

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



# January 2019

VH Activities Line  
and Daily Menus  
Dial #3718

## Vinson Hall and Independent Living Building

**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

	New Year's Eve	1 New Year's Day "2019"	2	3	4	5
		<p><b>Offices Closed</b></p> <p>3:00 Corn Bag Toss and Bocchi Ball L</p>	<p>8:15 Bus to Walter Reed</p> <p>9:00 Pool Volleyball</p> <p>10:00 Fitness Class</p> <p>10:30 Bus to Chesterbrook</p> <p>12:00 Drawing AC</p> <p>1:30 Bus to Trader Joe's</p> <p>2:00 Photography AC</p> <p>2:00 Dance w/Grace Chen FC</p> <p>4:00 Bus departs to Camello's</p> <p>4:30 Happy Hour L</p>	<p>8:30 Pool Exercise</p> <p>9:15 Pool Exercise</p> <p>9:30 Bus to Ft. Myer</p> <p>10:30 Circle of Support FR</p> <p>11:00 Yoga</p> <p>1:30 Bus to Ft. Myer</p> <p>2:00 Balance and Gait</p> <p>4:30 Happy Hour L</p> <p>5:15 Vinson Voices A</p>	<p>8:15 Bus to Walter Reed</p> <p>8:45 Picture Framing AC</p> <p>10:00 Get Fit/Stay Fit</p> <p>10:30 Bus to Chesterbrook</p> <p>10:30 Table Talk w/Randy A</p> <p>1:00 Bus to Tyson's Corner</p> <p>2:00 Table Talk w/Randy A</p> <p>2:00 Pool Volleyball</p> <p>3:30 Table Talk w/Randy A</p> <p>4:30 Happy Hour L</p>	<p>8:30 Fitness Center</p> <p>1:00 Cribbage L</p> <p>1:30 Bus to Chesterbrook</p> <p>2:00 Memorial Services and Celebration of Life Reception for Mrs. Eleanor Weekes</p> <p>4:00 Catholic Mass CH</p> <p>5:00 Meet the Artist CB</p>
<p>6</p> <p>10:30 Protestant Chapel Service CH</p>	<p>7</p> <p>8:15 Bus to Walter Reed</p> <p>8:45 Pool Exercise</p> <p>9:30 Pool Exercise</p> <p>10:00 Fitness Class</p> <p>10:20 50th Anniversary Blessing in (VH Lobby)</p> <p>10:30 Bus to Chesterbrook</p> <p>1:00 Rummikub L</p> <p>1:00 Bridge L</p> <p>2:00 Motion is Lotion Dance Class FC</p> <p>3:00 I Ecumenical Discussion Group A</p> <p>4:30 Happy Hour L</p>	<p>8</p> <p>8:15 Bus to Walter Reed</p> <p>9:00 Men's Breakfast Club DR</p> <p>9:30 Bus to Bethesda NEX</p> <p>10:00 Get Fit/Stay Fit</p> <p>10:30 Bus to McLean/Giant</p> <p>11:00 Massage Therapy Service FC</p> <p>11:00 Parkinsons Support Group FC</p> <p>12:00 Painting AC</p> <p>2:00 Balance and Gait</p> <p>2:00 The Needlers FR</p> <p>4:30 Happy Hour L</p>	<p>9</p> <p>8:15 Bus to Walter Reed</p> <p>9:00 Pool Volleyball</p> <p>10:00 Fitness Class</p> <p>10:30 Bus to Chesterbrook</p> <p>10:30 Low Vision Support Group C</p> <p>12:00 Drawing AC</p> <p>1:30 Bus to Trader Joe's</p> <p>2:00 Photography AC</p> <p>2:00 NFCU LB</p> <p>2:00 Dance w/Grace Chen FC</p> <p>2:00 Wandering Docent: Art from the time of Our Founding Fathers A</p> <p>4:30 Happy Hour L</p>	<p>10</p> <p>8:30 Pool Exercise</p> <p>9:15 Pool Exercise</p> <p>9:30 Bus to Ft. Myer</p> <p>11:00 Yoga</p> <p>1:30 Bus to Ft. Myer</p> <p>2:00 Balance and Gait</p> <p>4:30 Happy Hour L</p> <p>5:15 Vinson Voices A</p> <p>8:00 FACA Meeting C</p>	<p>11</p> <p>8:15 Bus to Walter Reed</p> <p>8:45 Picture Framing AC</p> <p>10:00 Get Fit/Stay Fit</p> <p>10:30 Bus to Chesterbrook</p> <p>1:00 Bus to Seven Corners</p> <p>2:00 Pool Volleyball</p> <p>4:30 Happy Hour L</p>	<p>12</p> <p>8:30 Fitness Center</p> <p>1:00 Cribbage L</p> <p>1:30 Bus to Chesterbrook</p> <p>4:00 Catholic Mass CH</p> <p>4:00 Bistro-Happy Hour CB</p> <p>7:00 Saturday Night Movie A</p>

Vinson Hall		January 2019		Vinson Hall		January 2019		Vinson Hall		January 2019			
SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
13	Protestant Chapel Service CH	14	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 2:00 Motion is Lotion FC Dance Class 2:00 Book Club LB 4:30 Happy Hour L	15	8:15 Bus to Walter Reed 9:30 Bus to Fair Lakes 10:00 Get Fit/Stay Fit 10:30 Bus to McLean/Giant 12:00 Painting AC 2:00 Photography AC 2:00 Balance and Gait 2:00 The Needlers FR 3:00 Birthday / New Comers L 4:30 Happy Hour L 7:00 Steve Friedman presents: A 7:00 Episcopal Communion Service CH	16	8:15 Bus to Walter Reed 9:00 Pool Volleyball 10:00 Ron devout w/Ron L 10:30 Bus to Chesterbrook 12:00 Drawing AC 1:30 Bus to Trader Joe's 2:00 Photography AC 2:00 Dance w/Grace FC 4:30 Happy Hour L	17	8:30 Pool Exercise 9:15 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	18	8:15 Bus to Walter Reed 8:45 Picture Framing AC 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	19	8:30 Fitness Center 1:00 Cribbage L 1:30 Bus to Chesterbrook 4:00 Catholic Mass CH 4:00 Bistro-Happy Hour CB
20	10:30 Protestant Chapel Service CH	21	<b>Dr. Martin Luther King Day</b> 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 2:00 Motion is Lotion FC Dance Class 1:00 Bridge L 3:00 Ecumenical A Discussion Group 4:30 Happy Hour L	22	8:15 Bus to Walter Reed 10:00 Get Fit/Stay Fit 10:30 Bus to McLean/Giant 11:00 Massage Therapy Service FC 11:30 American Legion Post Monthly Luncheon CB 11:30 American Legion Post Monthly Luncheon CB 12:00 Painting AC 2:00 Balance and Gait 2:00 The Needlers FR 4:00 Chapel Board Meeting CH 4:30 Happy Hour L 6:30 Bus departs to Ford's Theater	23	8:15 Bus to Walter Reed 8:45 Pool Volleyball 10:00 Fitness Class 10:30 Bus to Chesterbrook 12:00 Drawing AC 1:30 Bus to Trader Joe's 2:00 Photography AC 2:00 NFCU LB 2:00 Dance w/Grace FC Chen 4:30 Happy Hour L	24	8:30 Pool Exercise 9:15 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 5:15 Vinson Voices A	25	8:15 Bus to Walter Reed 8:45 Picture Framing AC 10:00 Get Fit/Stay Fit 10:30 Bus to Chesterbrook 1:00 Bus to Henderson Hall	26	8:30 Fitness Center 1:00 Cribbage L 1:30 Bus to Chesterbrook 4:00 Catholic Mass CH 4:00 Bistro-Happy Hour CB 7:00 Saturday Night A Movie
27	10:30 Protestant Communion Service CH	28	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 2:00 Motion is Lotion FC 4:00 Oasis Support Group hosted by Mrs. Virginia Watson #211 4:30 Happy Hour	29	8:15 Bus to Walter Reed 10:00 Get Fit/Stay Fit 10:30 Bus to McLean/Giant 11:00 Massage Therapy Service FC 12:00 Painting AC 2:00 Balance and Gait 2:00 The Needlers FR 4:30 Happy Hour L	30	8:15 Bus to Walter Reed 9:00 Pool Volleyball 10:00 Fitness Class 10:00 Conway & Pennell Presentation CB 10:30 Bus to Chesterbrook 12:00 Drawing AC 1:30 Bus to Trader Joe's 2:00 Dance w/Grace FC 2:00 Photography AC	31	8:30 Pool Exercise 9:15 Pool Exercise 9:30 Bus to Ft. Myer 11:00 Yoga 1:30 Bus to Ft. Myer 2:00 Balance and Gait 4:30 Happy Hour L				





