WALTER REED 55+ CENTER ACTIVITY CALENDAR

August 2022

2909 16th St. S.
Arlington 22204

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:30-10am Pickleball (2 courts) GYM 10-11am Abs. Beginner PB (1 court) GYM 10-11am Pickleball (1 court) GYM 10-11am Cornhole+ WELLR 10-11:30am Current Events* SL 10am-12pm Ping Pong & Billiards GR 10am-12pm Mexican Train Dominoes SL 11-12pm Craft+ WELLR 11am-4pm Pickleball (2 courts) GYM **11:30-12:30pm Prepare Your Spring Garden* MPRA** 12pm Social 60+ Café Lunch+* MPRC 12-4pm Mah Jongg SL 2-3pm Beginner Tai Chi Ch'uan*^ WELLR 4-7pm Table Games SL	**2** 8:30-10:15am Football Throw Practice GYM 10-11am English Class (REEP) MPRA 10am-12pm Ping Pong & Billiards GR 10:30-11:30am Chinese Dance+ WELLR 11:15am-12pm Strength Training+ GYM 12pm Social 60+ Café Lunch+* MPRC 12-4pm Pickleball GYM 12-2pm Computer Class+* MPRA 1-2:15pm Tai Chi Practice WELLR 2-4pm Bridge Practice SL 4:30-5:30pm Ukulele Practice MPRA 4-7pm Table Games SL **4:30-5:30pm Ukulele Strumming* MPRA** **6:30-7:30pm Add Protein to Your Dessert* MPRC**	**3** 10-11am Croquet Outside 10am-12pm Canasta SL 10am-12pm Ping Pong & Billiards GR 10:15-11am Bowling for Steps+ GYM 11am-12pm Where in the World+ MPRBA 11:45-12:45 Chair Yoga*^ WELLR 12pm Social 60+ Café Lunch+* MPRC 12-2pm 55+ Basketball GYM 1:30-3:30pm Social Bridge SL 2:15-4pm Pickleball GYM 4-7pm Table Games SL	**4** 10-11am English Class (REEP) MPRA 10am-12pm Ping Pong & Billiards GR 10:30-11:30am Memory Game+ MPRC 11:15am-12pm Strength Training+ GYM 12pm Social 60+ Café' Lunch+* MPRC 1-4pm Pickleball GYM 12-2pm Computer Class+* MPRA 12-4pm Mah Jongg SL 12:30-1:20pm Memory Game+ MPRC 2-3pm Tai Chi Ch'uan*^ WELLR 4-7pm Table Games SL	**5** 8:45-9:45am KUKUWA*^ GYM 10-11am Gardening+ MPRBC 10-11am Croquet Outside 10am-12pm Ping Pong & Billiards GR 10am-12pm Cribbage SL 10am-3pm Scrabble SL 11am-4pm Pickleball GYM 11am-12pm Continuing Craft+ MPRC 12pm Social 60+ Café Lunch+* MPRC 1-3pm Sunshine Gang MPRA 1-2:15pm Tai Chi Practice WELLR 4-7pm Table Games SL
8 8:30-10am Pickleball (2 courts) GYM 10-11am Abs. Beginner PB (1 court) GYM 10-11am Pickleball (1 court) GYM 10-11am CAFE 10am-12pm Ping Pong & Billiards GR 10am-12pm Mexican Train Dominoes SL 11-12pm Cornhole+ WELLR 11am-4pm Pickleball (2 courts) GYM 12pm Social 60+ Café Lunch+* MPRC 12-4pm Mah Jongg SL 12:30-1:20pm Word Match+ CAFE 2-3pm Beginner Tai Chi Ch'uan*^ WELLR 4-7pm Table Games SL	**9** 8:30-10:15am Football Throw Practice GYM 10-11am English Class (REEP) MPRA 10am-12pm Ping Pong & Billiards GR 10:30-11:30am Chinese Dance+ WELLR 11:15am-12pm Strength Training+ GYM 12pm Social 60+ Café Lunch+* MPRC 12-4pm Pickleball GYM 12-2pm Computer Class+* MPRA 12:30-1:20pm Spot the Differences+ MPRC 1-2:15pm Tai Chi Practice WELLR 2-4pm Bridge Practice SL 4:30-5:30pm Ukulele Practice MPRA 4-6:30pm Table Games SL **6:30-7:30pm What is ASMR?* SL**	**10** 10-11am Croquet Outside 10am-12pm Canasta SL 10am-12pm Ping Pong & Billiards GR 10:15-11am Bowling+ GYM 11am-12pm Rummikub+ MPRBC ~~11:45-12:45 Chair Yoga*^~~ ~~WELLR~~ 12pm Social 60+ Café Lunch+* MPRC 12-2pm 55+ Basketball GYM 12:30-1:20pm Adult Coloring+ MPRBC 1:30-3:30pm Social Bridge SL 2:15-4pm Pickleball GYM 4-7pm Table Games SL	**11** 10-11am English Class (REEP) MPRA 10am-12pm Ping Pong & Billiards GR 10:30-11:30am Memory Game+ MPRC 11:15am-12pm Strength Training+ GYM 12pm Social 60+ Café' Lunch+* MPRC 1-4pm Pickleball GYM 12-2pm Computer Class+* MPRA 12-4pm Mah Jongg SL 2-3pm Tai Chi Ch'uan*^ WELLR 3-4pm Movie Discussion Virtual 4-7pm Table Games SL	**12** 8:45-9:45am KUKUWA*^ GYM 10-11am Croquet Outside 10am-12pm Ping Pong & Billiards GR 10am-12pm Cribbage SL 10am-3pm Scrabble SL 10-11:45am Gardening+ WELLR 11am-12pm You Choose! Game+ MPRC 11am-4pm Pickleball GYM 12pm Social 60+ Café Lunch+* MPRC 12:30-1:20pm Puzzles+ MPRBC 1-3pm Sunshine Gang CAFE 1-2:15pm Tai Chi Practice WELLR 4-7pm Table Games SL
15 8:30-10am Pickleball (2 courts) GYM 10-11am Abs. Beginner PB (1 court) GYM 10-11am Pickleball (1 court) GYM 10-11am Bowling+ WELLR 10-11:30am Current Events* SL 10am-12pm Mexican Train Dominoes SL 10am-12pm Ping Pong & Billiards GR 11am-4pm Pickleball (2 courts) GYM 11-12pm Gardening+ OUTSIDE 12pm Social 60+ Café Lunch+* MPRC 12-4pm Mah Jongg SL 12:30-1:20pm Word Match+ CAFE 2-3pm Beginner Tai Chi Ch'uan*^ WELLR 4-7pm Table Games SL	**16** 8:30-10:15am Football Throw Practice GYM 10-11am English Class (REEP) MPRA 10am-12pm Ping Pong & Billiards GR 10:15-11am BINGO+ GYM 10:30-11:30am Chinese Dance+ WELLR 11:15am-12pm Strength Training+ GYM 12pm Social 60+ Café Lunch+* MPRC 12-2pm Computer Class+* MPRA 12:30-1:20pm Spot the Differences+ MPRBC 1-2:15pm Tai Chi Practice WELLR 2-4pm Bridge Practice SL 3-4pm Advisory Committee MPRA 4-7pm Table Games SL 4:30-5:30pm Ukulele Practice MPRA	**17** 10-11am Croquet Outside 10am-12pm Canasta SL 10am-12pm Ping Pong & Billiards GR 11am-12pm Rummikub+ MPRBC 11:45-12:45 Chair Yoga*^(Last Class) WELLR 12pm Social 60+ Café Lunch+* MPRC 12-2pm 55+ Basketball GYM 1:30-3:30pm Social Bridge SL 12:30-1:20pm Adult Coloring+ MPRC 2:15-4pm Pickleball GYM 4-7pm Table Games SL	**18** 10-11am English Class (REEP) MPRA 10am-12pm Ping Pong & Billiards GR 10:00-11am Bowling for Steps+ GYM 11:15am-12pm Strength Training+ GYM 12pm Social 60+ Café Lunch+* MPRC 12-2pm Computer Class+* MPRA 12:30-1:20pm Memory Game+ MPRBC **1-2pm Credit Scores and Reports* MPRA** 1-4pm Pickleball GYM 2-3pm Tai Chi Ch'uan*^ (Last Class) WELLR 4-7pm Table Games SL	**19** 8:45-9:45am KUKUWA*^ GYM 10-11am Croquet Outside 10am-12pm Ping Pong & Billiards GR 10am-12pm Cribbage SL 10am-3pm Scrabble SL 11am-4pm Pickleball GYM 12pm Social 60+ Café Lunch+* MPRC 12:30-1:20pm Puzzles+ MPRBC 1-3pm Sunshine Gang MPRA 1-2:15pm Tai Chi Practice WELLR 4-7pm Table Games SL
22 8:30-10am Pickleball (2 courts) GYM 10-11am Abs. Beginner PB (1 court) GYM 10-11am Pickleball (1 court) GYM 10-11am Just Dance+ CAFE 10am-12pm Ping Pong & Billiards GR 10am-12pm Mexican Train Dominoes SL 11-12pm Cornhole+ WELLR 11am-4pm Pickleball (2 courts) GYM 12pm Social 60+ Café Lunch+* MPRC 12-4pm Mah Jongg SL 12:30-1:20pm Word Match+ CAFE 2-3pm Beg. Tai Chi Ch'uan*^(Last Class) WELLR 4-7pm Table Games SL	**23** 10-11am English Class (REEP) MPRA 10am-12pm Ping Pong & Billiards GR 10:30-11:15am Chinese Dance+ WELLR 10:30-11:30am BP Clinic CAFE 11:15am-12pm Strength Training+ WELLR 12pm Social 60+ Café Lunch+* MPRC 12-2pm Computer Class+* MPRA 12:30-1:20pm Spot the Differences+ MPRBC 1-2:15pm Tai Chi Practice WELLR 2-4pm Bridge Practice SL 4-7pm Table Games SL **6:30-7:30pm Fitness Mapping Apps* MPRA**	**24** 10-11am Croquet Outside 10am-12pm Canasta SL 10am-12pm Ping Pong & Billiards GR 11am-12pm Rummikub+ MPRBC 12pm Social 60+ Café Lunch+* MPRC 12-2pm 55+ Basketball GYM 12:30-1:20pm Adult Coloring+ MPRC 1:30-3:30pm Social Bridge SL 4-7p Table Games SL	**25** 10-11am English Class (REEP) MPRA 10am-12pm Ping Pong & Billiards GR 10:30-11am Balloon Volleyball+ GYM 11:15am-12pm Strength Training+ GYM 12pm Social 60+ Café Lunch+* MPRC 1-4pm Pickleball GYM 12-2pm Computer Class+* MPRA 12-4pm Mah Jongg SL 12:30-1:20pm Memory Game+ MPRBC 4-7pm Table Games SL	**26** 8:45-9:45am KUKUWA*^ GYM 10-11am Croquet Outside 10-10:45am Balloon Volleyball+ GYM 10am-12pm Ping Pong & Billiards GR 10am-12pm Cribbage SL 10am-3pm Scrabble SL 11am-4pm Pickleball GYM 11-12pm Jeopardy!+ MPRBC 12pm Social 60+ Café Lunch+* MPRC 12:30-1:20pm Puzzles+ MPRBC 1-3pm Sunshine Gang MPRA 1-2:15pm Tai Chi Practice WELLR 4-7pm Table Games SL
29 8:30-10am Pickleball (2 courts) GYM 10-11am Abs. Beginner PB (1 court) GYM 10-11am Pickleball (1 court) GYM 10:30-11:30am Cornhole+ WELLR 10am-12pm Ping Pong & Billiards GR 10am-12pm Mexican Train Dominoes SL 11am-4pm Pickleball (2 courts) GYM 12pm Social 60+ Café Lunch+* MPRC 12-4pm Mah Jongg SL 12:30-1:20pm Memory Game+ MPRBC 4-7pm Table Games SL	**30** 10-11am English Class (REEP) MPRA 10am-12pm Ping Pong & Billiards GR 10:30-11:30am Chinese Dance+ WELLR 10:30-11:30am Blood Pressure Clinic CAFE 11:15am-12pm Strength Training+ GYM 12pm Social 60 + Café Lunch+* MPRC 12-4pm Pickleball GYM 12-2pm Computer Class+* MPRA 12:30-1:20pm Where in the World+ MPRBC 1-2:15pm Tai Chi Practice WELLR 2-4pm Bridge Practice SL 4-7pm Table Games SL 4:30-5:30pm Ukulele Practice MPRA **5:30-8:30pm Escape Room!* MPRA**	**31** 10-11am Croquet Outside 10am-12pm Canasta SL 10am-12pm Ping Pong & Billiards GR 11am-12pm Garden+ MPRBC 12pm Social 60+ Café Lunch+* MPRC 12-2pm 55+ Basketball GYM 12:30-1:20pm Craft+ MPRBC 1:30-3:30pm Social Bridge SL 2:15-4pm Pickleball GYM 4-7pm Table Games 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

Room Codes:
SL = Senior Lounge
GR = Game Room
WELLR = Wellness Room
MPRA = Multi-Purpose Room A
MPRBC = Multi=Purpose Room B & C

Weekend Programming:

Saturdays:
10am-12pm Rummikub SL
12-4pm Mah Jongg SL

Sundays:
1-4pm Yarn Circle SL