



Please call ahead to reserve your space for a class, workshop or special event:

703-228-5722

55+ Center Director: Lila Paig  
lpaig@arlingtonva.us

# AURORA HILLS 55+ SENIOR CENTER



735 S. 18<sup>th</sup> Street  
Arlington, Virginia 22202  
703-228-5722

## March 2020

### 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).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<p><i>REGISTRATION DAY!</i></p> <p>*10-11 Gentle Hatha Yoga TR 10-12:30 Yarn Crafters MR 10:30-12:30 Mah Jongg KIT <b>11:30-1:00 Advisory Committee Meeting</b> TR <b>1:30-2:30 SAIL Program</b> TR 2:00-3:00 Tai Chi Practice MR</p>	<p><b>Democratic Presidential Primary Day - Voting</b></p>	<p>*10-11 Gentle Hatha Yoga TR *10-1:30 Duplicate Bridge MR 10-1:30 Foursome Bridge KIT <b>10-12:15 Mac, iPhone, iPad</b> MR <b>11:30-12:15 Intro to Line Dancing</b> TR <b>1:30-2:30 SAIL Program</b> TR</p>	<p>*11-12 Cardio Tone Exercise MR</p>	<p>10-11:30 Crosswords, Puzzles &amp; Games MR 10:30-11:30 Line Dancing MR <b>11:00-12:00 Travel Gurus: Japan</b> TR <b>1:00-2:30 Basic Drawing w/ Ruth Kling</b> TR <b>1:30-2:30 Eat the Rainbow</b> KIT</p>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<p><b>**No Yoga</b></p> <p>10-12:30 Yarn Crafters MR 10:30-12:30 Mah Jongg KIT <b>11:30-1:00 Joan Hart: Frida Kahlo &amp; Diego Rivera</b> TR <b>1:00-1:30 Intergenerational Storytime</b> MR <b>1:30-2:30 SAIL Program</b> TR 2:00-3:00 Tai Chi Practice MR</p>	<p>*9:30-10:30 Cardio Tone Exercise MR</p>	<p><b>**No Yoga</b></p> <p>*10-1:30 Duplicate Bridge MR 10-1:30 Foursome Bridge KIT <b>11:00-12:00 Women Fighting for a Better Community</b> TR <b>1:30-2:30 SAIL Program</b> TR</p>	<p>*11-12 Cardio Tone Exercise MR</p>	<p>9-10:30 Fast Forwards Walking Group OS 10:30-11:30 Line Dancing TR</p> <p><b>12:00-2:00 St. Patrick's Day Luncheon</b></p> 
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<p>*10-11 Gentle Hatha Yoga TR 10-12 Yarn Crafters MR 10:30-12:30 Mah Jongg KIT <b>1:30-2:30 SAIL Program</b> TR 2:00-3:00 Tai Chi Practice MR</p>	<p>*9:30-10:30 Cardio Tone Exercise MR</p> 	<p>*10-11 Gentle Hatha Yoga TR *10-1:30 Duplicate Bridge MR 10-1:30 Foursome Bridge KIT <b>10-12:15 Mac, iPhone, iPad</b> MR <b>11:30-12:30 Comedy Club</b> TR <b>1:30-2:30 SAIL Program</b> TR</p>	<p>*11-12 Cardio Tone Exercise MR</p>	<p>9-10:30 Fast Forwards Walking Group OS 10:30-11:30 Line Dancing MR <b>10:30-11:30 Nutrition &amp; Brain Health</b> MR <b>1:00-3:00 ARTventures: Monet-Inspired Pastels</b> TR <b>1:30- 3:00 The Play's the Thing</b> TR</p>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<p>*10-11 Gentle Hatha Yoga TR 10-12 Yarn Crafters MR 10:30-12:30 Mah Jongg KIT <b>12:15-1:30 Book Club: Grandma Gatewood's Walk</b> MR <b>1:30-2:30 SAIL Program</b> TR 2:00-3:00 Tai Chi Practice MR</p>	<p>*9:30-10:30 Cardio Tone Exercise MR</p>	<p>*10-11 Gentle Hatha Yoga TR *10-1:30 Duplicate Bridge MR 10-1:30 Foursome Bridge KIT <b>11:30-12:15 Intro to Line Dancing</b> TR <b>1:30-2:30 SAIL Program</b> TR</p>	<p>*11-12 Cardio Tone Exercise MR</p>	<p><b>*No Line Dancing</b></p> <p>9-10:30 Fast Forwards Walking Group OS 10-11:30 Crosswords, Puzzles &amp; Games MR <b>11:30-12:30 Acoustic Hour W/ Ed &amp; Phil</b> MR <b>12:30-3:00 Memory Screenings</b> TR <b>1:00-3:00 Cinema Talk: Mamma Mia! Here We Go Again</b> MR</p>
<b>30</b>	<b>31</b>	<div style="border: 2px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p><b>Registration for Mar/Apr classes starts at 10 a.m. on Mon., Mar. 2nd for Residents; Mar. 3rd for Non-Residents!</b></p> </div>		
<p>*10-11 Gentle Hatha Yoga TR 10-12:30 Yarn Crafters MR 10:30-12:30 Mah Jongg KIT <b>11:00 Birthday Celebriak</b> MR <b>1:30-2:30 SAIL Program</b> TR 2:00-3:00 Tai Chi Practice MR</p>	<p>*9:30-10:30 Cardio Tone Exercise MR</p>	<p>TR = Kitchen MR = Main Room OS = Outside RA = Reception Area * = PROGRAM HAS FEE</p>		