July 2022

			July 2022			
Vinson Hall Retirement Comm	unity					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	HAPPY HOUR	DIMENSIONS OF WELLNESS	29	30	1	2
O'GNITY SECURITY	Capacity based on Covid-19 precautions grid Monday - Friday 4pm-6pm For reservations call Ext 2996 *Activities subject to change. *Please note the activities calendar is also posted on the Caremerge resident portal.	Physical Emotional Spiritual Financial Social Intellectual Health Services Nutritional Purposeful			 	9:30am HASfit TV 10:00am Fitness Class TV 10:30am Bus to Giant 10:30am Yoga for Posture TV 1:00pm Cribbage PHSL 4:00pm Catholic Mass CH 7:00pm Movie Night AA
3	4 INDEPENDENCE DAY	5	6	7	8	9
**9:30am HASfit TV **10:00am Fitness Class TV **10:30am Yoga for Posture TV **11:00am Protestant Chapel Service, CH	#9:00am Pickle Ball SP #9:30am HASfit TV #10:00am Fitness Class TV #10:30am Yoga for Posture TV 12:00pm - 2:30pm 4 th of July Meal DR #1:00pm Bridge PHSL #3:30pm Vinson Voices "Celebrate Freedom" Concert B	*9:00am Men's Fellowship Breakfast DR *9:30am HASfit TV *10:00am Get Fit Stay Fit FC/TV 10:30am Bus to Giant *10:30am Yoga for Posture TV 1:00pm Bus to Fair Lakes *2:00pm Basic Balance&Gait FC *2:00pm The Needlers PHSL *6:00pm Bus to U.S. Navy Commodores Concert	%11:00am Investment Club AA ¾1:00pm Bridge PHSL	 #8:45am Water Exercise A P #9:15am Water Exercise B P 9:30am Bus to Ft. Myer #9:30am HASfit TV *10:00am Beginner Painting AC #10:00am Fitness Class TV *10:15am Drum Circle WOT #11:00am Yoga w/ Cindy SD/TV *12:00pm Beginner Photo AC 1:30pm Bus to Ft. Myer # 2:00pm Basic Balance&Gait FC *5:15pm Vinson Voices AA 	 \$\textit{\$\textit{\mathcal{P}}\$:00am Pickle Ball \$\textit{\mathcal{SP}}\$:0:00am HASfit \$\textit{\mathcal{TV}}\$:10:00am Get Fit Stay Fit \$\textit{\mathcal{FC/TV}}\$:0:30am Bus to Safeway \$\textit{\mathcal{P}}\$:10:30am Yoga for Posture \$\textit{\mathcal{TV}}\$:01:30am Eating Well=Aging Well \$\textit{AA}\$\$\textit{\mathcal{P}}\$:00pm Bridge Class \$\textit{PHSL}\$\$\textit{\mathcal{P}}\$:00pm Pool Volleyball \$\textit{P}\$\$ 	9:30am HASfit TV 10:00am Fitness Class TV 10:30am Bus to Giant 10:30am Yoga for Posture T 1:00pm Cribbage PHSL 4:00pm Catholic Mass CH 7:00pm Movie Night AA
10	11	12	13	14	15	16
 №9:30am HASfit TV №10:00am Fitness Class TV №10:30am Yoga for Posture TV Վ11:00am Protestant Chapel Service CH 	 *8:45am Water Exercise A P *9:00am Pickle Ball SP *9:30am HASfit TV 9:30am Water Exercise B P *10:00am Fitness Class FC/TV 10:30am Bus to Safeway *10:30am Yoga for Posture TV *1:00pm Bridge PHSL *1:15pm Motion is Lotion SD 	2:00pm Advanced Photo AC 2:00pm Basic Balance&Gait FC	 \$\mathcal{P}\$9:00am Pool Volleyball \$P\$ \$\mathcal{P}\$9:30am HASfit \$TV\$ \$\mathcal{A}\$10:00am Beginner Painting \$AC\$ \$\mathcal{P}\$10:00am Fitness Class \$FC/TV\$ 10:30am Bus to Trader Joe's 10:30am Select Rehab Presentation \$AA\$ \$\mathcal{A}\$12:00pm Drawing \$AC\$ \$\mathcal{A}\$1:00pm Bridge \$PHSL\$ \$\mathcal{A}\$2:00pm Intermediate Photography \$AC\$ 	#8:45am Water Exercise A P #9:15am Water Exercise B P 9:30am Bus to Ft. Myer #9:30am HASfit TV *10:00am Beginner Painting AC #10:00am Fitness Class TV *10:15am Drum Circle WOT #11:00am Yoga w/ Cindy SD/TV *12:00pm Beginner Photo AC 1:30pm Bus to Ft. Myer #2:00pm Basic Balance&Gait FC *2:00pm Mindfulness AA *5:00pm Bastille Day Celebration DR *5:15pm Vinson Voices AA	 	 79:30am HASfit TV 70:00am Fitness Class TV 10:30am Bus to Giant 710:30am Yoga for Posture TV 1:00pm Cribbage PHSL 4:00pm Catholic Mass CH 5:00pm Jazz Night DR 7:00pm Movie Night AA

17	18	19	20	21	22	23
 	#8:45am Water Exercise A P #9:00am Pickle Ball SP #9:30am HASfit TV 9:30am Water Exercise B P #10:00am Fitness Class FC/TV 10:30am Bus to Safeway #10:30am Yoga for Posture TV #1:00pm Bridge PHSL #1:15pm Motion is Lotion SD #2:00pm Caregiver Support Group PHC	9:00am Women's Fellowship Breakfast DR *9:30am HASfit TV *10:00am Get Fit Stay Fit FC/TV 10:30am Photo Workshop AC 10:30am Bus to Giant *10:30am Yoga for Posture TV *12:00pm Advanced Painting AC 1:00pm Bus to Ballston Quarter *2:00pm Advanced Photo AC *2:00pm Basic Balance&Gait FC *2:00pm The Needlers PHSL *2:00pm Facilities Meeting AA *3:00pm Birthday Tea PHSL *7:00pm Episcopal Service CH	10:30am Bus to Trader Joe's 12:00pm Drawing AC 1:00pm Bridge PHSL 2:00pm Intermediate Photography AC	 78:45am Water Exercise A P 79:15am Water Exercise B P 9:30am Bus to Ft. Myer 79:30am HASfit TV №10:00am Beginner Painting AC 710:00am Fitness Class TV №10:15am Drum Circle WOT 711:00am Yoga w/ Cindy SD/TV 12:00pm Beginner Photo AC 1:30pm Bus to Ft. Myer 72:00pm Basic Balance&Gait FC №5:15pm Vinson Voices AA 	 	 79:30am HASfit TV 710:00am Fitness Class TV 10:30am Bus to Giant 710:30am Yoga for Posture TV 1:00pm Cribbage PHSL 4:30pm Catholic Mass CH 7:00pm Movie Night AA
24	25	26	27	28	29	30
 	 *8:45am Water Exercise A P *9:00am Pickle Ball SP *9:30am HASfit TV 9:30am Water Exercise B P *10:00am Fitness Class FC/TV 10:30am Bus to Safeway *10:30am Yoga for Posture TV *1:00pm Bridge PHSL *1:15pm Motion is Lotion SD *4:00pm Veterans Moving Forward: Service Dogs visit TBD 	 *9:30am HASfit TV *10:00am Get Fit Stay Fit FC/TV 10:30am Bus to Giant *10:30am Yoga for Posture TV *11:30am American Legion Bistro *12:00pm Advanced Painting AC 1:00pm Bus to Tysons Mall *2:00pm Advanced Photo AC *2:00pm Basic Balance&Gait FC *2:00pm The Needlers PHSL 	*10:00am Beginner Painting AC *10:00am Fitness Class FC/TV 10:30am Bus to Trader Joe's *11:00am Town Hall AA *12:00pm Drawing AC *1:00pm Bridge PHSL *2:00pm Intermediate Photography AC	 *8:45am Water Exercise A P *9:15am Water Exercise B P 9:30am Bus to Ft. Myer *9:30am HASfit TV *10:00am Beginner Painting AC *10:00am Fitness Class TV 10:30am Residents Association Meeting AA *11:00am Yoga w/ Cindy SD/TV *12:00pm Beginner Photo AC 1:30pm Bus to Ft. Myer *2:00pm Basic Balance&Gait FC *5:15pm Vinson Voices AA 	 \$\mathbb{F}\ 9:00am Pickle Ball \$\mathbb{SP}\$ \$\mathbb{F}\ 9:30am HASfit \$\mathref{TV}\$ \$\mathref{10:00am}\$ Get Fit Stay Fit FC/TV \$\mathref{10:30am}\$ Bus to Safeway \$\mathref{10:30am}\$ Yoga for Posture \$\mathref{TV}\$ \$\mathref{1:00pm}\$ Farmers Market \$\mathref{B}\$ \$\mathref{1:00pm}\$ Bridge Class \$\mathref{PHSL}\$ \$\mathref{2:00pm}\$ Pool Volleyball \$\mathref{P}\$ 	 9:30am HASfit TV 10:00am Fitness Class TV 10:30am Bus to Giant 10:30am Yoga for Posture TV 1:00pm Cribbage PHSL 4:30pm Catholic Mass CH 7:00pm Movie Night AA
31	MEETING PLACES	MEETING PLACES				
 № 10:00am Fitness Class TV № 10:30am Yoga for Posture TV Վ11:00am Protestant Chapel Service CH 	SP - Sports Park TV - TV FC/TV - Fitness Center & TV Bus - Bus AA - Alford Auditorium P - Pool PHSL - Penthouse Sylvester Lounge CH - Chapel WOT - Willow Oak Tree	SD - Studio D B - Kathy Martin Ballroom DR - Dining Room AC - Art Center FC - Fitness Center SD/TV - Studio D & TV PHC - PH Conference Room PHK - Penthouse Kitchen Bistro - Bistro		VINSON HARETIREMENT	COMMUNIT	