

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

3



MAY 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

			1	2	3	4
			8:15 Bus to Walter Reed 9:00 Pool Volleyball 10:00 Fitness Class 10:00 Beginner Painting AC Class 10:30 Bus to Chesterbrook 11:00 Investment Club CB 12:00 Drawing AC 12:45 Dance w/Grace Chen 2:00 Photography AC 2:00 NFCU LB 4:30 Happy Hour L 5:45 Bus Nats Game	8:30 Pool Exercise 9:30 Bus to Ft. Myer 10:00 Voter ID Cards CB Until 2:00 pm Ballroom 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	8:15 Bus to Walter Reed 10:00 Get Fit/Stay Fit 10:30 Bus to Chesterbrook 11:30 Farmers Market VL Until 3:00 pm 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	8:30 Fitness Center 1:00 Cribbage L 1:30 Bus to Chesterbrook 4:00 Catholic Mass CH 6:15 Bus to Alden
5 10:30 Protestant Chapel Service CH ALL Spring Recital CB Day See flyer for info	6 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 (Seated) FC 2:00 Motion is Lotion (Dance) FC 3:00 Ecumenical Discuss A 4:30 Happy Hour L	7 8:45 Bus to Retreat 10:00 Get Fit/Stay Fit 11:00 Lenten Study AC 11:00 Parkinson Support FC 10:30 Bus to McLean/Giant 10:30 Artist Coalition AC 11:00 Massage Therapy FC 12:00 Painting AC 2:00 Photography AC 2:00 Balance and Gait 2:00 The Needlers FR 4:30 Happy Hour L 7:00 Steve Friedman A	8 8:15 Bus to Walter Reed 9:00 Pool Volleyball 10:00 Fitness Class 10:00 Beginner Painting AC 10:30 Low Vision Presents A 10:30 Bus to Chesterbrook 10:30 Low Vision Support C 12:00 Drawing AC 12:45 Dance w/Grace FC 1:30 Bus to Trader Joe's 2:00 Photography 2:00 Wandering Docent A 4:30 Happy Hour L	9 8:30 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 5:15 Vinson Voices A 7:00 FACA Meeting w/ Sen Duckworth & Congressman Byers	10 8:15 Bus to Walter Reed 10:00 Get Fit/Stay Fit 10:30 Bus to Chesterbrook 1:00 Bus to Ballston Commons 2:00 Pool Volleyball 4:30 Happy Hour L	11 8:30 Fitness Center 11:00 Art Show 11:00 a.m. to 5:00 p.m. CB 1:00 Cribbage L 1:30 Bus to Chesterbrook 4:00 Catholic Mass CH 7:00 Saturday Night Movie A

Vinson Hall		MAY 2019		Vinson Hall		MAY 2019		Vinson Hall		MAY 2019				
SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		
12	10:30 Protestant Chapel Service CH 12:00 Art Show in Ballroom (noon to 4:00 p.m.)	13	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 (Seated) FC 2:00 Motion is Lotion (Dance) FC 2:00 Book Club C 3:00 Ecumenical Discussion Group A 4:30 Happy Hour L	14	8:15 Bus to Walter Reed 9:30 Bus to Bethesda NEX 10:00 Get Fit/Stay Fit 10:30 Bus to McLean/Giant 10:00 Health & Wellness Meet A 11:00 Massage Therapy Service FC 11:00 Parkinsons Support FC 12:00 Painting AC 2:00 Photography AC 2:00 Balance and Gait 2:00 The Needlers FR 4:30 Happy Hour L 7:00 McLean Jazz Band CB	15	9:00 Bus to Woodlawn 9:00 Pool Volleyball 10:00 Fitness Class 10:00 Beginner Painting Class AC 10:30 Bus to Chesterbrook 12:00 Drawing Dance w/Grace 12:45 Chen AC 1:30 Bus to Trader Joe's FC 2:00 NFCU LB 2:00 Photography AC 4:30 Happy Hour L	16	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 7:30 FACA Meeting C	17	8:15 Bus to Walter Reed 10:00 Get Fit/Stay Fit 10:30 Bus to Chesterbrook 11:30 Farmer's Market VL 1:00 Bus to Fair Lakes 2:00 Pool Volleyball 4:30 Happy Hour L 7:00 Progressive Bridge L	18	8:30 Fitness Center 1:00 Cribbage L 1:30 Bus to Chesterbrook 4:00 Catholic Mass CH 4:00 Bistro-Happy Hour CB Bistro Songs of 1940's See Flyer	
19	10:30 Protestant Chapel Service CH 4:00 McLean Orch and Youth Orchestra FREE	20	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 (Seated) FC 1:30 Motion is Lotion (Dance) FC 3:00 Ecumenical Discuss A 4:30 Happy Hour L	21	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 Tea L 4:30 Happy Hour L 7:00 Episcopal Communion CH	22	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 1:30 Bus to Trader Joe's 2:00 Photography AC 4:30 Happy Hour L	23	8:30 Pool Exercise 9:30 Bus to Ft. Myer 10:30 VHRA 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	24	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	25	8:30 Fitness Center 1:00 Cribbage L 1:30 Bus to Chesterbrook 4:00 Catholic Mass CH 2:00 Carmin Violin Studio Recitals CB 4:00 Catholic Mass CH 7:00 Saturday Night Movie A	
26	10:30 Protestant Communion Service CH 1:45 Bus to Kennedy Ctr Choral Festival for Memorial Day	27	Holiday- Offices Closed CONCERT IN BALLROOM 2:00 Jasper de Boor Concert 	28	8:15 Bus to Walter Reed 10:00 Get Fit/Stay Fit 10:30 Bus to McLean/Giant 11:00 Bus - Arena Stage for Jubilee 11:30 American Legion Luncheon signup VH front desk CBB 12:00 Painting AC 2:00 Photography AC 2:00 Balance and Gait 2:00 The Needlers FR 4:30 Happy Hour L	29	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 1:30 Bus to Trader Joe's 2:00 Photography AC 2:00 NFCU LB 4:30 Happy Hour L	30	8:30 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 5:15 Vinson Voices A	31	8:15 Bus to Walter Reed 10:00 Get Fit/Stay Fit 10:30 Bus to Chesterbrook 1:00 Bus to Tyson's Corner 1:30 Farmer's Market VL 2:00 Pool Volleyball L 4:30 Happy Hour L	1	JUNE 8:30 Fitness Center 1:00 Cribbage L 1:30 Bus to Chesterbrook 4:00 Catholic Mass CH 4:00 Bistro-Happy Hour CB	