


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">2</p> <p>8:30-9:15 Boot Camp* GYM 9:45-10:30 Absolute Beginners Pickleball (1 Court) GYM 10:00-11:30 Current Events CR 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:00-4:00 Pickleball (1 court 10-10:30) GYM 10:30-11:15 Jeopardy MPRBC 10:30-11:30 Cranium Crunches MPRBC 12:00- 4:00 Mah Jongg SL 1:30-3:30 Mexican Train Dominoes SL 2:00-3:00 Tai Chi Ch'Uan* WELLR 4:00-7:00 Samba SL 6:30-7:30 Ballroom Dance* MPRBC</p> <p style="text-align: center;"><u>10am Registration for Fitness Classes Arlington County Residents</u></p>	<p style="text-align: right;">3</p> <p>8:30-9:55 Dance/Teaching Practice WELLR 9:50-10:50 English Class MPRA 10:00-11:00 Sudoku SL 10:00-11:00 Chinese Dancing CAFE 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 11:00-11:45 Strength Training CAFE 1:00-3:00 Tai Chi Practice WELLR 2:00- 4:00 Bridge Practice SL 4:00-7:00 Drop-in Games SL 4:30-5:30 Ukulele Strumming A&C 6:30-7:30 Piano Lessons QR</p> <p style="text-align: center;"><u>GYM CLOSED FOR VOTING</u></p>	<p style="text-align: right;">4</p> <p>8:30- 9:00 Walter's Walkers GYM 9:10-10:30 High Beginner Line Dancing WELLR 10:00-11:00 English Class MPRA 10:15-11:30 Badminton (1 court) GYM 10:00-12:00 Canasta SL 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:30-12:00 Intermediate Line Dancing WELLR 11:00-11:40 Jane Franklin Dance GYM 11:00-12:00 Ukulele Strumming CL 11:00-12:00 Spanish Dialogue QR 11:45- 1:30 55+ Basketball GYM 12:30-3:30 Social Bridge SL 1:00-2:00 Lubber Run AC Meeting CR 1:00-2:00 Chair Hatha Yoga* WELLR 2:15-3:15 Feldenkrais* WELLR 2:15-4:00 Pickleball GYM</p>	<p style="text-align: right;">5</p> <p>8:30- 9:15 Boot Camp* GYM 9:30-10:15 Dance Fusion* GYM 9:50-10:40 English Conversation SL 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:30-12:30 A Haven for Handwork CAFE 10:30-4:00 Pickleball (1 court 10:30-12:00) GYM 11:00-11:45 Strength Training GYM 12:00- 4:00 Mah Jongg SL 2:00- 3:00 Piano Lessons QR 2:00-3:00 Tai Chi Ch'Uan* WELLR 4:30-5:30 Feldenkrais* WELLR</p>	<p style="text-align: right;">6</p> <p>8:30-9:30 Core Conditioning* WELLR 9:00-11:00 Card Games SL 9:30-10:30 Rummikub (Social 60+) MPRBC 9:45-10:45 Qijong Practice CR 10:00-10:45 Easy Tai Chi (Social 60+) GYM 10:00-12:00 Cribbage A&C 10:00-12:00 Ping Pong GR 10:15- 3:00 Scrabble SL 11:00-12:30 Mindfulness Meditation* WELLR 11:00- 4:00 Pickleball GYM 11:15-12:00 Bingo* CAFE 1:00- 2:15 Tai Chi Practice WELLR 4:00-7:00 Drop-in Games SL</p>
<p style="text-align: right;">9</p> <p>9:45-10:30 Absolute Beginners Pickleball (1 Court) GYM 10:00-11:00 Fisherman's Forum CR 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:00-4:00 Pickleball (1 court 10-10:30) GYM 10:30-11:30 Brain Games (Social 60+) MPRBC 10:30-11:30 Cranium Crunches MPRBC 12:00- 4:00 Mah Jongg SL 1:30-3:30 Mexican Train Dominoes SL 4:00-7:00 Samba SL 6:30-7:30 Ballroom Dance* MPRBC</p> <p style="text-align: center;"><u>10am In Person Travel Sign-Ups Arlington County Residents</u></p>	<p style="text-align: right;">10</p> <p>8:30-10:30 Dance/Teaching Practice WELLR 9:00- 4:00 Pickleball (1 court 11-12) GYM 9:00-10:00 Sensory Garden Meeting CR 9:50-10:50 English Class MPRA 10:00-11:00 Sudoku SL 10:00-11:00 Chinese Dancing CAFE 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 11:00-11:45 Strength Training GYM 1:00-3:00 Tai Chi Practice WELLR 2:00-3:00 Band Practice QR 2:00-4:00 Shuffleboard MPRABC 2:00- 4:00 Bridge Practice Special SL 3:00-4:00 Advisory Committee Meeting A&C 4:00-7:00 Drop-in Games SL</p>	<p style="text-align: right;">11</p> <p>9:10-10:30 High Beginner Line Dancing WELLR 9:30-11:45 Learn Mac/iPad/iPhone (byappt) CAFE 10:00-11:00 English Class MPRA 10:00-12:00 Canasta SL 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:00-12:00 Painting Class* A&C 10:30-12:00 Intermediate Line Dancing WELLR 11:00-11:40 Jane Franklin Dance GYM 11:00-12:00 Spanish Dialogue QR 11:30- 2:00 Golf Meeting GYM 12:00-3:00 Jolly Hearts MPRA 12:30- 2:00 NARFE Meeting CAFE 12:30-3:30 Social Bridge SL 1:00-2:00 Chair Hatha Yoga* WELLR 2:00-4:00 Golf Meeting CR 2:00-3:00 NARFE Exec Meeting A&C 2:15-4:00 55+ Basketball GYM</p> <p style="text-align: center;"><u>GYM CLOSED FOR SPECIAL EVENT</u></p>	<p style="text-align: right;">12</p> <p>9:45-10:45 Art's Unit (Social 60+) A&C 10:00-11:00 Bird/Butterfly Gardening CR 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:30-12:30 A Haven for Handwork CAFE 10:30-4:00 Pickleball (1 court 10:30-12:00) GYM 11:00-11:45 Strength Training GYM 12:00- 4:00 Mah Jongg SL 1:00-2:30 History Discussion CR 2:00- 3:00 Piano Lessons QR 3:00-5:00 Movie: "Downton Abbey" A&C 4:00-7:00 Game Night SL</p>	<p style="text-align: right;">13</p> <p>8:30-9:30 Core Conditioning* WELLR 8:45- 9:45 Kukuwa African Dance* GYM 9:00-11:00 Card Games SL 9:30-10:30 Rummikub (Social 60+) MPRBC 9:45-10:45 Qijong Practice CR 10:00-12:00 Cribbage A&C 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 11:00- 4:00 Pickleball GYM 11:00-12:00 'The Irish in America' Performance CAFE 1:00- 2:15 Tai Chi Practice WELLR 1:00- 3:00 Sunshine Gang MPRA 4:00-5:30 Computer Help (by appt.) CAFE 4:00-7:00 Drop-in Games SL</p>
<p style="text-align: right;">16</p> <p>9:45-10:30 Absolute Beginners Pickleball (1 Court) GYM 10:00-11:30 Current Events CR 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:00-4:00 Pickleball (1 court 10-10:30) GYM 10:30-11:15 Jeopardy MPRBC 10:30-11:30 Cranium Crunches MPRBC 11:00-12:00 Eat Right: Bite by Bite MPRA 12:00- 4:00 Mah Jongg SL 1:00-2:30 Garden Group CR 1:30-3:30 Mexican Train Dominoes SL 2:00-3:00 Tai Chi Ch'Uan* WELLR 4:00-7:00 Samba SL 6:30-7:30 Ballroom Dance* MPRBC</p>	<p style="text-align: right;">17</p> <p>8:30- 10:30 Dance/Teaching Practice WELLR 9:00- 4:00 Pickleball (1 court 11-12) GYM 9:50-10:50 English Class MPRA 10:00-11:00 Sudoku SL 10:00-11:00 Chinese Dancing CAFE 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 11:00-11:45 Strength Training GYM 1:00- 3:00 Tai Chi Practice WELLR 1:30-3:00 St. Patrick's Day Celebration MPRBC 2:00-4:00 Bridge Practice SL 4:00-6:30 Drop-in Games SL 4:30-5:30 Ukulele Strumming A&C 6:30-7:30 Piano Lessons QR 7:00-8:30 Acoustic Café CAFE</p> 	<p style="text-align: right;">18</p> <p>8:30- 9:00 Walter's Walkers GYM 9:10-10:30 High Beginner Line Dancing WELLR 10:00-11:00 English Class MPRA 10:15-11:30 Badminton (1 court) GYM 10:00-12:00 Painting Class* A&C 10:00-12:00 Canasta SL 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:30-12:00 Intermediate Line Dancing WELLR 11:00-12:00 Ukulele Strumming CL 11:00-12:00 Spanish Dialogue QR 11:45- 1:30 55+ Basketball GYM 12:30- 3:30 Social Bridge SL 1:00-2:00 Chair Hatha Yoga* WELLR 2:15-3:15 Feldenkrais* WELLR 2:15- 4:00 Pickleball GYM</p>	<p style="text-align: right;">19</p> <p>8:30- 9:15 Boot Camp* GYM 9:30-10:15 Dance Fusion* GYM 9:30-11:00 Blood Pressure Clinic QR 9:40-10:50 English Conversation SL 10:00-11:00 Take the Right Steps to Prevent Falls MPRA 10:00-11:00 Stained Glass Demo A&C 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:30-12:30 A Haven for Handwork CAFE 10:30-4:00 Pickleball (1 court 10:30-12:00) GYM 11:00-11:45 Strength Training GYM 12:00-4:00 Mah Jongg SL 1:00-2:30 History Discussion CR 2:00-3:00 Piano Lessons QR 2:00-3:00 Tai Chi Ch'Uan* WELLR 4:30-5:30 Feldenkrais* WELLR 7:00-9:00 Firehouse Jam A&C</p>	<p style="text-align: right;">20</p> <p>8:30- 9:30 Core Conditioning* WELLR 9:00-11:00 Card Games SL 9:30-10:30 Rummikub (Social 60+) MPRBC 9:45-10:45 Pancake Breakfast (Social 60+) CR 9:45-10:45 Qijong Practice CR 10:00-12:00 Cribbage A&C 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:15-11:00 Seated Tai Chi Practice (DVD) CR 10:15- 3:00 Scrabble SL 11:00- 4:00 Pickleball GYM 11:15-12:00 Bingo* CAFE 12:00- 2:30 Intro to Fly Fishing CR 1:00- 2:15 Tai Chi Practice WELLR 1:00- 3:00 Sunshine Gang MPRA 4:00-7:00 Drop-in Games SL</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p style="text-align: right;">23</p> 8:30-9:15 Boot Camp* GYM 9:45-10:30 Absolute Beginners Pickleball (1 Court) GYM 10:00-11:00 Fisherman's Forum CR 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:00-4:00 Pickleball (1 court 10-10:30) GYM 10:30-11:30 Edible Scrabble (Social 60+) MPRBC 10:30-11:30 Cranium Crunches MPRBC 12:00- 4:00 Mah Jongg SL 1:30-3:30 Mexican Train Dominoes SL 2:00-3:00 Tai Chi Ch'Uan* WELLR 4:00-7:00 Samba SL 6:30-7:30 Ballroom Dance* MPRBC	<p style="text-align: right;">24</p> 8:30-9:55 Dance/Teaching Practice WELLR 9:00-4:00 Pickleball (1 court 11-12) GYM 9:50-10:50 English Class MPRA 10:00-11:00 LSNV QR 10:00-11:00 Sudoku SL 10:00-10:45 Chinese Dancing WELLR 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:00- 2:00 Merrymakers CL 11:00-11:45 Strength Training GYM 1:00- 3:00 Tai Chi Practice WELLR 2:00- 4:00 Bridge Practice SL 2:00-4:00 Shuffleboard MPRABC 4:00- 7:00 Drop-in Games SL 6:00- 7:00 Ask a Mechanic MPRA	<p style="text-align: right;">25</p> 8:30- 9:00 Walter's Walkers GYM 9:00-10:00 Pickleball II* GYM 9:10-10:30 High Beginner Line Dancing WELLR 9:30-11:45 Learn Mac/iPad/iPhone (byappt) CAFE 10:00-11:00 English Class MPRA 10:15-11:30 Badminton (1 court) GYM 10:00-12:00 Painting Class* A&C 10:00-12:00 Canasta SL 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:30-12:00 Intermediate Line Dancing WELLR 11:00-11:40 Jane Franklin Dance GYM 11:00-12:00 Spanish Dialogue QR 11:10-12:00 Cornhole (Social 60+) GYM 11:45- 1:30 55+ Basketball GYM 12:00- 3:00 Jolly Hearts MPRA 12:30- 3:30 Social Bridge SL 1:00- 2:00 Chair Hatha Yoga* WELLR 2:15- 3:15 Feldenkrais* WELLR 2:15- 4:00 Pickleball GYM	<p style="text-align: right;">26</p> 8:30- 9:15 Boot Camp* GYM 9:30-10:15 Dance Fusion* GYM 9:30-11:30 DHS Resource (by appt) SL 10:00-10:45 Art's Unit (Social 60+) A&C 10:00-12:00 Ping Pong GR 10:00-11:00 Amharic Wellness CR 10:00-12:00 Billiards GR 10:30-12:30 A Haven for Handwork CAFE 10:30-4:00 Pickleball (1 court 10:30-12:00) GYM 11:00-11:45 Strength Training GYM 12:00-4:00 Mah Jongg SL 12:15-12:30 Bday Celebration (Social 60+) CR 1:00- 2:30 History Discussion CR 1:00-3:00 String Pulling Painting A&C 2:00-3:00 Piano Lessons QR 2:00-3:00 Tai Chi Ch'Uan* WELLR 4:00- 7:00 Game Night SL 4:30- 5:30 Feldenkrais* WELLR	<p style="text-align: right;">27</p> 8:30- 9:30 Core Conditioning* WELLR 8:45- 9:45 Kukuwa African Dance* GYM 9:00-11:00 Card Games SL 9:30-10:30 Rummikub (Social 60+) MPRBC 9:45-10:45 Qijong Practice CR 10:00-12:00 Cribbage A&C 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:15-11:00 Census Discussion MPRBC 10:15- 3:00 Scrabble SL 11:00- 4:00 Pickleball GYM 11:15-12:00 Bingo CAFE 1:00- 2:15 Tai Chi Practice WELLR 1:00- 3:00 Paint Like Van Gogh! A&C 1:00- 3:00 Sunshine Gang MPRA 4:00- 7:00 Drop-in Games SL	
<p style="text-align: right;">30</p> 8:30-9:15 Boot Camp* GYM 9:45-10:30 Absolute Beginners Pickleball (1 Court) GYM 10:00-12:00 Social 60+ Monthly Movie CR 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:00-4:00 Pickleball (1 court 10-10:30) GYM 10:30-11:30 Cranium Crunches MPRBC 12:00- 4:00 Mah Jongg SL 1:00-3:00 Sunshine Gang MPRA 1:30-3:30 Mexican Train Dominoes SL 2:00-3:00 Tai Chi Ch'Uan* WELLR 4:00-7:00 Samba SL 6:30-7:30 Ballroom Dance* MPRBC	<p style="text-align: right;">31</p> 8:30-10:30 Dance/Teaching Practice WELLR 9:00-4:00 Pickleball (1 court 11-12) GYM 9:50-10:50 English Class MPRA 10:00-11:00 Happiness 101 CR 10:00-11:00 Sudoku SL 10:00-10:45 Chinese Dancing WELLR 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 11:00-11:45 Strength Training GYM 1:00- 3:00 Tai Chi Practice WELLR 2:00- 4:00 Bridge Practice SL 3:00- 4:00 Ukulele Practice A&C 4:00- 7:00 Drop-in Games SL <p style="text-align: center;"><u>Social 60+ Trip Cost \$3.00</u> <u>Native American Indian Museum</u> <u>Lunch at Pentagon City Mall</u></p>			<p style="text-align: center;">Saturdays: Rummikub 10am-Noon Mah Jongg 12:00-4:00pm</p> <p style="text-align: center;">Sundays: Yarn Circle 1:00-3:00pm</p>	<p style="text-align: center;">Walter Reed 55+ Senior Center 2909 S. 16th Street Arlington, VA 22204 703-228-0955</p>

What is Social 60+ Cafe?

Did you know that if you are 60 years of age or older and live in Arlington County, you can get transportation to a hot, nutritious meal at Walter Reed, Arlington Mill, or Langston Brown?

Lunch Program served daily, Monday- Friday.
 Lucy Matzner, lunch program coordinator, is available to answer all your questions. Make an appointment with her today! 703-288-0951

The **Walter Reed Advisory Committee** meets at 3pm on the first Tuesday of the month.

If you have ideas about the Center and its programs and would like to be a part of the committee, please come to an Advisory Committee meeting or call Sidney for more information.

Meetings are open to the public.