








































































































































March 2024

Vinson Hall Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		PAUL PEAK AWARD	BANKING	HAPPY HOUR	1	2
		Thursday, March 28 2:00p.m. In the Penthouse Sylvester Lounge	NAVY FEDERAL CREDIT UNION ONSITE 9:30a.m. – 11:30a.m. Wednesday, March 13 Wednesday, March 27 In the Penthouse Conference Room 	4:00p.m. – 5:00p.m. Monday – Friday In the Penthouse Sylvester Lounge 	 9:00am Pickle Ball, <i>SP</i>  9:30am HASfit, <i>TV</i>  10:00am Women's Bible Study, <i>WORL</i> 10:00am Get Fit Stay Fit, <i>FC/TV</i> 10:30am Bus to Safeway 10:30am Yoga for Posture, <i>TV</i>  11:00am Tech Class, <i>AA</i>  1:00pm Bridge Class, <i>PHSL</i>  2:00pm Pool Volleyball, <i>P</i>  2:00pm Tai Chi Class, <i>SD</i>  7:00pm Pianists Steve Baddour, <i>AA</i>	 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, <i>PHSL</i>  4:00pm Catholic Mass, <i>CH</i>  7:00pm Movie Night, <i>AA</i>
3	4	5	6	7	8	9
 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, <i>DR</i>	 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>  1:00pm Motion is Lotion, <i>SD</i>  2:00pm Tai Chi Class, <i>SD</i>  3:00pm Ecumenical Discussions, <i>AA</i>	 9:00am Men's Fellowship Breakfast, <i>DR</i>  9:30am HASfit, <i>TV</i> 10:00am Get Fit Stay Fit, <i>FC/TV</i> 10:30am Painting Workshop, <i>AC</i> 10:30am Bus to Giant  10:30am Health & Wellness Committee Meeting, <i>AA</i>  10:30am Yoga for Posture, <i>TV</i> 12:00pm Advanced Painting, <i>AC</i> 1:00pm Bus to Fair Lakes  1:00pm The Needlers, <i>FR</i>  2:00pm Advanced Photo, <i>AC</i>  2:00pm Balance & Gait, <i>FC</i>	 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>  1:00pm Dance w/ Grace, <i>SD</i>  2:00pm Intermediate Photography, <i>AC</i>  6:00pm Bus to Nat'l Theatre - The Book of Mormon	 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>  10:15am Drum Circle, <i>AA</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>  5:15pm Vinson Voices, <i>AA</i>	 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>  11:30am Eating Well=Aging Well, <i>AA</i>  1:00pm Bridge Class, <i>PHSL</i>  2:00pm Pool Volleyball, <i>P</i>  2:00pm Tai Chi Class, <i>SD</i>  7:15pm Vinson Hall Players - Now & Then, <i>AA</i>	 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, <i>PHSL</i>  1:55pm Bus to Schlesinger Hall - VA Grand Military Band Concert  3:00pm Sacrament of Penance, <i>PHC</i>  4:00pm Catholic Mass, <i>CH</i>  7:00pm Movie Night, <i>AA</i>
10 Daylight Saving Time	11 First Day of Ramadan	12	13	14	15	16
 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>  2:00pm Vinson Hall Players - Now & Then, <i>AA</i>	 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 Low Vision Support Group, <i>PHC</i> 10:30am Bus to Safeway  10:30am Yoga for Posture, <i>TV</i>  1:00pm Bridge, <i>PHSL</i>  1:00pm Motion is Lotion, <i>SD</i>  2:00pm Women's Book Club, <i>PHC</i>  2:00pm Tai Chi Class, <i>SD</i>	 9:30am HASfit, <i>TV</i> 10:00am Get Fit Stay Fit, <i>FC/TV</i> 10:30am Bus to Wegmans  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 Facilities Meeting, <i>AA</i>  3:00pm Birthday Tea, <i>PHSL</i>	 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>  1:00pm Dance with Grace, <i>SD</i>  2:00pm Intermediate Photography, <i>AC</i>  7:00pm Book Talk – “Raising a Kid Who Can,” <i>AA</i>	 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 Town Hall, <i>AA</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>  2:00pm Mindfulness, <i>AA</i>  5:15pm Vinson Voices. <i>AA</i>	 9:00am Pickle Ball, <i>SP</i>  9:30am HASfit, <i>TV</i>  10:00am Women's Bible Study, <i>WORL</i> 10:00am Get Fit Stay Fit, <i>FC/TV</i> 10:30am Bus to Safeway 10:30am Yoga for Posture, <i>TV</i>  11:00am Tech Class, <i>AA</i>  1:00pm Bridge Class, <i>PHSL</i> 1:30pm Bus Lidl  2:00pm Pool Volleyball, <i>P</i>  2:00pm Tai Chi Class, <i>SD</i>  6:15pm Third Friday Bridge, <i>PHSL</i>	 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, <i>PHSL</i>  4:00pm Catholic Mass, <i>CH</i>  7:00pm Movie Night, <i>AA</i>

17 Saint Patrick's Day	18	19 First Day of Spring	20	21	22	23
<p>🏃 9:30am HASfit, TV</p> <p>🏃 10:00am Fitness Class, TV</p> <p>🏃 10:30am Yoga for Posture, TV</p> <p>🕊 11:00am Protestant Chapel Service, CH</p> <p>🍽 11:30am Saint Patty's Day Meal, DR</p>	<p>🏃 8:45am Water Exercise A, P</p> <p>🏃 9:00am Pickle Ball, SP</p> <p>🏃 9:30am Water Exercise B, P</p> <p>🏃 9:30am HASfit, TV</p> <p>🏃 10:00am Fitness Class, FC/TV</p> <p>🏃 10:30am Bus to Safeway</p> <p>🏃 10:30am Yoga for Posture, TV</p> <p>🍽 1:00pm Bridge, PHSL</p> <p>🏃 1:00pm Motion is Lotion, SD</p> <p>❤ 2:00pm Caregiver Support Group, PHC</p> <p>🏃 2:00pm Tai Chi Class, SD</p> <p>🕊 3:00pm Ecumenical Discussions, AA</p>	<p>🍽 9:00am Women's Fellowship Breakfast, DR</p> <p>🏃 9:30am HASfit, TV</p> <p>🏃 10:00am Get Fit Stay Fit, FC/TV</p> <p>🕊 10:30am Photo Workshop, AC</p> <p>🏃 10:30am Bus to Giant</p> <p>🏃 10:30am Yoga for Posture, TV</p> <p>🕒 12:00pm Advanced Painting, AC</p> <p>🕒 1:00pm The Needlers, FR</p> <p>🍽 1:45pm Scavenger Hunt, TBD</p> <p>🕊 2:00pm Advanced Photo, AC</p> <p>🏃 2:00pm Balance & Gait, FC</p> <p>🕊 7:00pm Episcopal Holy Eucharist. CH</p>	<p>🏃 9:00am Pool Volleyball, P</p> <p>🏃 9:30am HASfit, TV</p> <p>🕊 10:00am Beginner Painting, AC</p> <p>🏃 10:00am Fitness Class, FC/TV</p> <p>🏃 10:30am Bus to Trader Joe's</p> <p>🍽 11:00am Special Guest Speaker General Jay Raymond, AA</p> <p>🕊 12:00pm Drawing, AC</p> <p>🍽 1:00pm Bridge, PHSL</p> <p>🕊 2:00pm Intermediate Photography, AC</p>	<p>🏃 8:45am Water Exercise A, P</p> <p>🏃 9:30am Bus to Ft. Myer</p> <p>🏃 9:30am Water Exercise B, P</p> <p>🏃 9:30am HASfit, TV</p> <p>🍽 10:00am Beginner Painting, AC</p> <p>🏃 10:00am Fitness Class, TV</p> <p>🏃 10:30am KidStrech Playdate, B</p> <p>🏃 11:00am Yoga w/ Cindy, TV</p> <p>🕊 12:00pm Beginner Photo, AC</p> <p>🏃 1:00pm Yoga, SD</p> <p>🕒 1:30pm Bus to Ft. Myer</p> <p>🏃 2:00pm Balance & Gait, FC</p> <p>🍽 2:30pm Social Tea, Cafe</p> <p>🍽 5:15pm Vinson Voices, AA</p>	<p>🏃 9:00am Pickle Ball, SP</p> <p>🏃 9:30am HASfit, TV</p> <p>🏃 10:00am Get Fit Stay Fit, FC/TV</p> <p>🏃 10:30am Bus to Safeway</p> <p>🏃 10:30am Yoga for Posture, TV</p> <p>🕊 1:00pm Bridge Class, PHSL</p> <p>🏃 2:00pm Pool Volleyball, P</p> <p>🏃 2:00pm Tai Chi Class, SD</p> <p>🍽 7:00pm Special Guest Speaker Dan Moore, AA</p>	<p>🏃 9:30am HASfit, TV</p> <p>🏃 10:00am Zumba Gold, SD</p> <p>🏃 10:00am Fitness Class, TV</p> <p>🏃 10:30am Bus to Giant</p> <p>🏃 10:30am Yoga for Posture, TV</p> <p>🍽 1:00pm Cribbage, PHSL</p> <p>🕊 4:30pm Catholic Mass, CH</p> <p>🍽 7:00pm Movie Night, AA</p>
24	25	26	27	28	29	30
<p>🏃 9:30am HASfit, TV</p> <p>🏃 10:00am Fitness Class, TV</p> <p>🏃 10:30am Yoga for Posture, TV</p> <p>🕊 11:00am Protestant Communion Service, CH</p>	<p>🏃 8:45am Water Exercise A, P</p> <p>🏃 9:00am Pickle Ball, SP</p> <p>🏃 9:30am Water Exercise B, P</p> <p>🏃 9:30am HASfit, TV</p> <p>🏃 10:00am Fitness Class, FC/TV</p> <p>🏃 10:30am Bus to Safeway</p> <p>🏃 10:30am Yoga for Posture, TV</p> <p>🍽 1:00pm Bridge, PHSL</p> <p>🏃 1:00pm Motion is Lotion, SD</p> <p>🏃 2:00pm Tai Chi Class, SD</p> <p>🍽 4:00pm Broadway tunes with Bernie Kellett, PHSL</p>	<p>🏃 9:30am HASfit, TV</p> <p>🏃 10:00am Get Fit Stay Fit, FC/TV</p> <p>🏃 10:30am Bus to Giant</p> <p>🏃 10:30am Yoga for Posture, TV</p> <p>🍽 11:30am American Legion Luncheon, Bistro</p> <p>🕒 12:00pm Advanced Painting, AC</p> <p>🕒 1:00pm Bus to Tysons Mall</p> <p>🍽 1:00pm The Needlers, FR</p> <p>🕊 2:00pm Advanced Photo, AC</p> <p>🏃 2:00pm Balance & Gait, FC</p> <p>🍽 7:00pm Steve Friedman, AA</p>	<p>🏃 9:00am Pool Volleyball, P</p> <p>🏃 9:30am HASfit, TV</p> <p>🕊 10:00am Beginner Painting, AC</p> <p>🏃 10:00am Fitness Class, FC/TV</p> <p>🏃 10:30am Bus to Trader Joe's</p> <p>🕊 12:00pm Drawing, AC</p> <p>🍽 1:00pm Bridge, PHSL</p> <p>🕊 2:00pm Intermediate Photography, AC</p> <p>🍽 3:00pm Ice Cream Social, VHL</p> <p>🍽 5:00pm Wine Dinner, Bistro</p>	<p>🏃 8:45am Water Exercise A, P</p> <p>🏃 9:30am Bus to Ft. Myer</p> <p>🏃 9:30am Water Exercise B, P</p> <p>🏃 9:30am HASfit, TV</p> <p>🍽 10:00am Beginner Painting, AC</p> <p>💖 10:30am Residents Association Meeting, AA</p> <p>🏃 11:00am Yoga w/ Cindy, TV</p> <p>🕊 12:00pm Beginner Photo, AC</p> <p>🏃 1:00pm Yoga, SD</p> <p>🕒 1:30pm Bus to Ft. Myer</p> <p>🏃 2:00pm Balance & Gait, FC</p> <p>🍽 5:15pm Vinson Voices, AA</p>	<p>🏃 9:00am Pickle Ball, SP</p> <p>🏃 9:30am HASfit, TV</p> <p>🏃 10:00am Get Fit Stay Fit, FC/TV</p> <p>🏃 10:30am Bus to Safeway</p> <p>🏃 10:30am Yoga for Posture, TV</p> <p>🕊 1:00pm Bridge Class, PHSL</p> <p>🏃 2:00pm Pool Volleyball, P</p> <p>🏃 2:00pm Tai Chi Class, SD</p> <p>🍽 7:15pm Borisevich Duo, AA</p>	<p>🏃 9:30am HASfit, TV</p> <p>🏃 10:00am Zumba Gold, SD</p> <p>🏃 10:00am Fitness Class, TV</p> <p>🏃 10:30am Bus to Giant</p> <p>🏃 10:30am Yoga for Posture, TV</p> <p>🍽 1:00pm Cribbage, PHSL</p> <p>🍽 7:00pm The Shenandoah Run Band concert, B</p>
31 Easter	MATTHEW MELVIN	ART CENTER TRIP	MEETING PLACES	MEETING PLACES	MEETING PLACES	DIMENSIONS OF WELLNESS
<p>🕊 9:00am Catholic Mass, CH</p> <p>🏃 9:30am HASfit, TV</p> <p>🏃 10:00am Fitness Class, TV</p> <p>🏃 10:30am Yoga for Posture, TV</p> <p>🕊 11:00am Protestant Easter Service, CH</p>	<p>Monday, March 18.</p> <p>Keyboardist Matthew Melvin will be playing in the Penthouse Sylvester Lounge.</p> <p>At 4p.m. during Happy Hour.</p> 	<p>Bus to National Gallery of Art</p> <p>Wednesday, March 13</p> <p>Bus departs Vinson Hall at 10:00 a.m. and WO at 10:05 a.m.</p>	<p>FC - Fitness Center</p> <p>SP - Sports Park</p> <p>TV - TV</p> <p>WORL - Willow Oak Residents Lounge</p> <p>FC/TV - Fitness Center & TV Lobby</p> <p>VH & WO Lobby</p> <p>AA - Alford Auditorium</p> <p>PHSL - Penthouse Sylvester Lounge</p>	<p>P - Pool</p> <p>SD - Studio D</p> <p>CH - Chapel</p> <p>DR - Penthouse Dining Room</p> <p>AC - Art Center</p> <p>PHC - PH Conference Room</p> <p>Bus - Bus</p> <p>FR - Fireplace Room</p>	<p>PHK - Penthouse Kitchen</p> <p>Cafe - Cafe</p> <p>Bistro - Bistro</p> <p>VHL - VH Lobby</p> <p>B - Kathy Martin Ballroom</p>	<p>🏃 Physical</p> <p>❤ Emotional</p> <p>🕊 Spiritual</p> <p>👥 Social</p> <p>🧠 Intellectual</p> <p>🏥 Health Services</p> <p>🍏 Nutritional</p> <p>🏠 Purposeful</p>