Meeting, <b>PHC</b>            April 13:  <b>10:30am</b> Low Vision Support Group, <b>PHC</b>            April 13:  <b>3:15pm</b> Visual Arts Committee Meeting, <b>PHC</b>            April 21:  <b>1:00pm</b> Dining Committee Meeting, <b>CBRR</b>            April 22:  <b>10:30am</b> Finance Committee Meeting, <b>AA</b>            April 24:  <b>3:15pm</b> IT Committee Meeting, <b>PHC</b></p>	<p> Physical   Emotional   Spiritual   Social   Intellectual   Health Services   Nutritional   Purposeful</p>