

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8-9am Gyrokinesis** RM116 10-11am Total Body Fitness^ GYM 11:30-12:30pm Tai Chi -Yang RM119 12-3pm Social Bridge RM115 1-2pm SAIL* RM119 1-2:30pm Traditional Hatha Yoga^^ RM116	2 10-11am Full Fitness^ GYM 10:30-11:30am Traditional Hatha Yoga^^ RM116 11:45-12:45pm Gentle Hatha Yoga^^ RM116 1-2:30pm Encore Chorale** RM119 <b>1-3pm Movie Matinee: Barbie^</b> RM115 2:15-3:15pm Zumba^^ RM116	3 9-10am Strength Training^ GYMA 11:30-12:30pm Tai Chi -Yang RM119 12:30-1:30pm Tai Chi -Taoist RM119 1:30-3:30pm Opera Appreciation* RM115 4-5:15pm Traditional Hatha Yoga^^ RM126	4 10-11am Full Fitness^ GYM 10am-1pm Social Bridge RM115 1-2pm SAIL* RM119 1-3pm Sudoku RM115 2-4pm Drop in Volleyball GYMB 5-6pm Pickleball for Beginners^^ GYM <b>6-7pm Records and Root Beer Floats^</b> RM115	5 8-9am Intermediate Gyrokinesis** GYM 9-10am Strength Training^ GYMA 10:15-11:15am Total Body Fitness^ GYMA 11:30-12:30pm Tai Chi -Yang RM119 12-3pm Social Bridge RM115 12:30-1:30pm Tai Chi -Taoist RM119 2-3:30pm Social Ballroom RM119 3-4:30pm Crafternoon Social Group RM115
8 8-9am Gyrokinesis** RM116 10-11am Total Body Fitness^ GYM 11:30-12:30pm Tai Chi -Yang RM119 12-3pm Social Bridge RM115 1-2pm SAIL* RM119 1-2:30pm Traditional Hatha Yoga^^ RM116	9 10-11am Full Fitness^ GYM 10:30-11:30am Traditional Hatha Yoga^^ RM116 <b>11am-12pm Repurposing Leftovers^</b> RM115 11:45-12:45pm Gentle Hatha Yoga^^ RM116 1-2:30pm Encore Chorale** RM115 2:15-3:15pm Zumba^^ RM116	10 9-10am Strength Training^ GYMA 10:30-11:45am Study of Words* RM126 11am-12pm The Fishing Forum RM115 11:30-12:30pm Tai Chi -Yang RM119 12:30-1:30pm Tai Chi -Taoist RM119 <b>2-3pm Advisory Committee Meeting</b> RM115 4-5:15pm Traditional Hatha Yoga^^ RM126	11 10-11am Full Fitness^ GYM 1-2pm SAIL* RM119 <b>1:30-3pm Beginner Quilling^^</b> RM115 2-4pm Drop in Volleyball GYMB 5-6pm Pickleball for Beginners^^ GYM <b>6-7:30pm Caregivers: You Need Care Too!^</b> RM115	12 8-9am Intermediate Gyrokinesis** GYM 9-10am Strength Training^ GYMA <b>10-11:30am Caregivers: You Need Care Too!^</b> RM115 10:15-11:15am Total Body Fitness^ GYMA 11:30-12:30pm Tai Chi -Yang RM119 12-3pm Social Bridge RM115 12:30-1:30pm Tai Chi -Taoist RM119 3-4:30pm Crafternoon Social Group RM115
15 8-9am Gyrokinesis** RM116 10-11am Total Body Fitness^ GYM <b>10-10:30am Celebrate Artists^</b> RM115 <b>10-11:30am Explore Mixed Media Art^</b> RM115 11:30-12:30pm Tai Chi -Yang RM119 12-3pm Social Bridge RM115 1-2pm SAIL* RM119 1-2:30pm Traditional Hatha Yoga^^ RM116	16 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 <b>2-3pm Live Happy and Healthy in Retirement^</b> RM115 2:15-3:15pm Zumba^^ RM116	17 9-10am Strength Training^ GYMA 11:30-12:30pm Tai Chi -Yang RM119 12:30-1:30pm Tai Chi -Taoist RM119 1:30-3:30pm Opera Appreciation* RM115 4-5:15pm Traditional Hatha Yoga^^ RM126 <b>4-5:30pm Piano Lounge and Sing-Along^</b> RM115	18 10-11am Full Fitness^ GYM 1-2pm SAIL* RM119 1-3pm Sudoku RM115 2-4pm Drop in Volleyball GYMB 5-6pm Pickleball for Beginners^^ GYM <b>6-7:30pm Manage Stress or It Will Manage You^</b> RM115	19 8-9am Intermediate Gyrokinesis** GYM 9-10am Strength Training^ GYMA <b>10-11:30am Manage Stress or It Will Manage You^</b> RM115 10:15-11:15am Total Body Fitness^ GYMA 11:30-12:30pm Tai Chi -Yang RM119 12-3pm Social Bridge RM115 12:30-1:30pm Tai Chi -Taoist RM119 3-4:30pm Crafternoon Social Group RM115
22 8-9am Gyrokinesis** RM116 10-11am Total Body Fitness^ GYM <b>10-10:30am Reading Buddies^</b> RM115 <b>10:30am-12pm Spring Nature Walk^</b> RM119 11:30-12:30pm Tai Chi -Yang RM119 12-3pm Social Bridge RM115 1-2pm SAIL* RM119 1-2:30pm Traditional Hatha Yoga^^ RM116	23 10-11am Full Fitness^ GYM <b>10-10:30am Reading Buddies^</b> RM115 10:30-11:30am Traditional Hatha Yoga^^ RM116 11:45-12:45pm Gentle Hatha Yoga^^ RM116 2:15-3:15pm Zumba^^ RM116	24 9-10am Strength Training^ GYMA 11:30-12:30pm Tai Chi -Yang RM119 12:30-1:30pm Tai Chi -Taoist RM119 1:30-2:45pm Local History* RM115 4-5:15pm Traditional Hatha Yoga^^ RM126	25 10-11am Full Fitness^ GYM 1-2pm SAIL* RM119 2-4pm Drop in Volleyball GYMB <b>3-4pm Plant and Cutting Swap^</b> RM115 <b>6-7:30pm Retirement: More Than the Numbers^</b> RM115	26 8-9am Intermediate Gyrokinesis** GYM 9-10am Strength Training^ GYMA <b>10-11:30am Retirement: More Than the Numbers^</b> RM115 10:15-11:15am Total Body Fitness^ GYMA 11:30-12:30pm Tai Chi -Yang RM119 12-3pm Social Bridge RM115 12:30-1:30pm Tai Chi -Taoist RM119 3-4:30pm Crafternoon Social Group RM115
29 8-9am Gyrokinesis** RM116 10-11am Total Body Fitness^ GYM 11:30-12:30pm Tai Chi -Yang RM119 12-3pm Social Bridge RM115 1-2pm SAIL* RM119 1-2:30pm Traditional Hatha Yoga^^ RM116	30 10-11am Full Fitness^ GYM 10:30-11:30am Traditional Hatha Yoga^^ RM116 11:45-12:45pm Gentle Hatha Yoga^^ RM116 2:15-3:15pm Zumba^^ RM116			

# Lubber Run 55+ Center Activity Calendar

April 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.