

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10-11am Full Fitness* GYM 10am-1pm Social Bridge RM115 1-2pm SAIL series (#911502-03)* RM119 1:30-3:30pm Sudoku RM115 2-4pm Drop in Volleyball GYMB 2:30-3:30pm Ballroom Bootcamp RM119 6-7pm Pickleball Class** GYM	2 9-10am Strength Training* GYMA 10:15-11:15am Total Body Fitness* GYMA 11:30am-12:30pm Tai Chi Practice RM119 12-3pm Social Bridge RM115 12:30-1:30pm Tai Chi Practice RM119 1:45-3:45pm Social Ballroom RM119
5 Labor Day Center Closed	6 7:30-8:30am Bootcamp** GYMA 10-11am Full Fitness* GYM 10:30-11:30am Traditional Yoga** RM116 11:45am-12:45pm Gentle Hatha Yoga** RM116 1:2:30pm Encore Chorale** RM115 1-3pm Rummikub RM115 2:15-3pm Zumba** RM116	7 9-10am Strength Training* GYMA 11:30am-12:30pm Tai Chi Practice RM116 12:30-1:30pm Tai Chi Practice RM119 1:30-2:30pm Opera Appreciation* RM121 4-5:15pm Traditional Yoga** RM126	8 8-9am Gyrokinesis** RM116 10-11am Full Fitness* GYM 10am-1pm Social Bridge RM115 1-2pm SAIL series (#911502-03)* RM119 1:30-3pm Beginner Quilling** RM126 2-4pm Drop in Volleyball GYMB 2:30-3:30pm Ballroom Bootcamp RM119 6-7pm Pickleball Class** GYM	9 9-10am Strength Training* GYMA 10:15-11:15am Total Body Fitness* GYMA 11am-12pm Infrared Eyes* RM115 11:30am-12:30pm Tai Chi Practice RM119 12-3pm Social Bridge RM115 12:30-1:30pm Tai Chi Practice RM119
12 10-11am Total Body Fitness* GYMA 10-11am Morning Meetup RM115 11:30am-12:30pm Tai Chi Practice RM116 12-3pm Social Bridge RM115 1-2pm SAIL series (#911502-03)* RM119 1-2:30pm Traditional Yoga** RM116	13 7:30-8:30am Bootcamp** GYMA 10-11am Full Fitness* GYM 10:30-11:30am Traditional Yoga** RM116 11am-12pm Eggplant Ideas* RM115 11:45am-12:45pm Gentle Hatha Yoga** RM116 1:2:30pm Encore Chorale** RM119 1-3pm Rummikub RM115 2:15-3pm Zumba** RM116	14 9-10am Strength Training* GYMA 10:30-11:30am Study of Words* RM115 11:15am-12:30pm History Roundtable* RM116 11:30am-12:30pm Tai Chi Practice RM119 12:30-1:30pm Tai Chi Practice RM119 4-5:15pm Traditional Yoga** RM126	15 8-9am Gyrokinesis** RM116 10-11:30am Inventing Your Best Life - Panel* RM115 10-11am Full Fitness* GYM 10am-1pm Social Bridge RM115 1-2pm SAIL series (#911502-03)* RM119 2-4pm Drop in Volleyball GYMB 2:30-3:30pm Ballroom Bootcamp RM119 6-7pm Pickleball Class** GYM	16 9-10am Strength Training* GYMA 10am-12pm Safety Expo* RM119 10:15-11:15am Total Body Fitness* GYMA 11:30am-12:30pm Tai Chi Practice RM119 12-3pm Social Bridge RM115 12:30-1:30pm Tai Chi Practice RM119 1:45-3:45pm Social Ballroom RM119
19 10-11am Total Body Fitness* RM119 10-11am Morning Meetup RM115 11:30am-12:30pm Tai Chi Practice RM116 12-3pm Social Bridge RM115 1-2pm SAIL series (#911502-03)* RM119 1-2:30pm Traditional Yoga** RM116	20 7:30-8:30am Bootcamp** RM119 10-11am Full Fitness* RM119 10:30-11:30am Traditional Yoga** RM116 11:45am-12:45pm Gentle Hatha Yoga** RM116 11:30am-1pm Genealogy 101* RM115 1-2:30pm Encore Chorale** RM119 1-3pm Rummikub RM115 2:15-3pm Zumba** RM116	21 9-10am Strength Training* RM119 11:30am-12:30pm Tai Chi Practice RM116 12:30-1:30pm Tai Chi Practice RM119 11:30-4:30pm Encore Bridge* RM115 1:30-2:30pm Opera Appreciation* RM121 4-5:15pm Traditional Yoga** RM126	22 8-9am Gyrokinesis** RM116 10-11am Full Fitness* RM119 10am-1pm Social Bridge RM115 1-2pm SAIL series (#911502-03)* RM119 2-4pm Drop in Volleyball GYMB 2:30-3:30pm Ballroom Bootcamp RM119 6-7pm Filmmaker Interest* RM115 6-7pm Pickleball Class** GYM	23 9-10am Strength Training* RM119 10:15-11:15am Total Body Fitness* RM119 11:30am-12:30pm Tai Chi Practice RM119 12-3pm Social Bridge RM115 12:30-1:30pm Tai Chi Practice RM119
26 10-11am Total Body Fitness* GYMA 10-11am Morning Meetup RM115 11:30am-12:30pm Tai Chi Practice RM116 12-3pm Social Bridge RM115 1-2pm SAIL series (#911502-03)* RM119 1-2:30pm Traditional Yoga** RM116	27 7:30-8:30am Bootcamp** RM119 10-11am Full Fitness* RM119 10:30-11:30am Traditional Yoga** RM116 11:45am-12:45pm Gentle Hatha Yoga** RM116 1:2:30pm Encore Chorale** RM119 1-3pm Rummikub RM115 2:15-3pm Zumba** RM116	28 9-10am Strength Training* GYMA 11:30am-12:30pm Tai Chi Practice RM116 12:30-1:30pm Tai Chi Practice RM119 1:30-2:45pm Local History* RM115 4-5:15pm Traditional Yoga** RM126	29 8-9am Gyrokinesis** RM116 10-11am Full Fitness* RM119 10am-1pm Social Bridge RM115 1-2pm SAIL series (#911502-03)* RM119 2-4pm Drop in Volleyball GYMB 2:30-3:30pm Ballroom Bootcamp RM119 6-7pm Uber and Lyft* RM115 6-7pm Pickleball Class** GYM	30 9-10am Strength Training* RM119 10:15-11:15am Total Body Fitness* RM119 11:30am-12:30pm Tai Chi Practice RM119 12-3pm Social Bridge RM115 12:30-1:30pm Tai Chi Practice RM119

# LUBBER RUN 55+ CENTER ACTIVITY CALENDAR

300 N Park Drive,  
Arlington, VA, 22203  
703-228-4747

September 2022

## KEY

\* = registration required  
^ = fee required  
+ = Social 60+ Café  
Bold = speakers/special events/etc.

RM115 - Magnolia  
RM116 - Walnut  
RM119 - Oak  
RM121 - Hickory  
RM126 - Beach

NOTE: Programs without a symbol are considered Drop-In and do not require registration.

## WEEKENDS

Senior Room Art Project  
Saturday, September 24  
10am-1pm | RM115