


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:30-11:30am Spellbinders Meeting RM 103 10am-12pm German Conversation* Virtual 10:30-11:15am Exercise w/ Jill + RM 113 11am-2pm 55+ Fitness Rm hrs.^ RM 202 12-12:30pm Social 60+ Café + RM 113 1-3pm Pinochle and Card Games RM 108
4 Labor Day County Holiday Center Closed	5 9:30-11:30am Rummikub RM103 10:30-11:30am Social 60+ Bingocize+ 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 Outside or SR 3:30-5:30pm Volleyball Gym	6 9:30-11am Morning Meet-Up RM108 10:30-11:15am Exercise w/ Jill + RM113 11:00am Social 60+ Bingo + SR 11am-2pm 55+ Fitness hrs.^ RM202 12-12:45pm Social 60+ Café + RM113 1-2:30pm Scrabble RM108 1-2pm French Conversation RM103 3-4pm Tai Chi Class** RM113 7:15-8:45pm Women's Basketball Gym	7 9:30-11:30am Mah Jongg RM 103 1-2pm Estate Planning 101* RM108 1-4pm Cardmaking Group Rm 125 1-4pm Wood Carvers Rm 125 2-3pm Italian Language RM 103	8 10am-12pm German Conversation* Virtual 10:30-11:15am Exercise w/ Jill + RM 113 11am-2pm 55+ Fitness Rm hrs.^ RM 202 12-12:30pm Social 60+ Café + RM 113 1-3:30pm Whodunnit Mystery* RM 108 1-3pm Pinochle and Card Games RM 108
11 11am-2pm 55+ Fitness Rm^ RM 102 12:00pm Social 60+ Café + RM113 1-3pm Card Games and Rummikub Rm103 1:30-2:30pm Scale Down RM 125 1:15-2:45pm Gentle & Med Yoga** RM 108 3-4pm Tai Chi Class** RM 113	12 9am-1pm Social 60+ Picnic + Highview Park RM103 9:30-11:30am Rummikub RM103 11am-12pm Stroke Smart* Virtual 12pm Social 60+ Café + RM 113 1-2:30pm Yarn Creations RM108 2-3pm Drumming Outside or SR 3:30-5:30pm Volleyball Gym	13 9:30-11am Morning Meet-Up RM103 10:30-11:15am Exercise w/ Jill + RM113 11am What is Estate Planning* Virtual 11am-2pm 55+ Fitness hrs.^ RM202 12-12:45pm Social 60+ Café + RM125 1-2:30pm Scrabble Rm 108 1-2pm French Conversation RM 103 3-4pm Tai Chi Class** RM113 7:15-8:45pm Women's Basketball Gym	14 9:30-11:30am Mah Jongg RM 103 12-12:30pm Social 60+ Café+ RM 113 1-3pm Intermediate Drawing & Painting** RM113 1-4pm Cardmaking Group Rm 125 1-4pm Wood Carvers Rm 125 2-3pm Italian Language RM 103 6-7 pm Zumba** RM 113	15 10am-12pm German Conversation* Virtual 10:30-11:15am Exercise w/ Jill + RM 113 11am-2pm 55+ Fitness Rm hrs.^ RM 202 12-12:30pm Social 60+ Cafe + RM 113 1-3pm Pinochle and Card Games RM 108
18 10:30am Spellbinders+ SR 11am-2pm 55+ Fitness Rm^ RM 102 12-12:45pm Social 60+ Café + RM13 1-3pm Card Games and Rummikub Rm103 1:15-2:45pm Gentle & Med Yoga** RM 108 3-4pm Tai Chi Class** RM113	19 9:30-11:30am Rummikub RM108 10:30-11:15am Jane Franklin Dance + RM113 11am-12pm New Books at the Library* RM108 12-12:30pm Social 60+ Café + RM113 1-2:30pm Yarn Creations RM108 2-3pm Drumming Outside or SR 3:30-5:30pm Volleyball Gym	20 9:30-11am Morning Meet-Up RM108 10:30-11:15am Exercise w/ Jill + RM113 11am-2pm 55+ Fitness hrs.^ RM202 12-12:45pm Social 60+ Café + RM113 1-2:30pm Scrabble RM103 1-2pm French Conversation RM113 2-3pm Acoustic Afternoon* SR 3-4pm Tai Chi Class** RM113 7:15-8:45pm Women's Basketball Gym	21 9:30-11:30am Mah Jongg RM 108 10:30am Piano Lounge w/ Valerie+ SR 11am-12pm Budgeting for Holidays* RM108 12-12:30pm Social 60+Café + RM 113 1-2pm Falls are Not Part of Aging* RM108 1-3pm Intermediate Drawing & Painting** Rm113 1-4pm Cardmaking Group Rm 125 1-4pm Wood Carvers Rm 125 2-3pm Italian Language RM 103 6-7 pm Zumba** RM 113	22 10am-12pm German Conversation* Virtual 10:30-11:15am Exercise w/ Jill + RM 113 11am-2pm 55+ Fitness Rm hrs.^ RM 202 12-12:30pm Social 60+ Café + RM 113 1-3pm Pinochle and Card Games RM 108
25 11am-2pm 55+ Fitness Rm^ RM 102 10:30-11:30am Baking w/ Joni + SR 12-12:45pm Social 60+ Café+ RM 113 1-3pm Card Games and Rummikub Rm103 1:30-2:30pm Scale Down RM 125 1:15-2:45pm Gentle & Med Yoga** RM 108	26 9:30-11:30am Rummikub RM108 11:15am P.A.L. Visit + SR 12-12:30pm Social 60+ Café+ RM113 1-2:30pm Yarn Creations RM108 2-3pm Drumming Outside or SR 3:30-5:30pm Volleyball Gym	27 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 3-4pm Tai Chi Class** RM113 7:15-8:45pm Women's Basketball Gym	28 9:30-11:30am Mah Jongg RM 108 10:30am Baking w/Joni Social 60+ SR 11am-12pm Photographing Arlington's Volunteers* RM108 12-12:30pm Social 60+ Café+ RM113 1-4pm Cardmaking Group Rm 125 1-4pm Wood Carvers Rm 125 2-3pm Italian Language RM 103 6-7 pm Zumba** RM 113	29 10am-12pm German Conversation* Virtual 10:30-11:15am Exercise w/ Jill + RM 113 11am-2pm 55+ Fitness Rm hrs.^ RM 202 12-12:30pm Social 60+ Café + RM 113 1-3pm Pinochle and Card Games RM 108

LANGSTON-BROWN 55+ CENTER ACTIVITY CALENDAR

September
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 for noon for those registered for the program.