

WALTER REED 55+ CENTER ACTIVITY CALENDAR

March 2023
2909 16th St. S.
Arlington 22204

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		10am-12pm Canasta SL 10am-12pm Ping Pong & Billiards GR 11:30-12:30 Balloon Volleyball+ WELLR 11:30-1:30pm Golf Meeting MPRA & CAFE 12:30pm Social 60+ Lunch+* MPRBC 12pm-2pm 55+ Basketball GYM 12:30-2pm Jolly Hearts CONF 1-2pm Riddles+ MPRBC 1:30-3:30pm Social Bridge SL 2:15-4pm Pickleball GYM 4-7pm Table Games SL	2 8:30-11am Cornhole Practice GYM 10am-12pm Ping Pong & Billiards GR 10:30-11:30 English Class (REEP) MPRA 11:30-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch+* MPRC 12:15-4pm Pickleball GYM 12-4pm Mah Jongg SL 1-2pm Transportation Options MPRA 4-7pm Table Games SL	3 10am-12pm Ping Pong & Billiards GR 10am-12pm Cribbage SL 10am-3pm Scrabble SL 10am-4pm Pickleball GYM 1-3pm Sunshine Gang MPRA 1-2:15pm Tai Chi Practice WELLR 4-7pm Table Games SL 55+ Center Closed Drop-In Programs Will Still Meet
6 8:30-10am Pickleball (2 courts) GYM 9:30-12pm Mexican Train Dominoes SL 10-11am Abs. Beginner PB (1 court) GYM 10-11am Pickleball (1 court) GYM 10am-12pm Ping Pong & Billiards GR 11am-4pm Pickleball (2 courts) GYM 11:30am-12:30pm Jeopardy+ MPRC 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 1-2pm Bowling+ MPRC 2-3pm Beg. Tai Chi Ch'uan** WELLR 4-7pm Table Games SL	7 8:30-9:30am PB for Beginners** GYM 9-10am Yoga Daily Living** WELLR 9:30-10:30am Pickleball II** GYM 10:30-11:30 English Class (REEP) MPRA 10am-12pm Ping Pong & Billiards GR 11:30-12:15pm Strength Training+ WELLR 12:30pm Social 60+ Lunch+* MPRC 12:30-4pm Pickleball GYM 1-2pm BINGO+ MPRC 1-2:15pm Tai Chi Practice WELLR 2-4pm Bridge Practice SL 3-4pm Advisory Committee MPRA 4:30-5:30pm Ukulele Class* ARTS&C	8 8:30-9:30am Pickleball II** GYM 9:30-10:30am PB for Beginners** GYM 10am-12pm Canasta SL 10am-12pm Ping Pong & Billiards GR 11:30-12:30 Family Feud+ MPRBC 12-1pm Chair Yoga** WELLR 12pm-2pm 55+ Basketball GYM 12:30pm Social 60+ Lunch+* MPRBC 1:30-2:30 Jane Franklin Dance+ WELLR 1-2:15pm Tai Chi Practice WELLR 2:15-4pm Pickleball GYM 4-7pm Table Games SL	9 8:30-9:30am NEW! Bootcamp** GYM 10:30-11:30am English Class (REEP) MPRA 10am-12pm Ping Pong & Billiards GR 11am-12pm Tea Party Recipes* ARTS&C 11:30-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch+* MPRC 12:15-4pm Pickleball GYM 1-2pm Service Project MPRBC for Black History Month+ 12-4pm Mah Jongg SL 2-3pm Tai Chi Ch'uan** WELLR 3-5pm Movies & Munchies* ARTS&C 4-7pm Table Games SL	10 10am-12pm Ping Pong & Billiards GR 10am-12pm Cribbage SL 10am-3pm Scrabble SL 10am-4pm Pickleball GYM 12:30pm Social 60+ Lunch+* MPRC 11:30-12:30pm Floor Hockey+ WELLR 1-2pm Baking w/ Joni+ 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
13 8:30-4pm Pickleball (2 courts) GYM 9:30-12 Learn Mexican Train Dominoes* SL 10-11am Abs. Beginner PB (1 court) GYM 10-11am Pickleball (1 court) GYM 9:30-12pm Mexican Train Dominoes SL 10am-12pm Ping Pong & Billiards GR 11:30am-12:30pm Trivia+ MPRC 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 1-2pm Ring Toss+ MPRC 2-3pm Beg. Tai Chi Ch'uan** WELLR 4-7pm Table Games SL	14 8:30-9:30am PB for Beginners** GYM 9-10am Yoga Daily Living** WELLR 9:30-10:30am Pickleball II** GYM 10:30-11:30 English Class (REEP) MPRA 10am-12pm Ping Pong & Billiards GR 11am-12:30pm Medicare Fraud* MPRC 11:30-12:15pm Strength Training+ WELLR 12:30pm Social 60+ Lunch+* MPRC 12:30-4pm Pickleball GYM 12:30-2pm Valentine's Celebration+ MPRC 1-2:15pm Tai Chi Practice WELLR 2-4pm Bridge Practice SL 4:30-5:30pm Ukulele Class* CONF	15 8:30-9:30am Pickleball II** GYM 9:30-10:30am PB for Beginners** GYM 10am-12pm Canasta SL 10am-12pm Ping Pong & Billiards GR 10:15-11am Riddles+ MPRBC 12-1pm Chair Yoga** WELLR 12pm-2pm 55+ Basketball GYM 12:30pm Social 60+ Lunch+* MPRBC 1:30-2:30pm Jane Franklin Dance+ WELLR 1:30-3:30pm Social Bridge SL 2:15-4pm Pickleball GYM 4-7pm Table Games SL	16 8:30-9:30am Bootcamp** GYM 10:30-11:30am English Class (REEP) MPRA 10am-12pm Ping Pong & Billiards GR 11:30-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch+* MPRC 12:15-4pm Pickleball GYM 12-4pm Mah Jongg SL 1-2pm President's Day + MPRBC 2-3pm Tai Chi Ch'uan** WELLR 4-7pm Table Games SL	17 10am-12pm Ping Pong & Billiards GR 10am-12pm Cribbage SL 10am-3pm Scrabble SL 10am-4pm Pickleball GYM 11:30-1:30pm St. Patrick's Day Celebration* MPRBC 12:30pm Social 60+ Lunch+* MPRC 1-3pm Movie+ ARTS&C 1-3pm Sunshine Gang MPRA 1-2:15pm Tai Chi Practice WELLR 4-7pm Table Games SL
20 8:30-4pm Pickleball (2 courts) GYM 10-11am Abs. Beginner PB (1 court) GYM 10-11am Pickleball (1 court) GYM 9:30-12pm Mexican Train Dominoes SL 10am-12pm Ping Pong & Billiards GR 11:30am-12:30pm Trivia+ MPRC 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 1-2pm Ring Toss+ MPRC 2-3pm Beg. Tai Chi Ch'uan** WELLR 4-7pm Table Games SL	21 8:30-9:30am PB for Beginners** GYM 9-10am Yoga Daily Living** WELLR 9:30-10:30am Pickleball II** GYM 10:30-11:30am English Class (REEP) MPRA 10am-12pm Ping Pong & Billiards GR 11:30-12:15pm Strength Training+ WELLR 12:30pm Social 60+ Lunch+* MPRC 12:30-4pm Pickleball GYM 1-2pm Art with Jim+ ARTS&C 1-2:15pm Tai Chi Practice WELLR 2-4pm Bridge Class SL 4:30-5:30pm Ukulele Class* CONF 7-8:30pm Acoustic Café CAFE	22 8:30-9:30am Pickleball II** GYM 9:30-10:30am PB for Beginners** GYM 10am-12pm Canasta SL 10am-12pm Ping Pong & Billiards GR 10:15-11am Painting+ ARTS&C 11:30-12:30 Balloon Volleyball+ MPRBC 12-1pm Chair Yoga** WELLR 12:30pm Social 60+ Lunch+* MPRBC 12pm-2pm 55+ Basketball GYM 1-2pm Hang Man+ MPRBC 1:30-3:30pm Social Bridge SL 2:15-4pm Pickleball GYM 4-7pm Table Games SL	23 8:30-9:30am Bootcamp** GYM 10:30-11:30am English Class (REEP) MPRA 10am-12pm Ping Pong & Billiards GR 11:30-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch+* MPRC 12:30-4pm Pickleball GYM 12-4pm Mah Jongg SL 2-3pm Tai Chi Ch'uan** WELLR 4-7pm Table Games SL	24 10am-12pm Ping Pong & Billiards GR 10am-12pm Cribbage SL 10am-3pm Scrabble SL 10am-4pm Pickleball GYM 12:30pm Social 60+ Lunch+* MPRC 1:30-2:30pm Jane Franklin Dance+ GYM 1-3pm Sunshine Gang MPRA 1-2:15pm Tai Chi Practice WELLR 2-4pm Nature and Ple Walk* Meet by Front Desk 4-7pm Table Games SL
27 8:30-10am Pickleball (2 courts) GYM 10-11am Abs. Beginner PB (1 court) GYM 10-11am Pickleball (1 court) GYM 9:30-12pm Mexican Train Dominoes SL 10am-12pm Ping Pong & Billiards GR 11am-4pm Pickleball (2 courts) GYM 11am-12pm Mah Jongg Lessons SL 11:30am-12:30pm Jeopardy+ MPRC 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 1-2pm Table Games+ MPRC 2-3pm Beg. Tai Chi Ch'uan** WELLR 4-7pm Table Games SL	28 8:30-9:30am PB for Beginners** GYM 9-10am Yoga Daily Living** WELLR 9:30-10:30am Pickleball II** GYM 10:30-11:30am English Class (REEP) MPRA 10am-12pm Ping Pong & Billiards GR 11am-12pm Blood Pressure Clinic CONF 11:30-12:15pm Strength Training+ WELLR 12:30pm Social 60+ Lunch+* MPRC 12:30-4pm Pickleball GYM 1-2pm Black History BINGO+ MPRC 1-2:15pm Tai Chi Practice WELLR 2-4pm Bridge Practice SL 5-6pm Ukulele Recital* ARTS&C	29 8:30-9:30am Pickleball II** GYM 9:30-10:30am PB for Beginners** GYM 10am-12pm Canasta SL 10am-12pm Ping Pong & Billiards GR 11:30-12:30 Balloon Volleyball+ MPRBC 12-1pm Chair Yoga** WELLR 12:30pm Social 60+ Lunch+* MPRBC 12pm-2pm 55+ Basketball GYM 1-2pm Hang Man+ MPRBC 1:30-3:30pm Social Bridge SL 2:15-4pm Pickleball GYM 4-7pm Table Games SL	30 8:30-9:30am Bootcamp** GYM 10am-1pm ACP Fair* CAFE 10:30-11:30am English Class (REEP) MPRA 10am-12pm Ping Pong & Billiards GR 11:30-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch+* MPRC 12:15-4pm Pickleball GYM 12-4pm Mah Jongg SL 2-3pm Tai Chi Ch'uan** WELLR 4-7pm Table Games SL	31 10am-12pm Ping Pong & Billiards GR 10am-12pm Cribbage SL 10am-3pm Scrabble SL 10am-4pm Pickleball GYM 12:30pm Social 60+ Lunch+* MPRC 12:30-1pm Birthday Celebrations+ MPRC 1-3pm Movie+ ARTS&C 1-3pm Sunshine Gang MPRA 1-2:15pm Tai Chi Practice WELLR 4-7pm Table Games SL

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

Saturday, March 25:
9-11am Garden Cleanup