

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Center Closed	3 10-11am Full Fitness* GYM 1-2:30pm Encore Chorale** RM119	4 9-10am Strength Training* GYMA 10-11am Common Cybersecurity Threats* RM115 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 1:30-3:30pm Opera Appreciation* RM115	5 8:30-9:30am Walk Fit* LOBBY 10-11am Full Fitness* GYM 1-3pm Sudoku RM115 2-4pm Drop in Volleyball GYMB 2:30-3:30pm Pentagon 9/11 Memorial Virtual Tour* RM115	6 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
9 9-10:15am Coffee or Tea and Thee RM115 10-11am Total Body Fitness* GYM 10-11:15am Advance Care Planning 101* 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	10 10-11am Full Fitness* GYM 10:30-11:30am Traditional Hatha Yoga** RM116 11:15am-12:15pm Performance Parking 101* RM115 11:45-12:45pm Gentle Hatha Yoga** RM126 12-1pm Haiku for You* RM115 1-2:30pm Encore Chorale** RM116 2:15-3:15pm Zumba** RM116	11 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	12 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 3-4pm Plant and Cutting Swap* RM115 5-6pm Pickleball for Beginners** GYM	13 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 RM115 1-3pm Social Bridge RM115 3-4:30pm Crafternoon Social Group RM115
16 9-10:15am Coffee or Tea and Thee RM115 10-11am Total Body Fitness* GYM 10-10:30am Reading Buddies* RM115 10-11:15am Advance Care Planning 101* RM121 11:30-12:30pm Tai Chi -Yang RM119 1-3pm Social Bridge RM115 1-2pm SAIL* RM119 1-2:30pm Traditional Hatha Yoga** RM116	17 10-11am Full Fitness* GYM 10-10:30am Preschool Pinwheel Craft* RM115 10:30-11:30am Traditional Hatha Yoga** RM116 11:30am-1pm Genealogy 101* RM115 11:45-12:45pm Gentle Hatha Yoga** RM116 2-3pm Preparing for Emergencies* RM126 1-2:30pm Encore Chorale** RM115 2:15-3:15pm Zumba** RM116	18 Center Closed	19 8:30-9:30am Walk Fit* LOBBY 10-11am Full Fitness* GYM 1-2pm SAIL* RM119 1-3pm Sudoku RM115 2:30-3:30pm 55+ Travel Open House* RM115 2-4pm Drop in Volleyball GYMB 5-6pm Pickleball for Beginners** GYM 6-7pm How to Use ParkMobile* RM115	20 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 RM115 1-3pm Social Bridge RM115 3-4:30pm Crafternoon Social Group RM115
23 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	24 10-11am Full Fitness* GYM 10am-12pm Safety Expo* RM119 10:30-11:30am Traditional Hatha Yoga** RM116 11:45-12:45pm Gentle Hatha Yoga** RM116 12-1pm Haiku for You* RM121 1-2:30pm Encore Chorale** RM119 1-3pm Movie Matinee: King Richard* RM115 2:15-3:15pm Zumba** RM116	25 9-10:15am Coffee or Tea and Thee RM115 9-10am Strength Training* GYMA 11am-12pm "Tapestry" Live* RM115 11am-12pm Tree Walk of Lubber Run Park* RM119 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 1:30-2:45pm Local History* RM115 4-5:15pm Traditional Hatha Yoga** RM116	26 8:30-9:30am Walk Fit* LOBBY 10-11am Full Fitness* GYM 1-2pm SAIL* RM119 2-4pm Drop in Volleyball GYMB 2:30-3:30pm Election 2024: What You Need to Know* RM115 5-6pm Pickleball for Beginners** GYM 6-7pm Book Exchange* RM115	27 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
30 9-10:15am Coffee or Tea and Thee RM115 10-11am Total Body Fitness* GYM 10-11:30am The Six Pillars of Brain Health* 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				

Lubber Run 55+ Center Activity Calendar

September 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.