

Walter Reed 55+ Center - May 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
8:45-10am Cornhole Practice GYM 10-11am Abs. Beginner PB (1 court) GYM 10-11am Pickleball (1 court) GYM 10am-12pm Mexican Train Dominoes SL 10am-12pm Ping Pong & Billiards GR 10-11am Rummikub Lesson w/ Lynn* MPRBC 11am-4pm Pickleball (2 courts) GYM 11-12pm Ring Toss* WELLR 12-4pm Mah Jongg SL 12:30-1:20 Cutest on the Internet* MPRBC 4-7pm Table Games SL	8:30-10:15am Football Throw Practice GYM 10-11am English Class (REEP) MPRA 10am-12pm Ping Pong & Billiards GR 10:15-11am Beach Ball Joust* GYM 10:30-11:30am Chinese Dance* WELLR 11am-11:45am Strength Training* GYM 12-4pm Pickleball GYM 12-2pm Computer Class* MPRA 12:30-1:20pm Adult Coloring* MPRBC 1-2:15pm Tai Chi Practice WELLR 2-4pm Bridge Practice SL 4-7pm Table Games SL 4:30-5:30pm Ukulele Strumming CAFÉ	8:30-10am Softball Hit & Throw GYM 10am-12pm Canasta SL 10am-12pm Ping Pong & Billiards GR 10:15-11am Jane Franklin* GYM 11-12pm Table Games* MPRBC 12pm-2pm 55+ Basketball GYM 12:30-1:20pm Basket Head* MPRBC 12:30-3:30pm Social Bridge SL 1:30-2:30pm Mexican Train Dominoes SL 2-4pm Croquet Outside 2:15-4pm Pickleball GYM	8:30-10:15am Cornhole Practice GYM 10-11am English Class (REEP) MPRA 10am-12pm Ping Pong & Billiards GR 10:30-11am Pass the Sombrero* GYM 11-11:45am Strength Training GYM 12-4pm Pickleball GYM 12-2pm Computer Class* MPRA 12-4pm Mah Jongg SL 12:30-1:20pm Rummikub & Dominoes* MPRBC 4-7pm Table Games SL	8:45-9:45am KUKUWA* GYM 9-11am Card Games SL 10-11am Baking with Joni* MPRBC 10am-12pm Ping Pong & Billiards GR 10am-12pm Cribbage SL 10am-3pm Scrabble SL 11am-4pm Pickleball GYM 11am-12pm Mother's Day Tea* CAFE 12:30-1:20pm Where in the World? MPRBC 1-3pm Sunshine Gang MPRA 1-2:15pm Tai Chi Practice WELLR 2-4pm Croquet Outside 2-4pm Bridge Practice SL 4-7pm Table Games SL
9	10	11	12	13
8:45-10am Cornhole Practice GYM 10-11am Abs. Beginner PB (1 court) GYM 10-11am Pickleball (1 court) GYM 10am-12pm Mexican Train Dominoes SL 10am-12pm Ping Pong & Billiards GR 10-11am Rummikub Lesson w/ Lynn* MPRBC 11am-4pm Pickleball (2 courts) GYM 11-12pm Cornhole* WELLR 12-4pm Mah Jongg SL 12:30-1:20pm Word Search* MPRBC 4-7pm Table Games SL	8:30-10:15am Football Throw Practice GYM 10-11am English Class (REEP) MPRA 10am-12pm Ping Pong & Billiards GR 10:15-11am Bowling for Steps* GYM 10:30-11:30am Chinese Dance* WELLR 11am-11:45am Strength Training* GYM 12-4pm Pickleball GYM 12-2pm Computer Class* MPRA 12:30-1:20pm JENGA* MPRBC 1-2:15pm Tai Chi Practice WELLR 2-4pm Bridge Practice SL 4-7pm Table Games SL	8:30-10am Softball Hit & Throw GYM 10am-12pm Canasta SL 10am-12pm Ping Pong & Billiards GR 10:15-11am Jane Franklin* GYM 11am-12pm 7 Tips for Mindfulness* MPRBC 12pm-2pm 55+ Basketball GYM 12:30-3:30pm Social Bridge SL 12:30-1:20pm Boggle* MPRC 1:30-2:30pm Mexican Train Dominoes SL 2-4pm Croquet Outside 2:15-4pm Pickleball GYM	8:30-10:15am Cornhole Practice GYM 10-11am English Class (REEP) MPRA 10am-12pm Ping Pong & Billiards GR 10:30-11am Bowling for Steps* GYM 11-11:45am Strength Training GYM 12-4pm Pickleball GYM 12-2pm Computer Class* MPRA 12-4pm Mah Jongg SL 12:30-1:20pm Rummikub & Dominoes* MPRBC 3-4pm Movie Discussion Virtual 4-7pm Table Games SL	8:45-9:45am KUKUWA* GYM 9-11am Card Games SL 10am-12pm Ping Pong & Billiards GR 10am-12pm Cribbage SL 10am-3pm Scrabble SL 10:15-11am Taking Back the Garden* Outside 11am-4pm Pickleball GYM 11am-12pm Table Games* MPRBC 12:30-1:20pm Memory Game* MPRBC 1-3pm Sunshine Gang MPRA 1-2:15pm Tai Chi Practice WELLR 2-4pm Croquet Outside 2-4pm Bridge Practice SL 4-7pm Table Games SL
16	17	18	19	20
8:45-10am Cornhole Practice GYM 10-11am Abs. Beginner PB (1 court) GYM 10-11am Pickleball (1 court) GYM 10am-12pm Mexican Train Dominoes SL 10am-12pm Ping Pong & Billiards GR 10-11am Rummikub Lesson w/ Lynn* MPRBC 11am-4pm Pickleball (2 courts) GYM 11-12pm Hot Potato* WELLR 12-4pm Mah Jongg SL 12:30-1:20pm Word Search* MPRBC 4-7pm Table Games SL	8:30-10:15am Football Throw Practice GYM 10-11am English Class (REEP) MPRA 10am-12pm Ping Pong & Billiards GR 10:15-11am Beach Ball Joust* GYM 10:30-11:30am Chinese Dance* WELLR 11am-11:45am Strength Training* GYM 12-4pm Pickleball GYM 12-2pm Computer Class* MPRA 12:30-1:20pm Adult Coloring* MPRBC 1-2:15pm Tai Chi Practice WELLR 2-4pm Bridge Practice SL 4-7pm Table Games SL 4:30-5:30pm Ukulele Strumming CAFÉ 7-8:30pm Acoustic Café CAFÉ	8:30-10am Softball Hit & Throw GYM 10am-12pm Canasta SL 10am-12pm Ping Pong & Billiards GR 10:15-11am Jane Franklin* GYM 12pm-2pm 55+ Basketball GYM 12:30-3:30pm Social Bridge SL 12:30-1:00pm Dance BINGO* MPRC 1:30-2:30pm Mexican Train Dominoes SL 2-4pm Croquet Outside 2:15-4pm Pickleball GYM	8:30-10:15am Cornhole Practice GYM 10-11am English Class (REEP) MPRA 10am-12pm Ping Pong & Billiards GR 10:30-11am Seated Soccer* GYM 11-11:45am Strength Training* GYM 12-4pm Pickleball GYM 12-2pm Computer Class* MPRA 12-4pm Mah Jongg SL 12:30-1:20pm Rummikub & Dominoes* MPRBC 4-7pm Table Games SL	8:45-9:45am KUKUWA* GYM 9-11am Card Games SL 10-10:45am Bowling for Steps* GYM 10am-12pm Ping Pong & Billiards GR 10am-12pm Cribbage SL 10am-3pm Scrabble SL 11am-4pm Pickleball GYM 11am-12pm Table Games* MPRBC 12:30-1:20pm Memory Game* MPRBC 1-3pm Sunshine Gang MPRA 1-2:15pm Tai Chi Practice WELLR 2-4pm Croquet Outside 2-4pm Bridge Practice SL 4-7pm Table Games SL
23	24	25	26	27
8:45-10am Cornhole Practice GYM 10-11am Abs. Beginner PB (1 court) GYM 10-11am Pickleball (1 court) GYM 10am-12pm Mexican Train Dominoes SL 10am-12pm Ping Pong & Billiards GR 10-11am Rummikub Lesson w/ Lynn* MPRBC 11am-4pm Pickleball (2 courts) GYM 11-12pm BINGO* MPRBC 12-4pm Mah Jongg SL 12:30-1:20pm Word Search* MPRBC 4-7pm Table Games SL	8:30-10:15am Football Throw Practice GYM 10-11am English Class (REEP) MPRA 10am-12pm Ping Pong & Billiards GR 10:15-11:15am Parachute Fun* GYM 10:30-11:30am Chinese Dance* WELLR 11am-11:45am Strength Training* GYM 12-4pm Pickleball GYM 12-2pm Computer Class* MPRA 12:30-1:20pm JENGA* MPRBC 1-2:15pm Tai Chi Practice WELLR 2-4pm Bridge Practice SL 4-7pm Table Games SL	8:30-10am Softball Hit & Throw GYM 10am-12pm Canasta SL 10am-12pm Ping Pong & Billiards GR 10:15-11am Walking Handball* GYM 12pm-2pm 55+ Basketball GYM 12:30-1:20pm DANCE BINGO MPRC 12:30-3:30pm Social Bridge SL 1:30-2:30pm Mexican Train Dominoes SL 2-4pm Croquet Outside 2:15-4pm Pickleball GYM	8:30-10:15am Cornhole Practice GYM 10-11am English Class (REEP) MPRA 10am-12pm Ping Pong & Billiards GR 10:30-11am Balloon Volleyball* GYM 11-11:45am Strength Training* GYM 12-4pm Pickleball GYM 12-2pm Computer Class* MPRA 12-4pm Mah Jongg SL 12:30-1:20pm Rummikub & Dominoes* MPRBC 4-7pm Table Games SL	8:45-9:45am Free Throw Practice GYM 9-11am Card Games SL 10-10:45am Floor Hockey* GYM 10am-12pm Ping Pong & Billiards GR 10am-12pm Cribbage SL 10am-3pm Scrabble SL 11am-4pm Pickleball GYM 11-12pm Table Games* MPRBC 12:30-1:20pm Where in the World? MPRBC 1-3pm Sunshine Gang MPRA 1-2:15pm Tai Chi Practice WELLR 2-4pm Croquet Outside 2-4pm Bridge Practice SL 4-7pm Table Games SL

<p style="text-align: right;">30</p> <p style="text-align: center;">Memorial Day Holiday Center Closed</p>	<p style="text-align: right;">31</p> <p>8:30-10:15am Football Throw Practice GYM 10-11am English Class (REEP) MPRA 10am-12pm Ping Pong & Billiards GR 10:30-11:30am Chinese Dance^ WELLR 10:15-11am Floor Hockey^ GYM 11am-11:45am Strength Training^ GYM 12-4pm Pickleball GYM 12-2pm Computer Class^ MPRA 12:30-1:20pm Adult Coloring^ MPRBC 1-2:15pm Tai Chi Practice WELLR 2-4pm Bridge Practice SL 4-7pm Table Games SL</p>		<p>Weekend Programming:</p> <p>Saturdays: 10am-12pm Rummikub SL Saturdays: 12-4pm Mah Jongg SL Sundays: 1-4pm Yarn Circle SL</p>	<p>All programs are drop-in unless otherwise designated by the symbols below:</p> <p>* = fee required Bold = registration required ^ = Social 60+ Café Program</p>
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