


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">2</p> <p>8:30- 9:15 Boot Camp* GYM 9:45-10:30 Absolute Beginners Pickleball (1 court) GYM 10:00-11:30 Current Events CR 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:00-1:15 Pickleball GYM 10:30-11:15 Jeopardy MPRBC 10:30-11:30 Cranium Crunches MPRBC 12:00-2:00 Mah Jongg SL 2:00-3:00 Tai Chi Level I* WELLR 2:00-4:00 Mexican Train Dominoes SL 4:00-7:00 Canasta SL</p> <p style="text-align: center;"><u>Class Registration Begins at 10am</u></p>	<p style="text-align: right;">3</p> <p>10:00-10:45 Sudoku SL 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:00-4:00 Pickleball GYM 10:15-11:00 Decorate Red, White, Blue Cupcakes MPRBC 11:15-12:00 Strength Training WELLR 1:00-3:00 Tai Chi Practice WELLR 2:00-4:00 Bridge Practice SL 4:30-5:30 Ukulele Strumming SL 6:30-7:30 Bocce GREENSPACE 6:30-7:30 Piano Lessons QR</p>	<p style="text-align: center;">4</p> <p style="text-align: center;">4th of July Holiday Senior Center Closed</p>	<p style="text-align: right;">5</p> <p>9:30- 9:15 Boot Camp* GYM 9:30-10:15 Dance Fusion* GYM 9:30-11:00 Computer Help CAFE 10:00-11:00 Chinese Dancing WELLR 10:00-11:00 English Conver. – Non-Native Speakers SL 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:30-11:30 Badminton (1 court) GYM 10:30-12:30 A Haven for Handwork CAFE 10:30-4:00 Pickleball (1 court 10:30-11:30) GYM 11:15-12:00 Strength Training WELLR 12:00-3:00 Mah Jongg SL 2:00-3:00 Piano Lessons QR 2:00-3:00 Tai Chi II* WELLR 4:00-7:00 Game Night SL</p>	<p style="text-align: right;">6</p> <p>8:30-9:30 Core Conditioning* WELLR 8:45-9:45 Kukuwa African Dance* GYM 9:30-10:30 Rummikub MPRBC 9:45-10:45 Feldenkrais: Better Balance* WELLR 10:00-12:00 Cribbage A&C 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:15-11:00 Chair Exercise GYM 10:15-3:00 Scrabble SL 10:30-12:00 Croquet GREENSPACE 11:15-12:00 Bingo* MPRBC 11:15-1:00 Tai Chi Practice WELLR 11:30-1:15 Pickleball GYM 1:00-3:00 Sunshine Gang MPRA 1:30-2:30 Walk Off the Pounds WELLR</p>
<p style="text-align: right;">9</p> <p>9:45-10:30 Absolute Beginners Pickleball (1 court) GYM 10:00-11:00 Fisherman’s Forum CR 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:00-1:15 Pickleball GYM 10:30-11:15 Jeopardy MPRBC 10:30-11:30 Cranium Crunches MPRBC 12:00-2:00 Mah Jongg SL 2:00-3:00 Tai Chi Level I* (MakeUp) WELLR 2:00-4:00 Mexican Train Dominoes SL 4:00-7:00 Canasta SL 6:30-7:30 Ballroom Dance Blast MPRBC</p> <p style="text-align: center;"><u>In-Person Travel Sign Up: 10:00am-Noon</u></p>	<p style="text-align: right;">10</p> <p>10:00-10:45 Sudoku SL 10:00-11:00 Making Smart Decisions CR 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:00-4:00 Pickleball GYM 11:15-12:00 Strength Training WELLR 1:00-3:00 Tai Chi Practice WELLR 1:00-4:00 Lubber Run Advisory Committee CR 2:00-4:00 Bridge Practice Special Bridge w/Steve Robinson SL 3:00-4:30 Advisory Committee A&C 6:30-7:30 Bocce GREENSPACE</p> <p style="text-align: center;"><u>Social 60+ Café Field Trip Renwick Museum</u> Cost \$3: Lunch not included (RSVP required)</p>	<p style="text-align: right;">11</p> <p>8:30-9:30 Walter’s Walkers GYM 9:30-10:30 High Beginner Line Dancing WELLR 9:30-11:45 Learn Mac, iPad, iPhone Basics (by appointment) CAFÉ 10:00-11:00 Funeral Costs Reviewed MPRA 10:00-12:00 Badminton (1 court) GYM 10:00-12:00 Canasta SL 10:00-12:00 Painting Class* A&C 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:15-11:00 Darts GYM 10:30-12:00 Intermediate Line Dancing WELLR 11:00-12:00 Conversational Spanish QR 11:45-1:30 55+ Basketball GYM 12:15-3:00 Social Bridge SL</p>	<p style="text-align: right;">12</p> <p>9:30-11:00 Computer Help CAFE 10:00-11:00 Chinese Dancing WELLR 10:00-11:00 Home Improvement Basics CR 10:00-12:00 Create Your Own EBay Acct MPRA 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:30-11:30 Badminton (1 court) GYM 10:30-12:30 A Haven for Handwork CAFE 10:30-4:00 Pickleball (1 court 10:30-11:30) GYM 11:15-12:00 Strength Training WELLR 12:00-3:00 Mah Jongg SL 2:00-3:00 Piano Lessons QR 3:00-5:00 Movie – <i>Shape of Water</i> (R) A&C</p>	<p style="text-align: right;">13</p> <p>9:00-10:00 Piano Lessons QR 9:30-10:30 Rummikub MPRBC 9:45-10:45 Feldenkrais: Better Balance* WELLR 10:00-11:00 Blood Pressure Clinic CR 10:00-12:00 Cribbage A&C 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:15-11:00 Chair Exercise GYM 10:15-3:00 Scrabble SL 10:30-12:00 Croquet GREENSPACE 11:15-12:00 Bingo* MPRBC 11:15-1:00 Tai Chi Practice WELLR 11:30-1:15 Pickleball GYM 1:00-3:00 Sunshine Gang MPRA 1:30-2:30 Walk Off the Pounds WELLR 4:00-5:00 Computer Help (by appt.) CAFE</p>
<p style="text-align: right;">16</p> <p>8:30- 9:15 Boot Camp* GYM 9:45-10:30 Absolute Beginners Pickleball (1 court) GYM 10:00-11:30 Current Events CR 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:00-1:15 Pickleball GYM 10:30-11:15 Jeopardy MPRBC 10:30-11:30 Cranium Crunches MPRBC 12:00-2:00 Mah Jongg SL 2:00-3:00 Tai Chi Level I* WELLR 2:00-4:00 Mexican Train Dominoes SL 4:00-7:00 Canasta SL 6:30-7:30 Ballroom Dance* MPRBC</p>	<p style="text-align: right;">17</p> <p>10:00-10:45 Sudoku SL 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:00-4:00 Pickleball GYM 11:15-12:00 Strength Training WELLR 1:00-3:00 Tai Chi Practice WELLR 2:00-4:00 Bridge Practice SL 6:30-7:30 Bocce GREENSPACE 6:30-7:30 Piano Lessons QR</p>	<p style="text-align: right;">18</p> <p>8:30-9:30 Walter’s Walkers GYM 9:30-10:30 High Beginner Line Dancing WELLR 10:00-12:00 Badminton (1 court) GYM 10:00-12:00 Canasta SL 10:00-12:00 Painting Class* A&C 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:30-11:00 Chair Volleyball and lunch w/Camp Visitors GYM 10:30-12:00 Intermediate Line Dancing WELLR 11:00-12:00 Ukulele Strumming Cafe 11:00-12:00 Conversational Spanish QR 11:45-1:30 55+ Basketball GYM 12:15-3:00 Social Bridge SL 1:00-2:00 Chair Hatha Yoga* WELLR</p>	<p style="text-align: right;">19</p> <p>8:30-9:15 Boot Camp* GYM 9:30-10:15 Dance Fusion* GYM 9:30-11:00 Computer Help CAFE 10:00-11:00 Blood Pressure Clinic QR 10:00-11:00 English Conver–Non-Native Speakers SL 10:00-11:00 Chinese Dancing WELLR 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:30-12:30 A Haven for Handwork CAFE 10:30-11:30 Badminton (1 court) GYM 10:30-4:00 Pickleball (1 court 10:30-11:30) GYM 11:15-12:00 Strength Training WELLR 12:00-3:00 Mah Jongg SL 3:00-5:00 Indoor Shuffleboard MPRABC 4:00-7:00 Game Night SL 7:00-9:00 Firehouse Jam A&C</p>	<p style="text-align: right;">20</p> <p>8:30-9:30 Core Conditioning* WELLR 8:45-9:45 Kukuwa African Dance* GYM 9:30-10:30 Rummikub MPRBC 9:45-10:45 Feldenkrais: Better Balance* WELLR 10:00-11:00 Walter Reed Book Club CR 10:00-11:30 iPhone Basics The Class MPRA 10:00-12:00 Cribbage CL 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:15-11:00 Chair Exercise GYM 10:15-3:00 Scrabble SL 10:30-12:00 Croquet GREENSPACE 1:15-12:00 Bingo* CAFÉ 11:15-1:00 Tai Chi Practice WELLR 11:30-1:15 Pickleball GYM 1:00-3:00 Sunshine Gang MPRA 1:30-2:30 Walk Off the Pounds WELLR</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">23</p> 8:30 -9:15 Boot Camp* GYM 9:45-10:30 Absolute Beginners Pickleball (1 court) GYM 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:00-1:15 Pickleball GYM 10:30-11:30 Cranium Crunches MPRBC 10:30-11:15 Jeopardy MPRBC 12:00-2:00 Mah Jongg SL 2:00-3:00 Tai Chi Level I* WELLR 2:00-4:00 Mexican Train Dominoes SL 4:00-7:00 Canasta SL 6:30-7:30 Ballroom Dance* MPRBC	<p style="text-align: right;">24</p> 10:00-10:45 Sudoku SL 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:00-2:00 Merrymakers CAFÉ 10:00-4:00 Pickleball GYM 11:15-12:00 Strength Training WELLR 1:00-3:00 Tai Chi Practice WELLR 2:00-4:00 Bridge Practice SL 5:00-7:00 Burgers & Bocce SL	<p style="text-align: right;">25</p> 8:30-9:30 Walter's Walkers GYM 9:30-10:30 High Beginner Line Dancing WELLR 9:30-11:45 Learn Mac, iPad, iPhone Basics (by appointment) CAFÉ 10:00-11:00 Badminton (1 court) GYM 10:00-11:00 Put Some Play in Your Day CR 10:00-12:00 Canasta SL 10:00-12:00 Painting Class* A&C 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:30-12:00 Intermediate Line Dancing WELLR 11:00-12:00 Conversational Spanish QR 11:45-1:30 55+ Basketball GYM 12:15-3:00 Social Bridge SL 1:00-2:00 Chair Hatha Yoga* WELLR	<p style="text-align: right;">26</p> 8:30- 9:15 Boot Camp* GYM 9:30-10:15 Dance Fusion* GYM 9:30-11:00 Computer Help CAFE 10:00-11:00 DHS Resources QR 10:00-11:00 Chinese Dancing WELLR 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:30-4:00 Pickleball (1 court 10:30-11:30) GYM 10:30-11:30 Badminton (1 court) GYM 10:30-12:30 A Haven for Handwork CAFE 11:15-12:00 Strength Training WELLR 12:00-3:00 Mah Jongg SL 12:15-12:30 Birthday Celebration MPRBC 2:00-3:00 Tai Chi II* WELLR 2:00-3:00 Piano Lessons QR	<p style="text-align: right;">27</p> 8:30-9:30 Core Conditioning* WELLR 8:45-9:45 Kukuwa African Dance* GYM 9:30-10:30 Rummikub MPRBC 9:45-10:45 Feldenkrais: Better Balance* WELLR 10:00-12:00 Cribbage A&C 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:15-3:00 Scrabble SL 10:15-11:00 Chair Exercise GYM 10:30-12:00 Croquet GREENSPACE 11:15-12:00 Bingo* CAFÉ 11:15-1:00 Tai Chi Practice WELLR 11:30-1:15 Pickleball GYM 1:00-3:00 Sunshine Gang MPRA 1:30-2:30 Walk Off the Pounds WELLR
<p style="text-align: right;">30</p> 8:30 -9:15 Boot Camp* GYM 9:45-10:30 Absolute Beginners Pickleball (1 court) GYM 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:00-1:15 Pickleball GYM 10:30-11:15 Jeopardy MPRBC 10:30-11:30 Cranium Crunches MPRBC 12:00-2:00 Mah Jongg SL 1:00-2:30 Walter Reed Garden Group CR 2:00-3:00 Tai Chi Level I* WELLR 2:00-4:00 Mexican Train Dominoes SL 4:00-7:00 Canasta SL 6:30-7:30 Ballroom Dance* MPRBC	<p style="text-align: right;">31</p> 10:00-10:45 Sudoku SL 10:00-11:00 Amharic Wellness MPRA 10:00-11:00 Legal Services of No. VA QR 10:00-11:00 Five Sneaky Causes of Weight Gain CR 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:00-1:00 Pickleball GYM 11:15-12:00 Strength Training WELLR 1:00-3:00 Tai Chi Practice WELLR 2:00-4:00 Bridge Practice SL 6:30-7:30 Bocce GREENSPACE		<p><u>Saturdays:</u> Rummikub 10am-Noon Mah Jongg 12:00-3:45pm</p> <p><u>Piano Lessons</u> Sat., July 28, 9:00-10:00am</p> <p><u>Line Dancing</u> Sat., July 14, 1:15-3:15pm</p> <p><u>Sundays:</u> Yarn Circle 1:00-3:00pm</p>	<h1 style="text-align: center;">July 2018</h1> <p style="text-align: center;">Walter Reed 55+ Senior Center 2909 S. 16th Street Arlington, VA 22204</p> <p style="text-align: center;">703-228-0955</p>

What is Social 60+ Cafe?

Did you know that if you are 60 years of age or older and live in Arlington County, you can get transportation to a hot, nutritious meal at Walter Reed, Arlington Mill, or Langston Brown?

Lunch Program served daily, Monday- Friday.

Lucy Matzner, lunch program coordinator, is available to answer all your questions. Make an appointment with her today! 703-288-0951

The **Walter Reed Advisory Committee** meets at 3pm on the first Tuesday of the month.

If you have ideas about the Center and its programs, and would like to be a part of the committee, please come to an Advisory Committee meeting or call LeeAnne for more information.

Meetings are open to the public.