



LANGSTON-BROWN 55+ CENTER ACTIVITY CALENDAR

MAY 2024

2121 Culpeper St. N.,
Arlington, VA 22207
703-228-6300

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>9:30-11am Morning Meet-Up RM103 11-12pm DNA Test and Genealogy* 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** RM108 3:15-4:15pm 55+ Fitness hrs.^ RM202 3:30-4:30pm Tai Chi for Beginners** RM113 7:15-8:45pm Women's Basketball Gym</p>	<p>9:30-11:30am Mah Jongg RM103 10:15am Social 60+ Jane Franklin Dance+ RM103 11am-12pm Social 60+ Nutrition + RM113 12-12:30pm Social 60+ Café + RM113 1:00-4pm Cardmaking Group RM125 1:00-4:00pm Woodcarvers Rm125 2-3pm Italian Language RM103 3:15-4:15pm 55+ Fitness hrs.^ RM202 6-7pm Zumba Class** RM113</p>	<p>9:30-11:30am Spellbinders RM108 10am-12pm German Conversation* Virtual RM108 10:30-11:15am Exercise w/ Jill + RM113 12-12:30pm Social 60+ Café+ RM108 1-3pm Games RM108 3:15-4:15pm 55+ Fitness hrs.^ RM202</p>
<p>10am-12pm Jigsaw Puzzles RM108 10:15am-12:15pm Memoir Writing* RM103 10:30am Mother's Day Bingo Social 60+ SR 12:00-12:45pm Social 60+ Café + RM113 1:00-3pm Rummikub/Games RM108 3:15-4:15pm 55+ Fitness hrs.^ RM202 3:30-4:30pm Tai Chi for Beginners** RM113</p>	<p>9:30-11:30am Rummikub RM108 10:30am Social 60+ Mother's Day Tea SR 12-12:30pm Social 60+ Café + RM113 1:30-2:30pm Book Club RM103 1-2:30pm Yarn Creations RM108 2-3pm Drumming: Outside or SR 3:15-4:15pm 55+ Fitness hrs.^ RM202 3:30-5:30pm Volleyball Gym</p>	<p>9:30-11am Morning Meet-Up RM103 10:30-11:15am Exercise w/ Jill + RM113 11am-12pm Is Your Jewelry Box a Treasurer Chest?* RM108 12-12:45pm Social 60+ Café + RM113 1-2:30pm Scrabble RM125 1-2pm French Conversation RM103 1:45-3:15pm Gentle & Med Yoga** RM108 3:15-4:15pm 55+ Fitness hrs.^ RM202 3:30-4:30pm Tai Chi for Beginners** RM113 7:15-8:45pm Women's Basketball Gym</p>	<p>9:30-11:30am Mah Jongg RM103 11am-12:30pm Social 60+ Washington Balalaika Society Trio & Luncheon RM113 1-2:30pm Keep the Best Get Rid of The Rest* RM108 1:00-4pm Cardmaking Group RM125 1:00-4:00pm Woodcarvers Rm125 2-3pm Italian Language RM103 3:15-4:15pm 55+ Fitness hrs.^ RM202 6-7pm Zumba Class** RM113</p>	<p>10am-12pm German Conversation* Virtual RM108 10:30-11:15am Exercise w/ Jill + RM113 12-12:30pm Social 60+ Café+ RM108 1-3pm Games RM108 3:15-4:15pm 55+ Fitness hrs.^ RM202</p>
<p>10am-12pm Jigsaw Puzzles RM108 10:30-11:30 Social 60+ Latin Dance 12-12:45pm Social 60+ Café + RM113 1:00-3pm Rummikub/Games RM108 1:30-2:30pm Scale Down RM125 3:15-4:15pm 55+ Fitness hrs.^ RM202 3:30-4:30pm Tai Chi for Beginners** RM113</p>	<p>9:30-11:30am Rummikub RM108 10:15am Social 60+ Jane Franklin Dance 11am-12pm Social 60+ Rummikub SR 12pm Social 60+ Café + RM113 1-2:30pm Yarn Creations RM108 2-3pm Drumming: Outside or SR 3:15-4:15pm 55+ Fitness hrs.^ RM202 3:30-5:30pm Volleyball Gym</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** RM108 3:15-4:15pm 55+ Fitness hrs.^ RM202 3:30-4:30pm Tai Chi for Beginners** RM113 7:15-8:45pm Women's Basketball Gym</p>	<p>9:30-11:30am Mah Jongg RM108 12:00pm Social 60 + Café RM113 1:00-4pm Cardmaking Group RM125 1:00-4:00pm Woodcarvers Rm125 2-3pm Italian Language RM103 3:15-4:15pm 55+ Fitness hrs.^ RM202 6-7pm Zumba Class** RM113</p>	<p>10am-12pm German Conversation* Virtual RM113 10:30-11:15am Exercise w/ Jill + RM113 12-12:30pm Social 60+ Café+ RM113 1-3pm Neighbor's Corner Games RM103 3:15-4:15pm 55+ Fitness hrs.^ RM202</p>
<p>10am-12pm Jigsaw Puzzles RM108 10:30-11am Social 60+ P.A.L. SR 12-12:45pm Social 60+ Café + RM113 1:00-3pm Rummikub/Games RM108 3:15-4:15pm 55+ Fitness hrs.^ RM202 3:30-4:30pm Tai Chi for Beginners** RM113</p>	<p>9:30-11:30am Rummikub RM108 10:15am Social 60+ Jane Franklin Dance 11-11:45am Social 60+ Piano Lounge SR 12-12:30pm Social 60+ Café + RM113 1-2:30pm Yarn Creations RM108 1:30-4:30pm Cardmaking-Advanced Techniques not for beginners RM113 2-3pm Drumming: Outside or SR 3:15-4:15pm 55+ Fitness hrs.^ RM202 3:30-5:30pm Volleyball Gym</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 1:45-3:15pm Gentle & Med Yoga** RM108 3:15-4:15pm 55+ Fitness hrs.^ RM202 3:30-4:30pm Tai Chi for Beginners** RM113 7:15-8:45pm Women's Basketball Gym</p>	<p>9:30-11:30am Mah Jongg RM103 10:30-11am Social 60+ Baking w/ Joni SR 12pm Social 60+ Cafe Rm113 1:00-4pm Cardmaking Group RM125 1:00-4:00pm Woodcarvers Rm125 2-3pm Italian Language RM103 3:15-4:15pm 55+ Fitness hrs.^ RM202 6-7pm Zumba Class** RM113</p>	<p>10am-12pm German Conversation* Virtual RM113 10:30-11:15am Exercise w/ Jill + RM113 12-12:30pm Social 60+ Café+ RM108 1-3pm Games RM108 3:15-4:15pm 55+ Fitness hrs.^ RM202</p>
<p>MEMORIAL DAY COUNTY HOLIDAY CENTER CLOSED </p>	<p>9:30-11:30am Rummikub RM108 10:30am Social 60+ Bingo SR 12-12:30pm Social 60+ Café RM113 1-2:30pm Yarn Creations RM108 2-3pm Drumming: Outside or SR 3:15-4:15pm 55+ Fitness hrs.^ RM202 3:30-5:30pm Volleyball Gym</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** RM108 3:15-4:15pm 55+ Fitness hrs.^ RM202 7:15-8:45pm Women's Basketball Gym</p>	<p>9:30-11:30am Mah Jongg RM103 10:30-11am Social 60+ Spellbinders+ SR 12pm Social 60+ Cafe Rm113 1:00-4pm Cardmaking Group RM125 1:00-4:00pm Woodcarvers Rm125 2-3pm Italian Language RM103 3:15-4:15pm 55+ Fitness hrs.^ RM202 6-7pm Zumba Class** RM113</p>	<p>10am-12pm German Conversation* Virtual RM113 10:30-11:15am Exercise w/ Jill + RM113 12-12:30pm Social 60+ Café+ RM108 1-3pm Games RM108 3:15-4:15pm 55+ Fitness hrs.^ RM202</p>

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.