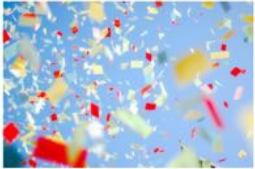





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>HAPPY NEW YEAR - CENTER CLOSED</b> 	<b>3</b> 9:30-11:30am Rummikub RM 108 10:30-11:30am Social 60+ Bingo + SR 12-12:30 Social 60+ Café Lunch + RM 113 1-2:30pm Yarn Creations RM 108 1:30-2:30pm Book Club RM 125 2-3pm Drumming Outdoors (If rainy senior room) 3:30-5:30pm Volleyball Gym	<b>4</b> 9:30-11am Morning Meet-Up RM103 10:15-11am Exercise w/ Jill + RM113 11am-2pm 55+ Fitness hrs.^ RM202 11:15am-12pm Social 60+ Health & Wellness Presentation + SR 12-12:45pm Social 60+ Café + RM113 1-2:30pm Scrabble RM108 1-2pm French Conversation RM103 3:30-4:30pm Intermediate Tai Chi** RM 113 7-9pm Women's Basketball Gym	<b>5</b> 9:30-11:30am Mah Jongg RM 103 12-12:30pm Social 60+ Café + Rm113 1-3pm Intermediate Drawing & Painting Class** (1) RM 113 2-3:00pm Italian Language Rm 108	<b>6</b> 9:30-11am Spellbinders Meeting RM 108 10am-12pm German Conversation* Virtual RM 113 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
<b>9</b> 10:30am Social 60+ Café + 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 1:30-2:30pm Scale Down RM 125 3:15-4:15pm Chair Yoga** RM108	<b>10</b> 9:30-11:30am Rummikub RM108 10:15am Social 60+ Jane Franklin + RM 113 12-12:30 Social 60+ Café Lunch + RM 113 1-2:30pm Yarn Creations RM 108 2-3pm Drumming Outdoors (If rainy senior room) 3:30-5:30pm Volleyball Gym	<b>11</b> 9:30-11am Morning Meet-Up RM103 10:15-11am Exercise w/ Jill + RM113 11am-2pm 55+ Fitness hrs.^ RM202 12-12:45pm Social 60+ Café + RM113 1-2:30pm Scrabble RM108 1-2pm French Conversation RM103 3:30-4:30pm Intermediate Tai Chi** RM 113 7-9pm Women's Basketball Gym	<b>12</b> 9:30-11:30am Mah Jongg RM 103 <b>11am-12pm What is Acupuncture? RM108</b> 12-12:30 Social 60+ Café + RM 113 1-3pm Intermediate Drawing & Painting Class** (2) RM 113 2-3 pm Italian Language RM 108 <b>2-3pm Board Games Anyone? RM 108</b>	<b>13</b> 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
<b>16</b>  <b>Martin Luther King Day</b> <b>Center Closed</b>	<b>17</b> 9:30-11:30am Rummikub RM103 10:15am Social 60+ Baking w/ JONI + SR 12-12:45am Social 60+ Café Lunch + RM108 1-2:30pm Yarn Creations RM108 2-3pm Drumming Outdoors (If rainy senior room) 3:30-5:30pm Volleyball Gym	<b>18</b> 9:30-11am Morning Meet-Up RM108 11am-12pm <b>What's Contained in a Will? Virtual</b> 11am-2pm 55+ Fitness hrs.^ RM202 12-12:45pm Social 60+ Café Lunch + RM113 1-2:30pm Scrabble Rm 108 <b>1-2pm Fitness Center Orientation*</b> 1-2pm French Conversation Rm 103 3:30-4:30pm Intermediate Tai Chi** RM 113 7-9pm Women's Basketball Gym	<b>19</b> 9:30-12:30pm Social 60+ Café + RM 103 9:30-11:30am Mah Jongg RM 103 <b>11am-12pm Controlling Clutter* RM 108</b> 2-3pm Italian Language RM 103 1-3pm Intermediate Drawing & Painting Class** (3) RM 113	<b>20</b> 10am-12pm German Conversation* Virtual RM 113 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
<b>23</b> <b>10:30-11:30am Secrets Revealed* Virtual</b> 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 1:30-2:30pm Scale Down RM 125 3:15-4:15pm Chair Hatha Yoga** RM 108	<b>24</b> 9:30-11:30am Rummikub RM103 <b>11am-12pm Advance Care Planning RM 108</b> 12-12:30 Social 60+ Café Lunch + RM113 1-2:30pm Yarn Creations RM108 2-3pm Drumming Outdoors (If rainy senior room) 3:30-5:30pm Volleyball Gym	<b>25</b> 9:30-11am Morning Meet-Up RM103 10:15- 11am Exercise w/ Jill + RM113 <b>11am-12pm Basics of Genealogy* RM 108</b> 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 3:30-4:30pm Intermediate Tai Chi** RM 113 7-9pm Women's Basketball Gym	<b>26</b> 9:30-11:30am Mah Jongg RM 108 12-12:30 Social 60+ Café Lunch + RM 113 1-3pm Intermediate Drawing & Painting Class** (4) RM 113 2-3pm Italian Language RM 103	<b>27</b> 10am-12pm German Conversation* Virtual RM 113 10:15 -11am Exercise w/ Jill + RM 113 11:00am Social 60+ RM 202 11am-2pm 55+ Fitness Rm hrs.^ RM 202 12-12:30pm Social 60+ Café Lunch + RM 113 12:30-3pm Pinochle RM 108
<b>30</b> 10:15am Social 60+ Art + SR 11am-2pm 55+ Fitness Rm^ RM 102 12:30-3pm Pinochle RM 103 1:15-2:30 Gentle & Med Yoga** RM 08 3:15-4:15pm Chair Hatha Yoga** RM 108	<b>31</b> 9:30-11:30am Rummikub RM103 10:15am Social 60+ Art + SR <b>11am-12pm Advance Care Planning RM 108</b> 12-12:30 Social 60+ Café Lunch + RM108 1-2:30pm Yarn Creations RM108 2-3pm Drumming Outdoors (If rainy senior room) 3:30-5:30pm Volleyball Gym			

# LANGSTON-BROWN 55+ CENTER ACTIVITY CALENDAR

JANUARY 2023

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.