

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10-11am Total Body Fitness^ GYMA <b>10-10:30am Reading Buddies*</b> 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	2 7:30-8:30am Bootcamp** GYMA 10-11am Full Fitness* GYM <b>10-11am Physical Activity and Brain Health*</b> RM115 10:30-11:30am Traditional Hatha Yoga** RM116 11:45-12:45pm Gentle Hatha Yoga** RM116 2:15-3pm Zumba** RM116	3 9-10am Strength Training^ GYMA 11:30-12:30pm Tai Chi Practice-Yang RM119 12:30-1:30pm Tai Chi Practice-Taolist RM119 4-5:15pm Traditional Hatha Yoga** RM126	4 8-9am Gyrokinesis** GYM 10-11am Full Fitness* GYM 10-1pm Social Bridge RM115 1-2pm SAIL* RM119 1:30-3:30pm Sudoku RM115 1:45-3:15pm Social Ballroom RM119 2-4pm Drop in Volleyball GYMB <b>3-4pm Plant &amp; Cutting Swap*</b> RM115	5 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-Taolist RM119
8 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	9 7:30-8:30am Bootcamp** GYMA 10-11am Full Fitness* GYM <b>10-10:30am Reading Buddies*</b> RM115 <b>10-11am Cooking from the Farmer's Market*</b> RM115 10:30-11:30am Traditional Hatha Yoga** RM116 11:45-12:45pm Gentle Hatha Yoga** RM116 2:15-3pm Zumba** RM116	10 9-10am Strength Training^ GYMA 10:30-11:45am Study of Words* RM126 11:30-12:30pm Tai Chi Practice-Yang RM119 12:30-1:30pm Tai Chi Practice-Taolist RM119 1:30-3:30pm Opera Appreciation* RM115 <b>2-3pm Advisory Committee Meeting</b> 4-5:15pm Traditional Hatha Yoga** RM126	11 8-9am Gyrokinesis** GYM 10-11am Full Fitness* GYM 10-1pm Social Bridge RM115 1-2pm SAIL* RM119 <b>1:30-3pm Beginner Quilling*</b> RM115 2-4pm Drop in Volleyball GYMB <b>6-7pm Karaoke Night*</b> RM115	12 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-Taolist RM119
15 10-11am Total Body Fitness^ GYMA <b>10-11am Setting Boundaries as a Caregiver*</b> 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	16 7:30-8:30am Bootcamp** GYMA 10-11am Full Fitness* GYM <b>10:30am-12:30pm Springo*</b> RM115 10:30-11:30am Traditional Hatha Yoga** RM116 11:30-1pm Genealogy 101* RM115 11:45-12:45pm Gentle Hatha Yoga** RM116 2:15-3pm Zumba** RM116	17 9-10am Strength Training^ GYMA 11:30-12:30pm Tai Chi Practice-Yang RM119 12:30-1:30pm Tai Chi Practice-Taolist RM119 1:30-3:30pm Opera Appreciation* RM115 4-5:15pm Traditional Hatha Yoga** RM126	18 8-9am Gyrokinesis** GYM 10-11am Full Fitness* GYM <b>10-11am How to Navigate Social Media*</b> RM115 10-1pm Social Bridge RM115 1-2pm SAIL* RM119 1:30-3:30pm Sudoku RM115 1:45-3:15pm Social Ballroom RM119 2-4pm Drop in Volleyball GYMB <b>3-4:30pm Filmmaker Interest Group*</b> RM115	19 9-10am Strength Training^ GYMA 10:15-11:15am Total Body Fitness^ GYMA <b>10-11am Managing Parkinson's Disease*</b> RM115 11:30-12:30pm Tai Chi Practice-Yang RM119 12-3pm Social Bridge RM115 12:30-1:30pm Tai Chi Practice-Taolist RM119
22 10-11am Total Body Fitness^ GYMA 11:30-12:30pm Tai Chi Practice-Yang RM119 12-3pm Social Bridge RM115 1-2pm SAIL* RM119	23 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 2:15-3pm Zumba** RM116	24 9-10am Strength Training^ GYMA <b>10-11am Bone Health &amp; Osteoporosis*</b> RM115 11:30-12:30pm Tai Chi Practice-Yang RM119 12:30-1:30pm Tai Chi Practice-Taolist RM119 1:30-2:45pm Local History* RM115 4-5:15pm Traditional Hatha Yoga** RM126	25 10-11am Full Fitness^ GYM 10-1pm Social Bridge RM115 1-2pm SAIL* RM119 2-4pm Drop in Volleyball GYMB <b>6-7pm Current Events Discussion in Spanish*</b> RM115	26 9-10am Strength Training^ GYMA 10:15-11:15am Total Body Fitness^ GYMA <b>11am-12pm Gravitational Wave Astronomy*</b> RM115 11:30-12:30pm Tai Chi Practice-Yang RM119 12-3pm Social Bridge RM115 12:30-1:30pm Tai Chi Practice-Taolist RM119
29 <b>CENTER CLOSED</b>	30 10-11am Full Fitness* GYM	31 9-10am Strength Training^ GYMA <b>10-12pm 55+ Fitness Day and Health Fair</b> 11:30-12:30pm Tai Chi Practice-Yang RM119 12:30-1:30pm Tai Chi Practice-Taolist RM119		

Lubber Run 55+ Center Activity Calendar

May 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: 7 a.m.-noon  
Tuesday: 7-9 a.m.  
Wednesday: 7 a.m.-noon  
Thursday: 7-9 a.m., 6-9 p.m.  
Friday: 7 a.m.-noon  
Saturday: N/A  
Sunday: 5-7 p.m.