

**ARLINGTON MILL  
55+ SENIOR CENTER  
909 S. Dinwiddie Street, Arlington VA, 22204**

# OCTOBER 2021

**ARLINGTON  
VIRGINIA**  
DEPARTMENT OF PARKS  
AND RECREATION

MONDAY- Lunes	TUESDAY- Martes	WEDNESDAY- Miercoles	THURSDAY- Jueves	FRIDAY- Viernes
<p><b>4</b></p> <p>10:00- 11:00 Rummikub 10:00- 12:00 Table Games 11:30- 1:00 Spanish Conversation</p> <p><b>10:00-11:30 Current Events</b> <b>12:00-4:00 Mah Jongg</b> <b>1:30-3:30 Mexican Train</b></p> <p>RM205 RM205 RM411</p> <p><b>RM525</b> <b>RM205</b> <b>RM205</b></p>	<p><b>5</b></p> <p>9:45-10:45 Seated Exercise (Social 60+) 10:00- 11:00 Rummikub 10:00- 12:00 Table Games 11:30-12:30 Dust Off Your Bike 1:00- 2:00 Samsung Phone Help 11:00-12:00 Upping Your Instant Pot and Crockpot Game 4:30-5:30 Ukulele</p> <p>RM411 RM205 RM205 2nd FL RM404</p> <p><b>RM205</b></p>	<p><b>6</b></p> <p>9:45-10:45 Seated Exercise (Social 60+) 10:00- 11:00 Rummikub 10:00- 12:00 Table Games 10:30- 1:00 55+ Crafters 3:00-4:00 Zumba Gold*</p> <p>RM411 RM205 RM205 RM404 RM527</p> <p><b>RM526</b> <b>RM413</b> <b>RM413</b> <b>RM411</b></p>	<p><b>7</b></p> <p>9:00- 10:00 Arlington Mill Trekkers 10:00- 11:00 Rummikub 10:00- 12:00 Table Games 1:00- 2:00 Line Dance 2:00- 3:30 Meditate and Create 12:00-4:00 Mah Jongg</p> <p>2<sup>nd</sup> FL Lobby RM205 RM205 RM527 RM 525</p> <p><b>RM205</b></p>	<p><b>8</b></p> <p>10:00- 11:00 Rummikub 10:00- 12:00 Table Games 11:00-1:00 Open Art Studio 10:15-3:00 Scrabble 1:00-2:00 Tai Chi Practice 1:00- 2:30 Explore Drawing 1:00-3:00 Sunshine Gang</p> <p>RM205 RM205 RM526</p> <p><b>RM413</b> <b>RM418</b> <b>RM526</b> <b>RM421</b></p>
<p><b>11</b></p> <p>10:00- 11:00 Rummikub 10:00- 12:00 Table Games 11:30- 1:00 Spanish Conversation</p> <p><b>12:00-4:00 Mah Jongg</b> <b>1:30-3:30 Mexican Train</b></p> <p>RM205 RM205 RM411</p> <p><b>RM205</b> <b>RM205</b></p>	<p><b>12</b></p> <p>9:45-10:45 Seated Exercise (Social 60+) 10:00- 11:00 Rummikub 10:00- 12:00 Table Games 11:00- 12:00 All About Amazon 7:00pm-8:00pm Music Streaming</p> <p>RM411 RM205 RM205 RM411</p> <p><b>Rm205</b></p>	<p><b>13</b></p> <p>9:45-10:45 Seated Exercise (Social 60+) 10:00- 11:00 Rummikub 10:00- 12:00 Table Games 10:30- 1:00 55+ Crafters 3:00-4:00 Zumba Gold*</p> <p>RM411 RM205 RM205 RM404 RM527</p> <p><b>RM205</b> <b>RM526</b> <b>RM413</b> <b>RM413</b></p>	<p><b>14</b></p> <p>9:00- 10:00 Arlington Mill Trekkers 10:00- 11:00 Rummikub 10:00- 12:00 Table Games 1:00- 2:00 Line Dance 2:00- 3:30 Meditate and Create 11:00-12:00 Waste Not, Want Not 12:00-4:00 Mah Jongg</p> <p>2<sup>nd</sup> FL Lobby RM205 RM205 RM527 RM 525</p> <p><b>RM525</b> <b>RM205</b></p>	<p><b>15</b></p> <p>10:00- 11:00 Rummikub 10:00- 12:00 Table Games 11:00-1:00 Open Art Studio 10:15-3:00 Scrabble 1:00-2:00 Tai Chi Practice 1:00-3:00 Sunshine Gang</p> <p>RM205 RM205 RM526</p> <p><b>RM413</b> <b>RM418</b> <b>RM421</b></p>
<p><b>18</b></p> <p>10:00- 11:00 Rummikub 10:00- 12:00 Table Games 11:30- 1:00 Spanish Conversation</p> <p><b>10:00-11:30 Current Events</b> <b>12:00-4:00 Mah Jongg</b> <b>1:30-3:30 Mexican Train</b></p> <p>RM205 RM205 RM411</p> <p><b>RM525</b> <b>RM205</b> <b>RM205</b></p>	<p><b>19</b></p> <p>9:45-10:45 Seated Exercise (Social 60+) 10:00- 12:00 Table Tennis 10:00- 11:00 Rummikub 10:00- 12:00 Table Games</p> <p>RM411 RM217 RM205 RM205</p>	<p><b>20</b></p> <p>9:45-10:45 Seated Exercise (Social 60+) 10:00- 11:00 Rummikub 10:00-12:00 Table Games 10:30- 1:00 55+ Crafters 3:00-4:00 Zumba Gold*</p> <p>RM411 RM205 RM205 RM404 RM527</p> <p><b>RM525</b> <b>RM526</b> <b>RM413</b> <b>RM413</b></p>	<p><b>21</b></p> <p>9:00- 10:00 Arlington Mill Trekkers 10:00- 12:00 Table Games 1:00- 2:00 Line Dance 2:00- 3:30 Meditate and Create 12:00-4:00 Mah Jongg</p> <p>2<sup>nd</sup> FL Lobby RM205 RM527 RM 525</p> <p><b>RM205</b></p>	<p><b>22</b></p> <p>10:00- 11:00 Rummikub 10:00- 12:00 Table Games 11:00-1:00 Open Art Studio 1:00- 3:00 Open Latin Dance 10:15-3:00 Scrabble 1:00-2:00 Tai Chi Practice 1:00-3:00 Sunshine Gang</p> <p>RM205 RM205 RM526 RM411</p> <p><b>RM413</b> <b>RM418</b> <b>RM421</b></p>
<p><b>25</b></p> <p>10:00- 11:00 Rummikub 10:00- 12:00 Table Games 11:30- 1:00 Spanish Conversation</p> <p><b>10:00-11:30 Current Events</b> <b>12:00-4:00 Mah Jongg</b> <b>1:30-3:30 Mexican Train</b></p> <p>RM205 RM205 RM411</p> <p><b>RM525</b> <b>RM205</b> <b>RM205</b></p>	<p><b>26</b></p> <p>9:45-10:45 Seated Exercise (Social 60+) 10:00- 11:00 Rummikub 10:00- 12:00 Table Games 1:00-2:30 Introduction to Origami 2:00- 3:00 Happiness 101 4:30-5:30 Ukulele</p> <p>RM411 RM205 RM205 RM526</p> <p><b>RM411</b> <b>RM205</b></p>	<p><b>27</b></p> <p>9:45-10:45 Seated Exercise (Social 60+) 10:00- 11:00 Rummikub 10:00- 12:00 Table Games 10:00-12:00 Open Art Studio 10:00- 12:25 Learn Mac/iPad/iPhone (by appt.) 10:00-12:00 Canasta 10:30- 1:00 55+ Crafters 3:00-4:00 Zumba Gold*</p> <p>RM411 RM205 RM205 RM526 RM205 RM413 RM404 RM527</p> <p><b>RM413</b></p>	<p><b>28</b></p> <p>9:00- 10:00 Arlington Mill Trekkers 10:00- 11:00 Rummikub 10:00- 12:00 Table Games 10:30- 12:00 Social Art Swap 1:00- 2:00 Line Dance 1:00- 3:30 Movies &amp; Critics 2:00- 3:30 Meditate and Create 12:00-4:00 Mah Jongg</p> <p>2<sup>nd</sup> FL Lobby RM205 RM205 RM526 RM527 RM525 RM 525</p> <p><b>RM205</b></p>	<p><b>29</b></p> <p>10:00- 11:00 Rummikub 10:00- 12:00 Table Games 11:00-1:00 Open Art Studio 10:15-3:00 Scrabble 1:00- 2:00 Exploring Drawing 1:00-2:00 Tai Chi Practice 1:00-3:00 Sunshine Gang</p> <p>RM205 RM205 RM526</p> <p><b>RM413</b> <b>RM526</b> <b>RM418</b> <b>RM421</b></p>
<p>• <b>Bolded programs were originally scheduled to be held at Walter Reed</b></p>	<p><b>Fee based programs are indicated with an *</b></p>		<p><b>Saturdays: RM 205</b></p> <p>Rummikub 9:00am- 12:00pm Mah Jongg 12:00pm-3:45pm</p>	