

# SEPTEMBER 2019



## Daily Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30 Protestant Chapel Service CH	8:45 Pool Exercise 9:30 Pool Exercise 10:00 Fitness Class 1:30 Seated Motion Lotion FC 2:00 Motion is Lotion FC 1:00 Bridge L 4:30 Happy Hour L	10:00 Get Fit/ Stay Fit 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	9:00 Pool Volleyball 10:00 Fitness Class 10:00 Beginner Painting AC 12:00 Drawing AC 12:45 Dance w/ Grace FC 2:00 Photography 4:30 Happy Hour	8:30 Pool Exercise 9:15 Pool Exercise 11:00 Yoga 2:00 Balance and Gait 4:30 Happy Hour L 5:15 Vinson Voices	10:00 Get Fit/Stay Fit FC 2:00 Pool Volleyball FC 3:30 Ping Pong FC 4:30 Happy Hour L	8:30 Fitness Center 10:00 Pickleball CB 1:00 Cribbage L 4:00 Catholic Mass
<b>VH Activities Line and Daily Menus Dial #3718</b>				<b>LEGEND</b> 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 VL Vinson Hall Lobby		

## Daily Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 <b>LABOR DAY</b>	3	4	5	6	7
10:30 Protestant Chapel Service CH	OFFICES CLOSED	8:15 Bus to Walter Reed 9:00 Men's Breakfast DR 10:30 Bus to Bethesda NEX 10:30 Bus to McLean/Giant 11:00 H & W Committee CR	9:00 Pool Volleyball 10:30 Bus to Chesterbrook 1:30 Bus to Trader Joe's 2:00 NFCU CR	9:30 Bus to Ft. Myer 10:30 Nutritionist A Presentation 10:30 Circle of Support FR 1:30 Bus to Ft Myers	8:15 Bus to Walter Reed 10:30 Bus to Chesterbrook 1:00 Bus to Ballston 1:30 Farmers Market VL Randy Table Talk A 10:30 - 2:00 - 3:30	1:00 Cribbage 1:30 Bus to Chesterbrook
8	9	10	11	12	13	14
10:30 Protestant Chapel Service CH	8:15 Bus to Walter Reed 10:30 Bus to Chesterbrook	9:30 Bus to Bethesda NEX 9:30 Art Class Bus Trip 10:30 Bus to McLean/Giant 11:00 Parkinsons Support FC	10:15 Bus Docent Tour 10:30 Bus to Chesterbrook 1:30 Bus to Trader Joe's 10:30 Low Vision Group CR	9:30 Bus to Ft. Myer 1:30 Bus to Ft. Myer	8:15 Bus to Walter Reed 10:30 Bus to Chesterbrook 1:00 Bus to Fair Lakes	1:30 Cribbage 1:30 Bus to Chesterbrook 5:00 Jazz Night Bistro 7:00 Movie

