

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			10-11am Full Fitness* GYM 10am-1pm Social Bridge RM115 1-2pm SAIL* RM119 2-4pm Drop in Volleyball GYMB 6-7pm Holiday Recipe Exchange* RM115	9-10am Strength Training* GYMA 10:15-11:15am Total Body Fitness* GYMA 11:30am-12:30pm Tai Chi Practice-Yang RM119 12-3pm Social Bridge RM115 12:30-1:30pm Tai Chi Practice-Taolist RM119 1:45-3:15pm Social Ballroom RM119
5	6	7	8	9
10-10:30am Reading Buddies* RM115 10-11am Total Body Fitness* GYMA 10-11am Morning Meetup RM115 11:30am-12:30pm Tai Chi Practice-Yang RM119 12-3pm Social Bridge RM115 1-2pm SAIL* RM119 1-2:30pm Traditional Hatha Yoga** RM116	7:30-8:30am Bootcamp** GYMA 10-11am Full Fitness* GYM 10:30-11:30am Traditional Hatha Yoga** RM116 11:45-12:45pm Gentle Hatha Yoga** RM116 1-2:30pm Encore Chorale** RM119 1-3pm Rummikub RM115 2:15-3pm Zumba** RM116	9-10am Strength Training* GYMA 11:30am-12:30pm Tai Chi Practice-Yang RM119 12:30-1:30pm Tai Chi Practice-Taolist RM119 1:30-3:30pm Opera Appreciation* RM115 4-5:15pm Traditional Hatha Yoga** RM126	10-11am Full Fitness* GYM 10am-1pm Social Bridge RM115 1-2pm SAIL* RM119 1:30-3pm Beginner Quilling** RM115 2-4pm Drop in Volleyball GYMB 6-7pm Pickleball Class** GYM 6-7pm What Can Your Amazon Account Do?* RM115	9-10am Strength Training* GYMA 10:15-11:15am Total Body Fitness* GYMA 11:30am-12:30pm Tai Chi Practice-Yang RM119 12-3pm Social Bridge RM115 12:30-1:30pm Tai Chi Practice-Taolist RM119
12	13	14	15	16
10-11am Total Body Fitness* GYMA 10-11am Morning Meetup RM115 11:30am-12:30pm Tai Chi Practice-Yang RM119 12-3pm Social Bridge RM115 1-2pm SAIL* RM119 1-2:30pm Traditional Hatha Yoga** RM116	7:30-8:30am Bootcamp** GYMA 10-10:30am Reading Buddies* RM115 10-11am Full Fitness* GYM 10:30-11:30am Traditional Hatha Yoga** RM116 11am-12pm Identity Theft* RM115 11:45-12:45pm Gentle Hatha Yoga** RM116 1-2:30pm Encore Chorale** RM119 1-3pm Rummikub RM115 2:15-3pm Zumba** RM116	9-10am Strength Training* GYMA 10:30-11:30am Study of Words* RM115 11:15-12:30pm History Roundtable* VIRTUAL 11:30am-12:30pm Tai Chi Practice-Yang RM119 12:30-1:30pm Tai Chi Practice-Taolist RM119 2-3pm Advisory Committee Meeting RM115 4-5:15pm Traditional Hatha Yoga** RM126	10-11am Full Fitness* GYM 10am-1pm Social Bridge RM115 1-2pm SAIL* RM119 1:30-3:30pm Sudoku RM115 2-4pm Drop in Volleyball GYMB 6-7pm Pickleball Class** GYM 6-7pm Holiday Karaoke* RM115	9-10am Strength Training* GYMA 10-11am Love Furry Friends?* RM115 10:15-11:15am Total Body Fitness* GYMA 11:30am-12:30pm Tai Chi Practice-Yang RM119 12-3pm Social Bridge RM115 12:30-1:30pm Tai Chi Practice-Taolist RM119 1:45-3:15pm Social Ballroom RM119
19	20	21	22	23
10-11am Total Body Fitness* RM119 10-11am Morning Meetup RM115 11:30am-12:30pm Tai Chi Practice-Yang RM119 12-3pm Social Bridge RM115 1-2pm SAIL* RM119 1-2:30pm Traditional Hatha Yoga** RM116 4-5pm Filmmaker Interest Group* RM115	7:30-8:30am Bootcamp** GYMA 10-11am Full Fitness* GYM 10am-12pm Remote Care Technology* RM115 10:30-11:30am Traditional Hatha Yoga** RM116 11:30am-1pm Genealogy 101* RM115 11:45-12:45pm Gentle Hatha Yoga** RM116 1-3pm Rummikub RM115 2:15-3pm Zumba** RM116	9-10am Strength Training* RM119 11:30am-12:30pm Tai Chi Practice-Yang RM119 12:30-1:30pm Tai Chi Practice-Taolist RM119 1:30-3:30pm Opera Appreciation* RM121 4-5:15pm Traditional Hatha Yoga** RM126	10-11am Full Fitness* GYM 10am-1pm Social Bridge RM115 1-2pm SAIL* RM119 2-4pm Drop in Volleyball GYMB 6-7pm Pickleball Class** GYM	9-10am Strength Training* GYMA 10:15-11:15am Total Body Fitness* GYMA 11:30am-12:30pm Tai Chi Practice-Yang RM119 12-3pm Social Bridge RM115 12:30-1:30pm Tai Chi Practice-Taolist RM119
26	27	28	29	30
Center Closed	7:30-8:30am Bootcamp** GYMA 10-11am Full Fitness* GYM 10:30-11:30am Traditional Hatha Yoga** RM116 11am-12pm Get to Know Ashley* RM115 11:45-12:45pm Gentle Hatha Yoga** RM116 1-3pm Rummikub RM115 2:15-3pm Zumba** RM116	9-10am Strength Training* GYMA 11:30am-12:30pm Tai Chi Practice-Yang RM119 12:30-1:30pm Tai Chi Practice-Taolist RM119 1:30-2:45pm Local History* RM115 4-5:15pm Traditional Hatha Yoga** RM126	8-9am Gyrokinesis** RM116 10-11am Full Fitness* GYM 10am-1pm Social Bridge RM115 1-2pm SAIL* RM119 2-4pm Drop in Volleyball GYMB 6-7pm Pickleball Class** GYM 6-7pm Trivia Night* RM115	9-10am Strength Training* GYMA 10:15-11:15am Total Body Fitness* GYMA 11:30am-12:30pm Tai Chi Practice-Yang RM119 12-3pm Social Bridge RM115 12:30-1:30pm Tai Chi Practice-Taolist RM119 2-4pm New Year's Eve Celebration** RM115

LUBBER RUN 55+ CENTER ACTIVITY CALENDAR

December 2022

300 N. Park Drive,
Arlington
703-228-4747

KEY

* = registration required
^ = fee required
+ = Social 60+ Café
Bold = speakers/special events/etc.

RM115 - Magnolia
RM116 - Walnut
RM119 - Oak
RM121 - Hickory
RM126 - Beech

NOTE: Programs without a symbol are considered Drop-in and do not require registration.

WEEKENDS

GrandDay:
Winter Wonderland Ball
Saturday, December 17
2-4:30pm
Please register by Dec. 14. Cost: \$10