

WALTER REED 55+ CENTER ACTIVITY CALENDAR

JULY 2024
2909 16th 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 or 703-228-0949

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>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 11-12pm Happy Trails Walk+ Outside 11:30-12:30pm Gardening+ 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 1-2pm Bowling+ WELLR 3:45-4:45pm Mat Pilates** WELLR</p>	<p>2</p> <p>9-10am Yoga Daily Living** WELLR 11:30-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch+* MPRC 12:30-4pm Pickleball GYM 1-2:15pm Tai Chi Practice WELLR 1-2pm Table Games+ MPRABC 1:30-4:30pm Samba SL 2-3pm Advisory Committee ARTS&C 2-4pm Bridge Practice CAFE 2:30-3:30pm Partner Dance Practice WELLR 4:00-5:30 Intro & Intermediate Uke* ARTS&C 6-8pm Ticket to Ride* SL</p>	<p>3</p> <p>10am-12pm Canasta SL 10:15am Give Line Dance a Try WELLR 11:20-11:50am 55+ Line Dance+ WELLR 12-1pm Chair Yoga** WELLR 12pm-2pm 55+ Basketball GYM 12-3pm Jolly Hearts CONF 12:30pm Social 60+ Lunch+* MPRBC 1-2pm Nutrition BINGO+ MPRA 1:30-3:30pm Social Bridge SL 2:15-4pm Pickleball GYM</p>	<p>4</p> <p>Independence Day 55+ Centers Closed</p>	<p>5</p> <p>10am-12pm Chinese Mah Jongg CAFE 10am-12pm Cribbage SL 10am-3pm Scrabble SL 10am-4pm Pickleball GYM 11-12pm Bowling+ WELLR 12:30pm Social 60+ Lunch+* MPRBC 1-2pm Rummikub+ MPRBC 1-3pm Sunshine Gang MPRA 1-2:15pm Tai Chi Practice WELLR 1:30-4:30pm Samba CAFE</p>
<p>8</p> <p>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 Gardening+ 3:45-4:45pm Mat Pilates** WELLR</p>	<p>9</p> <p>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 BINGO+ MPRBC 1:30-4:30pm Samba SL 2-4pm Bridge Practice CAFE 2:30-3:30pm Partner Dance Practice WELLR 4:30-5:30pm Ukulele Practice ARTS&C 5:30-6:30pm Reader's Theater* CONF</p>	<p>10</p> <p>10am-12pm Canasta SL 10:15am Give Line Dance a Try WELLR 11:30-12:30pm Nutrition Class+ MPRBC 12pm-2pm 55+ Basketball GYM 12:30pm Social 60+ Lunch+* MPRBC 1-2pm Cornhole+ MPRBC 1:30-3:30pm Social Bridge SL 2:15-4pm Pickleball GYM</p>	<p>11</p> <p>9-10am Bootcamp** GYM 10-11am Mat Pilates** WELLR 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+ MPRA 2-4pm Movies & Munchies* CONF</p>	<p>12</p> <p>10am-12pm Chinese Mah Jongg CAFE 10am-12pm Cribbage SL 10am-3pm Scrabble SL 10am-4pm Pickleball GYM 11am-2pm Table Games+ MPRBC 12:30pm Social 60+ Lunch+* MPRBC 1-3pm Sunshine Gang MPRA 1-2:15pm Tai Chi Practice WELLR 1:30-3:30pm BUNCO Bunch* SL 1:30-4:30pm Samba CAFE</p>
<p>15</p> <p>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 11:30-12:30pm Controlling Clutter* MPRA 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 3:45-4:45pm Mat Pilates** WELLR</p>	<p>16</p> <p>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+ WELLR 12:30pm Social 60+ Lunch+* MPRC 12:30-4pm Pickleball GYM 1:30-4:30pm Samba SL 1-2pm Celebrate Juneteenth+ MPRBC 1-2:15pm Tai Chi Practice WELLR 2-4pm Bridge Practice CAFE 2:30-3:30pm Partner Dance Practice WELLR 4:00-5:30 Intro & Intermediate Uke* ARTS&C 6:30-7:30pm DANCE BINGO! MPRA</p>	<p>17</p> <p>10am-12pm Canasta SL 10:15am Give Line Dance a Try WELLR 11:30-12:30pm Nutrition Class + MPRBC 12pm-2pm 55+ Basketball GYM 12-1pm Chair Yoga** WELLR 12:30pm Social 60+ Lunch+* MPRBC 1-2pm Cornhole+ MPRA 1:30-3:30pm Social Bridge SL 2:15-4pm Pickleball GYM</p>	<p>18</p> <p>9-10am Bootcamp** GYM 10-11am Mat Pilates** WELLR 10:30-11:30am English Class (REEP) MPRA 11:30-12:15pm Strength Training+ WELLR 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 12:30-4pm Pickleball GYM 1-2pm Painting+ ARTS&C</p>	<p>19</p> <p>10am-12pm Chinese Mah Jongg CAFE 10am-12pm Cribbage SL 10am-3pm Scrabble SL 10am-4pm Pickleball GYM 12:30pm Social 60+ Lunch+* MPRBC 1-3pm Sunshine Gang MPRA 1-2pm Movie+ MPRBC 1-2:15pm Tai Chi Practice WELLR 1:30-4:30pm Samba CAFE</p>
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