



Please call ahead to reserve
your space for a class,
workshop or special event:

703-228-5722

AURORA HILLS 55+ SENIOR CENTER

735 S. 18th Street
Arlington, Virginia 22202
703-228-5722

December 2018

Registration Fees:
55+ Arlington Residents: \$20/\$60* Household \$30/\$90*
Non-Arlington Resident: \$45/\$90* Household \$65/\$135*
*55+ GOLD Pass also provides access to all fitness equipment.
You must be registered and have a current "55+ Pass"
to be able to participate in our programs and classes.
Registration also accepted online (enter search term 55+ Pass).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>INCLEMENT WEATHER CLOSINGS</p> <p>HOTLINE 703-228-4715</p>				
<p>TR = Training Room KIT = Kitchen MR = Main Room OS = Outside RA = Reception Area</p> <p>* = PROGRAM HAS FEE</p>				
<p>3</p> <p>*10-11 Gentle Hatha Yoga TR 10-12:30 Yarn Crafters MR 10-12 Mah Jongg KIT 11:30-1 Advisory Committee Meeting TR 2-3 Tai Chi MR</p>	<p>4</p> <p>*9:30-10:30 Cardio Tone MR Exercise</p>	<p>5</p> <p>*10-11 Gentle Hatha Yoga TR *10-1:30 Duplicate Bridge MR 10-1:30 Foursome Bridge KIT 10-12:15 Mac, iPhone, iPad RA 2-3 Interview Workshop TR</p>	<p>6</p> <p>*11-12 Cardio Tone Exercise MR</p>	<p>7</p> <p>10-11 iPhone & iPad Basics TR 10:30-11:30 Line Dancing MR 2-3 How to Get More ZZZ's TR</p>
<p>10</p> <p>*10-11 Gentle Hatha Yoga TR 10-12:30 Yarn Crafters MR 10-12 Mah Jongg KIT 12:15-1:30 Book Club KIT 1-1:30 Intergenerational Story Time MR *1:30-3 Nordic Impressions- Joan Hart TR 2-3 Tai Chi MR</p>	<p>11</p> <p>*9:30-10:30 Cardio Tone MR Exercise</p>	<p>12</p> <p>*10-11 Gentle Hatha Yoga TR *10-1:30 Duplicate Bridge MR 10-1:30 Foursome Bridge KIT 12:30-3 Cinema Talk: Doubt (PG-13) TR</p>	<p>13</p> <p>*11-12 Cardio Tone Exercise MR</p>	<p>14</p> <p>10:30-11:30 Line Dancing TR *12-2 HOLIDAY LUNCHEON MR (Fee: \$8) 1:30-3 The Play's the Thing TR</p>
<p>17</p> <p>*10-11 Gentle Hatha Yoga TR 10-12:30 Yarn Crafters MR 1:30-2:30 The President Is Missing TR 2-3 Tai Chi Practice MR</p>	<p>18</p> <p>*9:30-10:30 Cardio Tone MR Exercise</p>	<p>19</p> <p>*10-11 Gentle Hatha Yoga TR *10-1:30 Duplicate Bridge MR 10-1:30 Foursome Bridge KIT 10-12:15 Mac, iPhone, iPad RA 11:30-12:30 Comedy Club TR 2-3 Author Talk: Lafayette Square MR</p>	<p>20</p> <p>*11-12 Cardio Tone Exercise MR</p>	<p>21</p> <p>10:30-11:30 Line Dancing MR 12-1 Author Talk: Steppin' Lively TR 1-3 Holiday Classic Movie: MR Holiday Inn (1942)</p>
<p>24</p> <p>Closed for the Holidays</p> 	<p>25</p> <p>Closed for the Holidays</p> 	<p>26</p> <p>*10-11 Gentle Hatha Yoga TR *10-1:30 Duplicate Bridge MR 10-1:30 Foursome Bridge KIT</p>	<p>27</p> <p>*11-12 Cardio Tone Exercise MR</p>	<p>28</p> <p>9-10:30 Fast Forwards Walking OS 10:30-11:30 Line Dancing TR</p>
<p>31</p> <p>*No Gentle Hatha Yoga 10-12:30 Yarn Crafters MR 10-12 Mah Jongg KIT 2-3 Tai Chi Practice MR</p>				