

Please call before you come to one of our programs



FEBRUARY 2019



703-228-6300

LANGSTON-BROWN SENIOR CENTER 2121 N. Culpeper Street

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5	6	7	8	9
10:15 Jane Franklin - social 60+ Rm 113 11:00 Papers- Save or Shred? (rescheduled) 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* (19) Break	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 <u>1:45-3:15 Encore Chorale (3)</u> <u>3:30 Intermediate Tai Chi Break</u>	10:00 Coffee & Conversation -ANV Rm 108 <u>10:15 Exercise w/ Jill Social 60+- 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>3:30 Tai Chi Beginners*Break</u> 7:00 Women's Basketball*Gym	9:30 Mah Jongg Learning RM 108 10:00 Line Dance – DS 11:15 Traditional Yoga* BREAK 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 -Break <u>5:00 NEW Gentle & Meditative Yoga* (4) Rm 109</u>	<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* BREAK</u> <u>1:00 Intermediate Drawing & Painting* (4)</u> 1:30 Volleyball- Drop-in -GYM <u>2:00 Power Pilates* () - DS</u>	9:15 – 10:00am Tai Chi Practice must have completed a Tai Chi Class in order to attend the practice session)
11	12	13	14	15	16
10:15 Jane Franklin - social 60+ Rm 113 11:00 Essential Winter Oils 11:00 Senior Strength Training*WR <u>11:00 Diabetes Peer Support Group</u> 12:00 Lunch* Social 60+ Café Program Rm 113 12:30 Pinochle – Rm 125 12:30 Tai Chi Practice (2 nd Fl. DS) 1:00 Majestic National Parks Rm 108 <u>3:30 Tai Chi Beginners* (4) Rm113</u>	10:00 Bingo 10:00 Rummikub - Rm 113 11:00 Strokes: Prevention, Symptoms & Causes Rm 108 12:00 Lunch Social 60+ Café 1:00 Spanish Dialogue - Rm 125 1:00 Yarn Creations – Rm 108 <u>1:45-3:15 Encore Chorale (4)</u> <u>3:30 Intermediate Tai Chi Rm 109 (2)</u>	10:00 Coffee & Conversation – ANV Rm 108 <u>10:15 Exercise w/ Jill Social 60+-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 1:30 Encore Current Events* <u>3:30 Tai Chi Beginners* (5) Rm113</u> 7:00 Women's Basketball*Gym	9:30 Mah Jongg Learning Rm 108 9:00 Social 60+ Valentine's Day Gathering 10:00 Line Dance – DS <u>11:15 Traditional Yoga*(4)</u> 2:00 Italian Language <u>2:00 Writing Your Life History (in progress)</u> 4:00 Ancient Art Dance -Break <u>5:00 Gentle & Meditative Yoga* (5) Rm 109</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 12:30 Gentle Yoga*(3) <u>1:00 Intermediate Drawing & Painting* (6)</u> 1:30 Volleyball - Drop-in -GYM	9:15 am – 10:00am Tai Chi Practice (must have completed a Tai Chi Class to attend practice session)
18	19	20	21	22	23
County Holiday Center Closed 	10:00 Rummikub – Rm 108 10:00 Bingo – SR 12:00 * Social 60+ Café lunch– (Rm 113) 1:00 Spanish Dialogue (Rm 125) 1:00 Yarn Creations (Rm 108) <u>1:45-3:15 Encore Chorale (5)</u> <u>3:30 Intermediate Tai Chi (3) Rm 109</u>	10:00 Coffee & Conversation – ANV Rm 108 <u>10:15 Exercise w/ Jill social 60+ - 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>3:30 Beginner Tai Chi (6) Rm 113</u> 7:00 Women's Basketball*Gym	9:30 Mah Jongg Learning Rm 108 10:00 Line Dance-2 nd Fl. DS 11:15 Traditional Yoga*(2) 2nd Fl. DS 12:00 Lunch* Social 60+ Café Program Rm 113 <u>1:15 Neighbors corner Meeting Rm 113</u> 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 Gentle & Meditative Yoga* (6) Rm109</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 12:30 Gentle Yoga* (4) 2nd Fl. DS <u>1:00 Intermediate Drawing & Painting* (7)</u> 1:30 Volleyball – Drop-in GYM	9:15 am – 10:00am Tai Chi Practice (must have completed a Tai Chi Class to attend the practice session)
25	26	27	28		
10:15 Jane Franklin Rm 113 11:00 Senior Strength Training*WR 12:00 Lunch* Social 60+ Café Program Rm113 12:30 Pinochle Rm 125 12:30 Tai Chi Practice (2 nd Fl. DS) 1:00 Podcast Followers Rm 113 1:00 Digital Library Rm 108 <u>3:30 Beginner Tai Chi (7)</u>	10:00 Rummikub – Rm 108 10:00 Bingo – SR 11:00 5 Ingredients or Less 12:00 Lunch* Social 60+ Café – Rm 113 1:00 Spanish Dialogue (Rm 125) 1:00 Yarn Creations (Rm 108) <u>1:45-3:15 Encore Chorale (6)</u> <u>3:30 Intermediate Tai Chi (4) Rm109</u>	10:00 Coffee & Conversation – ANV Rm 108 <u>10:15 Exercise w/ Jill Social 60 +-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>3:30 Beginner Tai Chi (8) Rm 113</u> 7:00 Women's Basketball*Gym	9:30 Mah Jongg Learning Rm 113 10:00 Line Dance-DS 11:15 Traditional Yoga*(3) 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 Gentle and Meditative Yoga* (7)</u>		

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