LANGSTON-BROWN 55+ CENTER ACTIVITY CALENDAR

November 2026

2121 Culpeper St. N.,
Arlington, VA 22207
703-228-6300

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 8am-12:00pm 55+ Fitness hrs.^ RM202 11:30-12pm Social 60+ Cranium Crunches 12-12:45pm Social 60+ Café + RM113 1:00-3pm Rummikub RM109a	**3** 8am-12:00pm 55+ Fitness hrs.^ RM202 9:30-11:30am Rummikub RM108 10am-12pm Social Bridge RM108 10:30-11:30am Social 60+ Nutrition Ed. SR 12pm Social 60+ Café + RM113 1-2pm Book Club RM103 1-3pm Yarn Creations RM108 1:30-3:30pm American Mah Jongg RM109a 2-3:30pm Drumming SR 3:30-5:30pm Volleyball Gym	**4** 8am-12:00pm 55+ Fitness hrs.^ RM202 9:30-11:30am Morning Meet-Up RM103 10:30-11:15am Exercise w/ Jill + RM113 12-12:45pm Social 60+ Café + RM113 12:10-1:10pm Chair Yoga*^ RM106 1-2:30pm Scrabble RM109a 1:30-3pm Gentle & Med. Yoga*^ RM106 2-4pm Memoir Writing* RM103 6-7pm Zumba Class*^ RM113	**5** 8am-12:00pm 55+ Fitness hrs.^ RM202 9:30-11:30am Mah Jongg RM109a 10am-12pm Social 60+ Art Visit+ SR **10:30am-12pm Is Your Jewelry Box a Treasure Chest?* RM108** 12-12:30pm Social 60+ Café+ RM113 1-4:00pm Cardmaking Group RM125 1-4:00pm Woodcarvers RM125 1-2pm French Conversation RM103 2-3pm Italian Conversation RM103 **1:30-3:30 Blackwork Embroidery* RM108**	**6** 8am-12:00pm 55+ Fitness hrs.^ RM202 9:30-11:30am Spellbinders RM108 10am-12pm German Conversation* Virtual 10:30-11:30 Social 60+ Exercise w/Jill RM113 11am-2pm 55+ Fitness hrs.^ RM202 11:15-12:15 NEW Groove & Move*^ RM209 12-12:30pm Social 60+ Café+ RM113 1:30-3:30pm Open Art Studio RM113
9 8am-12:00pm 55+ Fitness hrs.^ RM202 **11am-12pm Occupations and Military Records* RM108** 10:30-11:30 Social 60+ Trivia SR 12-12:45pm Social 60+ Café + RM113 1:00-3pm Rummikub RM109a 1:30-2:30pm Scale Down RM103	**10** 8am-12:00pm 55+ Fitness hrs.^ RM202 9:30-11:30am Rummikub RM108 10am-12pm Social Bridge RM108 10:30-11:30am Social 60+ Spellbinders SR 12pm Social 60+ Café + RM113 1-3pm Yarn Creations RM108 1:30-3:30pm American Mah Jongg RM109a 2-3:30pm Drumming SR 3:30-5:30pm Volleyball Gym	Veteran's Day Center Closed **11** 	**12** 8am-12:00pm 55+ Fitness hrs.^ RM202 9:30-11:30am Mah Jongg RM109a 10:30-11am Social 60+ Movie SR 12-12:30pm Social 60+ Café+ RM113 1-4:00pm Cardmaking Group RM125 1-4:00pm Woodcarvers RM125 **1:30-3:30 Blackwork Embroidery* RM108**	**13** 8am-12:00pm 55+ Fitness hrs.^ RM202 10am-12pm German Conversation* Virtual 10:30-11:30 Social 60+ Exercise w/Jill RM113 11am-2pm 55+ Fitness hrs.^ RM202 11:15-12:15 NEW Groove & Move*^ RM209 12-12:30pm Social 60+ Café+ RM113 1:30-3:30pm Open Art Studio RM113
16 8am-12:00pm 55+ Fitness hrs.^ RM202 **10:30am-12pm Painting Demo* Virtual** 10:30-11:30am Social 60+ Latin Dance SR 12-12:45pm Social 60+ Café + RM113 1:00-3pm Rummikub RM109a	**17** 8am-12:00pm 55+ Fitness hrs.^ RM202 9:30-11:30am Rummikub RM109 10am-12pm Social Bridge RM109a 10:30-11:30am Social 60+ Bingo SR 12pm Social 60+ Café + RM113 1:30-4pm Advanced Cardmaking Not for beginners RM113 1-3pm Yarn Creations RM108 1:30-3:30pm American Mah Jongg RM109a 2-3:30pm Drumming RM106 3:30- 5:30pm Volleyball Gym	**18** 8am-12:00pm 55+ Fitness hrs.^ RM202 9:30-11:30am Morning Meet-Up RM103 10:30-11:15am Exercise w/ Jill + RM113 **11am-12pm Responsibilities of Executor* Virtual** 12:10-1:10pm Chair Yoga*^ RM106 12 -12:45pm Social 60+ Café + RM113 1-2:30pm Scrabble RM109a 1:30-3pm Gentle & Med. Yoga*^ RM106 2-4pm Memoir Writing* RM103 6-7pm Zumba Class*^ RM113	**19** 8am-12:00pm 55+ Fitness hrs.^ RM202 9:30-11:30am Mah Jongg RM109a **11am-12pm Beatles Part III* RM113** 12-12:30pm Social 60+ Café+ RM113 1-4:00pm Cardmaking Group RM125 1-4:00pm Woodcarvers RM125 1-2pm French Conversation RM103 2-3pm Italian Conversation RM103 **1:30-3:30 Blackwork Embroidery* RM108**	**20** 8am-12:00pm 55+ Fitness hrs.^ RM202 10am-12pm German Conversation* Virtual 10:30-11:30 Social 60+ Exercise w/Jill RM113 11am-2pm 55+ Fitness hrs.^ RM202 11:15-12:15 NEW Groove & Move*^ RM209 12-12:30pm Social 60+ Café+ RM113 1-3pm Neighbor's Corner RM113 1:30-3:30pm Open Art Studio RM113
23 8am-12:00pm 55+ Fitness hrs.^ RM202 12-12:45pm Social 60+ Café + RM113 **10:30-11:30am Secrets Revealed* Virtual** 10:30-11:30amSocial 60+ Walking GYM **10-11am Preventing Identity Theft* RM108** 1:00-3pm Rummikub RM109a 1:30-2:30pm Scale Down RM125	**24** 8am-12:00pm 55+ Fitness hrs.^ RM202 9:30-11:30am Rummikub RM103 10am-12pm Social Bridge RM108 10:30-11am Social 60+ Thanksgiving SR 12pm Social 60+ Café + RM113 1-3pm Yarn Creations RM108 1:30-3:30pm American Mah Jongg RM109a 2-3:30pm Drumming RM106 3:30-5:30pm Volleyball Gym	**25** 8am-12:00pm 55+ Fitness hrs.^ RM202 9:30-11:30am Morning Meet-Up RM103 10:30-11:15am Exercise w/ Jill + RM113 12:10-1:10pm Chair Yoga*^ RM106 12-12:45pm Social 60+ Café + RM113 1-2:30pm Scrabble RM109a 1:30-3pm Gentle & Med. Yoga*^ RM106	**26** **Thanksgiving Center Closed**	**27** **County Holiday Center Closed**
30 8am-12:00pm 55+ Fitness hrs.^ RM202 10:30-11am Social 60+ The Sacred History of Cider SR 12-12:45pm Social 60+ Café + RM113 1:00-3pm Rummikub RM109a				

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.

Programs with + symbol are Social 60+ Café activities. You must complete an application prior to attending these activities and lunch. Lunch is served M-F at noon for those registered for the program.