

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 8am-12pm Social 60+ Café+* RM527 9:30- 10:15am Seated Exercise +* RM411 10am-12pm Table Tennis RM217 10am-12pm Table Games RM205 11am-1pm Rummikub RM205 11:30am- 12pm Lunch (sign up ahead) Social 60+ Café +*	2 8am-12pm Social 60+ Café+* RM527 9:30-11am Matter of Balance RM411 10-11am Line Dance Practice RM421 10am-12pm Table Games RM205 10am- 12pm Open Art Studio RM526 10:30am-1pm 55+ Crafters RM404 11am-1pm Rummikub RM205 11:30am-12pm Lunch (sign up ahead) Social 60+ Café +* 2:30-4:00pm Spades RM205	3 8am-12pm Social 60+ Café+* RM527 9-11am Crochet RM205 9:30- 10:15am Seated Exercise+* RM411 11am-1pm Rummikub RM205 11:30am- 12pm Lunch (sign up ahead) Social 60+ Café +* 1:2pm Line Dance RM527	4 8am-12pm Social 60+ Café+* RM527 11am- 1pm Rummikub RM205 10am-12pm Open Art Studio RM526 11:30am-12pm Lunch (sign up ahead) Social 60+ Café +
7 8am-12pm Social 60+ Café+* RM527 9-11am Crochet RM205 10am-12pm Table Games RM205 10am-11:30am Computer Class* RM411 10am- 11am Line Dance Practice RM421 11am-1pm Rummikub RM205 11:30- 12pm Lunch (sign up ahead) Social 60+ Café +* 5-6pm Hatha Yoga Basics** RM527	8 8am-12pm Social 60+ Café+* RM527 9:30- 10:15am Seated Exercise +* RM411 10am-12pm Table Tennis RM217 10am-12pm Table Games RM205 11am-1pm Rummikub RM205 11:30am- 12pm Lunch (sign up ahead) Social 60+ Café +*	9 8am-12pm Social 60+ Café+* RM527 9:30-11am Matter of Balance RM411 10-11am Line Dance Practice RM421 10am-12pm Table Games RM205 10am- 12pm Open Art Studio RM526 10:30am-1pm 55+ Crafters RM404 11am-1pm Rummikub RM205 11:30am-12pm Lunch (sign up ahead) Social 60+ Café +* 2:30-4:00pm Spades RM205	10 8am-12pm Social 60+ Café+* RM527 9-10am Trekkers 2 nd FL Lobby RM205 9-11am Crochet RM205 9:30- 10:15am Seated Exercise+* RM411 11am-1pm Rummikub RM205 11:30am- 12pm Lunch (sign up ahead) Social 60+ Café +* 1:2pm Line Dance RM527	11 Closed in Observance of Veteran's Day
14 8am-12pm Social 60+ Café+* RM527 9-11am Crochet RM205 10am-12pm Table Games RM205 10am- 11am Line Dance Practice RM421 11am-1pm Rummikub RM205 11:30- 12pm Lunch (sign up ahead) Social 60+ Café +* 5-6pm Hatha Yoga Basics** RM527	15 8am-12pm Social 60+ Café+* RM527 9:30- 10:15am Seated Exercise +* RM411 10am-12pm Table Tennis RM217 10am-12pm Table Games RM205 11am-1pm Rummikub RM205 11:30am- 12pm Lunch (sign up ahead) Social 60+ Café +* 1:30-2:45pm Rock Music Legends* RM404	16 8am-12pm Social 60+ Café+* RM527 9:30-11am Matter of Balance RM411 10-11am Line Dance Practice RM421 10am-12pm Table Games RM205 10am- 12pm Open Art Studio RM526 10:30am-1pm 55+ Crafters RM404 11am-1pm Rummikub RM205 11:30am-12pm Lunch (sign up ahead) Social 60+ Café +* 2:30-4:00pm Spades RM205	17 8am-12pm Social 60+ Café+* RM527 9-11am Crochet RM205 9:30- 10:15am Seated Exercise+* RM411 11am-1pm Rummikub RM205 11:30am- 12pm Lunch (sign up ahead) Social 60+ Café +* 12-3pm Pickleball GYM 1-2pm Line Dance RM527 1-3:30pm Movies: Pinocchio* RM411	18 8am-12pm Social 60+ Café+* RM527 11am- 1pm Rummikub RM205 10am-12pm Open Art Studio RM526 11:30am-12pm Lunch (sign up ahead) Social 60+ Café +*
21 8am-12pm Social 60+ Café+* RM527 9-11am Crochet RM205 10am-12pm Table Games RM205 10am- 11am Line Dance Practice RM421 11am-1pm Rummikub RM205 11:30- 12pm Lunch (sign up ahead) Social 60+ Café +*	22 8am-12pm Social 60+ Café+* RM527 9:30- 10:15am Seated Exercise +* RM411 10am-12pm Table Tennis RM217 10am-12pm Table Games RM205 11am-1pm Rummikub RM205 11:30am- 12pm Lunch (sign up ahead) Social 60+ Café +*	23 8am-12pm Social 60+ Café+* RM527 9:30-11am Matter of Balance RM411 10-11am Line Dance Practice RM421 10am-12pm Table Games RM205 10am- 12pm Open Art Studio RM526 10:30-11:30am Healthy Holiday Tips* 10:30am-1pm 55+ Crafters RM 525 11am-1pm Rummikub RM404 11:30am-12pm Lunch (sign up ahead) Social 60+ Café +* 2:30-4:00pm Spades RM205	24 Closed for Thanksgiving break	25 Closed for Thanksgiving break
28 8am-12pm Social 60+ Café+* RM527 9-11am Crochet RM205 10am-12pm Table Games RM205 10am-11:30am Computer Class* RM411 10am- 11am Line Dance Practice RM421 11am-1pm Rummikub RM205 11:30- 12pm Lunch (sign up ahead) Social 60+ Café +*	29 8am-12pm Social 60+ Café+* RM527 9:30- 10:15am Seated Exercise +* RM411 10am-12pm Table Tennis RM217 10am-12pm Table Games RM205 11am-1pm Rummikub RM205 11:30am- 12pm Lunch (sign up ahead) Social 60+ Café +*	30 8am-12pm Social 60+ Café+* RM527 9:30-11am Matter of Balance RM411 10-11am Line Dance Practice RM421 10am-12pm Table Games RM205 10am- 12pm Open Art Studio RM526 10:30am-1pm 55+ Crafters RM404 11am-1pm Rummikub RM205 11:30am-12pm Lunch (sign up ahead) Social 60+ Café +* 2:30-4:00pm Spades RM205 4-5:30pm Karaoke* RM527		

ARLINGTON MILL 55+ CENTER CALENDAR November 2022

909 S. Dinwiddie St.,
Arlington, VA 22204
703-228-7369

Key

* = registration required

^ = fee required

+ = Social 60+ Café

Bold = speakers/special events/etc.

Weekend Programming:

Saturdays: RM205

Rummikub: 10am-12pm
Mah Jongg: 12-3pm

Sundays: RM205

Social Art Swap
Nov. 20 , 1-3pm

Open Table Games:
2-5pm

Check out the [weekly schedule](#) for Arlington Mill Community Center's gymnasium (updated as changes occur).