

# WALTER REED 55+ CENTER ACTIVITY CALENDAR

January 2023  
2909 16<sup>th</sup> St. S.  
Arlington 22204

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>County Holiday Happy New Year 2023! Center Closed</p>	<p>3</p> <p>8:30-9:30am Pickleball for Beginners** GYM 9:30am Yoga for Daily Living** WELLR 9:30-10:30am Pickleball II** GYM 10-11am English Class (REEP) MPRA 10-11am Art with Jim+ ARTS&amp;C 10am-12pm Ping Pong &amp; Billiards GR 11:55am-12pm Strength Training+ WELLR 12pm Social 60+ Café Lunch** MPRC 12:15-4pm Pickleball GYM 12:30-1pm Table Games+ MPRC 1:215pm Tai Chi Practice WELLR 2-4pm Bridge Practice SL 4:30-5:30pm Ukulele Class* CONF</p>	<p>4</p> <p>9:30-10:30am Pickleball for Beginners** GYM 9:30-10:30am Pickleball II** GYM 10am-12pm Canasta SL 10am-12pm Ping Pong &amp; Billiards GR 10:15-11am Nutrition Activity+ MPRC 11-11:30am America's Got Talent+ MPRA 12pm Social 60+ Café Lunch** MPRC 12-1pm Chair Yoga** WELLR 12pm-2pm 55+ Basketball GYM Jolly Hearts GYM 12:30-1pm Table Games+ MPRC 1:30-3:30pm Social Bridge PICKLEBALL 2-4pm Pickleball GYM 4-7pm Table Games SL</p>	<p>5</p> <p>8:30-11am Cornhole Practice GYM 10-11am English Class (REEP) MPRA 10am-12pm Ping Pong &amp; Billiards GR 10:30-11:30am Floor Hockey+ MPRC 11:55am-12pm Strength Training+ GYM 12pm Social 60+ Café Lunch** MPRC 12:15-4pm Pickleball GYM 12-4pm Mah Jongg SL 1-4pm Sunshine Gang Practice MPRA 2-3pm Tai Chi Ch'uan** WELLR 4-7pm Table Games SL</p>	<p>6</p> <p>10-11am Holiday Decorating+ ARTS&amp;C 10am-12pm Ping Pong &amp; Billiards GR 10am-12pm Cribbage SL 10am-3pm Scrabble SL 11am-4pm Pickleball GYM 12pm Seated Soccer+ WELLR 12:30-1pm Social 60+ Café Lunch** MPRC 1-3pm Table Games+ MPRA 1-2:15pm Sunshine Gang WELLR 2-3pm Tai Chi Practice CONF 4-7pm Movie Meeting Table Games SL</p>
<p>9</p> <p>8:30-10am Pickleball (2 courts) GYM 10-11am Abs. Beginner PB (1 court) GYM 10-11am Pickleball (1 court) GYM 10-11am Decorating for the Holidays+ MPRC 10am-12pm Mexican Train Dominoes A&amp;C 10am-12pm Ping Pong &amp; Billiards GR 11am-4pm Pickleball (2 courts) GYM 11-12pm Riddles+ MPRC 12pm Social 60+ Café Lunch** MPRC 12-4pm Mah Jongg SL 12:30-1pm Table Games+ MPRC 2-3pm Beginner Tai Chi Ch'uan** WELLR 2-3:30pm Computer Class* MPRA 4-7pm Table Games SL</p>	<p>10</p> <p>8:30-9:30am Pickleball for Beginners** GYM 9-10am Yoga for Daily Living** WELLR 9:30-10:30am Pickleball II** GYM 10-11am English Class (REEP) MPRA 10-11am Art with Jim+ ARTS&amp;C 10am-12pm Ping Pong &amp; Billiards GR 11:55am-12pm Strength Training+ WELLR 12pm Social 60+ Café Lunch** MPRC 12:15-4pm Pickleball GYM 12:30-1pm Table Games+ MPRC 12:15pm Tai Chi Practice WELLR 2-4pm Bridge Practice SL 4:30-5:30pm Ukulele Practice CONF <b>6-7pm Public Transp. Maps &amp; Apps* MPRA</b></p>	<p>11</p> <p>9:30-10:30am Pickleball for Beginners** GYM 9:30-10:30am Pickleball II** GYM 10am-12pm Canasta SL 10am-12pm Ping Pong &amp; Billiards GR 10:15-11am Nutrition Activity+ MPRC 11-11:30am America's Got Talent+ CONF 12pm Social 60+ Café Lunch** MPRC 12-1pm Chair Yoga** WELLR 12pm-2pm 55+ Basketball GYM 12:30-1pm Table Games+ MPRC 1:30-3:30pm Social Bridge SL 2-3:30pm Computer Class* MPRA 2:15-4pm Pickleball GYM 4-7pm Table Games SL</p>	<p>12</p> <p>8:30-11am Cornhole Practice GYM 10-11am English Class (REEP) MPRA 10am-12pm Ping Pong &amp; Billiards GR 10-11am Importance of Movement MPRA <b>11am-12pm New Year, New Budget* Virtual</b> 11:55am-12pm Strength Training+ GYM 12pm Social 60+ Café Lunch** MPRC 12:15-4pm Pickleball GYM 12:30-1pm Table Games+ MPRC 12-4pm Mah Jongg SL 2-3pm Tai Chi Ch'uan** WELLR <b>3-6pm Movies &amp; Munchies* MPRA</b> 4-7pm Table Games SL</p>	<p>13</p> <p>10-11am MLK Remembrance MPRB&amp;C 10am-12pm Ping Pong &amp; Billiards GR 10am-12pm Cribbage SL 10am-3pm Scrabble SL 11am-12pm MLK Service Project ARTS&amp;C 11am-4pm Pickleball GYM 12pm Social 60+ Café Lunch** MPRC 12:30-1pm Table Games+ MPRC 1-3pm Sunshine Gang MPRA 1-2:15pm Tai Chi Practice WELLR 1:30-3:30pm BUNCO Bunch* SL 4-7pm Table Games SL</p>
<p>16</p> <p>County Holiday MLK Day Center Closed</p>	<p>17</p> <p>8:30-9:30am Pickleball for Beginners** GYM 9-10am Yoga for Daily Living** WELLR 9:30-10:30am Pickleball II** GYM 10-11am English Class (REEP) MPRA 10am-12pm Ping Pong &amp; Billiards GR 10-11am Nutrition Activity+ MPRC 11:55am-12pm Strength Training+ WELLR 12pm Social 60+ Café Lunch** MPRC 12:15-4pm Pickleball GYM 12:30-1pm Table Games+ MPRC 1:215pm Tai Chi Practice WELLR 2-4pm Bridge Practice SL 4:30-5:30pm Ukulele Class* CONF</p>	<p>18</p> <p>9:30-10:30am Pickleball for Beginners** GYM 9:30-10:30am Pickleball II** GYM 10am-12pm Canasta SL 10am-12pm Ping Pong &amp; Billiards GR 10-11am Balloon Volleyball+ GYM 11am-12pm Hangman+ MPRC <b>11:30am-1:30pm Golf Meeting GYM</b> 12-1pm Chair Yoga** WELLR 12:30-2pm Jolly Hearts CONF 12:30-1pm Table Games+ MPRC 1:30-3:30pm Social Bridge SL 2-3:30pm Computer Class* MPRA 2:15-4pm Pickleball GYM 4-7pm Table Games SL</p>	<p>19</p> <p>8:30-11am Cornhole Practice GYM 10-11am English Class (REEP) MPRA 10-11am Craft+ ARTS&amp;C 10am-12pm Ping Pong &amp; Billiards GR 11:55am-12pm Strength Training+ GYM 12pm Social 60+ Café Lunch** MPRC 12:15-4pm Pickleball GYM 12-4pm Mah Jongg SL 2-3pm Tai Chi Ch'uan** WELLR 4-7pm Table Games SL</p>	<p>20</p> <p>10am-11am Drum Exercise+ WELLR 10am-12pm Ping Pong &amp; Billiards GR 10am-12pm Cribbage SL 10am-3pm Scrabble SL 11am-12pm Baking w/ Joni+ MPRC 11am-4pm Pickleball GYM <b>11am-12pm DANCE BINGO* MPRAB&amp;C</b> 12pm Social 60+ Café Lunch** MPRC 12:30-1pm Table Games+ MPRC 1-3pm Sunshine Gang MPRA 1-2:15pm Tai Chi Practice WELLR 4-7pm Table Games SL</p>
<p>23</p> <p>8:30-10am Pickleball (2 courts) GYM 10-11am Abs. Beginner PB (1 court) GYM 10-11am Pickleball (1 court) GYM 10-11am Bowling+ WELLR 10am-12pm Mexican Train Dominoes SL 10am-12pm Ping Pong &amp; Billiards GR 11-12pm Jeopardy+ MPRA 11am-4pm Pickleball (2 courts) GYM 12pm Social 60+ Café Lunch** MPRC 12-4pm Mah Jongg SL 12:30-1pm Table Games+ MPRC 2-3pm Beginner Tai Chi Ch'uan** WELLR 2-3:30pm Computer Class* MPRA 4-7pm Table Games SL</p>	<p>24</p> <p>8:30-9:30am Pickleball for Beginners** GYM 9-10am Yoga for Daily Living** WELLR 9:30-10:30am Pickleball II** GYM 10-11am English Class (REEP) MPRA 10-11am Art with Jim+ ARTS&amp;C 10am-12pm Ping Pong &amp; Billiards GR 11:55am-12pm Strength Training+ WELLR 12pm Social 60+ Café Lunch** MPRC 12:15-4pm Pickleball GYM 12:30-1pm Table Games+ MPRC 1:215pm Tai Chi Practice WELLR 2-4pm Bridge Class SL 4:30-5:30pm Ukulele Practice CONF</p>	<p>25</p> <p>9:30-10:30am Pickleball for Beginners** GYM 9:30-10:30am Pickleball II** GYM 10am-12pm Canasta SL 10am-12pm Ping Pong &amp; Billiards GR 10:15-11am Seated Soccer+ WELLR 11am-12pm Riddles+ MPRC 12pm Social 60+ Café Lunch** MPRC 12-1pm Chair Yoga** WELLR 12pm-2pm 55+ Basketball GYM 12:30-1pm Table Games+ MPRC 1:30-3:30pm Social Bridge SL 2-3:30pm Computer Class* MPRA 2:15-4pm Pickleball GYM 4-7pm Table Games SL</p>	<p>26</p> <p>8:30-11am Cornhole Practice GYM 10-11am Nutrition Activity+ MPRC 10-11am English Class (REEP) MPRA 10am-12pm Ping Pong &amp; Billiards GR 11:55am-12pm Strength Training+ GYM 12pm Social 60+ Café Lunch** MPRC 12:15-4pm Pickleball GYM 12-4pm Mah Jongg SL 2-3pm Tai Chi Ch'uan** WELLR 4-7pm Table Games SL</p>	<p>27</p> <p>10am-12pm Ping Pong &amp; Billiards GR 10am-12pm Cribbage SL 10am-3pm Scrabble SL 11am-4pm Pickleball GYM 12pm Social 60+ Café Lunch** MPRC 12:30-1pm Table Games+ MPRC <b>1-2pm Thrifting Tips &amp; Tricks* SL</b> 1-3pm Sunshine Gang MPRA 1-2:15pm Tai Chi Practice WELLR 4-7pm Table Games SL</p>
<p>30</p> <p>8:30-10am Pickleball (2 courts) GYM 10-11am Abs. Beginner PB (1 court) GYM 10-11am Pickleball (1 court) GYM 10-11am Bowling+ WELLR 10am-12pm Mexican Train Dominoes SL 10am-12pm Ping Pong &amp; Billiards GR 11-12pm Jeopardy+ MPRA 11am-4pm Pickleball (2 courts) GYM 12pm Social 60+ Café Lunch** MPRC 12-4pm Mah Jongg SL 12:30-1pm Table Games+ MPRC 2-3pm Beginner Tai Chi Ch'uan** WELLR 2-3:30pm Computer Class* MPRA 4-7pm Table Games SL</p>	<p>31</p> <p>9-10am Yoga for Daily Living** WELLR 10-11am English Class (REEP) MPRA 10-11am The Price is Right+ MPRC 10am-12pm Ping Pong &amp; Billiards GR 11:55am-12pm Strength Training+ WELLR 12pm Social 60+ Café Lunch** MPRC 12:15-4pm Pickleball GYM 12:30-1pm Table Games+ MPRC 1:215pm Tai Chi Practice WELLR 2-4pm Bridge Practice SL 4:30-5:30pm Ukulele Practice CONF 5-7:30pm Escape Room Returns* ARTS&amp;C</p>			

All programs are drop-in unless otherwise designated by the symbols below:

- ^ = fee required
- \* = registration required
- + = Social 60+ Café Program
- Strikethrough = Program Cancelled
- Bold = Special Program**

- Room Codes:**
- SL = Senior Lounge
  - GR = Game Room
  - WELLR = Wellness Room
  - MPRA = Multi-Purpose Room A
  - MPRBC = Multi-Purpose Room B & C
  - ARTS&C = Arts & Crafts Room
  - QR = Quiet Room
  - CONF = Conference Room

**Weekend Programming:**

- Saturdays:
- 10am-12pm Rummikub SL
  - 12-4pm Mah Jongg SL