

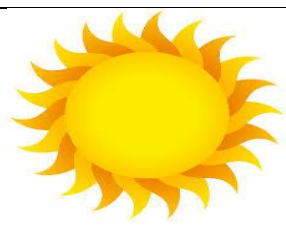


Please call before you come to one of our programs

# JULY 2018

703-228-6300

LANGSTON-BROWN SENIOR CENTER 2121 N. Culpeper Street

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>2</b></p> <p><b>10:00 Fee Class Registration</b>                      11:00 Senior Strength Training*WR                      12:00 Lunch* Social 60+ Café Program MR                      12:30 Pinochle (Rm108)                      12:30 Tai Chi Practice (DS)</p>	<p><b>3</b></p> <p>10:00 Rummikub - Rm 108                      10:00 Bingo                      12:00 Lunch* Social 60+ Café Program                      1:00 Spanish Dialogue - Rm 125                      1:00 Yarn Creations - Rm 108</p>	<p><b>4</b></p>  <p><b>COUNTY HOLIDAY SENIOR CENTER CLOSED</b></p> <p><b>Happy 4th!</b></p>	<p><b>5</b></p> <p>9:30 Mah Jongg (RM 108)                      10:00 Line Dance – DS                      11:15 Traditional Yoga (8) 2<sup>nd</sup> Fl DS                      12:00 Lunch Social 60+ Café program*Rm113                      1:15 Pilates*(B)                      1:30 Volleyball GYM                      2:30 Stretching Class*(B)-DS                      2:00 Italian Language                      2:00 Writing Your Life History (New)                      4:00 Ancient Art Dance -DS                      5:00 Chair Yoga* (B)</p>	<p><b>6</b></p> <p><b>9:30 Spellbinding Storytellers</b>                      10:00 German Conversation Rm 109                      11:00 Senior Strength Training * WR                      12:00 Lunch* Social 60+ Café Program                      12:30 Pinochle Rm 108                      12:30 Gentle Yoga* (B)</p>	<p><b>7</b></p> <p>9:15 – 10:00am                      Tai Chi Practice  <b>must have completed Tai Chi Class in order to attend the practice session)</b></p>
<p><b>9</b></p> <p>11:00 Senior Strength Training*WR                      12:00 Lunch* Social 60+ Café Program MR                      12:30 Pinochle (Rm125)                      12:30 Tai Chi Practice (DS)  <b>1:00 Classical Music Appreciation (Rm 108)</b></p>	<p><b>10</b></p> <p>9:15 Field Trip -Social 60+ Café                      10:00 Rummikub - Rm 108                      10:00 ANV – Wellness Committee                      1:00 Spanish Dialogue - Rm 125                      1:00 Yarn Creations Rm -108</p>	<p><b>11</b></p> <p>10:15 Exercise w/ Jill CM-(Rm113)                      11:30 Senior Strength Training* WR                      12:00 Lunch Social 60+ Café Program* Rm113                      12:30 Tai Chi Practice 2<sup>nd</sup> Fl. (DS)                      1:00 Scrabble (Rm 125)                      1:00 French Conversation (Rm 113)  <b>1:30 Volleyball GYM</b>  <b>2:00 Summer Cinema -The Post-PG13 - SR</b>                      7:00 Women’s Basketball*Gym</p>	<p><b>12</b></p> <p>9:30 Mah Jongg (RM 108)                      10:00 Line Dance – DS                      11:15 Traditional Yoga (B)                      12:00 Lunch Social 60+ Café Program*MR                      1:15 Pilates*(B)                      2:30 Stretching Class*(B)-DS                      2:00 Italian Language                      2:00 Writing Your Life History (New)                      4:00 Ancient Art Dance -DS                      5:00 Chair Yoga* (B)</p>	<p><b>13</b></p> <p>10:00 German Conversation Rm 109                      11:00 Senior Strength Training * WR                      12:00 Lunch* Social 60+ Café Program                      12:30 Pinochle Rm 108                      12:30 Gentle Yoga* (B)</p>	<p><b>14</b></p> <p>9:15 am – 10:00am                      Tai Chi Practice  <b>(must have completed Tai Chi Class in order to attend the practice session)</b></p>
<p><b>16</b></p> <p>11:00 Senior Strength Training*WR                      12:00 Lunch* Social 60+ Café Program MR                      12:30 Pinochle Rm 108                      12:30 Tai Chi Practice (DS)</p>	<p><b>17</b></p> <p>10:00 Rummikub - Rm 108                      10:00 Bingo -SR                      12:00 Lunch* Social 60+ Café – Rm 113                      1:00 Spanish Dialogue - Rm 125                      1:00 Yarn Creations – Rm 108</p>	<p><b>18</b></p> <p>10:15 Exercise w/ Jill CM-Rm113                      11:30 Senior Strength Training* WR                      12:00 Lunch Social 60+ Café Program* Rm 113                      12:30 Tai Chi Practice 2<sup>nd</sup> Fl. (DS)  <b>1:00 Understanding Trusts - Rm108</b>                      1:00 Scrabble (Rm125)                      1:00 French Conversation Rm 113                      1:30 Encore Learning* Current Events Rm 108  <b>1:30 Volleyball GYM</b>                      7:00 Women’s Basketball*Gym</p>	<p><b>19</b></p> <p>9:30 Mah Jongg Learning                      10:00 Line Dance – DS                      11:15 Traditional Yoga*(1)                      12:00 Lunch* Social 60+ Café Program MR                      1:15 Pilates*(1)                      2:30 Stretching Class*(1)                      2:00 Italian Language                      2:00 Writing Your Life History (New)                      4:00 Ancient Art Dance -DS                      5:00 Chair Yoga* (1)</p>	<p><b>20</b></p> <p>10:00 German Conversation Rm 109                      11:00 Senior Strength Training * WR                      12:00 Lunch* Social 60+ Café Program                      12:30 Pinochle Rm 108                      12:30 Gentle Yoga* (1)</p>	<p><b>21</b></p> <p>9:15 am – 10:00am                      Tai Chi Practice  <b>(must have completed Tai Chi Class in order to attend practice session)</b></p>
<p><b>23</b></p> <p>11:00 Senior Strength Training*WR                      11:00 <b>Emergency Preparedness</b> Rm 108                      12:00 Lunch* Social 60+ Café Program MR                      12:30 Pinochle – Rm 108                      12:30 Tai Chi Practice (DS)</p>	<p><b>24</b></p> <p>10:00 Rummikub – Rm 108                      10:00 Bingo – SR                      12:00 Lunch* Social 60+ Café – Rm 113                      1:00 Spanish Dialogue (Rm 125)                      1:00 Yarn Creations (Rm 108)</p>	<p><b>25</b></p> <p>10:15 Exercise w/ Jill CM (Rm113)                      11:30 Senior Strength Training* WR                      12:00 Lunch Social 60+ Café Program* Rm 113                      12:30 Tai Chi Practice -2<sup>nd</sup> Fl DS                      1:00 French Conversation                      1:00 Scrabble (Rm125)  <b>1:30 Volleyball GYM</b>                      7:00 Women’s Basketball*Gym</p>	<p><b>26</b></p> <p>9:30 Mah Jongg Learning                      10:00 Line Dance-DS                      12:00 Lunch* Social 60+ Café Program                      11:15 Traditional Yoga*(2)                      1:15 Pilates*(2)                      2:30 Stretching Class*(2)                      2:00 Italian Language                      2:00 Writing Your Life History (New)                      4:00 Ancient Art Dance-DS                      5:00 Chair Yoga* (2)</p>	<p><b>27</b></p> <p>10:00 German Conversation Rm 109                      11:00 Senior Strength Training * WR                      12:00 Lunch* Social 60+ Café Program                      12:30 Pinochle Rm 108                      12:30 Gentle Yoga* (2)</p>	<p><b>28</b></p> <p>9:15 am – 10:00am                      Tai Chi Practice  <b>(must have completed Tai Chi Class in order to attend the practice session)</b></p>
<p><b>30</b></p> <p>11:00 Senior Strength Training*WR                      12:00 Lunch* Social 60+ Café Program MR                      12:30 Pinochle Rm 108                      12:30 Tai Chi Practice (DS)</p>	<p><b>31</b></p> <p>10:00 Rummikub – Rm 108                      10:00 Bingo- SR                      12:00 Lunch* Social 60+ Café - Rm113                      1:00 Spanish Dialogue (Rm 125)                      1:00 Yarn Creations (Rm 108)</p>				

AC = Arts & Crafts Room 1<sup>st</sup> Floor DS = Dance Studio 2<sup>nd</sup> Floor MR = Multipurpose Room 1<sup>st</sup> Floor WR = Weight Room 2<sup>nd</sup> Floor SR = Senior Room 1<sup>st</sup> Floor Social 60+ Cafe (Meal Program) Participants \* Fee based