

Lubber Run 55+ Center Activity Calendar

January 2024

300 N. Park Drive,
Arlington, VA,
22203

KEY

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

RM115 – Magnolia
RM116 – Walnut
RM119 – Oak
RM121 – Hickory
RM126 – Beech

NOTE: Programs without a symbol are considered Drop-In and do not require registration.

55+ PICKLEBALL HOURS

Monday: 7am-noon
Tuesday: 7-9am
Wednesday: 7am-noon
Thursday: 7-9am, 6-9pm
Friday: 7am-noon
Saturday: N/A
Sunday: 5-7pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Center Closed	<p>10-11am Full Fitness[^] GYM 1-3pm Movie Matinee: Ratatouille* RM115</p>	<p>9-10am Strength Training[^] GYMA 11:30-12:30pm Tai Chi Practice-Yang RM119 12:30-1:30pm Tai Chi Practice-Taolist RM119 1:30-3:30pm Opera Appreciation[*] RM115 4-5:15pm Traditional Hatha Yoga^{**} RM126</p>	<p>10-11am Full Fitness[^] GYM 10am-1pm Social Bridge RM115 1-2pm SAIL[*] RM119 1:30-3:30pm Sudoku RM115 1:30-2:30pm Barble's Adventures in Space* RM115 2:10-3:30pm Social Ballroom RM119 2-4pm Drop in Volleyball GYMB</p>	<p>9-10am Strength Training[^] GYMA 10:15-11:15am Total Body Fitness[^] GYMA 11:30-12:30pm Tai Chi Practice-Yang RM119 12-3pm Social Bridge RM115 12:30-1:30pm Tai Chi Practice-Taolist RM119 3-4:30pm Crafternoon Social Group RM115</p>
<p>10-11am Total Body Fitness[^] GYM 10-10:30am Reading Buddies* RM115 11:30-12:30pm Tai Chi Practice-Yang RM119 12-3pm Social Bridge RM115 1-2pm SAIL[*] RM119 1-2:30pm Traditional Hatha Yoga^{**} RM116</p>	<p>10-11am Full Fitness[^] GYM 10:30-11:30am Traditional Hatha Yoga^{**} RM116 11:45-12:45pm Gentle Hatha Yoga^{**} RM116 1-2:30pm Encore Chorale^{**} RM119 2:15-3:15pm Zumba^{**} RM116</p>	<p>9-10am Strength Training[^] GYMA 10:30-11:45am Study of Words[*] RM126 11am-12pm Current Events Discussion in Spanish* RM115 11:30-12:30pm Tai Chi Practice-Yang RM119 12:30-1:30pm Tai Chi Practice-Taolist RM119 2-3pm Advisory Committee Meeting RM115 4-5:15pm Traditional Hatha Yoga^{**} RM126</p>	<p>10-11am Full Fitness[^] GYM 10am-1pm Social Bridge RM115 10-10:30am Reading Buddies* RM115 1-2pm SAIL[*] RM119 1:30-3pm Beginner Quilling** RM115 2-4pm Drop in Volleyball GYMB 6-7pm Trivia Night* RM115</p>	<p>8-9am Advanced Gyrokinesis^{**} GYM 9-10am Strength Training[^] GYMA 10:15-11:15am Total Body Fitness[^] GYMA 11:30-12:30pm Tai Chi Practice-Yang RM119 12-3pm Social Bridge RM115 12:30-1:30pm Tai Chi Practice-Taolist RM119 3-4:30pm Crafternoon Social Group RM115</p>
Center Closed	<p>10-11am Full Fitness[^] GYM 10-11am Foot Care Discussion* RM115 10:30-11:30am Traditional Hatha Yoga^{**} RM116 11:30am-1pm Genealogy 101[*] RM115 11:45-12:45pm Gentle Hatha Yoga^{**} RM116 1-2:30pm Encore Chorale^{**} RM119 2:15-3:15pm Zumba^{**} RM116</p>	<p>9-10am Strength Training[^] GYMA 11:30-12:30pm Tai Chi Practice-Yang RM119 12:30-1:30pm Tai Chi Practice-Taolist RM119 1:30-3:30pm Opera Appreciation[*] RM115 4-5:15pm Traditional Hatha Yoga^{**} RM126 4-5pm Piano Lounge and Sing-Along* RM115</p>	<p>10-11am Full Fitness[^] GYM 10am-1pm Social Bridge RM115 1-2pm SAIL[*] RM119 1:30-3:30pm Sudoku RM115 1:30-2:30pm Global Energy Update* RM115 2-4pm Drop in Volleyball GYMB</p>	<p>8-9am Advanced Gyrokinesis^{**} GYM 9-10am Strength Training[^] GYMA 10:15-11:15am Total Body Fitness[^] GYMA 11:30-12:30pm Tai Chi Practice-Yang RM119 12-3pm Social Bridge RM115 12:30-1:30pm Tai Chi Practice-Taolist RM119 3-4:30pm Crafternoon Social Group RM115</p>
<p>8-9am Gyrokinesis^{**} GYM 10-11am Total Body Fitness[^] GYM 10-11:30am Explore Art* RM115 11:30-12:30pm Tai Chi Practice-Yang RM119 12-3pm Social Bridge RM115 1-2pm SAIL[*] RM119 1-2:30pm Traditional Hatha Yoga^{**} RM116</p>	<p>10-11am Full Fitness[^] GYM 10:30-11:30am Traditional Hatha Yoga^{**} RM116 10-10:30am Pre-K Winter Bingo* RM115 11am-12pm Brain Health- An Update* RM115 11:45-12:45pm Gentle Hatha Yoga^{**} RM116 1-2:30pm Encore Chorale^{**} RM119 2:15-3:15pm Zumba^{**} RM116</p>	<p>9-10am Strength Training[^] GYMA 11am-12pm Current Events Discussion in Spanish* RM115 11:30-12:30pm Tai Chi Practice-Yang RM119 12:30-1:30pm Tai Chi Practice-Taolist RM119 1:30-2:45pm Local History[*] RM115 4-5:15pm Traditional Hatha Yoga^{**} RM126</p>	<p>10-11am Full Fitness[^] GYM 10am-1pm Social Bridge RM115 1-2pm SAIL[*] RM119 2-4pm Drop in Volleyball GYMB 6-7pm Book Exchange* RM115</p>	<p>8-9am Advanced Gyrokinesis^{**} GYM 9-10am Strength Training[^] GYMA 10:15-11:15am Total Body Fitness[^] GYMA 11:30-12:30pm Tai Chi Practice-Yang RM119 12-3pm Social Bridge RM115 12:30-1:30pm Tai Chi Practice-Taolist RM119 3-4:30pm Crafternoon Social Group RM115</p>
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