

LANGSTON-BROWN 55+ CENTER ACTIVITY CALENDAR

FEBRUARY



2121 Culpeper St. N.,
Arlington, VA 22207

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1</p> <p>9:30-11:30am Mah Jongg RM 108 1:00-4:30pm Cardmaking Group RM 125 1:00-4:30pm Woodcarvers Rm125 1-3pm Intermediate Drawing & Painting Class* MPR 2-3pm Italian Language RM 103 3:15-4:15pm 55+ Fitness hrs.^ RM202 6-7pm Zumba Class** RM 113</p>	<p>2</p> <p>9:30-11:30am Spellbinders* Rm108 10am-12pm German Conversation* Virtual 10:30-11:15am Exercise w/ Jill + RM108 12-12:30pm Social 60+ Café + RM 113 1-3pm Pinochle/Games RM 108 3:15-4:15pm 55+ Fitness hrs.^ RM202</p>
<p>5</p> <p>10am-12pm Jigsaw Puzzles RM 108 10:30-11:30am Social 60+ Baking w/ Joni+ SR 12:45pm Social 60+ Café + RM113 1:00-3pm Rummikub/Games RM108 3:15-4:15pm 55+ Fitness hrs.^ RM202</p>	<p>6</p> <p>9:30-11:30am Rummikub RM108 11-11:45am Social 60+ Bingo + SR 12-12:30pm Social 60+ Café + RM113 1-2:30pm Yarn Creations RM 108 2-3pm Drumming SR 3:15-4:15pm 55+ Fitness hrs.^ RM202 3:30-5:30pm Volleyball Gym</p>	<p>7</p> <p>9:30-11am Morning Meet-Up RM108 10:30-11:15am Exercise w/ Jill + RM113 12-12:45pm Social 60+ Café + RM113 1-2:30pm Scrabble RM125 1-2pm French Conversation RM103 1:45-3:15pm Gentle & Med Yoga** RM 108 2-3pm Acoustic Afternoon* SR 3:15-4:15pm 55+ Fitness hrs.^ RM202 7:15-8:45pm Women's Basketball Gym</p>	<p>8</p> <p>9:30-11:30am Mah Jongg RM 108 10:30-11am Social 60+Spellbinders* SR 12-12:30pm Social 60+ Café + RM 113 1:00-4:30pm Cardmaking Group RM 125 1:00-4:30pm Woodcarvers Rm125 1-3pm Intermediate Drawing & Painting Class* MPR 2-3pm Italian Language RM 103 3:15-4:15pm 55+ Fitness hrs.^ RM202 6-7pm Zumba Class** RM 113</p>	<p>9</p> <p>10am-12pm German Conversation* Virtual 10:30-11:15am Exercise w/ Jill + RM108 11am-2pm Social 60+ Café + RM 202 12-12:30pm Social 60+ Café + RM 113 1-3pm Pinochle/Games RM108 3:15-4:15pm 55+ Fitness hrs.^ RM202</p>
<p>12</p> <p>10am-12pm Jigsaw Puzzles RM 108 10:30am Social 60+ Art w/Jim + SR 10:30-12pm Painting Demo* Virtual 12-12:45pm Social 60+ Café + RM113 1:00-3pm Rummikub/Games RM 108 1:30-2:30pm Scale Down RM 125 3:15-4:15pm 55+ Fitness hrs.^ RM202</p>	<p>13</p> <p>9:30-11:30am Rummikub RM108 10:30am Social 60+ Art w/Jim + SR 12pm Social 60+ Café + RM 113 1:00-4:30pm Cardmaking-Advanced Techniques not for beginners 1-2:30pm Yarn Creations RM108 2-3pm Drumming SR 3:15-4:15pm 55+ Fitness hrs.^ RM202 3:30-5:30pm Volleyball Gym</p>	<p>14</p> <p>9:30-11am Morning Meet-Up RM108 10:30-11:15am Exercise w/ Jill + RM113 11am-12pm Avoiding Guardianship*Virtual 11:30am Valentine's Day Social 60+ SR 12-12:45pm Social 60+ Café+ RM113 1-2:30pm Scrabble Rm 125 1-2pm French Conversation Rm 103 1:45-3:15pm Gentle & Med Yoga** RM 108 3:15-4:15pm 55+ Fitness hrs.^ RM202 7:15-8:45pm Women's Basketball Gym</p>	<p>15</p> <p>9:30-11:30am Mah Jongg RM 108 11am-12pm Hiking & Camping* RM 108 1-3pm Intermediate Drawing & Painting Class* MPR 1:00-4:30pm Cardmaking Group RM 125 1:00-4:30pm Woodcarvers Rm125 2-3pm Italian Language RM 103 3:15-4:15pm 55+ Fitness hrs.^ RM202 6-7pm Zumba Class** RM 113</p>	<p>16</p> <p>10am-12pm German Conversation* Virtual 10:30-11:15am Exercise w/ Jill + RM 113 12-12:30pm Social 60+ Café + RM 113 1-3pm Neighbor's Corner+ RM103 3:15-4:15pm Pinochle/Games RM108 55+ Fitness hrs.^ RM202</p>
<p>President's Day County Holiday Center Closed</p> <p>19</p> <p></p>	<p>20</p> <p>9:30-11:30am Rummikub RM108 10:15am Social 60+ Jane Franklin + RM113 12-12:30pm Social 60+ Café + RM113 1-2:30pm Yarn Creations RM108 2-3pm Drumming SR 3:15-4:15pm 55+ Fitness hrs.^ RM202 3:30-5:30pm Volleyball Gym</p>	<p>21</p> <p>9:30-11am Morning Meet-Up RM108 10:30-11:15am Exercise w/ Jill + RM113 12-12:45pm Social 60+ Café Lunch+ RM113 1-2:30pm Scrabble RM125 1-2pm French Conversation RM103 1:30-3pm Navigating the 55+ Guide* SR 3-4:30pm Navigating the 55+ Guide* SR 1:45-3:15pm Gentle & Med Yoga** RM 108 3:15-4:15pm 55+ Fitness hrs.^ RM202 7:15-8:45pm Women's Basketball Gym</p>	<p>22</p> <p>9:30-11:30am Mah Jongg RM 108 10:15-11am Social 60+Black History+ SR 1:00-2:30pm Papers: Save or Shred* RM108 1:00-4:30pm Cardmaking Group RM 125 1:00-4:30pm Woodcarvers Rm125 2-3pm Italian Language RM 103 3:15-4:15pm 55+ Fitness hrs.^ RM202 6-7pm Zumba Class** RM 113</p>	<p>23</p> <p>10am-12pm German Conversation* Virtual 10:30-11:15am Exercise w/ Jill + RM 113 12-12:30pm Social 60+ Café+ RM108 1-3pm Pinochle/Games RM108 3:15-4:15pm 55+ Fitness hrs.^ RM202</p>
<p>26</p> <p>10am-12pm Jigsaw Puzzles RM 108 10:30-11:30am Secrets Revealed* Virtual 12-12:45pm Social 60+ Café + RM113 1:00-3pm Rummikub/Games RM 108 1:30-2:30pm Scale Down RM 125 3:15-4:15pm 55+ Fitness hrs.^ RM202</p>	<p>27</p> <p>9:30-11:30am Rummikub RM108 11am-12pm Rest Easy: Getting a Good Night's Sleep* Virtual 12-12:30pm Social 60+ Café + RM113 1-2:30pm Yarn Creations RM108 2-3pm Drumming SR 3:15-4:15pm 55+ Fitness hrs.^ RM202 3:30-5:30pm Volleyball Gym</p>	<p>28</p> <p>9:30-11am Morning Meet-Up RM108 10:30-11:15am Exercise w/ Jill + RM113 12-12:45pm Social 60+ Café + RM113 1-2:30pm Scrabble RM108 1-2pm French Conversation RM103 1:45-3:15pm Gentle & Med Yoga** RM108 2-2:45pm Coexisting: Snakes & Humans* SR 3:15-4:15pm 55+ Fitness hrs.^ RM202 7:15-8:45pm Women's Basketball Gym</p>	<p>29</p> <p>9:30-11:30am Mah Jongg RM 108 10:30-11am Social60+Piano Lounge w/Val 1:30-2:30pm Arlington's Halls Hill* Rm 108 1:00-4:30pm Cardmaking Group RM 125 1:00-4:30pm Woodcarvers Rm125 2-3pm Italian Language RM 103 3:15-4:15pm 55+ Fitness hrs.^ RM202 6-7pm Zumba Class** RM 113</p>	