



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
<p>5</p> <p>10:30am Social 60+ Jane Franklin + Rm 113 10:15am Social 60+ Baking w/ Joni + SR 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 3:15-4:15pm Chair Yoga Class** RM108</p>	<p>6</p> <p>9:30-11:30am Rummikub RM 108 10:30-11:30am Social 60+ Bingo + SR 11:30am Spellbinders + SR 12-12:30pm Social 60+ Café + RM113 1-2:30pm Yarn Creations RM 108 1:30-2:30pm Book Club RM 125 2-3pm Drumming SR 3:30-5:30pm Volleyball Gym</p>	<p>7</p> <p>9:30-11am Morning Meet-Up RM 108 10:15-11am Exercise w/ Jill + RM113 11:15-12:00pm Paino Lounge w/ Valerie + SR 11am-2pm 55+ Fitness hrs.* RM202 12-12:45pm Social 60+ Café + RM113 1-2:30pm Scrabble RM108 1-2pm French Conversation RM103 7-9pm Women's Basketball Gym</p>	<p>1</p> <p>9:30-11:30am Mah Jongg RM 103 10:30-11:30am Medicare Enrollment* RM 108 12-12:30pm Social 60+ Café + RM113 2-3:00pm Italian Language Rm103</p>	<p>2</p> <p>10am-12pm German Conversation* Virtual 10:15-11am Exercise w/ Jill + RM 113 11am-12pm Astromer's View: The Star of Bethlehem* RM 113 11am-2pm 55+ Fitness Rm hrs.* RM 202 12-12:30pm Social 60+ Café lunch + RM 113 12:30-3pm Pinochle RM 108</p>
<p>12</p> <p>10:15am Social 60+ Art + SR 10:30am-12pm Painting Demo* Virtual 11am-2pm 55+ Fitness hrs.* RM202 12-12:45pm Social 60+ Café + RM103 12:30-3pm Pinochle RM103 1:15-2:45pm Gentle & Med Yoga** RM108 1:30-2:30pm Scale Down RM 125 3:15-4:15pm Chair Yoga** RM108</p>	<p>13</p> <p>9:30-11:30am Rummikub RM 103 10:15am Social 60+ Art + SR 12-12:45am Social 60+ Café Lunch + RM113 1-2:30pm Yarn Creations RM108 2-3pm Drumming SR 3:30-5:30pm Volleyball Gym</p>	<p>14</p> <p>9:30-11am Morning Meet-Up RM 108 10:15-11am Exercise w/ Jill + RM 113 11am-2pm 55+ Fitness hrs.* RM202 12-12:45pm Social 60+ Café Lunch + RM113 1-2:30pm Scrabble Rm 108 1-2pm French Conversation Rm 103 7-9pm Women's Basketball Gym</p>	<p>15</p> <p>9:30-11:30am Mah Jongg RM 103 10:30am Piano Lounge w/ Valerie + SR 11am Holiday Charcuterie Ideas VCE* 12-12:30pm Social 60+ Café + RM113 2-3:00pm Italian Language RM 103</p>	<p>16</p> <p>10am-12pm German Conversation* Virtual 10:15-11am Exercise w/ Jill + RM 113 11am-2pm 55+ Fitness Rm hrs.* RM 202 12-12:30pm Social 60+ Café lunch + RM 113 12:30-3pm Pinochle RM 108</p>
<p>19</p> <p>10:15-10:45am Spellbinders + SR 10:30-11:30am Secrets Revealed* Virtual 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 3:15-4:15pm Chair Yoga** RM108</p>	<p>20</p> <p>9:30-11:30am Rummikub RM 103 10:30-11:30am Holiday Sing-Along* RM 113 12:00-12:45 Social 60+ Café Lunch + RM113 1-2:30pm Yarn Creations RM108 2-3pm Drumming SR 3:30-5:30pm Volleyball Gym</p>	<p>21</p> <p>9:30-11am Morning Meet-Up RM 108 10:15-11am Exercise w/ Jill + RM113 11:15am Social 60+ Art + 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 7-9pm Women's Basketball Gym</p>	<p>22</p> <p>9:30-11:30am Mah Jongg RM 108 12-12:30 Social 60+ Café Lunch + SR 2-3:00pm Italian Language RM 103</p>	<p>23</p> <p>10am-12pm German Conversation* Virtual 10:15-11am Exercise w/ Jill + RM 113 10:15am Social 60+ Baking w/ Joni + SR 11am-2pm 55+ Fitness Rm hrs.* RM 202 12-12:30pm Social 60+ Café lunch + RM 113 12:30-3pm Pinochle RM 108</p>
<p>26</p> <p>COUNTY HOLIDAY Center Closed</p> <p style="text-align: center;"></p>	<p>27</p> <p>9:30-11:30am Rummikub RM 103 10:15am Social 60+ Art SR 12-12:30pm Social 60+ Café Lunch + RM113 1-2:30pm Yarn Creations RM108 2-3pm Drumming SR 3:30-5:30pm Volleyball Gym</p>	<p>28</p> <p>9:30-11am Morning Meet-Up RM 108 10:15-11am Exercise w/ Jill + RM113 11:15am Social 60+ Art + 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 7-9pm Women's Basketball Gym</p>	<p>29</p> <p>9:30-11:30am Mah Jongg RM 108 10:15am Spellbinders + SR 12-12:30 Social 60+ Café Lunch + SR 2-3:00pm Italian Language RM 103</p>	<p>30</p> <p>10am-12pm German Conversation* Virtual 10:15-11am Exercise w/ Jill + RM 113 11am-2pm 55+ Fitness Rm hrs.* RM 202 12-12:30pm Social 60+ Café lunch + RM 113 12:30-3pm Pinochle RM 108</p>

LANGSTON-BROWN 55+ CENTER ACTIVITY CALENDAR

DECEMBER 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.