






NOVEMBER 2021



LUBBER RUN 55+ CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Full Fitness* 10am-11am GYM B Social Bridge 12pm-3pm RM 115 Tai Chi Practice 12:30-1:30pm RM 121 Traditional Yoga* 1pm-2:30pm RM 116 SAIL 1pm-2pm RM 119</p>	<p>2</p> <p>Full Fitness* 10am-11am GYM B Traditional Yoga* 10:30-11:30am RM 116 Gentle Hatha Yoga* 11:45-12:45pm RM 116 Encore Chorale 1:45pm- 3:15pm RM 115 Zumba* 2:15pm-3pm RM 116</p>	<p>3</p> <p>Pickleball II* 9am-10am CRT 1 Strength Training* 9am-10am GYM B Ageless Grace* 10:30-11:30am RM 119 Chair Hatha Yoga* 11:45-12:45pm RM 121 Tai Chi Practice 12:30-1:30pm RM 119 Tai Chi Practice 1:30-2:30pm RM 119 Local History 1:30-2:45pm RM 115 Discussion Group Traditional Yoga* 4pm-5pm RM 115</p>	<p>4</p> <p>Full Fitness* 10am-11am GYM B Social Bridge 10am-1pm RM 115 SAIL 1pm-2pm RM 119 Cold War Intelligence 1:30-2:30pm RM 121 In the Sky Sudoku 1:30-3:30pm RM 115</p>	<p>5</p> <p>Kukuwa* 8:45-9:45am RM 119 Strength Training* 9am-10am GYM B Social Bridge 12pm-3pm RM 115 Tai Chi Practice 12:30-1:30pm RM 119</p>
<p>8</p> <p>Full Fitness* 10am-11am GYM B Social Bridge 12pm-3pm RM 115 Tai Chi Practice 12:30-1:30pm RM 121 Traditional Yoga* 1pm-2:30pm RM 116 SAIL 1pm-2pm RM 119 The Virginia Plan: 1:30-2:30pm VIRTUAL A Daring Holocaust Rescue</p>	<p>9</p> <p>Full Fitness* 10am-11am GYM B Traditional Yoga* 10:30-11:30am RM 116 History Roundtable 11:15-12:30pm RM 115 Gentle Hatha Yoga* 11:45-12:45pm RM 116 Encore Chorale 1:45pm- 3:15pm RM 119&121 Zumba* 2:15pm-3pm RM 116</p>	<p>10</p> <p>Strength Training* 9am-10am GYM B Ageless Grace* 10:30-11:30am RM 119 Study of Words 10:30-11:45am RM 115 Chair Hatha Yoga* 11:45-12:45pm RM 121 Tai Chi Practice 12:30-1:30pm RM 119 Tai Chi Practice 1:30-2:30pm RM 119 Traditional Yoga* 4pm-5pm RM 115</p>	<p>11</p> 	<p>12</p> <p>Kukuwa* 8:45-9:45am RM 119 Strength Training* 9am-10am GYM B Social Bridge 12pm-3pm RM 115 Tai Chi Practice 12:30-1:30pm RM 119</p>
<p>15</p> <p>Full Fitness* 10am-11am GYM B Social Bridge 12pm-3pm RM 115 Tai Chi Practice 12:30-1:30pm RM 121 Traditional Yoga* 1pm-2:30pm RM 116 SAIL 1pm-2pm RM 119</p>	<p>16</p> <p>Full Fitness* 10am-11am GYM B Traditional Yoga* 10:30-11:30am RM 116 Keeping Your Home 11am-12pm RM 115 Warmer in the Winter Genealogy 11:30am-1pm RM 119 Gentle Hatha Yoga* 11:45-12:45pm RM 116 Encore Chorale 1:45pm- 3:15pm RM 119&121 Zumba* 2:15pm-3pm RM 116</p>	<p>17</p> <p>Strength Training* 9am-10am GYM B Ageless Grace* 10:30-11:30am RM 119 Chair Hatha Yoga* 11:45-12:45pm RM 121 Tai Chi Practice 12:30-1:30pm RM 119 Tai Chi Practice 1:30-2:30pm RM 119 Traditional Yoga* 4pm-5pm RM 115</p>	<p>18</p> <p>Full Fitness* 10am-11am GYM B Social Bridge 10am-1pm RM 115 SAIL 1pm-2pm RM 119 Sudoku 1:30-3:30pm RM 115</p>	<p>19</p> <p>Kukuwa* 8:45-9:45am RM 119 Strength Training* 9am-10am GYM B Social Bridge 12pm-3pm RM 115 Tai Chi Practice 12:30-1:30pm RM 119</p>
<p>22</p> <p>Full Fitness* 10am-11am GYM B Social Bridge 12pm-3pm RM 115 Tai Chi Practice 12:30-1:30pm RM 121 SAIL 1pm-2pm RM 119</p>	<p>23</p> <p>Full Fitness* 10am-11am GYM B Genealogy 11:30am-1pm RM 119 Encore Chorale 1:45pm- 3:15pm RM 119&121</p>	<p>24</p> <p>Strength Training* 9am-10am GYM B Tai Chi Practice 12:30-1:30pm RM 119 Tai Chi Practice 1:30-2:30pm RM 119</p>	<p>25</p> 	<p>26</p> 
<p>29</p> <p>Full Fitness* 10am-11am RM 119 Social Bridge 12pm-3pm RM 115 Tai Chi Practice 12:30-1:30pm RM 121</p>	<p>30</p> <p>Full Fitness* 10am-11am RM 119 Encore Chorale 1:45pm- 3:15pm RM 119&121</p>	<p>Please pre-register if you plan on attending any upcoming programs so we can notify you of any changes or cancellations.</p> <p>*11/10 Study of Words has been cancelled* This program is discontinued</p>	<p>Activities with a star (*) require a fee. All other activities are open to 55+ pass holders.</p> <p>Highlighted activities are drop-in programs (Note that some drop-in programs have a fee)</p>	<p>300 N PARK DR ARLINGTON VA 22203</p> <p>703-228-4767</p>