

Please call before you come to one of our programs



JANUARY 2019



703-228-6300

LANGSTON-BROWN SENIOR CENTER 2121 N. Culpeper Street

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>CENTER CLOSED</p>	<p>10:15 Exercise w/ Jill social 60+- Rm113 2</p> <p>11:30 Senior Strength Training* WR 12:00 Lunch Social 60+ Café Program* Rm113 12:30 Tai Chi Practice 2nd Fl. (DS) 1:00 Scrabble (Rm 125) 1:00 French Conversation 1:30 Volleyball- Drop-in GYM <u>2:00 Power Pilates Class *(12)</u> 2:30 Encore Travel*</p>	<p>9:30 Mah Jongg Learning RM 108 10:00 Line Dance – DS <u>11:15 Traditional Yoga* (6) 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 -Break</p>	<p>9:30 Spellbinders 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* (6) 2nd Fl. DS</u> 1:30 Volleyball- Drop-in -GYM <u>2:00 Power Pilates* (13) - DS</u> <u>5:00 Seeing Art as Artist Do Series (2)</u></p>	<p>9:15 – 10:00am Tai Chi Practice must have completed a Tai Chi Class in order to attend the practice session)</p>
<p>10:00 Fee Class Registration 7</p> <p>10:15 Jane Franklin - social 60+ 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 (2nd Fl. DS)</p>	<p>8</p> <p>10:00 Rummikub - Rm 113 10:00 Bingo 12:00 Lunch* Social 60+ Café Program 1:00 Spanish Dialogue - Rm 125 1:00 Yarn Creations Rm -108</p>	<p>9</p> <p>10:15 Exercise w/ Jill Social 60+- Rm113 11:30 Senior Strength Training* WR 12:00 Lunch Social 60+ Café Program* Rm113 12:30 Tai Chi Practice 2nd Fl. (DS) 1:00 Scrabble (Rm 125) 1:00 French Conversation 1:30 Volleyball- Drop-in GYM <u>3:30 Tai Chi Beginners*(18)</u> 7:00 Women's Basketball*Gym</p>	<p>10</p> <p>9:30 Mah Jongg Learning RM 108 10:00 Line Dance – DS <u>11:15 Traditional Yoga* BREAK</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 -Break</p>	<p>11</p> <p>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* (1)</u> 1:30 Volleyball- Drop-in -GYM <u>2:00 Power Pilates* -BREAK</u></p>	<p>12</p> <p>9:15 am – 10:00am Tai Chi Practice (must have completed a Tai Chi Class to attend the practice session)</p>
<p>10:15 Jane Franklin social 60+ Rm 113 14</p> <p>11:00 Senior Strength Training*WR 11:00 Diabetes Peer Support Group 12:00 Lunch* Social 60+ Café Program Rm 113 12:30 Pinochle – Rm 108 12:30 Tai Chi Practice (2nd Fl. DS) 1:00 Papers- Save or Shred? 3:30 Tai Chi Beginners* (19) Rm113</p>	<p>15</p> <p>10:00 Bingo 10:00 Rummikub - Rm 108 11:00 Health Directives I Overview 12:00 Social 60+ Café Lunch 1:00 Spanish Dialogue - Rm 125 1:00 Yarn Creations – Rm 108</p>	<p>16</p> <p>10:15 Exercise w/ Jill Social 60+ -Rm113 11:30 Senior Strength Training* WR 12:00 Lunch - Social 60+ Café Program* Rm 113 12:30 Tai Chi Practice 2nd Fl. (DS) 1:00 Scrabble (Rm125) 1:00 French Conversation 1:30 Volleyball Drop-in- GYM 1:30 Encore Current Events* 7:00 Women's Basketball*Gym</p>	<p>17</p> <p>9:30 Mah Jongg Learning Rm 108 10:00 Line Dance – DS <u>11:15 Traditional Yoga*(1)</u> 12:00 Lunch* Social 60+ Café Program MR 1:00 Neighbor's Corner 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* (1) Rm 109</u></p>	<p>18</p> <p>10:00 German Conversation Rm 108 <u>10:00 Art - Social 60+</u> 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* (2)</u> 1:30 Volleyball - Drop-in -GYM</p>	<p>19</p> <p>9:15 am – 10:00am Tai Chi Practice (must have completed a Tai Chi Class to attend practice session)</p>
<p>CENTER CLOSED</p> <p>Martin Luther King Holiday</p>	<p>21</p> <p>10:00 Rummikub – Rm 108 11:00 Improve Your Balance & Coordination 10:00 Bingo – SR 12:00 Lunch* Social 60+ Café – Rm 113 1:00 Health Directives II – (changed from Jan. 17) 1:00 Spanish Dialogue (Rm 125) 1:00 Yarn Creations (Rm 108) <u>1:45-3:15 Encore Chorale (1)</u></p>	<p>23</p> <p>10:15 Exercise w/ Jill social 60+ - Rm113 <u>10:00 LB Advisory Meeting</u> 11:30 Senior Strength Training* WR 12:00 Lunch - Social 60+ Café Program* Rm 113 12:30 Tai Chi Practice -2nd 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 (1)</u> 7:00 Women's Basketball*Gym</p>	<p>24</p> <p>9:30 Mah Jongg Learning Rm 108 10:00 Line Dance-2nd Fl. DS 11:00 Rebuilding Together <u>11:15 Traditional Yoga*(2) 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- 2nd Fl.DS <u>5:00 NEW Gentle & Meditative Yoga* (2) Rm109</u></p>	<p>25</p> <p>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* (1) 2nd Fl. DS</u> <u>1:00 Intermediate Drawing & Painting* (3)</u> 1:30 Volleyball – Drop-in GYM</p>	<p>26</p> <p>9:15 am – 10:00am Tai Chi Practice (must have completed a Tai Chi Class to attend the practice session)</p>
<p>10:15 Jane Franklin Rm 113 28</p> <p>11:00 Senior Strength Training*WR 12:00 Lunch* Social 60+ Café Program Rm113 12:30 Pinochle Rm 108 12:30 Tai Chi Practice (2nd Fl. DS) <u>3:30 Beginner Tai Chi (2)</u></p>	<p>29</p> <p>10:00 Rummikub – Rm 108 10:00 Bingo – SR 11:00 Snowy Day Cooking 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 (2)</u> <u>3:30 Intermediate Tai Chi (1) Rm109</u></p>	<p>30</p> <p>10:15 Exercise w/ Jill Social 60 +-Rm113 11:30 Senior Strength Training* WR 12:00 Lunch Social 60+ Café Program* Rm 113 12:30 Tai Chi Practice 2nd Fl. (DS) 1:00 Scrabble (Rm125) 1:00 French Conversation Rm 113 1:30 Volleyball - drop-in GYM <u>3:30 Beginner Tai Chi (3)</u> 7:00 Women's Basketball*Gym</p>	<p>31</p> <p>9:30 Mah Jongg Learning Rm 113 10:00 Line Dance-DS <u>11:15 Traditional Yoga*(3)</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- 2nd Fl.DS <u>5:00 NEW Gentle and Meditative Yoga* (3)</u></p>		

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