

Arlington Mill 55+ Center Calendar

October 2024

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

Key

* = registration required

^ = fee required

+ = Social 60+ Café

Bold = speakers/special events/etc.

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

Credit and debit card
payments made through
the Arlington County
Department of Parks and
Recreation [registration
system](#) include a
convenience fee of up to
3% paid directly to the
credit card processor.
Arlington County does not
receive any portion of the
fee.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 8am-12pm Social 60+ Café+* RM527 10am-12pm 55+ Game Room RM209 10:30-11:30am SAIL Exercise* GYM 12-3pm Play Pickleball GYM 5-6pm Zumba Gold** RM527 5-8:45pm Play Pickleball GYM	2 8am-12pm Social 60+ Café+* RM527 10am-12pm Open Art Studio RM526 10am-3pm Play Pickleball GYM 10:30am-1pm 55+ Crafters RM404 12-3pm 70th Anniversary BBQ** Lubber Run 2-5pm Mexican Train Dominoes RM205 5-7pm American Mah Jongg RM205 5:30-6:30pm Walking Challenge* Check-in Table PLAZA LEVEL	3 8am-12pm Social 60+ Café+* RM527 10am-12pm 55+ Game Room RM209 10:30-11:30am SAIL Exercise* GYM 12-2pm Chinese Mah Jongg RM205 12-3pm Play Pickleball GYM 1-2:15pm Line Dance RM421 1-2:30pm Fall Nature Walk* PL/Outdoors 2-4pm American Mah Jongg RM205	4 8am-12pm Social 60+ Café+* RM527 10am-12pm Open Art Studio RM526 10am-12pm Matter of Balance* GYM 10am-3pm Play Pickleball GYM 12-1pm Pickleball for Beginners** GYM 1-2pm Pickleball II** GYM 2-3pm Pickleball III** GYM 1-2pm Monthly Social: Oktoberfest* RM132
7 8am-12pm Social 60+ Café+* RM527 9:30-11am Crafts Through the Decades* RM205 10am-3pm Play Pickleball GYM 10-11:15am Line Dance RM421 10am-12pm Open Game Time RM205 11am-12pm Spanish Convo RM404 12-2pm Chinese Mah Jongg RM205 1-2pm Advisory Meeting RM TBD 3-4pm Gentle Hatha Yoga** RM527 5-6:15pm Hatha Yoga Basics** RM527	8 8am-12pm Social 60+ Café+* RM527 10am-12pm 55+ Game Room RM209 10:30-11:30am SAIL Exercise* GYM 12-3pm Play Pickleball GYM 1:30-2:45pm Rock Music Legends* RM527 5-6pm Zumba Gold** RM527 5-8:45pm Play Pickleball GYM	9 8am-12pm Social 60+ Café+* RM527 10-11am Fall Produce Finds* RMTBD 10am-12pm Open Art Studio RM526 10am-3pm Play Pickleball GYM 10:30am-1pm 55+ Crafters RM404 2-5pm Mexican Train Dominoes RM205 5-7pm American Mah Jongg RM205 5:30-6:30pm Walking Challenge* Check-in Table PLAZA LEVEL	10 8am-12pm Social 60+ Café+* RM527 10am-12pm 55+ Game Room RM209 10:30-11:30am SAIL Exercise* GYM 12-2pm Chinese Mah Jongg RM205 12-3pm Play Pickleball GYM 1-2:15pm Line Dance RM421 2-4pm American Mah Jongg RM205	11 8am-12pm Social 60+ Café+* RM527 10am-12pm Open Art Studio RM526 10am-12pm Matter of Balance* GYM 12:30-2:30pm Games Every Era RM205 10am-3pm Play Pickleball GYM 12-1pm Pickleball for Beginners** GYM 1-2pm Pickleball II** GYM 2-3pm Pickleball III** GYM
14 8am-12pm Social 60+ Café+* RM527 9:30-11am Crafts Through the Decades* RM205 10am-3pm Play Pickleball GYM 10-11:15am Line Dance RM421 10am-12pm Open Game Time RM205 11am-12pm Spanish Convo RM404 12-2pm Chinese Mah Jongg RM205 3-4pm Gentle Hatha Yoga** RM527 5-6:15pm Hatha Yoga Basics** RM527	15 8am-12pm Social 60+ Café+* RM527 10am-12pm 55+ Game Room RM209 10:30-11:30am SAIL Exercise* GYM 12-3pm Play Pickleball GYM 5-6pm Zumba Gold** RM527 5-8:45pm Play Pickleball GYM	16 8am-12pm Social 60+ Café+* RM527 10-11am Budgeting for the Holidays* RMTBD 10am-12pm Open Art Studio RM526 10am-3pm Play Pickleball GYM 10:30am-1pm 55+ Crafters RM404 2-5pm Mexican Train Dominoes RM205 5-7pm American Mah Jongg RM205 5:30-6:30pm Walking Challenge* Check-in Table PLAZA LEVEL	17 8am-12pm Social 60+ Café+* RM527 10am-12pm 55+ Game Room RM209 10:30-11:30am SAIL Exercise* GYM 12-2pm Chinese Mah Jongg RM205 12-3pm Play Pickleball GYM 1-2:15pm Line Dance RM421 2-4pm American Mah Jongg RM205	18 8am-12pm Social 60+ Café+* RM527 10am-12pm Open Art Studio RM526 10am-12pm Matter of Balance* GYM 12:30-2:30pm Games Every Era RM205 10am-3pm Play Pickleball GYM 12-1pm Pickleball for Beginners** GYM 1-2pm Pickleball II** GYM 2-3pm Pickleball III** GYM
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