

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">3</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 10:00-4:00 Pickleball (1 court 10-10:30) GYM 10:30-11:15 Jeopardy MPRBC 10:30-11:30 Cranium Crunches MPRBC 12:00-2:00 Mah Jongg SL 1:30-2:30 SAIL MPRA 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;">4</p> 8:30-9:30 Dance Practice WELLR 9:00-4:00 Pickleball (1 court 11-12) GYM 10:00-10:30 Sudoku SL 10:00-11:00 Brain Health & Age CR 10:00-11:00 Chinese Dancing MPRA 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:00-2:00 MerryMakers CAFE 11:00-12:00 Strength Training GYM 12:00-2:00 Arlington View MPRA 1:00-3:00 Tai Chi Practice WELLR 1:00-2:00 Lubber Run Advisory Mtg CR 3:00-4:00 Advisory Committee Mtg A&C 4:00-7:00 Drop-in Games SL 4:30-5:30 Ukulele Strumming A&C 6:30-7:30 Piano Lessons QR <p style="text-align: center;"><u>Social 60+ Café Field Trip</u> Potomac Mills– Lunch on your own Cost \$3</p>	<p style="text-align: right;">5</p> 8:30-9:00 Walter's Walkers GYM 9:00-10:00 Pickleball Level II* GYM 9:10-10:30 High Beginner Line DancingWELLR 10:00-11:00 ANV CR 10:00-11:00 Beginning Spanish MPRA 10:15-12:00 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 10:30-11:15 Walking with Music (Social60+) GYM 10:30-12:00 Intermediate Line Dancing WELLR 11:00-12:00 Conversational Spanish QR 11:45-1:30 55+ Basketball GYM 12:00-3:00 Jolly Hearts MPRA 12:15-3:00 Social Bridge SL 1:00-2:00 Chair Hatha Yoga* WELLR 2:00-3:45 Pickleball GYM 3:30-4:30 Seniors with Teens MPRBC	<p style="text-align: right;">6</p> 8:30- 9:15 Boot Camp* GYM 9:00-11:00 Chronic Disease Management MPRA 9:30-10:15 Dance Fusion* GYM 10:00-11:15 Art with Liz A&C 10:00-11:00 English Conver–Non-Native Speakers SL 10:00-11:00 Intermediate Spanish CR 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 10:00-4:00 Pickleball (1 court 11-12) GYM 11:00-12:00 Strength Training GYM 12:00-3:00 Mah Jongg SL 1:00-2:30 History Discussion A&C 1:30-2:30 SAIL MPRA 2:00-3:00 Piano Lessons QR 2:00-3:00 Tai Chi II* WELLR 4:00-7:00 Game Night SL	<p style="text-align: right;">7</p> 8:30-9:30 Core Conditioning* WELLR 8:45-9:45 Kukuwa African Dance* GYM 9:00-11:00 Card Games SL 9:30-10:30 Rummikub MPRBC 9:45-10:45 Feldenkrais: Better Balance* WELLR 10:00-3:00 Our Rides CENTER 10:00-12:00 Cribbage A&C 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:00-10:45 Easy Tai Chi GYM 10:15-3:00 Scrabble SL 11:15-12:00 Bingo* CAFÉ 11:00-4:00 Pickleball GYM 1:00-3:00 Sunshine Gang MPRA 1:00-3:00 Tai Chi Practice WELLR 4:00-7:00 Drop-in Games SL
<p style="text-align: right;">10</p> 8:30- 9:15 Boot Camp* GYM 9:45-10:30 Absolute Beginners Pickleball (1 court) GYM 10:00-11:00 Fishermen's Forum CR 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:00-4:00 Pickleball (1 court 10-10:30) GYM 10:00-1:00 VHC Walking Group Party CAFE 10:30-11:15 Snowman Craft (Social 60+) MPRBC 10:30-11:30 Cranium Crunches MPRBC 12:00-2:00 Mah Jongg SL 1:30-2:30 SAIL MPRA 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: center;"><u>10am In Person Travel Sign-Ups</u></p>	<p style="text-align: right;">11</p> 8:30-9:30 Dance Practice WELLR 9:00-4:00 Pickleball (1 court 11-12) GYM 10:00-10:30 Sudoku SL 10:00-11:00 Skincare w/Cheryl (Social 60+) A&C 10:00-11:00 Credit Ratings CR 10:00-11:00 Chinese Dancing MPRA 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:00-2:00 MerryMakers CAFE 11:00-12:00 Strength Training GYM 1:00-2:30 Your Opinion Please CR 1:00-3:00 Tai Chi Practice WELLR 2:00-4:00 Bridge Practice SL 6:30-7:30 I would Like to Buy a Vowel SL	<p style="text-align: right;">12</p> 8:30-9:00 Walter's Walkers GYM 9:00-10:00 Pickleball Level II* GYM 9:10-10:30 High Beginner Line Dancing WELLR 9:30-11:45 Learn Mac/iPad/iPhone (by apptmt) CAFÉ 10:00-11:00 ANV CR 10:00-11:00 Beginning Spanish MPRA 10:15-12:00 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 10:30-12:00 Intermediate Line Dancing WELLR 10:30-11:15 Walk Off the Pounds (Social 60+) GYM 11:00-12:00 Conversational Spanish QR 11:00-12:00 Ukulele Strumming CL 11:45-1:30 55+ Basketball GYM 12:15-3:00 Social Bridge SL 1:00-2:00 Chair Hatha Yoga* WELLR 2:00-3:45 Pickleball GYM	<p style="text-align: right;">13</p> 8:30-9:15 Boot Camp* GYM 9:30-10:15 Dance Fusion* GYM 9:00-11:00 Chronic Disease Management MPRA 10:00-11:00 Intermediate Spanish A&C 10:00-11:00 New Year's Resolutions for Your Home CR 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:30-12:30 A Haven for Handwork CAFE 10:00-4:00 Pickleball (1 court 11-12) GYM 11:00-12:00 Strength Training GYM 12:00-3:00 Mah Jongg SL 1:30-2:30 SAIL MPRA 2:00-3:00 Piano Lessons QR 2:00-3:00 Tai Chi II* WELLR 3:00-5:00 Shuffleboard MPRABC 3:00-5:00 Movie Marshall A&C 4:00-7:00 Drop-in Games SL	<p style="text-align: right;">14</p> 8:30-9:30 Core Conditioning* WELLR 8:45-9:45 Kukuwa African Dance* GYM 9:00-11:00 Card Games SL 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 10:00-10:45 Easy Tai Chi MPRA 10:15-3:00 Scrabble SL 11:15-12:00 Holiday Bingo* (Social 60+ only) CAFÉ 1:00-3:00 Sunshine Gang MPRA 1:00-3:00 Tai Chi Practice WELLR 4:00-5:30 Computer Help (by appt.) CL 4:00-7:00 Drop-in Games SL <p style="text-align: center;"><u>Special Event in the gym beginning at 10am.</u></p>
<p style="text-align: right;">17</p> 8:30 -9:15 Boot Camp* GYM 9:45-10:30 Absolute Beginners Pickleball (1 court) GYM 10:00-11:30 Current Events MPRA 10:00-11:30 Holiday Movie (Social 60+) CR 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:00-4:00 Pickleball (1 court 10-10:30) GYM 10:30-11:30 Cranium Crunches MPRBC 12:00-2:00 Mah Jongg SL 1:00-2:00 Put Some Play In Your Day MPRA 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;">18</p> 8:30-9:00 Dance Practice WELLR 9:00-10:00 Cardio Boxing WELLR 9:00-4:00 Pickleball (1 court 11-12) GYM 10:00-10:30 Sudoku SL 10:00-11:00 Chinese Dancing MPRA 10:00-11:00 Superfoods CR 10:00-11:00 Legal Services of Northern VA QR 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 11:00-12:00 Strength Training GYM 12:00-2:00 Arlington View MPRA 1:00-3:00 Tai Chi Practice WELLR 2:00-4:00 Bridge Practice SL Special Bridge w/Steve Robinson SL 4:00-7:00 Drop-in Games SL 4:30-5:30 Ukulele Strumming A&C 6:30-7:30 Piano Lessons QR 7:00-8:30 Acoustic Café CAFE	<p style="text-align: right;">19</p> 8:30-9:00 Walter's Walkers GYM 9:00-10:00 Pickleball Level II* GYM 9:10-10:30 High Beginner Line Dancing WELLR 10:00-11:00 ANV CR 10:15-12:00 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 10:30-12:00 Intermediate Line Dancing WELLR 10:30-11:15 Walk Off the Pounds (Social 60+) GYM 11:00-12:00 Conversational Spanish QR 11:30-1:30 Advisory Committee Christmas Party CAFE 11:45-1:30 55+ Basketball GYM 12:00-3:00 Jolly Hearts CR 12:15-3:00 Social Bridge SL 1:00-2:00 Chair Hatha Yoga* WELLR 2:00-3:45 Pickleball GYM 3:30-4:30 Seniors with Teens MPRBC	<p style="text-align: right;">20</p> 8:30-9:15 Boot Camp* GYM 9:30-10:15 Dance Fusion* GYM 9:30-11:00 Blood Pressure Clinic QR 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:30-12:30 A Haven for Handwork CAFE 10:00-4:00 Pickleball (1 court 11-noon) GYM 11:00-12:00 Strength Training GYM 11:30-12:30 Evergreens MPRBC 12:00-3:00 Mah Jongg SL 2:00-3:00 Piano Lessons QR 2:00-3:00 Tai Chi II* WELLR 3:00-5:00 Shuffleboard MPRABC 4:00-7:00 Game Night SL	<p style="text-align: right;">21</p> 8:30-9:30 Core Conditioning* WELLR 8:45-9:45 Kukuwa African Dance* GYM 9:00-11:00 Card Games SL 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 10:00-10:45 Easy Tai Chi GYM 10:15-3:00 Scrabble SL 11:00-4:00 Pickleball GYM 1:00-3:00 Sunshine Gang MPRA 1:00-3:00 Tai Chi Practice WELLR 4:00-7:00 Drop-in Games SL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
24	25	26	27	28
<h1>Holiday Closed</h1>	<h1>Holiday Closed</h1>	8:30-9:00 Walter's Walkers GYM 9:10-10:30 High Beginner Line Dancing WELLR 10:00-11:00 ANV CR 10:00-12:00 Badminton (1 court) GYM 10:00-11:00 Chair Volleyball (Social 60+) 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 10:30-12:00 Intermediate Line Dancing WELLR 11:00-12:00 Ukulele Strumming CL 11:00-12:00 Conversational Spanish QR 11:45-1:30 55+ Basketball GYM 12:15-3:00 Social Bridge SL 2:00-3:45 Pickleball GYM	8:30- 9:15 Boot Camp* GYM 9:00-11:00 Chronic Disease Management MPRA 9:30-10:15 Dance Fusion* GYM 10:00-11:00 DHS Resources QR 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:00-4:00 Pickleball (1 court 11-12) GYM 10:30-12:30 A Haven for Handwork CAFE 11:00-12:00 Strength Training GYM 12:00-3:00 Mah Jongg SL 12:15-12:30 Birthday Celebration MPRA 1:30-2:30 SAIL MPRA 2:00-3:00 Piano Lessons QR 4:00-7:00 Drop-in Games SL	8:30-9:30 Core Conditioning* WELLR 8:45-9:45 Kukuwa African Dance* GYM 9:00-11:00 Card Games SL 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 10:00-10:45 Easy Tai Chi GYM 11:15-12:00 Bingo* CAFÉ 11:00-4:00 Pickleball GYM 1:00-3:00 Sunshine Gang MPRA 1:00-3:00 Tai Chi Practice WELLR 4:00-7:00 Drop-in Games SL
31		<h2 style="color: green;">Holiday Celebration</h2> <p style="color: green;">Sponsored by the Walter Reed Senior Advisory Committee</p> <p style="color: green;">Wed., Dec. 19, 2018 11:30-1:30PM</p>	<p>Saturdays: Rummikub 10am-Noon Mah Jongg 12:00-3:45pm</p> <p>Saturday, December 1, 15 Piano Lessons</p> <p>Sundays: Yarn Circle 1:00-3:00pm</p>	<h1>December 2018</h1> <p>Walter Reed 55+ Senior Center 2909 S. 16th Street Arlington, VA 22204</p> <p>703-228-0955</p>
9:30 -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 10:00-4:00 Pickleball (1 court 10-10:30) GYM 10:30-11:15 Jeopardy MPRBC 10:30-11:30 Cranium Crunches MPRBC 12:00-2:00 Mah Jongg SL 2:00-4:00 Mexican Train Dominoes SL <p style="text-align: center;">Center closes at 5pm</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.