

LANGSTON-BROWN 55+ CENTER ACTIVITY CALENDAR

JUNE 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>10:30-11:30 Social 60+ Movie Day SR 9am-12pm 55+ Fitness hrs.^ RM202 12-12:45pm Social 60+ Café + RM113</p>	<p>2</p> <p>9am-12pm 55+ Fitness hrs.^ RM202 9:30-11:30am Rummikub RM108 10:00am-12pm Social Bridge RM108 12pm Social 60+ Café + RM113 1-2pm Book Club RM125 1-3pm Yarn Creations RM108 1:30-3:30pm American Mah Jongg RM103 2-3:30pm Drumming SR 3:30-5:30pm Volleyball Gym</p> <p>Support the 55+ Program at the Rocklands Barbeque Fundraiser! 3471 Washington Blvd, Arlington, VA 11 a.m.-9:30 p.m.</p>	<p>3</p> <p>9:30-11:30am Morning Meet-Up RM103 10:30-11:15am Exercise w/ Jill + RM113 9am-12pm 55+ Fitness hrs.^ RM202 12-12:45pm Social 60+ Café + RM113 1-2pm Scrabble RM103</p>	<p>4</p> <p>9am-12pm 55+ Fitness hrs.^ RM202 9:30-11:30am Mah Jongg RM108 10am-12pm Tech Help Desk* RM103 10:30-11am Social 60+ Arts & Crafts SR 12-12:30pm Social 60+ Café+ RM113 1-2pm French Conversation RM103 1-4:00pm Cardmaking Group RM125 1-4:00pm Woodcarvers RM125 2-3pm Italian Conversation RM103</p>	<p>5</p> <p>9:30-11:30am Spellbinders RM108 10am-12pm German Conversation* Virtual 10:30-11:30 Social 60+ Exercise w/Jill RM113 9am-12pm 55+ Fitness hrs.^ RM202 12-12:30pm Social 60+ Café+ RM113</p>
<p>8</p> <p>10:30-11am Social 60+ P.A.L. SR 9am-12pm 55+ Fitness hrs.^ RM202 12-12:45pm Social 60+ Café + RM113 1:30-2:30pm Scale Down RM125</p>	<p>9</p> <p>9am-12pm 55+ Fitness hrs.^ RM202 9:30-11:30am Rummikub RM113 11am-12 Brain Health as You Age* RM108 10:00am-12pm Social Bridge RM103 10:30-11:30am Social 60+ Bingo+ SR 12pm Social 60+ Café + RM113 1-3pm Yarn Creations RM108 1:30-3:30pm American Mah Jongg RM103 2-3:30pm Drumming SR 3:30-5:30pm Volleyball Gym</p>	<p>10</p> <p>9:30-11:30am Morning Meet-Up RM103 10:30-11:15am Exercise w/ Jill + RM113 9am-12pm 55+ Fitness hrs.^ RM202 12-12:45pm Social 60+ Café + RM113 12:15-1:15pm Chair Yoga** RM108 1-2pm Scrabble RM103 1:30-3pm Gentle & Med. Yoga** RM108 6-7pm Zumba Class** RM113</p>	<p>11</p> <p>9am-12pm 55+ Fitness hrs.^ RM202 9:30-11:30am Mah Jongg RM103 10am-12pm Tech Help Desk* RM113 10:30-11:30am Social 60+ Arts & Crafts+ SR 11am-12pm D-Day Girls & Boys from Bedford* RM108 12-12:30pm Social 60+ Café+ RM113 1:30-2:30pm Mediterranean Cruise* RM108 1-4:00pm Cardmaking Group RM125 1-4:00pm Woodcarvers RM125</p>	<p>12</p> <p>10am-12pm German Conversation* Virtual 10:30-11:30 Social 60+ Exercise w/Jill RM113 9am-12pm 55+ Fitness hrs.^ RM202 12-12:30pm Social 60+ Café+ RM113 7-10pm Pride Senior Prom at Central Library*</p>
<p>15</p> <p>11am-12pm Fruit & Veggie Bingo* RM113 9am-12pm 55+ Fitness hrs.^ RM202 12-12:45pm Social 60+ Café + RM113</p>	<p>16</p> <p>9am-12pm 55+ Fitness hrs.^ RM202 9:30-11:30am Rummikub RM113 10:00am-12pm Social Bridge RM103 10:30-11:30am Social 60+ Spellbinders SR 11am-12pm Hearing Aids-Beware & Be Wise* RM108 12pm Social 60+ Café + RM113 1-3pm Yarn Creations RM108 1:30-3:30pm American Mah Jongg RM103 2-3:30pm Drumming SR 3:30-5:30pm Volleyball Gym</p>	<p>17</p> <p>9:30-11:30am Morning Meet-Up RM103 10:30-11:15am Exercise w/ Jill + RM113 9am-12pm 55+ Fitness hrs.^ RM202 12:15-1:15pm Chair Yoga** RM108 12-12:45pm Social 60+ Café + RM113 1-2pm Scrabble RM103 1:30-3pm Gentle & Med. Yoga** RM108 6-7pm Zumba Class** RM113</p>	<p>18</p> <p>9am-12pm 55+ Fitness hrs.^ RM202 9:30-11:30am Mah Jongg RM108 10am-12pm Tech Help Desk* RM103 10:30-11am Social 60+ Father's Day+ 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</p>	<p>55+ Centers Closed</p>
<p>22</p> <p>10:30-11:30am Social 60+ Trivia & Puzzles+ SR 9am-12pm 55+ Fitness hrs.^ RM202 12-12:45pm Social 60+ Café + RM113 1:30-2:30pm Scale Down RM125</p>	<p>23</p> <p>9am-12pm 55+ Fitness hrs.^ RM202 9:30-11:30am Rummikub RM113 10:00am-12pm Social Bridge RM103 10:30-11:30am Social 60+ Art \$ Crafts SR 11am-12pm Safety in the Neighborhood* RM108 12pm Social 60+ Café + RM113 1-3pm Yarn Creations RM108 1:30-3:30pm American Mah Jongg Rm 103 2-3:30pm Drumming SR 3:30-5:30pm Volleyball Gym</p>	<p>24</p> <p>9:30-11:30am Morning Meet-Up RM103 9am-12pm 55+ Fitness hrs.^ RM202 12:15-1:15pm Chair Yoga** RM108 1-2pm Scrabble RM103 1:30-3pm Gentle & Med. Yoga** RM108 6-7pm Zumba Class** RM113</p>	<p>25</p> <p>9am-12pm 55+ Fitness hrs.^ RM202 9:30-11:30am Mah Jongg RM108 10am-12pm Tech Help Desk* RM103 10:30-11:30am Social 60+ Walking Gym 11am-12pm Vigilance Against Cybercrime* RM108 12-12:30pm Social 60+ Café+ RM125 1-4:00pm Cardmaking Group RM125 1-4:00pm Woodcarvers RM125</p>	<p>26</p> <p>10am-12pm German Conversation* Virtual 9am-12pm 55+ Fitness hrs.^ RM202 10:30-11:30 Social 60+ Exercise w/Jill RM113 12-12:30pm Social 60+ Café+ RM113</p>
<p>29</p> <p>10:30-11:30 Social 60+ Spellbinders SR 9am-12pm 55+ Fitness hrs.^ RM202 12-12:45pm Social 60+ Café + RM113 1:30-2:30pm Medicare in Retirement* Virtual</p>	<p>30</p> <p>9am-12pm 55+ Fitness hrs.^ RM202 9:30-11:30am Rummikub RM108 10:00am-12pm Social Bridge RM108 10:30-11:30am Social 60+ Cornhole RM113 12pm Social 60+ Café + RM113 1-3pm Yarn Creations RM108 1:30-3:30pm American Mah Jongg RM103 2-3:30pm Drumming SR 3:30-5:30pm Volleyball Gym</p>		<div style="border: 1px solid green; border-radius: 15px; padding: 10px; text-align: center;"> <p>Play All Day VA Saturday, June 20 Visit arlingtonva.us/PADVA To find out how you can participate in the longest day of play!</p> </div>	

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.