

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 8am-12pm Social 60+ Café+* RM527 10-11:15am Line Dance Practice RM42 10am-3pm Play Pickleball Gym 11-12pm Spanish Conversation RM404 1-2:30pm Five Crowns RM205 1-2:30pm Colored Pencil** RM527 3-4pm Advisory Committee RM205	3 8am-12pm Social 60+ Café+* RM527 12-3pm Play Pickleball Gym 2-4pm Mah Jongg RM205 4-6pm Game On! RM205	4 8am-12pm Social 60+ Café+* RM527 10am-12pm Open Art Studio RM526 10:30am-1pm 55+ Crafters RM404 10am-3pm Play Pickleball Gym 1-3:30pm Mexican Train Dominoes 5-6:30pm Friendly Fitness Walk* Plaza	5 8am-12pm Social 60+ Café+* RM527 12-3pm Play Pickleball Gym 12-2pm Mah Jongg RM205 1-2pm Intro to Video Games* E-Sport 1-2:15pm Line Dance Practice RM527 2-4pm Mah Jongg RM205	6 8am-12pm Social 60+ Café+* RM527 10am-12pm Open Art Studio RM526 10am-3pm Play Pickleball Gym 1-2pm First Friday Social* RM132 1-2pm Digital Peace of Mind Part 1* RM527 4-6pm Spring Fever* Plaza
9 8am-12pm Social 60+ Café+* RM527 8:30am-9:30am Qiqong** RM421 10-11:15am Line Dance Practice RM421 10am-3pm Play Pickleball Gym 10:30-11:30am The Beatles - Part II* RM527 11-12pm Spanish Conversation RM404 1-2:30pm Five Crowns RM205 1-2:30pm Colored Pencil** RM527 5-6:15pm Yoga for Daily Living** RM421	10 8am-12pm Social 60+ Café+* RM527 10:30-11:30am SAIL* Gym 12-3pm Play Pickleball Gym 2-4pm Mah Jongg RM205 4-6pm Game On! RM205 5-6pm Zumba Gold & Toning** RM421	11 8am-12pm Social 60+ Café+* RM527 9:30-10:30am 55+ Group Training** RM421 10am-12pm Open Art Studio RM526 10:30am-1pm 55+ Crafters RM404 10am-3pm Play Pickleball Gym 1-3:30pm Mexican Train Dominoes RM205 6-7pm Supper Club* RM205 5-6:30pm Friendly Fitness Walk* Plaza	12 8am-12pm Social 60+ Café+* RM527 10:30-11:30am SAIL* Gym 10-11am National Nutrition Month* RM527 12-3pm Play Pickleball Gym 12-2pm Mah Jongg RM205 1-2:15pm Line Dance Practice RM527 2-4pm Mah Jongg RM205	13 8am-12pm Social 60+ Café+* RM527 10am-12pm Open Art Studio RM526 10am-3pm Play Pickleball Gym 1-2pm Digital Peace of Mind Part 1* RM527 4-6pm Spring Fever* Plaza
16 8am-12pm Social 60+ Café+* RM527 8:30am-9:30am Qiqong** RM421 10-11:15am Line Dance Practice RM42 10am-3pm Play Pickleball Gym 11:30am-12:30pm Bake & Celebrate* RM132 11-12pm Spanish Conversation RM404 1-2:30pm Five Crowns RM205 5-6:15pm Yoga for Daily Living** RM421	17 8am-12pm Social 60+ Café+* RM527 10:30-11:30am SAIL* Gym 3-4:30pm Book Arts** RM527 12-3pm Play Pickleball Gym 1-2 Book Club RM525 2-4pm Mah Jongg RM205 4-6pm Game On! RM205 5-6pm Zumba Gold & Toning** RM421	18 8am-12pm Social 60+ Café+* RM527 9:30-10:30am 55+ Group Training** RM421 10am-12pm Open Art Studio RM526 10:30am-1pm 55+ Crafters RM404 10am-3pm Play Pickleball Gym 1-3:30pm Mexican Train Dominoes RM205 5-6:30pm Friendly Fitness Walk* Plaza	19 8am-12pm Social 60+ Café+* RM527 10:30-11:30am SAIL* Gym 12-3pm Play Pickleball Gym 12-2pm Mah Jongg RM205 1-2:15pm Line Dance Practice RM527 2-4pm Mah Jongg RM205	20 8am-12pm Social 60+ Café+* RM527 10am-12pm Open Art Studio RM205 10am-3pm Play Pickleball Gym 1-2pm Digital Peace of Mind Part 2* RM527
23 8am-12pm Social 60+ Café+* RM527 8:30am-9:30am Qiqong** RM421 10-11:15am Line Dance Practice RM421 10am-3pm Play Pickleball Gym 11-12pm Spanish Conversation RM404 1-2:30pm Five Crowns RM205 5-6:15pm Yoga for Daily Living** RM421	24 8am-12pm Social 60+ Café+* RM527 10:30-11:30am SAIL* Gym 12-3pm Play Pickleball Gym 2-4pm Mah Jongg RM205 4-6pm Game On! RM205 5-6pm Zumba Gold & Toning** RM421	25 8am-12pm Social 60+ Café+* RM527 9:30-10:30am 55+ Group Training** RM421 10am-12pm Open Art Studio RM526 10:30am-1pm 55+ Crafters RM404 10am-3pm Play Pickleball Gym 1-3:30pm Mexican Train Dominoes RM205 5-6pm Intro to Video Games* E-Sport	26 8am-12pm Social 60+ Café+* RM527 10:30-11:30am SAIL* Gym 12-3pm Play Pickleball Gym 12-2pm Mah Jongg RM205 1-2:15pm Line Dance Practice RM527 2-4pm Mah Jongg RM205	27 8am-12pm Social 60+ Café+* RM527 10am-12pm Open Art Studio RM205 10am-3pm Play Pickleball Gym 1-2pm Six Pillars of Brain Health* RM527
30 8am-12pm Social 60+ Café+* RM527 10-11:15am Line Dance Practice RM421 10am-3pm Play Pickleball Gym 11-12pm Spanish Conversation RM404 1-2:30pm Five Crowns RM205 5-6:15pm Yoga for Daily Living** RM421	31 8am-12pm Social 60+ Café+* RM527 10:30-11:30am SAIL* Gym 12-3pm Play Pickleball Gym 2-4pm Mah Jongg RM205 4-6pm Game On! RM205 5-6pm Zumba Gold & Toning** RM421			

Arlington Mill 55+ Center Activity Calendar

March 2026

909 South Dinwiddie
Street, Arlington, VA,
22204

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.

Check out the
[weekly schedule](#) for
Arlington Mill Community
Center's gymnasium
(updated as changes
occur).