WALTER REED 55+ CENTER ACTIVITY CALENDAR

MARCH 2026
2909 16th St. S.
Arlington 22204

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
		2			3			4			5			6
8:30-11	Pickleball	GYM	9-10:15	Yoga*^ Makeup	WELLR	8:15-11:30	Pickleball	GYM	**10-12**	**Decoupage Eggs***	**ART&C**	8:15-4	Pickleball	GYM
9:45-12	Mexican Train Dom.	CAFE	10-12	English Class(REEP)	MPRA	10-12	Canasta	SL	11:30-12:15	Strength Training+	GYM	10-12	Chinese Mah Jongg	SL
10-11	Abs. Beginner PB	GYM	11-1:15	Five Crowns	SL	10:15-11:15	Line Dance	WELLR	12-4	American Mah Jongg	SL	1-3	Sunshine Gang	MPRA
10-11	Pickleball (1 court)	GYM	11:30-12:15	Strength Training+	GYM	11:30-12:30	Seated Exercise+	MPRA	12:30-3	Pickleball – All Ages!	GYM	1-2:15	Tai Chi Practice	WELLR
10-11	Qigong*^ Makeup	WELLR	12:30-3	Pickleball – All Ages!	GYM	12-2	55+ Basketball	GYM	1:30-3	Memory Cafe	MPRA	1:30-4:30	Samba	SL
12-4	American Mah Jongg	SL	1-2	Social 60+ Activity	MPRBC	12:30	Jolly Hearts	CONF	4-6	Game Night	SL			
12-2	Tech Help*	CONF	1-2:15	Tai Chi Practice	WELLR	1:30-3:30	Social Bridge	SL						
1-2	Table Games+	MPRBC	1:30-4:30	Samba	SL	2:15-4	55+ Pickleball	GYM						
3:45-4:45	Mat Pilates*^ Makeup	WELLR	2-4	Bridge Practice	CAFE									
4-5	Easy Piano Duets	SL	4-5:30	Ukulele*	ARTS&C									
			5:30-7:30	**Phase 10 Game Night***	**SL**								No Social 60+ Cafe	
		9			10			11			12			13
8:15-11	Pickleball	GYM	9-10:15	Yoga Daily Living*^	WELLR	8:15-11:30	Pickleball	GYM	10:15-11:15	Mat Pilates*^	GYM	8:15-4	Pickleball	GYM
9:45-12	Mexican Train Dom.	CAFE	10:30-11:30	English Class(REEP)	MPRA	10-12	Canasta	SL	10:30-11:30	English Class (REEP)	CONF	10-12	Chinese Mah Jongg	SL
10-11	Abs. Beginner PB	GYM	11-1:15	Five Crowns	SL	10:15-11:15	Line Dance	WELLR	11:30-12:15	Strength Training+	GYM	**11-12**	**Meet the Beatles***	**MPRA**
10-11	Pickleball (1 court)	GYM	11:30-12:15	Strength Training+	GYM	11:30-12:30	Seated Exercise+	MPRA	12-4	American Mah Jongg	SL	1-3	Sunshine Gang	MPRA
10-11	Qigong*^	WELLR	12:30-3	Pickleball – All Ages!	GYM	12-2	55+ Basketball	GYM	12:30-3	Pickleball – All Ages!	GYM	1-2:15	Tai Chi Practice	WELLR
12-4	American Mah Jongg	SL	1-2:15	Tai Chi Practice	WELLR	1-2	Social 60+ Activity	MPRBC	**2-4**	**Movies & Munchies***	**CONF**	1:30-4:30	Samba	CAFE
12-2	Tech Help*	CONF	1:30-4:30	Samba	SL	1:30-3:30	Social Bridge	SL	3:30-4:45	Yoga for Daily Living*^	WELLR	**1:30-3:30**	**Bunco Bunch***	**SL**
2-3	Beginner Tai Chi*^	WELLR	2-4	Bridge Practice	CAFE	1:30-3	Third Act Dance*^	WELLR	4-6	Game Night	SL	2:30-3:30	Tai Chi Ch'uan*^	WELLR
3:45-4:45	Mat Pilates*^	WELLR	4-5:30	Ukulele	ARTS&C	2:15-4	55+ Pickleball	GYM						
4-5	Easy Piano Duets	SL	4:30-5:30	Crush It! Fitness Class*^	WELLR									
			5:30-6:30	**Reader's Theater***	**SL**									
		16			17			18			19			20
8:30-4	Pickleball	GYM	9-10:15	Yoga Daily Living*^	WELLR	8:15-11:30	Pickleball	GYM	10:15-11:15	Mat Pilates*^	**GYM**	8:15-4	Pickleball	GYM
9:45-12	Mexican Train Dom.	CAFE	10:30-11:30	English Class(REEP)	MPRA	10-12	Canasta	SL	11:30-12:15	Strength Training+	WELLR	**10-12**	**NASA***	**MPRA**
10-11	Abs. Beginner PB	GYM	11-1:15	Five Crowns	SL	10:15-11:15	Line Dance	WELLR	12-4	American Mah Jongg	SL	10-12	Chinese Mah Jongg	SL
10-11	Pickleball (1 court)	GYM	11:30-12:15	Strength Training+	GYM	11:15-12	Line Dance Social	CONF	12:30-3	Pickleball – All Ages!	GYM	11:30-12:30	Seated Exercise+	MPRA
10-11	Qigong*^	WELLR	**11:30-1:30**	**St. Patrick's Day Party***	GYM	11:30-12:30	Seated Exercise+	MPRA	1:30-3	Memory Cafe	ARTS&C	1-3	Sunshine Gang	MPRA
12-4	American Mah Jongg	SL	1-2:15	Tai Chi Practice	WELLR	12-2	55+ Basketball	GYM	3:30-4:45	Yoga for Daily Living*^	WELLR	1-2:15	Tai Chi Practice	WELLR
12-2	Tech Help*	CONF	1:30-4:30	Samba	SL	12:30	Jolly Hearts	CONF	4-6	Game Night	SL	1:30-4:30	Samba	SL
2-3	Beginner Tai Chi*^	WELLR	2-4	Bridge Practice	CAFE	1:30-3:30	Social Bridge	SL				2:30-3:30	Tai Chi Ch'uan*^	WELLR
2-3:30	**Beg. Computer Class***	**MPRA**	4-5:30	Ukulele*	ARTS&C	1:30-3	Third Act Dance*^	WELLR						
3:45-4:45	Mat Pilates*^	WELLR	4:30-5:30	Crush It! Fitness Class*^	WELLR	**2-3:30**	**Beg. Computer Class***	**MPRA**						
4-5	Easy Piano Duets	SL	**5-7**	**Euchre***	**SL**	2:15-4	55+ Pickleball	GYM						
			7-8:30	**Acoustic Café***	**MPRBC**									
		23			24			25			26			27
8:30-4	Pickleball	GYM	9-10:15	Yoga Daily Living*^	WELLR	8:15-11:30	Pickleball	GYM	10:15-11:15	Mat Pilates*^	GYM	8:15-4	Pickleball	GYM
9:45-12	Mexican Train Dom.	CAFE	11-1:15	Five Crowns	SL	10-12	Canasta	SL	11:30-12:15	Strength Training+	GYM	10-12	Chinese Mah Jongg	SL
10-11	Abs. Beginner PB	GYM	11:30-12:15	Strength Training+	GYM	10:15-11:15	Line Dance	WELLR	12-4	American Mah Jongg	SL	11:30-12:30	Seated Exercise+	MPRA
10-11	Pickleball (1 court)	GYM	12:30-3	Pickleball – All Ages!	GYM	11:30-12:30	Seated Exercise+	MPRA	12:30-3	Pickleball – All Ages!	GYM	1-3	Sunshine Gang	MPRA
10-11	Qigong*^	WELLR	1-2:15	Tai Chi Practice	WELLR	12-2	55+ Basketball	GYM	1-2:30	History Discussion*	Virtual	1-2:15	Tai Chi Practice	WELLR
12-4	American Mah Jongg	SL	1:30-4:30	Samba	SL	1:30-3	Third Act Dance*^	WELLR	1-2	Social 60+ Activity	MPRBC	1:30-4:30	Samba	SL
12-2	Tech Help*	CONF	2-4	Bridge Practice	CAFE	1:30-3:30	Social Bridge	SL	3:30-4:45	Yoga for Daily Living*^	WELLR	2:30-3:30	Tai Chi Ch'uan*^	WELLR
2-3	Beginner Tai Chi*^	WELLR	4-5:30	Ukulele	ARTS&C	**2-3:30**	**Beg. Computer Class***	**MPRA**	4-6	Game Night	SL			
2-3:30	**Beg. Computer Class***	**MPRA**	4:30-5:30	Crush It! Fitness Class*^	WELLR	2:15-4	55+ Pickleball	GYM						
3:45-4:45	Mat Pilates*^	WELLR	**5:30-7**	**Phone Cameras***	**MPRA**									
4-5	Easy Piano Duets	SL												
		30			31									
8:15-4	Pickleball	GYM	9-10:15	Yoga Daily Living*^	WELLR									
9:45-12	Mexican Train Dom.	CAFE	10:30-11:30	BP Clinic	CONF									
10-11	Abs. Beginner PB	GYM	11-1:15	Five Crowns	SL									
10-11	Pickleball (1 court)	GYM	11:30-12:15	Strength Training+	GYM									
10-11	Qigong*^	WELLR	12:30-3	Pickleball – All Ages!	GYM									
12-4	Mah Jongg	SL	1-2:15	Tai Chi Practice	WELLR									
12-2	Tech Help*	CONF	1:30-4:30	Samba	SL									
2-3	Beginner Tai Chi*^	WELLR	2-4	Bridge Practice	CAFÉ									
2-3:30	**Beg. Computer Class***	**MPRA**	4-5:30	Ukulele	ARTS&C									
3:45-4:45	Mat Pilates*^	WELLR	4:30-5:30	Crush It! Fitness Class*^	WELLR									
4-5	Easy Piano Duets	SL												

All programs are drop-in unless otherwise designated by the symbols below:

^ = fee required
* = registration required
+ = Social 60+ Café Program
~~Strikethrough~~ = Program Cancelled
Bold = Special Program

Social 60+ Café Lunch Served Monday-Friday at 12:30pm – Must be Registered to Participate

Room Codes:
SL = Senior Lounge
GR = Game Room
WELLR = Wellness Room
MPRA = Multi-Purpose Room A
MPRBC = Multi=Purpose Room B & C
ARTS&C = Arts & Crafts Room
QR = Quiet Room
CONF = Conference Room

Advisory Committee Meetings:
2nd Tuesday of the Month

Daily Programming:
10am-12pm Ping Pong & Billiards GR

Weekend Programming:
Saturdays:
10am-12pm Rummikub SL
12-4pm Mah Jongg SL
Sundays:
1:30pm-4:30pm Mexican Train Dominoes SL
Dance Practice – Tuesdays, 2:15-3:15