

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10-11am Full Fitness* GYM 10am-1pm Social Bridge RM115 1-2pm SAIL* RM119 1:30-3:30pm Sudoku RM115 2:10-3:30pm Social Ballroom RM119 2-4pm Drop in Volleyball GYMB 6-7pm Intro. To Online Payments* RM115	2 8-9am Advanced Gyrokinesis** GYM 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
5 8-9am Gyrokinesis** GYM 10-11am Total Body Fitness* GYM 10-11:30am Explore Art* RM115 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	6 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 1-3pm Movie Matinee: 42* RM115 2:15-3:15pm Zumba** RM116	7 9-10am Strength Training* GYMA 10:30-12:30pm 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	8 10-11am Full Fitness* GYM 10am-1pm Social Bridge RM115 10:30-11am Reading Buddies* RM115 1-2pm SAIL* RM119 1:30-3pm Beginner Quilling** RM115 2-4pm Drop in Volleyball GYMB 6-7pm Pictionary* RM115	9 8-9am Advanced Gyrokinesis** GYM 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
12 8-9am Gyrokinesis** GYM 10-11am Total Body Fitness* GYM 10-10:30am Reading Buddies* RM115 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	13 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 2:15-3:15pm Zumba** RM116	14 9-10am Strength Training* GYMA 10:30-11:45am Study of Words* RM126 10-10:30am Pre-K Winter Bingo* RM115 11am-12pm Current Events Discussion in Spanish* RM115 11:30-12:30pm Tai Chi Practice-Yang RM119 12:30-1:30pm Tai Chi Practice-Taoist RM119 2-3pm Advisory Committee Meeting RM115 4-5:15pm Traditional Hatha Yoga** RM126	15 10-11am Full Fitness* GYM 10am-1pm Social Bridge RM115 11am-12pm Tips for Capturing Great Video* RM115 1-2pm SAIL* RM119 1:30-3:30pm Sudoku RM115 2-4pm Drop in Volleyball GYMB 6-7pm Records and Root Beer Floats* RM115	16 8-9am Advanced Gyrokinesis** GYM 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
19 Center Closed	20 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	21 9-10am Strength Training* GYMA 11am-12pm Navigating Medicare* RM115 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 4-5pm Plano Lounge and Sing-Along* RM115	22 10-11am Full Fitness* GYM 10am-1pm Social Bridge RM115 1-2pm SAIL* RM119 2-4pm Drop in Volleyball GYMB 6-7pm How to Use ParkMobile* RM115	23 8-9am Advanced Gyrokinesis** GYM 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
26 8-9am Gyrokinesis** GYM 10-11am Total Body Fitness* GYM 10-11am Mood Disorders and Physical Health* RM115 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	27 10-11am Full Fitness* GYM 11:30am-12:30pm It Takes a Village* RM115 1-2:30pm Encore Chorale** RM119	28 9-10am Strength Training* GYMA 11am-12pm Current Events Discussion in Spanish* RM115 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	29 10-11am Full Fitness* GYM 10am-1pm Social Bridge RM115 11:30am-12:30pm Traveling with Grandchildren* RM115 1-2pm SAIL* RM119 2-4pm Drop in Volleyball GYMB	

Lubber Run 55+ Center Activity Calendar

February 2024

300 N. Park Drive,
Arlington, VA,
22203

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