




Please call before you come to one of our programs

MARCH 2020

703-228-6300

LANGSTON-BROWN 55+ CENTER 2121 N. Culpeper Street

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 FEE CLASS REGISTRATION 2 11:15 Health Talk * Social 60+ Café Program 10:15 Jane Franklin Dance Rm 113 11:00 Workout w/ Fitness Coach*WR 12:00 Lunch* Social 60+ Café Program Rm113 12:30 Pinochle Rm 108 12:30 Tai Chi Practice (2 nd Fl. DS) 1:30 SAIL – Rm 113 (6) 3:30 Tai Chi Class (11) Rm 113 7:30 Travelogue Iceland & Greenland	3 9:30 Rummikub - Rm 108 10:00 Bingo Rm 127 12:00 Lunch* Social 60+ Café Program 1:00 Spanish Dialogue - Rm 125 1:00 Yarn Creations Rm -108 1:45-3:15 Encore Chorale (8) Rm113 3:30 Intermediate Tai Chi Class* (7) Rm 109	4 10:15 Exercise w/ Jill Social 60+* Rm113 11:00 Workout w/ Fitness Coach*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 Rm 113 1:30 Volleyball- Drop-in GYM 2:30 Encore Learning Travel* Rm 108 3:30 Tai Chi Class* (12) Rm 113 3:30 Teen TECH Help – must register Rm 127	5 9:30 Mah Jongg Learning RM 108 10:00 Line Dance – DS 11:15 Traditional Yoga* (7) 2 nd Fl DS 12:00 Lunch Social 60+ Café Program*MR 1:30 SAIL – Rm 113 (7) Rm 113 2:00 Italian Language Rm 108 4:00 Ancient Art Dance -2 nd Fl DS 4:30 Gentle & Meditative Yoga* (7) Rm 109	6 9:30 Spellbinders Rm 113 10:00 German Conversation Rm 108 11:00 Workout w/ Fitness Coach*WR 12:00 Lunch* Social 60+ Café Program 12:30 Pinochle Rm 108 12:30 Gentle Yoga*(7) 2 nd Fl 1:30 Volleyball- Drop-in -GYM	7 9:15 – 10:00am Tai Chi Practice must have completed a Tai Chi Class to attend the practice session)
9 10:15 Jane Franklin Dance Rm 113 11:00 Diabetes Peer Support Rm 108 11:00 Workout w/ Fitness Coach*WR 12:00 Lunch* Social 60+ Café Program Rm113 12:30 Pinochle Rm 108 12:30 Tai Chi Practice (2 nd Fl. DS) 1:30 SAIL – Rm 113 (8) 3:30 Beginner Tai Chi Class* (13)	10 9:30 Rummikub - Rm 113 10:00 Bingo 12:00 * Social 60+ Café Lunch Program 1:00 Spanish Dialogue - Rm 125 1:00 Yarn Creations Rm -108 1:45-3:15 Encore Chorale (9) 3:30 Intermediate Tai Chi Class* (8) Rm109	11 10:15 Exercise w/ Jill Social 60+* Rm113 11:00 Workout w/ Fitness Coach*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 Rm 108 1:30 Volleyball- Drop-in GYM 3:30 Beginner Tai Chi Class* (14) 7:00 Women's Basketball*	12 9:30 Mah Jongg Learning MPR 10:00 Line Dance – 2 nd Fl DS 11:00 Stroke Prevention Rm 108 11:15 Traditional Yoga*BREAK 12:00 Lunch Social 60+ Café Program* 1:30 SAIL – Rm 113 (9) 2:00 Italian Language 2:00 Writing Your Life History (in progress) Rm 125 4:00 Ancient Art Dance -2 nd Fl DS 4:30 Gentle & Meditative Yoga*BREAK Rm 109	13 10:00 German Conversation Rm 108 10:00 NEW Travel Discussion Group – Rm 113 11:00 Workout w/ Fitness Coach*WR 12:30 Pinochle Rm 108 12:30 Gentle Yoga*BREAK 1:30 Volleyball- Drop-in -GYM	14 9:15 am – 10:00am Tai Chi Practice (must have completed a Tai Chi Class to attend the practice session)
16 10:15 Jane Franklin Dance 11:00 Diabetes Peer Support 11:00 Workout w/ Fitness Coach*WR 12:00 Lunch* Social 60+ Café Program Rm113 12:30 Pinochle Rm 108 12:30 Tai Chi Practice (2 nd Fl. DS) 1:30 SAIL – Rm 113 (8) 2:00 Beginner Spanish Rm 125 3:30 Beginner Tai Chi Class* (15)	17 9:30 Rummikub 10:00 Bingo Rm 127 12:00 Social 60+ Café Lunch 1:00 Spanish Dialogue - Rm 125 1:00 Yarn Creations – Rm 108 1:45-3:15 Encore Chorale (10) Rm 113 3:30 Intermediate Tai Chi Class (6) Rm 109 	25 10:15 Exercise w/ Jill Social 60+*-Rm 113 11:00 Workout w/ Fitness Coach*WR 12:00 Lunch - Social 60+ Café Program* 12:30 Tai Chi Practice 2 nd Fl. (DS) 1:00 Scrabble (Rm125) 1:00 Selecting Proper Exercise Shoes Rm 108 1:00 French Conversation Conference Rm 1:30 Encore Learning Current Events* Rm 113 3:30 Beginner Tai Chi Class* (16) Rm 113 1:30 Volleyball Drop-in- GYM 3:30 Teen TECH Help – must register Rm127 4:30 Secrets Revealed Art Appreciation (1)	19 9:30 -12:30 Mah Jongg Learning RM 108 10:00 Line Dance – 2 nd Fl DS 11:15 Traditional Yoga*(1) 12:00 Lunch* Social 60+ Café Program 1:00 Writing Life History Rm 108 1:00 Neighbor's Corner Rm 125 1:00 Writing Your Life History Workshop (1) 1:30 SAIL – Rm 113 (10) 2:00 Italian Language 2 nd Fl Conference Rm 2:00 NEW Meditate & Create Relaxation (1) 4:00 Ancient Art Dance – 2 nd Fl DS 4:30 Gentle & Meditative Yoga*(1) Rm 109	20 10:00 German Conversation Rm 108 10:00 Art - Social 60+ Cafe 11:00 Workout w/ Fitness Coach*WR 12:00 Lunch* Social 60+ Café Program 12:30 Pinochle Rm 108 12:30 Gentle Yoga*(1) 1:30 Volleyball - Drop-in -GYM	21 9:15 am – 10:00am Tai Chi Practice (must have completed a Tai Chi Class to attend practice session)
23 10:15 Jane Franklin Dance Rm 113 11:00 Workout w/ Fitness Coach*WR 12:00 Lunch* Social 60+ Café Program Rm113 12:30 Pinochle Rm 108 12:30 Tai Chi Practice (2 nd Fl. DS) 1:30 SAIL – Rm 113 (1) 3:30 Beginner Tai Chi Class (17) Rm 113	24 9:30 Rummikub – Rm 108 10:00 Bingo – SR 12:00* Social 60+ Café Lunch – Rm 125 1:00 Spanish Dialogue (Rm 125) 1:00 Yarn Creations (Rm 108) 1:45-3:15 Encore Chorale (11) Rm 113 3:30 Intermediate Tai Chi Class (7) Rm 109 5:00 Ballroom Dance (1)* MPR 5:30 AARP Driver Safety	25 10:15 Exercise w/ Jill Social 60+* 11:00 Workout w/ Fitness Coach*WR 12:00 Lunch - Social 60+ Café Program* 12:30 Tai Chi Practice 2 nd Fl. (DS) 1:00 Scrabble (Rm125) 1:00 Essential Estate Planning 1:00 French Conversation 1:30 Volleyball Drop-in- GYM 3:30 Beginner Tai Chi Class* (18) Rm 113 4:30 Secrets Revealed-Art Appreciation (2)	26 9:30 Mah Jongg Learning Rm 113 10:00 Line Dance-2 nd Fl. BREAK 11:15 Traditional Yoga* (6) 12:00 Lunch* Social 60+ Café Program Rm 113 1:00 Writing Your Life History Workshop (2) 1:30 SAIL Class-- Rm 113 (3) 2:00 Meditate & Create Relaxation* (2) 2:00 Italian Language 2:00 Writing Your Life History (in progress) Rm 125 4:00 Ancient Art Dance- 2 nd Fl.DS 4:30 Gentle & Meditative Yoga*(2)	27 10:00 German Conversation Rm 108 11:00 Workout w/ Fitness Coach*WR 12:00 Lunch* Social 60+ Café Program Rm 113 12:30 Pinochle Rm 108 12:30 Gentle Yoga* (2) 2 nd fl DS 1:30 Volleyball – Drop-in GYM	28 9:15 am – 10:00am Tai Chi Practice (must have completed a Tai Chi Class to attend the practice session)
30 10:15 Jane Franklin Dance Rm 113 11:00 Workout w/ Fitness Coach*WR 12:00 Lunch* Social 60+ Café Program Rm113 12:30 Pinochle Rm 108 12:30 Tai Chi Practice (2 nd Fl. DS) 1:30 SAIL – Rm 113 (1) 3:30 Beginner Tai Chi Class (19) Rm 113	31 9:00* Social 60+ Café Field Trip 9:30 Rummikub – Rm 108 1:00 Spanish Dialogue (Rm 125) 1:00 Yarn Creations (Rm 108) 1:45-3:15 Encore Chorale (12) Rm 113 3:30 Intermediate Tai Chi Class (7) Rm 109 5:00 Ballroom Dance * (2) MPR				

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