


ACTIVITY CALENDAR

JUNE 2022

300 N Park Drive,
Arlington VA 22203
703-228-4747

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		9-10am Strength Training* GYMA 10:30-11:30am Ageless Grace** RM126 11:30-12:30pm Tai Chi Practice RM119 12:30-1:30pm Tai Chi Practice RM119 1:30-2:30pm Opera Appreciation* RM121 4-5:15pm Traditional Yoga** RM126	10-11am Full Fitness* GYM 10-1pm Social Bridge RM115 1-2pm SAIL* RM119 1:30-3:30pm Sudoku RM115 2-4pm Drop in Volleyball GYMB 2-3:30pm Ballroom Bootcamp RM119 6pm-7pm Pickleball Beginner* GYMB	9-10am Strength Training* GYMA 10:15-11:15am Total Body Fitness* GYMA 11:30-12:30pm Tai Chi Practice RM119 12-3pm Social Bridge RM115 12:30-1:30pm Tai Chi Practice RM119 1:45-3:45pm Social Ballroom RM119
6	7	8	9	10
10-11am Total Body Fitness* GYMA 10-11am Morning Meetup RM115 11:30-12:30pm Tai Chi Practice RM119 12-3pm Social Bridge RM115 1-2pm SAIL* RM119 1-2:30pm Traditional Yoga** RM116	7:30-8:30am Bootcamp** GYMA 10-11am Full Fitness* GYM 10-11am Strawberry Field's Forever RM115 10:30-11:30am Traditional Yoga** RM116 11:45-12:45pm Gentle Hatha Yoga** RM116 1-3pm Bummikub RM115 2:15-3pm Zumba** RM116	9-10am Strength Training* GYMA 10:30-11:30am Study of Words RM115 11:15-12:30pm History Roundtable* VIRTUAL 11:30-12:30pm Tai Chi Practice RM119 12:30-1:30pm Tai Chi Practice RM119 2-3pm History of Arlington * RM115 4-5:15pm Traditional Yoga** RM126	10-11am Full Fitness* GYM 10-1pm Social Bridge RM115 1-2pm SAIL* RM119 1:30-2:30pm Nature Hike* LOBBY 2-4pm Drop in Volleyball GYMB 2-3:30pm Ballroom Bootcamp RM119 6pm-7pm Pickleball Beginner* GYMB	9-10am Strength Training* GYMA 10:15-11:15am Total Body Fitness* GYMA 11:30-12:30pm Tai Chi Practice RM119 12-3pm Social Bridge RM115 12:30-1:30pm Tai Chi Practice RM119
13	14	15	16	17
10-11am Total Body Fitness* GYMA 10-11am Morning Meetup RM115 11:30-12:30pm Tai Chi Practice RM119 12-3pm Social Bridge RM115 1-2pm SAIL* RM119 1-2:30pm Traditional Yoga** RM116	7:30-8:30am Bootcamp** GYMA 10-11am Full Fitness* GYM 10:30-11:30am Traditional Yoga** RM116 11:45-12:45pm Gentle Hatha Yoga** RM116 1-2pm Keeping Your Brain Healthy* RM115 2:15-3pm Zumba** RM116	9-10am Strength Training* GYMA 10-11am Bilingual BINGO* RM115 11:30-12:30pm Tai Chi Practice RM119 12:30-1:30pm Tai Chi Practice RM119 1:30-2:30pm Opera Appreciation* RM121 4-5:15pm Traditional Yoga** RM126	10-11am Full Fitness* GYM 10-1pm Social Bridge RM115 1-2pm SAIL* RM119 1:30-3pm Skip-Bo Instruction RM115 2-4pm Drop in Volleyball GYMB 2-3:30pm Ballroom Bootcamp RM119 6pm-7pm Pickleball Beginner* GYMB	9-10am Strength Training* GYMA 10:15-11:15am Total Body Fitness* GYMA 11:30-12:30pm Tai Chi Practice RM119 12-3pm Social Bridge RM115 12:30-1:30pm Tai Chi Practice RM119 1:45-3:45pm Social Ballroom RM119
20	21	22	23	24
<p>CENTER CLOSED</p> <p>Holiday</p> 	7:30-8:30am Bootcamp** GYMA 10-11am Full Fitness* GYM 10:30-11:30am Traditional Yoga** RM116 11:30-1pm Genealogy* RM115 11:45-12:45pm Gentle Hatha Yoga** RM116 1-3pm Bummikub RM115 2:15-3pm Zumba** RM116	9-10am Strength Training* GYMA 11:30-12:30pm Tai Chi Practice RM119 12:30-1:30pm Tai Chi Practice RM119 4-5:15pm Traditional Yoga** RM126	10-11am Full Fitness* GYM 10-1pm Social Bridge RM115 1-2pm SAIL* RM119 1:30-3pm Skip-Bo Instruction RM115 2-4pm Drop in Volleyball GYMB 2-3:30pm Ballroom Bootcamp RM119 6pm-7pm Pickleball Beginner* GYMB	9-10am Strength Training* GYMA 10:15-11:15am Total Body Fitness* GYMA 11:30-12:30pm Tai Chi Practice RM119 12-3pm Social Bridge RM115 12:30-1:30pm Tai Chi Practice RM119 1pm-3pm Movie Matinee* RM126
27	28	29	30	
10-11am Total Body Fitness* GYMA 10-11am Morning Meetup RM115 11:30-12:30pm Tai Chi Practice RM119 12-3pm Social Bridge RM115 1-2pm SAIL* RM119 1-2:30pm Traditional Yoga** RM116 2-3:30pm Spotting the Invasive Lanternfly* RM126	7:30-8:30am Bootcamp** GYMA 10-11am Full Fitness* GYM 10-12pm Senior Room Art Project RM115 10:30-11:30am Traditional Yoga** RM116 11:45-12:45pm Gentle Hatha Yoga** RM116 1-3pm Bummikub RM115 2:15-3pm Zumba** RM116	9-10am Strength Training* GYMA 10-11am Rest Easy: Getting A Good Night's Sleep* RM115 11:30-12:30pm Tai Chi Practice RM119 12:30-1:30pm Tai Chi Practice RM119 4-5:15pm Traditional Yoga** RM126	10-11am Full Fitness* GYM 10-1pm Social Bridge RM115 1-2pm SAIL* RM119 1:30-3pm Skip-Bo Instruction RM115 2-4pm Drop in Volleyball GYMB 2-3:30pm Ballroom Bootcamp RM119 6pm-7pm Pickleball Beginner* GYMB 6pm-7pm Identity Theft* RM115	

Key
 * = registration required
 ^ = fee required
 + = Social 60+ Café
 Bold = speakers/special events/etc.

NOTE: Programs without a symbol are considered Drop-In and do not require registration.