

OnTheSquareVA is a series of activities designed to get state employees up and moving and enjoying Capitol Square. Activities this week include:

Monday

Stitching on the Square — 12:15 PM — Meet at the Bell Tower
Stress Management: Dial it Down — 12:15-12:45PM — Monroe Building, Room B
Core Fitness Class: 12:15-1PM — Monroe Building, Level S
Governor's Softball League: 6:30-10PM — Dorey Park in Henrico

For more information, including a calendar of events and registration, go to OnTheSquareVA.virginia.gov.

Tuesday

VRS RealizeRetirement Adventure Tour is an escape-room experience. Find the tour truck located near the James Madison Building at the intersection of E. Grace and Governor streets.
Picnic in the Park: During your lunch break — Capitol Square
Core Fitness Class: 12:15-1PM — Monroe Building, Level S

Wednesday

Food Trucks: 11AM-1PM — Every Wednesday at Old 14th Street and E. Grace Street
Midday Meditation — 12 PM — Meet at the east entrance of the Capitol under the shade tree
Yoga Basics: 12:15-1 PM — Monroe Building, Level S

Thursday

Lunch and Learn at the Mansion: Floral Design 12-1 PM — Executive Mansion
Core Fitness Class: 12:15 - 1PM — Monroe Building, Level S
Capitol Square Walk: 12:15 - 12:45 PM — Meet every Thursday in front of the Patrick Henry Building (side facing the square)

Friday

Game Day: Lunch Break — Games can be checked out at the Oliver Hill Building at DGS Parking Services, Patrick Henry Building, and Monroe
Yoga Advanced: 12:15-1PM — Monroe Building, Level S

