


JANUARY 2021

LUBBER RUN 55+ CENTER

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|---|
| 3 Pickleball Beg.* 9am-10am GYM A Total Body Fitness* 10:15-11:15am GYM B Morning Meetup + 10am-11am RM 115 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 | 4 Full Fitness* 10am-11am GYM B Traditional Yoga* 10:30-11:30am RM 116 Gentle Hatha Yoga* 11:45-12:45pm RM 116 Zumba* 2:15pm-3pm RM 116 | 5 Pickleball II* 9am-10am GYM A Strength Training*+ 9am-10am GYM B Tai Chi Practice + 12:30-1:30pm RM 119 Tai Chi Practice + 1:30-2:30pm RM 119 Opera Appreciation 1:30-3:30pm RM 121 Local History Discussion Group 1:30-2:45pm VIRTUAL | 6 Full Fitness* 10am-11am GYM B Social Bridge + 10am-1pm RM 115 SAIL 1pm-2pm RM 119 Sudoku + 1:30-3:30pm RM 115 Pickleball Beg.* 6pm-7pm GYM A Barre Fitness 6pm-6:45pm GYM B | 7 Kukuwa* 8:45-9:45am RM 119 Pickleball Beg.* 9am-10am GYM A Strength Training*+ 9am-10am GYM B Social Bridge + 12pm-3pm RM 115 Tai Chi Practice + 12:30-1:30pm RM 119 |
| 10 Pickleball Beg.* 9am-10am GYM A Total Body Fitness* 10:15-11:15am GYM B Morning Meetup + 10am-11am RM 126 Hearing Aids: 10:30-11:30am RM 115 Beware & Be Wise 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 Dealing with Others Dementia Changes 6pm-7pm RM 115 | 11 Full Fitness* 10am-11am GYM B Traditional Yoga* 10:30-11:30am RM 116 Gentle Hatha Yoga* 11:45-12:45pm RM 116 Explore Oil Paints 1pm-2:30pm RM 126 Encore Chorale* 1:45pm- 3:15pm RM 119&121 Zumba* 2:15pm-3pm RM 116 | 12 Pickleball II* 9am-10am GYM A Strength Training*+ 9am-10am GYM B History Roundtable 11:15-12:30pm VIRTUAL 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 LR Advisory Board Meeting 2pm-3:30pm RM 115 Traditional Yoga* 4pm-5pm RM 126 | 13 Full Fitness* 10am-11am GYM B Social Bridge + 10am-1pm RM 115 Reading Buddies 10am-11am RM 119/121 SAIL 1pm-2pm RM 119 Sudoku + 1:30-3:30pm RM 115 Calligraphy 6pm-7pm RM 115 Pickleball Beg.* 6pm-7pm GYM A Barre Fitness 6pm-6:45pm GYM B | 14 Kukuwa* 8:45-9:45am RM 119 Pickleball Beg.* 9am-10am GYM A Strength Training*+ 9am-10am GYM B Total Body Fitness* 10:15-11:15am GYM B Social Bridge + 12pm-3pm RM 115 Tai Chi Practice + 12:30-1:30pm RM 119 |
|  <p style="text-align: center;">17</p> | 18 Full Fitness* 10am-11am GYM B Foot Care Discussion 10am-11am RM 115 Traditional Yoga* 10:30-11:30am RM 116 Genealogy 11:30am-1pm VIRTUAL Gentle Hatha Yoga* 11:45-12:45pm RM 116 Encore Chorale* 1:45pm- 3:15pm RM 119&121 Zumba* 2:15pm-3pm RM 116 | 19 Pickleball II* 9am-10am GYM A Strength Training*+ 9am-10am GYM B 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 Opera Appreciation 1:30-3:30pm RM 121 Healthy Snack Demo 2pm-3pm RM 115 Traditional Yoga* 4pm-5pm RM 126 | 20 Full Fitness* 10am-11am GYM B Social Bridge + 10am-1pm RM 115 SAIL 1pm-2pm RM 119 Sudoku + 1:30-3:30pm RM 115 Pickleball Beg.* 6pm-7pm GYM A Barre Fitness 6pm-6:45pm GYM B | 21 Kukuwa* 8:45-9:45am RM 119 Pickleball Beg.* 9am-10am GYM A Strength Training*+ 9am-10am GYM B Total Body Fitness* 10:15-11:15am GYM B Nature of Arlington 11am-12pm RM 119 Social Bridge + 12pm-3pm RM 115 Tai Chi Practice + 12:30-1:30pm RM 119 |
| 24 Pickleball Beg.* 9am-10am GYM A Total Body Fitness* 10:15-11:15am GYM B Morning Meetup + 10am-11am RM 115 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 Recreating Art Masterpieces 1pm-2:30pm RM 126 | 25 Full Fitness* 10am-11am GYM B Traditional Yoga* 10:30-11:30am RM 116 Genealogy 11:30am-1pm VIRTUAL Gentle Hatha Yoga* 11:45-12:45pm RM 116 Encore Chorale* 1:45pm- 3:15pm RM 119&121 Zumba* 2:15pm-3pm RM 116 | 26 Pickleball II* 9am-10am GYM A Strength Training*+ 9am-10am GYM B 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 126 | 27 Full Fitness* 10am-11am GYM B Social Bridge + 10am-1pm RM 115 SAIL 1pm-2pm RM 119 Sudoku + 1:30-3:30pm RM 115 Pickleball Beg.* 6pm-7pm GYM A Barre Fitness 6pm-6:45pm GYM B | 28 Pickleball Beg.* 9am-10am GYM A Kukuwa* 8:45-9:45am RM 119 Strength Training*+ 9am-10am GYM B Total Body Fitness* 10:15-11:15am GYM B Social Bridge + 12pm-3pm RM 115 Tai Chi Practice + 12:30-1:30pm RM 119 |
| 31 Pickleball Beg.* 9am-10am GYM A Total Body Fitness* 10:15-11:15am GYM B Morning Meetup + 10am-11am RM 115 Social Bridge + 12pm-3pm RM 115 Traditional Yoga* 1pm-2:30pm RM 116 SAIL 1pm-2pm RM 119 Recreating Art Masterpieces 1pm-2:30pm RM 126 | | | <p>300 N PARK DR ARLINGTON VA 22203 703-228-4767</p> <p>https://www.arlingtonva.us/ Government/Departments/Parks-Recreation</p> | <p>Please pre-register if you plan on attending any upcoming programs so we can notify you of any changes or cancellations. Activities with a plus (+) are drop-in. Activities with a star (*) require a fee. All other activities are open to 55+ pass holders free of cost</p> |

115 = Magnolia Senior Room 116 = Walnut Wellness Room 119 = Oak Multipurpose Room 121 = Hickory Multipurpose Room 126 = Beech Small Multipurpose

