

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9-10:30am Coffee or Tea and Thee RM115 9am-12pm Chess RM115 10-11am Total Body Fitness* GYM 11:30-12:30pm Tai Chi -Yang RM119 1-3pm Creative Commons* RM115</p>	<p>2</p> <p>10-11am Full Fitness* GYM 1-2:30pm Musician of the Month: Duke Ellington* RM115</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>9-10:30am Coffee or Tea and Thee RM115 9:30-10:30am Strength Training* GYMA 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 1:30-3:30pm Opera Appreciation* RM115</p>	<p>4</p> <p>8:30-9:30am Walk Fit* LOBBY 10-11am Full Fitness* GYM 11:30am-12:30pm Spanish Conversation RM115 1-3pm Sudoku RM115 2-4pm Drop in Volleyball GYMB 6:30-8pm Open Jam Session RM115</p>	<p>5</p> <p>9:30-10:30am Strength Training* GYMA 10am-12pm Help Desk for Computer & Cell Phone Technology Needs 10:45-11:45am Total Body Fitness* GYMA 10:30-11:30am Tai Chi -Taoist RM119 11am-1pm Dementia Awareness & Resource Fair RM115 11:30-12:30pm Tai Chi -Yang RM119 1:30-3pm Social Ballroom Dance RM119 1-2pm Brains and Brawn* RM116 3-4:30pm Crafternoon Social Group RM115</p>
<p>8</p> <p>7:15-8am Cardio Kickboxing** RM116 9-10:30am Coffee or Tea and Thee RM115 9am-12pm Chess RM115 10-11am Total Body Fitness* GYM 11:30-12:30pm Tai Chi -Yang RM119 12-1pm IT Help with Albert* RM115 1-2:30pm Traditional Hatha Yoga** RM116</p>	<p>9</p> <p>10-11am Full Fitness* GYM 10:30-11:30am Advanced Traditional Hatha Yoga** RM116 11:30-1pm Genealogy 101* RM115 11:45-12:45pm Gentle Hatha Yoga** RM116 2-3pm Karaoke* RM115 2:15-3:15pm Zumba** RM116</p>	<p>10</p> <p>9-10:30am Coffee or Tea and Thee RM115 9:30-10:30am Strength Training* GYMA 10:30-11:30am Tai Chi -Taoist RM119 11am-12pm The Angler's Corner RM115 11:30-12:30pm Tai Chi -Yang RM119 12:15-1:45pm Traditional Hatha Yoga Level 2** RM116 2-3pm Advisory Committee Meeting RM115 2-3:15pm Gentle & Meditative Yoga** RM116 4-5:15pm Traditional Hatha Yoga** RM116</p>	<p>11</p> <p>8:30-9:30am Walk Fit* LOBBY 10-11am Full Fitness* GYM 11:30am-12:30pm Spanish Conversation RM115 1:30-3pm Paper Quilling** RM115 2-4pm Drop in Volleyball GYMB 6-7pm Records and Root Beer Floats* RM115</p>	<p>12</p> <p>9:30-10:30am Strength Training* GYMA 10am-12pm Help Desk for Computer & Cell Phone Technology Needs 10:45-11:45am Total Body Fitness* GYMA 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 3-4:30pm Crafternoon Social Group RM115 6-8pm Documentary Screening* RM115 7-10pm Pride Senior Prom at Central Library*</p>
<p>15</p> <p>7:15-8am Cardio Kickboxing** RM116 9-10:30am Coffee or Tea and Thee RM115 9am-12pm Chess RM115 10-10:30am Intergenerational Painting Party* RM115 10-11am Total Body Fitness* GYM 11:30-12:30pm Tai Chi -Yang RM119 1-2pm SAIL* RM119 1-2:30pm Traditional Hatha Yoga** RM116</p>	<p>16</p> <p>10-11am Full Fitness* GYM 10-10:30am Reading Buddies* RM115 10:30-11:30am Advanced Traditional Hatha Yoga** RM116 11:45-12:45pm Gentle Hatha Yoga** RM116 2:15-3:15pm Zumba** RM116 2:30-4pm Piano Lounge and Sing Along* RM115</p>	<p>17</p> <p>9-10:30am Coffee or Tea and Thee RM115 9:30-10:30am Strength Training* GYMA 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 12:15-1:45pm Traditional Hatha Yoga Level 2** RM116 1:30-3:30pm Opera Appreciation* RM115 2-3:15pm Gentle & Meditative Yoga** RM116 4-5:15pm Traditional Hatha Yoga** RM116</p>	<p>18</p> <p>8:30-9:30am Walk Fit* LOBBY 10-11am Full Fitness* GYM 11:30am-12:30pm Spanish Conversation RM115 1-2pm SAIL* RM119 1-3pm Sudoku RM115 2-4pm Drop in Volleyball GYMB 6:30-8pm Open Jam Session RM115</p>	<p>19</p> <p style="text-align: center;">55+ Centers Closed</p>
<p>22</p> <p>9-10:30am Coffee or Tea and Thee RM115 9am-12pm Chess RM115 10-11am Total Body Fitness* GYM 11:30-12:30pm Tai Chi -Yang RM119 1-2pm SAIL* RM119 1-2pm Normal Aging vs. Dementia* RM115 1-2:30pm Traditional Hatha Yoga** RM116</p>	<p>23</p> <p>10-11am Full Fitness* GYM 10:30-11:30am Advanced Traditional Hatha Yoga** RM116 11am-12pm Summer Picnic Ideas* RM115 11:45-12:45pm Gentle Hatha Yoga** RM116 2:15-3:15pm Zumba** RM116 2-3pm The Legacy of Pride* RM115</p>	<p>24</p> <p>9-10:30am Coffee or Tea and Thee RM115 9:30-10:30am Strength Training* GYMA 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 12:15-1:45pm Traditional Hatha Yoga Level 2** RM116 1-2:15pm Gentle and Meditative Yoga** RM116 1:30-2:30pm Open Office Hour* RM115 2-3:15pm Gentle & Meditative Yoga** RM116 4-5:15pm Traditional Hatha Yoga** RM116</p>	<p>25</p> <p>8:30-9:30am Walk Fit* LOBBY 10-11am Full Fitness* GYM 11:30am-12:30pm Spanish Conversation RM115 1-2pm SAIL* RM119 2-4pm Drop in Volleyball GYMB 6-7pm Elder Law Services* RM115</p>	<p>26</p> <p>9:30-10:30am Strength Training* GYMA 10am-12pm Help Desk for Computer & Cell Phone Technology Needs 10:45-11:45am Total Body Fitness* GYMA 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 3-4:30pm Crafternoon Social Group RM115</p>
<p>29</p> <p>7:15-8am Cardio Kickboxing** RM116 9-10:30am Coffee or Tea and Thee RM115 9am-12pm Chess RM115 10-11am Total Body Fitness* GYM 11:30-12:30pm Tai Chi -Yang RM119 1-2pm SAIL* RM119 1-2:30pm Traditional Hatha Yoga** RM116</p>	<p>30</p> <p>10-11am Full Fitness* GYM 10:30-11:30am Advanced Traditional Hatha Yoga** RM116 11:45-12:45pm Gentle Hatha Yoga** RM116 1-3pm Movie Matinee: Yesterday* RM115 2:15-3:15pm Zumba** RM116</p>			<p style="text-align: center;">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>

Lubber Run 55+ Center Activity Calendar

June 2026

300 N. Park Drive,
Arlington, VA,
22203

KEY

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

RM115 - Magnolia
RM116 - Walnut
RM119 - Oak
RM121 - Hickory
RM126 - Beech

NOTE: Programs without a symbol are considered Drop-In and do not require registration.