

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 11-12:30pm Movie Committee MPRA 11:30-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 12:30-4pm Pickleball GYM 1-2pm Floor Hockey+ WELLR 1-2:30pm History Discussion* Virtual 2-3pm Tai Chi Ch'uan** WELLR	2 10am-12pm Cribbage SL 10am-3pm Scrabble SL 10am-4pm Pickleball GYM 12:30pm Social 60+ Lunch+* MPRC 12:45-2pm Pickleball GYM 1:15pm Dance Party+ MPRBC 1-3pm Sunshine Gang MPRA 1-2:15pm Tai Chi Practice WELLR 1:30-5pm Samba SL
5 8:30-4pm Pickleball (2 courts) GYM 9:10-10:10am Barre** WELLR 10-11am Abs. Beginner PB (1 court) GYM 10-11am Pickleball (1 court) GYM 9:30-12:30 Mexican Train Dominoes CAFE 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 1-2pm Cornhole+ WELLR 2-3pm Beg. Tai Chi Ch'uan** WELLR 3:45-4:45 Mat Pilates** WELLR	6 9-10am Yoga Daily Living** WELLR 10:30-11:30am English Class (REEP) MPRA 11:30-12:15pm Strength Training+ WELLR 12:30pm Social 60+ Lunch+* MPRC 12:30-4pm Pickleball GYM 1-2:15pm Tai Chi Practice WELLR 1-4pm Samba SL 2-4pm Bridge Practice CAFE 2:30-3:30pm Partner Dance Practice WELLR 4-4:30pm Intro to Ukulele* ARTS&C 4:30-5:30pm Intermediate Ukulele* ARTS&C 6-7pm Summer Rolls* ARTS&C	7 10am-12pm Canasta SL 11:30-12:30pm Knitting Group+ MPRBC 12-1pm Chair Yoga** WELLR 12pm-2pm 55+ Basketball GYM 12:30pm Social 60+ Lunch+* MPRBC 1-2pm Trivia+ MPRBC 1:30-3:30pm Social Bridge SL 10:15am Give Line Dance a Try WELLR 2:15-4pm Pickleball GYM	8 9:30-10:30am Latte Lounge* ARTS&C 10:30-11:30am English Class (REEP) MPRA 1:30-12:15pm Strength Training+ GYM 12:30-4pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 12:30-4pm Pickleball GYM 1-2pm Cooking Demo+ MPRBC 1-2:30pm History Discussion* CONF 2-3pm Tai Chi Ch'uan** WELLR 2-5pm Movies & Munchies* MPRA	9 10am-12pm Cribbage SL 10am-3pm Scrabble SL 10am-4pm Pickleball GYM 10:30-11:30am Bingocize+ MPRBC 12:45-2pm Pickleball GYM 1-2:15pm Tai Chi Practice WELLR 1-3pm Sunshine Gang MPRA 1:30-3:30pm BUNCO Bunch* SL 2:00-5:30pm Samba CAFE
12 8:30-4pm Pickleball (2 courts) GYM 9:10-10:10am Barre** WELLR 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 Charades+ MPRBC 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 1-2pm Ring Toss+ WELLR 2-3pm Beg. Tai Chi Ch'uan** WELLR 3:45-4:45 Mat Pilates** WELLR	13 9-10am Yoga Daily Living** WELLR 10:30-11:30am English Class (REEP) MPRA 11:30-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch+* MPRC 12:30-4pm Pickleball GYM 1-2pm Art with Jim+ MPRBC 1-4pm Samba SL 1-2:15pm Tai Chi Practice WELLR 2-4pm Bridge Practice CAFE 2:30-3:30pm Partner Dance Practice WELLR 4:30-5:30pm Ukulele Practice ARTS&C 6-7pm A.I. Explained* MPRA	14 10am-12pm Canasta SL 10:15am Give Line Dance a Try WELLR 11-12pm Bowling+ 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 Nutrition Class+ MPRA 1:30-3:30pm Social Bridge SL 2:15-4pm Pickleball GYM	15 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 12:30-4pm Pickleball GYM 1-2pm Art w/ Jim+ ARTS&C 2-3pm Tai Chi Ch'uan** WELLR	16 10am-12pm Cribbage SL 10am-3pm Scrabble SL 10am-4pm Pickleball GYM 11:30-12:30pm Baking with Joni+ MPRBC 12:30pm Social 60+ Lunch+* GYM 1-3pm Sunshine Gang MPRA 1-2pm Floor Hockey+ MPRBC 1-2:15pm Tai Chi Practice WELLR 1:30-5pm Samba SL
19 HOLIDAY CENTER CLOSED	20 9-10am Yoga Daily Living** WELLR 10:30-11:30am English Class (REEP) MPRA 10:30-11:30am BP Clinic CONF/QR 11:30-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch+* MPRC 12:30-4pm Pickleball GYM 1-2pm Nutrition Class+ MPRA 1-4pm Samba SL 1-2:15pm Tai Chi Practice WELLR 2-4pm Bridge Class CAFE 2:30-3:30pm Partner Dance Practice WELLR 4-4:30pm Intro to Ukulele* ARTS&C 4:30-5:30pm Intermediate Ukulele* ARTS&C	21 9:30-11:30am Cornhole Practice* GYM 10am-12pm Canasta SL 10:15am Give Line Dance a Try WELLR 11-12:30pm Computer Class+ MPRA 11am-12pm Brain Boost Games+ MPRBC 12-1pm Chair Yoga** WELLR 12:30pm Social 60+ Lunch+* MPRBC 12pm-2pm 55+ Basketball GYM 1-2pm Bowling+ WELLR 1:30-3:30pm Social Bridge SL 2:15-4pm Pickleball GYM	22 10:30-11:30am English Class (REEP) MPRA 1:30-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch+* MPRC 12:30-4pm Pickleball GYM 12-4pm Mah Jongg SL 1-2pm Nutrition Class+ MPRBC 2-3pm Tai Chi Ch'uan** WELLR	23 10am-12pm Cribbage SL 10am-3pm Scrabble SL 10am-4pm Pickleball GYM 11:15-12:15pm DANCE BINGO* WELLR 11:30-12:30pm Baking with Joni+ MPRBC 12:30pm Social 60+ Lunch+* GYM 1-3pm Sunshine Gang MPRA 1-2pm Floor Hockey+ MPRBC 1-2:15pm Tai Chi Practice WELLR 1:30-5pm Samba SL
26 8:30-4pm Pickleball (2 courts) GYM 9:10-10:10am Barre** WELLR 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 Riddles+ MPRBC 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 1-2pm Cornhole+ WELLR 2-3pm Beg. Tai Chi Ch'uan** WELLR 3:45-4:45 Mat Pilates** WELLR	27 9-10am Yoga Daily Living** WELLR 10:30-11:30am English Class (REEP) MPRA 11:30-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch+* MPRC 12:30-4pm Pickleball GYM 1-2pm Jeopardy+ MPRA 1-4pm Samba SL 1-2:15pm Tai Chi Practice WELLR 2-4pm Bridge Class CAFE 2:30-3:30pm Partner Dance Practice WELLR 4:30-5:30pm Ukulele Practice ARTS&C 6-8:15pm Escape Room! SL	28 10am-12pm Canasta SL 10:15am Give Line Dance a Try WELLR 11-12:30 Computer Class+ MPRA 11-12 Nutrition Class+ MPRBC 12-1pm Chair Yoga** WELLR 12:30pm Social 60+ Lunch+* MPRBC 12pm-2pm 55+ Basketball GYM 1-2pm Birthday Celebration+ MPRBC 1:30-3:30pm Social Bridge SL 2:15-4pm Pickleball GYM	29 10:30-11:30am English Class (REEP) MPRA 1:30-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch+* MPRC 12:30-4pm Pickleball GYM 12-4pm Mah Jongg SL 1-2pm Nutrition Class+ MPRBC 2-3pm Tai Chi Ch'uan** WELLR	

Walter Reed 55+ Center Activity Calendar

February 2024
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 - jweber1@arlingtonva.us or 703-228-0949)