## May 2022

### 2
- **Monday**
  - 10:11 AM: Gentle Hatha Yoga*
  - 10:12 AM: Yarn Crafters +
  - 10:12 AM: Mah-Jongg +
  - 11:30 AM: Advisory Committee Mtn. TR
  - 2:30 PM: Brain Games +

### 3
- **Tuesday**
  - 12:30-1:30 PM: SAIL class MR
  - 10:12 AM: Foursome Bridge + MR
  - 10:12:15 AM: Mac, iPhone, iPad (by appt.) TR
  - 1:30-3 PM: Mother’s Day Music & Tea TR
  - 2-3 PM: Tai Chi Practice + TR

### 4
- **Wednesday**
  - 10:12-12:30 PM: SAIL class MR
  - 10:12 AM: Foursome Bridge + MR
  - 10:12-15 AM: Mac, iPhone, iPad (by appt.) TR
  - 12:30-1:30 PM: SAIL class TR

### 5
- **Thursday**
  - 10:15-11 AM: Intro to Line Dance + MR
  - 11:05-12:05 AM: Line Dancing + MR
  - 12:30-1:30 PM: SAIL class MR

### 6
- **Friday**
  - 9:10-10:30 AM: Fast Forwards Walking Group + OS
  - 10:15-11 AM: Intro to Line Dance + TR
  - 11:05-12:05 AM: Line Dancing + TR
  - 12:30-1:30 PM: SAIL class TR

### 9
- **Monday**
  - 10:11 AM: Gentle Hatha Yoga*
  - 10:12 AM: Yarn Crafters +
  - 10:12 AM: Mah-Jongg + KIT
  - 2:30 PM: Brain Games + TR

### 10
- **Tuesday**
  - 12:30-1:30 PM: SAIL class MR
  - 10:12 AM: Foursome Bridge + MR
  - 10:12-15 AM: Mac, iPhone, iPad (by appt.) TR
  - 2-3 PM: Tai Chi Practice + TR

### 13
- **Friday**
  - 9:10-10:30 AM: Fast Forwards Walking Group + OS

### 16
- **Monday**
  - 10:11 AM: Gentle Hatha Yoga *
  - 10:12 AM: Yarn Crafters +
  - 10:12 AM: Mah-Jongg +
  - 1:20-3 PM: Short Story Reading & Discussion* TR
  - 2:30 PM: Brain Games + TR

### 17
- **Tuesday**
  - 12:30-1:30 PM: SAIL class MR
  - 10:12 AM: Foursome Bridge + MR
  - 10:12-15 AM: Mac, iPhone, iPad (by appt.) TR
  - 11-12 AM: Magazine Article Discussion Group MR
  - 2-3 PM: Tai Chi Practice + TR

### 19
- **Thursday**
  - 9:10-10:30 AM: Fast Forwards Walking Group + OS
  - 10:15-11 AM: Intro to Line Dance + TR
  - 11:05-12:05 AM: Line Dancing + TR
  - 10:30-11:30 AM: Pop-Up Nature Walk + OS with Bill McLaughlin
  - 12:30-1:30 PM: SAIL class MR
  - 12:30-1:30 PM: Acoustic Hour w/ Ed & Phil OS - on the plaza in the park!

### 23
- **Monday**
  - 10:12 AM: Yarn Crafters + MR
  - 10:12 AM: Mah-Jongg + KIT
  - 11:30-12:45 PM: Aurora Hills Book Club TR
  - 2:30 PM: Brain Games + TR

### 24
- **Tuesday**
  - 12:30-1:30 PM: SAIL class MR
  - 10:12 AM: Foursome Bridge + MR
  - 10:12-15 AM: Mac, iPhone, iPad (by appt.) TR
  - 1:30-3 PM: Mother’s Day Music & Tea TR
  - 2-3 PM: Tai Chi Practice + TR

### 26
- **Thursday**
  - 9:10-10:30 AM: Fast Forwards Walking Group + OS
  - 10:15-11 AM: Intro to Line Dance + MR
  - 11:05-12:05 AM: Line Dancing + MR
  - 12:30-1:30 PM: SAIL class MR
  - 12:30-2:30 PM: Nomadland (R, 2020) TR

### 27
- **Friday**
  - 9:10-10:30 AM: Fast Forwards Walking Group + OS

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**Registration Fees:**
- 55+ Arlington Residents: $20/$60*
- Household $30/$90*
- Non-Arlington Resident: $45/$90*
- Household $65/$135*

*55+ GOLD Pass provides access to Arlington County fitness facilities (except the Long Bridge Aquatics & Fitness Center). You must be registered and have a current “55+ Pass” to be able to participate in our programs and classes.

Note: Long Bridge Aquatics & Fitness Center senior memberships are not associated with the 55 + Program (including the 55+ Pass or 55+ Gold Pass).

**735 S. 18th Street
Arlington, Virginia 22202
703-228-5722**

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**May 2022 Events**

- **Wednesday, May 4th:**
  - **Aurora Hills Trash & Treasure Yard Sale**
    - **Yard Sale**
    - **will be held on Saturday, May 14th from 9:30am-1:30pm**

- **Friday, May 6th:**
  - **10-2 Foursome Bridge +**
  - **10-2 Trash and Treasure Donation Drop-Off**
  - **10-15-11 Intro to Line Dance +**
  - **11-05-12:05 Line Dancing +**
  - **12-30-1:30 SAIL class**

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**Thank you for checking out our calendar of programs and events this month!**

For more information, click here: "Fun For 55+ Members"