



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1 style="text-align: center;">February 2019</h1> <p style="text-align: center;">Walter Reed 55+ Senior Center 2909 S. 16th Street Arlington, VA 22204</p> <p style="text-align: center;">703-228-0955</p>	<p><u>Saturdays:</u> Rummikub 10am-Noon Mah Jongg 12:00-3:45pm</p> <p>Saturday, February 9, 23 Piano Lessons</p> <p><u>Sundays:</u> Yarn Circle 1:00-3:00pm</p>		<p style="text-align: center;"><u>Advisory Committee</u> <u>Valentine's Day</u> <u>Celebration!</u> Friday, February 15, 2019 1:30-3:30pm</p> 	<p style="text-align: right;">1</p> <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 (Social 60+) MPRBC 9:45-10:45 Feldenkrais: Better Balance* WELLR 10:00-11:00 Diabetes (Social 60+) CR 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 11:00-12:30 Mindfulness Meditation* WELLR 11:00-4:00 Pickleball GYM 11:15-12:00 Bingo CAFÉ 1:00-2:00 Blunders MPRA 1:00-3:00 Sunshine Gang A&C 1:00-3:00 Tai Chi Practice WELLR 4:00-7:00 Drop-in Games SL</p>
<p style="text-align: right;">4</p> <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 11:00-12:00 Our Rides MPRA 12:00-2:00 Mah Jongg SL 1:30-2:30 SAIL MPRA 2:00-3:00 Tai Chi Ch'uan* WELLR 2:00-4:00 Mexican Train Dominoes SL 4:00-7:00 Canasta SL 6:30-7:30 Ballroom Dance* MPRBC</p>	<p style="text-align: right;">5</p> <p>8:30-9:30 Dance Practice WELLR 9:00-1:30 AARP Driver Safety MPRA 9:00-4:00 Pickleball (1 court 11-12) GYM 10:00-10:30 Sudoku SL 10:00-11:00 Chinese Dancing WELLR 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 CR 1:00-3:00 Tai Chi Practice WELLR 2:00-4:00 Bridge Practice SL Special Bridge w/Steve Robinson A&C 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>	<p style="text-align: right;">6</p> <p>8:30-9:00 Walter's Walkers GYM 9:00-10:00 Pickleball Level II* GYM 9:00-1:30 AARP Driver Safety MPRA 9:10-10:30 High Beginner Line Dancing WELLR 10:00-12:00 Badminton (1 court) GYM 10:00-11:00 Beginning Spanish CR 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 11:00-11:45 Jane Franklin Dance (Social 60+) GYM 11:00-12:00 Conversational Spanish QR 11:45-2:00 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 1:30-3:00 Glass Bead Pendants A&C</p>	<p style="text-align: right;">7</p> <p>8:30-9:15 Boot Camp* GYM 9:30-10:15 Dance Fusion* GYM 10:00-11:00 English Conver-Non-Native Speakers SL 10:00-11:00 Intermediate Spanish MPRA 10:00-11:15 Art with Liz (Social 60+) A&C 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:30-12:30 A Haven for Handwork CAFE 10:30-4:00 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 Ch'uan* WELLR 3:00-5:00 Shuffleboard MPRABC 4:00-7:00 Game Night SL</p>	<p style="text-align: right;">8</p> <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 (Social 60+) MPRBC 9:45-10:45 Feldenkrais: Better Balance* WELLR 10:00-11:00 Celebrating King MPRA 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 11:00-12:30 Mindfulness Meditation* WELLR 11:00-4:00 Pickleball GYM 11:15-12:00 Bingo* 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>
<p style="text-align: right;">11</p> <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 Chinese Brush Painting MPRA 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 Memory Books (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 Ch'uan* WELLR 2:00-4:00 Mexican Train Dominoes SL 4:00-7:00 Canasta SL 6:30-7:30 Ballroom Dance* MPRBC</p> <p style="text-align: center;"><u>10am In Person Travel Sign-Ups</u> <u>Arlington County Residents</u></p>	<p style="text-align: right;">12</p> <p>8:30-9:00 Dance Practice 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 Important Documents CR 10:00-2:00 Merrymakers CAFE 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 11:00-12:00 Strength Training GYM 1:00-3:00 Tai Chi Practice WELLR 2:00-4:00 Bridge Practice SL 4:00-6:30 Drop-in Games SL 6:30-7:30 Sweets & Sweethearts SL</p>	<p style="text-align: right;">13</p> <p>8:30-9:00 Walter's Walkers GYM 9:00-10:00 Pickleball Level II* GYM 9:30-11:45 Learn Mac/iPad/iPhone (by apptmt) CAFÉ 9:10-10:30 High Beginner Line Dancing WELLR 10:00-12:00 Badminton (1 court) GYM 10:00-11:00 Beginning Spanish MPRA 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 11:00-11:45 Jane Franklin Dance (Social 60+) MPRA 11:00-12:00 Conversational Spanish QR 11:00-12:00 Ukulele Strumming CL 11:45-2:00 55+ Basketball GYM 12:15-3:00 Social Bridge SL 12:30-2:00 NARFE CAFE 1:00-2:00 Chair Hatha Yoga* WELLR 2:00-3:00 NARFE Exec. Mtg CR 3:30-4:30 Seniors with Teens MPRBC</p>	<p style="text-align: right;">14</p> <p>8:30-9:15 Boot Camp* GYM 9:30-10:15 Dance Fusion* GYM 10:00-11:00 Household Plumbing CR 10:00-11:00 Intermediate Spanish MPRA 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:30-12:30 A Haven for Handwork CAFE 10:30-4:00 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 Ch'uan* WELLR 3:00-5:00 Movie - First Man A&C</p> <p style="text-align: center;">Social 60+ Valentine's Day Event at Langston Brown</p>	<p style="text-align: right;">15</p> <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 (Social 60+) 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 11:00-12:30 Mindfulness Meditation* WELLR 11:00-4:00 Pickleball GYM 11:15-12:00 Bingo* CAFÉ 1:00-3:00 Sunshine Gang MPRA 1:00-3:00 Tai Chi Practice WELLR 1:30-3:30 Advisory Committee Valentine's Day Party CAFE 4:00-7:00 Drop-in Games SL</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18 HOLIDAY President's Day Closed	19 8:30-9:00 Dance Practice WELLR 9:00-4:00 Pickleball (1 court 11-12) GYM 10:00-10:30 Sudoku SL 10:00-11:00 Chinese Dancing WELLR 10:00-11:00 Chronic Disease Management MPRA 10:00-11:00 Resources CR 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 11:00-12:00 Strength Training GYM 1:00-3:00 Tai Chi Practice WELLR 2:00-4:00 Bridge Practice SL 4:00-7:00 Drop-in Games SL 4:30-5:30 Ukulele Strumming A&C 6:30-7:30 Piano Lessons QR 6:30-7:30 Travel Photography CR	20 8:30-9:30 Walter's Walkers GYM 9:10-10:30 High Beginner Line Dancing WELLR 10:00-12:00 Badminton (1 court) GYM 10:00-11:00 Beginning Spanish MPRA 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 10:00-2:00 Hearing Screenings CR 10:30-12:00 Intermediate Line Dancing WELLR 11:00-11:45 Jane Franklin Dance (Social 60+) GYM 11:00-12:00 Conversational Spanish QR 11:45-2:00 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	21 8:30- 9:15 Boot Camp* GYM 9:30-10:15 Dance Fusion* GYM 9:30-11:00 Blood Pressure Clinic QR 10:00-11:00 English Conversation for Non-Native Speakers SL 10:00-11:00 Intermediate Spanish MPRA 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:30-4:00 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 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 Ch'uan* WELLR 3:00-5:00 Shuffleboard MPRABC 4:00-7:00 Game Night SL 7:00-9:00 Firehouse Jam A&C	22 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 (Social 60+) 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 10:00-11:00 WR Book Club Kick-off CR 11:00-12:30 Mindfulness Meditation* WELLR 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
25 9:30 -9:15 Boot Camp* GYM 9:45-10:30 Absolute Beginners Pickleball (1 court) GYM 10:00-11:00 ESL MPRA 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 1:00-2:30 WR Garden Group CR 1:30-2:30 SAIL MPRA 2:00-3:00 Tai Chi Ch'uan* WELLR 2:00-4:00 Mexican Train Dominoes SL 4:00-7:00 Canasta SL 6:30-7:30 Ballroom Dance* MPRBC	26 8:30-9:00 Dance Practice WELLR 9:00-4:00 Pickleball (1 court 11-12) GYM 10:00-10:30 Sudoku SL 10:00-11:00 Amharic Wellness (Social 60+) CR 10:00-11:00 Chinese Dancing MPRA 10:00-11:00 Legal Services of Northern VA QR 10:00-2:00 Merrymakers CAFE 10:00-12:00 Ping Pong Tournament GR 10:00-12:00 Billiards GR 11:00-12:00 Strength Training GYM 1:00-3:00 Tai Chi Practice WELLR 2:00-4:00 Bridge Practice SL 4:00-6:30 Drop-in Games SL 6:30-7:30 Name that Tune SL	27 8:30-9:30 Walter's Walkers GYM 9:30-11:45 Learn Mac/iPad/iPhone (by apptmt) CAFÉ 9:10-10:30 High Beginner Line Dancing WELLR 10:00-11:00 Beginning Spanish MPRA 10:00-11:00 ESL 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 10:00-12:00 Intermediate Line Dancing WELLR 10:30-12:00 Jane Franklin Dance (Social 60+) GYM 11:00-11:45 Conversational Spanish QR 11:00-12:00 Ukulele Strumming CL 11:45-2:00 55+ Basketball GYM 12:15-3:00 Social Bridge SL 1:00-2:00 Chair Hatha Yoga* WELLR 3:30-4:30 Seniors with Teens MPRBC	28 8:30- 9:15 Boot Camp* GYM 9:30-10:15 Dance Fusion* GYM 10:00-11:00 Art with Jen (Social 60+) A&C 10:00-11:00 Intermediate Spanish MPRA 10:00-11:00 DHS Resources SL 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:30-4:00 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 (Social60+)MPRBC 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 Ch'uan* WELLR 4:00-7:00 Drop-in Games SL	

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.