

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9am-12:00pm 55+ Fitness hrs.^ RM202 9:30-11:30am Rummikub RM108 10am-12pm Social Bridge RM108 10:30-11:30 Social 60+ Arts & Crafts +SR 12pm Social 60+ Café + RM113 1-2pm Book Club RM125 1-3pm Yarn Creations RM108 1:30-3:30pm American Mah Jongg RM113 2-3:30pm Drumming SR 3:30-5:30pm Volleyball Gym	2 9am-12:00pm 55+ Fitness hrs.^ RM202 9:30-11:30am Morning Meet-Up RM103 10:30-11:15am Exercise w/ Jill + RM113 12-12:45pm Social 60+ Café + RM113 12:10-1:10pm NO Chair Yoga^^ RM103 1-2pm Scrabble RM103 1:30-3pm NO Gentle & Med. Yoga^^ RM113 6-7pm NO Zumba Class^^ RM113 2-4pm Memoir Writing RM125	3 9am-12:00pm 55+ Fitness hrs.^ RM202 9:30-11:30am Mah Jongg RM108 10am-12pm Tech Help Desk RM103 10am-12pm Social 60+ Movie Day + SR 12-12:30pm Social 60+ Café+ RM113 1-4:00pm Cardmaking Group RM125 1-4:00pm Woodcarvers RM125 1-2pm French Conversation RM103 2-3pm Italian Conversation RM103	4 9am-12:00pm 55+ Fitness hrs.^ RM202 10am-12pm German Conversation* Virtual 10:30-11:30 Social 60+ Exercise w/Jill RM113 12-12:30pm Social 60+ Café+ RM113 1:30-3:30pm Open Art Studio RM113
7 55+ Centers Closed	8 9am-12:00pm 55+ Fitness hrs.^ RM202 9:30-11:30am Rummikub RM108 10am-12pm Social Bridge RM108 10:30-11:30am Bingo + SR 12pm Social 60+ Café + RM113 1-3pm Yarn Creations RM108 1:30-3:30pm American Mah Jongg RM113 2-3:30pm Drumming SR 3:30-5:30pm Volleyball Gym	9 9am-12:00pm 55+ Fitness hrs.^ RM202 9:30-11:30am Morning Meet-Up RM103 10:30-11:15am Exercise w/ Jill + RM113 11am-12pm Nutrition Apps* Virtual 12-12:45pm Social 60+ Café + RM113 12:10-1:10pm NO Chair Yoga^^ RM103 1-2pm Scrabble RM103 1:30-3pm NO Gentle & Med. Yoga^^ RM113 6-7pm Zumba Class^^ RM113	10 9am-12:00pm 55+ Fitness hrs.^ RM202 9:30-11:30am Mah Jongg RM103 10-11am Hispanic Flavors: Dessert* RM108 10am-12pm Tech Help Desk RM103 10:30-11am Spellbinders + SR 12-12:30pm Social 60+ Café+ RM113 1-4:00pm Cardmaking Group RM125 1-4:00pm Woodcarvers RM125 1:30-2:30pm Danube River Cruise* RM108	11 9am-12:00pm 55+ Fitness hrs.^ RM202 9:30-11:30am Spellbinders RM108 10am-12pm German Conversation* Virtual 10:30-11:30 Social 60+ Exercise w/Jill RM113 11:15am-12:15pm Groove & Move^^ RM209 12-12:30pm Social 60+ Café+ RM113 1-2:30pm Puzzle Contest & Swap* RM108 1:30-3:30pm Open Art Studio RM113
14 9am-12:00pm 55+ Fitness hrs.^ RM202 10:30-11:30am Social 60+ Trivia + SR 12-12:45pm Social 60+ Café + RM113 1:00-3pm Rummikub RM108 11am-12pm Never Lost Again* RM108 1:30-2:30pm Scale Down RM125	15 9am-12:00pm 55+ Fitness hrs.^ RM202 9:30-11:30am Rummikub RM108 10am-12pm Social Bridge RM108 10:30-11:30am Social 60 Arts & Crafts+ SR 12pm Social 60+ Café + RM113 1-3pm Yarn Creations RM108 1:30-4pm Advanced Cardmaking Not for beginners RM113 1:30-3:30pm American Mah Jongg RM113 2-3:30pm Drumming SR 3:30-5:30pm Volleyball Gym	16 9am-12:00pm 55+ Fitness hrs.^ RM202 9:30-11:30am Morning Meet-Up RM103 10:30-11:15am Exercise w/ Jill + RM113 11am-12pm Estate Planning Documents* Virtual 12:10-1:10pm Chair Yoga^^ RM108 12-12:45pm Social 60+ Café + RM113 1-2pm Scrabble RM103 1:30-3pm Gentle & Med. Yoga^^ RM108 6-7pm Zumba Class^^ RM113 2-4pm Memoir Writing RM125	17 9am-12:00pm 55+ Fitness hrs.^ RM202 9:30-11:30am Mah Jongg RM103 10am-12pm Tech Help Desk RM103 10:30-11:30am Social 60 Bingo Exercise+ SR 12-12:30pm Social 60+ Café+ RM113 1-2:30pm Library Services* RM113 1-2pm French Conversation RM103 1-4:00pm Cardmaking Group RM125 1-4:00pm Woodcarvers RM125 2-3pm Italian Conversation RM103	18 9am-12:00pm 55+ Fitness hrs.^ RM202 10am-12pm German Conversation* Virtual 10:30-11:30 Social 60+ Exercise w/Jill RM113 11:15am-12:15pm Groove & Move^^ RM209 12-12:30pm Social 60+ Café+ RM113 1-3pm Neighbor's Corner RM113 1:30-3:30pm Open Art Studio RM113
21 9am-12:00pm 55+ Fitness hrs.^ RM202 12-12:45pm Social 60+ Café + RM113 10:30-11:30am Social 60+ Guessing Game SR 1:00-3pm Rummikub RM108 1:30-2:30pm Don't Shrink Your Brain* RM108	22 9am-12:00pm 55+ Fitness hrs.^ RM202 9:30-11:30am Rummikub RM103 10am-12pm Social Bridge RM108 10:30-11am Social 60+ Memory Game SR 12pm Social 60+ Café + RM113 1-3pm Yarn Creations RM108 1:30-3:30pm American Mah Jongg RM113 2-3:30pm Drumming SR 3:30-5:30pm Volleyball Gym	23 9am-12:00pm 55+ Fitness hrs.^ RM202 9:30-11:30am Morning Meet-Up RM103 10:30-11:15am Exercise w/ Jill + RM113 12:10-1:10pm Chair Yoga^^ RM108 12-12:45pm Social 60+ Café + RM113 1-2pm Scrabble RM103 1:30-3pm Gentle & Med. Yoga^^ RM108 6-7pm Zumba Class^^ RM113	24 9am-12:00pm 55+ Fitness hrs.^ RM202 9:30-11:30am Mah Jongg RM108 10am-12pm Tech Help Desk RM103 11am-12:00pm Using Census Records in Genealogy* RM108 12-12:30pm Social 60+ Café+ RM113 1-4:00pm Cardmaking Group RM125 1-4:00pm Woodcarvers RM125	25 9am-12:00pm 55+ Fitness hrs.^ RM202 10am-12pm German Conversation* Virtual 10:30-11:30 Social 60+ Exercise w/Jill RM113 11:15am-12:15pm Groove & Move^^ RM209 12-12:30pm Social 60+ Café+ RM113 1:30-3:30pm Open Art Studio RM113
28 9am-12:00pm 55+ Fitness hrs.^ RM202 10:30-11am Social 60+ Walking SR 12-12:45pm Social 60+ Café + RM113 1:00-3pm Rummikub RM108 1:30-2:30pm Scale Down RM125	29 9am-12:00pm 55+ Fitness hrs.^ RM202 9:30-11:30am Rummikub RM103 10am-12pm Social Bridge RM108 10:30-11am Social 60+ Spellbinders+ SR 12pm Social 60+ Café + RM113 1-3pm Yarn Creations RM108 1:30-3:30pm American Mah Jongg RM113 2-3:30pm Drumming SR 3:30-5:30pm Volleyball Gym	30 9am-12:00pm 55+ Fitness hrs.^ RM202 9:30-11:30am Morning Meet-Up RM103 10:30-11:15am Exercise w/ Jill + RM113 12-12:45pm Social 60+ Café + RM113 12:10-1:10pm Chair Yoga^^ RM108 1-2pm Scrabble RM103 1:30-3pm Gentle & Med. Yoga^^ RM108 6-7pm Zumba Class^^ RM113		

LANGSTON-BROWN 55+ CENTER ACTIVITY CALENDAR

**September
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.