

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 11am Croquet Outside 10am-12pm Ping Pong & Billiards GR 10am-12pm Cribbage SL 10am-3pm Scrabble SL 10am-4pm Pickleball GYM 11:30am-12:30pm SAIL+ (half court) GYM 12:30pm Social 60+ Lunch+* MPRC 12:45-2pm Pickleball (Half Court) GYM 1pm Painting+ ARTS&C 1-3pm Sunshine Gang MPRA 1-2:15pm Tai Chi Practice WELLR 4-7pm Table Games SL
4 LABOR DAY HOLIDAY Center Closed	5 10:30-11:30am English Class (REEP) MPRA 11:30-12:15pm Strength Training+ WELLR 12:30pm Social 60+ Lunch+* MPRC 1-2pm BINGO+ MPRBC 1-2:15pm Tai Chi Practice WELLR 1-4pm Samba SL 2-4pm Bridge Practice CAFE 2:30-3:30 Partner Dance Practice WELLR 4:30-5:30pm Ukulele Practice ARTS&C GYM CLOSED	6 10am-12pm Canasta SL 11:30am-12:30pm Knitting Group+ MPRBC 11:30am-12:30pm SAIL+ MPRABC 12:30pm Social 60+ Lunch+* MPRBC 1-2pm Word Hive+ MPRBC 1:30-3:30pm Social Bridge SL 4-7pm Table Games SL GYM CLOSED	7 10:30-11:30am English Class (REEP) MPRA 11:30am-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch+* MPRC 12:15-4pm Pickleball GYM 1-2pm Floor Hockey+ WELLR 12-4pm Mah Jongg SL 2-3pm Tai Chi Ch'uan** WELLR 4-7pm Table Games SL	8 11am Croquet Outside 10am-12pm Cribbage SL 10am-3pm Scrabble SL 10am-4pm Pickleball GYM 11:30am-12:30pm SAIL+ (half court) GYM 12:30pm Social 60+ Lunch+* MPRC 1pm Craft+ ARTS&C 1-2:15pm Tai Chi Practice WELLR 1:30-3:30pm BUNCO Bunch* SL 4-7pm Table Games SL
11 8:30-4pm Pickleball (2 courts) GYM 10-11am Abs. Beginner PB (1 court) GYM 10-11am Pickleball (1 court) GYM 9:30-12:30 Mexican Train Dominoes CAFE 11:30-12:30pm Gardening+ Outside 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 1-2pm Chair Yoga+ WELLR 2-3pm Beg. Tai Chi Ch'uan** WELLR 3:45-4:45pm Mat Pilates** WELLR 4-7pm Table Games SL	12 9-10am Yoga Daily Living** WELLR 10am-1pm NVSO Croquet Outside 10:30-11:30am English Class (REEP) MPRA 11:30-12:15pm Strength Training+ WELLR 12:30pm Social 60+ Lunch+* MPRC 1-2pm Table Games MPRBC 1-4pm Samba SL 1-2:15pm Tai Chi Practice WELLR 2:30-3:30 Partner Dance Practice WELLR 2-4pm Bridge Practice CAFE 4:30-5:30pm Ukulele Practice ARTS&C 6-7:30pm Plant & Bird Apps* MPRA	13 10am-12pm Canasta SL 11:30am-12:30pm Knitting Group+ MPRBC 11:30am-12:30pm SAIL+ MPRABC 12-1pm Chair Yoga** WELLR 12pm-2pm 55+ Basketball GYM 12:30pm Social 60+ Lunch+* MPRBC 1-2pm Nutrition Jeopardy+ MPRA 1:30-3:30pm Social Bridge GYM 2:15-4pm Pickleball GYM 4-7pm Table Games SL	14 10:30-11:30am English Class (REEP) MPRA 11:30am-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 1-2pm Pass the Ball+ WELLR 2-3pm Tai Chi Ch'uan** WELLR 2-4pm Movies & Munchies* ARTS&C 4-7pm Table Games SL	15 11am Croquet Outside 10am-12pm Cribbage SL 10am-3pm Scrabble SL 10am-4pm Pickleball GYM 12:30pm Social 60+ Lunch+* MPRC 1pm Movie+ ARTS&C 1-3pm Sunshine Gang MPRA 1-2:15pm Tai Chi Practice WELLR 4-7pm Table Games SL
18 8:30-4pm Pickleball (2 courts) GYM 10-11am Abs. Beginner PB (1 court) GYM 10-11am Pickleball (1 court) GYM 9:30am-12:30pm Learn Mexican Train Dominoes* CAFE 11:30am-12:30pm Gardening+ Outside 11am-12:30pm Mah Jongg Lessons* SL 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 1-2pm Pass the Ball+ MPRBC 2-3pm Beg. Tai Chi Ch'uan** WELLR 3:45-4:45pm Mat Pilates** WELLR 4-7pm Table Games SL	19 9-10am Yoga Daily Living** WELLR 10-11am Croquet Outside 10:30-11:30am English Class (REEP) MPRA 10:30-11:30am BP Clinic CONF 11:30-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch+* MPRC 12:30-4pm Pickleball GYM 1-2pm Cornhole+ MPRBC 1-4pm Samba SL 1-2:15pm Tai Chi Practice WELLR 2:30-3:30 Partner Dance Practice WELLR 2-4pm Bridge Class CAFE 4:30-5:30pm Ukulele Practice ARTS&C 7-8:30pm Acoustic Café* CAFE	20 10am-12pm Canasta SL 10-11:30am Mixed Media Art* ARTS&C 11:30am-12:30pm Knitting Group+ MPRBC 12-1pm Chair Yoga** WELLR 12:30pm Social 60+ Lunch+* MPRBC 12pm-2pm 55+ Basketball GYM 1-2pm Hangman+ MPRA 1:30-3:30pm Social Bridge SL 2:15-4pm Pickleball GYM 4-7pm Table Games SL	21 10:30-11:30am English Class (REEP) MPRA 11:30am-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch+* MPRC 12:30-4pm Pickleball GYM 12-4pm Mah Jongg SL 1-2pm Painting+ ARTS&C 2-3pm Tai Chi Ch'uan** WELLR 4-7pm Table Games SL	22 11am Croquet Outside 10am-12pm Cribbage SL 10am-3pm Scrabble SL 10am-4pm Pickleball GYM 11am-12pm Plant Swap* ARTS&C 11am-12pm PowerPoint/Google Slides* Virtual 12:30pm Social 60+ Lunch+* MPRC 1-2pm Bowling+ WELLR 1-3pm Sunshine Gang MPRA 1-2:15pm Tai Chi Practice WELLR 4-7pm Table Games SL
25 8:30-4pm Pickleball (2 courts) GYM 10-11am Abs. Beginner PB (1 court) GYM 10-11am Pickleball (1 court) GYM 9:30-12:30 Mexican Train Dominoes CAFE 11:30am-12:30pm Gardening+ Outside 11am-12:30pm Arlington Weaves* MPRA 11am-12:30pm Mah Jongg Lessons* SL 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 1-2pm Chair Yoga+ MPRBC 2-3pm Beg. Tai Chi Ch'uan** WELLR 3:45-4:45pm Mat Pilates** WELLR 4-7pm Table Games SL	26 9-10am Yoga Daily Living** WELLR 10-11am Croquet Outside 10:30-11:30am English Class (REEP) MPRA 10:30-11:30am BP Clinic CONF 11:30-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch+* MPRC 12:30-4pm Pickleball GYM 1-2pm Craft+ ARTS&C 1-4pm Samba SL 1-2:15pm Tai Chi Practice WELLR 2:30-3:30 Partner Dance Practice WELLR 2-4pm Bridge Class CAFE 4:30-5:30pm Ukulele Practice ARTS&C 6-8pm Pride 365: Every Body* ARTS&C	27 10am-12pm Canasta SL 11:30am-12:30pm Knitting Group+ MPRBC 12:30pm Social 60+ Lunch+* MPRBC 12-1pm Chair Yoga** WELLR 12pm-2pm 55+ Basketball GYM 1-2pm Charades+ MPRA 1:30-3:30pm Social Bridge SL 2:15-4pm Pickleball GYM 4-7pm Table Games SL	28 10:30-11:30am English Class (REEP) MPRA 11:30am-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch+* MPRC 12:30-4pm Pickleball GYM 12-4pm Mah Jongg SL 1-2pm Birthdays!+ 1-2pm Balloon Volleyball+ WELLR 2-3pm Tai Chi Ch'uan** WELLR 4-7pm Table Games SL	29 11am Croquet Outside 10am-12pm Cribbage SL 10am-3pm Scrabble SL 10am-4pm Pickleball GYM 12:30pm Social 60+ Lunch+* MPRC 1pm Movie+ ARTS&C 1-3pm Sunshine Gang MPRA 1-2:15pm Tai Chi Practice WELLR 4-7pm Table Games SL

Walter Reed 55+ Center Activity Calendar

September 2023
2909 16th St. S.
Arlington 22204

All programs are drop-in unless otherwise designated by the symbols below:

- ^ = fee required
- * = registration required
- + = Social 60+ Café Program
- ~~Strikethrough~~ = Program Cancelled
- Bold = Special Program**

Room Codes:

- SL = Senior Lounge
- GR = Game Room
- WELLR = Wellness Room
- MPRA = Multi-Purpose Room A
- MPRBC = Multi-Purpose Room B & C
- ARTS&C = Arts & Crafts Room
- QR = Quiet Room
- CONF = Conference Room

Daily Programming:

- 10am-12pm Ping Pong & Billiards GR

Weekend Programming:

- Saturdays:
- 10 a.m.-12 p.m. Rummikub SL
- 12-4 p.m. Mah Jongg SL

Sundays:

- 1:30-4:30 p.m. **Mexican Train Dominoes SL

Contact Jennifer Weber to get added to the Sunday Mexican Train Dominoes listserv - jweber1@arlingtonva.us or 703-228-0949