

Walter Reed 55+ Center Activity Calendar

November 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:
10am-12pm Rummikub SL
12-4pm Mah Jongg SL

Sundays:
1:30pm-4:30pm **Mexican Train
Dominoes SL
**Contact Jennifer Weber to get
added to the Sunday Mexican Train
Dominoes listserv -
jweber@arlingtonva.us or
703-228-0949)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10am-12pm Canasta SL 12-2pm 55+ Basketball GYM 11:30-12:30pm Knitting Group+ MPRBC 11:30-1:30pm "Invisible Warriors" MPRA 12:30pm Social 60+ Lunch+* MPRBC 12-1pm Chair Yoga** WELLR 1-2pm Trivia+ MPRA 12-2pm Jolly Hearts CONF 1:30-3:30pm Social Bridge SL 4-7pm Table Games SL GYM Closed from 12-8pm - Early Voting	2 10:30-11:30am English Class (REEP) MPRA 10-11:30am No Sew Stars* ARTS&C 11:30-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch+* MPRBC 12-4pm Mah Jongg SL 1-2pm Legal Assistance Info* MPRA 1-2:30pm History Discussion* Virtual 1-2pm Balloon Volleyball+ WELLR 2-3pm Tai Chi Ch'uan** WELLR 4-7pm Table Games SL GYM Closed from 12:15-8pm - Early Voting	3 11am Croquet Outside 10am-12pm Cribbage SL 10am-3pm Scrabble SL 10am-4pm Pickleball GYM 10:30-11:30am Bingocize + MPRBC 12:30pm Social 60+ Lunch+* MPRBC 12:45-2pm Pickleball GYM 1pm Table Games+ MPRBC 1-3pm Sunshine Gang MPRA 1-2:15pm Tai Chi Practice WELLR 1:30-5pm Samba CAFE
6 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 11:30-12:30 One Mile Walk+ 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 1-2pm Gardening+ Outside 2-3pm Beg. Tai Chi Ch'uan** WELLR 3:45-4:45 Mat Pilates** WELLR	7 9-10am Yoga Daily Living** WELLR 10:30-11:30am English Class (REEP) MPRA 2pm Croquet Outside 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 4-4:30pm Intro to Ukulele* ARTS&C 4:30-5:30pm Intermediate Ukulele* ARTS&C 5:30-6:30pm Playwright & Performer CONF 5-8pm Mexican Train Dominoes* SL	8 10am-12pm Canasta SL 10-11:30am Mixed Media Art* ARTS&C 11:30-12:30pm Knitting Group+ MPRBC 11:30-12:30pm Chair Zumba+ MPRA 12pm-2pm 55+ Basketball GYM 12-1pm Chair Yoga** WELLR 12:30pm Social 60+ Lunch+* MPRBC 1-2pm Word Hive+ MPRBC 1:30-3:30pm Social Bridge SL 4-7pm Table Games SL	9 10:30-11:30am English Class (REEP) MPRA 11:30-12:30pm Organizing Finances* MPRA 1:30-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch+* MPRC 12:15-4pm Pickleball GYM 1-2pm Art w/ Jim+ MPRBC 1-2:30pm History Discussion* Virtual 12-4pm Mah Jongg SL 2-4pm Movies & Munchies* ARTS&C 2-3pm Tai Chi Ch'uan** WELLR 4-7pm Table Games SL	10 CENTER CLOSED VETERAN'S DAY
13 8:30-4pm Pickleball (2 courts) GYM 9:30-10:30 Latte Lounge* ARTS&C (rescheduled from November 20) 10-11am Abs. Beginner PB (1 court) GYM 10-11am Pickleball (1 court) GYM 9:30-12:30 Mexican Train Dominoes CAFE 11:30-12:30 One Mile Walk+ 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 11-2pm Gardening+ Outside 2-3pm Beg. Tai Chi Ch'uan** WELLR 3:45-4:45 Mat Pilates** WELLR 4-7pm Table Games SL	14 9-10am Yoga Daily Living** WELLR 2pm Croquet Outside 10-12pm Making Most of Medicare Enrollment* MPRA 10:30-11:30am English Class (REEP) MPRA 11:30-12:15pm Strength Training+ GYM 12:30-2pm Medicare Counseling* QR/CONF 12:30pm Social 60+ Lunch+* MPRC 1-2pm Cornhole+ MPRBC 1-4pm Samba SL 1-2:15pm Tai Chi Practice WELLR 2:30-3:30pm Partner Dance Practice WELLR 2-4pm Bridge Practice CAFE 4:30-5:30pm Ukulele Practice ARTS&C 5:30-6:30pm Playwright & Performer SL 6:30-7:30pm Google Drive* Virtual	15 10am-12pm Canasta SL 11:30-12:30pm Knitting Group+ MPRBC 11:30-12:30pm Chair Yoga+ MPRA 12-1pm Chair Yoga** WELLR 12pm-2pm 55+ Basketball GYM 12:30pm Social 60+ Lunch+* MPRBC 1-2pm Hangman+ MPRA 1:30-3:30pm Social Bridge SL 2:15-4pm Pickleball GYM 4-7pm Table Games SL	16 10:30-11:30am English Class (REEP) MPRA 11:30-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 1-2pm Craft+ ARTS&C 1-2:30pm History Discussion* Virtual 2-3pm Tai Chi Ch'uan** WELLR 4-7pm Table Games SL	17 11am Croquet Outside 10am-12pm Cribbage SL 10am-3pm Scrabble SL 10am-4pm Pickleball GYM 12:30pm Social 60+ Lunch+* GYM 1-3pm Sunshine Gang MPRA 1-2:15pm Tai Chi Practice WELLR 1:30-5pm Samba CAFE 1:30-3:30pm BUNCO Bunch* SL 4-7pm Table Games SL
20 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 11:30-12:30 One Mile Walk+ 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 1-2pm Gardening+ Outside 2-3pm Beg. Tai Chi Ch'uan** WELLR 3:45-4:45 Mat Pilates** WELLR 4-7pm Table Games SL	21 9-10am Yoga Daily Living** WELLR 2pm Croquet Outside 10:30-11:30am English Class (REEP) MPRA 11:30-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch+* MPRBC 1-2pm Cornhole + MPRBC 1-4pm Samba SL 1-2:15pm Tai Chi Practice WELLR 2:30-3:30pm Partner Dance Practice WELLR 2-4pm Bridge Practice CAFE 4-4:30pm Intro to Ukulele* ARTS&C 4:30-5:30pm Intermediate Ukulele* ARTS&C	22 10am-12pm Canasta SL 11:30-12:30 Knitting Group+ MPRBC 11:30-12:30 Balloon Volleyball+ MPRA 12-1pm Chair Yoga** WELLR 12:30pm Social 60+ Lunch+* MPRBC 12pm-2pm 55+ Basketball GYM 1-2pm Trivia+ MPRA 1:30-3:30pm Social Bridge SL 4-7pm Table Games SL	23 CENTER CLOSED HAPPY THANKSGIVING!	24 CENTER CLOSED HAPPY THANKSGIVING!
27 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 11:30-12:30 Gardening+ Outside 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 1-2pm Bowling+ MPRBC 4-7pm Table Games SL	28 2pm 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 Baking with Joni+ MPRBC 1-4pm Samba SL 1-2:15pm Tai Chi Practice WELLR 2:30-3:30pm Partner Dance Practice WELLR 2-4pm Bridge Class CAFE 4:30-5:30pm Ukulele Practice ARTS&C 5:30-6:30pm Playwright & Performer SL 7-8:30pm Acoustic Cafe* CAFE	29 10am-12pm Canasta SL 11:30-12:30 Knitting Group+ MPRBC 11:30-12:30 Balloon Volleyball+ MPRA 12-1pm Chair Yoga** WELLR 12:30pm Social 60+ Lunch+* MPRBC 12pm-2pm 55+ Basketball GYM 1-2pm Trivia+ MPRA 1:30-3:30pm Social Bridge SL 4-7pm Table Games SL	30 10:30-11:30am English Class (REEP) MPRA 11:30-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 1-2pm Nutrition BINGO+ MPRBC 4-7pm Table Games SL	