




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
4 9am-3:30pm 55+ Fitness hrs.^ RM202 10:30-11:30am Social 60+ Spellbinders+ SR RM113 12-12:45pm Social 60+ Café + RM108 1:00-3pm Rummikub RM108 2-4pm Summer Movie - Thelma* SR	5 9am-3:30pm 55+ Fitness hrs.^ RM202 9:30-11:30am Rummikub RM108 12-2pm Social 60+ Café + RM113 1-2pm Book Club RM103 1-3pm Yarn Creations RM108 2-3:30pm Drumming SR 3:30-5pm Volleyball Gym	6 9am-3:30pm 55+ Fitness hrs.^ RM202 9:30-11:30am Morning Meet-Up RM103 10:30-11:15am Exercise w/ Jill + RM113 11am-2pm 55+ Fitness hrs.^ RM202 12-1pm Chair Yoga** RM108 12-12:45pm Social 60+ Café + RM113 1-2:30pm Scrabble RM103 1:30-3pm Gentle & Med Yoga** RM108 6-7pm Zumba Class** RM113 7:15-8:45pm Women's Basketball Gym	7 9am-3:30pm 55+ Fitness Room^ RM202 9:30-11:30am Mah Jongg RM108 10:30-11:30 Social 60+ Bingocize + RM113 10:30am-12:30pm En Plein Air Painting* Outside 12-12:30pm Social 60+ Café + RM113 1-2pm French Conversation RM125 1-4:00pm Cardmaking Group RM125 1-4:00pm Woodcarvers RM125 1:30-3pm Death Café* RM113	1 9am-3:30pm 55+ Fitness Room^ RM202 9:30-11:30am Spellbinders RM108 10am-12pm German Conversation* Virtual 12-12:30pm Social 60+ Café + RM113 1:30-3pm Afternoon Games RM103
11 9am-3:30pm 55+ Fitness hrs.^ RM202 12-12:45pm Social 60+ Café + RM113 1:00-3pm Rummikub RM108 1:30-2:30pm Scale Down RM125	12 9am-3:30pm 55+ Fitness hrs.^ RM202 9:30-11:30am Rummikub RM108 10:30-11:30 Social 60+ Special Bingo SR 12-2pm Social 60+ Café + RM113 1-3pm Yarn Creations RM108 2-3:30pm Drumming SR 3:30-5pm Volleyball Gym	13 9:30-11:30am Morning Meet-Up RM103 10:30-11:15am Exercise w/ Jill + RM113 12-1pm Chair Yoga** RM108 12-12:45pm Social 60+ Café + RM113 1-2:30pm Scrabble RM103 1:30-3pm Gentle & Med Yoga** RM108 6-7pm Zumba Class** RM113 7:15-8:45pm Women's Basketball Gym	14 9am-3:30pm 55+ Fitness Room^ RM202 9:30-11:30am Mah Jongg RM103 10:30-11:30 Social 60+ Bingocize + RM113 10:30am-12:30pm En Plein Air Painting* Outside 11am-12pm African Safari* RM108 12-12:30pm Social 60+ Café + RM113 1-4:00pm Cardmaking Group RM125 1-4:00pm Woodcarvers RM125 2-4pm Beaded Necklace* RM108	15 9am-3:30pm 55+ Fitness Room RM202 10am-12pm German Conversation* Virtual 10:30-11:15am Exercise w/ Jill + RM113 12-12:30pm Social 60+ Café + RM113 1:30-3pm Afternoon Games RM103
18 9am-3:30pm 55+ Fitness hrs.^ RM202 10:30-11:30am Social 60+ Spellbinders+ SR RM113 12-12:45pm Social 60+ Café + RM108 1:00-3pm Rummikub	19 9am-3:30pm 55+ Fitness hrs.^ RM202 9:30-11:30am Rummikub RM108 11am-2pm 55+ Fitness hrs.^ RM202 11am-12pm Big Hits of 1971* MPR 1-3pm Yarn Creations RM108 1:30-4:30pm Cardmaking - Advanced Techniques, not for beginners RM113 2-3:30pm Drumming SR 3:30-5pm Volleyball Gym	20 9am-3:30pm 55+ Fitness hrs.^ RM202 9:30-11:30am Morning Meet-Up RM103 10:30-11:15am Exercise w/ Jill + RM113 12-1pm Chair Yoga** RM108 12-12:45pm Social 60+ Café + RM113 1-2:30pm Scrabble RM103 1:30-3pm Gentle & Med Yoga** RM108 6-7pm Zumba Class** RM113 7:15-8:45pm Women's Basketball Gym	21 9am-3:30pm 55+ Fitness Room^ RM202 9:30-11:30am Mah Jongg RM103 10:30-11:30 Social 60+ Bingocize+ RM113 10:30am-12:30pm En Plein Air Painting* Outside 11am-12pm Summer Squash* RM108 10:30am-11pm Social 60+ Spellbinders SR 1-2pm French Conversation RM125 1-4:00pm Cardmaking Group RM125 1-4:00pm Woodcarvers RM125 2-4pm Beaded Necklace * RM108	22 9am-3:30pm 55+ Fitness Room^ RM202 11-11:50am Social 60+ Fall Prevention+ SR 10am-12pm German Conversation* Virtual 10:30-11:15am Exercise w/ Jill + RM113 12-12:30pm Social 60+ Café + RM113 1:30-3pm Afternoon Games RM103
25 9am-3:30pm 55+ Fitness hrs.^ RM202 10:30-11:30 Social 60+ Walking GYM 12-12:45pm Social 60+ Café + RM113 1:00-3pm Rummikub RM108 1:30-2:30pm Scale Down RM125	26 9am-3:30pm 55+ Fitness hrs.^ RM202 9:30-11:30am Rummikub RM103 10am-12pm Social 60+ Movie Day SR 11am-12pm Controlling Clutter RM108 1-3pm Yarn Creations RM108 2-3:30pm Drumming SR 3:30-5pm Volleyball Gym	27 9:30-11:30am Morning Meet-Up RM103 10:30-11:15am Exercise w/ Jill + RM113 11am-2pm 55+ Fitness hrs.^ RM202 12-1pm Chair Yoga** RM108 12-12:45pm Social 60+ Café + RM113 1-2:30pm Scrabble RM103 1:30-3pm Gentle & Med Yoga** RM108 6-7pm Zumba Class** RM113 7:15-8:45pm Women's Basketball Gym	28 9am-3:30pm 55+ Fitness Room^ RM202 9:30-11:30am Mah Jongg RM108 12-12:30pm Social 60+ Café + RM113 1-4:00pm Cardmaking Group RM125 1-4:00pm Woodcarvers RM125	29 9am-3:30pm 55+ Fitness Room^ RM202 10am-12pm German Conversation* Virtual 10:30-11:15am Exercise w/ Jill + RM113 12-12:30pm Social 60+ Café + RM113 1:30-3pm Afternoon Games RM103

LANGSTON-BROWN 55+ CENTER ACTIVITY CALENDAR

August 2025

2121 Culpeper St. N.,
Arlington, VA 22207
703-228-6300

Key:

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

Note: Programs without a symbol
 are considered drop-in and do not
 require registration.

Programs with + symbol are
 Social 60+ Café activities. You
 must complete an application
 prior to attending these activities
 and lunch. Lunch is served M-F at
 noon for those registered for the
 program.