



| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|--|--|---|---|--|
|   | <p><b>1</b></p> 9:30-11:30am Rummikub RM 108<br>10:30-11:30am Social 60+ Bingo + SR<br>12-12:30 Social 60+ Café Lunch+ RM 113<br>1-2:30pm Yarn Creations RM108<br>1:30-2:30pm Book Club RM 125<br>2-3pm Drumming Outdoors (If rainy senior room)<br>3:30-5:30pm Volleyball Gym | <p><b>2</b></p> 9:30-11am Morning Meet-Up RM103<br>10:15-11am Exercise w/ Jill +* RM113<br>11am-2pm 55+ Fitness hrs.* RM202<br>12-12:45pm Social 60+ Café + RM113<br><b>1-3pm Start with a Picture*</b> RM 113<br>1-2:30pm Scrabble RM108<br>1-2pm French Conversation RM103<br>3:30-4:30pm NO -Tai Chi for Beginners**<br>7-9pm Women's Basketball Gym | <p><b>3</b></p> 9:30-11:30am Mah Jongg RM 103<br>10:30 Social 60+ RM113<br>12-12:30pm Social 60+ Café + RM 113<br><b>1:30-2:30pm Smart Home*</b> RM 108<br>2-3pm Italian Language Rm 103  | <p><b>4</b></p> 9:30-11am Spellbinders Meeting RM 108<br>10am-12pm German Conversation* Virtual<br>10:15-11am Exercise w/ Jill + RM 113<br>11am-2pm 55+ Fitness Rm hrs.* RM 202<br>12-12:30pm Social 60+ Café lunch + RM 113<br>12:30-3pm Pinochle RM 108  |
| <p><b>7</b></p> 10:30am Social 60+ Spellbinders + SR<br>11am-2pm 55+ Fitness hrs.* RM202<br>12-12:45pm Social60+ Café+ RM113<br>12:30-3pm Pinochle RM103<br>1:15-2:45pm Gentle & Med Yoga** RM108<br>3:15-4:15pm Chair Yoga** RM108<br>3:30-4:30pm Tai Chi for Beginners** RM113                         | <p><b>8</b></p> 9:30-11:30am Rummikub RM108<br><b>10:15am Social 60+ Jane Franklin + RM 113</b><br>12-12:30 Social 60+ Café Lunch+ RM 113<br>1-2:30pm Yarn Creations RM 108<br>2-3pm Drumming Outdoors (If rainy senior room)<br>3-5pm Volleyball Gym                          | <p><b>9</b></p> 9:30-11am Morning Meet-Up RM103<br>10:15-11am Exercise w/ Jill +* RM113<br>11am-2pm 55+ Fitness hrs.* RM202<br>12-12:45pm Social 60+ Café + RM113<br>1-2:30pm Scrabble RM108<br>1-2pm French Conversation RM103<br>3:30-4:30pm Tai Chi for Beginners** RM113<br>7-9pm Women's Basketball Gym  | <p><b>10</b></p> 9:30-11:30am Mah Jongg RM 108<br>10:15- Social 60+ P.A.L. + SR<br>12-12:30 Social 60+ Café Lunch +<br><b>1:30-2:30 Foxes of Arlington* RM108</b><br>2-3pm Italian Language RM 103  | <p><b>11</b></p>  <p><b>Veteran's Day CENTER CLOSED</b></p>   |
| <p><b>14</b></p> 10:15am Social 60+ Art + SR<br>11am-2pm 55+ Fitness hrs.* RM202<br>12-12:45pm Social 60+ Café+ RM113<br>12:30-3pm Pinochle RM103<br>1:15-2:45pm Gentle & Med Yoga** RM108<br>1:30-2:30 Scale Down RM 125<br>3:15-4:15pm Chair Yoga** RM108<br>3:30-4:30pm Tai Chi for Beginners** RM113 | <p><b>15</b></p> 9:30-11:30am Rummikub RM108<br>10:15am Social 60+ Art + SR<br>12-12:45pm Social 60+ Café Lunch+ RM113<br>1-2:30pm Yarn Creations RM108<br>2-3pm Drumming Outdoors (If rainy senior room)<br>3-5pm Volleyball Gym  | <p><b>16</b></p> 9:30-11am Morning Meet-Up RM108<br>11am-2pm 55+ Fitness hrs.* RM202<br>12-12:45pm Social 60+ Café Lunch+ RM113<br>1-2:30pm Scrabble Rm 108<br>1-2pm French Conversation RM 103<br>3:30-4:30pm Tai Chi for Beginners** RM113<br>7-9pm Women's Basketball Gym  | <p><b>17</b></p> 9:30-12:30pm Social 60+ Spellbinders + SR<br>10:15- Social 60+ P.A.L. + SR<br>11:15-11:45 Social 60+ Food Safety + SR<br><b>1-3pm Neurographic Art* RM 113</b><br>2-3pm Italian Language RM 103<br>2-3pm Board Games Anyone? | <p><b>18</b></p> 10am-12pm German Conversation* Virtual<br>11am-12pm <b>Sunset Science*</b> RM 108<br>10:15-11am Exercise w/ Jill + RM 113<br>10:15am- Social 60+ Baking w/ Joni + SR<br>11am-2pm 55+ Fitness Rm hrs.* RM 202<br>12-12:30pm Social 60+ Café lunch RM 113<br>12:30-3pm Pinochle RM 108<br><b>2-3pm Name that Tune*</b> RM 108 |
| <p><b>21</b></p> 10:15-10:45am Spellbinders + SR<br><b>10:30am-12pm Painting Demo* Virtual</b><br>11am-2pm 55+ Fitness hrs.* RM202<br>12-12:45pm Social 60+ Café+ RM113<br>12:30-3pm Pinochle RM103<br>3:30-4:30pm Tai Chi for Beginners** RM113   | <p><b>22</b></p> 9:30-11:30am Rummikub RM103<br>12-12:30 Social 60+ Giving Thanks Luncheon+ RM113<br>1-2:30pm Yarn Creations RM108<br>2-3pm Drumming Outdoors (If rainy senior room)<br>3:30-5:30pm Volleyball Gym   | <p><b>23</b></p> 9:30-11am Morning Meet-Up RM108<br>10:15-11am Exercise w/ Jill +* RM113<br>11:15am Social 60+ Art + SR<br>11am-2pm 55+ Fitness hrs.* RM202<br>12-12:45pm Social 60+ Café Lunch+ RM113<br>1-2:30pm Scrabble RM108<br>1-2pm French Conversation RM103<br>3:30-4:30pm Tai Chi for Beginners** RM113<br>7-9pm Women's Basketball Gym       | <p><b>24</b></p> <p><b>CENTER CLOSED</b></p> <p><b>Happy Thanksgiving!</b></p>  | <p><b>25</b></p> <p><b>CENTER CLOSED</b></p>   |
| <p><b>28</b></p> 10:15am Social 60+ Art + SR<br><b>10:30-11:30am Secrets Revealed* Virtual</b><br>11am-2pm 55+ Fitness Rm* RM 102<br>1:30-3pm Pinochle RM 103<br>1:30-2:30 Scale Down RM 125   | <p><b>29</b></p> 9:30-11:30am Rummikub RM103<br>10:15am Social 60+ Art + SR<br>12-12:30 Social 60+ Café Lunch +<br>1-2:30pm Yarn Creations RM108<br>2-3pm Drumming Outdoors (If rainy senior room)<br>3-5pm Volleyball Gym   | <p><b>30</b></p> 9:30-11am Morning Meet-Up RM108<br>9:45am-2:30pm Social 60+ Field Trip +<br><b>11am-12pm Executor's Responsibilities* Virtual</b><br>11am-2pm 55+ Fitness hrs.* RM202<br>1-2:30pm Scrabble RM108<br>1-2pm French Conversation RM103<br>7-9pm Women's Basketball Gym  |   |  |

# LANGSTON-BROWN 55+ CENTER ACTIVITY CALENDAR NOVEMBER 2022

2121 Culpeper St. N.,  
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.