

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>10am-12pm Social 60+ Trivia SR  <b>10:30am-12pm Painting Demo*</b> Virtual  11am-2pm 55+ Fitness hrs.^ RM202  12-12:45pm Social 60+ Café + RM113  1:00-3pm Rummikub RM108</p>	<p>9:30-11:30am Rummikub RM108  10:30-11:30am Social 60+ P.A.L. visit+ SR  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</p>	<p>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  1-2:30pm Scrabble RM103</p>	<p>9:30-11:30am Mah Jongg RM108  <b>10am-12pm Tech Help Desk*</b> RM103  10am-12pm Social 60+ Movie + SR  12-12:30pm Social 60+ Café+ RM113  1-4:00pm Cardmaking Group RM125  1-4:00pm Woodcarvers RM125  <b>1:30-3:30pm Egg Decorating*</b> RM113  1-2pm French Conversation RM103  2-3pm Italian Conversation RM103</p>	<p>9:30-11:30am Spellbinders Meeting RM108  11am-2pm 55+ Fitness hrs.^ RM202  <b>Staff All Day Training</b>  No Social 60+ Café  No German Conversation</p>
<p>10:30-11am Social 60+ Spellbinders SR  11am-2:00pm 55+ Fitness hrs.^ RM202  12-12:45pm Social 60+ Café + RM113  1:00-3pm Rummikub RM108  1:30-2:30pm Scale Down RM125</p>	<p>9:30-11:30am Rummikub RM108  10:30-11:30am Social 60+ Art Visit+ SR  12pm Social 60+ Café + RM113  1-3pm Yarn Creations RM113  <b>2-3pm Venice: Gateway to Beauty*</b> RM108  2-3:30pm Drumming SR  3:30-5pm Volleyball Gym</p>	<p>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 &amp; Med. Yoga** RM108  <b>2-4pm Memoir Writing*</b> RM125  6-7pm Zumba Class** RM113</p>	<p>9:30-11:30am Mah Jongg RM108  <b>10am-12pm Tech Help Desk*</b> RM103  10:30-11:30am Social 60+ Bingo+ SR  12-12:30pm Social 60+ Café+ RM113  1-4:00pm Cardmaking Group RM125  1-4:00pm Woodcarvers RM125  <b>1:30-3:30pm Egg Decorating*</b> RM113</p>	<p>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</p>
<p>10am-12pm Social 60+ Latin Dance SR  <b>11am-12pm Arlington Stormwater Management*</b> RM108  11am-2:00pm 55+ Fitness hrs.^ RM202  12-12:45pm Social 60+ Café + RM113  1:00-3pm Rummikub RM108</p>	<p>9:30-11:30am Rummikub RM103  10:30-11:30am Social 60+ St. Patty's Day+ SR  12pm Social 60+ Café + RM113  1-3pm Yarn Creations RM108  1:30-4pm Advanced Cardmaking - <b>Not for beginners</b> RM113  2-3:30pm Drumming SR  3:30-5pm Volleyball Gym</p>	<p>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 &amp; Med. Yoga** RM108</p>	<p>9:30-11:30am Mah Jongg RM103  10:30-11:30am Social 60+ Arts &amp; Crafts+ SR  <b>10am-12pm Tech Help Desk*</b> RM125  <b>11-12pm Budgeting for Groceries*</b> RM108  12-12:30pm Social 60+ Café+ RM113  <b>1-3pm Library Services*</b> RM103  <b>1:30-2:30pm Name That Tune*</b> RM108  1-4:00pm Cardmaking Group RM125  1-4:00pm Woodcarvers RM125  1-2pm French Conversation RM103  2-3pm Italian Conversation RM103</p>	<p>9:40-10:20 Social 60+ Girl Scout Visit+ SR  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</p>
<p>11am-2pm 55+ Fitness hrs.^ RM202  10:30-11am Social 60+ Ice breaker game+ SR  <b>11am-12pm Generative AI 101*</b> RM108  12-12:45pm Social 60+ Café + RM113  1:00-3pm Rummikub RM108  1:30-2:30pm Scale Down RM125</p>	<p>9:30-11:30am Rummikub RM103  <b>11am-12pm Financial Elder Abuse Awareness*</b> RM108  12pm Social 60+ Café + RM113  1-3pm Yarn Creations RM108  2-3:30pm Drumming SR  3:30-5pm Volleyball Gym</p>	<p>9:30-11:30am Morning Meet-Up RM108  10:30-11:15am Exercise w/ Jill + RM113  <b>10-11am LB Advisory Committee</b> RM103  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 &amp; Med. Yoga** RM108  <b>2-4pm Memoir Writing*</b> RM125  6-7pm Zumba Class** RM113</p>	<p>9:30-11:30am Mah Jongg RM103  <b>11am-12pm Baby Owls*</b> RM108  <b>10am-12pm Tech Help Desk*</b> RM103  10:30-11am Social 60+ Spellbinders+ SR  12-12:30pm Social 60+ Café+ RM113  1-4:00pm Cardmaking Group RM125  1-4:00pm Woodcarvers RM125  <b>2-3pm Acoustic Afternoon*</b> RM108</p>	<p>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  1:00-3:30pm Neighbor's Corner RM113</p>
<p>11am-2pm 55+ Fitness hrs.^ RM202  <b>10:30-11:30am Secrets Revealed*</b> Virtual  10:30-11am Social 60+ Walking+ SR  12-12:45pm Social 60+ Café+ RM113  1:00-3pm Rummikub RM108</p>	<p>9:30-11:30am Rummikub RM103  10:30-11:30am Social 60+ Cornhole+ SR  <b>11am-12pm Foot Care Discussion*</b> RM108  12pm Social 60+ Café + RM113  1-3pm Yarn Creations RM108  2-3:30pm Drumming SR  3:30-5pm Volleyball Gym</p>			

# LANGSTON-BROWN 55+ CENTER ACTIVITY CALENDAR

MARCH 2026

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

**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.