

Lubber Run 55+ Center Activity Calendar

March 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9-10:30am Coffee or Tea and Thee RM115 10-11am Total Body Fitness* GYM 11:30-12:30pm Tai Chi -Yang RM119 1-2pm SAIL* RM119	3 10-11am Full Fitness* GYM	4 9-10:30am Coffee or Tea and Thee RM115 9-10am Strength Training* GYM 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 1:30-3:30pm Opera Appreciation* RM115	5 8:30-9:30am Walk Fit RM115 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 GYM 6:30-8:00pm Open Jam Session RM115	6 9-10am Strength Training* GYM 10:15-11:15am Total Body Fitness* GYM 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 11:30am-12:30pm Meet the Beatles* RM115 1-3pm Help Desk for Computers & Cell Phones* RM115 1:30-3pm Social Ballroom Dance RM119 3-4:30pm Crafternoon Social Group RM115
9 7:15-8am Cardio Kickboxing** RM116 9-10:30am Coffee or Tea and Thee RM115 10-11am Total Body Fitness* GYM 11am-12pm IT Help with Albert* RM115 11:30-12:30pm Tai Chi -Yang RM119 1-2pm SAIL* RM119 1-2:30pm Traditional Hatha Yoga** RM116	10 10-11am Enjoy Green Vegetables* RM115 10-11am Full Fitness* GYM 10:30-11:30am Advanced Traditional Hatha Yoga** RM116 11:30-1:00pm Genealogy 101* RM115 11:45-12:45pm Gentle Hatha Yoga** RM116 2:15-3:15pm Zumba** RM116	11 9-10:30am Coffee or Tea and Thee RM115 9-10am Strength Training* GYM 10:30-11:30am Tai Chi -Taoist RM119 11am-12pm The Angler's Corner RM115 11:15-12:30pm History Round Table* Virtual RM119 11:30-12:30pm Tai Chi -Yang RM119 1-2:15pm Gentle and Meditative Yoga** RM116 2-3pm Advisory Committee Meeting RM115 4-5:15pm Traditional Hatha Yoga** RM126	12 8:30-9:30am Walk Fit RM115 10-11am Full Fitness* GYM 11:30am-12:30pm Spanish Conversation RM115 1-2pm SAIL* RM119 1:30-3pm Paper Quilling** RM126 2-4pm Drop in Volleyball GYM 6-7pm 50 Famous Firsts for American Women* RM115	13 9-10am Strength Training* GYM 10:15-11:15am Total Body Fitness* GYM 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 1-3pm Help Desk for Computers & Cell Phones* RM115 3-4:30pm Crafternoon Social Group RM115
16 7:15-8am Cardio Kickboxing** RM116 9-10:30am Coffee or Tea and Thee RM115 10-10:30am Reading Buddies* RM115 11:30-12:30pm Tai Chi -Yang RM119 1-2pm Safety Panel* RM115 1-2pm SAIL* RM119 1-2:30pm Traditional Hatha Yoga** RM116	17 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 2-3pm Haiku for You* RM115 2:15-3:15pm Zumba** RM116 2:30-4pm Piano Lounge and Sing-Along* RM115	18 9-10:30am Coffee or Tea and Thee RM115 9-10am Strength Training* GYM 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 1-2:15pm Gentle and Meditative Yoga** RM116 1:30-3:30pm Opera Appreciation* RM115 4-5:15pm Traditional Hatha Yoga** RM126	19 8:30-9:30am Walk Fit RM115 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 GYM 6:30-8:00pm Open Jam Session RM115	20 9-10am Strength Training* GYM 10:15-11:15am Total Body Fitness* GYM 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 1-3pm Help Desk for Computers & Cell Phones* RM115 3-4:30pm Crafternoon Social Group RM115
23 7:15-8am Cardio Kickboxing** RM116 9-10:30am Coffee or Tea and Thee 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	24 10-11am Spring Cleaning: Finances* RM115 10-11am Full Fitness* GYM 10:30-11:30am Advanced Traditional Hatha Yoga** RM116 11:45-12:45pm Gentle Hatha Yoga** RM116 2:15-3:15pm Zumba** RM116	25 9-10:30am Coffee or Tea and Thee RM115 9-10am Strength Training* GYM 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 1-2:15pm Gentle and Meditative Yoga** RM116 1:30-2:45pm Local History Discussion* RM119 2-3pm Intergenerational Rock Painting* RM115 4-5:15pm Traditional Hatha Yoga** RM126	26 8:30-9:30am Walk Fit RM115 10-11am Full Fitness* GYM 11:30am-12:30pm Spanish Conversation RM115 1-2pm SAIL* RM119 2-4pm Drop in Volleyball GYM 6-7pm Women's Suffrage Movement* RM115	27 9-10am Strength Training* GYM 10:15-11:15am Total Body Fitness* GYM 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 1-3pm Help Desk for Computers & Cell Phones* RM115 3-4:30pm Crafternoon Social Group RM115
30 9-10:30am Coffee or Tea and Thee 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	31 10-11am Full Fitness* GYM 10:30-11:30am Advanced Traditional Hatha Yoga** RM116 11:45-12:45pm Gentle Hatha Yoga** RM116 2-3pm Haiku for You* RM115 2:15-3:15pm Zumba** RM116			