



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> 9:30-11:30am Rummikub RM108 10:30-11:30am Social 60+ Multiculture SR 12-12:30pm Social 60+ Café + RM113 1-3pm Yarn Creations RM 108 1:30-2:30pm Book Club RM 103 2-3pm Drumming Outside or SR 3:30-5:30pm Volleyball Gym	<p>2</p> No Social 60+ Café 9:30-11am Morning Meet-Up RM108 11am-2pm 55+ Fitness hrs.^ RM202 12-1pm Chair Yoga ** RM 108 1-2:30pm Scrabble RM125 1-2pm French Conversation RM103 1:30-3pm Gentle & Med Yoga** RM 108 3:30-4:30pm Tai Chi for Beginners** Rm113 7:15-8:45pm Women's Basketball Gym	<p>3</p> 9:30-11:30am Mah Jongg RM 108 10:30 - 11am Social 60+ Latin Dance RM113 1:00-4:30pm Cardmaking Group RM 125 1:00-4:30pm Woodcarvers Rm125 1-2 pm New Fall Books* RM108 1:30-3:30pm Intermediate Drawing & Painting** RM113 2-3pm Italian Language RM 103 6-7pm Zumba Class** RM 113	<p>4</p> 9:30-11:30am Spellbinders Meeting RM 108 10am-12pm German Conversation* Virtual 10:30-11:15am Exercise w/ Jill + RM 108 11am-2pm 55+ Fitness Room RM202 12-12:30pm Social 60+ Café+ RM 113 1:30-3pm Afternoon Meetup RM 108
<p>7</p> 10:15am-12:15pm Memoir Writing* RM103 10:30-11:30am Secrets Revealed*VIRTUAL 10:30-11:30am Social 60+ Art w/ Jim SR 11am-12pm Social 60+ Spellbinders SR 11am-2pm 55+ Fitness hrs.^ RM202 12-12:45pm Social 60+ Café + RM113 1:00-3pm Rummikub RM 108 1:00-3pm Rummikub RM108 3:30-4:30pm Tai Chi for Beginners** Rm113	<p>8</p> 9:30-11:30am Rummikub RM108 10:30-11:30am Social 60+ Art w/Jim SR 12-12:30pm Social 60+ Café + RM113 1-3pm Yarn Creations RM 108 2-3pm Drumming Outside of SR 3:30-5:30pm Volleyball Gym	<p>9</p> 9:30-11am Morning Meet-Up RM108 10:30-11:15am Exercise w/ Jill + RM113 11am-2pm 55+ Fitness hrs.^ RM202 12-1pm Chair Yoga ** RM 108 12-12:45pm Social 60+ Café + RM113 1-2:30pm Scrabble RM125 1-2pm French Conversation RM103 1:30-3pm Gentle & Med Yoga** RM 108 3:30-4:30pm Tai Chi for Beginners** Rm113 7:15-8:45pm Women's Basketball Gym	<p>10</p> 9:30-11:30am Mah Jongg RM 108 1:00-4:30pm Cardmaking Group RM 125 1:00-4:30pm Woodcarvers Rm125 1:30-3:30pm Intermediate Drawing & Painting** RM113 2-3pm Italian Language RM 103 6-7pm Zumba Class** RM 113	<p>11</p> 10am-12pm German Conversation* Virtual 10:30-11:15am Exercise w/ Jill + RM 108 11am-2pm 55+ Fitness Room RM202 12-12:30pm Social 60+ Café+ RM 113 1:30-3pm Afternoon Meetup RM 108
<p>14</p> 11am-2pm 55+ Fitness hrs.^ RM202 11:30am Social 60+ PAL SR 12-12:45pm Social 60+ Café + RM113 1:00-3pm Rummikub RM 108 1:30-2:30pm Scale Down RM 125 3:30-4:30pm Tai Chi for Beginners** Rm113	<p>15</p> 9:30-11:30am Rummikub RM108 11am-12pm Social 60+ BINGO SR 12pm Social 60+ Café + RM 113 1-3pm Yarn Creations RM108 1:30-4:30pm Cardmaking-Advanced Techniques <u>not</u> for beginners RM113 2-3pm Drumming Outside of SR 3:30-5:30pm Volleyball Gym	<p>16</p> 9:30-11am Morning Meet-Up RM108 10:30-11:15am Exercise w/ Jill + RM113 11am-12pm Understanding Probate* Virtual 11am-2pm 55+ Fitness hrs.^ RM202 12-1pm Chair Yoga ** RM 108 12-12:45pm Social 60+ Café + RM113 1-2:30pm Scrabble RM125 1-2pm French Conversation RM103 1:30-3pm Gentle & Med Yoga** RM 108 3:30-4:30pm Tai Chi for Beginners** Rm113 7:15-8:45pm Women's Basketball Gym	<p>17</p> 9:30-11:30am Mah Jongg RM 103 11:30am-12pm Spellbinders SR 11am-12pm Halloween Treats* RM 108 1:00-4:30pm Cardmaking Group RM 125 1:00-4:30pm Woodcarvers Rm125 1:30-3:30pm Intermediate Drawing & Painting** RM113 2-3pm Italian Language RM 103 5-6pm Hawks of Arlington* SR 6-7pm Zumba Class** RM 113	<p>18</p> 10am-12pm German Conversation* Virtual 10:30-11:15am Exercise w/ Jill + RM 113 11am-2pm 55+ Fitness Room RM202 12-12:30pm Social 60+ Café+ RM 113 1-3pm Neighbor's Corner RM 113 1:30-3pm Afternoon Meetup RM 108
<p>21</p> 10:15-11am Social 60+ Latin Dance Rm113 11am-2pm 55+ Fitness hrs.^ RM202 10:15am-12:15pm Memoir Writing* RM103 10:30am-12pm Painting Demo* Virtual 12-12:45pm Social 60+ Café + RM113 1:00-3pm Rummikub RM 108 3:30-4:30pm Tai Chi for Beginners** Rm113	<p>22</p> 9:30-11:30am Rummikub RM108 12-12:30pm Social 60+ Café + RM113 1-3pm Yarn Creations Rm113 2-3pm Drumming Outside of SR 3:30-5:30pm Volleyball Gym	<p>23</p> 9:30-11am Morning Meet-Up RM108 10:30-11:15am Exercise w/ Jill + RM113 11am-12pm Hospice & Palliative Care* RM113 11am-2pm 55+ Fitness hrs.^ RM202 12-1pm Chair Yoga ** RM 108 12-12:45pm Social 60+ Café + RM113 1-2:30pm Scrabble RM125 1-2pm French Conversation RM103 1:30-3pm Gentle & Med Yoga** RM 108 2-3pm Acoustic Afternoon* SR 3:30-4:30pm Tai Chi for Beginners** Rm113 7:15-8:45pm Women's Basketball Gym	<p>24</p> 9:30-11:30am Mah Jongg RM 103 10-11:30am Social 60+ Movie Day SR 10:30am-2:30pm 55+ Art Exhibit RM 108 12pm Social 60+ Cafe Rm 113 1:00-4:30pm Cardmaking Group RM 125 1:00-4:30pm Woodcarvers Rm 125 1:30-3:30pm Intermediate Drawing & Painting** RM113 2-3pm Italian Language RM 103 6-7pm Zumba Class** RM 113	<p>25</p> 10am-12pm German Conversation* Virtual 10:30-11:15am Exercise w/ Jill + RM 113 11am-2pm 55+ Fitness Room RM202 12-12:30pm Social 60+ Café+ RM 113 1:30-3pm Afternoon Meetup RM 108
<p>28</p> 11am-2pm 55+ Fitness hrs.^ RM202 10:30-11:15am Social 60+ Baking w/Joni SR 12-12:45pm Social 60+ Café + RM113 1:00-3pm Rummikub RM 108 1:30-2:30pm Scale Down RM 125 3:30-4:30pm Tai Chi for Beginners** Rm113	<p>29</p> 9:30-11:30am Rummikub RM108 11am-12pm Social 60+ Spellbinders SR 12pm Social 60+ Café + RM 113 1-3pm Yarn Creations RM108 2-3pm Drumming Outside of SR 3:30-5:30pm Volleyball Gym	<p>30</p> 9:30-11am Morning Meet-Up RM108 10:30-11:15am Exercise w/ Jill + RM113 11am-2pm 55+ Fitness hrs.^ RM202 12-1pm Chair Yoga ** RM 108 12-12:45pm Social 60+ Café + RM113 1-2:30pm Scrabble RM125 1-2pm French Conversation RM103 1:30-3pm Gentle & Med Yoga** RM 108 3:30-4:30pm Tai Chi for Beginners** Rm113 7:15-8:45pm Women's Basketball Gym	<p>31</p> 9:30-11:30am Mah Jongg RM 103 11am-12pm Spooky Trivia & Social* RM 108 12pm Social 60+ Cafe Rm 113 1:00-4:30pm Cardmaking Group RM 125 1:00-4:30pm Woodcarvers Rm 125 1:30-3:30pm Intermediate Drawing & Painting** RM113 2-3pm Italian Language RM 103 6-7pm Zumba Class** RM 113	

LANGSTON-BROWN 55+ CENTER ACTIVITY CALENDAR

OCTOBER 2024

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.