

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 10:15-11am Intro to Line Dance MR 11:05am-12:05pm Line Dance MR 1-2pm SAIL class* TR
4 	5 1-2pm SAIL class* MR	6 10am-12pm Foursome Bridge K 10am-12pm Hearts Club MR 10am-12pm Rummikub MR 10am-12:15pm Mac iPhone iPad* MR 11am-12pm Line Dance TR 1-2pm Piano Sing-Along!* MR 2-2:45pm Tai Chi Practice TR	7	8 9-10:30am Aurora Hills Walkers OS 10:15-11am Intro to Line Dance MR 11:05am-12:05pm Line Dance MR 11-11:30am Intergenerational Story Time* TR 1-2:30pm Acoustic Hour w/ Carl Gold*  MR 1-2pm SAIL class* TR
11 10-11am Gentle Hatha Yoga ** TR 10am-12pm Yarn Crafters MR 10am-12pm Mah Jongg K 11:30am-1pm Advisory Committee Meeting TR 12:15-12:45pm Seated Stretching MR 2-3pm Jeopardy* TR	12 11am-12pm Gentle Hatha Yoga ** MR 1-2pm SAIL class* MR 12:15-1:15pm Chair Hatha Yoga** TR	13 <i>*No Line Dance</i> 10am-12pm Foursome Bridge K 10am-12pm Rummikub MR 10am-12pm Hearts Club MR 10am-12:15pm Mac iPhone iPad* TR 11am-12pm Learn How to Cook Plantains!* K 1:30-2:30pm Mental Health & Aging* MR 2-2:45pm Tai Chi Practice TR	14	15 10:15-11am Intro to Line Dance MR 11:05am-12:05pm Line Dance MR 12:30-2:30pm Movie: <i>Downton Abbey: A New Era</i> (2022) (PG)* TR 1-2pm SAIL class* MR
18 10-11am Gentle Hatha Yoga ** TR 10am-12pm Yarn Crafters MR 10am-12pm Mah Jongg K 12:15-12:45pm Seated Stretching MR 1:00-2:30pm Short Story Discussion* TR 1-2:30pm Practical Bridge* MR	19 11am-12pm Gentle Hatha Yoga ** MR 1-2pm SAIL class* MR 12:15-1:15pm Chair Hatha Yoga** TR	20 10am-12pm Foursome Bridge K 10am-12pm Hearts Club MR 10am-12pm Rummikub MR 10am-12:15pm Mac iPhone iPad* MR 11am-12pm Line Dance TR 1-2pm Wild Edible Plants* TR 2-2:45pm Tai Chi Practice TR	21	22 10:15-11am Intro to Line Dance MR 11:05am-12:05pm Line Dance MR 1-2:30pm Welcome Back Bingo at Aurora Hills* MR  <i>No SAIL class</i>
25 10-11am Gentle Hatha Yoga ** TR 10am-12pm Yarn Crafters MR 10am-12pm Mah Jongg K 12:15-1pm Seated Stretching MR 11:30am-12:45pm Book Club TR 1-2:30pm Practical Bridge* MR	26 11am-12pm Gentle Hatha Yoga ** MR 1-2pm SAIL class* MR 12:15-1:15pm Chair Hatha Yoga** TR	27 10am-12pm Foursome Bridge K 10am-12pm Hearts Club MR 10am-12pm Rummikub MR 11am-12pm Line Dance TR 11am-12pm Magazine Article Discussion* MR 1-2pm Fall Recipe Swap* TR 2-2:45pm Tai Chi Practice TR	28	29 9-10:30am Aurora Hills Walkers OS 10:15-11am Intro to Line Dance MR 11:05am-12:05pm Line Dance MR 12:30-2:30pm Movie: <i>Air</i> (2023) (R)* MR 1-2pm SAIL class* TR

# AURORA HILLS 55+ CENTER ACTIVITY CALENDAR

September 2023

735 18<sup>th</sup> St. S  
Arlington, VA

### Calendar Key

\* = registration required  
^ = fee required

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

NOTE: Programs without a symbol are considered Drop-In and do not require registration.

TR = Training/Meeting Room  
MR = Main Room  
OS = Outside  
K = Kitchen