




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>11am-2pm 55+ Fitness hrs.^ RM202 10:30am-12pm Painting Demo* Virtual RM125 10:30-11:15am Social 60+ Art RM113 12-12:45pm Social 60+ Café + RM108 1:00-3pm Rummikub</p>	<p>9:30-11:30am Rummikub RM108 11am-12pm Social 60+ Art RM125 12pm Social 60+ Café + RM113 1-2pm Book Club RM103 1-2:30pm Yarn Creations RM108 2-3pm Drumming SR 3:30-5:30pm Volleyball Gym</p>	<p>9:30-11am Morning Meetup RM103 10:30-11:15am Exercise w/ Jill + RM113 11am-2pm 55+ Fitness hrs.^ RM202 12-12:45pm Social 60+ Café + RM113 1-2:30pm Scrabble RM125 1-2pm French Conversation RM103 7:15-8:45pm Women's Basketball Gym</p>	<p>9:30-11:30am Mah Jongg RM108 10-11am Social 60+ Holiday Craft RM125 12-12:30pm Social 60+ Café+ RM113 1-4pm Cardmaking Workshop RM125 1-4pm Woodcarvers RM125</p>	<p>10am-12pm German Conversation* Virtual RM108 10:30-11:15am Exercise w/ Jill + RM202 11am-2pm 55+ Fitness Room* RM113 12-12:30pm Social 60+ Café+ RM108 1:30-3pm Afternoon Meetup</p>
<p>10:30-11:30am Secrets Revealed* Virtual 9 10:30-11:30am Social 60+ Holiday Baking SR 11am-2pm 55+ Fitness hrs.^ RM202 12-12:45pm Social 60+ Café + RM113 1:00-3pm Rummikub RM108 1:30-2:30pm Scale Down RM125</p>	<p>9:30-11:30am Rummikub RM108 10:30-11:30am Social 60+ BINGO SR 11:30-12pm Social 60+ Holiday Pics P.A.L. SR 12pm Social 60+ Café + RM113 1-2:30pm Yarn Creations RM108 2-3pm Drumming SR 3:30-5:30pm Volleyball Gym</p>	<p>9:30-11am Morning Meetup RM103 10:30-11:15am Exercise w/ Jill + RM113 11am-2pm 55+ Fitness hrs.^ RM202 12-1pm Chair Yoga** RM108 12-12:45pm Social 60+ Café + RM113 1-2:30pm Scrabble RM103 1:30-3pm Gentle & Med Yoga** RM108 7:15-8:45pm Women's Basketball Gym</p>	<p>9:30-11:30am Mah Jongg RM108 10:30-11:15am Latin Dance Social 60+ RM113 12-12:30pm Social 60+ Café+ RM113 1-3pm Evergreen Wreath Making* RM113 1:00-4pm Cardmaking Workshop RM125 1:00-4pm Woodcarvers RM125 6-7pm Zumba Class** RM113</p>	<p>10am-12pm German Conversation* Virtual RM108 10:30-11:15am Exercise w/ Jill + RM202 11am-2pm 55+ Fitness Room* RM113 12-12:30pm Social 60+ Café+ RM113 1:30-3pm Afternoon Meetup RM108</p>
<p>11am-2pm 55+ Fitness hrs.^ RM202 11am-12pm Social 60+ Holiday BINGO SR 11am-12pm Infrared Eyes on the Universe* RM113 12-12:45pm Social 60+ Café + RM108 1:00-3pm Rummikub</p>	<p>9:30-11:30am Rummikub RM108 11am-12pm Social 60+ Nutritionist SR 12pm Social 60+ Café + RM113 1-2:30pm Yarn Creations RM108 1:30-4:30pm Cardmaking: Advanced Techniques, not for beginners RM113 2-3pm Drumming SR 3:30-5:30pm Volleyball Gym</p>	<p>9:30-11am Morning Meetup RM103 10:30-11:15am Exercise w/ Jill + RM113 11am-2pm 55+ Fitness hrs.^ RM202 11am-12:30pm Holiday Social* RM113 12-1pm Chair Yoga** RM108 12-12:45pm Social 60+ Café + RM113 1-2:30pm Scrabble RM103 1-2pm French Conversation RM125 1:30-3pm Gentle & Med Yoga** RM108 7:15-8:45pm Women's Basketball Gym</p>	<p>9:30-11:30am Mah Jongg RM103 10:15-11:45am Social 60+ Holiday Celebration RM108 11am-12pm Merry Mocktails* RM108 12-12:30pm Social 60+ Café+ RM113 1:00-4pm Cardmaking Workshop RM125 1:00-4pm Woodcarvers RM125 6-7pm Zumba Class** RM113</p>	<p>10am-12pm German Conversation* Virtual RM108 10:30-11:15am Exercise w/ Jill + RM202 11am-2pm 55+ Fitness Room* RM113 12-12:30pm Social 60+ Café+ RM113 1-3pm Neighbor's Corner RM113 1:30-3pm Afternoon Meetup RM108</p>
<p>NO Social 60+ Café +</p> <p>9am-3:30pm 55+ Fitness hrs.^ RM202 1:00-3pm Rummikub RM108 1:30-2:30pm Scale Down RM125</p>	<p>Happy Holidays! Center Closed</p>	<p>Happy Holidays! Center Closed</p> 	<p>NO Social 60+ Café+</p> <p>9:30-11:30am Mah Jongg RM103 1:00-4pm Cardmaking Workshop RM125 1:00-4pm Woodcarvers RM125 6-7pm Zumba Class** RM113</p>	<p>NO Social 60+ Café+</p> <p>9:00am-3:30pm 55+ Fitness Room* RM202 10am-12pm German Conversation* Virtual RM108 10:30-11:15am Exercise w/ Jill + RM113 1:30-3pm Afternoon Meetup RM108</p>
<p>9am-3:30pm 55+ Fitness hrs.^ RM202 10:30-11:15am Social 60+ Spellbinders RM113 12-12:45pm Social 60+ Café + RM113 1:00-3pm Rummikub RM108 1:30-2:30pm Scale Down RM125</p>	<p>9am-3:30pm 55+ Fitness hrs.^ RM202 9:30-11:30am Rummikub RM108 12pm Social 60+ Café + RM113 10-11:30am Social 60+ Movie Day SR 1-2:30pm Yarn Creations RM108 2-3pm Drumming SR 3:30-5:30pm Volleyball Gym</p>			<p>Don't miss these special events at 55+ Centers in December!</p> <p>Walter Reed Holiday Party: Dec. 6, #912890-01 Aurora Hills Jewelry Sale: Dec. 7, #912899-01 Cookie Swap Party: Lubber Run, Dec. 11, #912801-05 Ugly Sweater Crafting Party: Arlington Mill, Dec. 11, #912310-03</p>

LANGSTON-BROWN 55+ CENTER ACTIVITY CALENDAR

DECEMBER

2121 Culpeper St. N.,
Arlington, VA 22207
703-228-6300

Key:

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

Note: Programs without a symbol are considered drop-in and do not require registration.

Programs with + symbol are Social 60+ Café activities. You must complete an application prior to attending these activities and lunch. Lunch is served M-F at noon for those registered for the program.