

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|--|
| 2 Center Closed | 3 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 1-3pm Rummikub RM115 2:15-3pm Zumba** RM116 | 4 9-10am Strength Training* GYMA 10-11am Aging Skin* RM115 11:30-12:30pm Tai Chi Practice-Yang RM119 12:30-1:30pm Tai Chi Practice-Taoist RM119 1:30-3:30pm Opera Appreciation* RM115 4-5:15pm Traditional Hatha Yoga** RM126 | 5 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 5:30-6:30pm Fan Mural Unveiling RM115 | 6 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-Taoist RM119 1:45-3:15pm Social Ballroom RM119 |
| 9 10-11am Total Body Fitness* GYMA 10-11am Morning Meetup RM115 10-10:30am Reading Buddies* 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 | 10 7:30-8:30am Bootcamp** GYMA 10-11am Full Fitness* GYM 10-11am Food Safety at Home* RM115 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 | 11 9-10am Strength Training* GYMA 10-11am Preventing or Delaying Dementia* RM115 10:30-11:45am Study of Words* RM126 11:30-12:30pm Tai Chi Practice-Yang RM119 12:30-1:30pm Tai Chi Practice-Taoist RM119 2-3pm Advisory Committee Meeting RM115 4-5:15pm Traditional Hatha Yoga** RM126 | 12 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 Email Basics* RM115 | 13 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-Taoist RM119 |
| 16 Center Closed | 17 7:30-8:30am Bootcamp** GYMA 10-11am Full Fitness* GYM 10:30-11:30am Traditional Hatha Yoga** RM116 11:30am-1pm Genealogy 101* RM115 11:45-12:45pm Gentle Hatha Yoga** RM116 1-2:30pm Encore Chorale** RM119 1:30-2:45pm Rock Music Legends: New Year Soul* RM115 1-3pm Rummikub RM115 2:15-3pm Zumba** RM116 | 18 9-10am Strength Training* GYMA 11:30-12:30pm Tai Chi Practice-Yang RM119 12:30-1:30pm Tai Chi Practice-Taoist RM119 1:30-3:30pm Opera Appreciation* RM115 4-5:15pm Traditional Hatha Yoga** RM126 | 19 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 Records and Rootbeer Floats* RM115 | 20 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-Taoist RM119 1:45-3:15pm Social Ballroom RM119 |
| 23 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 4-5pm Filmmaker Interest Group* RM115 | 24 7:30-8:30am Bootcamp** GYMA 10-11am Full Fitness* GYM 10-10:30am Reading Buddies* RM115 10:30-11:30am Traditional Hatha Yoga** RM116 1-2:30pm Encore Chorale** RM119 1-3pm Rummikub RM115 | 25 9-10am Strength Training* GYMA 11:30-12:30pm Tai Chi Practice-Yang RM119 12:30-1:30pm Tai Chi Practice-Taoist RM119 4-5:15pm Traditional Hatha Yoga** RM126 1:30-2:45pm Local History* RM115 | 26 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 Jeopardy Night* RM115 | 27 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-Taoist RM119 |
| 30 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 | 31 7:30-8:30am Bootcamp** GYMA 10-11am Full Fitness* GYM 10:30-11:30am Traditional Hatha Yoga** RM116 1-2:30pm Encore Chorale** RM119 1-3pm Rummikub RM115 1-3pm Movie Matinee* RM115 | | | |

LUBBER RUN 55+ CENTER ACTIVITY CALENDAR

January 2023

300 N. Park Drive,
Arlington, VA
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.