

# WALTER REED 55+ CENTER ACTIVITY CALENDAR

April 2024  
2909 16<sup>th</sup> 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](mailto:jweber1@arlingtonva.us) or 703-228-0949)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 8:30-4pm Pickleball (2 courts) GYM 9:30-12:30 Mexican Train Dominoes CAFE 10-11am Abs. Beginner PB (1 court) GYM 10-11am Pickleball (1 court) GYM 11:30-12:30 Charades+ MPRBC 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 1-2pm Bowling+ WELLR 2-3pm Tai Chi Ch'uan** WELLR 3:45-4:45 Mat Pilates** WELLR</p>	<p>2 9-10am Yoga Daily Living** WELLR 11:30-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch+* MPRC 12:30-4pm Pickleball GYM 1-2pm Cornhole+ MPRBC 1-4pm Samba SL 1-2:15pm Tai Chi Practice WELLR 2-4pm Bridge Practice CAFE 2:30-3:30 Partner Dance Practice WELLR 4-4:30pm Intro to Ukulele* ARTS&amp;C 4:30-5:30pm Intermediate Ukulele* ARTS&amp;C <b>6:30-7:30pm What is Aquafaba? MPR</b></p>	<p>3 10am-12pm Canasta SL 10:15am Give Line Dance a Try WELLR 11-12pm SAIL Exercise+ GYM 12-1pm Chair Yoga** WELLR 12:30pm Social 60+ Lunch+* MPRBC 12pm-2pm 55+ Basketball GYM 1-2pm Trivia+ MPRBC 1:30-3:30pm Social Bridge SL 2pm 70<sup>th</sup> Anniversary Planning Committee ARTS&amp;C 2:15-4pm Pickleball GYM</p>	<p>4 10-11:30am <b>Doodle Shirts &amp; Totes* ARTS</b> 11:30-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch+* MPRC 12:30-4pm Pickleball GYM 12-4pm Mah Jongg SL 1-2pm Craft+ ARTS&amp;C <b>1-2:30pm History Discussion* Virtual</b> 2-3pm Tai Chi Ch'uan** WELLR</p>	<p>5 10am-12pm Chinese Mah Jongg CAFE 10am-12pm Cribbage SL 10am-3pm Scrabble SL 10am-4pm Pickleball GYM 12-4pm Mah Jongg GYM 12:45-2pm Pickleball MPRBC 1-3pm Sunshine Gang MPRA 1-2:15pm Tai Chi Practice WELLR 1-4pm Samba SL</p>
<p>8 8:30-4pm Pickleball (2 courts) GYM 9:30-12:30 Mexican Train Dominoes CAFE 10-11am Abs. Beginner PB (1 court) GYM 10-11am Pickleball (1 court) GYM 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 1-2pm Balloon Volleyball+ WELLR 2-3pm Tai Chi Ch'uan** WELLR 3:45-4:45 Mat Pilates** WELLR</p>	<p>9 9-10am Yoga Daily Living** WELLR 10:30-11:30 English Class (REEP) MPRA 11:30-12:15 Strength Training+ GYM 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 2:30-3:30 Partner Dance Practice WELLR 4:30-5:30pm Ukulele Practice ARTS&amp;C <b>5:30-6:30pm Reader's Theater* CONF</b></p>	<p>10 10am-12pm Canasta SL 10:15am Give Line Dance a Try WELLR 11-12:30pm Computer Class+ MPRA 11-12pm SAIL Exercise+ GYM 12-3pm Jolly Hearts CONF 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 2:15-4pm Pickleball GYM</p>	<p>11 <b>11:30-12:30pm Energy Bites* ARTS&amp;C</b> 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 Painting+ MPRBC <b>1-2:30pm History Discussion* Virtual</b> 2-3pm Tai Chi Ch'uan** WELLR <b>2-5pm Movies &amp; Munchies* CONF</b></p>	<p>12 10am-12pm Chinese Mah Jongg CAFE 10am-12pm Cribbage SL 10am-3pm Scrabble SL 10am-4pm Pickleball GYM 10:30-11:30 Bingocize+ MPRBC 12:30pm Social 60+ Lunch+* MPRBC 12:45-2pm Pickleball GYM 1-2:15pm Tai Chi Practice WELLR 1-3pm Sunshine Gang MPRA <b>1:30-3:30pm BUNCO Bunch* SL</b> 1:00-4:00pm Samba CAFE</p>
<p>15 8:30-4pm Pickleball (2 courts) GYM 9:30-12:30 Mexican Train Dominoes CAFE 10-11am Abs. Beginner PB (1 court) GYM 10-11am Pickleball (1 court) GYM 11:30-12:30 Charades+ MPRBC 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 1-2pm Bowling+ WELLR 2-3pm Tai Chi Ch'uan** WELLR 3:45-4:45 Mat Pilates** WELLR</p>	<p>16 9-10am Yoga Daily Living** WELLR 10:30-11:30 English Class (REEP) MPRA 11:30-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch+* MPRC 12:30-4pm Pickleball GYM 1-4pm Samba SL 1-2:15pm Tai Chi Practice WELLR 2-4pm Bridge Practice CAFE 2:30-3:30 Partner Dance Practice WELLR 4-4:30pm Intro to Ukulele* ARTS&amp;C 4:30-5:30pm Intermediate Ukulele* ARTS&amp;C <b>7-8:30pm ACOUSTIC CAFE! MPRABC</b></p>	<p>17 10am-12pm Canasta SL 10:15am Give Line Dance a Try WELLR 11-12pm Bowling MPRBC 11-12:30pm Computer Class+ CONF 11-12pm SAIL Exercise+ GYM 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</p>	<p>18 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&amp;C <b>1-2:30pm History Discussion* Virtual</b> 2-3pm Tai Chi Ch'uan** WELLR</p>	<p>19 10am-12pm Chinese Mah Jongg CAFE 10am-12pm Cribbage SL 10am-3pm Scrabble SL 10am-4pm Pickleball GYM 11:00-12:00 SAIL Class+ WELLR 12:30pm Social 60+ Lunch+* MPRBC <b>1:30-3:30pm Nature &amp; Pie Walk* Lobby</b> 1-3pm Sunshine Gang MPRA 1-2:15pm Tai Chi Practice WELLR 1:00-4:00pm Samba CAFE</p>
<p>22 8:30-4pm Pickleball (2 courts) GYM 9:30-12:30 Mexican Train Dominoes CAFE 10-11am Abs. Beginner PB (1 court) GYM 10-11am Pickleball (1 court) GYM 11:30-12:30 Charades+ MPRBC 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 1-2pm Bowling+ WELLR 2-3pm Tai Chi Ch'uan** WELLR 3:45-4:45 Mat Pilates** WELLR</p>	<p>23 9-10am Yoga Daily Living** WELLR 10:30-11:30 English Class (REEP) MPRA 10:30-11:30 BP Clinic CONF/QR 11:30-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch+* MPRC 12:30-4pm Pickleball GYM 1-2pm BINGO+ MPRBC 1-4pm Samba SL 1-2:15pm Tai Chi Practice WELLR 2-4pm Bridge Practice CAFE 2:30-3:30 Partner Dance Practice WELLR 4:30-5:30pm Ukulele Practice ARTS&amp;C</p>	<p>24 10am-12pm Canasta SL 10:15am Give Line Dance a Try WELLR 11-12pm SAIL Exercise+ GYM 11-12:30pm Computer Class+ CONF 12-1pm Chair Yoga** WELLR 12:30pm Social 60+ Lunch+* MPRBC 12pm-2pm 55+ Basketball GYM 1-2pm Family Feud Nutrition+ MPRBC 1:30-3:30pm Social Bridge SL 2:15-4pm Pickleball GYM</p>	<p>25 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 12-4pm Mah Jongg SL 1-2pm Craft+ ARTS&amp;C <b>1-2:30pm History Discussion* Virtual</b> 2-3pm Tai Chi Ch'uan** WELLR</p>	<p>26 10am-12pm Chinese Mah Jongg CAFE 10am-12pm Cribbage SL 10am-3pm Scrabble SL 10am-4pm Pickleball GYM 11:00-12:00 SAIL Class+ WELLR 12:30pm Social 60+ Lunch+* MPRBC 1-3pm Sunshine Gang MPRA 1-2pm Brain Exercise+ MPRBC 1-2:15pm Tai Chi Practice WELLR 1:00-4:00pm Samba CAFE</p>
<p>29 8:30-4pm Pickleball (2 courts) GYM 9:30-12:30 Mexican Train Dominoes CAFE 10-11am Abs. Beginner PB (1 court) GYM 10-11am Pickleball (1 court) GYM 11:30-12:30 Riddles+ MPRBC 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 1-2pm Bowling+ WELLR 2-3pm Tai Chi Ch'uan** WELLR 3:45-4:45 Mat Pilates** WELLR</p>	<p>30 9-10am Yoga Daily Living** WELLR 11:30-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch+* MPRC 12:30-4pm Pickleball GYM 1-2pm Cornhole+ MPRBC 1-4pm Samba SL 1-2:15pm Tai Chi Practice WELLR 2-4pm Bridge Practice CAFE 2:30-3:30 Partner Dance Practice WELLR 4:30-5:30pm Ukulele Practice ARTS&amp;C</p>			