<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Center Closed:</strong></td>
<td><strong>Labor Day</strong></td>
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<tr>
<td><strong>9-11am</strong> Full Fitness** GYM</td>
<td><strong>10-11am</strong> Full Fitness** GYM</td>
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<tr>
<td><strong>11:30-12:30pm</strong> Tai Chi Practice-Yang</td>
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<tr>
<td><strong>1-3pm</strong> Encore Chorale** RM115</td>
<td><strong>1:30-3:30pm</strong> Opera Appreciation** RM115</td>
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<tr>
<td><strong>2:30pm</strong> Social Bridge** RM115</td>
<td><strong>3:30-5:30pm</strong> Piano Lounge and Sing-Along** RM115</td>
<td><strong>3:30-5:30pm</strong> Social Bridge** RM115</td>
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</tbody>
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**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  

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**Lubber Run 55+ Center Activity Calendar**

**September 2023**

300 N. Park Drive, Arlington, VA, 22203

703-228-4747

**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.