Lubber Run 55+ Center Activity Calendar

November 2026

300 N. Park Drive, Arlington, VA, 22203

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 7:15-8am Cardio Kickboxing*^ RM116 9-10:30am Coffee or Tea and Thee RM115 10-11am Total Body Fitness^ GYM 10:30-11:15am Yang 24 Form Orientation RM119 11:30-12:30pm Tai Chi -Yang RM119 1-2pm SAIL* RM119 **1-3pm Day of the Dead Celebration* RM115** 1-2:30pm Traditional Hatha Yoga*^ RM116	**3** 10-11am Full Fitness^ GYM 10:30-11:30am Advanced Traditional Hatha Yoga*^ RM116 11:45-12:45pm Gentle Hatha Yoga*^ RM116 2:15-3:15pm Zumba*^ RM116	**4** 9-10:30am Coffee or Tea and Thee RM115 9:30-10:25am Strength Training^ GYMA 10:15-10:30am Tai Chi: Additional Techniques RM119 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 **11:30am-12:30pm Advanced Care Planning* RM115** 12:15-1:45pm Traditional Hatha Yoga Level 2*^ RM116 1:30-3:30pm Opera Appreciation* RM115 2-3:15pm Gentle & Meditative Yoga*^ RM116 4-5:15pm Traditional Hatha Yoga*^ RM116	**5** 8:30-9:30am Walk Fit LOBBY 10-11am Full Fitness^ GYM 11:30am -12:30pm Spanish Conversation RM115 1-2pm SAIL* RM119 1-3pm Sudoku RM115 2-4pm Drop in Volleyball GYMB 6:30-8pm Open Jam Session RM115	**6** 9:30-10:25am Strength Training^ GYM 10:45-11:45am Total Body Fitness^ GYM 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 1:30-3pm Social Ballroom RM119 3-4:30pm Crafternoon Social Group RM115
9 7:15-8am Cardio Kickboxing*^ RM116 9-10:30am Coffee or Tea and Thee RM115 10-11am Total Body Fitness^ GYM **10-11:30am Drawing Adventures*^ RM115** 10:30-11:15am Yang 24 Form Orientation RM119 11:30-12:30pm Tai Chi -Yang RM119 1-2pm SAIL* RM119 1-2:30pm Traditional Hatha Yoga*^ RM116	**10** 10-11am Full Fitness^ GYM 10:30-11:30am Advanced Traditional Hatha Yoga*^ RM116 11:30-1pm Genealogy 101* RM115 11:45-12:45pm Gentle Hatha Yoga*^ RM116 **2-3pm Haiku For You* RM126** **2-3pm Advisory Committee Meeting* RM115** 2:15-3:15pm Zumba*^ RM116	**11** Center Closed	**12** 8:30-9:30am Walk Fit LOBBY 10-11am Full Fitness^ GYM 11:30am-12:30pm Spanish Conversation RM115 1-2pm SAIL* RM119 **1:30-3pm Paper Quilling*^ RM115** 2-4pm Drop in Volleyball GYMB **6-7pm Let's Go Over the Guide* RM115**	**13** 9:30-10:25am Strength Training^ GYM 10:45-11:45am Total Body Fitness^ GYM 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 **12-1pm Let's Go Over the Guide* RM115** **1-2pm Open Office Hour* RM115** 3-4:30pm Crafternoon Social Group RM115
16 7:15-8am Cardio Kickboxing*^ RM116 9-10:30am Coffee or Tea and Thee RM115 10-11am Total Body Fitness^ GYM 10:30-11:15am Yang 24 Form Orientation RM119 11:30-12:30pm Tai Chi -Yang RM119 1-2pm SAIL* RM119 **1-3pm Retirement: Before & After* RM115** 1-2:30pm Traditional Hatha Yoga*^ RM116	**17** 10-11am Full Fitness^ GYM 10:30-11:30am Advanced Traditional Hatha Yoga*^ RM116 11:45-12:45pm Gentle Hatha Yoga*^ RM116 **1-2pm Holiday Memories* RM115** 2:15-3:15pm Zumba*^ RM116 **2:30-4pm Piano Lounge and Sing Along* RM115**	**18** 9-10:30am Coffee or Tea and Thee RM115 9:30-10:25am Strength Training^ GYM 10:15-10:30am Tai Chi: Additional Techniques RM119 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 **11:30am-12:30pm Meet the Beatles- Part III* RM115** 12:15-1:45pm Traditional Hatha Yoga Level 2*^ RM116 1:30-3:30pm Opera Appreciation* RM115 2-3:15pm Gentle & Meditative Yoga*^ RM116 4-5:15pm Traditional Hatha Yoga*^ RM116	**19** 8:30-9:30am Walk Fit LOBBY 10-11am Full Fitness^ GYM 11:30am-12:30pm Spanish Conversation RM115 1-2pm SAIL* RM119 1-3pm Sudoku RM115 2-4pm Drop in Volleyball GYMB 6:30-8pm Open Jam Session RM115	**20** 9:30-10:25am Strength Training^ GYM 10:45-11:45am Total Body Fitness^ GYM 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 **1-2pm Brains and Brawn* TRACK** 3-4:30pm Crafternoon Social Group RM115
23 7:15-8am Cardio Kickboxing*^ RM116 9-10:30am Coffee or Tea and Thee RM115 10-11am Total Body Fitness^ GYM **10-10:30am Reading Buddies* RM115** 10:30-11:15am Yang 24 Form Orientation RM119 11:30-12:30pm Tai Chi -Yang RM119 1-2pm SAIL* RM119 1-2:30pm Traditional Hatha Yoga*^ RM116	**24** 10-11am Full Fitness^ GYM 10:30-11:30am Advanced Traditional Hatha Yoga*^ RM116 11:45-12:45pm Gentle Hatha Yoga*^ RM116 **12:30-3pm Movie Matinee: *Ticket to Paradise** RM115** 2:15-3:15pm Zumba*^ RM116	**25** 9-10:30am Coffee or Tea and Thee RM115 9:30-10:25am Strength Training^ GYM 10:15-10:30am Tai Chi: Additional Techniques RM119 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 12:15-1:45pm Traditional Hatha Yoga Level 2*^ RM116 1-2:15pm Gentle and Meditative Yoga*^ RM116 2-3:15pm Gentle & Meditative Yoga*^ RM116 4-5:15pm Traditional Hatha Yoga*^ RM116	**26** Center Closed	**27** Center Closed
30 9-10:30am Coffee or Tea and Thee RM115 10-11am Total Body Fitness^ GYM 10:30-11:15am Yang 24 Form Orientation RM119 11:30-12:30pm Tai Chi -Yang RM119 **2-3pm Intergenerational Rock Painting* RM115**				

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.