

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

3



JUNE 2019

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
- LC Lower Conference Room

Vinson Hall and Independent Living Building

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | | | | | | <p>1 <i>JUNE</i></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>6:15 Bus to Alden</p> |
| <p>2</p> <p>10:30 Protestant Chapel Service CH</p> | <p>3</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>10:30 Bus to Chesterbrook</p> <p>1:00 Rummikub L</p> <p>1:00 Bridge L</p> <p>1:30 Motion is Lotion Dance (Seated) FC</p> <p>2:00 Motion is Lotion (Dance) FC</p> <p>3:00 Ecumenical Discuss A</p> <p>4:30 Happy Hour L</p> | <p>4</p> <p>10:00 Get Fit/Stay Fit</p> <p>11:00 Parkinson Support FC</p> <p>10:30 Bus to McLean/Giant</p> <p>10:30 Artist Coalition AC</p> <p>11:00 Massage Therapy FC</p> <p>12:00 Painting AC</p> <p>2:00 Photography AC</p> <p>2:00 Balance and Gait</p> <p>2:00 The Needlers FR</p> <p>4:30 Happy Hour L</p> | <p>5</p> <p>8:15 Bus to Walter Reed</p> <p>9:00 Pool Volleyball</p> <p>10:00 Fitness Class</p> <p>10:00 Beginner Painting AC</p> <p>10:30 Low Vision Presents A</p> <p>10:30 Bus to Chesterbrook</p> <p>10:30 Low Vision Support C</p> <p>11:00 Investment Club CB</p> <p>12:00 Drawing AC</p> <p>12:45 Dance w/Grace FC</p> <p>1:30 Bus to Trader Joe's</p> <p>2:00 Photography L</p> <p>4:30 Happy Hour</p> | <p>6</p> <p>8:30 Pool Exercise</p> <p>9:30 Bus to Tintoretto</p> <p>10:30 Circle of Support FR</p> <p>11:00 Yoga FC</p> <p>1:30 Bus to Ft. Myer</p> <p>2:00 Balance and Gait FC</p> <p>4:30 Happy Hour L</p> <p>5:15 Vinson Voices A</p> | <p>7</p> <p>8:15 Bus to Walter Reed</p> <p>10:00 Get Fit/Stay Fit</p> <p>10:30 Bus to Chesterbrook</p> <p>1:00 Bus to Ballston Commons</p> <p>2:00 Pool Volleyball</p> <p>4:30 Happy Hour L</p> <p>TABLE TALK</p> <p>10:30 with Randy A</p> <p>2:00 with Randy A</p> <p>3:00 with Randy A</p> | <p>8</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>7:00 Saturday Night A</p> <p>Movie</p> |



