






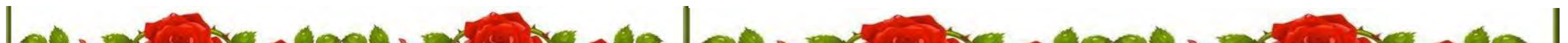


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
<p>Vinson Hall's Library has a great stock of books and DVDs! Sadly, Fairfax County has closed its libraries. But Vinson Hall's library remains open — in fact it is always open! The library contains approximately 9,000 books, 800 DVDs, music CDS, Talking Books and Audiobooks. The library is located on the Penthouse level of Vinson Hall.</p> 			<p>Puzzles, Puzzles, and More Puzzles: We have a huge selection of puzzles in our puzzle closet which is also on the Penthouse level in a closet across from Alford Auditorium.</p> 		<p>10:00 Get Fit Stay Fit TV 10:22 Senior Workout TV 11:00 Art TV Documentaries 1:00 Senior Workout TV</p>	<p>8:00 Morning Recipe TV 9:00 Senior Workout TV 1:00 Senior Workout TV 2:00 Fitness Class TV</p>
3	4	5 Cinco de Mayo	6	7	8	9
<p>8:00 Morning Recipe 9:00 Senior Workout 1:00 Senior Workout 2:00 Get Fit Stay Fit</p>	<p>10:00 Fitness Class TV 10:19 Senior Workout TV 1:30 Seated Motion TV 2:00 Motion is Lotion TV</p>	<p>10:00 Get Fit/ Stay Fit TV 10:22 Senior Workout TV 11:15 Yoga TV 2:00 Advanced TV Photography </p>	<p>10:00 Fitness Class TV 10:19 Senior Workout TV 12:00 Drawing TV 1:30 Seated Motion TV 2:00 Motion is Lotion TV 3:00 Beginners Photography TV</p>	<p>10:00 Circle of Support TV 11:15 Yoga TV 1:00 Greetings from Chaplain Scott TV 2:00 Fitness Class TV</p>	<p>10:00 Get Fit Stay Fit TV 10:22 Senior Workout TV 11:00 Art TV Documentaries 1:00 Senior Workout TV</p>	<p>8:00 Morning Recipe TV 9:00 Senior Workout TV 1:00 Senior Workout TV 2:00 Fitness Class TV</p>
10 Mother's Day	11	12	13	14	15	16 Armed Forces Day
<p>8:00 Morning Recipe 9:00 Senior Workout 1:00 Senior Workout 2:00 Get Fit Stay Fit</p> 	<p>10:00 Fitness Class TV 10:19 Senior Workout TV 1:30 Seated Motion TV 2:00 Motion is Lotion TV</p>	<p>10:00 Get Fit Stay Fit TV 10:22 Senior Workout TV 11:15 Yoga TV 2:00 Advanced TV Photography</p>	<p>10:00 Fitness Class TV 10:19 Senior Workout TV 12:00 Drawing TV 1:30 Seated Motion TV 2:00 Motion is Lotion TV 3:00 Beginners Photography TV</p>	<p>10:00 Senior Workout TV 11:15 Yoga TV 1:00 Greetings from Chaplain Scott TV 2:00 Fitness Class TV</p>	<p>10:00 Get Fit Stay Fit TV 10:22 Senior Workout TV 11:00 Art TV Documentaries 1:00 Senior Workout TV</p>	<p>8:00 Morning Recipe TV 9:00 Senior Workout TV 1:00 Senior Workout TV 2:00 Fitness Class TV</p> 

Please remember to wash your hands and practice Social Distancing.

Tune into TV Channel 1970 to view news, updates, daily menus, fun activities, etc.

Dial the announcement line 3718 to hear daily specials in the Penthouse and activities of the day.



SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
17		18		19		20		21		22		23	
8:00	Morning Recipe	10:00	Fitness Class TV	10:00	Get Fit Stay Fit TV	10:00	Fitness Class TV	10:00	Circle of Support TV	10:00	Get Fit Stay Fit TV	8:00	Morning Recipe TV
9:00	Senior Workout	10:22	Senior Workout TV	10:19	Senior Workout TV	12:00	Drawing TV	11:15	Yoga TV	10:22	Senior Workout TV	9:00	Senior Workout TV
1:00	Senior Workout	1:30	Seated Motion TV	11:15	Yoga TV	1:30	Seated Motion TV	1:00	Greetings from TV	11:00	Art TV	1:00	Senior Workout TV
2:00	Get Fit Stay Fit	2:00	Motion is Lotion TV	2:00	Advanced Photography TV	2:00	Motion is lotion TV		Chaplain Scott		Documentaries	2:00	Get Fit Stay Fit TV
				3:00	Birthday Tea TV	3:00	Beginners Photography TV	2:00	Fitness Class TV	1:00	Senior Workout TV		
24		25		26		27		28		29		30	
8:00	Morning Recipe	10:00	Fitness Class TV	10:00	Get Fit Stay Fit TV	10:00	Fitness Class TV	10:00	Senior Workout TV	10:00	Get Fit Stay Fit TV	8:00	Morning Recipe TV
9:00	Senior Workout	10:22	Senior Workout TV	10:19	Senior Workout TV	12:00	Drawing TV	11:15	Yoga TV	10:22	Senior Workout TV	9:00	Senior Workout TV
1:00	Senior Workout	1:30	Seated Motion TV	11:15	Yoga TV	1:30	Seated Motion TV	1:00	Greetings from TV	11:00	Art TV	1:00	Senior Workout TV
2:00	Get Fit Stay Fit	2:00	Motion is Lotion TV	2:00	Advanced Photography TV	2:00	Motion is lotion TV		Chaplain Scott		Documentaries	2:00	Get Fit Stay Fit TV
			MEMORIAL DAY ★★★★★★ REMEMBER AND HONOR			3:00	Beginners Photography TV	2:00	Fitness Class TV	1:00	Senior Workout TV		
31													
8:00	Morning Recipe												
9:00	Senior Workout												
1:00	Senior Workout												
2:00	Get Fit Stay Fit												

Grocery Shopping Assistance

Place your order:
Monday, Wednesday and Friday from 9:00AM - 11:00A.M.
 by calling Ext. 2782

Deliveries will be made:
Monday, Wednesday and Friday between 2:00P.M. -4:00P.M.

Frozen Foods and Deli meats will be delivered on Saturday between 12:00P.M. - 4:00P.M.

Key:
TV- VH internal channel 1970 (Verizon).
E - Check your personal email for assigned work.

GROUPS
 Groups larger than 10 people are **PROHIBITED**.
 Groups smaller than 10 people **MUST practice SOCIAL DISTANCING (6 feet apart)**.
Subject to change.
Please Remember to wear your mask & practice social distancing when in public spaces.

