

# WALTER REED 55+ CENTER ACTIVITY CALENDAR

JUNE 2022

2909 S. 16th Street,  
Arlington 22204  
703-228-0955

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
						1 10am-12pm Canasta SL 10am-12pm Ping Pong & Billiards GR 10:15-11am Morning Walks+ GYM 11-12pm Table Games+ MPRBC 12pm Social 60+ Café Lunch MPRBC (sign-up ahead) +* 12pm-2pm 55+ Basketball GYM 12:30-1:20pm Basket Head+ MPRBC 1:30-3:30pm Social Bridge SL 1:30-2:30pm Mexican Train Dominoes SL 2-3pm Croquet Outside 2:15-4pm Pickleball GYM 4-7pm Table Games SL			2 8:30-10:15am Cornhole Practice GYM 10-11am English Class (REEP) MPRA 10am-12pm Ping Pong & Billiards GR 10:30-11am Pass the Sombbrero+ GYM 11:15am-12pm Strength Training* GYM 12pm Social 60+ Café Lunch MPRBC (sign-up ahead) +* 12-4pm Pickleball GYM 12-2pm Computer Class+ MPRA 12-4pm Mah Jongg SL 12:30-1:20pm <b>Rummikub</b> & Dominoes+ MPRBC 4-7pm Table Games SL			3 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 12-4pm Social 60+ Café Lunch MPRBC (sign-up ahead) +* 12:30-1:20pm Where in the World?+ MPRBC 1-3pm Sunshine Gang MPRA 1-2:15pm Tai Chi Practice WELLR 2-3pm Croquet Outside 4-7pm Table Games SL		
6 9-10am Pickleball II** GYM 10-11am Abs. Beginner PB (1 court) GYM 10-11am Pickleball (1 court) GYM 10am-12pm Ping Pong & Billiards GR 10-11am <b>Rummikub</b> Lesson w/ Lynn+ CAFE 10-11:30am Current Events* SL 11am-4pm Pickleball (2 courts) GYM 11-12pm Cornhole+ WELLR 12pm Social 60+ Café Lunch MPRBC (sign-up ahead) +* 12-4pm Mah Jongg SL 12:30-1:20pm Word Search+ CAFE 2-3pm Beginner Tai Chi Ch'uan** WELLR 4-7pm Table Games SL			7 8:30-10:15am Football Throw Practice GYM 10-11am English Class (REEP) CAFE 10am-12pm Ping Pong & Billiards GR 10:30-11:30am Chinese Dance+ WELLR 10-11am Tai Chi Practice GYM 11:15am-12pm Social 60+ Café Lunch MPRBC (sign-up ahead) +* 12-4pm Pickleball GYM 12-2pm Computer Class+ CAFE 12:30-1:20pm JENGA+ CAFE 1-2:15pm Tai Chi Practice WELLR 2-4pm Bridge Practice SL 4-7pm Table Games SL 4:30-5:30pm Ukulele Strumming* CAFE			8 9-10am Pickleball III** GYM 10am-12pm Canasta SL 10am-12pm Ping Pong & Billiards GR 10:15-11am Jane Franklin+ GYM 11am-12pm 7 Tips for Mindfulness+ CAFE 12pm Social 60+ Café Lunch MPRBC 11:45-12:45 Chair Yoga** WELLR 12pm-2pm 55+ Basketball GYM 12:30-1:20pm Cutest on the Internet+ MPRA 1:30-2:30pm Social Bridge SL 1:30-2:30pm Mexican Train Dominoes SL 2-3pm Croquet Outside 2:15-4pm Pickleball GYM 4-7pm Table Games SL			9 8:30-10:15am Cornhole Practice GYM 10-11am English Class (REEP) CAFE 10am-12pm Ping Pong & Billiards GR 10:30-11am BINGO+ GYM 11:15am-12pm Strength Training* GYM 12pm Social 60+ Café Lunch MPRBC (sign-up ahead) +* 12-4pm Pickleball GYM 12-2pm Computer Class+ CAFE 12-4pm Mah Jongg SL 12:30-1:20pm <b>Rummikub</b> & Dominoes+ CAFE 3-4pm Movie Discussion** Virtual 2-3pm Tai Chi Ch'uan** WELLR 4-7pm Table Games SL			10 8:30-9:15am Bootcamp** GYM 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 Floor Hockey+ GYM 11am-4pm Pickleball GYM 11am-12pm Gardening+ OUTSIDE 12pm Social 60+ Café Lunch MPRBC (sign-up ahead) +* 12:30-1:20pm <b>Memory</b> Game+ CAFE 1-3pm Sunshine Gang MPRA 1-2:15pm Tai Chi Practice WELLR 2-3pm Croquet OUTSIDE 4-7pm Table Games SL		
13 9-10am Pickleball II** GYM 10-11am Abs. Beginner PB (1 court) GYM 10-11am Pickleball (1 court) GYM 10-11am <b>Rummikub</b> Lesson w/ Lynn+ MPRBC 10-11:30am Current Events* MPRA 10am-12pm Mexican Train Dominoes SL 10am-12pm Ping Pong & Billiards GR 11am-4pm Pickleball (2 courts) GYM 11-12pm Gardening+ OUTSIDE 11:30-12:30 Planting w/Pete; Watering Plants* OUTSIDE 12pm Social 60+ Café Lunch MPRBC (sign-up ahead) +* 12-4pm Mah Jongg SL 12:30-1:20pm Word Search+ MPRBC 2-3pm Beginner Tai Chi Ch'uan** WELLR 4-7pm Table Games SL			14 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 11:15am-12pm Strength Training+ GYM 12-4pm Pickleball GYM 12pm Social 60+ Café Lunch MPRBC (sign-up ahead) +* 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 6:30-7:30pm Travel While Veggie* MPRA GYM CLOSED FOR VOTING FROM 12-8PM			15 9-10am Pickleball III** GYM 10am-12pm Canasta SL 10am-12pm Ping Pong & Billiards GR 10:15-11am Jane Franklin+ GYM 11:45-12:45 Chair Yoga** WELLR 12pm Social 60+ Café Lunch MPRBC (sign-up ahead) +* 12pm-2pm 55+ Basketball GYM 1:30-2:30pm Social Bridge SL 12:30-1:00pm Hang Man+ MPRA 1:30-2:30pm Mexican Train Dominoes SL 2-3pm Croquet Outside 2:15-4pm Pickleball GYM 4-7pm Table Games SL			16 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 11:15am-12pm Strength Training* GYM 12pm Social 60+ Café Lunch MPRBC (sign-up ahead) +* 12-4pm Pickleball GYM 12-2pm Computer Class+ MPRA 12-4pm Mah Jongg SL 12:30-1:20pm <b>Rummikub</b> & Dominoes+ MPRBC 1:30-2:30pm <b>Colin Powell (also Virtual)</b> MPRA 2-3pm Tai Chi Ch'uan** WELLR 4-7pm Table Games SL			17 8:30-9:15am Bootcamp** GYM 8:45-9:45am KUKUWA** GYM 9-11am Card Games SL 10-10:45am Morning Walks+ GYM 10am-12pm Ping Pong & Billiards GR 10am-12pm Cribbage SL 10am-3pm Scrabble SL 11am-4pm Pickleball GYM 11am-12pm Painting+ MPRBC 12pm Social 60+ Café Lunch MPRBC (sign-up ahead) +* 12:30-1:20pm <b>Memory</b> Game+ MPRA 1-3pm Sunshine Gang MPRA 1-2:15pm Tai Chi Practice WELLR 2-3pm Croquet Outside 4-7pm Table Games SL		
20 <b>Center Closed</b> in Observation of Juneteenth  Learn more about Juneteenth: <a href="https://nmaahc.si.edu/explore/stories/what-juneteenth">https://nmaahc.si.edu/explore/stories/what-juneteenth</a>			21 8:30-10:15am Football Throw Practice GYM 10-11am English Class (REEP) MPRA 10am-12pm Ping Pong & Billiards GR 10am-12pm Boomer Trivial SL 10:30-11:15am Chinese Dance+ WELLR 11:15am-12pm Strength Training+ WELLR 12-4pm Pickleball GYM 12pm Social 60+ Café Lunch MPRBC (sign-up ahead) +* 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 7-8:30pm Acoustic Café* CAFE GYM CLOSED FOR VOTING			22 9-10am Pickleball III** GYM 10am-12pm Canasta SL 10am-12pm Ping Pong & Billiards GR 10:15-11am Jane Franklin Dance+ GYM 11-11:45am Gardening+ OUTSIDE 12pm Social 60+ Café Lunch MPRBC (sign-up ahead) +* 11:45-12:45 Chair Yoga** WELLR 12pm-2pm 55+ Basketball GYM 1:30-3:30pm Social Bridge SL 1:30-2:30pm Mexican Train Dominoes SL 2-3pm Croquet Outside 2:15-4pm Pickleball GYM 4-7pm Table Games SL			23 8:30-10:15am Cornhole Practice GYM 10-11am English Class (REEP) MPRA 10am-12pm Ping Pong & Billiards GR 10:30-11am Floor Hockey+ GYM 11:15am-12pm Strength Training* GYM 12pm Social 60+ Café Lunch MPRBC (sign-up ahead) +* 12-4pm Pickleball GYM 12-2pm Computer Class+ MPRA 12-4pm Mah Jongg SL 12:30-1:20pm <b>Rummikub</b> & Dominoes+ MPRBC 2-3pm Tai Chi Ch'uan** WELLR 4-7pm Table Games SL			24 8:30-9:15am Bootcamp** GYM 8:45-9:45am KUKUWA** GYM 9-11am Card Games SL 10-10:45am Memorial Day Games GYM 10am-12pm Ping Pong & Billiards GR 10am-12pm Cribbage SL 10am-3pm Scrabble SL 11am-4pm Pickleball GYM 11-12pm Crafts+ MPRBC 12pm Social 60+ Café Lunch MPRBC (sign-up ahead) +* 12:30-1:20pm <b>Where in the World?</b> + MPRBC 1-3pm Sunshine Gang MPRA 1-2:15pm Tai Chi Practice WELLR 2-3pm Croquet Outside 4-7pm Table Games SL		
27 9-10am Pickleball II** GYM 10-11am Abs. Beginner PB (1 court) GYM 10-11am Pickleball (1 court) GYM 10-11am <b>Rummikub</b> Lesson w/ Lynn+ MPRBC 10-11:30am Current Events* MPRA 10am-12pm Mexican Train Dominoes SL 10am-12pm Ping Pong & Billiards GR 11am-4pm Pickleball (2 courts) GYM 11-12pm Ring Toss+ WELLR 12pm Social 60+ Café Lunch MPRBC (sign-up ahead) +* 12-4pm Mah Jongg SL 12:30-1:20 Word Search+ MPRBC 2-3pm Beginner Tai Chi Ch'uan** WELLR 4-7pm Table Games SL			28 8:30-10:15am Football Throw Practice GYM 10-11am English Class (REEP) MPRA 10-11am Hands on Heart CPR* SL 10am-12pm Ping Pong & Billiards GR 10:30-11:30am Chinese Dance+ WELLR 11:15am-12pm Strength Training+ GYM 12pm Social 60+ Café Lunch MPRBC (sign-up ahead) +* 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 6:30-7:30pm Wolves are Wild* MPRA			29 9-10am Pickleball III** GYM 10am-12pm Canasta SL 10am-12pm Ping Pong & Billiards GR 10-11am Calling All Future Filmmakers* MPRA 10:15-11am Jane Franklin Dance+ GYM 11-11:45am Gardening+ OUTSIDE 12pm Social 60+ Café Lunch MPRBC (sign-up ahead) +* 11:45-12:45 Chair Yoga** WELLR 12pm-2pm 55+ Basketball GYM 1:30-3:30pm Social Bridge SL 1:30-2:30pm Mexican Train Dominoes SL 2-3pm Croquet Outside 2:15-4pm Pickleball GYM 4-7pm Table Games SL			30 8:30-10:15am Cornhole Practice GYM 10-11am English Class (REEP) MPRA 10am-12pm Ping Pong & Billiards GR 10:30-11am Floor Hockey+ GYM 11:15am-12pm Strength Training* GYM 12pm Social 60+ Café Lunch MPRBC (sign-up ahead) +* 12-4pm Pickleball GYM 12-2pm Computer Class+ MPRA 12-4pm Mah Jongg SL 12:30-1:20pm <b>Rummikub</b> & Dominoes+ MPRBC 2-3pm Tai Chi Ch'uan** WELLR 4-7pm Table Games SL					

All programs are drop-in unless otherwise designated by the symbols below:

- ^ = fee required
- \* = registration required
- + = Social 60+ Café Program
- Bold = Special Program**
- ~~Strikethrough~~ = program cancelled

**Room Codes:**  
SL = Senior Lounge  
GR = Game Room  
WELLR = Wellness Room  
MPRA = Multi-purpose Room A  
MPRBC = Multi-purpose Room B & C

**Weekend Programming:**

- Saturdays:  
10am-12pm **Rummikub** SL  
12-4pm Mah Jongg SL
- Sundays:  
1-4pm Yarn Circle SL