



Please call before you come to one of our programs

# OCTOBER 2021

703-228-6300

LANGSTON-BROWN 55+ CENTER 2121 N. Culpeper Street

Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
				<p><b>1</b></p> <p>9:30 Spelbinders - Rm 108 10:00 German Conversation (V) 10:15 Exercise w/ Jill Social 60+*-Rm 113 12:00 Lunch* Social 60+ Café Program 12:30 Pinochle Rm 108</p>	<p><b>2</b></p>
<p><b>4</b></p> <p>9:00 Volleyball – Gym 12:30 Pinochle Rm 125 <u>1:00-2:30 Gentle &amp; Meditative Yoga (4) DS</u> <u>3:30 Beginner Tai Chi Class* (7) Rm 113</u></p>	<p><b>5</b></p> <p>9:00 Rummikub - Rm 113 12:00 * Social 60+ Café Lunch Program 1:00 Yarn Creations Rm -108 1:30 Book Club Rm 125 <b>1:30 Drumming Circle (Outside)</b> 3:00 Volleyball - Drop-in -GYM</p>	<p><b>6</b></p> <p>9:00 Morning Meet-Up - Rm 108 9:00 Volleyball – Gym 12:00 Lunch Social 60+ Café* Rm 113 1:00 Scrabble (Rm108) 1:00 French Conversation Rm 125 <u>3:30 Beginner Tai Chi Class*(8) Rm 113</u> 7:00 Women’s Basketball -Gym</p>	<p><b>7</b></p> <p>9:00 -11:00 Mah Jongg Learning - RM 108 10:15 Exercise w/ Jill Social 60+*-Rm 113 12:00 Lunch* Social 60+ Café Program Rm 113 2:00 Italian Language Rm 108 1:00 *Intermediate Drawing &amp; Painting Class (4) Rm125 2:00 Matter of Balance (4) Rm 118</p>	<p><b>8</b></p> <p>10:00 German Conversation (V) 10:15 Exercise w/ Jill Social 60+*-Rm 113 12:00 Lunch* Social 60+ Café Program 12:30 Pinochle Rm 108</p>	<p><b>9</b></p>
<p><b>11</b></p> <p>9:00 Volleyball – Gym 11:00 Diabetes Discussion Group Rm 108 12:30 Pinochle Rm 125 1:30 Scale Down Rm 108 <u>1:00-2:30 Gentle &amp; Meditative Yoga (5) DS</u> <u>3:30 Beginner Tai Chi Class* (9) Rm 113</u></p>	<p><b>12</b></p> <p>9:00 Rummikub - Rm 113 12:00 * Social 60+ Café Lunch Program 1:00 Yarn Creations Rm -108 1:30 Volleyball - Drop-in -GYM <b>1:30 Drumming Circle (Outside)</b> 1:30 Writing Group Rm 125 3:00 Volleyball - Drop-in -GYM</p>	<p><b>13</b></p> <p>9:00 Volleyball – Gym 12:00 Lunch Social 60+ Café* Rm 113 1:00 Scrabble (Rm108) 1:00 French Conversation Rm 113 <b>2:30 Acoustic Afternoon Rm 125</b> <b>Must Register #911802-5</b> <u>3:30 Beginner Tai Chi Class*(10) Rm 113</u> 7:00 Women’s Basketball – Gym</p>	<p><b>14</b></p> <p>9:00 -11:00 Mah Jongg Learning - RM 108 10:15 Exercise w/ Jill Social 60+*-Rm 113 12:00 Lunch* Social 60+ Café Program Rm 113 2:00 Italian Language Rm 108 1:00 *Intermediate Drawing &amp; Painting Class (5) Rm125 2:00 Matter of Balance (5) Rm 118</p>	<p><b>15</b></p> <p>10:00 German Conversation (V) 10:15 Exercise w/ Jill Social 60+*-Rm 113 12:00 Lunch* Social 60+ Café Program 12:30 Pinochle Rm 108</p>	<p><b>16</b></p> <p><b>COFFE HOUSE LIVE! GYM 7-9pm</b></p> <p><b>Must Register for event #911802-5</b></p>
<p><b>18</b></p> <p>9:00 Volleyball – Gym <b>10:30 Painting Demo Must Register (V)</b> 12:30 Pinochle Rm 125 <u>1:00-2:30 *Gentle &amp; Meditative Yoga (6) DS</u> <b>2:00 Dining Out with Diabetes Rm 108</b> <u>3:30 *Beginner Tai Chi Class (11) Rm 113</u></p>	<p><b>19</b></p> <p>9:00 Rummikub – Rm 108 12:00* Social 60+ Café Lunch – Rm 125 1:00 Yarn Creations (Rm 108) <b>1:30 Drumming Circle (Outside)</b> 3:00 Volleyball - Drop-in -GYM</p>	<p><b>20</b></p> <p>9:00 Morning Meet-Up - Rm 108 9:00 Volleyball – Gym 12:00 Lunch Social 60+ Café* RM 113 1:00 Scrabble (Rm108) 1:00 French Conversation 125 2:00 Ancient Art Dance- 2<sup>nd</sup> Fl.DS <u>3:30*Beginner Tai Chi Class (12) Rm 113</u> 7:00 Women’s Basketball – Gym</p>	<p><b>21</b></p> <p>9:00 -12:30 Mah Jongg Learning RM 108 10:15 Exercise w/ Jill Social 60+*- Rm 113 12:00 Lunch* Social 60+ Café Program 2:00 Italian Language Rm 108 1:00 *Intermediate Drawing &amp; Painting Class (6) Rm125 2:00 Matter of Balance (6) Rm 118</p>	<p><b>22</b></p> <p>10:00 German Conversation (V) 10:15 Exercise w/ Jill Social 60+* Rm 113 12:00 Lunch* Social 60+ Café - Rm 113 12:30 Pinochle Rm 108</p>	<p><b>23</b></p>
<p><b>25</b></p> <p>9:00 Volleyball – Gym <b>10:30 Secrets Revealed Must Register (V)</b> 12:30 Pinochle Rm 125 1:30 Scale Down Rm 108 <b>1:00 Normal Aging Vs Dementia Must Register</b> 1:00-2;30 Gentle &amp; Meditative Yoga (7) DS <u>3:30 Beginner Tai Chi Class (13) Rm 113</u></p>	<p><b>26</b></p> <p>9:00 Rummikub – Rm 108 12:00 * Social 60+ Café Lunch – Rm 125 1:00 Yarn Creations (Rm 108) <b>1:30 Drumming Circle (Outside)</b> 3:00 Volleyball (Gym)</p>	<p><b>27</b></p> <p>9:00 Volleyball – Gym 12:00 Lunch - Social 60+ Café * Rm 113 1:00 Scrabble Rm108 1:00 French Conversation Rm 125 2:00 Ancient Art Dance - 2<sup>nd</sup> Fl.DS <u>3:30 Beginner Tai Chi Class*(14) Rm 113</u> 7:00 Women’s Basketball – Gym</p>	<p><b>28</b></p> <p>9:00 -11:00 Mah Jongg Learning RM 108 10:15 Exercise w/ Jill Social 60+*-Rm 113 12:00 Lunch* Social 60+ Café Program <b>1:00 Haunted Prague Rm 108 Must Register</b> 1:00 *Intermediate Drawing &amp; Painting (7) Class Rm 125 2:00 Italian Language Rm 125 2:00 Matter of Balance (7) Rm 118</p>	<p><b>29</b></p> <p>10:00 German Conversation (V) 10:15 Exercise w/ Jill Social 60+* Rm 113 12:00 Lunch* Social 60+ Café - Rm 113 12:30 Pinochle Rm 108</p>	<p><b>30</b></p> 

AC = Arts & Crafts Room 1<sup>st</sup> Floor DS = Dance Studio 2<sup>nd</sup> Floor MR = Multipurpose Room 1<sup>st</sup> Floor WR = Weight Room 2<sup>nd</sup> Floor SR = Senior Room 1<sup>st</sup> Floor Social 60+ Cafe (Meal Program) Participants and Fee based \*