

# WALTER REED 55+ CENTER ACTIVITY CALENDAR

APRIL 2026  
2909 16<sup>th</sup> 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

**Advisory Committee Meetings:**  
2<sup>nd</sup> Tuesday of the Month

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		8:15-11:30 Pickleball GYM 1 10-12 Canasta SL 10:15-11:15 Line Dance WELLR 11:30-12:30 Seated Exercise+ MPRA 12-2 55+ Basketball GYM 1:30-3:30 Social Bridge SL 1:30-3 Third Act Dance** WELLR <b>2-3:30 Beg. Computer Class*</b> MPRA 2:15-4 55+ Pickleball GYM	10:15-11:15 Mat Pilates** GYM 2 10:30-11:30 English Class (REEP) MPRA 11:30-12:15 Strength Training+ GYM 12-4 American Mah Jongg SL Jongg 12:30-3 Pickleball - All Ages! GYM 1-2:30 History Discussion* Virtual 1:30-3 Memory Cafe ARTS&C 3:30-4:45 Yoga for Daily Living** WELLR 4-6 Game Night SL	8:15-4 Pickleball GYM 3 10-12 Chinese Mah Jongg CAFE 10-3 Scrabble SL 12:30-4 Sunshine Gang MPRA 1-2:15 Tai Chi Practice WELLR 1:30-4 Samba SL 2:30-3:30 Tai Chi Ch'uan** WELLR
8:15-11 Pickleball GYM 6 9:45-12 Mexican Train Dom. CAFE 10-11 Abs. Beginner PB GYM 10-11 Pickleball (1 court) GYM 10-11 Qigong** WELLR 12-4 American Mah Jongg SL 12-2 Tech Help CONF 2-3 Beginner Tai Chi** WELLR <b>2-3:30 Beg. Computer Class*</b> MPRA 3:45-4:45 Mat Pilates** WELLR 4-5 Easy Piano Duets SL	9-10:15 Yoga Daily Living** WELLR 7 10:30-11:30 English Class(REEP) MPRA 11-11:15 Five Crowns SL 11:30-12:15 Strength Training+ GYM 12:30-3 Pickleball - All Ages! 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 4:30-5:30 Crush It! Fitness** WELLR <b>5:30-7:30 Wingspan Night* Nature Ctr</b>	8:15-11:30 Pickleball GYM 8 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 1:30-3 Third Act Dance** WELLR <b>2-3:30 Beg. Computer Class*</b> MPRA 2:15-4 55+ Pickleball GYM	10:15-11:15 Mat Pilates** GYM 9 10:30-11:30 English Class (REEP) MPRA 11:30-12:15 Strength Training+ GYM 12-4 American Mah Jongg SL 12:30-3 Pickleball - All Ages! GYM 1-2:30 History Discussion* Virtual <b>2-4 Movies &amp; Munchies* CONF</b> 3:30-4:45 Yoga for Daily Living** WELLR 4-6 Game Night SL	8:15-4 Pickleball GYM 10 10-12 Chinese Mah Jongg CAFE 10-3 Scrabble SL 12:30-4 Sunshine Gang MPRA 1-2:15 Tai Chi Practice WELLR 1:30-4 Samba CAFE <b>1:30-3:30 BUNCO Bunch* SL</b> 2:30-3:30 Tai Chi Ch'uan** WELLR
8:30-4 Pickleball GYM 13 9:45-12 Mexican Train Dom. CAFE 10-11 Abs. Beginner PB GYM 10-11 Pickleball (1 court) GYM 10-11 Qigong** WELLR 12-4 American Mah Jongg SL 12-2 Tech Help CONF 2-3 Beginner Tai Chi** WELLR <b>2-3:30 Beg. Computer Class*</b> MPRA 3:45-4:45 Mat Pilates** WELLR 4-5 Easy Piano Duets SL	9-10:15 Yoga Daily Living** WELLR 14 10:30-11:30 English Class(REEP) MPRA 11-11:15 Five Crowns SL <b>1-2 Latte Lounge* MPRA</b> 1-2:15 Tai Chi Practice WELLR 1:30-4:30 Samba SL 2-3 Adv. Committee CONF 2-4 Bridge Practice CAFE 4-5:30 Ukulele* MPRA 4:30-5:30 Crush It! Fitness** WELLR <b>5:30-6:30 Reader's Theater* SL</b>	8:15-11:30 Pickleball GYM 15 10-12 Canasta SL 10:15-11:15 Line Dance WELLR 11:30-12:30 Seated Exercise+ MPRA 12-2 55+ Basketball GYM 1:30-3:30 Social Bridge SL 1:30-3 Third Act Dance** WELLR <b>2-3:30 Beg. Computer Class*</b> MPRA 2:15-4 55+ Pickleball GYM	10:15-11:15 Mat Pilates** GYM 16 10:30-11:30 English Class (REEP) MPRA 11:30-12:15 Strength Training+ GYM 12-4 American Mah Jongg SL 12:30-3 Pickleball - All Ages! GYM 1-2:30 History Discussion* Virtual <b>1-3 Nature &amp; Pie Walk* LOBBY</b> 1:30-3 Memory Cafe MPRA 3:30-4:45 Yoga for Daily Living** WELLR 4-6 Game Night SL	8:15-4 Pickleball GYM 17 10-12 Chinese Mah Jongg CAFE 10-3 Scrabble SL 11:30-12:30 Seated Exercise+ MPRA 12-12:30 Sunshine Gang MPRA 1-2:15 Tai Chi Practice WELLR 1:30-4 Samba SL 2:30-3:30 Tai Chi Ch'uan** WELLR
8:30-4 Pickleball GYM 20 9:45-12 Mexican Train Dom. CAFE 10-11 Abs. Beginner PB GYM 10-11 Pickleball (1 court) GYM 12-4 American Mah Jongg SL 12-2 Tech Help CONF 2-3 Beginner Tai Chi** WELLR <b>2-3:30 Beg. Computer Class*</b> MPRA 3:45-4:45 Mat Pilates** WELLR 4-5 Easy Piano Duets SL	9-10:15 Yoga Daily Living** WELLR 21 10:30-11:30 English Class(REEP) CONF 11-11:15 Five Crowns SL 11:30-12:15 Strength Training+ GYM 12:30-3 Pickleball - All Ages! 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 4:30-5:30 Crush It! Fitness** WELLR <b>5-7 Euchre* SL</b> <b>7-8:30 Acoustic Café* MPRBC</b>	8:15-11:30 Pickleball GYM 22 10-12 Canasta SL 10:15-11:15 Line Dance WELLR 11:30-12:30 Seated Exercise+ MPRA 12-2 55+ Basketball GYM 1:30-3 Third Act Dance** WELLR 1:30-3:30 Social Bridge SL <b>2-3:30 Beg. Computer Class*</b> MPRA 2:15-4 55+ Pickleball GYM	10:15-11:15 Mat Pilates** GYM 23 10:30-11:30 English Class (REEP) MPRA 11:30-12:15 Strength Training+ GYM 12-4 American Mah Jongg SL 12:30-3 Pickleball - All Ages! GYM <b>1-2 It Takes a Village* MPRA</b> 1-2 Social 60+ Activity MPRBC 3:30-4:45 Yoga for Daily Living** WELLR 4-6 Game Night SL	8:15-4 Pickleball GYM 24 10-12 Chinese Mah Jongg CAFE 10-3 Scrabble SL <b>11-12 Flappers/Speakeasies* MPRA</b> 12-12:30 Seated Exercise+ MPRA 12:30-4 Sunshine Gang MPRA 1-2:15 Tai Chi Practice WELLR 1:30-4 Samba SL 2:30-3:30 Tai Chi Ch'uan** WELLR
8:15-4 Pickleball GYM 27 9:45-12 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 12-2 Tech Help CONF 2-3 Beginner Tai Chi** WELLR 3:45-4:45 Mat Pilates** WELLR 4-5 Easy Piano Duets SL	9-10:15 Yoga Daily Living** WELLR 28 10:30-11:30 English Class(REEP) MPRA 10:30-11:30 BP Clinic CONF 11-11:15 Five Crowns SL 11:30-12:15 Strength Training+ GYM 12:30-3 Pickleball - All Ages! 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 4:30-5:30 Crush It! Fitness** WELLR <b>6-7 Welcome to 55+* SL</b>	8:15-11:30 Pickleball GYM 29 10-12 Canasta SL 10:15-11:15 Line Dance WELLR 11:30-12:30 Seated Exercise+ MPRA 12-2 55+ Basketball GYM 1:30-3 Third Act Dance** WELLR 1:30-3:30 Social Bridge SL 2:15-4 Pickleball GYM	10:15-11:15 Mat Pilates** GYM 30 10:30-11:30 English Class (REEP) MPRA 11:30-12:15 Strength Training+ GYM 12-4 American Mah Jongg SL 12:30-3 Pickleball - All Ages! GYM 3:30-4:45 Yoga for Daily Living** WELLR 4-6 Game Night SL	