



June 2023

Vinson Hall Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	MEETING PLACES	MEETING PLACES		1	2	3
	FC - Fitness Center P - Pool Lobby - VH & WO lobby TV - TV AC - Art Center DR - Penthouse Dining Room SD - Studio D AA - Alford Auditorium SP - Sports Park WORL - Willow Oak Residents Lounge	FC/TV - Fitness Center & TV PHSL - Penthouse Sylvester Lounge B - Kathy Martin Ballroom CH - Chapel Bus - Bus FR - Fireplace Room WOT - Willow Oak Tree PHC - PH Conference Room PHK - Penthouse Kitchen Bistro - Bistro		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 10:55am Bus to Arena Stage "Exclusion" 11:00am Yoga w/ Cindy, TV 12:00pm Beginner Photo, AC 12:00pm Resident Special Speaker Luncheon, DR 1:00pm Yoga, SD 1:30pm Bus to Ft. Myer 2:00pm Balance & Gait, FC 5:15pm Vinson Voices, AA	9:00am Pickle Ball, SP 9:30am HASfit, TV 10:00am Women's Bible Study, WORL 10:00am Get Fit Stay Fit, FC/TV 10:30am Bus to Safeway 10:30am Yoga for Posture, TV 11:00am Bus to Saint Katherine: Spring Festival 2023 11:00am Tech Class, AA 1:00pm Bridge Class, PHSL 2:00pm Pool Volleyball, P	9:30am HASfit, TV 10:00am Zumba Gold, SD 10:00am Fitness Class, TV 10:30am Bus to Giant 10:30am Yoga for Posture, TV 11:00am Celebration of Life for Ralph Myers, CH 1:00pm Cribbage, PHSL 4:00pm Catholic Mass, CH 6:30pm Bus to Alden Theatre "Furia Flamenca Show" 7:00pm Movie Night, AA
4	5	6	7	8	9	10
9:30am HASfit, TV 10:00am Fitness Class, TV 10:30am Yoga for Posture, TV 11:00am Protestant Chapel Service, CH 1:00pm-2pm Joy of Dance Recital, B 2:00pm-3pm Joy of Dance Recital, B	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 3:00pm Ecumenical Discussions, AA	9:00am Men's Fellowship Breakfast, DR 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 12:00pm Advanced Painting, AC 1:00pm Bus to Fair Lakes 1:00pm The Needlers, FR 2:00pm Advanced Photo, AC 2:00pm Balance & Gait, FC 2:00pm Forbes Talk, AA	9:00am Pool Volleyball, P 9:30am HASfit, TV 10:00am Beginner Painting, AC 10:00am Fitness Class, FC/TV 10:30am Bus to Trader Joe's 10:30am Drum Circle, WOT 12:00pm Drawing, AC 12:30pm Dance w/ Grace, SD 1:00pm Bridge, PHSL 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 11:00am Yoga w/ Cindy, TV 12:00pm Beginner Photo, AC 12:00pm Bingo & Lunch, Bistro 1:00pm Yoga, SD 1:30pm Bus to Ft. Myer 2:00pm Balance & Gait, FC 2:00pm Mindfulness, AA 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 11:30am Eating Well=Aging Well, AA 1:00pm Bridge Class, PHSL 2:00pm Pool Volleyball, P 7:00pm Bruce Corsino Performance, AA	9:30am HASfit, TV 10:00am Zumba Gold, SD 10:00am Fitness Class, TV 10:30am Bus to Giant 10:30am Yoga for Posture, TV 12:00pm-4:00pm Art Show, B 12:50pm Bus to Signature Theatre "Sweeney Todd", Lobby 1:00pm Cribbage, PHSL 4:00pm Catholic Mass, CH 7:00pm Movie Night, AA
11	12	13	14	15	16	17
9:30am HASfit, TV 10:00am Fitness Class, TV 10:30am Yoga for Posture, TV 11:00am Protestant Chapel Service, CH 12:00pm-4:00pm Art Show, B	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 1:00pm Bridge, PHSL 2:00pm Women's Book Club, PHC	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 The Needlers, FR 2:00pm Advanced Photo, AC 2:00pm Balance & Gait, FC 3:00pm Birthday Tea, PHSL 7:00pm Steve Friedman Broadway Lecture, AA	9:00am Pool Volleyball, P 9:30am HASfit, TV 10:00am Beginner Painting, AC 10:00am Fitness Class, FC/TV 10:30am Bus to Trader Joe's 12:00pm Drawing, AC 12:30pm Dance w/ Grace, SD 1:00pm Bridge, PHSL 2:00pm Intermediate Photography, AC 3:00pm Annual Service of Remembrance, CH	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 11:00am Yoga w/ Cindy, TV 12:00pm Beginner Photo, AC 1:00pm Yoga, SD 1:30pm Bus to Ft. Myer 2:00pm Balance & Gait, FC 2:30pm Social Tea, PHSL 5:15pm Vinson Voices, AA	9:00am Pickle Ball, SP 9:30am HASfit, TV 10:00am Women's Bible Study, WORL 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 6:15pm Third Friday Bridge, PHSL	9:30am HASfit, TV 10:00am Zumba Gold, SD 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 4:05pm Bus to Mosaic Harmony 29 th Annual Spring Concert 7:00pm Movie Night, AA

