






MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>9:30-11am Morning Meet-Up RM108 10:30-11:15am Exercise w/ Jill + RM113 11:00-12pm Is Your Jewelry Box a Treasure Chest* RM 108</p> <p>11am-2pm 55+ Fitness hrs.^ RM202 12-12:45pm Social 60+ Café Lunch + RM113 1-2:30pm Scrabble RM103 1-2pm French Conversation RM113 3-4pm Tai Chi for Beginners** RM113 7-9pm Women's Basketball Gym</p>	<p>9:30-11:30am Mah Jongg RM 108 10:15am-12pm Movie Day + SR 12-12:30pm Social 60+ Café + Rm 113 1:00-4:30pm Cardmaking Group RM 125 1:00-4:30pm Woodcarvers Rm125 2-3pm Italian Language Rm 108 2-3pm Name That Tune* Rm 108 6-7pm Zumba Class** Rm 113</p>	<p>9:30-11:30am Spellbinders Meeting RM 103 10am-12pm German Conversation* Virtual RM113 10:30-11:15am Exercise w/ Jill + RM 202 11am-2pm 55+ Fitness Rm hrs.^ RM 113 12-12:30pm Social 60+ Café + Rm 108 1-3pm Pinochle RM 108</p>
<p>11am-2pm 55+ Fitness hrs.^ RM202 10:30-11:30am Piano Lounge w/Valerie+ SR 10:30-11:30am Secrets Revealed* Virtual 12-12:45pm Social 60+ Café + RM113 12-3pm Card Games and Rummikub RM103 1:15-2:45pm Gentle & Med.Yoga** RM108 3-4pm Tai Chi for Beginners** RM113</p>	<p>9:30-11:30am Rummikub RM108 11:00am Social 60+ Fall Fest+ GYM 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 SR 3:30-5:30pm Volleyball Gym</p>	<p>9:30-11am Morning Meet-Up RM108 10:30-11:15am Exercise w/ Jill + RM113 11am-12pm What is a Living Trust?* Virtual 11am-2pm 55+ Fitness hrs.^ RM202 11:30am Spellbinders Social 60+ SR 12-12:45pm Social 60+ Café + RM113 1-2:30pm Scrabble RM125 1-2pm Enjoy Variety Puzzles* RM108 1-2pm French Conversation RM103 3-4pm Tai Chi for Beginners** RM113 7-9pm Women's Basketball Gym</p>	<p>9:30-11:30am Mah Jongg RM 108 12-12:30pm Social 60+ Café + RM 113 1:00-4:30pm Cardmaking Group RM 125 1:00-4:30pm Woodcarvers Rm125 2-3pm Italian Language RM 103 6-7pm Zumba Class** RM 113</p>	<p>Veteran's Day County Holiday</p> <p>Centers Closed </p>
<p>10:30am-12pm Painting Demo* Virtual 11am-2pm 55+ Fitness Rm^ RM 102 12-12:45pm Social 60+ Café + RM113 12-3pm Card Games and Rummikub RM103 1:15-2:45pm Gentle & Med Yoga** RM108 1:30-2:30pm Scale Down RM 125 3-4pm Tai Chi for Beginners** RM113</p>	<p>9:30-11:30am Rummikub RM103 10:15am Social 60+ Jane Franklin+ RM113 11am Social 60+ Bingo + SR 11am-12pm Care of House Plants* RM108 12pm Social 60+ Café + RM 113 1-2:30pm Yarn Creations RM108 2-3pm Drumming SR 3:30-5:30pm Volleyball Gym</p>	<p>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 Rm 125 1-2pm French Conversation Rm 103 2:00-3:30pm Crochet a Necklace* RM 108 3-4pm Tai Chi for Beginners** RM113 7-9pm Women's Basketball Gym</p>	<p>9:30-11:30am Mah Jongg RM 108 10:30-11am Social 60+ Spellbinders+ SR 11:15am Social 60+ PAL Visit+ SR 1:00-4:30pm Cardmaking Group RM 125 1:00-4:30pm Woodcarvers Rm125 2-3pm Italian Language RM 103 6-7pm Zumba Class** RM 113</p>	<p>10am-12pm German Conversation* Virtual RM 113 10:30-11:15am Exercise w/ Jill + RM 202 11am-2pm 55+ Fitness Rm hrs.^ RM 113 12-12:30pm Social 60+ Café+ RM 113 1-3pm <u>Neighbor's Corner +</u> RM 113 1-3pm Pinochle RM 108</p>
<p>11am-2pm 55+ Fitness Rm^ RM 102 10:30am Social 60+ Baking w/Joni SR 12-12:45pm Social 60+ Café + RM113 12-3pm Card Games and Rummikub RM103 1:15-2:45pm Gentle & Med Yoga** RM 108</p>	<p>9:30-11:30am Rummikub RM108 11-11:30am Social 60+ Giving Thanks SR 12-12:30pm Social 60+ Café + RM113 1-2:30pm Yarn Creations RM108 2-3pm Drumming SR 3:30-5:30pm Volleyball Gym</p>	<p>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 Lunch+ RM113 1-2:30pm Scrabble RM103 1-2pm French Conversation RM113 7-9pm Women's Basketball Gym</p>	<p>Happy Thanksgiving</p>  <p>Centers Closed</p>	<p>County Holiday Centers Closed</p> 
<p>11am-2pm 55+ Fitness Rm^ RM 102 10:30am Social 60+ Art w/Jim+ SR 12-3pm Card Games and Rummikub RM103 1:15-2:45pm Gentle & Med Yoga** RM 108 1:30-2:30pm Scale Down RM 125</p>	<p>9:30-11:30am Rummikub RM108 10:30am Art w/Jim+ SR 12-12:30pm Social 60+ Café + RM113 1-2:30pm Yarn Creations RM108 2-3pm Drumming SR 3:30-5:30pm Volleyball Gym</p>	<p>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 RM108 1-2pm French Conversation RM103 7-9pm Women's Basketball Gym</p>	<p>9:30-11:30am Mah Jongg RM 108 11:00-11:45am Social 60+ Indoor Plants SR 12-12:30pm Social 60+ Café + Rm 113 2-3pm Italian Language Rm 108 1:00-4:30pm Cardmaking Group RM 125 1:00-4:30pm Woodcarvers Rm125 1:30-3:30pm Painting 101* RM 113 6-7pm Zumba Class** RM 113</p>	

LANGSTON-BROWN 55+ CENTER ACTIVITY CALENDAR

November 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 at noon for those registered for the program.