


















































































































































Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	MEETING PLACES	MEETING PLACES		DIMENSIONS OF WELLNESS	1	2
	FC - Fitness Center P - Pool TV - TV AC - Art Center FC/TV - Fitness Center & TV Lobby - VH & WO Lobby PHSL - Penthouse Sylvester Lounge SD - Studio D AA - Alford Auditorium DR - Penthouse Dining Room	SP - Sports Park WORL - Willow Oak Residents Lounge CH - Chapel B - Kathy Martin Ballroom Bus - Bus FR - Fireplace Room PHC - PH Conference Room PHK - Penthouse Kitchen VHL - VH Lobby Bistro - Bistro		 Physical  Spiritual  Intellectual  Nutritional  Emotional  Social  Health  Purposeful	 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  1:00pm SHARE Donation Drive Gift Bag Assembly Party, B  2:00pm Pool Volleyball, P  2:00pm Tai Chi Class, SD	 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  1:50pm Bus to Schlesinger Hall - Virginia Grand Military Band Concert  4:00pm Catholic Mass, CH  7:00pm Movie Night, AA
3	4	5	6	7 HANUKKAH BEGINS	8	9
 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 Bus to Safeway  10:30am Yoga for Posture, TV  1:00pm Bridge, PHSL  2:00pm Tai Chi Class, SD  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	 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  1:00pm Line Dance with Grace, SD  2:00pm Intermediate Photography, AC  7:15pm , Movie Showing - Munich, 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  10:30am Residents Association Meeting, AA  11:00am Yoga w/ Cindy, TV  12:00pm Beginner Photo, AC 1:30pm Bus to Ft. Myer  2:00pm Balance & Gait, FC  5:15pm Vinson Voices, AA  5:40pm Bus to Kennedy Center NSO Salutes the Military	 9:00am Pickle Ball, SP  9:00am Catholic Mass, CH  9:30am HASfit, TV 10:00am Get Fit Stay Fit, FC/TV 10:30am Bus to Safeway, Lobby  10:30am Yoga for Posture, TV  11:30am Eating Well=Aging Well, AA  1:00pm Bridge Class, PHSL  2:00pm Pool Volleyball, P  2:00pm Tai Chi Class, SD	 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  12:55pm Bus to Signature Theatre – Ragtime Show  1:00pm Cribbage, PHSL  3:00pm Army vs. Navy Football Game Viewing, AA  4:00pm Catholic Mass, CH  5:00pm McLean Volunteer Fire Dept. Santa visit, VH  7:00pm Movie Night, AA
10	11	12	13	14	15 HANUKKAH ENDS	16
 9:30am HASfit, TV  10:00am Fitness Class, TV  10:30am Yoga for Posture, TV  11:00am Protestant Chapel Service, CH  2:00pm Chris Holmes Celebration of Life, AA 	 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  2:00pm Tai Chi Class, SD	 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 Thomas Pandolfi Concert, B	 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  10:55am Bus to Arena Stage - Step Afrika Magical Musical Holiday Show  12:00pm Drawing, AC  1:00pm Bridge, PHSL  1:00pm Line Dance with Grace, SD  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 1:30pm Bus to Ft. Myer  2:00pm Balance & Gait, FC  2:00pm Mindfulness, AA  2:00pm EAF Gift Giving Event, Bistro  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 to Lidl  2:00pm Pool Volleyball, P  2:00pm Tai Chi Class, SD  6:15pm Third Friday Bridge, PHSL  7:30pm City of Falls Church Concert Band - Christmas Comcert, B	 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  2:00pm Bus to DAR Constitution Hall – Celebrate the Season with America's Navy  4:00pm Catholic Mass, CH  7:15pm Vinson Hall Players - Krampus Carols, AA

17	18	19	20	21	22	23
<p>🏃 9:30am HASfit, <i>TV</i> 🏃 10:00am Fitness Class, <i>TV</i> 🏃 10:30am Yoga for Posture, <i>TV</i> 🕊 11:00am Protestant Chapel Service, <i>CH</i> 🍽 11:30am Sunday Brunch, DR 🚌 2:55pm Bus to Schlesinger Hall - New Dominion Chorale Christmas Concert 🍽 3:00pm Vinson Hall Players - Krampus Carols, AA</p>	<p>🏃 8:45am Water Exercise A, <i>P</i> 🏃 9:00am Pickle Ball, <i>SP</i> 🏃 9:30am Water Exercise B, <i>P</i> 🏃 9:30am HASfit, <i>TV</i> 🏃 10:00am Fitness Class, <i>FC/TV</i> 🏃 10:30am Bus to Safeway 🏃 10:30am Yoga for Posture, <i>TV</i> 🍽 1:00pm Bridge, <i>PHSL</i> ❤ 2:00pm Caregiver Support Group, <i>PHC</i> 🏃 2:00pm Tai Chi Class, SD 🕊 3:00pm Ecumenical Discussions, AA</p>	<p>🍽 9:00am Women's Fellowship Breakfast, DR 🏃 9:30am HASfit, <i>TV</i> 🏃 10:00am Get Fit Stay Fit, <i>FC/TV</i> 🕊 10:30am Photo Workshop, <i>AC</i> 🏃 10:30am Bus to Giant 🏃 10:30am Yoga for Posture, <i>TV</i> 🕒 12:00pm Advanced Painting, <i>AC</i> 🍽 1:00pm The Needlers, <i>FR</i> 🕊 2:00pm Advanced Photo, <i>AC</i> 🏃 2:00pm Balance & Gait, <i>FC</i> 💖 2:00pm Dining Town Hall, AA 🕊 7:00pm Episcopal Holy Eucharist, CH</p>	<p>🏃 9:00am Pool Volleyball, <i>P</i> 🏃 9:30am HASfit, <i>TV</i> 🕊 10:00am Beginner Painting, <i>AC</i> 🏃 10:00am Fitness Class, <i>FC/TV</i> 🏃 10:30am Bus to Trader Joe's 🕊 12:00pm Drawing, <i>AC</i> 🍽 1:00pm Bridge, <i>PHSL</i> 🕊 2:00pm Intermediate Photography, <i>AC</i> 🕊 2:00pm Christmas Carols Sing Along, CH</p>	<p>🏃 8:45am Water Exercise A, <i>P</i> 🏃 9:30am Bus to Ft. Myer 🏃 9:30am Water Exercise B, <i>P</i> 🏃 9:30am HASfit, <i>TV</i> 🍽 10:00am Beginner Painting, <i>AC</i> 🏃 10:00am Fitness Class, <i>TV</i> 🏃 11:00am Yoga w/ Cindy, <i>TV</i> 🕊 12:00pm Beginner Photo, <i>AC</i> 🏃 1:00pm Yoga, <i>SD</i> 🏃 1:30pm Bus to Ft. Myer 🏃 2:00pm Balance & Gait, <i>FC</i> 🍽 2:30pm Social Tea, Café 🍽 4:00pm Keyboardist Matthew Melvin, DR 🍽 5:15pm Vinson Voices, AA</p>	<p>🏃 9:00am Pickle Ball, <i>SP</i> 🏃 9:30am HASfit, <i>TV</i> 🏃 10:00am Get Fit Stay Fit, <i>FC/TV</i> 🏃 10:30am Bus to Safeway 🏃 10:30am Yoga for Posture, <i>TV</i> 🕊 1:00pm Bridge Class, PHSL 🏃 2:00pm Pool Volleyball, <i>P</i> 🏃 2:00pm Tai Chi Class, SD 🍽 7:00pm Vinson Voices Christmas Concert, B</p>	<p>🏃 9:30am HASfit, <i>TV</i> 🏃 10:00am Zumba Gold, <i>SD</i> 🏃 10:00am Fitness Class, <i>TV</i> 🏃 10:30am Bus to Giant 🏃 10:30am Yoga for Posture, <i>TV</i> 🍽 1:00pm Cribbage, PHSL 🕊 4:00pm Catholic Mass, CH 🍽 7:00pm Movie Night, AA</p>
24 CHRISTMAS EVE	25 CHRISTMAS DAY	26 KWANZAA BEGINS	27	28	29	30
<p>🏃 9:30am HASfit, <i>TV</i> 🏃 10:00am Fitness Class, <i>TV</i> 🏃 10:30am Yoga for Posture, <i>TV</i> 🕊 11:00am Protestant Christmas Eve Service, <i>CH</i> 🍽 11:30am – 2:30pm Christmas Eve Meal, DR 🍽 12:30pm – 2:00pm Capitol Carolers at Christmas Eve Dinner, DR</p>	<p>🏃 9:00am Pickle Ball, <i>SP</i> 🕊 9:00am Catholic Mass, CH 🏃 9:30am HASfit, <i>TV</i> 🏃 10:00am Fitness Class, <i>TV</i> 🏃 10:30am Yoga for Posture, <i>TV</i> 🍽 11:30am Christmas Day Meal, DR 🍽 1:00pm Bridge, <i>PHSL</i></p> <div><div>Office Holiday</div></div>	<p>🏃 9:30am HASfit, <i>TV</i> 🏃 10:00am Get Fit Stay Fit, <i>FC/TV</i> 🏃 10:30am Bus to Giant 🏃 10:30am Yoga for Posture, <i>TV</i> 🕒 12:00pm Advanced Painting, <i>AC</i> 🏃 1:00pm Bus to Tysons Mall 🍽 1:00pm The Needlers, <i>FR</i> 🕊 2:00pm Advanced Photo, <i>AC</i> 🏃 2:00pm Balance & Gait, <i>FC</i></p>	<p>🏃 9:00am Pool Volleyball, <i>P</i> 🏃 9:30am HASfit, <i>TV</i> 🕊 10:00am Beginner Painting, <i>AC</i> 🏃 10:00am Fitness Class, <i>FC/TV</i> 🏃 10:30am Bus to Trader Joe's 🕊 12:00pm Drawing, <i>AC</i> 🍽 1:00pm Bridge, <i>PHSL</i> 🕊 2:00pm Intermediate Photography, <i>AC</i> 🍽 3:00pm Ice Cream Social, VHL</p>	<p>🏃 8:45am Water Exercise A, <i>P</i> 🏃 9:30am Bus to Ft. Myer 🏃 9:30am Water Exercise B, <i>P</i> 🏃 9:30am HASfit, <i>TV</i> 🍽 10:00am Beginner Painting, <i>AC</i> 🏃 10:00am Fitness Class, <i>TV</i> 🏃 11:00am Yoga w/ Cindy, <i>TV</i> 🕊 12:00pm Beginner Photo, <i>AC</i> 🏃 1:00pm Yoga, <i>SD</i> 🏃 1:30pm Bus to Ft. Myer 🏃 2:00pm Balance & Gait, <i>FC</i> 🍽 4:00pm Keyboardist Matthew Melvin, DR 🍽 5:15pm Vinson Voices, AA</p>	<p>🏃 9:00am Pickle Ball, <i>SP</i> 🏃 9:30am HASfit, <i>TV</i> 🏃 10:00am Get Fit Stay Fit, <i>FC/TV</i> 🏃 10:30am Bus to Safeway 🏃 10:30am Yoga for Posture, <i>TV</i> 🕊 1:00pm Bridge Class, PHSL 🏃 2:00pm Pool Volleyball, <i>P</i> 🏃 2:00pm Tai Chi Class, SD</p>	<p>🏃 9:30am HASfit, <i>TV</i> 🏃 10:00am Zumba Gold, <i>SD</i> 🏃 10:00am Fitness Class, <i>TV</i> 🏃 10:30am Bus to Giant 🏃 10:30am Yoga for Posture, <i>TV</i> 🍽 1:00pm Cribbage, PHSL 🕊 4:30pm Catholic Mass, CH 🍽 7:00pm Movie Night, AA</p>
31 NEW YEAR'S EVE						
<p>🏃 9:30am HASfit, <i>TV</i> 🏃 10:00am Fitness Class, <i>TV</i> 🏃 10:30am Yoga for Posture, <i>TV</i> 🕊 11:00am Protestant Chapel Service, <i>CH</i> 🍽 11:30am New Year's Eve Meal, DR</p>		<p>MEMORIAL MASS FOR EILEEN COULTER</p> <p>Saturday, December 9 11:00a.m. In the Vinson Hall Chapel</p> 	<p>HAPPY HOUR PENTHOUSE SYLVESTER LOUNGE</p> <p>Monday - Friday 4:00p.m. - 5:00p.m. For reservations, call Ext 2996.</p> 	<p>UPCOMING VISITS NAVY FEDERAL CREDIT UNION</p> <p>Wednesday, December 6 Wednesday, December 20 9:30a.m. - 11:30a.m. In the Penthouse Conference Room.</p> 	<p>WOMEN'S BIBLE STUDY</p> <p>Friday, December 15 10:00a.m. In the Willow Oak Resident Lounge, 5th floor.</p> 	<p>PRESENTATION & DISCUSSION BY SPECIAL GUEST SPEAKER DR. GINA CROVATO, AUDIOLOGIST</p> <p>Wednesday, December 13 1:30p.m. In the Alford Auditorium.</p> 