

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
												8:30-4 Pickleball GYM 10-12 Chinese Mah Jongg SL 10-12 Cribbage SL 10-3 Scrabble SL 11:30-12:30 Social 60+ Activity MPRBC 1-2 Social 60+ Activity MPRBC 1-3 Sunshine Gang MPRA 1-2:15 Tai Chi Practice WELLR 1-2:30 Spades Cafe 1:30-4 Samba SL 2:30-3:30 Tai Chi Ch'uan** WELLR		
4 8:30-11 Pickleball GYM 10-12 Mexican Train Dom. CAFE 10-11 Abs. Beginner PB GYM 10-11 Pickleball (1 court) GYM 10-11 Qigong** WELLR 12-4 Mah Jongg SL 1-2 Social 60+ Activity MPRBC 2-3 Beginner Tai Chi** WELLR 3:45-4:45 Mat Pilates** WELLR 4-5 Easy Piano Duets* SL			5 9-10:15 Yoga Daily Living** WELLR 10-12 English Class(REEP) MPRA 11-11:15 Five Crowns SL 11:30-12:15 Strength Training+ GYM 12:30-4 Pickleball GYM 1-2 Social 60+ Activity MPRBC 1-2:15 Tai Chi Practice WELLR 1:30-4:30 Samba SL 2-4 Bridge Practice CAFE 4-5:30 Ukulele* ARTS&C			6 8:15-11:30 Pickleball GYM 10-12 Canasta SL 10:15-11:15 Line Dance WELLR 11:30-12:30 Seated Exercise+ MPRA 12-2 55+ Basketball GYM 12 Jolly Hearts CONF 1-2 Social 60+ Activity MPRBC 1:30-3:30 Social Bridge SL 2:15-4 Pickleball GYM			7 10-12 Golf Meeting CONF 10:15-11:15 Mat Pilates** GYM 10:30-11:30 English Class (REEP) MPRA 11:30-12:15 Strength Training+ GYM 12-4 Mah Jongg SL 12:30-4 Pickleball GYM 1-2 Social 60+ Activity MPRBC 1:30 Memory Cafe MPRA 1:30-2:30 Core Conditioning** WELLR 3:30-4:45 Yoga for Daily Living** WELLR 4-7 Game Night SL			8 9-11 Pickleball Friendly* GYM 10-12 Chinese Mah Jongg SL 10-12 Cribbage SL 10-3 Scrabble SL 12:30-4 Pickleball GYM 1-3 Sunshine Gang MPRA 1-2:15 Tai Chi Practice WELLR 1-2:30 Spades Cafe 1:30-4 Samba CAFE 1:30-3:30 BUNCO Bunch* SL 2:30-3:30 Tai Chi Ch'uan** WELLR		
11 8:30-4 Pickleball GYM 10-12 Mexican Train Dom. CAFE 10-11 Abs. Beginner PB GYM 10-11 Pickleball (1 court) GYM 10-11 Qigong** WELLR 11:30-12:30 Social 60+ Activity+ WELLR 12-4 Mah Jongg SL 1-2 Transportation Options* Virtual 1-2 Social 60+ Activity MPRBC 2-3 Beginner Tai Chi** WELLR 3:45-4:45 Mat Pilates** WELLR 4-5 Easy Piano Duets* SL			12 9-10:15 Yoga Daily Living** WELLR 11-11:15 Five Crowns SL 11:30-12:15 Strength Training+ GYM 12:30-4 Pickleball GYM 1-2 Social 60+ Activity MPRBC 1-2:15 Tai Chi Practice WELLR 1:30-4:30 Samba SL 2-4 Bridge Practice CAFE 4-5:30 Ukulele ARTS&C 5:30-6:30 Reader's Theater* SL			13 8:15-11:30 Pickleball GYM 10-12 Canasta SL 10-15-11:15 Line Dance WELLR 11:30-12:30 Seated Exercise+ MPRA 12-2 55+ Basketball GYM 1-2 Social 60+ Activity MPRBC 1:30-3:30 Social Bridge SL 2:15-4 Pickleball GYM			14 10:15-11:15 Mat Pilates** GYM 11:30-12:15 Strength Training+ GYM 12-4 Mah Jongg SL 12:30-4 Pickleball GYM 1-2 Social 60+ Activity MPRBC 2-4 Movies & Munchies* CONF 1:30-2:30 Core Conditioning** WELLR 3:30-4:45 Yoga for Daily Living** WELLR 4-7 Game Night SL			15 8:30-4 Pickleball GYM 10-12 Chinese Mah Jongg SL 10-12 Cribbage SL 10-3 Scrabble SL 11:30-12:30 Social 60+ Activity MPRBC 1-2:15 Tai Chi Practice WELLR 1-2:30 Spades Cafe 1:30-4 Samba SL 2:30-3:30 Tai Chi Ch'uan** WELLR		
18 8:30-4 Pickleball GYM 10-12 Mexican Train Dom. CAFE 10-11 Abs. Beginner PB GYM 10-11 Pickleball (1 court) GYM 10-11 Qigong** WELLR 11:30-12:30 Social 60+ Activity+ WELLR 12-4 Mah Jongg SL 1-2 Social 60+ Activity MPRBC 2-3 Beginner Tai Chi** WELLR 3:45-4:45 Mat Pilates** WELLR 4-5 Easy Piano Duets* SL			19 9-10:15 Yoga Daily Living** WELLR 11-11:15 Five Crowns SL 11:30-12:15 Strength Training+ GYM 12:30-4 Pickleball GYM 1-2:15 Tai Chi Practice WELLR 1:30-4:30 Samba SL 2-4 Bridge Practice CAFE 4-5:30 Ukulele* ARTS&C 5-7 Euchre* SL			20 8:15-11:30 Pickleball GYM 10-12 Canasta SL 10:15-11:15 Line Dance WELLR 11:15-12 Line Dance Social ARTS&C 11:30-12:30 Seated Exercise+ MPRA 12-2 55+ Basketball GYM 1:30-3:30 Social Bridge SL 2:15-4 Pickleball GYM			21 10:15-11:15 Mat Pilates** GYM 11:30-12:15 Strength Training+ GYM 12-4 Mah Jongg SL 12:30-4 Pickleball GYM 1-2 Social 60+ Activity MPRBC 1:30 Memory Cafe MPRA 1:30-2:30 Core Conditioning** WELLR 3:30-4:45 Yoga for Daily Living** WELLR 4-7 Game Night SL			22 8:30-4 Pickleball GYM 10-12 Chinese Mah Jongg SL 10-12 Cribbage SL 10-3 Scrabble SL 11-12 Big Hits of 1971* MPRA 1-2 Social 60+ Activity MPRBC 1-3 Sunshine Gang MPRA 1-2:15 Tai Chi Practice WELLR 1-2:30 Spades Cafe 1:30-4 Samba SL 2:30-3:30 Tai Chi Ch'uan** WELLR		
25 8:30-4 Pickleball GYM 10-12 Mexican Train Dom. CAFE 10-11 Abs. Beginner PB GYM 10-11 Pickleball (1 court) GYM 10-11 Qigong** WELLR 11-12 Road Safety* MPRA 12-4 Mah Jongg SL 1-2 Social 60+ Activity MPRBC 2-3 Beginner Tai Chi** WELLR 3:45-4:45 Mat Pilates** WELLR 4-5 Easy Piano Duets* SL			26 9-10:15 Yoga Daily Living** WELLR 8:45-9:30 Adv. Mat Pilates** GYM 10-12 English Class(REEP) MPRA 11-11:15 Five Crowns SL 11:30-12:15 Strength Training+ WELLR 12:30-4 Pickleball GYM 1-2 Social 60+ Activity MPRBC 1-2:15 Tai Chi Practice WELLR 1:30-4:30 Samba SL 2-4 Bridge Practice CAFE 4-5:30 Ukulele ARTS&C 5:30-8 Escape Room* CONF			27 8:15-11:30 Pickleball GYM 10-12 Canasta SL 10-15-11:15 Line Dance WELLR 11:30-12:30 Seated Exercise+ WELLR 12-2 55+ Basketball GYM 1-2 Social 60+ Activity MPRBC 1:30-3:30 Social Bridge SL 2:15-4 Pickleball GYM			28 9:30-12 Ticket to Ride SL 10:15-11:15 Mat Pilates** GYM 10:30-11:30 English Class (REEP) MPRA 11:30-12:15 Strength Training+ GYM 12:30-4 Pickleball GYM 1-2 Social 60+ Activity MPRBC 1:30-2:30 Core Conditioning** WELLR 3:30-4:45 Yoga for Daily Living** WELLR 4-7 Game Night SL			29 8:30-4 Pickleball GYM 10-12 Chinese Mah Jongg SL 10-12 Cribbage SL 10-3 Scrabble SL 11:30-12:30 Social 60+ Activity MPRBC 1-2 Social 60+ Activity MPRBC 1-3 Sunshine Gang MPRA 1-2:15 Tai Chi Practice WELLR 1:30-4 Samba SL 2:30-3:30 Tai Chi Ch'uan** WELLR		

WALTER REED 55+ CENTER ACTIVITY CALENDAR

August 2025
2909 16th St. S.
Arlington 22204

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

Daily Programming:
10am-12pm Ping Pong & Billiards GR
10am-12pm Game Room
Tuesdays, 2:15-3:15 Dance Practice

Weekend Programming:
Saturdays:
10am-12pm Rummikub SL
12-4pm Mah Jongg SL
Sundays:
1:30pm-4:30pm Mexican Train Dominoes SL