

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9-10:15am Coffee or Tea and Thee RM115 10-11am Total Body Fitness* GYM 11am-12pm The National Federation of the Blind* RM115 11:30-12:30pm Tai Chi -Yang RM119 1-3pm Social Bridge RM115 1-2pm SAIL* RM119	3 10-11am Full Fitness* GYM 1-2:30pm Encore Chorale** RM119	4 9-10:15am Coffee or Tea and Thee RM115 9-10am Strength Training* GYMA 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 1:30-3:30pm Opera Appreciation* RM115	5 8:30-9:30am Walk Fit LOBBY 10-11am Full Fitness* GYM 1-2pm SAIL* RM119 1-3pm Sudoku RM115 2-4pm Drop in Volleyball GYM 4-5pm Coral Reef Crochet Project RM115 5-6:30pm Old-Time and String Band Jam* RM115	6 9-10am Strength Training* GYMA 10:15-11:15am Total Body Fitness* GYMA 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 1-3pm Social Bridge RM115 1:30-3pm Social Ballroom RM119 3-4:30pm Crafternoon Social Group RM115
9 9-10:15am Coffee or Tea and Thee RM115 10-11am Total Body Fitness* GYM 10-10:30am Reading Buddies* RM115 11:30-12:30pm Tai Chi -Yang RM119 1-3pm Social Bridge RM115 1-2pm SAIL* RM119 1-2:30pm Traditional Hatha Yoga** RM116	10 10-11am Full Fitness* GYM 10-10:30am Reading Buddies* RM115 10am-3pm Hearing Screenings* RM115 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	11 9-10:15am Coffee or Tea and Thee RM115 9-10am Strength Training* GYMA 10:30-11:30am Tai Chi -Taoist RM119 10:30-11:45am Study of Words* RM126 11am-12pm The Angler's Corner RM115 11:30-12:30pm Tai Chi -Yang RM119 4-5:15pm Traditional Hatha Yoga** RM116 2-3pm Advisory Committee Meeting RM115 3-4:30pm Cookie Swap Party* RM115	12 8:30-9:30am Walk Fit LOBBY 10-11am Full Fitness* GYM 1-2pm SAIL* RM119 1:30-3pm Beginner Quilling** RM115 2-4pm Drop in Volleyball GYMB 4-5pm Coral Reef Crochet Project RM115 5-6pm Pickleball for Beginners** GYM 6-7pm Spanish 101* RM115	13 8-9am Gyrokinesis** GYM 9-10am Strength Training* GYMA 10:15-11:15am Total Body Fitness* GYMA 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 1-3pm Social Bridge RM115 3-4:30pm Crafternoon Social Group RM115
16 9-10:15am Coffee or Tea and Thee RM115 10-11am Total Body Fitness* GYM 10-11:30am Explore Mixed Media Art* RM115 11:30-12:30pm Tai Chi -Yang RM119 1-3pm Social Bridge RM115 1-2pm SAIL* RM119 1-2:30pm Traditional Hatha Yoga** RM116	17 10-11am Full Fitness* GYM 10:30-11:30am Traditional Hatha Yoga** RM116 11:30am-12:30pm Name That Holiday Tune* RM115 11:30am-1pm Genealogy 101* RM115 11:45-12:45pm Gentle Hatha Yoga** RM116 2:15-3:15pm Zumba** RM116	18 9-10:15am Coffee or Tea and Thee RM115 9-10am Strength Training* GYMA 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 1:30-3:30pm Opera Appreciation* RM115 4-5:15pm Traditional Hatha Yoga** RM116 4-5:30pm Plano Lounge and Sing-Along* RM115	19 8:30-9:30am Walk Fit LOBBY 10-11am Full Fitness* GYM 1-2pm SAIL* RM119 1-3pm Sudoku RM115 2-4pm Drop in Volleyball GYMB 4-5pm Coral Reef Crochet Project RM115 5-6:30pm Old-Time and String Band Jam* RM115 5-6pm Pickleball for Beginners** GYM	20 8-9am Gyrokinesis** GYM 9-10am Strength Training* GYMA 10:15-11:15am Total Body Fitness* GYMA 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 1-3pm Social Bridge RM115 3-4:30pm Crafternoon Social Group RM115
23 9-10:15am Coffee or Tea and Thee RM115 10-11am Total Body Fitness* GYM 11:30-12:30pm Tai Chi -Yang RM119 1-3pm Social Bridge RM115 1-2pm SAIL* RM119 1-2:30pm Traditional Hatha Yoga** RM116	24 Center Closed	25 Center Closed	26 8:30-9:30am Walk Fit LOBBY 10-11am Full Fitness* GYM 1-2pm SAIL* RM119 2-4pm Drop in Volleyball GYMB 4-5pm Coral Reef Crochet Project RM115 5-6pm Pickleball for Beginners** GYM	27 8-9am Gyrokinesis** GYM 9-10am Strength Training* GYMA 10:15-11:15am Total Body Fitness* GYMA 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 1-3pm Social Bridge RM115 3-4:30pm Crafternoon Social Group RM115
30 9-10:15am Coffee or Tea and Thee RM115 10-11am Total Body Fitness* GYM 11:30-12:30pm Tai Chi -Yang RM119 1-3pm Social Bridge RM115 1-2pm SAIL* RM119 1-2:30pm Traditional Hatha Yoga** RM116	31 10-11am Full Fitness* GYM 10:30-11:30am Traditional Hatha Yoga** RM116 11:45-12:45pm Gentle Hatha Yoga** RM116 2:15-3:15pm Zumba** RM116			Don't miss these special events at 55+ Centers in December! Walter Reed Holiday Party: Dec. 6, #912890-01 Aurora Hills Jewelry Sale: Dec. 7, #912899-01 Ugly Sweater Crafting Party: Arlington Mill, Dec. 11, #912310-03 Holiday Social at Langston-Brown: Dec. 18, #912890-02

Lubber Run 55+ Center Activity Calendar

December 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.