


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> 11am-2pm 55+ Fitness hrs.* RM202 12-12:45pm Social 60+ Café + RM113 12-3pm Pinochle/Rummikub RM103 1:30-3:00pm Folk Music RM113 1:15-2:45pm Gentle & Med Yoga** RM108 3:30-4:30pm Tai Chi for Beginners** RM113	<p>2</p> 9:30am Rummikub Challenge* RM108 10:30am Jane Franklin Dance+ RM 113 11:15am Social 60+ Bingo + SR 12-12:30pm Social 60+ Café + RM113 1-2:30pm Yarn Creations RM 108 1:30-2:30pm Book Club RM 103 2-3pm Drumming SR 3:30-5:30pm Volleyball Gym	<p>3</p> 9:30-11am Morning Meet-Up 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>4</p> 9:30-11:30am Mah Jongg RM 103 11:15am Social 60+ Nutrition SR 12-12:30pm Social 60+ Café + Rm113 2-3pm Italian Language Rm 108	<p>5</p> 10am-12pm German Conversation* Virtual 9:30-11:30am Spellbinders Meeting RM 103 11am-2pm 55+ Fitness Rm hrs.* RM 202 12-12:30pm Social 60+ Café + RM 113 1-3pm Pinochle RM 108
<p>8</p> 11-2pm 55+ Fitness hrs.* RM202 10:30am Spellbinders Social 60+ SR 12-12:45pm Social 60+ Café + RM113 12-3pm Pinochle/Rummikub RM103 1:30-2:30pm Scale Down RM 125 1:15-2:45pm Gentle & Med Yoga** RM108 3:30-4:30pm Tai Chi for Beginners** RM113	<p>9</p> 9:30-11:30am Rummikub RM108 12-12:30 Social 60+ Café + RM113 1-2:30pm Yarn Creations RM 108 2-3pm Drumming SR 3:30-5:30pm Volleyball Gym	<p>10</p> 9:30-11am Morning Meet-Up RM108 10:30-11am Exercise w/ Jill + RM113 11:00am Social 60+ Bingo + SR 11am-12pm Understanding Retirement Accounts* Virtual 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>11</p> 9:30-11:30am Mah Jongg RM 103 10:30-11:30am Social 60+ Evergreens RM 113 11am-12pm Appalachian Trail Stories* RM 108 12-12:30pm Social 60+ Café + RM 113 2-3pm Italian Language RM 103	<p>12</p> 10am-12pm German Conversation* Virtual 10:15-11am Exercise w/ Jill + RM 113 11:00-12:00pm Celestial Navigation* RM 108 11:30-12pm Social 60+ Mother's Day Drawing SR 11am-2pm 55+ Fitness Rm hrs.* RM 202 12-12:30pm Social 60+ Café+ RM 113 1-3pm Pinochle RM 108
<p>15</p> 11am-2pm 55+ Fitness Rm* RM 102 11:00am Piano Lounge w/ Valerie+ SR 12-12:45pm Social 60+ Café + RM113 1-3pm Pinochle/Rummikub RM 103 1:15-2:45pm Gentle & Med Yoga**	<p>16</p> 9:30-11:30am Rummikub RM108 10:15am Baking w/Joni Social 60+ SR 10:30am Springo* Lubber Run 12pm Social 60+ Café + RM 113 1-2:30pm Yarn Creations RM108 2-3pm Drumming SR 3:30-5:30pm Volleyball Gym	<p>17</p> 9:30-11am Morning Meet-Up RM108 10:30-11am Exercise w/ Jill + RM113 11am-2pm 55+ Fitness hrs.* RM202 12-12:45pm Social 60+ Café + RM125 1:30-2:30pm Keep The Best-Get Rid of The Rest* RM 113 1-2:30pm Scrabble Rm 108 1-2pm French Conversation Rm 103 7-9pm Women's Basketball Gym	<p>18</p> 9:30-11:30am Mah Jongg RM 103 2-3pm Italian Language RM 103 2-3pm Name That Tune* RM108	<p>19</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 + RM 113 1-3pm Pinochle RM 108
<p>22</p> 11am-2pm 55+ Fitness Rm* RM 102 10:30am Spellbinders Social 60+ SR 12-12:45pm Social 60+ Café + RM113 1-3pm Pinochle/Rummikub RM103 1:30-2:30pm Scale Down RM 125	<p>23</p> 9:30-11:30am Rummikub RM108 10:30am PAL Group+ SR 12-12:30pm Social 60+ Café + RM113 1-2:30pm Yarn Creations RM108 2-3pm Drumming SR 3:30-5:30pm Volleyball Gym	<p>24</p> 9:30-11am Morning Meet-Up RM108 10:00am Advisory Meeting RM103 10:30am Exercise w/ Jill + RM113 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 RM103 1-2pm French Conversation RM113 7-9pm Women's Basketball Gym	<p>25</p> 9:30-11:30am Mah Jongg RM 108 10:30-11:30am Family Tree Exhibit RM108 12-12:30pm Social 60+ Café Lunch+ RM 113 2-3pm Italian Language RM 103	<p>26</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 + RM 113 1-3pm Pinochle RM 108
<p>29</p> <p>Memorial Day Holiday Center Closed</p>	<p>30</p> 9:30-11:30am Rummikub RM108 12-12:30pm Social 60+ Café RM113 1-2:30pm Yarn Creations RM108 2-3pm Drumming SR 3:30-5:30pm Volleyball Gym	<p>31</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 7-9pm Women's Basketball Gym		

LANGSTON-BROWN 55+ CENTER ACTIVITY CALENDAR

May 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.