



For additional information,

MAY 2022

call 703-228-6300

LANGSTON-BROWN 55+ CENTER 2121 N. Culpeper Street

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>11am-2pm 55+ Fitness Rm hrs Gold Pass Members 12:30 Pinochle+ Rm 103 <u>1:00-2:30 Gentle & Meditative Yoga* (1) Rm 108</u> 3:30 Beginner Tai Chi Class* (17) MPR <u>3:00-4:00pm Subtle Yoga* (1) Rm 108</u></p>	<p>3</p> <p>9:30-11:30am Rummikub + Rm 108 12:00 Social 60+ Café Lunch* 1:00 Yarn Creations Rm + 108 1:30 Book Club – Rm 125 2:00 Drumming Circle+ Held outdoors in the grassy area near B-ball court 3:00 Volleyball + GYM</p>	<p>4</p> <p>9:30 Morning Meet-Up+ Rm 108 11am-2pm 55+ Fitness Rm hrs Gold Pass Members 12:00 Lunch Social 60+ Café* Rm 113 1:00 Scrabble+ Rm108 1:15 <u>How to Be a Copyist (5)</u> 2:00 French Conversation + Rm 125 2:00 Youthful Movement + Dance Studio <u>3:30 Beginner Tai Chi Class*(18) Rm 113</u> 7:00 Women’s Basketball + Gym</p>	<p>5</p> <p>9:30 -11:30 Mah Jongg + RM 108 10:15 Exercise w/ Jill Social 60+* Rm 113 12:00 Lunch* Social 60+ Café Program Rm 113 1:00 Keep the Best and Get Rid of the Rest <u>Register Here</u> 2:00 Italian Language + Senior Rm 2:00 Matter of Balance (6) Rm 125</p>	<p>6</p> <p>9:30 Spellbinders - Register 10:00 German Conversation Rm 108 + In Person 10:15 Exercise w/ Jill Social 60+*Rm 113 11am-2pm 55+ Fitness Rm hrs.- Gold Pass required 1:00 Fitness Equipment Orientation + 12:00 Lunch* Social 60+ Café Program 12:30 Pinochle + Rm 108</p>
<p>9</p> <p>11am-2pm 55+ Fitness Rm hrs Gold Pass Members 12:30 Pinochle+ Rm 103 <u>1:00-2:30 Gentle & Meditative Yoga* (1) Rm 108</u> 1:30 Scale Down+ Rm 125 (2 & 4th Mondays) 3:30 Beginner Tai Chi Class* (1) MPR <u>3:00-4:00pm Subtle Yoga* (19) Rm 108</u> 3:00 Diabetes Discussion Group + Rm 103</p>	<p>10</p> <p>9:30-11:30am Rummikub + Rm 108 11:00am Hall’s Hill - Register 12:00 Social 60+ Café Lunch* Rm 125 1:00 Yarn Creations + (Rm 108) 1:30 Writing Group+ Rm 125 (2nd Tuesday) 2:00 Drumming Circle + Held outdoors in the grassy area near B-ball court 3:00 Volleyball + (Gym)</p>	<p>11</p> <p>9:30 Morning Meet-Up+ Rm 108 11am-2pm 55+ Fitness Rm hrs Gold Pass Members 12:00 Lunch Social 60+ Café* Rm 113 1:00 Scrabble+ Rm108 2:00 French Conversation + Rm 125 2:00 Youthful Movement + Dance Studio <u>3:30 Beginner Tai Chi Class*(20) Rm 113</u> 7:00 Women’s Basketball + Gym</p>	<p>12</p> <p>9:30 -11:30 Mah Jongg + RM 108 10:15 Exercise w/ Jill Social 60+* Rm 113 11:00 Nuts and Seeds- VCE Register 12:00 Lunch* Social 60+ Café Program Rm 113 2:00 Italian Language + Rm 108 2:00 Matter of Balance (7) Rm 125</p>	<p>13</p> <p>10:00 German Conversation + In Person 10:15 Exercise w/ Jill Social 60+* Rm 113 11am-2pm 55+ Fitness Rm hrs - Gold Pass required 12:00 Lunch* Social 60+ Café Program 12:30 Pinochle + Rm 108</p>
<p>16</p> <p>11am-2pm 55+ Fitness Rm hrs Gold Pass Members 12:30 Pinochle+ Rm 103 <u>1:00-2:30 Gentle & Meditative Yoga* (2) Rm 108</u> <u>3:00-4:00pm Subtle Yoga* (2) Rm 10</u></p>	<p>17</p> <p>9:30-11:30am Rummikub + Rm 103 12:00 Social 60+ Café Lunch* – Rm 125 1:00 Yarn Creations + (Rm 108) 2:00 Drumming Circle + Held outdoors - grassy area near B-ball court 3:00 Volleyball + GYM</p>	<p>18</p> <p>9:30 Morning Meet-Up+ Rm 108 11am-2pm 55+ Fitness Rm hrs. Gold Pass Members 11:00am Planning for Family Members with Special Needs Register 12:00 Lunch Social 60+ Café* Rm 113 1:00 Scrabble + Rm108 2:00 French Conversation + Rm 125 2:00 Youthful Movement + Dance Studio 7:00 Women’s Basketball + Gym</p>	<p>19</p> <p>9:30-11:30 Mah Jongg+ RM 108 11:00 The Search for Extraterrestrial Life Register 10:15 Exercise w/ Jill Social 60+* Rm 113 12:00 Lunch* Social 60+ Café Program Rm 113 1:30 Uber and Lyft - Register 2:00 Italian Language+ Senior Rm 2:00 Matter of Balance (8) Rm 125</p>	<p>20</p> <p>10:00 German Conversation + In Person 10:15 Exercise w/ Jill Social 60+* Rm 113 11am-2pm 55+ Fitness Rm hrs. Gold Pass required 12:00 Lunch* Social 60+ Café Program 12:30 Pinochle+ Rm 108 1:00 Fitness Equipment Orientation +</p>
<p>23</p> <p>11am-2pm 55+ Fitness Rm hrs Gold Pass Members 12:30 Pinochle + Rm 103 1:30 Scale Down+ Rm 125 (2 & 4th Mondays)</p>	<p>24</p> <p>9:30-11:30am Rummikub+ Rm 108 12:00 Social 60+ Café Lunch* Rm 125 1:00 Yarn Creations + (Rm 108) 2:00 Drumming Circle + Held outdoors in the grassy area near B-ball court 3:00 Volleyball + (Gym)</p>	<p>25</p> <p>9:30 Morning Meet-Up+ RM 108 11am-2pm 55+ Fitness Rm hrs Gold Pass Members 12:00 Lunch Social 60+ Café* Rm 113 1:00 Scrabble + Rm108 2:00 French Conversation + Rm 125 2:00 Youthful Movement + Dance Studio 7:00 Women’s Basketball + Gym</p>	<p>26</p> <p>9:30-11:30 Mah Jongg + RM 108 10:15 Exercise w/ Jill Social 60+* Rm 113 12:00 Lunch* Social 60+ Café Program Rm 113 2:00 Italian Language + Senior Rm 108</p>	<p>27</p> <p>10:00 German Conversation + In Person 10:15 Exercise w/ Jill Social 60+* Rm 113 11am-2pm 55+ Fitness Rm hrs Gold Pass required 12:00 Lunch* Social 60+ Café Program 12:30 Pinochle + Rm 108</p>
 <p>30</p> <p>CENTER CLOSED</p>	<p>31</p> <p>9:30-11:30am Rummikub+ (Rm 108) 12:00 Social 60+ Café Lunch* (Rm 125) 1:00 Yarn Creations + (Rm 108) 2:00 Drumming Circle + Held outdoors in the grassy area near B-ball court 3:00 Volleyball + (Gym)</p>			<p>Activities with a star (*) require a fee Activities with a plus (+) are drop-in</p>

AC = Arts & Crafts Room 125 1st Floor DS = Dance Studio 2nd Floor MR = Multipurpose Room 1st Floor Rm113 WR = Weight Room 2nd Floor SR = Senior Room 1st Floor * = Fee-Based Programs/Classes, Social 60+ Cafe (Meal Program)