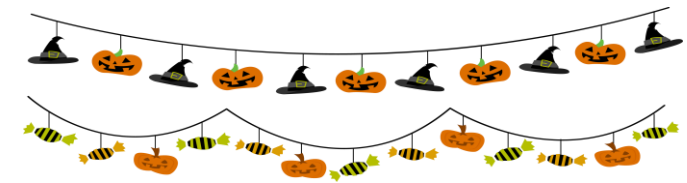




# OCTOBER 2021



## LUBBER RUN 55+ CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
<p>300 N PARK DR ARLINGTON VA 22203</p> <p>703-228-4767</p>	<p>Activities with a star ( * ) require a prepaid fee. All other activities are open to 55+ pass holders.</p> <p>Highlighted activities are drop-in programs (Note that some drop-in programs have a fee)</p>	<p>Please pre-register if you plan on attending any upcoming programs so we can notify you of any changes or cancellations.</p> <p>*10/13 Study of Words has been cancelled*</p>	<p><i>Italicized activities we're originally at Walter Reed, Madison or Arlington Mill and have been moved to Lubber Run</i></p>	<p>1</p> <p><i>Kukuwa*</i> 8:45-9:45am RM 119  <i>Strength Training*</i> 9am-10am GYM B  <i>Pickleball Instruction*</i> 9am-10am GYM A  <i>Social Bridge</i> 12pm-3pm RM 115  <i>Tai Chi Practice</i> 12:30-1:30pm RM 119</p>
<p>4</p> <p><i>Full Fitness*</i> 10am-11am GYM B  <i>Pickleball Beg.*</i> 11am-12pm CRT 1  <i>Social Bridge</i> 12pm-3pm RM 115  <i>Tai Chi Practice</i> 12:30-1:30pm RM 121  <i>Traditional Yoga*</i> 1pm-2:30pm RM 116  <i>SAIL</i> 1pm-2pm RM 119</p>	<p>5</p> <p><i>Full Fitness*</i> 10am-11am GYM B  <i>Traditional Yoga*</i> 10:30-11:30am RM 116  <i>Gentle Hatha Yoga*</i> 11:45-12:45pm RM 116  <i>Encore Chorale</i> 1:45pm- 3:15pm RM 119&amp;121  <i>Zumba*</i> 2:15pm-3pm RM 116</p>	<p>6</p> <p><i>Pickleball II*</i> 9am-10am CRT 1  <i>Strength Training*</i> 9am-10am GYM B  <i>Ageless Grace*</i> 10:30-11:30am RM 119  <i>Chair Hatha Yoga*</i> 11:45-12:45pm RM 121  <i>Tai Chi Practice</i> 12:30-1:30pm RM 119  <i>Tai Chi Practice</i> 1:30-2:30pm RM 119  <i>Local History Discussion Group</i> 1:30-2:45pm RM 115  <i>Traditional Yoga*</i> 4pm-5pm RM 115</p>	<p>7</p> <p><i>Full Fitness*</i> 10am-11am GYM B  <i>Social Bridge</i> 10am-1pm RM 115  <i>SAIL</i> 1pm-2pm RM 119  <i>Sudoku</i> 1:30-3:30pm RM 115</p>	<p>8</p> <p><i>Kukuwa*</i> 8:45-9:45am RM 119  <i>Strength Training*</i> 9am-10am GYM B  <i>Pickleball Instruction*</i> 9am-10am GYM A  <i>Social Bridge</i> 12pm-3pm RM 115  <i>Tai Chi Practice</i> 12:30-1:30pm RM 119</p>
<p>11</p> <p><i>Full Fitness*</i> 10am-11am GYM B  <i>Pickleball Beg.*</i> 11am-12pm CRT 1  <i>Social Bridge</i> 12pm-3pm RM 115  <i>Tai Chi Practice</i> 12:30-1:30pm RM 121  <i>Traditional Yoga*</i> 1pm-2:30pm RM 116  <i>SAIL</i> 1pm-2pm RM 119</p>	<p>12</p> <p><i>Full Fitness*</i> 10am-11am GYM B  <i>Traditional Yoga*</i> 10:30-11:30am RM 116  <i>History Roundtable</i> 11:15-12:30pm RM 115  <i>Gentle Hatha Yoga*</i> 11:45-12:45pm RM 116  <i>Asian American Immigrant Voices</i> 1:30-2:30pm RM 119  <i>Encore Chorale</i> 1:45pm- 3:15pm RM 119&amp;121  <i>Zumba*</i> 2:15pm-3pm RM 116</p>	<p>13</p> <p><i>Pickleball II*</i> 9am-10am CRT 1  <i>Strength Training*</i> 9am-10am GYM B  <i>Ageless Grace*</i> 10:30-11:30am RM 119  <del><i>Study of Words</i> 10:30-11:30am RM 115</del>  <i>Chair Hatha Yoga*</i> 11:45-12:45pm RM 121  <i>Tai Chi Practice</i> 12:30-1:30pm RM 119  <i>Tai Chi Practice</i> 1:30-2:30pm RM 119  <i>Traditional Yoga*</i> 4pm-5pm RM 115</p>	<p>14</p> <p><i>Full Fitness*</i> 10am-11am GYM B  <i>Social Bridge</i> 10am-1pm RM 115  <i>SAIL</i> 1pm-2pm RM 119  <i>Sudoku</i> 1:30-3:30pm RM 115  <i>Online Payment Apps</i> 6pm-7pm RM 115</p>	<p>15</p> <p><i>Kukuwa*</i> 8:45-9:45am RM 119  <i>Strength Training*</i> 9am-10am GYM B  <i>Pickleball Instruction*</i> 9am-10am GYM A  <i>Social Bridge</i> 12pm-3pm RM 115  <i>Tai Chi Practice</i> 12:30-1:30pm RM 119</p>
<p>18</p> <p><i>Full Fitness*</i> 10am-11am GYM B  <i>Pickleball Beg.*</i> 11am-12pm CRT 1  <i>Social Bridge</i> 12pm-3pm RM 115  <i>Tai Chi Practice</i> 12:30-1:30pm RM 121  <i>Traditional Yoga*</i> 1pm-2:30pm RM 116  <i>SAIL</i> 1pm-2pm RM 119</p>	<p>19</p> <p><i>Full Fitness*</i> 10am-11am GYM B  <i>Traditional Yoga*</i> 10:30-11:30am RM 116  <i>Gentle Hatha Yoga*</i> 11:45-12:45pm RM 116  <i>Genealogy</i> 11:30am-1pm RM 119  <i>Encore Chorale</i> 1:45pm- 3:15pm RM 119&amp;121  <i>Zumba*</i> 2:15pm-3pm RM 116</p>	<p>20</p> <p><i>Pickleball II*</i> 9am-10am CRT 1  <i>Strength Training*</i> 9am-10am GYM B  <i>Ageless Grace*</i> 10:30-11:30am RM 119  <i>Chair Hatha Yoga*</i> 11:45-12:45pm RM 121  <i>Tai Chi Practice</i> 12:30-1:30pm RM 119  <i>Tai Chi Practice</i> 1:30-2:30pm RM 119  <i>Traditional Yoga*</i> 4pm-5pm RM 115</p>	<p>21</p> <p><i>Full Fitness*</i> 10am-11am GYM B  <i>Social Bridge</i> 10am-1pm RM 115  <i>SAIL</i> 1pm-2pm RM 119  <i>Sudoku</i> 1:30-3:30pm RM 115</p>	<p>22</p> <p><i>Kukuwa*</i> 8:45-9:45am RM 119  <i>Strength Training*</i> 9am-10am GYM B  <i>Pickleball Instruction*</i> 9am-10am GYM A  <i>Social Bridge</i> 12pm-3pm RM 115  <i>Tai Chi Practice</i> 12:30-1:30pm RM 119</p>
<p>25</p> <p><i>Full Fitness*</i> 10am-11am RM 119  <i>Pickleball Beg.*</i> 11am-12pm CRT 1  <i>Social Bridge</i> 12pm-3pm RM 115  <i>Tai Chi Practice</i> 12:30-1:30pm RM 121  <i>Traditional Yoga*</i> 1pm-2:30pm RM 116  <i>SAIL</i> 1pm-2pm RM 119</p>	<p>26</p> <p><i>Full Fitness*</i> 10am-11am RM 119  <i>What is Aging in Place</i> 10am-11am RM 115  <i>Traditional Yoga*</i> 10:30-11:30am RM 116  <i>Gentle Hatha Yoga*</i> 11:45-12:45pm RM 116  <i>Genealogy</i> 11:30am-1pm RM 119  <i>Encore Chorale</i> 1:45pm- 3:15pm RM 119&amp;121  <i>Zumba*</i> 2:15pm-3pm RM 116</p>	<p>27</p> <p><i>Pickleball II*</i> 9am-10am CRT 1  <i>Strength Training*</i> 9am-10am RM 119  <i>Ageless Grace*</i> 10:30-11:30am RM 119  <i>Chair Hatha Yoga*</i> 11:45-12:45pm RM 121  <i>Tai Chi Practice</i> 12:30-1:30pm RM 119  <i>Tai Chi Practice</i> 1:30-2:30pm RM 119  <i>Traditional Yoga*</i> 4pm-5pm RM 115</p>	<p>28</p> <p><i>Full Fitness*</i> 10am-11am GYM B  <i>Social Bridge</i> 10am-1pm RM 115  <i>SAIL</i> 1pm-2pm RM 119  <i>Sudoku</i> 1:30-3:30pm RM 115</p>	<p>29</p> <p><i>Kukuwa</i> 8:45-9:45am RM 119  <i>Strength Training*</i> 9am-10am GYM B  <i>Pickleball Instruction*</i> 9am-10am GYM A  <i>Social Bridge</i> 12pm-3pm RM 115  <i>Tai Chi Practice</i> 12:30-1:30pm RM 119  <i>Mystery Movie Matinee</i> 2:30-4:30pm RM 115</p>