


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>9:30-11am Morning Meet-Up RM108 10:30-11am Exercise w/ Jill + RM113 11-2pm 55+ Fitness hrs.* RM202 12-12:45pm Social 60+ Café + RM113 1-2:30pm Scrabble RM108 1-2pm French Conversation RM103 7-9pm Women's Basketball Gym</p>	<p>9:30-11:30am Mah Jongg RM 103 10:15am Spellbinders Social 60+ SR 12-12:30pm Social 60+ Café + RM113 2-3pm Italian Language Rm 108</p>	<p>9:30-11:30am Spellbinders Meeting RM 103 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 1-3pm Pinochle RM 108</p>
<p>10:15am Baking w/ Joni Social 60+ SR 11-2pm 55+ Fitness hrs.* RM202 12-12:45pm Social 60+ Café + RM113 12-3pm Pinochle RM103 1:30-3:00pm Folk Music RM113 1:15-2:45pm Gentle & Med Yoga** RM108 3:15-4:15pm Chair Yoga** RM108 3:30-4:30pm Tai Chi for Beginners** RM113</p>	<p>9:30-11:30am Rummikub RM108 10:15am Social 60+ Jane Franklin + RM113 11:00am Social 60+ Bingo + SR 12-12:30 Social 60+ Café + RM113 11am-12pm Brain Health* RM108 1-2:30pm Yarn Creations RM 108 2-3pm Drumming SR 3:30-5:30pm Volleyball Gym</p>	<p>9:30-11am Morning Meet-Up RM108 10:30-11am Exercise w/ Jill + RM113 11am-12pm Getting Your Home Market Ready* Rm108 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 Tai Chi for Beginners** RM113 7-9pm Women's Basketball Gym</p>	<p>9:30-11:30am Mah Jongg RM 103 12-12:30pm Social 60+ Café + RM 113 2-3pm Italian Language RM 103</p>	<p>10am-12pm German Conversation* Virtual 10:15-11am Exercise w/ Jill + RM 113 11am-12pm Stroke Prevention* RM113 11am-2pm 55+ Fitness Rm hrs.* RM 202 12-12:30pm Social 60+ Café lunch + RM 113 1-3pm Pinochle RM 108</p>
<p>10:30am-12pm Painting Demo* Virtual 10:30am Social 60+ Art + SR 11am-2pm 55+ Fitness Rm* RM 102 12-12:45pm Social 60+ Café + RM113 1-3pm Pinochle RM 103 1:15-2:45pm Gentle & Med Yoga** RM 108 1:30-2:30pm Scale Down RM 125 3:15-4:15pm Chair Hatha Yoga** RM 108 3:30-4:30pm Tai Chi for Beginners** RM113</p>	<p>9:30-11:30am Rummikub RM108 10:30-11:30 Social 60+ Art + SR 12-12:45am Social 60+ Café Lunch + RM 113 1-2:30pm Yarn Creations RM108 2-3pm Drumming SR 3:30-5:30pm Volleyball Gym</p>	<p>9:30-11am Morning Meet-Up RM108 10:30-11am Exercise w/ Jill + RM113 11am-12pm Understanding Forms of Ownership* Virtual 11am-2pm 55+ Fitness hrs.* RM202 12-12:45pm Social 60+ Café Lunch + RM113 1-2:30pm Scrabble Rm 108 1-2pm French Conversation Rm 103 3:30-4:30pm Tai Chi for Beginners** RM113 7-9pm Women's Basketball Gym</p>	<p>10:30-11:30am Baking w/ Joni + SR 9:30-11:30am Mah Jongg RM 103 10:15am Spellbinders + SR 2-3pm Italian Language RM 103</p>	<p>10am-12pm German Conversation* Virtual 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 1-3pm Pinochle RM 108</p>
<p>11am-2pm 55+ Fitness Rm* RM 102 10:30-11:30am Secrets Revealed* Virtual 12-12:45pm Social 60+ Café + RM113 1-3pm Pinochle RM 103 1:15-2:45pm Gentle & Med Yoga** RM 108 3:15-4:15pm Chair Hatha Yoga** RM 108 3:30-4:30pm Tai Chi for Beginners** RM113</p>	<p>9:30-11:30am Rummikub RM108 12-12:30 Social 60+ Café Lunch + RM113 1-2:30pm Yarn Creations RM108 2-3pm Drumming SR 3:30-5:30pm Volleyball Gym</p>	<p>9:30-11am Morning Meet-Up RM108 10:15-11am Exercise w/ Jill + RM113 11am-2pm 55+ Fitness hrs.* RM202 12-12:45pm Social 60+ Café Lunch + RM113 1-2:30pm Scrabble RM108 1-2pm French Conversation RM103 2-3pm Acoustic Afternoon* SR 3:30-4:30pm Tai Chi for Beginners** RM113 7-9pm Women's Basketball Gym</p>	<p>9:30-11:30am Mah Jongg RM 108 10:30-11am Spellbinders + SR 12-12:30pm Social 60+ Café Lunch+RM 113 2-3pm Italian Language RM 103</p>	<p>10am-12pm German Conversation* Virtual 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 1-3pm Pinochle RM 108</p>
<p>10:15am Social 60+ Art + SR 11am-2pm 55+ Fitness Rm* RM 102 1-3pm Pinochle RM 103 1:15-2:45pm Gentle & Med Yoga** RM 108 1:30-2:30pm Scale Down RM 125 3:15-4:15pm Chair Hatha Yoga** RM 108 3:30-4:30pm Tai Chi for Beginners** RM113</p>	<p>9:30-11:30am Rummikub RM108 10:30-11:30 Social 60+ Art + SR 12-12:30 Social 60+ Café Lunch RM 103 1-2:30pm Yarn Creations RM108 2-3pm Drumming SR 3:30-5:30pm Volleyball Gym</p>	<p>9:30-11am Morning Meet-Up RM108 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 Tai Chi for Beginners** RM113 7-9pm Women's Basketball Gym</p>	<p>12-12:30pm Social 60+ Café + SR 9:30-11:30am Mah Jongg RM 103 2-3pm Italian Language RM 103 1:30-3:30pm Ukrainian Easter Eggs*</p>	<p>10am-12pm German Conversation* Virtual 10:15-11am Exercise w/ Jill + RM 113 11:30am Social 60+ Spellbinders + SR 11am-12pm Telling Time* RM113 11am-2pm 55+ Fitness Rm hrs.* RM 202 12-12:30pm Social 60+ Café Lunch + RM 113 1-3pm Pinochle RM 108</p>

LANGSTON-BROWN 55+ CENTER ACTIVITY CALENDAR

March 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.