




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
County Holiday Center Closed ² 	³ 9:30-11:30am Rummikub RM108 SR 10:30-11:30am Social 60+ Bingo + RM113 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	⁴ 9:30-11am Morning Meetup RM108 10:30-11:15am Exercise w/ Jill + RM113 11am-12pm What is a Living Trust* VIRTUAL 11am-2pm 55+ Fitness hrs.^ RM202 12-12:45pm Social 60+ Café + RM113 1-2:30pm Scrabble RM125 1-2pm French Conversation RM103 7:15-8:45pm Women's Basketball Gym	⁵ 9:30-11:30am Mah Jongg RM 103 11am-12pm Election 2024* RM108 1:00-4:30pm Cardmaking Group RM 125 1:00-4:30pm Woodcarvers Rm125 2:30-3:30pm Senior Center Celebration* RM108 2-3pm Italian Language RM 103	⁶ 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
⁹ 10:30-11:30am Secrets Revealed* Virtual 11am-12pm Social 60+ Spellbinders SR 11am-2pm 55+ Fitness hrs.^ RM202 10:15am-12:15pm Memoir Writing* Rm103 12-12:45pm Social 60+ Café + RM113 1:00-3pm Rummikub RM108 1:30-2:30pm Scale Down RM 125 3:30-4:30pm Tai Chi for Beginners** Rm113	¹⁰ 9:30-11:30am Rummikub RM108 12-12:30pm Social 60+ Café + RM113 1-3pm Yarn Creations RM 108 1-2pm Book Club Rm 103 2-3pm Drumming Outside or SR 3:30-5:30pm Volleyball Gym	¹¹ 9:30-11am Morning Meetup RM108 10:30-11:15am Exercise w/ Jill + RM202 11am-2pm 55+ Fitness hrs.^ RM113 12-12:45pm Social 60+ Café + RM125 1-2:30pm Scrabble RM103 1-2pm French Conversation RM113 3:30-4:30pm Tai Chi for Beginners** RM113 7:15-8:45pm Women's Basketball Gym	¹² 9:30-11:30am Mah Jongg RM 103 11am-12pm Energy Bingo* RM 108 1:00-4:30pm Cardmaking Group RM 125 1:00-4:30pm Woodcarvers RM125 1:30-2:30pm Art of Downsizing* RM 108 2-3pm Italian Language RM 103 6-7pm Zumba Class** RM 113	¹³ 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
¹⁶ 11am-2pm 55+ Fitness hrs.^ RM202 12-12:45pm Social 60+ Café + RM113 1:00-3pm Rummikub RM 108 3:30-4:30pm Tai Chi for Beginners** Rm113	¹⁷ 9:30-11:30am Rummikub RM108 11am-12pm Social 60+ Spellbinders+ SR 12pm Social 60+ Café + RM 113 1-3pm Yarn Creations RM108 1:30-4:30pm Cardmaking-Advanced Techniques not for beginners RM113 2-3pm Drumming Outside or SR 3:30-5:30pm Volleyball Gym	¹⁸ Staff Training Limited Hours & Activities All programs before 3pm will be cancelled 3pm Fitness Room 7:15-8:45pm 55+ Women's Basketball Gym	¹⁹ 9:30-11:30am Mah Jongg RM 103 12:30-2:30pm 70th Celebration* RM 108 1:00-4:30pm Cardmaking Group RM 125 1:00-4:30pm Woodcarvers Rm125 2-3pm Italian Language RM 103 6-7pm Zumba Class** RM 113	²⁰ 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
²³ 11am-2pm 55+ Fitness hrs.^ RM202 10:30-11am Social 60+ Movie Day SR 10:15am-12:15pm Memoir Writing* Rm103 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	²⁴ 9:30-11:30am Rummikub RM108 12-12:30 Social 60+ Café + RM113 1-2pm 10 Warning Signs of Alzheimers* Rm108 1-3pm Yarn Creations Rm113 2-3pm Drumming Outside or SR 3:30-5:30pm Volleyball Gym	²⁵ 9:30-11am Morning Meetup RM108 10:30-11:15am Exercise w/ Jill + RM113 11am-2pm 55+ Fitness hrs.^ RM202 12-1pm Chair Hatha 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	²⁶ 9:30-11:30am Mah Jongg RM 108 12pm Social 60+ Café + 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	²⁷ 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
³⁰ 11am-2pm 55+ Fitness hrs.^ RM202 12-12:45pm Social 60+ Café + RM113 1:00-3pm Rummikub RM 108 3:30-4:30pm Tai Chi for Beginners** Rm113				

LANGSTON-BROWN 55+ CENTER ACTIVITY CALENDAR

SEPTEMBER
2024

2121 Culpeper St. N.,
Arlington, VA 22207

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.