

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|---|--|--|---|
|  |   |  |  | 1<br>8am-12pm Social 60+ Café+* RM527<br>10am-12pm Open Art Studio RM526<br>10am-3pm Play Pickleball GYM<br>11am-1pm Rummikub RM205<br>11:30am-12pm Lunch (sign up ahead)<br>Social 60+ Café +*   |
| 4<br>Center Closed   | 5<br>8am-12pm Social 60+ Café+* RM527<br>10am-12pm Table Tennis RM217<br>11am-1pm Rummikub RM205<br>11:30am-12pm Lunch (sign up ahead)<br>Social 60+ Café +*<br>12-3pm Play Pickleball GYM<br>5-8:45pm Play Pickleball GYM  | 6<br>8am-12pm Social 60+ Café+* RM527<br>10-11:15am Line Dance RM421<br>10am-12pm Open Art Studio RM526<br>10:30am-1pm 55+ Crafters RM404<br>11am-1pm Rummikub RM205<br>11:30am-12pm Lunch (sign up ahead)<br>Social 60+ Café +*   | 7<br>8am-12pm Social 60+ Café+* RM527<br>9-11am Crochet RM205<br>11am-1pm Rummikub RM205<br>11:30am-12pm Lunch (sign up ahead)<br>Social 60+ Café +*<br>12-3pm Play Pickleball GYM<br>12-2pm <b>Cornhole on the Plaza*</b> Outdoor | 8<br>8am-12pm Social 60+ Café+* RM527<br>10am-12pm Open Art Studio RM526<br>10am-3pm Play Pickleball GYM<br>11am-1pm Rummikub RM205<br>11:30am-12pm Lunch (sign up ahead)<br>Social 60+ Café +*   |
| 11<br>8am-12pm Social 60+ Café+* RM527<br>9-11am Crochet RM205<br>10am-3pm Play Pickleball GYM<br>10-11:15am Line Dance RM421<br>10:30-11:30am <b>Caring for Aging Parents*</b><br>11am-1pm Rummikub RM525<br>11am-12pm Spanish Conversation RM217<br>11:30am-12pm Lunch (sign up ahead)<br>Social 60+ Café +*<br>5-6:15pm Hatha Yoga Basics** RM418 | 12<br>8am-12pm Social 60+ Café+* RM527<br>10am-12pm Table Tennis RM217<br>11am-1pm Rummikub RM205<br>11:30am-12pm Lunch (sign up ahead)<br>Social 60+ Café +*<br>12-3pm Play Pickleball GYM<br>5-8:45pm Play Pickleball GYM   | 13<br>8am-12pm Social 60+ Café+* RM527<br>10-11:15am Line Dance RM421<br>10am-12pm Open Art Studio RM526<br>10:30am-1pm 55+ Crafters RM404<br>11am-1pm Rummikub RM205<br>11:30am-12pm Lunch (sign up ahead)<br>Social 60+ Café +*  | 14<br>8am-12pm Social 60+ Café+* RM527<br>9-11am Crochet RM205<br>9-10am Trekkers Outdoor<br>11am-1pm Rummikub RM205<br>11:30am-12pm Lunch (sign up ahead)<br>Social 60+ Café +*<br>12-3pm Play Pickleball GYM                     | 15<br>8am-12pm Social 60+ Café+* RM527<br>10am-12pm Open Art Studio RM526<br>10am-3pm Play Pickleball GYM<br>10:30am-12pm Open Latin Dance RM421<br>11am-1pm Rummikub RM205<br>11:30am-12pm Lunch (sign up ahead)<br>Social 60+ Café +* |
| 18<br>8am-12pm Social 60+ Café+* RM527<br>9-11am Crochet RM205<br>10am-3pm Play Pickleball GYM<br>10-11:15am Line Dance RM421<br>11am-1pm Rummikub RM205<br>11am-12pm Spanish Conversation RM217<br>11:30am-12pm Lunch (sign up ahead)<br>Social 60+ Café +*<br>5-6:15pm Hatha Yoga Basics** RM418   | 19<br>8am-12pm Social 60+ Café+* RM527<br>10am-12pm Table Tennis RM217<br>11am-1pm Rummikub RM205<br>11:30am-12pm Lunch (sign up ahead)<br>Social 60+ Café +*<br>12-3pm Play Pickleball GYM<br>1:30-2:45pm <b>Rock Music Legends*</b> RM404<br>5-8:45pm Play Pickleball GYM | 20<br>8am-12pm Social 60+ Café+* RM527<br>10-11:15am Line Dance RM421<br>10am-12pm Open Art Studio RM526<br>10:30am-1pm 55+ Crafters RM404<br>10:30-11:30am <b>Tasty Salsa Recipes*</b> RM205<br>11am-1pm Rummikub RM205<br>11:30am-12pm Lunch (sign up ahead)<br>Social 60+ Café +* | 21<br>8am-12pm Social 60+ Café+* RM527<br>9-11am Crochet RM205<br>11am-1pm Rummikub RM205<br>11:30am-12pm Lunch (sign up ahead)<br>Social 60+ Café +*<br>12-3pm Play Pickleball GYM<br>1-3:30pm <b>Movies at the Mill*</b> RM525   | 22<br>8am-12pm Social 60+ Café+* RM527<br>10am-12pm Open Art Studio RM526<br>10am-3pm Play Pickleball GYM<br>11am-1pm Rummikub RM205<br>11:30am-12pm Lunch (sign up ahead)<br>Social 60+ Café +*  |
| 25<br>8am-12pm Social 60+ Café+* RM527<br>9-11am Crochet RM205<br>10am-3pm Play Pickleball GYM<br>10-11:15am Line Dance RM421<br>11am-1pm Rummikub RM205<br>11am-12pm Spanish Conversation RM217<br>11:30am-12pm Lunch (sign up ahead)<br>Social 60+ Café +*<br>5-6:15pm Hatha Yoga Basics** RM418   | 26<br>8am-12pm Social 60+ Café+* RM527<br>10am-12pm Table Tennis RM217<br>11am-1pm Rummikub RM205<br>11:30am-12pm Lunch (sign up ahead)<br>Social 60+ Café +*<br>12-3pm Play Pickleball GYM<br>5-8:45pm Play Pickleball GYM   | 27<br>8am-12pm Social 60+ Café+* RM527<br>10-11:15am Line Dance RM421<br>10am-12pm Open Art Studio RM526<br>10:30am-1pm 55+ Crafters RM404<br>11am-1pm Rummikub RM205<br>11:30am-12pm Lunch (sign up ahead)<br>Social 60+ Café +*  | 28<br>8am-12pm Social 60+ Café+* RM527<br>9-11am Crochet RM205<br>9-10am Trekkers Outdoor<br>11am-1pm Rummikub RM205<br>11:30am-12pm Lunch (sign up ahead)<br>Social 60+ Café +*<br>12-3pm Play Pickleball GYM                     | 29  |

# ARLINGTON MILL 55+ CENTER CALENDAR

September 2023

909 S. Dinwiddie St.,  
Arlington, VA 22204  
703-228-7369

### Key

\* = registration required

^ = fee required

+ = Social 60+ Café

**Bold** = speakers/special events/etc.

### Weekend Programming:

Rummikub: RM 205  
Saturdays, 10 a.m.-12 p.m.

Check out the [weekly schedule](#) for Arlington Mill Community Center's gymnasium (updated as changes occur).