



For additional information call

JUNE 2022

703-228-6300

LANGSTON-BROWN 55+ CENTER 2121 N. Culpeper Street

Monday	Tuesday	Wednesday	Thursday	Friday
	ATTENTION: As of June 2022, we have changed our calendar key to best represent our programs and unify our system with other centers. Please be aware some symbols will now be used differently going forward. (See bottom right corner for key)	9:30 Morning Meet-Up Rm 108 10:15 Exercise w/ Jill + Rm 113 11am-2pm 55+ Fitness Rm hrs. ^ 12:00 Lunch Social 60+ Café +* Rm 113 1:00 Scrabble – Rm 103 2:00 French Conversation - Rm 108 2:00 Youthful Movement - Dance Studio 2 nd Fl. 7:00 Women’s Basketball - Gym	9:30 Mah Jongg - Rm 108 12:00 Lunch Social 60+ Café Program +* Rm 113 2:00 Italian Language - Senior Rm	9:30 Spellbinders Meeting – Rm 103 10:00 German Conversation Rm 108 10:15 Exercise w/ Jill + Rm 113 11am-2pm 55+ Fitness Rm hrs.^ 2 nd Fl. 12:00 Lunch Social 60+ Café Program +* Rm 113 12:30 Pinochle - Rm 108
6 11am-2pm 55+ Fitness Rm hrs. ^ 2 nd Fl. 12:00 Social 60+ Café Lunch +* Rm 113 12:30 Pinochle Rm 103 1:00-2:30 Gentle & Meditative Yoga^* (1) Rm 108 3:00-4:00pm Subtle Yoga ^* (1) Rm 108	7 9:30-11:30am Rummikub - Rm 108 10:00 Bingo + SR 11:00 Jane Franklin + Rm 113 12:00 Social 60+ Café Lunch +* Rm 113 1:00 Yarn Creations - Rm 108 1:30 Book Club – Rm 125 2:00 Drumming Circle - <i>Held outdoors - grassy area near B-ball court</i> 3:00 Volleyball - Gym	8 9:30 Morning Meet-Up Rm 108 10:15 Exercise w/ Jill + Rm 113 11:00 Estate Planning – Virtual * 11am-2pm 55+ Fitness Rm hrs ^ 12:00 Lunch Social 60+ Café +* Rm 113 1:00 Scrabble – Rm 108 2:00 French Conversation - Rm 125 2:00 Youthful Movement - Dance Studio 2 nd Fl. 7:00 Women’s Basketball - Gym	9 9:30 Mah Jongg - Rm 108 10:15 Spellbinders - Senior Rm 12:00 Lunch Social 60+ Café Program +* Rm 113 2:00 Italian Language - Rm 108	10 10:00 German Conversation – Rm 108 10:15 Exercise w/ Jill + Rm 113 11am-2pm 55+ Fitness Rm hrs. ^ 12:00 Lunch* Social 60+ Café Program +* 12:30 Pinochle - Rm 108
13 11am-2pm 55+ Fitness Rm hrs.^ Gold Pass Required 12:00 Social 60+ Café Lunch +* Rm 113 12:30 Pinochle Rm 103 1:00 Haunted Prague * - Rm 113 1:00-2:30 Gentle & Meditative Yoga^* (2) Rm 108 1:30 Scale Down Rm 125 (2 & 4 th Mondays) 3:00-4:00pm Subtle Yoga ^* (2) Rm 108 3:00 Diabetes Discussion Group Rm 103	14 9:30-11:30am Rummikub - Rm 103 11:00 Jane Franklin + Rm 113 12:00 Social 60+ Café Lunch +* Rm 113 1:00 Yarn Creations - Rm 108 2:00 Drumming Circle - <i>Held outdoors - grassy area near B-ball court</i> 3:00 Volleyball - Gym 55+ BBQ Fundraiser at Rocklands 3471 Washington Blvd. Arlington, VA	15 9:30 Morning Meet-Up Rm 108 10:15 Exercise w/ Jill + Rm 113 11:00 Jane Franklin + Rm 113 11am-2pm 55+ Fitness Rm hrs. ^ 12:00 Lunch Social 60+ Café +* Rm 113 1:00 Scrabble – Rm 108 2:00 French Conversation - Rm 125 2:00 Youthful Movement - Dance Studio 7:00 Women’s Basketball - Gym	16 9:30 Mah Jongg - Rm 108 10:00 Father’s Day Celebration + Senior Rm 12:00 Lunch Social 60+ Café Program +* Rm 113 2:00 Acoustic Afternoon with Carl Gold * 2:00 Italian Language - Rm 108	17 10:00 German Conversation – Rm 108 10:15 Exercise w/ Jill + Rm 113 11am-2pm 55+ Fitness Rm hrs.^ 12:00 Lunch* Social 60+ Café Program +* 12:30 Pinochle - Rm 108
20 CENTER CLOSED Holiday JUNETEENTH  Freedom Day	21 9:30-11:30am Rummikub Rm 108 11:00 Jane Franklin + Rm 113 12:00 Social 60+ Café Lunch +* Rm 113 1:00 Yarn Creations Rm 108 2:00 Drumming Circle - <i>Held outdoors - grassy area near B-ball court</i> 3:00 Volleyball - Gym	22 9:30 Morning Meet-Up Rm 103 10:15 Exercise w/ Jill + Rm 113 11:00 Hearing Aids – Beware and Be Wise * 11am-2pm 55+ Fitness Rm hrs.^ 12:00 Lunch Social 60+ Café +* Rm 113 1:00 Scrabble – Rm 108 2:00 French Conversation - Rm 125 2:00 Youthful Movement - Dance Studio 7:00 Women’s Basketball - Gym	23 9:30 Mah Jongg - Rm 108 10:15 Sun Prints + Senior Rm 12:00 Lunch Social 60+ Café Program +* Rm 113 2:00 Italian Language - Senior Rm 108	24 10:00 German Conversation – Rm 108 10:15 Exercise w/ Jill + Rm 113 11am-2pm 55+ Fitness Rm hrs. ^ 12:00 Lunch Social 60+ Café Program +* 12:30 Pinochle - Rm 108
27 11am-2pm 55+ Fitness ^ Rm 2 nd Fl. 12:30 Pinochle - Rm 103 1:00-2:30 Gentle & Meditative Yoga ^* (3) Rm_108 1:30 Scale Down Rm 125 (2 & 4 th Mondays) 3:00-4:00pm Subtle Yoga ^* (3) Rm 108	28 9:30-11:30am Rummikub Rm 108 11:00 Jane Franklin + Rm 113 12:00 Social 60+ Café Lunch+* Rm 113 1:00 Yarn Creations Rm 108 2:00 Drumming Circle - <i>Held outdoors - grassy area near B-ball court</i> 3:00 Volleyball - Gym 2 nd Fl	29 9:30 Morning Meet-Up Rm 108 10:15 Exercise w/ Jill + Rm 113 11am-2pm 55+ Fitness Rm hrs. ^ 12:00 Lunch Social 60+ Café +* Rm 113 1:00 Scrabble – Rm 108 2:00 French Conversation - Rm 125 2:00 Youthful Movement - Dance Studio 7:00 Women’s Basketball - Gym	30 9:30 Mah Jongg - Rm 108 12:00 Lunch Social 60+ Café Program +* Rm 113 2:00 Italian Language - Senior Rm 108	Activities with (*) Registration required Activities with (^) Fee required Activities with (+) Social 60+ Cafe Bold items - Special Programming

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