

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 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	2 10-11am Full Fitness* GYM 10am-1pm Social Bridge RM115 1-2pm SAIL* RM119 1-3pm Sudoku RM115 2-4pm Drop in Volleyball GYMB 3-4pm Visiting Mauthausen and Auschwitz* RM115 5-6pm Pickleball for Beginners*^ GYM 6-7pm Records and Root Beer Floats* RM115	3 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
6 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	7 10-11am Full Fitness* GYM 10:30-11:30am Traditional Hatha Yoga*^ RM116 11:30am-12:30pm It Takes a Village* RM115 1-3pm Movie Matinee* RM115 2:15-3:15pm Zumba** RM116	8 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 2-3pm Advisory Committee Meeting RM115 4-5:15pm Traditional Hatha Yoga*^ RM126	9 10-11am Full Fitness* GYM 10-11:30am Butterflies and Blossoms of Lubber Run* RM115 1-2pm SAIL* RM119 1:30-3pm Beginner Quilling** RM115 2-4pm Drop in Volleyball GYMB 5-6pm Pickleball for Beginners*^ GYM 6-7pm How to Navigate Social Media* RM115	10 8-9am Intermediate Gyrokinesis** GYM 9-10am Strength Training* GYMA 10-10:30am Homemade Mother's Day Cards* 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
13 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	14 10-11am Full Fitness* GYM 10:30-11:30am Traditional Hatha Yoga*^ RM116 11am-12pm Chocolate Sweets for Mom* RM115 11:45-12:45pm Gentle Hatha Yoga*^ RM116 2:15-3:15pm Zumba** RM116	15 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 4-5:30pm Piano Lounge and Sing-Along* RM115	16 10-11am Full Fitness* GYM 1-2pm SAIL* RM119 1-3pm Sudoku RM115 2-4pm Drop in Volleyball GYMB 3:30-4:30pm Bilingual Bingo* RM115	17 8-9am Intermediate Gyrokinesis** GYM 9-10am Strength Training* GYMA 10-11:30am Talons to Bills: Birds' Adaptations* 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
20 8-9am Gyrokinesis** RM116 10-11am Total Body Fitness* GYM 10-10:30am Reading Buddies* 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	21 10-11am Full Fitness* GYM 10:30-11:30am Traditional Hatha Yoga*^ RM116 10:30am-12:30pm Springo* RM115 11:30am-1pm Genealogy 101* RM115 11:45-12:45pm Gentle Hatha Yoga*^ RM116 2:15-3:15pm Zumba** RM116	22 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	23 10-11am Full Fitness* GYM 1-2pm SAIL* RM119 2-4pm Drop in Volleyball GYMB 6-7pm Book Exchange* RM115	24 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 3-4:30pm Crafternoon Social Group RM115
27 55+ Centers Closed for Memorial Day	28 10-11am Full Fitness* GYM 10-10:30am Reading Buddies* RM115 10:30-11:30am Traditional Hatha Yoga*^ RM116 11:45-12:45pm Gentle Hatha Yoga*^ RM116 2:15-3:15pm Zumba** RM116	29 9-10am Strength Training* GYMA 10am-12pm 55+ Fitness Day and Health Fair* RM115 11:30-12:30pm Tai Chi Practice-Yang RM119 12:30-1:30pm Tai Chi Practice-Taoist RM119 4-5:15pm Traditional Hatha Yoga*^ RM116	30 10-11am Full Fitness* GYM 2-4pm Drop in Volleyball GYMB 6-7pm Introduction to Streaming Services* RM115	31 8-9am Intermediate 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

Lubber Run 55+ Center Activity Calendar

May 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.