

# WALTER REED 55+ CENTER ACTIVITY CALENDAR

SEPTEMBER 2024  
2909 16<sup>th</sup> 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 - [jweber@arlingtonva.us](mailto:jweber@arlingtonva.us) or 703-228-0949\*\*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>55+ Centers Closed for Labor Day</b></p>	<p>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&amp;C 1:30-4:30pm Samba SL <b>1-2pm Latte Lounge w/ Adv. Committee+ ART&amp;C</b> 2-3pm Adv. Committee ARTS&amp;C 2-4pm Bridge Practice CAFE 2:30-3:30pm Partner Dance Practice WELLR</p>	<p>10am-12pm Canasta SL 10:15-11:15 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 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>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</p>	<p>10am-12pm Chinese Mah Jongg CAFE 10am-12pm Cribbage SL 10am-3pm Scrabble SL 10am-4pm Pickleball GYM 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>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>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&amp;C 1:30-4:30pm Samba SL 2-3pm Adv. Committee ARTS&amp;C 2-4pm Bridge Practice CAFE 2:30-3:30pm Partner Dance Practice WELLR 4-5:30pm Intro &amp; Intermediate Uke* ARTS&amp;C <b>5:30-6:30pm Reader's Theater* SL</b> <b>7-8pm Mosquito&amp;Tick Management* Virtual</b></p>	<p>10am-12pm Canasta SL 10:15-11:15 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 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>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 <b>2-4pm Movies &amp; Munchies* CONF</b></p>	<p>10am-12pm Chinese Mah Jongg CAFE 10am-12pm Cribbage SL 10am-3pm Scrabble SL 10am-4pm Pickleball GYM <b>11am-12pm NVSO Pep Rally* MPRA</b> 12:30pm Social 60+ Lunch+ MPRBC 1-2pm Olympic Closing Ceremony+ MPRBC 1-3pm Sunshine Gang MPRA 1-2:15pm Tai Chi Practice WELLR <b>1:30-3:30pm BUNCO Bunch* SL</b> 1:30-4:30pm Samba CAFE</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 <b>11:30-12:30pm Game Day Snacks*ARTS&amp;C</b> 12:30pm Social 60+ Lunch+ MPRC 12-4pm Mah Jongg SL 1-2pm Gardening+ 3:45-4:45pm Mat Pilates** WELLR</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 1-2pm Art+ MPRBC 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&amp;C <b>7-8:30pm Acoustic Café* MPRABC</b></p>	<p><b>All Programs Cancelled Due to All Staff Meeting</b></p>		
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