WALTER REED 55+ CENTER ACTIVITY CALENDAR

NOVEMBER 2026
2909 16th St. S.
Arlington 22204

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
2			3			4			5			6		
8:30-11	55+ Pickleball	GYM	9-10:15	Yoga Daily Living*^	WELLR	8:15-11:30	Pickleball – All Ages!	GYM	10:15-11:15	Mat Pilates*^	GYM	8:15-4	Pickleball – All Ages!	GYM
9:45-12	Mexican Train Dom.	CAFE	10-12	English Class(REEP)	MPRA	10-12	Canasta	SL	10:30-11:30	English Class (REEP)	MPRA	10-12	Chinese Mah Jongg	CAFE
10-11	Abs. Beginner PB	GYM	11-1:15	Five Crowns	SL	10:15-11:15	Line Dance Level 1	WELLR	11-12:15	Yin/Restorative Yoga*^	WELLR	10-3	Scrabble	SL
10-11	Pickleball (1 court)	GYM	11:30-12:15	Strength Training+	WELLR	11:30-12:30	Line Dance Level 2	WELLR	11:30-12:15	Strength Training+	GYM	11:30-12:30	Seated Exercise+	MPRA
10-11	Intermediate Qigong*^	WELLR	~~12:30-3~~	~~Pickleball – All Ages!~~	~~GYM~~	11:30-12:30	Seated Exercise+	MPRA	12-4	American MahJongg	SL	12:30-4	Sunshine Gang	ARTS&C
12-4	American Mah Jongg	SL	1-2	Emergency Contacts+	MPRA	12-2	55+ Basketball	GYM	12:30-3	Pickleball – All Ages!	GYM	**1-4**	**Games Fundraiser*^**	**MPRA**
12-2	Tech Help*	CONF	1-2:15	Tai Chi Practice	WELLR	12:30	Jolly Hearts	CONF	**1-3**	**Nature & Pie Walk***	**Outside**	1-2	Social 60+ Activity+	MPR
2-3	Beginner Tai Chi*^	WELLR	2-4	Bridge Practice	CAFE	1-2	Social 60+ Activity	MPRBC	1-2	Social 60+ Activity	MPRBC	1-2:15	Tai Chi Practice	WELLR
3:45-4:45	Mat Pilates*^	WELLR	3-4	Mountain Dulcimer	ARTS&C	1:30-3:30	Social Bridge	SL	1-2:30	History Discussion*	Virtual	1:30-4	Samba	SL
4-5	Easy Piano Duets	SL	3-4	Bootcamp*^	WELLR	1-1:30	Third Act Dance Recital	MPRA	1:30-3	Memory Cafe	ARTS&C	2-3	Croquet	Park
			4-5:30	Ukulele*	MPRBC	2:15-4	55+ Pickleball	GYM	1-2:15	Trad. Hatha Yoga L1*^	WELLR	2:30-3:30	Tai Chi Ch'uan*^	WELLR
			6-7	**Bird Bingo***	**MPRBC**				3:30-4:45	Yoga Daily Living*^	WELLR			
			GYM CLOSED						4-6	Game Night	SL			
9			10			11			12			13		
8:15-11	55+ Pickleball	GYM	9-10:15	Yoga Daily Living*^	WELLR	**Centers Closed**			10:15-11:15	Mat Pilates*^	GYM	8:15-4	Pickleball – All Ages!	GYM
9:45-12	Mexican Train Dom.	CAFE	9/10:05	Pilates 2/Pilates Fusion*^	GYM				10:30-11:30	English Class (REEP)	MPRA	10-12	Chinese Mah Jongg	CAFE
10-11	Abs. Beginner PB	GYM	10:30-11:30	English Class(REEP)	MPRA				11-12:15	Yin/Restorative Yoga*^	WELLR	10-3	Scrabble	SL
10-11	Intermediate Qigong*^	WELLR	11-1:15	Five Crowns	SL				11:30-12:15	Strength Training+	GYM	11:30-12:30	Seated Exercise+	MPRA
12-2	Tech Help*	CONF	11:30-12:15	Strength Training+	GYM				12-4	American Mah Jongg	SL	12:30-4	Sunshine Gang	ARTS&C
12-4	American Mah Jongg	SL	12:30-3	Pickleball – All Ages!	GYM				12:30-3	Pickleball – All Ages!	GYM	1-2:15	Tai Chi Practice	WELLR
2-3	Beginner Tai Chi*^	WELLR	2-3	Advisory Committee	CONF				1-2:15	Trad. Hatha Yoga L1*^	WELLR	1:30-4	Samba	CAFE
3:45-4:45	Mat Pilates*^	WELLR	1-2:15	Tai Chi Practice	WELLR				3:30-4:45	Yoga Daily Living*^	WELLR	**1:30-3:30**	**Bunco Bunch***	**SL**
4-5	Easy Piano Duets	SL	1:30-4:30	Samba	SL				**2-4**	**Movies & Munchies***	**CONF**	2-3	Croquet	Park
			2-4	Bridge Practice	CAFE				4-6	Game Night	SL	2:30-3:30	Tai Chi Ch'uan*^	WELLR
			3-4	Bootcamp*^	WELLR									
			3-4	Mountain Dulcimer	CONF									
			4-5:30	Ukulele	ARTS&C									
			5:30-6:30	**Reader's Theater***	**SL**									
16			17			18			19			20		
8:30-4	55+ Pickleball	GYM	9-10:15	Yoga Daily Living*^	WELLR	8:15-11:30	Pickleball – All Ages!	GYM	**9:30-12**	**Phase 10***	**SL**	8:15-4	Pickleball – All Ages!	GYM
9:45-12	Mexican Train Dom.	SL	9/10:05	Pilates 2/Pilates Fusion*^	GYM	10-12	Canasta	SL	10:15-11:15	Mat Pilates*^	GYM	10-12	Chinese Mah Jongg	CAFE
10-11	Abs. Beginner PB	GYM	10:30-11:30	English Class(REEP)	MPRA	10:15-11:15	Line Dance Level 1	WELLR	10:30-11:30	English Class (REEP)	MPRA	10-3	Scrabble	SL
10-11	Intermediate Qigong*^	WELLR	11-1:15	Five Crowns	SL	11:30-12:30	Line Dance Level 2	WELLR	11-12:15	Yin/Restorative Yoga*^	WELLR	**11-12**	**Meet the Beatles***	**MPRA**
12-4	American Mah Jongg	SL	11:30-12:30	Strength Training+	GYM	11:30-12:30	Seated Exercise+	MPRA	11:30-12:15	Strength Training+	GYM	12:30-4	Sunshine Gang	ARTS&C
2-3	Beginner Tai Chi*^	WELLR	12:30-3	Pickleball – All Ages!	GYM	12-2	55+ Basketball	GYM	12-4	American MahJongg	SL	1-2:15	Tai Chi Practice	WELLR
3:45-4:45	Mat Pilates*^	WELLR	1-2:15	Tai Chi Practice	WELLR	1-2	Social 60+ Activity	MPRA	12:30-3	Pickleball – All Ages!	GYM	1:30-4	Samba	SL
4-5	Easy Piano Duets	SL	1:30-4:30	Samba	SL	1:30-3:30	Social Bridge	SL	1-2:30	History Discussion*	Virtual	2-3	Croquet	Park
			2-4	Bridge Practice	CAFE	1:30-3	Third Act Dance*^	WELLR	1-2:15	Trad. Hatha Yoga L1*^	WELLR	2:30-3:30	Tai Chi Ch'uan*^	WELLR
			3-4	Bootcamp*^	WELLR	2:15-4	55+ Pickleball	GYM	1:30-3	Memory Cafe	ARTS&C			
			3-4	Mountain Dulcimer	CONF				3:30-4:45	Yoga Daily Living*^	WELLR			
			4-5:30	Ukulele*	ARTS&C				4-6	Game Night	SL			
			5-7	**Euchre***	**SL**									
			6-7	**Dinner and a Show***	**ARTS&C**									
			7-8:30	**Acoustic Café***	**MPRBC**									
23			24			25			26			27		
8:30-4	55+ Pickleball	GYM	9-10:15	Yoga Daily Living*^	WELLR	8:15-11:30	Pickleball – All Ages!	GYM	**Centers Closed**			**Centers Closed**		
9:45-12	Mexican Train Dom.	SL	9/10:05	Pilates2/Pilates Fusion*^	GYM	10-12	Canasta	SL						
10-11	Abs. Beginner PB	GYM	10:30-11:30	English Class(REEP)	MPRA	10:15-11:15	Line Dance Level 1	WELLR						
12-4	American Mah Jongg	SL	11-1:15	Five Crowns	SL	11:30-12:30	Line Dance Level 2	WELLR						
2-3	Beginner Tai Chi*^	WELLR	11:30-12:15	Strength Training+	GYM	11:30-12:30	Seated Exercise+	MPRA						
3:45-4:45	Mat Pilates*^	WELLR	1-2:15	Tai Chi Practice	WELLR	12-2	55+ Basketball	GYM						
4-5	Easy Piano Duets	SL	1:30-4:30	Samba	SL	1:30-3:30	Social Bridge	SL						
			1:30-4	Bridge Practice	MPRA/CAFE	2:15-4	55+ Pickleball	GYM						
			3-4	Mountain Dulcimer	CONF									
			3-4	Bootcamp*^	WELLR									
			4-5:30	Ukulele	ARTS&C									
			6:15	**Equality NoVa Movie***										
30														
8:15-4	55+ Pickleball	GYM												
9:45-12	Mexican Train Dom.	SL												
10-11	Abs. Beginner PB	GYM												
11:30	Seated Exercise+	MPRA												
12-4	American Mah Jongg	SL												
4-5	Easy Piano Duets	SL												

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

Social 60+ Café Lunch Served Monday-Friday at 12:30pm – Must be Registered to Participate

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

Advisory Committee Meetings:
2nd Tuesday of the Month

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

Dance Practice – Tuesdays, 2:15-3:15
Dinner and a Show – Nov. 17, 6pm