






November 2022

Vinson Hall Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
	HAPPY HOUR - PENTHOUSE SYLVESTER LOUNGE Monday - Friday 4pm-5pm For reservations call Ext 2996  <p>*Activities subject to change. *Please note the activities calendar is also posted on the Caremerge resident portal.</p>	👤 9:00am Men's Fellowship Breakfast, DR 👤 9:00am All Saints Day Mass, CH 👤 9:30am HASfit, TV 👤 10:00am Get Fit Stay Fit, FC/TV 👤 10:30am Painting Workshop, AC 👤 10:30am Bus to Giant 👤 10:30am Health & Wellness Committee Meeting, AA 👤 10:30am Yoga for Posture, TV 👤 12:45pm Art Center students Bus to McLean Projects of the Arts 👤 1:00pm Bus to Fair Lakes 👤 2:00pm Advanced Photo, AC 👤 2:00pm Basic Balance&Gait, FC 👤 2:00pm The Needlers, PHSL	👤 9:00am Pool Volleyball, P 👤 9:30am HASfit, TV 👤 10:00am Beginner Painting, AC 👤 10:00am Town Hall, B 👤 10:00am Fitness Class, FC/TV 👤 10:00am Bus to Trader Joe's 👤 12:00pm Drawing, AC 👤 12:45pm Dance w/ Grace, SD 👤 1:00pm Bridge, PHSL 👤 1:00pm Bus to McLean Governmental Center 👤 2:00pm Intermediate Photography, AC 	👤 8:45am Water Exercise A, P 👤 9:30am Bus to Ft. Myer 👤 9:30am Water Exercise B, P 👤 9:30am HASfit, TV 👤 10:00am Beginner Painting, AC 👤 10:00am Fitness Class, TV 👤 10:00am-2:00pm Booster Clinic, AA 👤 10:15am Drum Circle, PHC 👤 11:00am Yoga w/ Cindy, SD/TV 👤 12:00pm Beginner Photo, AC 👤 1:30pm Bus to Ft. Myer 👤 2:00pm Basic Balance&Gait, FC 👤 3:00pm Bocce Ball Tournament, SP	👤 9:00am Pickle Ball, SP 👤 9:30am HASfit, TV 👤 10:00am Get Fit Stay Fit, FC/TV 👤 10:30am Bus to Safeway 👤 10:30am Yoga for Posture, TV 👤 11:00am Tech Class, AA 👤 1:00pm Bridge Class, PHSL 👤 2:00pm Pool Volleyball, P 👤 3:15pm Bingo, PHSL 👤 7:00pm The Exposition Woman Play reading, B	👤 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 👤 6:30pm Bus to Virginia Grand Military Band Concert 👤 7:00pm Movie Night "The Color Purple", AA
6	7	8 ELECTION DAY	9	10 HAPPY BDAY U.S. MARINE CORPS	11 VETERANS DAY	12
👤 9:30am HASfit, TV 👤 10:00am Fitness Class, TV 👤 10:30am Yoga for Posture, TV 👤 11:00am Protestant Chapel Service, CH 👤 3:00pm Bus to The First Baptist Church of the City of Washington	👤 8:45am Water Exercise A, P 👤 9:00am Pickle Ball, SP 👤 9:30am Water Exercise B, P 👤 9:30am HASfit, TV 👤 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 👤 3:00pm Ecumenical Discussions, AA	👤 8:00am Bus to Chesterbrook ES 👤 9:30am HASfit, TV 👤 10:00am Get Fit Stay Fit, FC/TV 👤 10:30am Bus to Wegmans 👤 10:30am Kitchen Tour, PHK 👤 10:30am Yoga for Posture, TV 👤 12:00pm Advanced Painting, AC 👤 1:00pm Bus to Chesterbrook ES 👤 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 Steve Friedman Broadway Lecture, AA 	👤 9:00am Pool Volleyball, P 👤 9:30am HASfit, TV 👤 9:30am NFCU, PHC 👤 10:00am Beginner Painting, AC 👤 10:00am Fitness Class, FC/TV 👤 10:30am Bus to Trader Joe's 👤 12:00pm Drawing, AC 👤 12:45pm Dance w/ Grace, SD 👤 1:00pm Bridge, PHSL 👤 2:00pm Intermediate Photography, AC 👤 2:00pm Wandering Docent, AA	👤 8:45am Water Exercise A, P 👤 9:30am Bus to Ft. Myer 👤 9:30am Water Exercise B, P 👤 9:30am HASfit, TV 👤 10:00am Beginner Painting, AC 👤 10:00am Fitness Class, TV 👤 10:15am Drum Circle, 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 👤 2:00pm Mindfulness, AA 👤 5:00pm Marine Corp Anniversary Celebration (by invitation only), DR 👤 5:15pm Vinson Voices, AA 👤 7:00pm Patriotic Concert, AA	👤 9:00am Pickle Ball, SP 👤 9:30am HASfit, TV 👤 10:00am Get Fit Stay Fit, FC/TV 👤 10:30am Bus to Safeway 👤 10:30am Yoga for Posture, TV 👤 11:30am Eating Well=Aging Well, AA 👤 1:00pm Bridge Class, PHSL 👤 2:00pm Pool Volleyball, P 👤 7:30pm Vinson Voices Veterans Day Concert, B	👤 9:30am HASfit, TV 👤 10:00am Fitness Class, TV 👤 10:30am Bus to Giant 👤 10:00am Zumba Gold, SD 👤 10:30am Yoga for Posture, TV 👤 1:00pm Cribbage, PHSL 👤 6:30pm Bus to Capital One Hall "I am HERE!" Gin Dance Company program 👤 4:00pm Catholic Mass, CH 👤 7:00pm Movie Night "Dr. No", AA
13	14	15	16	17	18	19
👤 9:30am HASfit, TV 👤 10:00am Fitness Class, TV 👤 10:30am Yoga for Posture, TV 👤 11:00am Protestant Chapel Service, CH	👤 8:45am Water Exercise A, P 👤 9:00am Pickle Ball, SP 👤 9:30am Water Exercise B, P 👤 9:30am HASfit, TV 👤 10:00am Fitness Class, FC/TV 👤 10:30am Low Vision Support Group, PHC 👤 10:30am Bus to Safeway 👤 10:30am Yoga for Posture, TV 👤 11:00am Zumba Gold, SD 👤 1:00pm Bridge, PHSL 👤 1:15pm Motion is Lotion, SD 👤 2:00pm Women's Book Club, AA	👤 9:00am Women's 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 Mosaic Center 👤 2:00pm Basic Balance&Gait, FC 👤 2:00pm The Needlers, PHSL 👤 7:00pm Episcopal Service, CH	👤 9:00am Pool Volleyball, P 👤 9:30am HASfit, TV 👤 10:00am Fitness Class, FC/TV 👤 10:20am Bus to National Gallery of Art 👤 10:30am Bus to Trader Joe's 👤 12:45pm Dance w/ Grace, SD 👤 1:00pm Bridge, PHSL	👤 8:45am Water Exercise A, P 👤 9:30am Bus to Ft. Myer 👤 9:30am Water Exercise B, P 👤 9:30am HASfit, TV 👤 10:00am Fitness Class, TV 👤 10:00am Kidstreich Playdate, SD 👤 11:00am Yoga w/ Cindy, SD/TV 👤 1:30pm Bus to Ft. Myer 👤 2:00pm Basic Balance&Gait, FC 👤 5:15pm Vinson Voices, AA	👤 9:00am Pickle Ball, SP 👤 9:30am HASfit, TV 👤 10:00am Get Fit Stay Fit, FC/TV 👤 10:30am Bus to Safeway 👤 10:30am Yoga for Posture, TV 👤 11:00am Tech Class, AA 👤 1:00pm Bridge Class, PHSL 👤 1:30pm Bus Lidl 👤 2:00pm Pool Volleyball, P 👤 2:00pm VA Representative Seminar, AA 👤 2:00pm My Best Dish Contest, B 👤 6:15pm Progressive Bridge Tournament, PHSL 👤 7:15pm Thomas Pandolfi, Concert Pianist, AA	👤 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 👤 5:00pm Jazz Night, DR 👤 7:00pm Movie Night "The Taming of the Shrew", AA

20	21	22	23	24 THANKSGIVING DAY	25	26
<div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div><div>9:30am</div><div>HASfit, TV</div></div><div><div>10:00am</div><div>Fitness Class, TV</div></div><div><div>10:30am</div><div>Yoga for Posture, TV</div></div><div><div>11:00am</div><div>Protestant Chapel Service, CH</div></div><div><div>11:30am-2:30pm</div><div>Sunday Brunch, DR</div></div></div></div></div>	<div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div><div>8:45am</div><div>Water Exercise A, P</div></div><div><div>9:00am</div><div>Pickle Ball, SP</div></div><div><div>9:30am</div><div>Water Exercise B, P</div></div><div><div>9:30am</div><div>HASfit, TV</div></div><div><div>10:00am</div><div>Fitness Class, FC/TV</div></div><div><div>10:30am</div><div>Bus to Safeway</div></div><div><div>10:30am</div><div>Yoga for Posture, TV</div></div><div><div>1:00pm</div><div>Bridge, PHSL</div></div><div><div>1:15pm</div><div>Motion is Lotion, SD</div></div><div><div>2:00pm</div><div>Caregiver Support Group, PHC</div></div><div><div>3:00pm</div><div>Ecumenical Discussions, AA</div></div></div></div></div>	<div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div><div>9:30am</div><div>HASfit, TV</div></div><div><div>10:00am</div><div>Get Fit Stay Fit, FC/TV</div></div><div><div>10:30am</div><div>Bus to Giant</div></div><div><div>10:30am</div><div>Yoga for Posture, TV</div></div><div><div>10:55am</div><div>Bus to Arena Stage "Sanctuary City"</div></div><div><div>11:30am</div><div>American Legion, Bistro</div></div><div><div>12:00pm</div><div>Advanced Painting, AC</div></div><div><div>1:00pm</div><div>Bus to Tysons Mall</div></div><div><div>2:00pm</div><div>Advanced Photo, AC</div></div><div><div>2:00pm</div><div>Basic Balance&Gait, FC</div></div><div><div>2:00pm</div><div>The Needlers, PHSL</div></div></div></div></div>	<div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div><div>9:00am</div><div>Pool Volleyball, P</div></div><div><div>9:30am</div><div>HASfit, TV</div></div><div><div>10:00am</div><div>Beginner Painting, AC</div></div><div><div>10:00am</div><div>Fitness Class, FC/TV</div></div><div><div>10:30am</div><div>Bus to Trader Joe's</div></div><div><div>12:00pm</div><div>Drawing, AC</div></div><div><div>12:45pm</div><div>Dance w/ Grace, SD</div></div><div><div>1:00pm</div><div>Bridge, PHSL</div></div><div><div>2:00pm</div><div>Intermediate Photography, AC</div></div></div></div></div>	<div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div><div>9:30am</div><div>HASfit, TV</div></div><div><div>10:00am</div><div>Fitness Class, TV</div></div><div><div>11:00am</div><div>Yoga w/ Cindy, TV</div></div><div><div>11:30am-2:30pm</div><div>Thanksgiving Day Meal DR</div></div></div></div><div></div></div>	<div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div><div>9:00am</div><div>Pickle Ball, SP</div></div><div><div>9:30am</div><div>HASfit, TV</div></div><div><div>10:00am</div><div>Get Fit Stay Fit, FC/TV</div></div><div><div>10:30am</div><div>Bus to Safeway</div></div><div><div>10:30am</div><div>Yoga for Posture, TV</div></div><div><div>1:00pm</div><div>Bridge Class, PHSL</div></div><div><div>2:00pm</div><div>Pool Volleyball, P</div></div><div><div>7:00pm</div><div>Acosta Band, AA</div></div></div></div></div>	<div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div><div>9:30am</div><div>HASfit, TV</div></div><div><div>10:00am</div><div>Fitness Class, TV</div></div><div><div>10:30am</div><div>Bus to Giant</div></div><div><div>10:30am</div><div>Yoga for Posture, TV</div></div><div><div>1:00pm</div><div>Cribbage, PHSL</div></div><div><div>4:30pm</div><div>Catholic Mass, CH</div></div><div><div>7:00pm</div><div>Movie Night "It Happened One Night", AA</div></div></div></div></div>
27	28	29	30	MEETING PLACES	MEETING PLACES	DIMENSIONS OF WELLNESS
<div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div><div>9:30am</div><div>HASfit, TV</div></div><div><div>10:00am</div><div>Fitness Class, TV</div></div><div><div>10:30am</div><div>Yoga for Posture, TV</div></div><div><div>11:00am</div><div>Protestant Chapel Service, CH</div></div></div></div></div>	<div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div><div>8:45am</div><div>Water Exercise A, P</div></div><div><div>9:00am</div><div>Pickle Ball, SP</div></div><div><div>9:30am</div><div>Water Exercise B, P</div></div><div><div>9:30am</div><div>HASfit, TV</div></div><div><div>10:00am</div><div>Fitness Class, FC/TV</div></div><div><div>10:30am</div><div>Bus to Safeway</div></div><div><div>10:30am</div><div>Yoga for Posture, TV</div></div><div><div>11:00am</div><div>Zumba Gold, SD</div></div><div><div>1:00pm</div><div>Bridge, PHSL</div></div><div><div>1:15pm</div><div>Motion is Lotion, SD</div></div><div><div>3:00pm</div><div>Resident/Employee DEI Event, AA</div></div></div></div></div>	<div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div><div>9:30am</div><div>HASfit, TV</div></div><div><div>10:00am</div><div>Get Fit Stay Fit, FC/TV</div></div><div><div>10:30am</div><div>Yoga for Posture, TV</div></div><div><div>12:00pm</div><div>Advanced Painting, AC</div></div><div><div>2:00pm</div><div>Advanced Photo, AC</div></div><div><div>2:00pm</div><div>Basic Balance&Gait, FC</div></div><div><div>2:00pm</div><div>The Needlers, PHSL</div></div></div></div></div>	<div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div><div>9:00am</div><div>Pool Volleyball, P</div></div><div><div>9:30am</div><div>HASfit, TV</div></div><div><div>9:30am</div><div>NFCU, PHC</div></div><div><div>10:00am</div><div>Beginner Painting, AC</div></div><div><div>10:00am</div><div>Fitness Class, FC/TV</div></div><div><div>10:30am</div><div>Bus to Trader Joe's</div></div><div><div>11:00am</div><div>Insight Memory Care Seminar, AA</div></div><div><div>12:00pm</div><div>Drawing, AC</div></div><div><div>12:45pm</div><div>Dance w/ Grace, SD</div></div><div><div>1:00pm</div><div>Bridge, PHSL</div></div><div><div>2:00pm</div><div>Intermediate Photography, AC</div></div></div></div></div>	<div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div><div>DR</div><div>- Dining Room</div></div><div><div>TV</div><div>- TV</div></div><div><div>FC/TV</div><div>- Fitness Center & TV</div></div><div><div>AC</div><div>- Art Center</div></div><div><div>Bus</div><div>- Bus</div></div><div><div>AA</div><div>- Alford Auditorium</div></div><div><div>FC</div><div>- Fitness Center</div></div><div><div>PHSL</div><div>- Penthouse Sylvester Lounge</div></div><div><div>P</div><div>- Pool</div></div><div><div>SD</div><div>- Studio D</div></div></div></div></div>	<div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div><div>WOT</div><div>- WO Tree</div></div><div><div>SD/TV</div><div>- Studio D & TV</div></div><div><div>SP</div><div>- Sports Park</div></div><div><div>CH</div><div>- Chapel</div></div><div><div>PHK</div><div>- Penthouse Kitchen</div></div><div><div>PHC</div><div>- PH Conference Room</div></div><div><div>Bistro</div><div>- Bistro</div></div><div><div>B</div><div>- Kathy Martin Ballroom</div></div></div></div></div>	<div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div><div>Physical</div><div>Emotional</div><div>Spiritual</div><div>Financial</div><div>Social</div><div>Intellectual</div><div>Health Services</div><div>Nutritional</div><div>Purposeful</div></div></div></div></div>



VINSON HALL
RETIREMENT COMMUNITY
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