

WALTER REED 55+ CENTER ACTIVITY CALENDAR

May 2023
2909 16th St. S.
Arlington 22204

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>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 11am-4pm Pickleball (2 courts) GYM 11:30-12:30pm Matching Cards+ MPRC 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 1-2pm Gardening+ Outside 2-3pm Beg. Tai Chi Ch'uan** WELLR 2-3:30 Computer Class** MPRA 4-7pm Table Games SL</p>	<p>2</p> <p>9-10am Yoga Daily Living** WELLR 11:30-12:15pm Strength Training+ WELLR 12:30pm Social 60+ Lunch+* MPRC 12:30-4pm Pickleball GYM 1-2pm Easter Craft+ MPRC 1-2:15pm Tai Chi Practice WELLR 1-4pm Samba SL 2-4pm Bridge Practice CAFE 4:30-5:30pm Ukulele Class ARTS&C 6-7pm Excel* Virtual</p>	<p>3</p> <p>10am-12pm Canasta SL 12-1pm Chair Yoga** WELLR 12:30pm Social 60+ Lunch+* MPRBC 12pm-2pm 55+ Basketball GYM 12:30-2pm Jolly Hearts CONF 1-2pm Easter Game+ MPRBC 1:30-3:30pm Social Bridge SL 2-3:30 Computer Class** MPRA 2:15-4pm Pickleball GYM 4-7pm Table Games SL</p>	<p>4</p> <p>8:30-9:30am Bootcamp** GYM 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 Nutrition Education+ MPRC 1-2:30pm History Discussion* Virtual 2-3pm Tai Chi Ch'uan** WELLR 4-7pm Table Games SL</p>	<p>5</p> <p>10am-12pm Cribbage SL 10am-3pm Scrabble SL 10am-4pm Pickleball GYM 11am-12pm Uber & Lyft* MPRA 11:30-12:30pm Baking w/ Joni+ MPRC 12:30pm Social 60+ Lunch+* MPRC 1-2pm Easter Egg Hunt+ 1-3pm Sunshine Gang MPRA 1-2:15pm Tai Chi Practice WELLR 4-7pm Table Games SL</p>
<p>8</p> <p>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 11am-4pm Pickleball (2 courts) GYM 11:30am-12:30pm Cornhole+ MPRC 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 1-2pm Gardening+ Outside 2-3pm Beg. Tai Chi Ch'uan** WELLR 2-3:30pm Computer Class** MPRA 4-7pm Table Games SL</p>	<p>9</p> <p>9-10am Yoga Daily Living** WELLR 10:30-11:30am English Class (REEP) MPRA 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 1-4pm Samba SL 2-4pm Bridge Practice CAFE 4:30-5:30pm Ukulele Practice ARTS&C 6-7pm Google Sheets* Virtual</p>	<p>10</p> <p>10am-12pm Canasta SL 11:30-12:30pm Jeopardy!+ MPRBC 12-1pm Chair Yoga** WELLR 12pm-2pm 55+ Basketball GYM 12:30pm Social 60+ Lunch+* MPRBC 1-2pm Air Hockey+ MPRA 1:30-3:30pm Social Bridge SL 2-3:30pm Computer Class** MPRA 2:15-4pm Pickleball GYM 4-7pm Table Games SL</p>	<p>11</p> <p>8:30-9:30am Bootcamp** GYM 10:30-11:30am English Class (REEP) MPRA 11am-12pm Cooking w/ Asian Spices* ARTS&C 11:30-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch+* MPRC 12:15-4pm Pickleball GYM 1-2pm Painting+ ARTS&C 1-2:30pm History Discussion* Virtual 12-4pm Mah Jongg SL 2-3pm Tai Chi Ch'uan** WELLR 3-5pm Movies & Munchies* ARTS&C 4-7pm Table Games SL</p>	<p>12</p> <p>10am-12pm Cribbage SL 10am-3pm Scrabble SL 10am-4pm Pickleball GYM 11:30-12:30pm Bowling+ MPRC 12:30pm Social 60+ Lunch+* MPRC 1-2pm Charades+ 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</p>
<p>15</p> <p>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 11:30-12:30pm Pass the Ball+ MPRC 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 1-2pm Gardening+ Outside 2-3pm Beg. Tai Chi Ch'uan** WELLR 2-3:30pm Computer Class** MPRA 4-7pm Table Games SL</p>	<p>16</p> <p>9-10am Yoga Daily Living** WELLR 10:30-11:30am English Class (REEP) MPRA 11:30-12:15pm Strength Training+ WELLR 12:30pm Social 60+ Lunch+* MPRC 12:30-4pm Pickleball GYM 1-2pm Craft+ ARTS&C 1-4pm Samba SL 1-2:15pm Tai Chi Practice WELLR 2-4pm Bridge Practice CAFE 3:30-4:30pm Advisory Committee ARTS&C 4:30-5:30pm Ukulele Class CONF 7-8:30pm Acoustic Café* CAFE</p>	<p>17</p> <p>10am-12pm Canasta SL 11:30-12:30pm Nutrition BINGO+ MPRBC 12-1pm Chair Yoga** WELLR 12pm-2pm 55+ Basketball GYM 12:30pm Social 60+ Lunch+* MPRBC 1-2pm Balloon Volleyball+ MPRA 1:30-3:30pm Social Bridge SL 2-3:30pm Computer Class** MPRA 2:15-4pm Pickleball GYM 4-7pm Table Games SL</p> <p>(Last day of Computer Class since start date was pushed back)</p>	<p>18</p> <p>8:30-9:30am Bootcamp** GYM 10:30-11:30am English Class (REEP) MPRA 11am-12pm Medication Safety* 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 Painting + ARTS&C 1-2:30pm History Discussion* Virtual 2-3pm Tai Chi Ch'uan** WELLR 4-7pm Table Games SL</p>	<p>19</p> <p>10am-12pm Cribbage SL 10am-3pm Scrabble SL 10am-4pm Pickleball GYM 12:30pm Social 60+ Lunch+* MPRC 1pm Movie+ ARTS&C 1-3pm Sunshine Gang MPRA 1-2:15pm Tai Chi Practice WELLR 4-7pm Table Games SL</p>
<p>22</p> <p>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 11:30-12:30pm Trivia+ MPRC 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 1-2pm Gardening+ Outside 4-7pm Table Games SL</p>	<p>23</p> <p>9-10am Yoga Daily Living** WELLR 10:30-11:30am English Class (REEP) MPRA 11:30-12:15pm Strength Training+ WELLR 12:30pm Social 60+ Lunch+* MPRC 12:30-4pm Pickleball GYM 1-2pm Heart Health Event+ MPRC 1-4pm Samba SL 1-2:15pm Tai Chi Practice WELLR 2-4pm Bridge Practice CAFE 4:30-5:30pm Ukulele Practice CONF 6:30-7:30pm Playwright/Performers* SL</p>	<p>24</p> <p>10am-12pm Canasta SL 10:15-11am Fortune Teller Game+ MPRC 11:30-12:30pm Balloon Volleyball+ MPRBC 12-1pm Chair Yoga** WELLR 12:30pm Social 60+ Lunch+* MPRBC 12pm-2pm 55+ Basketball GYM 1-2pm Air Hockey+ MPRA 1:30-3:30pm Social Bridge SL 2:15-4pm Pickleball GYM 4-7pm Table Games SL</p>	<p>25</p> <p>8:30-9:30am Bootcamp** (Make-up) GYM 10:30-11:30am English Class (REEP) MPRA 11:30-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch+* MPRC 12:30-4pm Pickleball GYM 12-4pm Mah Jongg SL 1-2pm Riddles+ MPRBC 4-7pm Table Games SL</p>	<p>26</p> <p>10am-12pm Cribbage SL 10am-3pm Scrabble SL 10am-4pm Pickleball GYM 11:30-12:30pm Bowling+ WELLR 12:30pm Social 60+ Lunch+* MPRC 12:30pm Birthday Celebration!+ 1-2pm Trivia+ MPRC 1-3pm Sunshine Gang MPRA 1-2:15pm Tai Chi Practice WELLR 4-7pm Table Games SL</p>
<p>29</p> <p>Memorial Day Center Closed</p>	<p>30</p> <p>10:30-11:30am English Class (REEP) MPRA 11:30-12:15pm Strength Training+ WELLR 12:30pm Social 60+ Lunch+* MPRC 12:30-4pm Pickleball GYM 1-2pm Heart Health Event+ MPRC 1-4pm Samba SL 1-2:15pm Tai Chi Practice WELLR 2-4pm Bridge Practice CAFE 4:30-5:30pm Ukulele Practice CONF</p>	<p>31</p> <p>10am-12pm Canasta SL 11:30-12:30 Nutrition BINGO+ MPRBC 12pm-2pm 55+ Basketball GYM 12:30pm Social 60+ Lunch+ *MPRBC 1-2pm Balloon Volleyball+ MPRA 1:30-3:30pm Social Bridge SL 2:15-4pm Pickleball GYM 4-7pm Table Games SL</p>		

All programs are drop-in unless otherwise designated by the symbols below:

- ^ = fee required
- * = registration required
- + = Social 60+ Café Program
- ~~Strikethrough~~ = Program Canceled
- 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

Daily Programming:

10am-12pm Ping Pong & Billiards GR

Weekend Programming:

Saturdays:
10 a.m.-12 p.m. Rummikub SL
12-4 p.m. Mah Jongg SL