









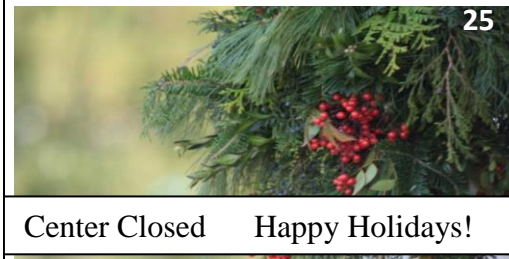

Please call before you come to one of our programs

DECEMBER 2018

703-228-6300

LANGSTON-BROWN SENIOR CENTER

2121 N. Culpeper Street

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 				
3 10:15 Jane Franklin Rm 113 11:00 Senior Strength Training*WR 12:00 Lunch* Social 60+ Café Program Rm113 12:30 Pinochle Rm 108 12:30 Tai Chi Practice (2 nd Fl. DS) 3:30 Tai Chi Beginners*(17)	4 10:00 Rummikub - Rm 113 10:00 Bingo 9:30 Field Trip Social 60+ 11:00 Sweats & Treats Rm 108 12:00 Lunch* Social 60+ Café Program 1:00 Spanish Dialogue - Rm 125 1:00 Yarn Creations Rm -108 1:45-3:15 Encore Chorale Rm 113 3:30 Intermediate Tai Chi (10)	5 <u>10:15 Exercise w/ Jill CM- Rm113</u> 11:30 Senior Strength Training* WR 12:00 Lunch Social 60+ Café Program* Rm113 12:30 Tai Chi Practice 2 nd Fl. (DS) 1:00 Scrabble (Rm 125) 1:00 French Conversation 1:30 Volleyball- Drop-in GYM <u>2:00 Power Pilates Class *(2)</u> 3:30 Tai Chi Beginners*(18) 7:00 Women's Basketball*Gym	6 9:30 Mah Jongg Learning RM 108 10:00 Line Dance – DS <u>11:15 Traditional Yoga* (2) 2nd Fl. DS</u> 12:00 Lunch Social 60+ Café Program*MR 2:00 Italian Language <u>2:00 Writing Your Life History (in progress)</u> 4:00 Ancient Art Dance -DS <u>5:00 Chair Yoga* (2) Rm 109</u>	7 <u>9:30 Spellbinders</u> 10:00 German Conversation Rm 108 10:00 Art - Social 60 + 11:00 Senior Strength Training * WR 12:00 Lunch* Social 60+ Café Program 12:30 Pinochle Rm 108 <u>12:30 Gentle Yoga* (2) 2nd Fl. DS</u> 1:30 Volleyball- Drop-in -GYM 2:00 Power Pilates* (3) - DS 5:00 Seeing Art as Artist Do Series (2)	8 9:15 – 10:00am Tai Chi Practice must have completed a Tai Chi Class in order to attend the practice session)
10 * Presentation date changed – Intro Podcasting – Dec. 17 11:00 Senior Strength Training*WR 12:00 Lunch* Social 60+ Café Program Rm 113 12:30 Pinochle – Rm 108 12:30 Tai Chi Practice (2 nd Fl. DS) 1:00 Classical Music Appreciation Rm 108 3:30 Tai Chi Beginners* (19) Rm113	11 10:00 Bingo 10:00 Rummikub - Rm 108 11:00 Nutrition & Wellness 12:00 Social 60+ Café Lunch 1:00 Spanish Dialogue - Rm 125 1:00 Yarn Creations – Rm 108 1:45-3:15 Encore Chorale Rm 113	12 <u>10:15 Exercise w/ Jill CM-Rm113</u> 11:30 Senior Strength Training* WR 12:00 Lunch - Social 60+ Café Program* Rm 113 12:30 Tai Chi Practice 2 nd Fl. (DS) 1:00 Scrabble (Rm125) 1:00 French Conversation 1:30 Volleyball Drop-in- GYM <u>2:00 Power Pilates Class *(4) 2nd Fl DS</u> 3:30 Tai Chi Beginners*Rm (20) 113 7:00 Women's Basketball*Gym	13 9:30 Mah Jongg Learning Rm 108 10:00 Line Dance – DS 11:00 Emergency Preparedness - OEM <u>11:15 Traditional Yoga*(3)</u> 12:00 Lunch* Social 60+ Café Program MR 2:00 Italian Language <u>2:00 Writing Your Life History (in progress)</u> 4:00 Ancient Art Dance -DS <u>5:00 Chair Yoga* (3)</u>	14 10:00 German Conversation Rm 108 <u>10:00 LB Advisory Committee</u> 11:00 Senior Strength Training * WR 12:00 Lunch* Social 60+ Café Program 12:30 Pinochle Rm 108 <u>12:30 Gentle Yoga* (3)</u> 1:30 Volleyball - Drop-in -GYM 2:00 Power Pilates* (5) NEW - DS 5:00 Seeing Art as Artist Do Series (3)	15 9:15 am – 10:00am Tai Chi Practice (must have completed a Tai Chi Class to attend practice session)
17 11:00 Senior Strength Training*WR *11:00 Intro to Podcast – date changed 11:00 Diabetes Peer Support Group NEW 12:00 Lunch* Social 60+ Café Program Rm 113 12:30 Pinochle – Rm 108 12:30 Tai Chi Practice (2 nd Fl. DS)	18 10:00 Rummikub – Rm 108 10:00 Bingo – SR 11:00 Holiday Sing-Along – The Evergreens 12:00 Lunch* Social 60+ Café – Rm 113 1:00 Spanish Dialogue (Rm 125) 1:00 Yarn Creations (Rm 108) 1:45-3:15 Encore Chorale BREAK 7:30pm Encore Chorale Concert -Free (check 55+ Guide for more details)	19 <u>10:15 Exercise w/ Jill CM - Rm113</u> 11:30 Senior Strength Training* WR 12:00 Lunch - Social 60+ Café Program* Rm 113 12:30 Tai Chi Practice -2 nd Fl DS 1:00 French Conversation 1:00 Scrabble (Rm125) 1:30 Volleyball -drop-in GYM 1:30 Encore Learning -Current Events Rm 109 <u>2:00 Power Pilates*(6) 2nd Fl DS</u> 7:00 Women's Basketball*Gym	20 9:30 Mah Jongg Learning Rm 108 10:00 Line Dance-2 nd Fl. DS <u>11:15 Traditional Yoga*(4) 2nd Fl. DS</u> 12:00 Lunch* Social 60+ Café Program Rm 113 1:15 Neighbors corner Meeting 2:00 Italian Language <u>2:00 Writing Your Life History (in progress)</u> 4:00 Ancient Art Dance- 2 nd Fl.DS <u>5:00 Chair Yoga* (4) Rm 109</u>	21 10:00 German Conversation Rm 108 10:00 Art – Social 60+ 11:00 Senior Strength Training * WR 12:00 Lunch* Social 60+ Café Program 12:30 Pinochle Rm 108 <u>12:30 Gentle Yoga* (4) 2nd Fl. DS</u> 1:00 Intermediate Drawing & Painting* (8) 1:30 Volleyball – Drop-in GYM 2:00 Power Pilates* (7) NEW – DS 5:00 Seeing Art as Artist Do Series (4)	22 9:15 am – 10:00am Tai Chi Practice (must have completed a Tai Chi Class to attend the practice session)
COUNTY HOLIDAY CENTER CLOSED  24 31 11:00 Senior Strength Training*WR 12:00 Lunch* Social 60+ Café Program Rm113 12:30 Pinochle Rm 108 12:30 Tai Chi Practice (2 nd Fl. DS)	 25 Center Closed Happy Holidays!	26 <u>10:15 Exercise w/ Jill CM-Rm113</u> 11:30 Senior Strength Training* WR 12:00 Lunch Social 60+ Café Program* Rm 113 12:30 Tai Chi Practice 2 nd Fl. (DS) 1:00 Scrabble (Rm125) 1:00 French Conversation Rm 113 1:30 Volleyball - drop-in GYM <u>2:00 Power Pilates* (8) - 2nd Fl. DS</u> 7:00 Women's Basketball*Gym	27 9:30 Mah Jongg Learning Rm 113 10:00 Line Dance-DS <u>11:15 Traditional Yoga*(5)</u> 12:00 Lunch* Social 60+ Café Program Rm 125 2:00 Italian Language <u>2:00 Writing Your Life History (in progress)</u> 4:00 Ancient Art Dance- 2 nd Fl.DS <u>5:00 Chair Yoga*(5) Rm 109</u>	28 10:00 German Conversation Rm 108 11:00 Senior Strength Training * WR 12:00 Lunch* Social 60+ Café Program 12:30 Pinochle Rm 108 12:30 Gentle Yoga* (5) 2 nd Fl. DS <u>1:30 Volleyball Drop-in -GYM</u> 2:00 Power Pilates* (9) NEW – 2 nd Fl. DS 5:00 Seeing Art as Artist Do Series (5)	29 9:15 am – 10:00am Tai Chi Practice (must have completed a Tai Chi Class to attend the practice session) 

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