

# WALTER REED 55+ CENTER ACTIVITY CALENDAR

MAY 2024  
2909 16<sup>th</sup> St. S.  
Arlington VA  
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 - [weber1@arlingtonva.us](mailto:weber1@arlingtonva.us) or 703-228-0949\*\*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10am-12pm Canasta SL 10:15am Give Line Dance a Try WELLR 11-12pm SAIL Exercise+ GYM 12-1pm Chair Yoga+^ WELLR 12-3pm Jolly Hearts+ CONF 12:30pm Social 60+ Lunch+^ MPRBC 12pm-2pm 55+ Basketball GYM 1-2pm Jeopardy+ MPRA 1:30-3:30pm Social Bridge SL 2:15-4pm Pickleball GYM	2 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&C <del>2-3pm Tai Chi-Ch'uan+^ WELLR</del>	3 10am-12pm Chinese Mah Jongg CAFÉ 10am-12pm Cribbage SL 10am-3pm Scrabble SL 10am-4pm Pickleball GYM 11-12pm SAIL Class+ WELLR 11-12pm Pickleball GYM 12:45-2pm Rummikub+ MPRBC 1-2pm Sunshine Gang MPRA 1-2:15pm Tai Chi Practice WELLR 1-4pm Samba SL
6 8:30-4pm Pickleball (2 courts) GYM 9:30-12:30 Mexican Train Dominoes CAFÉ 10-11am Abs. Beginner PB (1 court) GYM 10-11am Pickleball (1 court) GYM 11am-12pm Breakfast+ MPBRBC 11:30-12:30pm Gardening+ 12:30pm Social 60+ Lunch+^ MPRC 12-4pm Mah Jongg SL 1-2pm Bowling+ WELLR <del>2-3pm Tai Chi-Ch'uan+^ WELLR</del> *No Mat Pilates	7 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 1-2:15pm Tai Chi Practice WELLR 1-2pm Cornhole+ MPRBC 1-4pm Samba SL 2-4pm Bridge Practice CAFE 2:30-3:30pm Partner Dance Practice WELLR 4-4:30pm Intro Ukulele+^ ARTS&C 4:30-5:30pm Intermediate Ukulele+^ ARTS&C	8 10am-12pm Canasta SL 10:15am Give Line Dance a Try WELLR 11-12pm SAIL Exercise+ GYM 12-1pm Chair Yoga+^ WELLR 12pm-2pm 55+ Basketball GYM 12:30pm Social 60+ Lunch+^ MPRBC 1-2pm Trivia+ MPRA 1:30-3:30pm Social Bridge SL 2:15-4pm Pickleball GYM	9 10:30-11:30am English Class (REEP) MPRA <b>11am-12pm Services for Blind &amp; Vision Impaired+ Virtual</b> 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 Craft+ MPRA <del>2-3pm Tai Chi-Ch'uan+^ WELLR</del> <b>2-5pm Movies &amp; Munchies+ CONF</b>	10 10am-12pm Chinese Mah Jongg CAFÉ 10am-12pm Cribbage SL 10am-3pm Scrabble SL 10am-4pm Pickleball GYM 11-12pm SAIL Class+ WELLR 12:30pm Social 60+ Lunch+^ MPRBC 12:45-2pm Pickleball GYM 1-2pm Rummikub+ MPRBC 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 CAFÉ
13 8:30-4pm Pickleball (2 courts) GYM 9:30-12:30 Mexican Train Dominoes CAFÉ 10-11am Abs. Beginner PB (1 court) GYM 10-11am Pickleball (1 court) GYM 11-12pm Breakfast+ MPBRBC 11:30-12:30pm Gardening+ 12:30pm Social 60+ Lunch+^ MPRC 12-4pm Mah Jongg SL 1-2pm Balloon Volleyball+ WELLR <del>2-3pm Tai Chi-Ch'uan+^ WELLR</del> 3:45-4:45pm Mat Pilates+^ WELLR	14 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 1-4pm Samba SL 1-2pm BINGO+ MPRBC 1-2:15pm Tai Chi Practice WELLR 2-4pm Bridge Practice CAFE 2:30-3:30pm Partner Dance Practice WELLR <b>4-5pm Ukulele Fever Concert+ MPRBC/Virtual</b> <b>5:30-6:30pm Reader's Theater+ CONF</b>	17 10am-12pm Canasta SL 10:15am Give Line Dance a Try WELLR 10-11:30am Mixed Media Art ARTS&C 11-12pm Bowling MPRBC 11-12pm SAIL Exercise+ GYM 12-1pm Chair Yoga+^ WELLR 12pm-2pm 55+ Basketball GYM 12:30pm Social 60+ Lunch+^ MPRBC 1-2pm Riddles+ MPRA <b>1-2:30pm Sensory Garden Tour+ SL</b> 1:30-3:30pm Social Bridge SL 2:15-4pm Pickleball GYM	16 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 Craft+ ARTS&C <del>2-3pm Tai Chi-Ch'uan+^ WELLR</del>	17 10am-12pm Chinese Mah Jongg CAFÉ 10am-12pm Cribbage SL 10am-3pm Scrabble SL 10am-4pm Pickleball GYM 11:30-12:30pm Jane Franklin Dance+ WELLR 12:30pm Social 60+ Lunch+^ MPRBC 1-2pm Rummikub+ MPRBC 1-2:15pm Tai Chi Practice WELLR 1-3pm Sunshine Gang MPRA 1:00-4:00pm Samba CAFÉ
20 8:30-4pm Pickleball (2 courts) GYM 9:30-12:30 Mexican Train Dominoes CAFÉ 10-11am Abs. Beginner PB (1 court) GYM 10-11am Pickleball (1 court) GYM 11-12pm Breakfast+ MPBRBC 11:30-12:30pm Gardening+ 12:30pm Social 60+ Lunch+^ MPRC 12-4pm Mah Jongg SL 1-2pm Bowling+ WELLR <del>2-3pm Tai Chi-Ch'uan+^ WELLR</del> 3:45-4:45pm Mat Pilates+^ WELLR	21 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 Cornhole+ 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 4:00-5:30pm Intro/Intermediate Ukulele+^ ARTS&C <b>7-8:30pm ACOUSTIC CAFÉ+ MPRBC</b>	22 10am-12pm Canasta SL 10:15am Give Line Dance a Try WELLR 11:30-12:30pm Bake with Joni+ MPRBC 12-1pm Chair Yoga+^ WELLR 12:30pm Social 60+ Lunch+^ MPRBC 12pm-2pm 55+ Basketball GYM 1-2pm Jeopardy+ MPRA 1:30-3:30pm Social Bridge SL 2:15-4pm Pickleball GYM	23 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 Art Unit+ ARTS&C <del>2-3pm Tai Chi-Ch'uan+^ WELLR</del>	24 10am-12pm Chinese Mah Jongg CAFÉ 10am-12pm Cribbage SL 10am-3pm Scrabble SL 10am-4pm Pickleball GYM 11:30-12:30pm Jane Franklin Dance+ WELLR 12:30pm Social 60+ Lunch+^ MPRBC 1-3pm Sunshine Gang MPRA 1-2pm Rummikub+ MPRBC 1-2:15pm Tai Chi Practice WELLR <b>2-3:30pm Jewelry Swap+ SL</b> 1:00-4:00pm Samba CAFÉ
27 HOLIDAY CENTER CLOSED	28 9-10am Yoga Daily Living+^ Last Class 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 Cornhole+ 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 <b>6:30-7:30pm The Brilliance of Bluetooth+ MPRA</b>	29 10am-12pm Canasta SL 10:15am Give Line Dance a Try WELLR 11:30-12:30pm Bake with Joni+ MPRBC 12-1pm Chair Yoga+^ Last Class WELLR 12:30pm Social 60+ Lunch+^ MPRBC 12pm-2pm 55+ Basketball GYM 1-2pm Jeopardy+ MPRA 1:30-3:30pm Social Bridge SL 2:15-4pm Pickleball GYM	30 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 Art Unit+ ARTS&C <del>2-3pm Tai Chi-Ch'uan+^ WELLR</del>	31 10am-12pm Chinese Mah Jongg CAFÉ 10am-12pm Cribbage SL 10am-3pm Scrabble SL 10am-4pm Pickleball GYM 11:30-12:30pm Jane Franklin Dance+ WELLR 12:30pm Social 60+ Lunch+^ MPRBC 1-3pm Sunshine Gang MPRA 1-2pm Rummikub+ MPRBC 1-2:15pm Tai Chi Practice WELLR 1:00-4:00pm Samba CAFÉ