Arlington Mill 55+ Center Activity Calendar

November 2026

909 South Dinwiddie Street, Arlington, VA, 22204

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 8am-12pm Social 60+ Café+* RM527 8:30-9:30am Qigong*^ RM421 10am-12pm Coffee Shop Walk PLAZA 10am-3pm Play Pickleball Gym 10am-1pm Samba RM205 10-11:15am Line Dance Practice RM421 11-12pm Spanish Conversation RM404 1-2:30pm Five Crowns RM205 5-6:15pm Yoga Daily Living*^ RM421	3 8am-12pm Social 60+ Café+* RM527 10:30-11:30am SAIL* Gym 12-3pm Play Pickleball Gym 2-4pm American Mah Jongg RM205 5-6pm Zumba Gold & Toning*^ RM421	4 8am-12pm Social 60+ Café+* RM527 10am-12pm Open Art Studio RM526 10:30am-1pm 55+ Crafters RM404 10am-3pm Play Pickleball Gym 11am-12:15pm Line Dance 101 RM421 **1-2pm Tai Chi Walking* RM421** 1-3pm American Mah Jongg RM205 2-4pm Mexican Train Dominoes RM205	5 8am-12pm Social 60+ Café+* RM527 10-11am The Circle RM404 10:30-11:30am SAIL* Gym 12-3pm Play Pickleball Gym 12-2pm Chinese Mah Jongg RM205 1-2:15pm Line Dance Practice RM527 2-4pm American Mah Jongg RM205	6 8am-12pm Social 60+ Café+* RM527 10am-12pm Open Art Studio RM526 10am-3pm Play Pickleball GYM **1-2pm First Friday Social* RM527** 12:30-1:30pm Beginner Tai Chi Ch'uan*^ RM421
9 8am-12pm Social 60+ Café+* RM527 8:30-9:30am Qigong*^ RM421 10am-12pm Coffee Shop Walk PLAZA 10am-3pm Play Pickleball Gym 10am-1pm Samba RM205 10-11:15am Line Dance Practice RM421 11-12pm Spanish Conversation RM404 **1-2:30pm Holiday Cards in Colored Pencil* RM527** 1-2:30pm Five Crowns RM205 5-6:15pm Yoga Daily Living*^ RM527	10 8am-12pm Social 60+ Café+* RM527 10:30-11:30am SAIL* **1-2pm The Pearl Bryan Murder Mystery* RM527** 12-3pm Play Pickleball Gym 2-4pm American Mah Jongg RM205 5-6pm Zumba Gold & Toning*^ RM421	11 **55+ Centers Closed**	12 8am-12pm Social 60+ Café+* RM527 10-11am The Circle RM404 10:30-11:30am SAIL* Gym 12-3pm Play Pickleball Gym 12-2pm Chinese Mah Jongg RM205 1-2:15pm Line Dance Practice RM527 2-4pm American Mah Jongg RM205	13 8am-12pm Social 60+ Café+* RM527 10am-12pm Open Art Studio RM526 10am-3pm Play Pickleball GYM 12:30-1:30pm Beginner Tai Chi Ch'uan*^ RM421 **1-3pm Big Picture: Documentary Series* RM527A** **1-2pm Intro to AgeTech* RM527B**
16 8am-12pm Social 60+ Café+* RM205 8:30-9:30am Qigong*^ RM421 **10-11am Thanksgiving Leftovers* RM527** 10am-3pm Play Pickleball Gym 10am-12pm Coffee Shop Walk PLAZA 10am-1pm Samba RM411 10-11:15am Line Dance Practice RM421 **11:30-12:30 Baking Social* RM132** 11-12pm Spanish Conversation RM404 1-2:30pm Five Crowns RM205 **1-2:30pm Colored Pencil Hannukah Cards* RM527** 5-6:15pm Yoga Daily Living*^ RM421	17 8am-12pm Social 60+ Café+* RM527 10:30-11:30am SAIL* 12-3pm Play Pickleball Gym 1-2pm Book Club RM205 2-4pm American Mah Jongg RM205 5-6pm Zumba Gold & Toning*^ RM421	18 8am-12pm Social 60+ Café+* RM527 10am-12pm Open Art Studio RM526 10am- 3pm Play Pickleball Gym 10:30am-1pm 55+ Crafters RM404 11am-12:15pm Line Dance 101 RM421 1-3pm American Mah Jongg RM205 2-4pm Mexican Train Dominoes RM205 **5:30-7pm Murder Mystery Dinner* RM527**	19 8am-12pm Social 60+ Café+* RM527 10-11am The Circle RM404 10:30-11:30am SAIL* Gym 12-3pm Play Pickleball Gym 12-2pm Chinese Mah Jongg RM205 1-2:15pm Line Dance Practice RM527 2-4pm American Mah Jongg RM205	20 8am-12pm Social 60+ Café+* RM205 10am-3pm Play Pickleball GYM 10am-12pm Open Art Studio RM526 12:30-1:30pm Beginner Tai Chi Ch'uan*^ RM421
23 8am-12pm Social 60+ Café+* RM527 8:30-9:30am Qigong*^ RM421 10am-12pm Coffee Shop Walk PLAZA 10am-3pm Play Pickleball Gym 10am-1pm Samba RM205 10-11:15am Line Dance Practice RM421 11-12pm Spanish Conversation RM404 1-2:30pm Five Crowns RM205 5-6:15pm Yoga Daily Living*^ RM421	24 8am-12pm Social 60+ Café+* RM527 10:30-11:30am SAIL* 12-3pm Play Pickleball Gym 2-4pm American Mah Jongg RM205 5-6pm Zumba Gold & Toning*^ RM421	25 8am-12pm Social 60+ Café+* RM527 10am-12pm Open Art Studio RM526 10am- 3pm Play Pickleball Gym 10:30am-1pm 55+ Crafters RM404 11am-12:15pm Line Dance 101 RM421 1-3pm American Mah Jongg RM205 2-4pm Mexican Train Dominoes RM205	26 **55+ Centers Closed**	27 **55+ Centers Closed**
30 8am-12pm Social 60+ Café+* RM527 10am-12pm Coffee Shop Walk PLAZA 10am-1pm Samba RM205 10am-3pm Play Pickleball Gym 10-11:15am Line Dance Practice RM421 11am-2pm Play Pickleball Gym 11-12pm Spanish Conversation RM404 **1-2:30pm Flourishing Work* RM527** 1-2:30pm Five Crowns RM205 5-6:15pm Yoga Daily Living*^ RM421				

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.

Check out the weekly schedule for Arlington Mill Community Center's gymnasium (updated as changes occur).