

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;"><b>January 2019</b></p> <p style="text-align: center;"><b>Walter Reed 55+ Senior Center 2909 S. 16<sup>th</sup> Street Arlington, VA 22204</b></p> <p style="text-align: center;"><b>703-228-0955</b></p>	<p style="text-align: center;"><b>HOLIDAY New Year's Day Closed</b></p>	<p style="text-align: right;"><b>2</b></p> <p>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 10:00-12:00 Canasta SL 10:00-12:00 Painting Class* A&amp;C 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards 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 11:45-2:00 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 <b>1:00-2:00 Our Resolutions CR</b> 2:15-3:45 Pickleball GYM</p>	<p style="text-align: right;"><b>3</b></p> <p>8:30- 9:15 Boot Camp* GYM 9:30-10:15 Dance Fusion* GYM 10:00-11:15 Art with Jen (Social 60+) A&amp;C 10:00-11:00 English Conver-Non-Native Speakers SL 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 2:00-3:00 Piano Lessons QR <b>3:00-4:00 Advisory Committee Mtg A&amp;C</b> <b>4:00-7:00 Game Night SL</b></p>	<p style="text-align: right;"><b>4</b></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 MPRBC 9:45-10:45 Feldenkrais: Better Balance* WELLR <b>10:00-11:00 Class Registration 101 CR</b> 10:00-12:00 Cribbage A&amp;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 <b>2:00-3:00 Health &amp; Wellness Goals MPRA</b> 4:00-7:00 Drop-in Games SL</p>
<p style="text-align: right;"><b>7</b></p> <p>9:45-10:30 Absolute Beginners Pickleball (1 court) GYM <b>10:00-11:30 Current Events CR</b> 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 4:00-7:00 Canasta SL <b>6:30-7:30 Ballroom Dance* MPRBC</b></p> <p style="text-align: center;"><b><u>10 am Class Registration Begins for Arlington County Residents</u></b></p>	<p style="text-align: right;"><b>8</b></p> <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&amp;C 10:00-11:00 Chinese Dancing MPRA 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR <b>10:00-2:00 Merrymakers CAFE</b> 11:00-12:00 Strength Training GYM 1:00-3:00 Tai Chi Practice WELLR <b>2:00-4:00 Bridge Practice SL</b> <b>Special Bridge w/Steve Robinson SL</b> 2:00-4:00 Bridge Practice SL</p> <p style="text-align: center;"><b><u>10 am Class Registration Begins for Non-Arlington County Residents</u></b></p>	<p style="text-align: right;"><b>9</b></p> <p>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 10:00-12:00 Canasta SL 10:00-12:00 Painting Class* A&amp;C 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:15-10:45 Parachute (Social 60+) GYM 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 <b>11:00-12:00 Ukulele Strumming CL</b> 11:45-2:00 55+ Basketball GYM 12:15-3:00 Social Bridge SL <b>12:30-2:00 NARFE CAFÉ</b> 2:00-3:00 NARFE Exec. Mtg CR 2:15-3:45 Pickleball GYM 3:30-4:30 Seniors with Teens MPRA</p>	<p style="text-align: right;"><b>10</b></p> <p><b>10:00-11:00 Energy Savings CR</b> 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 2:00-3:00 Piano Lessons QR <b>3:00-5:00 Shuffleboard MPRABC</b> <b>3:00-5:00 Movie - Crazy Rich Asians A&amp;C</b> 4:00-7:00 Drop-in Games SL</p>	<p style="text-align: right;"><b>11</b></p> <p>9:00-11:00 Card Games SL 9:30-10:30 Rummikub MPRBC <b>10:00-11:00 Hand-n-Hand Therapy CR</b> 10:00-12:00 Cribbage A&amp;C 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:15-3:00 Scrabble SL 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 <b>4:00-5:30 Computer Help (by appt.) CL</b> 4:00-7:00 Drop-in Games SL</p>
<p style="text-align: right;"><b>14</b></p> <p>8:30- 9:15 Boot Camp* GYM 9:45-10:30 Absolute Beginners Pickleball (1 court) GYM <b>10:00-11:00 Fishermen's Forum CR</b> 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:00-4:00 Pickleball (1 court 10-10:30) GYM 10:15-11:00 Memory Books (Social 60+) MPRBC 10:30-11:30 Cranium Crunches MPRBC 12:00-2:00 Mah Jongg SL <b>1:30-2:30 SAIL MPRA</b> 2:00-3:00 Tai Chi Level I* WELLR 2:00-4:00 Mexican Train Dominoes SL 4:00-7:00 Canasta SL</p> <p style="text-align: center;"><b><u>10am In Person Travel Sign-Ups Arlington County Residents</u></b></p>	<p style="text-align: right;"><b>15</b></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 10:00-12:00 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 4:00-7:00 Drop-in Games SL <b>4:30-5:30 Ukulele Strumming A&amp;C</b> 6:30-7:30 Piano Lessons QR</p>	<p style="text-align: right;"><b>16</b></p> <p>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 <b>10:00-11:00 Recycle Arlington CR</b> 10:00-12:00 Canasta SL 10:00-12:00 Painting Class* A&amp;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 <b>11:30-1:30 Golf Meeting GYM</b> 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 Golf Exec. Committee Mtg MPRA</p> <p style="text-align: center;"><b>(SPECIAL EVENT IN THE GYM)</b></p>	<p style="text-align: right;"><b>17</b></p> <p>8:30-9:15 Boot Camp* GYM 9:30-10:15 Dance Fusion* GYM <b>9:30-11:00 Blood Pressure Clinic QR</b> 10:00-11:00 English Conver-Non-Native Speakers SL 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 <b>11:30-12:30 Evergreens MPRBC</b> 12:00-3:00 Mah Jongg SL <b>1:00-2:30 History Discussion A&amp;C</b> <b>1:30-2:30 SAIL MPRA</b> 2:00-3:00 Piano Lessons QR 2:00-3:00 Tai Chi II* WELLR <b>3:00-5:00 Shuffleboard MPRABC</b> <b>4:00-7:00 Game Night SL</b> <b>7:00-9:00 Firehouse Jam A&amp;C</b></p>	<p style="text-align: right;"><b>18</b></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 MPRBC 9:45-10:45 Feldenkrais: Better Balance* WELLR <b>10:00-11:00 Celebrating King MPRA</b> 10:00-12:00 Cribbage A&amp;C 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 10:15-3:00 Scrabble SL <b>11:00-12:30 Mindfulness Meditation* WELLR</b> 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 4:00-7:00 Drop-in Games SL</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>HOLIDAY Martin Luther King, Jr. Closed</b>	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 <b>10:00-11:00 Housing Options CR</b> <b>10:00-2:00 Merrymakers CAFE</b> 10:00-12:00 Ping Pong GR 10:00-12:00 Billiards GR 11:00-12:00 Strength Training GYM <b>1:00-2:00 Pickleball Jeopardy MPRA</b> 1:00-3:00 Tai Chi Practice WELLR 4:00-7:00 Drop-in Games SL 6:30-7:30 Piano Lessons QR	8:30-9:00 Walter's Walkers GYM <b>9:00-10:00 Pickleball Level II* GYM</b> 9:10-10:30 High Beginner Line Dancing WELLR 10:00-12:00 Badminton (1 court) GYM <b>10:00-11:00 Beginning Spanish MPRA</b> <b>10:00-11:00 Medicare Made Simple CR</b> 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 <b>11:00-12:00 Comfort Food CAFE</b> <b>11:00-12:00 Ukulele Strumming CL</b> 11:00-12:00 Conversational Spanish QR 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	8:30- 9:15 Boot Camp* GYM 9:30-10:15 Dance Fusion* GYM 10:00-11:15 Art with Jim (Social 60+) A&C <b>10:00-11:00 Intermediate Spanish MPRA</b> 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 <b>1:00-2:30 History Discussion A&amp;C</b> <b>1:30-2:30 SAIL MPRA</b> 2:00-3:00 Piano Lessons QR 2:00-3:00 Tai Chi Level I* WELLR 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 <b>10:00-11:00 LSN – What We Do CR</b> <b>10:00-11:30 iPhone iPad Class MPRA</b> 11:15-12:00 Bingo* CAFÉ <b>11:00-12:30 Mindfulness Meditation* WELLR</b> 11:00-4:00 Pickleball GYM 1:00-3:00 Sunshine Gang MPRA 1:00-3:00 Tai Chi Practice WELLR <b>4:00-5:30 Computer Help (by appt.) CL</b> 4:00-7:00 Drop-in Games SL
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
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 <b>1:30-2:30 SAIL MPRA</b> 2:00-3:00 Tai Chi Level I* WELLR 2:00-4:00 Mexican Train Dominoes SL 6:30-7:30 Ballroom Dance MPRBC	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 <b>10:00-11:00 Hearing Aids CR</b> 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 1:00-3:00 Tai Chi Practice WELLR 4:00-7:00 Drop-in Games SL <b>4:30-5:30 Ukulele Strumming A&amp;C</b> 6:30-7:30 Name that Tune SL	8:30-9:00 Walter's Walkers GYM 9:30-11:45 Learn Mac/iPad/iPhone (by apptmt) CAFÉ <b>9:00-10:00 Pickleball Level II* GYM</b> 9:10-10:30 High Beginner Line Dancing WELLR <b>10:00-11:00 Beginning Spanish MPRA</b> 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 11:00-11:45 Jane Franklin Dance (Social 60+) GYM 11:00-12:00 Conversational Spanish QR 11:45-2:00 55+ Basketball GYM 12:15-3:00 Social Bridge SL 1:00-2:00 Chair Hatha Yoga* WELLR	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 <b>10:00-11:00 Intermediate Spanish MPRA</b> <b>10:00-11:00 DHS Resources SL</b> 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 <b>1:00-2:30 History Discussion A&amp;C</b> <b>1:30-2:30 SAIL MPRA</b> 2:00-3:00 Piano Lessons QR 2:00-3:00 Tai Chi Level I* WELLR 4:00-7:00 Drop-in Games SL	<b>Saturdays:</b> Rummikub 10am-Noon Mah Jongg 12:00-3:45pm  Saturday, January 12, 26 Piano Lessons  <b>Sundays:</b> Yarn Circle 1:00-3:00pm

**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.(In January moved to Thursday due to holiday.)

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.