

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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February 2019


Vinson Hall and Independent Living Building

VH Activities Line
and Daily Menus
Dial #3718

LEGEND

A	Alford Auditorium
AC	Art Center
C	Conference Room
CB	Community Building
CH	Chapel
DR	Dining Room
FC	Fitness Center
FR	Fireplace Room
L	Sylvester Lounge
LB	Library

					1 8:15 Bus to Walter Reed 10:00 Get Fit/Stay Fit 10:30 Bus to Chesterbrook 10:30 Table Talk w/Randy A 1:00 Bus to Tyson's Corner 2:00 Table Talk w/Randy A 2:00 Pool Volleyball 3:30 Table Talk w/Randy A 4:30 Happy Hour L	2 Groundhog Day 8:30 Fitness Center 10:30 Writing Your Life LC History (Ground FL) 1:00 Cribbage L 1:30 Bus to Chesterbrook 4:00 Catholic Mass CH 6:45 Bus departs to Temple Rodef Shalom
3 10:30 Protestant Chapel Service CH	4 8:15 Bus to Walter Reed 8:45 Pool Exercise 9:30 Pool Exercise 10:00 Fitness Class 10:30 Bus to Chesterbrook 1:00 Rummikub L 1:00 Bridge L 1:30 Motion is Lotion Dance Class FC 3:00 Ecumenical A Discussion Group 4:30 Happy Hour L	5 8:15 Bus to Walter Reed 9:00 Men's Breakfast Club DR 9:30 Bus to Bethesda NEX 10:00 Get Fit/Stay Fit 10:30 Bus to McLean/Giant 10:30 Artist Coalition AC 11:00 Bus departs to Arena Stage: "Kleptocracy" 11:00 Massage Therapy Service FC 12:00 Painting AC 2:00 Photography AC 2:00 Balance and Gait 2:00 The Needlers FR 4:30 Happy Hour L	6 8:15 Bus to Walter Reed 9:00 Pool Volleyball 10:00 Fitness Class 10:00 Beginner Painting AC 10:30 Bus to Chesterbrook 12:00 Drawing AC 12:45 Dance w/Grace FC Chen 1:30 Bus to Trader Joe's 2:00 Photography AC 2:00 NFCU LB 4:30 Happy Hour L	7 8:30 Pool Exercise 9:30 Bus to Ft. Myer 10:30 Circle of Support FR 10:30 In the Know A Meeting 11:00 Yoga 1:30 Bus to Ft. Myer 2:00 Balance and Gait 4:30 Happy Hour L 5:15 Vinson Voices A 7:30 Yale Whiffenpoofs CB	8 8:15 Bus to Walter Reed 10:00 Get Fit/Stay Fit 10:30 Bus to Chesterbrook 1:00 Bus to Seven Corners 2:00 Pool Volleyball 4:30 Happy Hour L	9 8:30 Fitness Center 10:30 Writing Your Life LC History (Ground FL) 1:00 Cribbage L 1:30 Bus to Chesterbrook 2:00 Fr. Edwin Dill CH "Q and A" Session 4:00 Catholic Mass CH 5:00 Meet the Artist CB 7:00 Saturday Night A Movie

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10	10:30 Protestant Chapel Service CH 1:00 Bus departs to Signature Theater: "Misbehavin" 6:00 Bus departs to Langley H.S.	11	8:15 Bus to Walter Reed 8:45 Pool Exercise 9:30 Pool Exercise 10:00 Fitness Class 10:30 Bus to Chesterbrook 1:00 Rummikub L 1:00 Bridge L 1:30 Motion is Lotion Dance Class FC 2:00 Book Club LB 4:30 Happy Hour L 5:45 Bus departs to Pazzo Pomodoro	12	8:15 Bus to Walter Reed 9:30 Bus to Fair Lakes 10:00 Get Fit/Stay Fit 10:30 Bus to McLean/Giant 11:00 Massage Therapy Service FC 11:00 Parkinsons Support Group FC 12:00 Painting AC 2:00 Photography AC 2:00 Balance and Gait 2:00 The Needlers FR 4:30 Happy Hour L	13	8:15 Bus to Walter Reed 9:00 Pool Volleyball 10:00 Fitness Class 10:00 Beginner Painting Class AC 10:30 Bus to Chesterbrook 10:30 Low Vision Support Group A 12:00 Drawing AC 12:45 Dance w/Grace Chen FC 2:00 Photography AC 4:30 Happy Hour L 1:30 Bus to Trader Joe's 2:00 Wandering Docent: Art and Object from the Jewish Canon A 2:00 Photography AC 4:30 Happy Hour L	14	Valentine's Day 8:30 Pool Exercise 9:30 Bus to Ft. Myer 11:00 Yoga 1:30 Bus to Ft. Myer 2:00 Balance and Gait 2:30 Sylvestery's Sweet 16th Birthday 4:30 Happy Hour L 5:15 Vinson Voices A 	15	8:15 Bus to Walter Reed 10:00 Get Fit/Stay Fit 10:30 Bus to Chesterbrook 1:00 Bus to Fair Lakes 2:00 Pool Volleyball 4:30 Happy Hour L 7:00 Progressive Bridge L 7:30 Bob Levey Presentation A	16	8:30 Fitness Center 10:30 Writing Your Life History (Ground FL) LC 1:00 Cribbage L 1:30 Bus to Chesterbrook 4:00 Catholic Mass CH 4:00 Bistro-Happy Hour CB
17	10:30 Protestant Chapel Service CH 1:00 Bus departs to Mason Performing Arts: "Elixir of Love"	18	Presidents Day 12:45 Bus departs to the Kennedy Center Offices Closed	19	8:15 Bus to Walter Reed 10:00 Get Fit/Stay Fit 10:30 Bus to McLean/Giant 10:30 Artist Coalition AC 12:00 Painting AC 2:00 Photography AC 2:00 Balance and Gait 2:00 The Needlers FR 3:00 Birthday / New Comers Tea L 4:30 Happy Hour L 7:00 Steve Friedman presents: A 7:00 Episcopal Communion Service CH	20	8:15 Bus to Walter Reed 9:00 Pool Volleyball 10:00 Fitness Class 10:00 Beginner Painting Class AC 10:00 Ron devous w/Ron L 10:30 Bus to Chesterbrook 12:00 Drawing AC 12:45 Dance w/Grace Chen FC 1:30 Bus to Trader Joe's 2:00 Photography AC 2:00 NFCU LB 4:30 Happy Hour L	21	8:30 Pool Exercise 9:30 Bus to Ft. Myer 10:00 VHRA Executive Board Meeting C 10:30 Circle of Support FR 11:00 Yoga 1:30 Bus to Ft. Myer 2:00 Balance and Gait 4:30 Happy Hour L 5:15 Vinson Voices A	22	8:15 Bus to Walter Reed 10:00 Get Fit/Stay Fit 10:30 Bus to Chesterbrook 1:00 Bus to Henderson Hall 2:00 Pool Volleyball 4:30 Happy Hour L	23	8:30 Fitness Center 10:30 Writing Your Life History (Ground FL) LC 1:00 Cribbage L 1:30 Bus to Chesterbrook 4:00 Catholic Mass CH 4:00 Bistro-Happy Hour CB 7:00 Saturday Night Movie A
24	10:30 Protestant Communion Service CH	25	8:15 Bus to Walter Reed 8:45 Pool Exercise 9:30 Pool Exercise 10:00 Fitness Class 10:30 Bus to Chesterbrook 1:00 Rummikub L 1:00 Bridge L 1:30 Motion is Lotion Dance Class FC 4:00 Oasis Support Group hosted by Mrs. Elaine Baker #301 4:30 Happy Hour L 5:00 Bus departs to the Total Wine	26	8:15 Bus to Walter Reed 10:00 Get Fit/Stay Fit 10:30 Bus to McLean/Giant 11:00 Bus departs to Arena Stage FC 11:30 American Legion Post Monthly Luncheon CB 12:00 Painting AC 2:00 Photography AC 2:00 Balance and Gait 2:00 The Needlers FR 4:30 Happy Hour L	27	8:15 Bus to Walter Reed 9:00 Pool Volleyball 10:00 Fitness Class 10:00 Beginner Painting Class AC 10:30 Bus to Chesterbrook 11:00 Health & Wellness Meeting w/ Dr. Pottanat A 12:00 Drawing AC 12:45 Dance w/Grace Chen FC 1:30 Bus to Trader Joe's 2:00 Photography AC	28	8:30 Pool Exercise 9:30 Bus to Ft. Myer 10:30 VHRA Meeting A 11:00 Yoga 1:30 Bus to Ft. Myer 2:00 Balance and Gait 4:30 Happy Hour L 4:45 Bus departs to Magnolia's at the Mills 6:15 Bus departs to The National Theatre				

