

WALTER REED 55+ CENTER ACTIVITY CALENDAR

September 2022
2909 16th St. S.
Arlington 22204

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			8:30-11am Pickleball GYM 10-11am English Class (REEP) MPRA 10am-12pm Ping Pong & Billiards GR 10:30-11:30am Memory Game+ MPRC 11:15am-12pm Strength Training+ GYM 12pm Social 60+ Café Lunch+* MPRC 1-4pm Pickleball GYM 12:30-1pm Table Games+ MPRC 12-4pm Mah Jongg SL 4-7pm Table Games SL	10-11am Walking School Bus Info* MPRA 10-11am Seated Soccer+ GYM 10-11am Croquet Outside 10am-12pm Ping Pong & Billiards GR 10am-12pm Cribbage SL 10am-12pm Scrabble SL 11am-4pm Pickleball GYM 11am-12pm Craft - Thank you Cards+ MPRC 12pm Social 60+ Café Lunch+* MPRC 12:30-1pm Table Games+ MPRC 1-3pm Sunshine Gang MPRA 1-2:15pm Tai Chi Practice WELLR 4-7pm Table Games SL
LABOR DAY HOLIDAY CENTER CLOSED	5 8:30-9:30am Pickleball for Beginners** GYM 9-10am Yoga for Daily Living** WELLR 9:30-10:30am Pickleball II** GYM 10-11am English Class (REEP) MPRA 10am-12pm Ping Pong & Billiards GR 10-11am Baking with Jom+ CAFE 10:30-11:30am Chinese Dance+ WELLR 11:15am-12pm Strength Training+ MPRC 12pm Social 60+ Café Lunch+* MPRC 12-4pm Pickleball GYM 12:30-1pm Table Games+* MPRC 2-4pm Tai Chi Practice WELLR 4:30-5:30pm Ukulele Class MPRA 4-6:30pm Table Games SL	6 8:30-9:30am Pickleball II** GYM 9:30-10:30am Pickleball III** GYM 10-11am Croquet Outside 10am-12pm Canasta SL 10am-12pm Ping Pong & Billiards GR 10:15-11am Bowling+ GYM 11am-12pm Detective Riddles+ MPRBC 12pm Social 60+ Café Lunch+* MPRC 12pm-2pm 55+ Basketball GYM 12:30-1pm Table Games+ MPRBC 1:30-3:30pm Social Bridge WELLR 2:15-4pm Pickleball GYM 4-7pm Table Games SL	7 8:30-11am Pickleball GYM 10-11am English Class (REEP) MPRA 10am-12pm Ping Pong & Billiards GR 10-11am BINGO+ MPRC 11am-12pm Sweet & Savory Pear Recipes* MPRC 11:15am-12pm Strength Training+ GYM 12pm Social 60+ Café Lunch+* MPRC 1-4pm Pickleball GYM 12:30-1pm Table Games+ MPRC 12-4pm Mah Jongg SL 2-3pm Tai Chi Ch'uan** WELLR 3-4pm Movie Discussion** Virtual 4-7pm Table Games SL	8 10-11am Croquet Outside 10am-12pm Ping Pong & Billiards GR 10am-12pm Cribbage SL 10am-12pm Scrabble SL 10am-3pm Floor Foolsball+ WELLR 11am-12pm Charades+ MPRC 11am-4pm Pickleball GYM 12pm Social 60+ Café Lunch+* MPRC 12:30-1pm Table Games+ MPRC 1-3pm Sunshine Gang CAFE 1-2:15pm Tai Chi Practice WELLR 4-7pm Table Games SL
	12 10-11am Abs. Beginner PB (1 court) GYM 10-11am Pickleball (1 court) GYM 10-11am Gardening+ OUTSIDE 10am-12pm Mexican Train Dominoes SL 10am-12pm Ping Pong & Billiards GR 11am-4pm Pickleball (2 courts) GYM 11-12pm Craft+ MPRC 12pm Social 60+ Café Lunch+* MPRC 12-4pm Mah Jongg SL 12:30-1pm Table Games+ MPRC 2-3pm Beginner Tai Chi Ch'uan** WELLR 4-7pm Table Games SL	13 8:30-9:30am Pickleball for Beginners** GYM 9-10am Yoga for Daily Living** WELLR 9:30-10:30am Pickleball II** GYM 10-11am English Class (REEP) MPRA 10am-12pm Ping Pong & Billiards GR 10:30-11:30am Chinese Dance+ WELLR 11:15am-12pm Strength Training+ GYM 12pm Social 60+ Café Lunch+* MPRC 12:30-1pm Table Games+* MPRC 1-2:15pm Tai Chi Practice WELLR 2-4pm Bridge Practice MPRA 4-7pm Table Games MPRA 4:30-5:30pm Ukulele Practice MPRA	14 8:30-9:30am Pickleball II** GYM 9:30-10:30am Pickleball III** GYM 10am-1pm Affordable Connectivity Program Fair* MPRBC 10am-12pm NVSO: Rummikub** MPRA 10-11am Croquet Outside 10am-12pm Canasta SL 10am-12pm Ping Pong & Billiards GR 12-1pm Chair Yoga** WELLR 12pm-2pm 55+ Basketball GYM 1:30-3:30pm Social Bridge SL 2:15-4pm Pickleball GYM 4-7pm Table Games SL Social 60+ Café Field Trip - Bluemont Park*	15 8:30-11am Pickleball GYM 10-11am English Class (REEP) MPRA 10-11am Memory Game+ GYM 10am-12pm Ping Pong & Billiards GR 10am-2pm Ed Constantino Memorial Pickleball Friendly OUTSIDE 11:15am-12pm Strength Training+ GYM 12pm Social 60+ Café Lunch+* MPRC 12:30-1pm Table Games+ MPRC 12-4pm Mah Jongg SL 12:30-1:20pm Memory Game+ MPRBC 1-4pm Tai Chi Ch'uan** GYM 2-3pm Tai Chi Ch'uan** WELLR 4-7pm Table Games SL
19 10-11am Abs. Beginner PB (1 court) GYM 10-11am Pickleball (1 court) GYM 10-11am Gardening+ OUTSIDE 10-11:30am Current Events* SL 10am-12pm Mexican Train Dominoes SL 10am-12pm Ping Pong & Billiards GR 11-12pm Nutrition Trivia+ MPRC 11am-4pm Pickleball (2 courts) GYM 12pm Social 60+ Café Lunch+* MPRC 12-4pm Mah Jongg SL 12:30-1pm Table Games+ MPRC 2-3pm Beg. Tai Chi Ch'uan** WELLR 2-3:30pm Computer Class* MPRA 4-7pm Table Games SL	20 8:30-9:30am Pickleball for Beginners** GYM 9-10am Yoga for Daily Living** WELLR 9:30-10:30am Pickleball II** GYM 10-11am English Class (REEP) MPRA 10am-12pm Ping Pong & Billiards GR 10:30-11:30am Chinese Dance+ WELLR 11:15am-12pm Strength Training+ GYM 12pm Social 60+ Café Lunch+* MPRC 12:30-1pm Table Games+* MPRC 1-2:15pm Tai Chi Practice WELLR 2-4pm Bridge Practice MPRA 4-7pm Table Games MPRA 4:30-5:30pm Ukulele Class CAFE 7-8:30pm Acoustic Café*	21 8:30-9:30am Pickleball II** GYM 9:30-10:30am Pickleball III** GYM 10-11am Croquet Outside 10am-12pm Canasta SL 10am-12pm Ping Pong & Billiards GR 10:15-11am Seated Soccer+ GYM 11am-12pm National Chal Day* MPRA 12pm Social 60+ Café Lunch+* MPRC 11am-12pm Murder Mystery Riddle MPRC 12pm-2pm 55+ Basketball GYM 12-1pm Chair Yoga** WELLR 12:30-1pm Table Games+ MPRBC 1:30-3:30pm Social Bridge MPRA 2-3:30pm Computer Class* MPRA 4-7pm Table Games SL	22 8:30-11am Pickleball GYM 10-11am English Class (REEP) MPRA 10am-12pm Ping Pong & Billiards GR 10-11am Balloon Volleyball+ GYM 11:30am-12:15pm Jane Franklin Dance+ MPRC 1-4pm Pickleball GYM 12:30-1pm Table Games+ MPRC 12-4pm Mah Jongg SL 12:30-1:20pm Memory Game+ MPRBC 2-3pm Tai Chi Ch'uan** WELLR 4-7pm Table Games SL	23 10-11am Croquet Outside 10-10:45am Floor Foolsball+ GYM 10am-12pm Ping Pong & Billiards GR 10am-12pm Cribbage SL 10am-3pm Scrabble SL 10am-12pm A Matter of Balance* MPRBC 11am-12pm Pickleball GYM 11-12pm Sing Along** MPRA 11-12pm Social 60+ Café Lunch+* MPRC 12:30-1pm Table Games+ MPRC 1-3pm Sunshine Gang MPRA 1-2:15pm Tai Chi Practice WELLR 4-7pm Table Games SL
26 10-11am Abs. Beginner PB (1 court) GYM 10-11am Pickleball (1 court) GYM 10:15-11am Gardening+ OUTSIDE 10am-12pm Ping Pong & Billiards GR 10am-12pm Mexican Train Dominoes SL 11am-12pm Balloon Volleyball+ GYM 11am-4pm Pickleball (2 courts) GYM 12pm Social 60+ Café Lunch+* MPRC 12-4pm Mah Jongg SL 12:30-1pm Table Games+ MPRC 2-3pm Beg. Tai Chi Ch'uan** WELLR 2-3:30pm Computer Class* MPRA 4-7pm Table Games SL	27 8:30-9:30am Pickleball for Beginners** GYM 9-10am Yoga for Daily Living** WELLR 9:30-10:30am Pickleball II** GYM 10-11am English Class (REEP) MPRA 10am-12pm Ping Pong & Billiards GR 10:30-11:30am Chinese Dance+ WELLR 10:30-11:30am Blood Pressure Clinic CAFE 11:15am-12pm Jane Franklin Dance+ GYM 12pm Social 60+ Café Lunch+* MPRC 12-4pm Pickleball GYM 12:30-1pm Table Games+* MPRC 1-2:15pm Tai Chi Practice WELLR 2-4pm Bridge Practice MPRA 4-7pm Table Games MPRA 4:30-5:30pm Ukulele Practice MPRA 6-8pm BUNCO!	28 8:30-9:30am Pickleball II** GYM 9:30-10:30am Pickleball III** GYM 10-11am Croquet Outside 10:15-11am Bowling for Steps+ MPRBC 10am-12pm Canasta SL 10am-12pm Ping Pong & Billiards GR 11am-12pm Public Art Scavenger* MPRA 12pm Detective Riddles MPRC 12pm Social 60+ Café Lunch+* MPRC 12pm-2pm 55+ Basketball GYM 12-1pm Chair Yoga** WELLR 12:30-1pm Table Games+ MPRBC 1:30-3:30pm Social Bridge SL 2:15-4pm Pickleball GYM 2-3:30pm Computer Class* MPRA 4-7pm Table Games SL	29 8:30-11am Pickleball GYM 10-11am English Class (REEP) MPRA 10am-12pm Ping Pong & Billiards GR 10-11am Memory Game+ GYM 11:30am-12:15pm Jane Franklin Dance+ MPRC 1-4pm Pickleball GYM 12:30-1pm Table Games+ MPRC 12-4pm Mah Jongg SL 2-3pm Tai Chi Ch'uan** WELLR 4-7pm Table Games SL	30 10-11am Croquet Outside 10-10:45am Seated Soccer+ GYM 10am-12pm Ping Pong & Billiards GR 10am-12pm Cribbage SL 10am-12pm Scrabble SL 10am-12pm A Matter of Balance* MPRA 11am-4pm Pickleball GYM 11-12pm Charades+ MPRBC 12-12pm Social 60+ Café Lunch+* MPRC 12:30-1pm Table Games+ MPRC 1-3pm Sunshine Gang MPRA 1-2:15pm Tai Chi Practice 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
- ~~Strikethrough~~ = Program Cancelled
- Bold** = Special Program

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	