

# Lubber Run 55+ Center Activity Calendar

July 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>10-11am Total Body Fitness* GYM 11:30am-12:30pm Tai Chi -Yang RM119 12-3pm Social Bridge RM115 1-2pm Advanced SAIL* RM119 1-2:30pm Traditional Hatha Yoga** RM116</p> <p><b>1:30-2:30pm Lyndon B. Johnson Memorial Grove* RM115</b></p>	<p>2</p> <p>10-11am Full Fitness* GYM 10:30-11:30am Traditional Hatha Yoga** RM116</p> <p><b>11am-12pm The Great American Songbook* RM115</b></p> <p>11:45-12:45pm Gentle Hatha Yoga** RM116 1-2:30pm Encore Chorale** RM119 <b>1-3pm Movie Matinee: Air* RM115</b> 2:15-3:15pm Zumba** RM116</p>	<p>3</p> <p>9-10am Strength Training* GYMA 11:30am-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</p>	<p>4</p> <p>Center Closed: Independence Day</p>	<p>5</p> <p>8-9am Intermediate Gyrokinesis** GYM 9-10am Strength Training* GYMA 9-11:30am Games at Lubber Run! RM115 10:15-11:15am Total Body Fitness* GYMA 11:30am-12:30pm Tai Chi -Yang RM119 12-3pm Social Bridge RM115 12:30-1:30pm Tai Chi -Taoist RM119 1:30-3pm Social Ballroom RM119 3-4:30pm Crafternoon Social Group RM115</p>
<p>8</p> <p>10-11am Total Body Fitness* GYM <b>10-10:30am Pre-K Games and Puzzles Day!* RM115</b> 11:30am-12:30pm Tai Chi -Yang RM119 12-3pm Social Bridge RM115 1-2pm Advanced SAIL* RM119 1-2:30pm Traditional Hatha Yoga** RM116</p>	<p>9</p> <p>10-11am Full Fitness* GYM <b>10-11am Advocating for Children and Youth* RM115</b> 10:30-11:30am Traditional Hatha Yoga** RM116 11:45-12:45pm Gentle Hatha Yoga** RM116 <b>1-2pm Cooking with Salad Greens* RM115</b> 2:15-3:15pm Zumba** RM116</p>	<p>10</p> <p>9-10am Strength Training* GYMA 11am-12pm The Fishing Forum RM115 11:30am-12:30pm Tai Chi -Yang RM119 12:30-1:30pm Tai Chi -Taoist RM119 <b>2-3pm Advisory Committee Meeting RM115</b></p>	<p>11</p> <p>10-11am Full Fitness* GYM 1-2pm Advanced SAIL* RM119 <b>1:30-3pm Beginner Quilling** RM115</b> 2-4pm Drop in Volleyball GYMB 5-6pm Pickleball for Beginners** GYM</p> <p><b>6-7pm Records and Root Beer Floats* RM115</b></p>	<p>12</p> <p>8-9am Intermediate Gyrokinesis** GYM 9-10am Strength Training* GYMA 9-11:30am Games at Lubber Run! RM115 <b>10-11am Cancer Prevention 101* RM115</b> 10:15-11:15am Total Body Fitness* GYMA 11:30am-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</p>
<p>15</p> <p>10-11am Total Body Fitness* GYM 11:30am-12:30pm Tai Chi -Yang RM119 12-3pm Social Bridge RM115 1-2pm Advanced SAIL* RM119 1-2:30pm Traditional Hatha Yoga** RM116</p>	<p>16</p> <p>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 2:15-3:15pm Zumba** RM116</p>	<p>17</p> <p>9-10am Strength Training* GYMA 11:30am-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</p> <p><b>4-5:30pm Piano Lounge and Sing-Along* RM115</b></p>	<p>18</p> <p>10-11am Full Fitness* GYM 1-2pm Advanced SAIL* RM119 1-3pm Sudoku RM115 2-4pm Drop in Volleyball GYMB <b>3:30-4:30pm Preparing to Sell Your Home* RM115</b> 5-6pm Pickleball for Beginners** GYM</p> <p><b>6-7pm Book Exchange* RM115</b></p>	<p>19</p> <p>8-9am Intermediate Gyrokinesis** GYM 9-10am Strength Training* GYMA 9-11:30am Games at Lubber Run! RM115 10:15-11:15am Total Body Fitness* GYMA 11:30am-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</p>
<p>22</p> <p>10-11am Total Body Fitness* GYM <b>10-10:30am Reading Buddies* RM115</b> 11:30am-12:30pm Tai Chi -Yang RM119 12-3pm Social Bridge RM115 1-2:30pm Traditional Hatha Yoga** RM116</p>	<p>23</p> <p>10-11am Full Fitness* GYM <b>10-10:30am Reading Buddies* RM115</b> 10:30-11:30am Traditional Hatha Yoga** RM116 11:45-12:45pm Gentle Hatha Yoga** RM116 2:15-3:15pm Zumba** RM116</p>	<p>24</p> <p>9-10am Strength Training* GYMA 11:30am-12:30pm Tai Chi -Yang RM119 12:30-1:30pm Tai Chi -Taoist RM119 4-5:15pm Traditional Hatha Yoga** RM116</p>	<p>25</p> <p>10-11am Full Fitness* GYM 2-4pm Drop in Volleyball GYMB 5-6pm Pickleball for Beginners** GYM</p> <p><b>6-7pm Spanish 101* RM115</b></p>	<p>26</p> <p>8-9am Intermediate Gyrokinesis** GYM 9-10am Strength Training* GYMA 9-11:30am Games at Lubber Run! RM115 10:15-11:15am Total Body Fitness* GYMA 11:30am-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</p>
<p>29</p> <p>10-11am Total Body Fitness* GYM 11:30am-12:30pm Tai Chi -Yang RM119 12-3pm Social Bridge RM115 1-2pm Advanced SAIL* RM119 1-2:30pm Traditional Hatha Yoga** RM116</p>	<p>30</p> <p>10-11am Full Fitness* GYM 10:30-11:30am Traditional Hatha Yoga** RM116 11:45-12:45pm Gentle Hatha Yoga** RM116 <b>1-2pm American Vagabond* RM115</b> 2:15-3:15pm Zumba** RM116</p>	<p>31</p> <p>9-10am Strength Training* GYMA 11:30am-12:30pm Tai Chi -Yang RM119 12:30-1:30pm Tai Chi Practice-Taoist RM119</p>		