

# WALTER REED 55+ CENTER ACTIVITY CALENDAR

DECEMBER 2024  
2909 16<sup>th</sup> St. S.  
Arlington 22204

All programs are drop-in unless otherwise designated by the symbols below:

^ = fee required  
\* = registration required  
+ = Social 60+ Café Program  
~~Strikethrough~~ = Program Cancelled  
**Bold** = Special Program

**Room Codes:**  
SL = Senior Lounge  
GR = Game Room  
WELLR = Wellness Room  
MPRA = Multi-Purpose Room A  
MPRBC = Multi-Purpose Room B & C  
ARTS&C = Arts & Crafts Room  
QR = Quiet Room  
CONF = Conference Room

**Daily Programming:**  
10am-12pm Ping Pong & Billiards GR

**Weekend Programming:**  
Saturdays:  
10am-12pm Rummikub SL  
12-4pm Mah Jongg SL  
Sundays:  
1:30pm-4:30pm \*\*Mexican Train Dominoes SL  
\*\*Contact Jennifer Weber to get added to the Sunday Mexican Train Dominoes listserv - [jweber1@arlingtonva.us](mailto:jweber1@arlingtonva.us) or 703-228-0949\*\*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>8:30-4pm Pickleball (2 courts) GYM 9:30-12:30 Mexican Train Dominoes CAFE 10-11am Abs. Beginner PB (1 court) GYM 10-11am Pickleball (1 court) GYM 10:45-12pm Mah Jongg Lessons* SL 11:30-12:30pm Bowling+ WELLR 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 1-2pm Table Games+ MPRBC 4-5pm Let's Play Easy Piano Duets* SL</p>	<p>3</p> <p>10:30-11:30am English Class (REEP) MPRA 10:30-11:30am Table Games+ GYM 11am-1pm Five Crowns SL 11:30-12:15pm Strength Training+ GYM 12-30pm Social 60+ Lunch+* MPRC 12:30-4pm Pickleball GYM 1:30-4:30pm Samba SL 1-2pm Bowling+ MPRBC 1-2:15pm Tai Chi Practice WELLR 2-4pm Bridge Practice CAFE 2:30-3:30pm Partner Dance Practice WELLR 4-5:30pm Intro &amp; Intermediate Uke* ARTS&amp;C <b>5:30-7pm Wildlife Rescue League* CONF</b></p>	<p>4</p> <p>10am-12pm Canasta SL 10am-12pm 55+ Basketball GYM 10:15-11:15am Give Line Dance a Try  12:30pm Social 60+ Lunch+* MPRBC 1-2pm Baking w/ Joni MPRBC 1:30-3:30pm Social Bridge SL 2:15-4pm Pickleball GYM</p>	<p>5</p> <p><b>10am-12pm Holiday Fairy Lighting* ARTS</b> 10:30-11:30am English Class (REEP) MPRA 10:45-12pm Mah Jongg Lessons* SL 11:30-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 12:30-4pm Pickleball GYM 1-2pm Craft+ MPRBC</p>	<p>6</p> <p>10am-12pm Chinese Mah Jongg CAFE 10am-12pm Cribbage SL 10am-3pm Scrabble SL 11am-12pm Chair Dance+ MPRA 12:30pm Social 60+ Lunch+* MPRBC <b>12-2pm Holiday Party** GYM</b> 1-2:15pm Tai Chi Practice WELLR 1-3pm Sunshine Gang MPRA 1:30-4:30pm Samba CAFE 2-4pm <b>BUNCO Bunch* SL</b></p>
<p>9</p> <p>8:30-4pm Pickleball (2 courts) GYM 9:30-12:30 Mexican Train Dominoes CAFE 10-11am Abs. Beginner PB (1 court) GYM 10-11am Pickleball (1 court) GYM 10:45-12pm Mah Jongg Lessons* SL 11:30-12:30pm Bowling+ WELLR 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 1-2pm Table Games+ MPRBC 3:45-4:45pm Mat Pilates** WELLR 4-5pm Let's Play Easy Piano Duets* SL</p>	<p>10</p> <p>8:15-11:15am Pickleball Classes** GYM 9-10:15am Yoga Daily Living** WELLR 10:30-11:30am English Class (REEP) MPRA 10:30-11:30am Table Games+ GYM 11am-1pm Five Crowns SL 11:30-12:15pm Strength Training+ GYM <b>11:30-12:30pm Winter Tree ID &amp; Folklore*</b> 12:30pm Social 60+ Lunch+* MPRC 12:30-4pm Pickleball GYM 1:30-4:30pm Samba SL 1-2pm Bowling+ MPRBC 1-2:15pm Tai Chi Practice WELLR 2-4pm Bridge Practice CAFE 2:30-3:30pm Partner Dance Practice WELLR 4-5:30pm Intro &amp; Intermediate Uke ARTS&amp;C <b>5:30-6:30pm Reader's Theater* SL</b></p>	<p>11</p> <p>10am-12pm Canasta SL 10:15-11:15am Give Line Dance a Try  12pm-2pm 55+ Basketball GYM 12:30pm Social 60+ Lunch+* MPRBC 1-2pm Bowling+ MPRBC 1:30-3:30pm Social Bridge SL 2:15-4pm Pickleball GYM</p>	<p>12</p> <p>9-10am Bootcamp** GYM 10-11am Mat Pilates** WELLR 10:30-11:30am English Class (REEP) MPRA 10:45-12pm Mah Jongg Lessons* SL <b>11:30-12:30pm Become VCE Volunteer* MPRC</b> 11:30-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 12:30-4pm Pickleball GYM 1-2pm Craft+ MPRBC 1:30-2:30pm Core Conditioning** WELLR <b>2-4pm Movies &amp; Munchies* CONF</b></p>	<p>13</p> <p>8:30am-4pm Pickleball GYM 10am-12pm Chinese Mah Jongg CAFE 10am-12pm Cribbage SL 10am-3pm Scrabble SL 12:30pm Social 60+ Lunch+* MPRBC 1-2pm Jeopardy+ MPRBC 1-3pm Sunshine Gang MPRA 1-2:15pm Tai Chi Practice WELLR 1:30-4:30pm Samba SL</p>
<p>16</p> <p>8:30-4pm Pickleball (2 courts) GYM 9:30-12:30 Mexican Train Dominoes CAFE 10-11am Abs. Beginner PB (1 court) GYM 10-11am Pickleball (1 court) GYM 11:30-12:30pm Jewelry Craft+ ARTS&amp;C 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 1-2pm Table Games+ MPRBC 3:45-4:45pm Mat Pilates** WELLR 4-5pm Let's Play Easy Piano Duets* SL</p>	<p>17</p> <p>8:15-11:15am Pickleball Classes** GYM 9-10:15am Yoga Daily Living** WELLR 10:30-11:30am English Class (REEP) MPRA 10:30-11:30am Table Games+ GYM 11am-1pm Five Crowns SL 11:30-12:15pm Strength Training+ GYM 12-30pm Social 60+ Lunch+* MPRC 12:30-4pm Pickleball GYM 1:30-4:30pm Samba SL 1-2pm Bowling+ MPRBC 1-2:15pm Tai Chi Practice WELLR 2-4pm Bridge Practice CAFE 2:30-3:30pm Partner Dance Practice WELLR 4-5:30pm Intro &amp; Intermediate Uke* ARTS&amp;C <b>7-8:30pm Acoustic Café* MPRBC</b></p>	<p>18</p> <p>10am-12pm Canasta SL 10am-12pm 55+ Basketball GYM 10:15-11:15am Give Line Dance a Try  12-12:30pm Table Games+ MPRBC 12:30pm Social 60+ Lunch+* MPRBC 1-2pm Price is Right + MPRBC 1:30-3:30pm Social Bridge SL 2:15-4pm Pickleball GYM</p>	<p>19</p> <p>9-10am Bootcamp** GYM 10-11am Mat Pilates** WELLR 10:30-11:30am English Class (REEP) MPRA 11:30-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 12:30-4pm Pickleball GYM 1-2pm Craft+ ARTS&amp;C 1:30-2:30pm Core Conditioning** WELLR <b>2-3pm Accessories Swap* ARTS&amp;C</b></p>	<p>20</p> <p>8:30am-4pm Pickleball GYM 10am-12pm Chinese Mah Jongg CAFE 10am-12pm Cribbage SL 10am-3pm Scrabble SL 12:30pm Social 60+ Lunch+* MPRBC 1-2pm Jeopardy+ MPRBC 1-3pm Sunshine Gang MPRA 1-2:15pm Tai Chi Practice WELLR 1:30-4:30pm Samba SL</p>
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<p>30</p> <p>8:30-4pm Pickleball (2 courts) GYM 9:30-12:30 Mexican Train Dominoes CAFE 10-11am Abs. Beginner PB (1 court) GYM 10-11am Pickleball (1 court) GYM 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 1-2pm Table Games+ MPRBC 3:45-4:45pm Mat Pilates** WELLR</p>	<p>31</p> <p>9-10:15am Yoga Daily Living** WELLR 10:30-11:30am Table Games+ GYM 11am-1pm Five Crowns SL 11:30-12:15pm Strength Training+ GYM 12-30pm Social 60+ Lunch+* MPRC 12:30-4pm Pickleball GYM 1-2pm Nutrition Jeopardy+ MPRBC 1:30-4:30pm Samba SL 1-2:15pm Tai Chi Practice WELLR 2-4pm Bridge Class MPRA 2:30-3:30pm Partner Dance Practice WELLR 4-5:30pm Intro &amp; Intermediate Uke ARTS&amp;C</p>			<p><b>Don't miss these special events at 55+ Centers in December!</b></p> <p><b>Aurora Hills Jewelry Sale:</b> Dec. 7, #912899-01 <b>Cookie Swap Party:</b> Lubber Run, Dec. 11, #912801-05 <b>Ugly Sweater Crafting Party:</b> Arlington Mill, Dec. 11, #912310-03 <b>Holiday Social at Langston-Brown:</b> Dec. 18, #912890-02</p>