


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:30-11:30am Mah Jongg RM 108 10:15-10:45am Spellbinders + Senior Rm 12-12:30pm Social 60+ Café Lunch* Rm 113 2-3:00pm Italian Language Rm 108	2 10am-12pm German Conversation* Virtual Rm 113 10:15-11am Exercise w/ Jill + Rm 202 11am-2pm 55+ Fitness Rm hrs.* Rm 113 12-12:30pm Social 60+ Café lunch* Rm 113 12:30-3pm Pinochle Rm 108
Center Closed 5  Labor Day Holiday 	6 9:30-11:30am Rummikub RM108 10:30-11:30am Bingo + Senior Rm 12-12:30pm Social 60+ Café Lunch* RM 113 1-2:30pm Yarn Creations RM108 1:30-2:30pm Book Club RM125 2-3pm Drumming Outdoors (If rainy senior room) 3-5pm Volleyball Gym	7 9:30-11am Morning Meet-Up RM103 10:15-11am Exercise w/ Jill +* RM113 11-2pm 55+ Fitness hrs.* RM202 <b>11am-12pm Emergency Preparedness* RM 108</b> 12-12:45pm Social 60+ Café+ RM113 1-2:30pm Scrabble RM108 1-2pm French Conversation RM103 <b>2-3:30pm Cornhole Challenge* RM 113</b> 7-9pm Women's Basketball Gym	8 9:30-11:30am Mah Jongg RM 108 10:30 Social 60+ Cooking w/Joni SR 12-12:30 Social 60+ Café Lunch* RM 113 2-3:00pm Italian Language RM 108	9 10am-12pm German Conversation* Virtual Rm 113 10:15-11am Exercise w/ Jill + Rm 202 11am-2pm 55+ Fitness Rm hrs.* Rm 113 12-12:30pm Social 60+ Café lunch* Rm 113 12:30-3pm Pinochle Rm 108
12 11am-2pm 55+ Fitness hrs.* RM202 12-12:45pm Social 60+ Café* RM113 12:30-3pm Pinochle RM103 1:15-2:45pm Gentle & Med Yoga** RM108 1:30-2:30 Scale Down RM 125 3:15-4:15pm Chair Hatha Yoga** RM 108 3:30-4:30pm Tai Chi for Beginners** RM113	13 9:30-11:30am Rummikub RM108 12-12:45am Social 60+ Café Lunch* RM113 1-2:30pm Yarn Creations RM108 2-3pm Drumming Outdoors (If rainy senior room) 3-5pm Volleyball Gym	14 9:30-11am Morning Meet-Up RM108 10am-12:45 Social 60 + Field Trip 11am-2pm 55+ Fitness hrs.* RM202 <b>11am-12pm What is Probate? Virtual</b> 12-12:45pm Social 60+ Café Lunch* RM113 1-2:30pm Scrabble Rm 108 1-2pm French Conversation Rm 103 3:30-4:30pm Tai Chi for Beginners** RM113 7-9pm Women's Basketball Gym	15 9:30-11:30am Mah Jongg RM 108 10-11am Registration Assistance + SR 12-12:30pm Social 60+ Café Lunch* RM 113 2-3pm Italian Language RM 103 <b>2-3pm Board Games Anyone? RM 108</b>	16 10am-12pm German Conversation* Virtual Rm 113 10:15-11am Exercise w/ Jill + Rm 202 11am-2pm 55+ Fitness Rm hrs.* Rm 113 12-12:30pm Social 60+ Café lunch* Rm 108 12:30-3pm Pinochle Rm 108
19 <b>10:30am-12pm Painting Demo* Virtual</b> 11am-2pm 55+ Fitness hrs.* RM202 <b>11am-12pm Fall Prevention* RM 108</b> 12-12:45pm Social 60+ Café* RM113 12:30-3pm Pinochle RM103 1:15-2:45pm Gentle & Med Yoga** RM108 3:15-4:15pm Chair Hatha Yoga** RM 108 3:30-4:30pm Tai Chi for Beginners** RM113	20 9:30-11:30am Rummikub RM103 10:15-10:45am Spellbinders + SR <b>11am-12pm Creating Your Next Chapter* RM108</b> 12-12:30 Social 60+ Café Lunch* 1-2:30pm Yarn Creations RM108 2-3pm Drumming Outdoors (If rainy senior room) 3-5pm Volleyball Gym	21 9:30-11am Morning Meet-Up RM108 10:15-11am Exercise w/ Jill +* RM113 11am-2pm 55+ Fitness hrs.* RM202 12-12:45pm Social 60+ Café Lunch* RM113 1-2:30pm Scrabble RM108 1-2pm French Conversation RM103 3:30-4:30pm Tai Chi for Beginners** RM113 7-9pm Women's Basketball Gym	22 9:30-11:30am Mah Jongg RM 108 10-11am LB Advisory Meeting RM 103 12-12:30 Social 60+ Café Lunch* RM 113 1-3pm Intermediate Drawing & Painting Class** RM 113 2-3pm Italian Language RM 103	23 10am-12pm German Conversation* Virtual SR 10:15-10:45 PAL visit + SR 11am-2pm 55+ Fitness Rm hrs.* Rm 202 12-12:30pm Social 60+ Café Lunch* Rm 113 12:30-3pm Pinochle Rm 108
26 <b>10:30-11:30AM Secrets Revealed* Virtual</b> 11am-2pm 55+ Fitness Rm* RM 102 2-30-3pm Pinochle RM 103 1:15-2:45pm Gentle & Med Yoga** RM108 1:30-2:30pm Scale Down RM 125 3:15-4:15pm Chair Hatha Yoga** RM 108 3:30-4:30pm Tai Chi for Beginners** RM113	27 9:30-11:30am Rummikub RM108 12-12:30pm Social 60+ Café Lunch* Rm 113 1-2:30pm Yarn Creations RM108 1:30-2:30pm Book Club RM125 2-3pm Drumming Outdoors (If rainy senior room) 3-5pm Volleyball Gym	28 9:30-11am Morning Meet-Up RM108 10:15-11am Exercise w/ Jill +* RM113 10:30-11:30am Library Visit + SR 11am-2pm 55+ Fitness hrs.* RM202 12-12:45pm Social 60+ Café Lunch* RM113 1-2:30pm Scrabble RM108 1-2pm French Conversation RM103 3:30-4:30pm Tai Chi for Beginners** RM113 7-9pm Women's Basketball Gym	29 9:30-11:30am Mah Jongg RM 108 12-12:30pm Social 60+ Café Lunch* RM 113 1-3pm Intermediate Drawing & RM 113 Drawing Class ** 2-3pm Italian Language RM 103 <b>2-3pm Name That Tune* RM 108</b>	30 10am-12pm German Conversation* Virtual Rm 113 <b>11am-12pm Solar System Today RM108</b> 11am-2pm 55+ Fitness Rm hrs.* Rm 202 12-12:30pm Social 60+ Café Lunch* Rm 113 12:30-3pm Pinochle Rm 108

# LANGSTON-BROWN 55+ CENTER ACTIVITY CALENDAR

SEPTEMBER 2022

2121 N. Culpeper St.  
Arlington, VA 22207  
703-228-6300

**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.

Programs with + symbol are Social 60+ Café activities. You must complete an application prior to attending these activities and lunch. Lunch is served M-F at noon for those registered for the program.