

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	10-12 English Class(REEP) MPRA 11-11:15 Five Crowns SL 11:30-12:15 Strength Training+ GYM 12:30-3 Pickleball – All Ages! GYM 1-2 Emergency Contact+ MPRA 1-2:15 Tai Chi Practice WELLR 1:30-4:30 Samba SL 2-4 Bridge Practice CAFE 4-5:30 Ukulele* ARTS&C 5:30-6:30 Camping Cooking Safety Tips* MPRBC	2 8:15-11:00 Pickleball – All Ages! GYM 10-12 Canasta SL 10:15-11:15 Line Dance Level 1 WELLR 11:30-12:30 Line Dance Level 2 WELLR 11:30-12:30 Seated Exercise+ MPRA 12-2 55+ Basketball GYM 1-2 Social 60+ Activity MPRBC 1:30-3:30 Social Bridge SL 2:15-4 55+ Pickleball GYM	3 10:15-11:15 Wellness Class+ CONF 10:30-11:30 English Class (REEP) MPRA 11:30-12:15 Strength Training+ GYM 12-4 American MahJongg SL 12:30-3 Pickleball – All Ages! GYM 1-2 Social 60+ Activity MPRBC 1:30-3 Memory Cafe ARTS&C 4-6 Game Night SL	4 8:15-4 Pickleball – All Ages! GYM 10-12 Chinese Mah Jongg CAFE 10-3 Scrabble SL 10-12 Croquet Park 11:30-12:30 Autobiography+ MPRA 1-3 Sunshine Gang ARTS&C 1-2 Seated Exercise+ MPRA 1-2:15 Tai Chi Practice WELLR 1:30-4 Samba SL
7 55+ Centers Closed	8 9-10:15 Yoga Daily Living** WELLR 10:05 Pilates Fusion** GYM 10:30-11:30 English Class(REEP) MPRA 11-11:15 Five Crowns SL 11:30-12:15 Strength Training+ GYM 12:30-3 Pickleball – All Ages! GYM 1-2:15 Tai Chi Practice WELLR 1:30-4:30 Samba SL 2-4 Bridge Practice CAFE 3-4 Bootcamp** WELLR 4-5:30 Ukulele ARTS&C 5:30-6:30 Reader's Theater* SL	9 8:15-11:00 Pickleball – All Ages! GYM 10-12 Canasta SL 10:15-11:15 Line Dance Level 1 WELLR 11:30-12:30 Line Dance Level 2 WELLR 11:30-12:30 Seated Exercise+ MPRA 12-2 55+ Basketball GYM 1-2 Canada Train Tour* MPRA 1:30-3:30 Social Bridge SL 1:30-3 Third Act Dance** WELLR 2:15-4 55+ Pickleball GYM	10 10:15-11:15 Level 1 Mat Pilates** GYM 10:30-11:30 English Class (REEP) MPRA 11-12:15 Yin/Restorative WELLR 11:30-12:30 Chair Volleyball* GYM 12-4 American Mah Jongg SL 12:30-3 Pickleball – All Ages! GYM 1-2 55+ Guide MPRA Overview+ 1-2:15 Trad. Hatha Yoga LI** WELLR 3:30-4:45 Yoga Daily Living** WELLR 2-4 Movies & Munchies* CONF 4-6 Game Night SL	11 8:15-4 Pickleball–All Ages! GYM 10-12 Chinese Mah Jongg CAFE 10-3 Scrabble SL 10-12 Croquet Park 11:30-12:30 Seated Exercise+ MPRA 1-3 Sunshine Gang ARTS&C 1-2:15 Tai Chi Practice WELLR 1:30-4 Samba CAFE 1:30-3:30 Buncu Bunch* SL 2:30-3:30 Tai Chi Ch'uan** WELLR
14 8:15-4 55+ Pickleball GYM 9:45-12 Mexican Train Dom. CAFE 10-11 Abs. Beginner PB GYM 10-11 Intermediate WELLR Qigong** 12-4 American Mah Jongg SL 2-3 Beginner Tai Chi** WELLR 3:45-4:45 Mat Pilates** WELLR	15 9-10:15 Yoga Daily Living** WELLR 10:05 Pilates Fusion** GYM 10:30-11:30 English Class(REEP) MPRA 11-11:15 Five Crowns SL 11:30-12:30 Strength Training+ GYM 12:30-3 Pickleball – All Ages! GYM 1-2:15 Tai Chi Practice WELLR 1:30-4:30 Samba SL 2-4 Bridge Practice CAFE 3-4 Bootcamp** WELLR 4-5:30 Ukulele* MPRA 5-7 Euchre* SL 7-8:30 Acoustic Cafe* MPRBC 6-7 Dinner & A Show* CAFE	16 8:15-11:00 Pickleball – All Ages! GYM 10-12 Canasta SL 10:15-11:15 Line Dance Level 1 WELLR 11:30-12:30 Line Dance Level 2 WELLR 11:30-12:30 Seated Exercise+ MPRA 12-2 55+ Basketball GYM 1-2 Social 60+ Activity MPRBC 1:30-3:30 Social Bridge SL 1:30-3 Third Act Dance** WELLR 2:15-4 55+ Pickleball GYM	17 10:15-11:15 Level 1 Mat Pilates** GYM 10:30-11:30 English Class (REEP) MPRA 11-12:15 Yin/Restorative WELLR Yoga** 11:30-12:15 Strength Training+ GYM 12-4 American MahJongg SL 12:30-3 Pickleball – All Ages! GYM 1-2:15 Trad. Hatha Yoga LI** WELLR 1:30-3 Memory Cafe ARTS&C 3:30-4:45 Yoga Daily Living** WELLR 4-6 Game Night SL	18 8:15-4 Pickleball – All Ages! GYM 10-12 Chinese Mah Jongg CAFE 10-3 Scrabble SL 10-12 Croquet Park 11:30-12:30 Seated Exercise+ MPRA 1-3 Sunshine Gang MPRA 1-2:15 Tai Chi Practice WELLR 1:30-4 Samba SL 2:30-3:30 Tai Chi Ch'uan** WELLR
21 8:15-4 55+ Pickleball GYM 9:45-12 Mexican Train Dom. CAFE 10-11 Abs. Beginner PB GYM 10-11 Intermediate WELLR Qigong** 12-4 American Mah Jongg SL 12-2 Tech Help* CONF 2-3 Beginner Tai Chi** WELLR 3:45-4:45 Mat Pilates** WELLR	22 9-10:15 Yoga Daily Living** WELLR 10:05 Pilates Fusion** GYM 10:30-11:30 English Class(REEP) MPRA 11-11:15 Five Crowns SL 11:30-12:15 Strength Training+ CONF 12:30-3 Pickleball–All Ages! GYM 1-2:15 Tai Chi Practice WELLR 1:30-4:30 Samba SL 2-4 Bridge Practice CAFE 3-4 Bootcamp** WELLR 4-5:30 Ukulele MPRA 5:30-7:30 Risk Game Night*	23 8:15-11:00 Pickleball – All Ages! GYM 10-12 Canasta SL 10:15-11:15 Line Dance Level 1 WELLR 11:30-12:30 Line Dance Level 2 WELLR 11:30-12:30 Seated Exercise+ MPRA 12-2 55+ Basketball GYM 1:30-3 Third Act Dance** WELLR 1:30-3:30 Social Bridge SL 2:15-4 55+ Pickleball GYM	24 10-12 Cathedral Craft* ARTS&C 10:15-11:15 Level 1 Mat Pilates** GYM 10:30-11:30 English Class (REEP) MPRA 11-12:15 Yin/Restorative WELLR Yoga** 11:30-12:15 Strength Training+ GYM 12-4 American MahJongg SL 12:30-3 Pickleball – All Ages! GYM 1-2:15 Trad. Hatha Yoga LI** WELLR 3:30-4:45 Yoga Daily Living** WELLR 4-6 Game Night SL	25 8:15-4 Pickleball – All Ages! GYM 10-12 Chinese Mah Jongg CAFE 10-3 Scrabble SL 10-12 Croquet Park 11:30-12:30 Seated Exercise+ MPRA 1-3 Sunshine Gang MPRA 1-2:15 Tai Chi Practice WELLR 1:30-4 Samba SL 2:30-3:30 Tai Chi Ch'uan** WELLR
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WALTER REED 55+ CENTER ACTIVITY CALENDAR

SEPTEMBER 2026
2909 16th St. S.
Arlington 22204

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