



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

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).

January 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>TR = Training Room KIT = Kitchen MR = Main Room OS = Outside RA = Reception Area * = PROGRAM HAS FEE</p>	<p>1 Closed for New Year's Day Holiday</p>	<p>2 *10-11 Gentle Hatha Yoga TR *10-1:30 Duplicate Bridge MR 10-1:30 Foursome Bridge KIT</p>	<p>3 *11-12 Cardio Tone Exercise MR</p>	<p>4 10-11:30 Cozy Up with Crosswords & Puzzles MR 10:30-11:30 Line Dancing TR 12:30-3 Movie & Popcorn: The Book Club (PG-13) TR</p>
<p>7 No Gentle Hatha Yoga 10-12:30 Yarn Crafters MR 11:30-1 Advisory Committee Meeting TR 12-2 Mah Jongg KIT 2-3 Tai Chi Practice MR</p>	<p>8 *9:30-10:30 Cardio Tone Exercise MR</p>	<p>9 No Gentle Hatha Yoga *10-1:30 Duplicate Bridge MR 10-1:30 Foursome Bridge KIT 10-12:15 Mac, iPhone, iPad RA 11:30-12:30 Winter Skincare w/ Essential Oils TR</p>	<p>10 *11-12 Cardio Tone Exercise MR</p>	<p>11 10-11:30 Cozy Up with Crosswords & Puzzles MR 10:30-11:30 Line Dancing TR 1-2 Warm Up with Soups & Stews KIT</p>
<p>14 *10-11 Gentle Hatha Yoga TR 10-12:30 Yarn Crafters MR 12-2 Mah Jongg KIT 1-1:30 Intergenerational Story Time MR *1:30-3 Three American Women Artists- Joan Hart TR 2-3 Tai Chi Practice MR</p>	<p>15 *9:30-10:30 Cardio Tone Exercise MR</p>	<p>16 No Gentle Hatha Yoga *10-1:30 Duplicate Bridge MR 10-1:30 Foursome Bridge KIT 11:30-12:30 Comedy Club TR 1:30-3 New Connections TR</p>	<p>17 *11-12 Cardio Tone Exercise MR</p>	<p>18 10-11:30 Cozy Up with Crosswords & Puzzles MR 10:30-11:30 Line Dancing TR 12:30-3 Cinema Talk: Selma (PG-13) TR 1:30-3 The Play's the Thing MR</p>
<p>21 Closed for Martin Luther King, Jr. Holiday</p>	<p>22 *9:30-10:30 Cardio Tone Exercise MR</p>	<p>23 *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 1:30-2:30 Living Well In Retirement TR</p>	<p>24 *11-12 Cardio Tone Exercise MR</p>	<p>25 9-10:30 Fast Forwards Walking Group OS 10-11:30 Cozy Up with Crosswords & Puzzles MR 10:30-11:30 Line Dancing TR 1:30-3 The Play's the Thing TR</p>
<p>28 *10-11 Gentle Hatha Yoga TR 10-12:30 Yarn Crafters MR 12-2 Mah Jongg KIT 12:15-1:30 Book Club TR 2-3 Tai Chi Practice MR</p>	<p>29 *9:30-10:30 Cardio Tone Exercise MR</p>	<p>30 *10-11 Gentle Hatha Yoga TR *10-1:30 Duplicate Bridge MR 10-1:30 Foursome Bridge KIT</p>	<p>31 *11-12 Cardio Tone Exercise MR</p>	<p>INCLEMENT WEATHER CLOSINGS HOTLINE 703-228-4715</p>

**Registration for Winter classes starts at 10 a.m. on
January 7th for Residents; January 8th for Non-Residents!**