

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|---|
| | <p>1</p> <p>9-10:15am Yoga Daily Living** WELLR 10:30-11:30am English Class (REEP) MPRA 10:30-11:30am Olympic Games+ GYM 11:30-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch** MPRC 12:30-4pm Pickleball GYM 1-2:15pm Tai Chi Practice WELLR 1-2pm Make Your Own Medal+ ARTS&C 1:30-4:30pm Samba SL 2-3pm Adv. Committee ARTS&C 2-4pm Bridge Practice CAFE 2:30-3:30pm Partner Dance Practice WELLR 4-5:30pm Intro & Intermediate Uke* ARTS&C 5:30-6:30pm App Trail Stories* MPRA</p> | <p>2</p> <p>10am-12pm Canasta SL 10:15-11:15am Give Line Dance a Try WELLR 10:30-11:45am Chair Dance Yoga+ MPRA 12-12:30pm Table Games+ MPRBC 12-2pm Jolly Hearts CONF 12-1pm Chair Yoga Make-up WELLR 12pm-2pm 55+ Basketball GYM 12:30pm Social 60+ Lunch+* MPRBC 1-2pm Olympic Games+ MPRBC 1:30-3:30pm Social Bridge SL 2:15-4pm Pickleball GYM</p> | <p>3</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 1:30-2:30pm Core Conditioning** WELLR</p> | <p>4</p> <p>8:30am-4pm Pickleball GYM 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 1-2pm Table Games+ MPRBC 1-3pm Sunshine Gang MPRA 1-2:15pm Tai Chi Practice WELLR 1:30-4:30pm Samba SL</p> |
| <p>7</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 Chair Zumba+ WELLR 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>8</p> <p>9-10:15am Yoga Daily Living** WELLR 10:30-11:30am English Class (REEP) MPRA 10:30-11:30am Olympic Games+ GYM 11:30-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch** MPRC 12:30-4pm Pickleball GYM 1-2:15pm Tai Chi Practice WELLR 1-2pm Make Your Own Medal+ ARTS&C 1:30-4:30pm Samba SL 2-3pm Adv. Committee ARTS&C 2-4pm Bridge Practice CAFE 2:30-3:30pm Partner Dance Practice WELLR 4:30-5:30pm Ukulele Practice ARTS&C 5:30-6:30pm Reader's Theater* SL 9am Ed Constantino PB Friendly*Outside</p> | <p>9</p> <p>10am-12pm Canasta SL 10:15-11:15am Give Line Dance a Try WELLR 10:30-11:45am Chair Dance Yoga+ MPRA 12-12:30pm Table Games+ MPRBC 12pm-2pm 55+ Basketball GYM 12:30pm Social 60+ Lunch+* MPRBC 1-2pm Olympic Games+ MPRBC 1:30-3:30pm Social Bridge SL GYM Closed at 12:30pm for Early Voting</p> | <p>10</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 Olympic Games+ MPRBC 1:30-2:30pm Core Conditioning** WELLR 2-4pm Movies & Munchies* CONF</p> | <p>11</p> <p>10am-12pm Chinese Mah Jongg CAFE 10am-12pm Cribbage SL 10am-3pm Scrabble SL 8:30am-4pm Pickleball GYM 12:30pm Social 60+ Lunch+* MPRBC 1-2pm Olympic Closing Ceremony+ MPRBC 1-3pm Sunshine Gang MPRA 1-2:15pm Tai Chi Practice WELLR 1:30-3:30pm BUNCO Bunch* SL 1:30-4:30pm Samba CAFE</p> |
| <p>14</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 Gardening+ WELLR 3:45-4:45pm Mat Pilates** WELLR</p> | <p>15</p> <p>9-10:15am Yoga Daily Living** WELLR 10:30-11:30am English Class (REEP) MPRA 10:30-11:30am Olympic Games+ GYM 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 BINGO+ 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 & Intermediate Uke* ARTS&C 5-6pm Butterflies* CONF 7-8:30pm Acoustic Café* MPRBC</p> | <p>16</p> <p>10am-12pm Canasta SL 10am-12pm 55+ Basketball GYM 10:15-11:15am Give Line Dance a Try WELLR 10:30-11:45am Chair Dance Yoga+ MPRA 12-12:30pm Table Games+ MPRBC 12:30pm Social 60+ Lunch+* MPRBC 1-2pm Olympic Games+ MPRBC 1:30-3:30pm Social Bridge SL GYM Closed at 12:30pm for Early Voting</p> | <p>17</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 1:30-3:30pm Pie Walk* Outside 1-2pm Bowling+ MPRBC 1:30-2:30pm Core Conditioning** WELLR 7-8pm National Black Poetry Day*MPRBC GYM Closed at 12:30pm for Early Voting</p> | <p>18</p> <p>8:30-12:15pm Pickleball GYM 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 1-2pm Jeopardy+ MPRBC 1-3pm Sunshine Gang MPRA 1-2:15pm Tai Chi Practice WELLR 1:30-4:30pm Samba SL GYM Closed at 12:30pm for Early Voting</p> |
| <p>21</p> <p>8:30-12:15pm 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 Chair Zumba+ WELLR 12:30pm Social 60+ Lunch** MPRC 12-4pm Mah Jongg SL 1-2pm Table Games+ MPRBC 3:45-4:45pm Mat Pilates** WELLR GYM Closed at 12:30pm for Early Voting</p> | <p>22</p> <p>9-10:15am Yoga Daily Living** WELLR 10:30-11:30am BP Clinic CONF&GR 10:30-11:30am Olympic Games+ GYM 10:30-11:30am English Class (REEP) MPRA 11:30-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch** MPRC 1-2pm Art+ MPRBC 1:30-4:30pm Samba SL 1-2:15pm Tai Chi Practice WELLR 2-4pm Bridge Practice CAFE 2:30-3:30pm Partner Dance Practice WELLR 4:30-5:30pm Ukulele Practice ARTS&C 6-8pm Games & Gab* SL GYM Closed at 12:30pm for Early Voting</p> | <p>23</p> <p>10am-12pm Canasta SL 10:15am Give Line Dance a Try WELLR 10:30-11:45am Chair Dance Yoga+ MPRA 12-12:30pm Table Games+ MPRBC 12pm-2pm 55+ Basketball GYM 12:30pm Social 60+ Lunch+* MPRBC 1-2pm The Price is Right+ MPRBC 1:30-3:30pm Social Bridge SL 2:15-4pm Pickleball GYM GYM Closed at 12:30pm for Early Voting</p> | <p>24</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 1:30-2:30pm Core Conditioning** WELLR GYM Closed at 12:30pm for Early Voting</p> | <p>25</p> <p>8:30-12:15pm Pickleball GYM 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 1-3pm Sunshine Gang MPRA 1-2pm Table Games+ MPRBC 1-2:15pm Tai Chi Practice WELLR 1:30-4:30pm Samba SL GYM Closed at 12:30pm for Early Voting</p> |
| <p>28</p> <p>8:30-12:15pm 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 11am-12pm Baking w/ Joni+ MPRBC 12:30pm Social 60+ Lunch** MPRC 12-4pm Mah Jongg SL 1-2pm Gardening+ WELLR 3:45-4:45pm Mat Pilates** WELLR GYM Closed at 12:30pm for Early Voting</p> | <p>29</p> <p>9-10:15am Yoga Daily Living** WELLR 10:30-11:30am Olympic Games+ GYM 10:30-11:30am English Class (REEP) MPRA 11:30-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch** MPRC 1-2pm Art+ MPRBC 1:30-4:30pm Samba SL 1-2:15pm Tai Chi Practice WELLR 2-4pm Bridge Practice CAFE 2:30-3:30pm Partner Dance Practice WELLR 4-5:30pm Intro & Intermediate Uke* ARTS&C 6-7pm DANCE BINGO* MPRA GYM Closed at 12:30pm for Early Voting</p> | <p>30</p> <p>10am-12pm Canasta SL 10:15am Give Line Dance a Try WELLR 10:30-11:45am Chair Dance Yoga+ MPRA 12-12:30pm Table Games+ MPRBC 12pm-2pm 55+ Basketball GYM 12:30pm Social 60+ Lunch+* MPRBC 1-2pm The Price is Right+ MPRBC 1:30-3:30pm Social Bridge SL GYM Closed at 12:30pm for Early Voting</p> | <p>31</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 12:30-4pm Pickleball GYM 12-4pm Mah Jongg SL 1:30-2:30pm Core Conditioning** WELLR GYM Closed at 12:30pm for Early Voting</p> | |

WALTER REED 55+ CENTER ACTIVITY CALENDAR

OCTOBER 2024
2909 16th 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 or 703-228-0949