

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 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	2 10-11am Full Fitness* GYM 10-1pm Social Bridge RM115 1-2pm SAIL* RM119 1:30-2:30pm Brain Health- An Update* RM115 1:30-3:30pm Sudoku RM115 1:45-3:15pm Social Ballroom RM119 2-4pm Drop in Volleyball GYMB 6-8pm Movie Night* RM115	3 9-10am Strength Training* GYMA 10:15-11:15am Total Body Fitness* GYMA 11:30-12:30pm Tai Chi Practice-Yang RM119 12-3pm Social Bridge RM115 12:30-1:30pm Tai Chi Practice-Taoist RM119
6 10-11am Total Body Fitness* GYMA 10-10:30am Reading Buddies* RM115 11:30-12:30pm Tai Chi Practice-Yang RM119 12-3pm Social Bridge RM115 1-2pm SAIL* RM119 1-2:30pm Traditional Hatha Yoga** RM116	7 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 1-2:30pm Encore Chorale** RM119 2:15-3pm Zumba** RM116	8 9-10am Strength Training* GYMA 10-11am Senior Community Service Employment Program* 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 4-5:15pm Traditional Hatha Yoga** RM126	9 8-9am Gyrokinesis** GYM 10-11am Full Fitness* GYM 10-1pm Social Bridge RM115 1-2pm SAIL* RM119 1:30-3pm Beginner Quilling** RM115 2-4pm Drop in Volleyball GYMB 6-7pm Karaoke Night* RM115 6-7pm Pickleball for Beginners** GYM	10 9-10am Strength Training* GYMA 10:15-11:15am Total Body Fitness* GYMA 11:30-12:30pm Tai Chi Practice-Yang RM119 12-3pm Social Bridge RM115 12:30-1:30pm Tai Chi Practice-Taoist RM119
13 10-11am Total Body Fitness* GYMA 11:30-12:30pm Tai Chi Practice-Yang RM119 12-3pm Social Bridge RM115 1-2pm SAIL* RM119 1-2:30pm Traditional Hatha Yoga** RM116	14 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 11-12pm Eating Green for St. Patrick's Day* RM115 11:45-12:45pm Gentle Hatha Yoga** RM116 1-2:30pm Encore Chorale** RM119 2:15-3pm Zumba** RM116	15 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	16 8-9am Gyrokinesis** GYM 10-11am Full Fitness* GYM 10-1pm Social Bridge RM115 10-10:30am Rainbow Scavenger Hunt* RM115 11:30-12:45pm Irish in America* RM115 1-2pm SAIL* RM119 1:30-3:30pm Sudoku RM115 1:45-3:15pm Social Ballroom RM119 2-4pm Drop in Volleyball GYMB 3-4:30pm Filmmaker Interest* RM115 6-7pm Pickleball for Beginners** GYM	17 9-10am Strength Training* GYMA 10-10:30am Rainbow Scavenger Hunt* RM115 10:15-11:15am Total Body Fitness* GYMA 11:30-12:30pm Tai Chi Practice-Yang RM119 12-3pm Social Bridge RM115 12:30-1:30pm Tai Chi Practice-Taoist RM119
20 10-11am Total Body Fitness* GYMA 11:30-12:30pm Tai Chi Practice-Yang RM119 12-3pm Social Bridge RM115 1-2pm SAIL* RM119 1-2:30pm Traditional Hatha Yoga** RM116	21 7:30-8:30am Bootcamp** GYMA 10-11am Full Fitness* GYM 10:30-11:30am Traditional Hatha Yoga** RM116 11:30-1pm Genealogy* RM115 11:45-12:45pm Gentle Hatha Yoga** RM116 1-2:30pm Encore Chorale** RM119 2:15-3pm Zumba** RM116	22 9-10am Strength Training* GYMA 11:30-12:30pm Tai Chi Practice-Yang RM119 12:30-1:30pm Tai Chi Practice-Taoist RM119 1:30-2:45pm Local History* RM115 4-5:15pm Traditional Hatha Yoga** RM126	23 8-9am Gyrokinesis** GYM 10-11am Full Fitness* GYM 10-1pm Social Bridge RM115 1-2pm SAIL* RM119 2-4pm Drop in Volleyball GYMB 6-7pm Spanish Conversation* RM115 6-7pm Pickleball for Beginners** GYM	24 9-10am Strength Training* GYMA 10:15-11:15am Total Body Fitness* GYMA 11-12pm Observed in Stone: Archaeoastronomy* RM115 11:30-12:30pm Tai Chi Practice-Yang RM119 12-3pm Social Bridge RM115 12:30-1:30pm Tai Chi Practice-Taoist RM119
27 10-11am Total Body Fitness* GYMA 11:30-12:30pm Tai Chi Practice-Yang RM119 12-3pm Social Bridge RM115 1-2pm SAIL* RM119 1-2:30pm Traditional Hatha Yoga** RM116	28 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 1-2:30pm Encore Chorale** RM119 1-2:30pm Explore Printmaking* RM115 2:15-3pm Zumba** RM116	29 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	30 8-9am Gyrokinesis** RM116 10-11am Full Fitness* GYM 10-1pm Social Bridge RM115 2-4pm Drop in Volleyball GYMB 6-7pm Pickleball for Beginners** GYM	31 9-10am Strength Training* GYMA 10:15-11:15am Total Body Fitness* GYMA 11:30-12:30pm Tai Chi Practice-Yang RM119 12-3pm Social Bridge RM115 12:30-1:30pm Tai Chi Practice-Taoist RM119 1-3pm Spring Fling: Fashion Show and Silent Auction*

Lubber Run 55+ Center Activity Calendar

March 2023

300 N. Park Drive,
Arlington, VA, 22203
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.

55+ PICKLEBALL HOURS

Monday: 7am-noon
Tuesday: 7-9am
Wednesday: 7am-noon
Thursday: 7-9am, 6-9pm
Friday: 7am-noon
Saturday: N/A
Sunday: 5-7pm