

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY				
	<p>8:30-11am Cornhole Practice GYM 1</p> <p>9-10am Yoga for Daily Living** WELLR 1</p> <p>10-11am English Class (REEP) MPRA 1</p> <p>10-11am Craft+ MPRA 1</p> <p>10am-12pm Ping Pong &amp; Billiards GR 1</p> <p>11:15am-12pm Strength Training+ GYM 1</p> <p><b>11:30am-12:30pm Holiday Savings Tips*</b> MPRA 1</p> <p>12pm Social 60+ Café Lunch** MPRA 1</p> <p>12:30-1pm Table Games+ MPRA 1</p> <p>1-2:15pm Tai Chi Practice WELLR 1</p> <p>2-4pm Bridge Practice SL 1</p> <p>2-3pm Croquet Outside 1</p> <p>3-4pm Advisory Committee MPRA 1</p> <p>4:30-5:30pm Ukulele Class* CAFE 1</p> <p><b>NOTE: GYM Closed for Early Voting at noon</b></p>	<p>10am-12pm Canasta SL 2</p> <p>10am-12pm Ping Pong &amp; Billiards GR 2</p> <p>10:15-11am Art with Liz+ A&amp;C 2</p> <p><b>11am-12pm Shocking Mistakes!</b> MPRA 2</p> <p>Bowling+ MPRA 2</p> <p>11am-12pm Social 60+ Café Lunch** MPRA 2</p> <p>12pm Chair Yoga** WELLR 2</p> <p>12-1pm Table Games+ MPRA 2</p> <p>12:30-1pm Social Bridge MPRA 2</p> <p>1:30-3:30pm Computer Class* MPRA 2</p> <p>4-7pm Table Games SL 2</p> <p><b>NOTE: GYM Closed for Early Voting at noon</b></p>	<p>8:30-11am Cornhole Practice GYM 3</p> <p>10-11am English Class (REEP) MPRA 3</p> <p>10am-12pm Ping Pong &amp; Billiards GR 3</p> <p>10:30-11:30am Memory Game+ MPRA 3</p> <p>11:15am-12pm Strength Training+ GYM 3</p> <p>12pm Social 60+ Café Lunch** MPRA 3</p> <p>12:30-1pm Table Games+ MPRA 3</p> <p>12-4pm Mah Jongg SL 3</p> <p>1-2:30pm History Discussion Group* Virtual 3</p> <p>4-7pm Table Games SL 3</p> <p><b>NOTE: GYM Closed for Early Voting at noon</b></p>	<p>10-11am Art with Liz+ MPRA 4</p> <p>10am-12pm Ping Pong &amp; Billiards GR 4</p> <p>10am-12pm Cribbage SL 4</p> <p>10am-12pm A Matter of Balance* MPRA 4</p> <p>10am-3pm Scrabble SL 4</p> <p>11am-4pm Pickleball GYM 4</p> <p>11am-12pm Seated Soccer+ WELLR 4</p> <p>12pm Social 60+ Café Lunch** MPRA 4</p> <p>12:30-1pm Table Games+ MPRA 4</p> <p>1-3pm Sunshine Gang MPRA 4</p> <p>1-2:15pm Tai Chi Practice WELLR 4</p> <p>2-3pm Croquet Outside 4</p> <p>4-7pm Table Games SL 4</p>				
<p>8:30-10am Pickleball (2 courts) GYM 7</p> <p>10-11am Abs. Beginner PB (1 court) GYM 7</p> <p>10-11am Pickleball (1 court) GYM 7</p> <p>10-11am Gardening+ OUTSIDE 7</p> <p><b>10-11:30am Until Help Arrives*</b> MPRA 7</p> <p>10-11:30am Current Events* SL 7</p> <p>10am-12pm Mexican Train Dominoes A&amp;C 7</p> <p>10am-12pm Ping Pong &amp; Billiards GR 7</p> <p>11am-4pm Pickleball (2 courts) GYM 7</p> <p>11-12pm Cornhole+ MPRA 7</p> <p>12pm Social 60+ Café Lunch** MPRA 7</p> <p>12-4pm Mah Jongg SL 7</p> <p>12:30-1pm Table Games+ MPRA 7</p> <p>2-3pm Beginner Tai Chi Ch'uan** WELLR 7</p> <p>4-7pm Table Games SL 7</p>	<p>8:30-11am Cornhole Practice GYM 8</p> <p>9-10am Yoga for Daily Living** WELLR 8</p> <p>10-11am English Class (REEP) MPRA 8</p> <p>10am-12pm Ping Pong &amp; Billiards GR 8</p> <p>11:15am-12pm Strength Training+ WELLR 8</p> <p>12pm Social 60+ Café Lunch** MPRA 8</p> <p>12:30-1pm Table Games+ MPRA 8</p> <p>1-2:15pm Tai Chi Practice WELLR 8</p> <p>2-3pm Croquet Outside 8</p> <p>2-4pm Bridge Practice SL 8</p> <p>4:30-5:30pm Ukulele Practice MPRA 8</p> <p><b>6:30-8pm Singles Night*</b> SL 8</p> <p><b>VOTING DAY - GYM Closed</b></p>	<p>8:30-11am Canasta SL 9</p> <p>10am-12pm Ping Pong &amp; Billiards GR 9</p> <p>10-11am Bowling+ GYM 9</p> <p>11am-12pm Detective Riddles+ MPRA 9</p> <p>12pm Social 60+ Café Lunch** MPRA 9</p> <p>12-1pm Chair Yoga** WELLR 9</p> <p>12pm 55+ Basketball GYM 9</p> <p>12:30-1pm Table Games+ MPRA 9</p> <p>1-2:15pm Social Bridge MPRA 9</p> <p>2-3:30pm Computer Class* MPRA 9</p> <p>2:15-4pm Pickleball GYM 9</p> <p>4-7pm Table Games SL 9</p>	<p>8:30-11am Cornhole Practice GYM 10</p> <p>10-11am English Class (REEP) MPRA 10</p> <p>10am-12pm Ping Pong &amp; Billiards GR 10</p> <p>10-11am Memory Game+ MPRA 10</p> <p><b>11am-12pm Preparing Parsnips*</b> A&amp;C 10</p> <p>11:15am-12pm Strength Training+ GYM 10</p> <p>12pm Social 60+ Café Lunch** MPRA 10</p> <p>12:15-4pm Pickleball GYM 10</p> <p>12:30-1pm Table Games+ MPRA 10</p> <p>History Discussion Group* Virtual 10</p> <p>12-4pm Mah Jongg SL 10</p> <p>2-3pm Tai Chi Ch'uan** WELLR 10</p> <p>3-4pm Movie Discussion* Virtual 10</p> <p>4-7pm Table Games SL 10</p> <p>VETERANS DAY CENTER CLOSED</p>	<p>8:30-10am Pickleball (2 courts) GYM 14</p> <p>10-11am Abs. Beginner PB (1 court) GYM 14</p> <p>10-11am Pickleball (1 court) GYM 14</p> <p>10am-12pm Ping Pong &amp; Billiards GR 14</p> <p><b>10-11:30am Making the Most of Medicare</b> MPRA 14</p> <p>11am-4pm Pickleball (2 courts) GYM 14</p> <p>12pm Social 60+ Café Lunch** MPRA 14</p> <p>12-4pm Mah Jongg SL 14</p> <p><b>11:30am-1:30pm Medicare Appointments*</b> GR 14</p> <p>12:30-1pm Table Games+ MPRA 14</p> <p><b>12:30-1:30pm 55+ Friendsgiving*</b> MPRA 14</p> <p>2-3pm Beginner Tai Chi Ch'uan** WELLR 14</p> <p>4-7pm Table Games SL 14</p>	<p>8:30-11am Cornhole Practice GYM 15</p> <p>9-10am Yoga for Daily Living** WELLR 15</p> <p>10-11am English Class (REEP) MPRA 15</p> <p>10am-12pm Ping Pong &amp; Billiards GR 15</p> <p>10-11am Craft+ MPRA 15</p> <p>11:15am-12pm Strength Training+ GYM 15</p> <p>12pm Social 60+ Café Lunch** MPRA 15</p> <p>12:15-4pm Pickleball GYM 15</p> <p>12:30-1pm Table Games+ MPRA 15</p> <p>1-2:15pm Tai Chi Practice WELLR 15</p> <p>2-3pm Croquet Outside 15</p> <p>2-4pm Bridge Practice SL 15</p> <p>4:30-5:30pm Ukulele Practice MPRA 15</p> <p><b>6:30-7:30pm Generation You and Me*</b> MPRA 15</p> <p><b>7-8:30pm Acoustic Café*</b> CAFE 15</p>	<p>10am-12pm Canasta SL 16</p> <p>10am-12pm Ping Pong &amp; Billiards GR 16</p> <p>10-11am Art with Jim+ GYM 16</p> <p>11am-12pm Detective Riddles+ MPRA 16</p> <p>12-1pm Chair Yoga** WELLR 16</p> <p>12pm 55+ Basketball GYM 16</p> <p>12:30-1pm Table Games+ MPRA 16</p> <p>1:30-3:30pm Social Bridge MPRA 16</p> <p>2-3:30pm Computer Class* MPRA 16</p> <p>2:15-4pm Pickleball GYM 16</p> <p>4-7pm Table Games SL 16</p>	<p>8:30-11am Cornhole Practice GYM 17</p> <p>10-11am English Class (REEP) MPRA 17</p> <p>10am-12pm Ping Pong &amp; Billiards GR 17</p> <p>10am-3pm Social 60+ Café Lunch** MPRA 17</p> <p>12:15-4pm Pickleball GYM 17</p> <p>History Discussion Group* Virtual 17</p> <p>12-4pm Mah Jongg SL 17</p> <p>2-3pm Tai Chi Ch'uan** WELLR 17</p> <p>4-7pm Table Games SL 17</p>	<p>10am-10:45am Art with Jim+ MPRA 18</p> <p>10am-12pm Ping Pong &amp; Billiards GR 18</p> <p>10am-12pm Cribbage SL 18</p> <p>10am-3pm Scrabble SL 18</p> <p>11am-12pm Handball+ WELLR 18</p> <p>11am-4pm Pickleball GYM 18</p> <p>12pm Social 60+ Café Lunch** MPRA 18</p> <p>12:30-1pm Table Games+ MPRA 18</p> <p>1-3pm Sunshine Gang MPRA 18</p> <p>1-2:15pm Tai Chi Practice WELLR 18</p> <p>2-3pm Croquet Outside 18</p> <p>4-7pm Table Games SL 18</p>
<p>8:30-10am Pickleball (2 courts) GYM 21</p> <p>10-11am Abs. Beginner PB (1 court) GYM 21</p> <p>10-11am Pickleball (1 court) GYM 21</p> <p>10-11am Gardening+ OUTSIDE 21</p> <p>10-11:30am Current Events* SL 21</p> <p>10am-12pm Mexican Train Dominoes SL 21</p> <p>10am-12pm Ping Pong &amp; Billiards GR 21</p> <p>11-12pm Cornhole+ WELLR 21</p> <p>11am-4pm Pickleball (2 courts) GYM 21</p> <p>12pm Social 60+ Café Lunch** MPRA 21</p> <p>12-4pm Mah Jongg SL 21</p> <p>12:30-1pm Table Games+ MPRA 21</p> <p>4-7pm Table Games SL 21</p>	<p>8:30-11am Cornhole Practice GYM 22</p> <p>10-11am English Class (REEP) MPRA 22</p> <p>10-11am Craft+ MPRA 22</p> <p>10am-12pm Ping Pong &amp; Billiards GR 22</p> <p>11:15am-12pm Strength Training+ WELLR 22</p> <p>12pm Social 60+ Café Lunch** MPRA 22</p> <p>12:15-4pm Pickleball GYM 22</p> <p>12:30-1pm Table Games+ MPRA 22</p> <p>1-2:15pm Tai Chi Practice WELLR 22</p> <p>2-3pm Croquet Outside 22</p> <p>2-4pm Bridge Practice SL 22</p> <p>4:30-5:30pm Ukulele Class* MPRA 22</p>	<p>10am-12pm Canasta SL 23</p> <p>10am-12pm Ping Pong &amp; Billiards GR 23</p> <p>10:15-11am Bowling+ GYM 23</p> <p>11am-12pm Detective Riddles+ MPRA 23</p> <p>12pm Social 60+ Café Lunch** MPRA 23</p> <p>12pm 55+ Basketball GYM 23</p> <p>12:30-1pm Table Games+ MPRA 23</p> <p>1:30-3:30pm Social Bridge MPRA 23</p> <p>2-3:30pm Computer Class* MPRA 23</p> <p>2:15-4pm Pickleball GYM 23</p> <p>4-7pm Table Games SL 23</p>	<p>HAPPY THANKSGIVING CENTER CLOSED</p>	<p>25</p> <p>COUNTY HOLIDAY CENTER CLOSED</p>				
<p>8:30-10am Pickleball (2 courts) GYM 28</p> <p>10-11am Abs. Beginner PB (1 court) GYM 28</p> <p>10-11am Pickleball (1 court) GYM 28</p> <p>10:15-11am Baking w/ Joni+ MPRA 28</p> <p><b>10-10:30am Scoring the Best Deal</b> MPRA 28</p> <p><b>10:45-11:15am Why Won't the WI-FI Work?</b> MPRA 28</p> <p><b>11:30am-12pm Network Security &amp; Scams</b> MPRA 28</p> <p>10am-12pm Ping Pong &amp; Billiards GR 28</p> <p>10am-12pm Mexican Train Dominoes SL 28</p> <p>11am-12pm Halloween Craft+ SL 28</p> <p>11am-4pm Pickleball (2 courts) GYM 28</p> <p>12pm Social 60+ Café Lunch** MPRA 28</p> <p>12-4pm Mah Jongg SL 28</p> <p>12:30-1pm Bday Celebration+ MPRA 28</p> <p>4-7pm Table Games SL 28</p>	<p>8:30-11am Cornhole Practice GYM 29</p> <p>10-11am English Class (REEP) MPRA 29</p> <p>10-11am Craft+ MPRA 29</p> <p>10am-12pm Ping Pong &amp; Billiards GR 29</p> <p>11:15am-12pm Strength Training+ WELLR 29</p> <p>12pm Social 60+ Café Lunch** MPRA 29</p> <p>12:15-4pm Pickleball GYM 29</p> <p>12:30-1pm Table Games+ MPRA 29</p> <p>1-2:15pm Tai Chi Practice WELLR 29</p> <p>2-3pm Croquet Outside 29</p> <p>2-4pm Bridge Practice SL 29</p> <p>4:30-5:30pm Ukulele Practice MPRA 29</p>	<p>10am-12pm Canasta SL 30</p> <p>10am-12pm Ping Pong &amp; Billiards GR 30</p> <p>10:15-11am Bowling+ GYM 30</p> <p>11am-12pm Detective Riddles+ MPRA 30</p> <p>12pm Social 60+ Café Lunch** MPRA 30</p> <p>12pm 55+ Basketball GYM 30</p> <p>12:30-1pm Table Games+ MPRA 30</p> <p>1:30-3:30pm Social Bridge MPRA 30</p> <p>2-3:30pm Computer Class* MPRA 30</p> <p>2:15-4pm Pickleball GYM 30</p> <p>4-7pm Table Games SL 30</p>						

# WALTER REED 55+ CENTER ACTIVITY CALENDAR

November 2022  
2909 16<sup>th</sup> St. S.  
Arlington 22204

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