































































































































































































August 2023

Vinson Hall Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	DIMENSIONS OF WELLNESS	1	2	3	4	5
	 Physical  Emotional  Spiritual  Social  Intellectual  Health Services  Nutritional  Purposeful	 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 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, AA  12:00pm Drawing, AC  1:00pm Dance w/ Grace, SD  1:00pm Bridge, PHSL  1:00pm FCPL Presentation, AA  2:00pm Intermediate Photography, AC  4:00pm Keyboardist Matthew Melvin, 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 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	 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  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  1:00pm Cribbage, PHSL  4:00pm Catholic Mass, CH  7:00pm Movie Night, AA
6	7	8	9	10	11	12
 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  9:00am Navy Memorial Stories of Service Interviews, AA  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	 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  1:00pm Dance w/ Grace, SD  1:00pm Bridge, PHSL  2:00pm Intermediate Photography, AC  3:00pm Fashion through the Ages, FJ Bistro  4:00pm Cocktails & Canines, 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 Beginner Painting, AC  10:00am Fitness Class, TV  11:00am Yoga w/ Cindy, TV  11:00am Town Hall, AA  12:00pm Beginner Photo, AC  1:00pm Yoga, SD  1:30pm Bus to Ft. Myer  2:00pm Balance & Gait, FC  2:00pm Mindfulness, AA  7:00pm Navy Memorial Stories of Service: VHRC Documentaries Showing, 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  3:15pm Bingo, PHSL  7:30pm Borisevich Duo, 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  1:00pm Cribbage, PHSL  4:00pm Catholic Mass, CH  7:00pm Movie Night, 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 Kidstreich Graduation, B  10:00am Fitness Class, FC/TV  10:30am Bus to Safeway  10:30am Yoga for Posture, TV  1:00pm Bridge, PHSL	 9:00am Women's Fellowship Breakfast, DR  9:00am Holy Day of Obligation Mass, CH  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 The Needlers, FR  2:00pm Advanced Photo, AC 2:00pm Balance & Gait, FC 7:00pm Episcopal Holy Eucharist, CH	 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  1:00pm Bridge, PHSL  2:00pm Intermediate Photography, AC  3:00pm You've Come A Long Way Baby, FJ Bistro  4:00pm Keyboardist Matthew Melvin, 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 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 3:00pm Social Tea, PHSL	 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 4:00pm Alzheimer's Assoc. Effective Communication Strategies, TS 6:15pm 3rd 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  5:00pm Laissez Foure Jazz Night, DR  7:00pm Movie Night, AA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	21	22	23	24	25	26
<div><div><div><div><div></div><div>9:30am</div><div>HASfit, TV</div></div><div><div></div><div>10:00am</div><div>Fitness Class, TV</div></div><div><div></div><div>10:30am</div><div>Yoga for Posture, TV</div></div><div><div></div><div>11:00am</div><div>Protestant Chapel Service, CH</div></div><div><div></div><div>11:30am</div><div>Sunday Brunch, DR</div></div></div></div></div>	<div><div><div><div><div></div><div>8:45am</div><div>Water Exercise A, P</div></div><div><div></div><div>9:00am</div><div>Pickle Ball, SP</div></div><div><div></div><div>9:30am</div><div>Water Exercise B, P</div></div><div><div></div><div>9:30am</div><div>HASfit, TV</div></div><div><div></div><div>10:00am</div><div>Fitness Class, FC/TV</div></div><div><div></div><div>10:30am</div><div>Bus to Safeway</div></div><div><div></div><div>10:30am</div><div>Yoga for Posture, TV</div></div><div><div></div><div>1:00pm</div><div>Bridge, PHSL</div></div><div><div></div><div>2:00pm</div><div>Caregiver Support Group, PHC</div></div></div></div></div>	<div><div><div><div><div></div><div>9:30am</div><div>HASfit, TV</div></div><div><div></div><div>10:00am</div><div>Get Fit Stay Fit, FC/TV</div></div><div><div></div><div>10:30am</div><div>Bus to Giant</div></div><div><div></div><div>10:30am</div><div>Yoga for Posture, TV</div></div><div><div></div><div>12:00pm</div><div>Advanced Painting, AC</div></div><div><div></div><div>1:00pm</div><div>Bus to Tysons Mall</div></div><div><div></div><div>1:00pm</div><div>The Needlers, FR</div></div><div><div></div><div>2:00pm</div><div>Advanced Photo, AC</div></div><div><div></div><div>2:00pm</div><div>Balance & Gait, FC</div></div></div></div></div>	<div><div><div><div><div></div><div>9:00am</div><div>Pool Volleyball, P</div></div><div><div></div><div>9:30am</div><div>HASfit, TV</div></div><div><div></div><div>10:00am</div><div>Beginner Painting, AC</div></div><div><div></div><div>10:00am</div><div>Fitness Class, FC/TV</div></div><div><div></div><div>10:30am</div><div>Bus to Trader Joe's</div></div><div><div></div><div>12:00pm</div><div>Drawing, AC</div></div><div><div></div><div>1:00pm</div><div>Bridge, PHSL</div></div><div><div></div><div>2:00pm</div><div>Intermediate Photography, AC</div></div><div><div></div><div>2:00pm</div><div>The Beauty of a Woman, FJ Bistro</div></div><div><div></div><div>3:00pm</div><div>Ice Cream Social, VHL</div></div></div></div></div>	<div><div><div><div><div></div><div>8:45am</div><div>Water Exercise A, P</div></div><div><div></div><div>9:30am</div><div>Bus to Ft. Myer</div></div><div><div></div><div>9:30am</div><div>Water Exercise B, P</div></div><div><div></div><div>9:30am</div><div>HASfit, TV</div></div><div><div></div><div>10:00am</div><div>Beginner Painting, AC</div></div><div><div></div><div>10:00am</div><div>Fitness Class, TV</div></div><div><div></div><div>11:00am</div><div>Yoga w/ Cindy, TV</div></div><div><div></div><div>12:00pm</div><div>Beginner Photo, AC</div></div><div><div></div><div>1:00pm</div><div>Yoga, SD</div></div><div><div></div><div>1:30pm</div><div>Bus to Ft. Myer</div></div><div><div></div><div>2:00pm</div><div>Balance & Gait, FC</div></div><div><div></div><div>5:15pm</div><div>Vinson Voices, AA</div></div></div></div></div>	<div><div><div><div><div></div><div>9:00am</div><div>Pickle Ball, SP</div></div><div><div></div><div>9:30am</div><div>HASfit, TV</div></div><div><div></div><div>10:00am</div><div>Get Fit Stay Fit, FC/TV</div></div><div><div></div><div>10:30am</div><div>Bus to Safeway</div></div><div><div></div><div>10:30am</div><div>Yoga for Posture, TV</div></div><div><div></div><div>1:00pm</div><div>Bridge Class, PHSL</div></div><div><div></div><div>2:00pm</div><div>Pool Volleyball, P</div></div><div><div></div><div>7:15pm</div><div>Bruce Corsino, AA</div></div></div></div></div>	<div><div><div><div><div></div><div>9:30am</div><div>HASfit, TV</div></div><div><div></div><div>10:00am</div><div>Zumba Gold, SD</div></div><div><div></div><div>10:00am</div><div>Fitness Class, TV</div></div><div><div></div><div>10:30am</div><div>Bus to Giant</div></div><div><div></div><div>10:30am</div><div>Yoga for Posture, TV</div></div><div><div></div><div>1:00pm</div><div>Cribbage, PHSL</div></div><div><div></div><div>4:30pm</div><div>Catholic Mass, CH</div></div><div><div></div><div>7:00pm</div><div>Movie Night, AA</div></div></div></div></div>
27	28	29	30	31	MEETING PLACES	MEETING PLACES
<div><div><div><div><div></div><div>9:30am</div><div>HASfit, TV</div></div><div><div></div><div>10:00am</div><div>Fitness Class, TV</div></div><div><div></div><div>10:30am</div><div>Yoga for Posture, TV</div></div><div><div></div><div>11:00am</div><div>Protestant Communion Service, CH</div></div></div></div></div>	<div><div><div><div><div></div><div>8:45am</div><div>Water Exercise A, P</div></div><div><div></div><div>9:00am</div><div>Pickle Ball, SP</div></div><div><div></div><div>9:30am</div><div>Water Exercise B, P</div></div><div><div></div><div>9:30am</div><div>HASfit, TV</div></div><div><div></div><div>10:00am</div><div>Fitness Class, FC/TV</div></div><div><div></div><div>10:30am</div><div>Bus to Safeway</div></div><div><div></div><div>10:30am</div><div>Yoga for Posture, TV</div></div><div><div></div><div>1:00pm</div><div>Bridge, PHSL</div></div></div></div></div>	<div><div><div><div><div></div><div>9:30am</div><div>HASfit, TV</div></div><div><div></div><div>10:00am</div><div>Get Fit Stay Fit, FC/TV</div></div><div><div></div><div>10:30am</div><div>Yoga for Posture, TV</div></div><div><div></div><div>10:30am</div><div>Bus to Giant</div></div><div><div></div><div>12:00pm</div><div>Advanced Painting, AC</div></div><div><div></div><div>1:00pm</div><div>The Needlers, FR</div></div><div><div></div><div>2:00pm</div><div>Advanced Photo, AC</div></div><div><div></div><div>2:00pm</div><div>Balance & Gait, FC</div></div></div></div></div>	<div><div><div><div><div></div><div>9:00am</div><div>Pool Volleyball, P</div></div><div><div></div><div>9:30am</div><div>HASfit, TV</div></div><div><div></div><div>10:00am</div><div>Beginner Painting, AC</div></div><div><div></div><div>10:00am</div><div>Fitness Class, FC/TV</div></div><div><div></div><div>10:30am</div><div>Bus to Trader Joe's</div></div><div><div></div><div>12:00pm</div><div>Drawing, AC</div></div><div><div></div><div>1:00pm</div><div>Bridge, PHSL</div></div><div><div></div><div>2:00pm</div><div>Intermediate Photography, AC</div></div><div><div></div><div>3:00pm</div><div>Let's talk about the "Change", FJ Bistro</div></div></div></div></div>	<div><div><div><div><div></div><div>8:45am</div><div>Water Exercise A, P</div></div><div><div></div><div>9:30am</div><div>Bus to Ft. Myer</div></div><div><div></div><div>9:30am</div><div>Water Exercise B, P</div></div><div><div></div><div>9:30am</div><div>HASfit, TV</div></div><div><div></div><div>10:00am</div><div>Beginner Painting, AC</div></div><div><div></div><div>10:00am</div><div>Fitness Class, TV</div></div><div><div></div><div>11:00am</div><div>Yoga w/ Cindy, TV</div></div><div><div></div><div>12:00pm</div><div>Beginner Photo, AC</div></div><div><div></div><div>1:00pm</div><div>Yoga, SD</div></div><div><div></div><div>1:30pm</div><div>Bus to Ft. Myer</div></div><div><div></div><div>2:00pm</div><div>Balance & Gait, FC</div></div><div><div></div><div>5:15pm</div><div>Vinson Voices, AA</div></div></div></div></div>	<div><div><div><div><div></div><div>WOT</div><div>- Willow Oak Tree</div></div><div><div></div><div>SD</div><div>- Studio D</div></div><div><div></div><div>PHSL</div><div>- Penthouse Sylvester Lounge</div></div><div><div></div><div>SP</div><div>- Sports Park</div></div><div><div></div><div>WORL</div><div>- Willow Oak Residents Lounge</div></div><div><div></div><div>CH</div><div>- Chapel</div></div><div><div></div><div>PHK</div><div>- Penthouse Kitchen</div></div><div><div></div><div>B</div><div>- Kathy Martin Ballroom</div></div><div><div></div><div>PHC</div><div>- PH Conference Room</div></div><div><div></div><div>Bistro</div><div>- Bistro</div></div><div><div></div><div>VHL</div><div>- VH Lobby</div></div></div></div></div>	<div><div><div><div><div></div><div>FC</div><div>- Fitness Center</div></div><div><div></div><div>DR</div><div>- Penthouse Dining Room</div></div><div><div></div><div>TV</div><div>- TV</div></div><div><div></div><div>FC/TV</div><div>- Fitness Center & TV</div></div><div><div></div><div>AC</div><div>- Art Center</div></div><div><div></div><div>Lobby</div><div>- VH & WO Lobby</div></div><div><div></div><div>Bus</div><div>- Bus</div></div><div><div></div><div>FR</div><div>- Fireplace Room</div></div><div><div></div><div>AA</div><div>- Alford Auditorium</div></div><div><div></div><div>P</div><div>- Pool</div></div><div><div></div><div>TS</div><div>- The Sylvestery</div></div></div></div></div>

UPCOMING VISITS
NAVY FEDERAL CREDIT UNION

Onsite
Wednesday, August 2
Wednesday, August 16
Wednesday, August 30
9:30a.m. - 11:30a.m. in the Penthouse
Conference Room.

HAPPY HOUR
PENTHOUSE SYLVESTER LOUNGE

Monday - Friday
4:00p.m. - 5:00p.m.
For reservations, call Ext 2996

FRED JOHNSON BISTRO
HOURS OF OPERATION

Dinner
Saturday and Sunday
4:00p.m. - 7:00p.m.