LANGSTON-BROWN 55+ CENTER ACTIVITY CALENDAR

April 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:30-11:30am Morning Meet-Up RM103 10:30-11:15am Exercise w/ Jill + RM113 11am-2pm 55+ Fitness hrs.^ RM202 12-12:45pm Social 60+ Café + RM113 12:10-1:10pm Chair Yoga*^ RM108 1-2:30pm Scrabble RM103 1:30-3pm Gentle & Med. Yoga*^ RM108 6-7pm Zumba Class*^ RM113	**2** 9:30-11:30am Mah Jongg RM108 **10am-12pm Tech Help Desk RM103** 10:30-11:30am Social 60+ Spring Art SR 12-12:30pm Social 60+ Café+ RM113 1-4:00pm Cardmaking Group RM125 1-4:00pm Woodcarvers RM125 1-2pm French Conversation RM103 2-3pm Italian Conversation RM103	**3** 9:30-11:30am Spellbinders RM108 10am-12pm German Conversation* Virtual 10:30-11:30 Social 60+ Exercise w/Jill RM113 11am-2pm 55+ Fitness hrs.^ RM202 12-12:30pm Social 60+ Café+ RM113
6 **10:30am-12pm Painting Demo* Virtual** 10am-12pm Social 60+ Trivia SR 11am-2:00pm 55+ Fitness hrs.^ RM202 12-12:45pm Social 60+ Café + RM113 1:00-3pm Rummikub RM108 1-3pm Mah Jongg RM108	**7** 9:30-11:30am Rummikub RM108 10:30-11:30am Social 60+ Art Unit SR **11am-12pm Making Sense of AI Options* RM108** 12pm Social 60+ Café + RM113 1-2pm Book Club RM103 1-3pm Yarn Creations RM108 2-3:30pm Drumming SR 3:30-5pm Volleyball Gym	**8** 9:30-11:30am Morning Meet-Up RM103 10:30-11:15am Exercise w/ Jill + RM113 11am-2pm 55+ Fitness hrs.^ RM202 12-12:45pm Social 60+ Café + RM113 12:10-1:10pm Chair Yoga*^ RM108 1-2:30pm Scrabble RM103 1:30-3pm Gentle & Med. Yoga*^ RM108 **2-4pm Memoir Writing* RM125** 6-7pm Zumba Class*^ RM113	**9** 9:30-11:30am Mah Jongg RM103 **10am-12pm Tech Help Desk RM113** 10:30-11:30am Social 60+ Bingo Exercises **11am-12pm Energize Your Spring* RM108** 12-12:30pm Social 60+ Café+ RM113 1-4:00pm Cardmaking Group RM125 1-4:00pm Woodcarvers RM125	**10** 10am-12pm German Conversation* Virtual 10:30-11:30 Social 60+ Exercise w/Jill RM113 11am-2pm 55+ Fitness hrs.^ RM202 12-12:30pm Social 60+ Café+ RM113
13 10:30-11:30 Social 60+ Exercises SR 11am-2:00pm 55+ Fitness hrs.^ RM202 12-12:45pm Social 60+ Café + RM113 1:00-3pm Rummikub RM 108 **1:30-2:30pm Kennedy Center: Behind the Scenes* RM108** 1:30-2:30pm Scale Down RM125 1-3pm Mah Jongg RM108	**14** 9:30-11:30am Rummikub RM108 10:30-11:30am Social 60+ Bingo SR 12pm Social 60+ Café + RM113 1-3pm Yarn Creations RM108 2-3:30pm Drumming SR 3:30- 5pm Volleyball Gym	**15** 9:30-11:30am Morning Meet-Up RM103 10:30-11:15am Exercise w/ Jill + RM113 11am-2pm 55+ Fitness hrs.^ RM202 12:10-1:10pm 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	**16** 9:30-11:30am Mah Jongg RM108 **10am-12pm Tech Help Desk RM103** 10:30-11am Social 60+ Spellbinders SR 12-12:30pm Social 60+ Café+ RM113 1-2pm French Conversation RM103 2-3pm Italian Conversation RM103 1-4:00pm Cardmaking Group RM125 1-4:00pm Woodcarvers RM125	**17** 10am-12pm German Conversation* Virtual 10:30-11:30 Social 60+ Exercise w/Jill RM113 11am-2pm 55+ Fitness hrs.^ RM202 12-12:30pm Social 60+ Café+ RM113
20 10am-12pm Social 60+ Latin Dance SR 11am-2:00pm 55+ Fitness hrs.^ RM202 12-12:45pm Social 60+ Café + RM113 1:00-3pm Rummikub RM108 1-3pm Mah Jongg RM108	**21** 9:30-11:30am Rummikub RM103 10:30-11:30 Social 60+ Arts & Craft SR **11am-12pm National Parks for Non-Hikers* RM108** 12pm Social 60+ Café + RM113 1:30-4pm Advanced Cardmaking Not for Beginners RM113 1-3pm Yarn Creations RM108 2-3:30pm Drumming SR 3:30-5pm Volleyball Gym	**22** 9:30-11:30am Morning Meet-Up RM103 10:30-11:15am Exercise w/ Jill + RM113 11am-2pm 55+ Fitness hrs.^ RM202 12:10-1:10pm Chair Yoga*^ RM108 12-12:45pm Social 60+ Café + RM113 1-2:30pm Scrabble RM103 1:30-3pm Gentle & Med. Yoga*^ RM108 **2-4pm Memoir Writing* RM125** 6-7pm Zumba Class*^ RM113	**23** 9:30-11:30am Mah Jongg RM108 **10am-12pm Tech Help Desk RM103** 10:30-11am Social 60+ Movie Day SR **11am-12pm Flappers & Speakeasies* RM113** 12-12:30pm Social 60+ Café+ RM113 1-4:00pm Cardmaking Group RM125 1-4:00pm Woodcarvers RM125	**24** 10am-12pm German Conversation* Virtual 11am-2pm 55+ Fitness hrs.^ RM202 10:30-11:30 Social 60+ Exercise w/Jill RM113 12-12:30pm Social 60+ Café+ RM113
27 11am-2:00pm 55+ Fitness hrs.^ RM202 **10:30-11:30am Secrets Revealed* Virtual** 10:30-11am Social 60+ Dental Health SR 12-12:45pm Social 60+ Café + RM113 1:00-3pm Rummikub RM108 1:30-2:30pm Scale Down RM125 1-3pm Mah Jongg RM108	**28** 9:30-11:30am Rummikub RM108 10:30-11:30am Social 60+ Spellbinders SR 12pm Social 60+ Café + RM 113 1-3pm Yarn Creations RM108 2-3:30pm Drumming SR 3:30-5pm Volleyball Gym	**29** 9:30-11:30am Morning Meet-Up RM108 10:30-11:15am Exercise w/ Jill + RM113 11am-2pm 55+ Fitness hrs.^ RM202 12:10-1:10pm 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	**30** 9:30-11:30am Mah Jongg RM103 **10am-12pm Tech Help Desk RM113** 10:30-11:30 Social 60+ P.A.L. SR **1:30-3:30pm Is Your Jewelry Box a Treasure Chest?* RM108** 12-12:30pm Social 60+ Café+ RM113 1-4:00pm Cardmaking Group RM125 1-4:00pm Woodcarvers RM125	

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.