

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 10am-12pm Mah Jongg K 10:15-11am Introduction to Beginner Line Dance MR 11-11:30am Intergenerational Story Time* TR 11:05am-12:05pm Line Dance Practice MR
4 10am-12pm Yarn Crafters MR 10am-12pm Mah Jongg K 10:15-11:15am 55+ Video Exercise TR 1-2pm French Conversation K 2-2:45pm Tai Chi Practice TR	5 11am-12pm Gentle Hatha Yoga** TR	6 10am-12pm Hearts Club MR 10am-12pm Foursome Bridge K 10am-12:15pm Mac, iPhone, iPad* MR 11am-12pm Traditional Hatha Yoga** TR 1-2:30pm Foot Health Presentation* MR	7	8 10am-12pm Mah Jongg K 9-10:30am Aurora Hills 55+ Walkers OS 10:15-11am Introduction to Beginner Line Dance MR 11:05am-12:05pm Line Dance Practice MR 1-2:30pm Sweet Sounds & Scoops* MR
11 10am-12pm Yarn Crafters MR 10am-12pm Mah Jongg K 10:15-11:15am 55+ Video Exercise TR 1-2pm French Conversation K 2-2:45pm Tai Chi Practice TR	12 11am-12pm Gentle Hatha Yoga** TR	13 10am-12pm Hearts Club MR 10am-12pm Foursome Bridge K 10am-12:15pm Mac, iPhone, iPad* MR 11am-12pm Traditional Hatha Yoga** TR	14	15 10am-12pm Mah Jongg K 10:15-11am Introduction to Beginner Line Dance MR 11:05am-12:05pm Line Dance Practice MR 1:30-2:30pm Diabetes Nutrition* MR
18 10am-12pm Yarn Crafters MR 10am-12pm Mah Jongg K 10:15-11:15am 55+ Video Exercise TR 1-2pm French Conversation K 2-2:45pm Tai Chi Practice TR	19 11am-12pm Gentle Hatha Yoga** TR	20 10am-12pm Hearts Club MR 10am-12pm Foursome Bridge K 10am-12:15pm Mac, iPhone, iPad* MR 11am-12pm Traditional Hatha Yoga** TR 1-2pm Cold Soups for a Hot Day* K	21	22 10am-12pm Mah Jongg K 10:15-11am Introduction to Beginner Line Dance MR 11:05am-12:05pm Line Dance Practice MR 12:30-2:30pm Movies at Aurora Hills* MR
25 10am-12pm Yarn Crafters MR 10am-12pm Mah Jongg K 10:15-11:15am 55+ Video Exercise TR 11:30am-12:45pm Book Club TR 1-2pm French Conversation K 2-2:45pm Tai Chi Practice TR	26 11am-12pm Gentle Hatha Yoga** TR	27 10am-12pm Hearts Club MR 10am-12pm Foursome Bridge K 11am-12pm Traditional Hatha Yoga** TR 11am-12:15pm Magazine Discussion Group* TR 1:30-2:30pm Big Hits of 1971* MR	28	29 9-10:30am Aurora Hills 55+ Walkers OS 10am-12pm Mah Jongg K 10:15-11am Introduction to Beginner Line Dance MR 11:05am-12:05pm Line Dance Practice MR

AURORA HILLS 55+ CENTER ACTIVITY CALENDAR

August 2025

735 18th St. S
Arlington, VA 22202
703-228-5722

Calendar Key

* = registration required
^ = fee required

Bold = speakers/special events/etc.

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

TR = Training/Meeting Room
MR = Main Room
OS = Outside
K = Kitchen