

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 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 <b>4-5pm Piano Lounge and Sing-Along* RM115</b>	2 10-11am Full Fitness* GYM 10am-1pm Social Bridge RM115 1-2pm SAIL* RM119 1:30-3:30pm Sudoku RM115 2-3:30pm Social Ballroom RM119 2-4pm Drop in Volleyball GYMB <b>6-7:30pm Dealing Effectively with Change* RM115</b>	3 9-10am Strength Training* GYMA 10:15-11:15am Total Body Fitness* GYMA <b>10:30am-12pm Dealing Effectively with Change* RM115</b> 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
6 8-9am Gyrokinesis** GYM 10-11am Total Body Fitness* GYM <b>10-11:30am Explore Art* RM115</b> 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	7 10-11am Full Fitness* GYM 10:30-11:30am Traditional Hatha Yoga** RM116 11:45-12:45pm Gentle Hatha Yoga** RM119 1-2:30pm Encore Chorale** RM119 <b>1-3pm Movie Matinee* RM115</b> 2:15-3:15pm Zumba** RM116	8 9-10am Strength Training* GYMA 10:30-11:45am Study of Words* RM126 11:30-12:30pm Tai Chi Practice-Yang RM119 <b>12-1pm Intro to PayPal* RM115</b> 12:30-1:30pm Tai Chi Practice-Taoist RM119 <b>2-3pm Advisory Committee Meeting RM115</b> 4-5:15pm Traditional Hatha Yoga** RM126	9 10-11am Full Fitness* GYM 10am-1pm Social Bridge RM115 1-2pm SAIL* RM119 <b>1:30-3pm Beginner Quilling** RM115</b> <b>2-3pm Spanish Discussion Group* RM126</b> 2-4pm Drop in Volleyball GYMB <b>6-7pm Records and Rootbeer Floats* RM115</b>	10 Center Closed
13 10-11am Total Body Fitness* GYM <b>10-10:30am Reading Buddies* RM115</b> 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	14 10-11am Full Fitness* GYM <b>10-10:30am Reading Buddies* RM115</b> 10:30-11:30am Traditional Hatha Yoga** RM116 <b>11:30am-12pm Thanksgiving Side Dishes* RM115</b> 11:45-12:45pm Gentle Hatha Yoga** RM116 1-2:30pm Encore Chorale** RM119 <b>1-2pm Mood Disorders and Physical Health* RM115</b> 2:15-3:15pm Zumba** RM116	15 9-10am Strength Training* GYMA <b>11am-12pm Live Happy and Healthy in Retirement* RM115</b> 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	16 10-11am Full Fitness* GYM 10am-1pm Social Bridge RM115 1-2pm SAIL* RM119 1:30-3:30pm Sudoku RM115 2-4pm Drop in Volleyball GYMB 2-3:30pm Social Ballroom RM119 <b>6-7pm How to Navigate Social Media* RM115</b>	17 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
20 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	21 10-11am Full Fitness* GYM 10:30-11:30am Traditional Hatha Yoga** RM116 11:30am-1pm Genealogy 101* RM115 11:45-12:45pm Gentle Hatha Yoga** RM116 1-2:30pm Encore Chorale** RM119 2:15-3:15pm Zumba** RM116	22 9-10am Strength Training* GYMA 11:30-12:30pm Tai Chi Practice-Yang RM119 12:30-1:30pm Tai Chi Practice-Taoist RM119 1:30-2:45pm Local History* RM115 4-5:15pm Traditional Hatha Yoga** RM126	23 Center Closed	24 Center Closed
27 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	28 10-11am Full Fitness* GYM 1-2:30pm Encore Chorale** RM119 2:15-3:15pm Zumba** RM116	29 9-10am Strength Training* GYMA 11:30-12:30pm Tai Chi Practice-Yang RM119 12:30-1:30pm Tai Chi Practice-Taoist RM119	30 10-11am Full Fitness* GYM 10am-1pm Social Bridge RM115 1-2pm SAIL* RM119 2-4pm Drop in Volleyball GYMB <b>6-7pm Book Exchange* RM115</b>	

## Lubber Run 55+ Center Activity Calendar

November 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.

### 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