

# ARLINGTON MILL 55+ CENTER CALENDAR

November 2023

909 S. Dinwiddie St.,  
Arlington, VA 22204  
703-228-7369

**Key**  
\* = registration required  
^ = fee required  
+ = Social 60+ Café  
**Bold** = speakers/special events/etc.

**Weekend Programming:**  
Rummikub: RM 205  
Saturdays, 10 a.m.-12 p.m.

Check out the [weekly schedule](#) for Arlington Mill Community Center's gymnasium (updated as changes occur).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 8am-12pm Social 60+ Café+* RM527 10-11:15am Line Dance RM421 10am-12pm Open Art Studio RM526 10:30am-1pm 55+ Crafters RM404 11:30am-12pm Lunch (sign up ahead) Social 60+ Café +* 3-4:30pm Open Games RM205	2 8am-12pm Social 60+ Café+* RM527 11am-1pm Rummikub RM205 11:30am- 12pm Lunch (sign up ahead) Social 60+ Café +* 12-3pm Play Pickleball GYM	3 8am-12pm Social 60+ Café+* RM527 10am-12pm Open Art Studio RM526 10am-3pm Play Pickleball GYM 11:30am-12pm Lunch (sign up ahead) Social 60+ Café +* 12-1pm First Friday Social RM132
6 8am-12pm Social 60+ Café+* RM527 9-11am Crochet RM205 10am-3pm Play Pickleball GYM 10-11:15am Line Dance RM421 11:30am-12pm Lunch (sign up ahead) Social 60+ Café +* 5-6:15pm Hatha Yoga Basics** RM418	7 8am-12pm Social 60+ Café+* RM527 10am-12pm Table Tennis RM217 11am-1pm Rummikub RM205 11:30am-12pm Lunch (sign up ahead) Social 60+ Café +* 12-3pm Play Pickleball GYM 5-8:45pm Play Pickleball GYM	8 8am-12pm Social 60+ Café+* RM527 10-11:15am Line Dance RM421 10am-12pm Open Art Studio RM526 10:30am-1pm 55+ Crafters RM404 11:30am-12pm Lunch (sign up ahead) Social 60+ Café +*	9 8am-12pm Social 60+ Café+* RM527 9-10am Trekkers Outdoor 11am-1pm Rummikub RM205 11:30am- 12pm Lunch (sign up ahead) Social 60+ Café +* 12-3pm Play Pickleball GYM	10 <b>Center Closed Veteran's Day</b>
13 8am-12pm Social 60+ Café+* RM527 9-11am Crochet RM205 10am-3pm Play Pickleball GYM 10-11:15am Line Dance RM421 <b>10:30-11:30am Cognitive Training* RM527</b> 11:30am- 12pm Lunch (sign up ahead) Social 60+ Café +* 5-6:15pm Hatha Yoga Basics** RM418	14 8am-12pm Social 60+ Café+* RM527 10am-12pm Table Tennis RM217 11am-1pm Rummikub RM205 11:30am- 12pm Lunch (sign up ahead) Social 60+ Café +* 12-3pm Play Pickleball GYM 5-8:45pm Play Pickleball GYM	15 8am-12pm Social 60+ Café+* RM527 10-11:15am Line Dance RM421 10am-12pm Open Art Studio RM526 10:30am-1pm 55+ Crafters RM404 11:30am-12pm Lunch (sign up ahead) Social 60+ Café +* 3-4:30pm Open Games RM205	16 8am-12pm Social 60+ Café+* RM527 11am-1pm Rummikub RM205 11:30am- 12pm Lunch (sign up ahead) Social 60+ Café +* 12-3pm Play Pickleball GYM <b>1-3:30pm Movies at the Mill* RM525</b>	17 8am-12pm Social 60+ Café+* RM527 10am-12pm Open Art Studio RM526 10am-3pm Play Pickleball GYM 10:30am-12pm Open Latin Dance RM421 11:30am-12pm Lunch (sign up ahead) Social 60+ Café +*
20 8am-12pm Social 60+ Café+* RM527 9-11am Crochet RM205 10am-3pm Play Pickleball GYM 10-11:15am Line Dance RM421 11:30am- 12pm Lunch (sign up ahead) Social 60+ Café +* 5-6:15pm Hatha Yoga Basics** RM418	21 8am-12pm Social 60+ Café+* RM527 10am-12pm Table Tennis RM217 11am-1pm Rummikub RM205 11:30am- 12pm Lunch (sign up ahead) Social 60+ Café +* 12-3pm Play Pickleball GYM 5-8:45pm Play Pickleball GYM	22 8am-12pm Social 60+ Café+* RM527 10-11:15am Line Dance RM421 10am-12pm Open Art Studio RM526 10:30am-1pm 55+ Crafters RM404 11:30am-12pm Lunch (sign up ahead) Social 60+ Café +*	23 <b>Center Closed Thanksgiving Holiday</b>	24 <b>Center Closed Thanksgiving Holiday</b>
27 8am-12pm Social 60+ Café+* RM527 9-11am Crochet RM205 10am-3pm Play Pickleball GYM 10-11:15am Line Dance RM421 11:30am- 12pm Lunch (sign up ahead) Social 60+ Café +*	28 8am-12pm Social 60+ Café+* RM527 10am-12pm Table Tennis RM217 11am-1pm Rummikub RM205 11:30am- 12pm Lunch (sign up ahead) Social 60+ Café +* 12-3pm Play Pickleball GYM <b>1:30-2:45pm Rock Music Legends* RM404</b> 5-8:45pm Play Pickleball GYM	29 8am-12pm Social 60+ Café+* RM527 10-11:15am Line Dance RM421 10am-12pm Open Art Studio RM526 10:30am-1pm 55+ Crafters RM404 11:30am-12pm Lunch (sign up ahead) Social 60+ Café +* 3-4:30pm Open Games RM205	30 8am-12pm Social 60+ Café+* RM527 11am-1pm Rummikub RM205 11:30am- 12pm Lunch (sign up ahead) Social 60+ Café +* 12-3pm Play Pickleball GYM	