

Lubber Run 55+
Center Activity
Calendar

September 2023

300 N. Park Drive,
Arlington, VA,
22203

703-228-4747

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 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-Taoist RM119 3-4:30pm Crafternoon Social Group RM115
4 Center Closed: Labor Day	5 10-11am Full Fitness* GYM 1-3pm Movie Matinee: Ticket to Paradise* RM115 1-2:30pm Encore Chorale** RM119	6 9-10am Strength Training* GYMA 11:30-12:30pm Tai Chi Practice-Yang RM119 12:30-1:30pm Tai Chi Practice-Taoist RM119 1:30-3:30pm Opera Appreciation* RM115 4-5pm Plano Lounge and Sing-Along* RM115	7 10-11am Full Fitness* GYM 10am-1pm Social Bridge RM115 11am-2pm Chronic Disease Self-Management* RM115 11:15am-12:30pm 55+ Travel Open House RM126 1:30-3:30pm Sudoku RM115 2-3:30pm Social Ballroom RM119 2-4pm Drop in Volleyball GYMB 3-4pm Plant & Cutting Swap* RM115	8 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-Taoist RM119 3-4:30pm Crafternoon Social Group RM115
11 8-9am Gyrokinesis** GYM 10-11am Total Body Fitness* GYM 10-10:30am Reading Buddies* 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	12 10-11am Full Fitness* GYM 10-10:30am Reading Buddies* RM115 10:30-11:30am Traditional Hatha Yoga** RM116 11:30am-12:30pm It Takes a Village* RM115 11:45-12:45pm Gentle Hatha Yoga** RM116 1-2:30pm Encore Chorale** RM119 2:15-3:15pm Zumba** RM116	13 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-Taoist RM119 12:30-1:30pm Intro. To PayPal* RM115 2-3pm Advisory Committee Meeting RM119 3:30-5pm Family Feud* RM119 4-5:15pm Traditional Hatha Yoga** RM126	14 10-11am Full Fitness* GYM 10am-1pm Social Bridge RM115 11am-2pm Chronic Disease Self-Management* RM115 1-2pm SAIL* RM119 1:30-3pm Beginner Quilling* RM115 2-3pm Spanish Discussion Group* RM115 2-4pm Drop in Volleyball GYMB 6-7pm Records and Rootbeer Floats* RM115	15 9-10am Strength Training* GYMA 10am-12pm Safety Expo* RM119 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-Taoist RM119 3-4:30pm Crafternoon Social Group RM115
18 8-9am Gyrokinesis** GYM 10-11am Total Body Fitness* GYM 10-11:30am Explore Art* 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	19 10-11am Full Fitness* GYM 10:30-11:30am Traditional Hatha Yoga** RM116 11:30-1pm Genealogy* RM115 11:45-12:45pm Gentle Hatha Yoga** RM116 1-2:30pm Encore Chorale** RM119 2:15-3:15pm Zumba** RM116	20 9-10am Strength Training* GYMA 11:30-12:30pm Tai Chi Practice-Yang RM119 12:30-1:30pm Tai Chi Practice-Taoist RM119 1:30-3:30pm Opera Appreciation* RM115 4-5:15pm Traditional Hatha Yoga** RM126	21 10-11am Full Fitness* GYM 10am-1pm Social Bridge RM115 11am-2pm Chronic Disease Self-Management* RM115 1-2pm SAIL* RM119 1:30-3:30pm Sudoku RM115 2-3:30pm Social Ballroom RM119 2-4pm Drop in Volleyball GYMB 6-7pm Loteria- Spanish Bingo* RM115	22 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-Taoist RM119 3-4:30pm Crafternoon Social Group RM115
25 8-9am Gyrokinesis** GYM 10-11am Total Body Fitness* GYM 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	26 10-11am Full Fitness* GYM 10:30-11:30am Traditional Hatha Yoga** RM116 11:45-12:45pm Gentle Hatha Yoga** RM116 1-2:30pm Encore Chorale** RM119 2:15-3:15pm Zumba** RM116	27 9-10am Strength Training* GYMA 10-11:30am You're Retired! Now What?* RM115 11:30-12:30pm Tai Chi Practice-Yang RM119 12:30-1:30pm Tai Chi Practice-Taoist RM119 1:30-2:45pm Local History* RM115 4-5:15pm Traditional Hatha Yoga** RM126	28 10-11am Full Fitness* GYM 10am-1pm Social Bridge RM115 11am-2pm Chronic Disease Self-Management* RM115 1-2pm SAIL* RM119 2-4pm Drop in Volleyball GYMB 6-7:30pm Mastering Your Interview Skills* RM115	29 9-10am Strength Training* GYMA 10:15-11:15am Total Body Fitness* GYMA 10-11am Brain Health- An Update* RM115 10:30am-12pm Mastering Your Interview Skills* RM126 11:30-12:30pm Tai Chi Practice-Yang RM119 12-3pm Social Bridge RM115 12:30-1:30pm Tai Chi Practice-Taoist RM119 3-4:30pm Crafternoon Social Group RM115

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: 7am-noon
Tuesday: 7-9am
Wednesday: 7am-noon
Thursday: 7-9am, 6-9pm
Friday: 7am-noon
Saturday: N/A
Sunday: 5-7pm