

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED FOR THE HOLIDAY	3 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 +*	4 8am-12pm Social 60+ Café+* RM527 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 4-6pm Karaoke RM527	5 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	6 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 +
9 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	10 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 +*	11 8am-12pm Social 60+ Café+* RM527 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 +* 1:30-3:30pm YouTube Painting class* RM527 2-3pm Travel Tricks and Tips* RM525 2:30-4:00pm Spades RM205	12 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	13 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 + 11am- 12:45pm Open Latin Dance RM421
16 CLOSED FOR THE HOLIDAY	17 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 +*	18 8am-12pm Social 60+ Café+* RM527 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 +* 12-1pm Dementia 101* RM411 2:30-4:00pm Spades RM205 4-6pm Karaoke RM527	19 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 1-3:30pm Father Stu (R)* RM411	20 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 +*
23 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	224 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 +*	25 8am-12pm Social 60+ Café+* RM527 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 +* 12:30-1:30pm Estate Planning 101* RM411 2:30-4:00pm Spades RM205	26 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	27 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 + 1-3pm Social Ballroom Dance RM421
30 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	31 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 +*			

ARLINGTON MILL 55+ CENTER CALENDAR January 2023

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

Social Art Swap*
1:30-3:30 pm
January 29

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