

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10-11am Full Fitness^ GYM 10:30-11:30am Traditional Hatha Yoga** RM116 11:30am-1pm How to Get Your Affairs in Order* RM115 11:45-12:45pm Gentle Hatha Yoga** RM116 1-2:30pm Encore Chorale** RM119 2:15-3:15pm Zumba** RM116	2 70 <sup>th</sup> Anniversary BBQ Picnic 12-3pm	3 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 3:30-5:30pm Story Frames: Celebrating Retable Art* RM115 5-6pm Pickleball for Beginners^^ GYM 6-7:30pm How to Get Your Affairs in Order* RM115	4 8-9am Intermediate Gyrokinesis** GYM 9-10am Strength Training^ GYMA 9-11:30am Games at Lubber Run! RM115 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
7 9-10:15am Coffee or Tea and Thee RM115 10-11am Total Body Fitness^ GYM 10am-12pm Leaves in Fall Nature Walk* RM119 11:30-12:30pm Tai Chi -Yang RM119 1-3pm Social Bridge RM115 1-2pm SAIL* RM119 1-2:30pm Traditional Hatha Yoga** RM116	8 10-11am Full Fitness^ GYM 10:30-11:30am Traditional Hatha Yoga** RM116 11:45-12:45pm Gentle Hatha Yoga** RM116 12-1pm Haiku for You* RM126 1-2:30pm Encore Chorale** RM119 2:15-3:15pm Zumba** RM116	9 9-10:15am Coffee or Tea and Thee RM115 9-10am Strength Training^ GYMA 10:30-11:45am Study of Words* RM126 11am-12pm The Fishing Forum RM115 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 2-3pm Advisory Committee Meeting RM115 4-5:15pm Traditional Hatha Yoga** RM116	10 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 5-6pm Pickleball for Beginners^^ GYM 6-7pm Streaming Devices* RM115	11 8-9am Intermediate Gyrokinesis** GYM 9-10am Strength Training^ GYMA 9-11:30am Games at Lubber Run! RM115 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
14 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	15 10-11am Full Fitness^ GYM 10:30-11:30am Traditional Hatha Yoga** RM116 11:30am-1pm Genealogy 101* RM115 11:45-12:45pm Gentle Hatha Yoga** RM116 1-2:30pm Encore Chorale** RM119 1:30-2:30pm Crypto Currency Scams* RM115 2:15-3:15pm Zumba** RM116	16 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 Piano Lounge and Sing-Along* RM115	17 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 5-6pm Pickleball for Beginners^^ GYM 6-7:30pm Retirement: More Than the Numbers* RM115	18 8-9am Intermediate Gyrokinesis** GYM 9-10am Strength Training^ GYMA 9-11:30am Games at Lubber Run! RM115 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
21 9-10:15am Coffee or Tea and Thee RM115 10-11am Total Body Fitness^ GYM 10-10:30am Generations Game Time* 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	22 10-11am Full Fitness^ GYM 10-10:30am Reading Buddies* RM115 10:30-11:30am Traditional Hatha Yoga** RM116 11:30am-12:30pm It Takes a Village* RM115 11:45-12:45pm Gentle Hatha Yoga** RM116 12-1pm Haiku for You* RM126 1-2:30pm Encore Chorale** RM119 1-3pm Movie Matinee: Selena* RM115 2:15-3:15pm Zumba** RM116	23 9-10:15am Coffee or Tea and Thee RM115 9-10am Strength Training^ GYMA 10:30-11:30am Tai Chi -Taoist RM119 11am-12pm Name That Tune Live! RM115 11:30-12:30pm Tai Chi -Yang RM119 1:30-2:45pm Local History* RM115 4-5:15pm Traditional Hatha Yoga** RM116	24 8:30-9:30am Walk Fit* LOBBY 10-11am Full Fitness^ GYM 11:30am-12:30pm Around the World to Scotland* RM115 1-2pm SAIL* RM119 2-4pm Drop in Volleyball GYMB 5-6pm Pickleball for Beginners^^ GYM 6-7:30pm End of Life Wishes* RM115	25 8-9am Intermediate Gyrokinesis** GYM 9-10am Strength Training^ GYMA 9-11:30am Games at Lubber Run! RM115 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
28 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	29 10-11am Full Fitness^ GYM 10:30-11:30am Traditional Hatha Yoga** RM116 11:30am-1pm Grieving to Thriving & Moving On* RM121 11:45-12:45pm Gentle Hatha Yoga** RM116 1-2:30pm Encore Chorale** RM119 2:15-3:15pm Zumba** RM116	30 9-10:15am Coffee or Tea and Thee RM115 9-10am Strength Training^ GYMA 10-11:30am Death Cafe* RM121 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi Practice-Yang RM119 4-5:15pm Traditional Hatha Yoga** RM116	31 8:30-9:30am Walk Fit* LOBBY 10-11am Full Fitness^ GYM 1-2pm SAIL* RM119 2-4pm Drop in Volleyball GYMB 5-6pm Pickleball for Beginners^^ GYM	

# Lubber Run 55+ Center Activity Calendar

October 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.