




Please call before you come to one of our programs

JANUARY 2018

703-228-6300

LANGSTON-BROWN SENIOR CENTER 2121 N. Culpeper Street

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
County Holiday County Closed 1 	2 10:00 Rummikub 10:00 Bingo 12:00 Lunch 1:00 Spanish Dialogue 1:00 Yarn Creations 1:30 Volleyball GYM <u>1:45 Encore Chorale* (14) Rm113</u>	3 <u>10:00 CLASS REGISTRATION</u> 10:15 Exercise w/ Jill CM-(Rm113) 11:30 Senior Strength Training* WR 12:00 Lunch MR 12:30 Tai Chi Practice (RM 109) 1:00 Scrabble 1:00 French Conversation <u>2:30 Encore Travel*(108)</u> 7:00 Women's Basketball*Gym	4 9:30 Mah Jongg Learning 10:00 Line Dance – DS <u>11:15 Traditional Yoga*(6)</u> <u>1:15 Pilates*(6)</u> <u>2:30 Stretching Class*(6)</u> 12:00 Lunch MR 2:00 Italian Language 3:15 SAIL (ANV) <u>5:00 Chair Yoga* BREAK</u>	5 <u>9:30 Spelling Binding Storytellers</u> <u>10:00 Arts & Crafts (CM)</u> 10:00 German Conversation Rm 108 11:00 Senior Strength Training * WR 12:00 Lunch 12:30 Pinochle Rm 108 12:30 Gentle Yoga* (5)	6 9:15 – 10:00am Tai Chi Practice must have completed Tai Chi Class in order to attend the practice session)
8 10:15 Jane Franklin 11:00 Senior Strength Training*WR <u>11:00 Nutrition in the News</u> 11:00 Russian & Culture Language 12:00 Lunch* CM program MR 12:30 Pinochle 12:30 Tai Chi Practice (Rm 109) <u>2:00 Beginner Spanish Class (please call)</u> 3:15 SAIL Program (1) Must Pre-register	9 10:00 Rummikub 10:00 Bingo 10:00 Wellness Committee <u>11:00 Ask the Nurse (Capital Caring)</u> 12:00 Lunch 1:00 Spanish Dialogue 1:00 Yarn Creations 1:30 Volleyball GYM <u>1:45 Encore Chorale* (14) Rm113</u>	10 <u>10:15 Exercise w/ Jill CM-(Rm113)</u> 11:30 Senior Strength Training* WR 12:00 Lunch MR 12:30 Tai Chi Practice (RM 109) 1:00 Scrabble 1:00 French Conversation <u>2:30 Encore Travel*(108)</u> <u>3:30 Tech Help (advanced registration required)</u> 7:00 Women's Basketball*Gym	11 9:30 Mah Jongg Learning 10:00 Line Dance – DS <u>11:15 Traditional Yoga*Break</u> <u>1:15 Pilates*BREAK</u> <u>2:30 Stretching Class*BREAK</u> 12:00 Lunch MR 2:00 Italian Language 3:15 SAIL (ANV) Must Pre-register <u>5:00 Chair Yoga* BREAK</u>	12 10:00 German Conversation Rm 108 11:00 Senior Strength Training * WR 12:00 Lunch 12:30 Pinochle Rm 108 12:30 Gentle Yoga* Break <u>2:00 Volunteer Training</u> <u>1:00 Advanced Drawing*(1)</u>	13 9:15 am – 10:00am Tai Chi Practice (must have completed Tai Chi Class in order to attend the practice session)
COUNTY HOLIDAY CENTER CLOSED 15 	16 10:00 Rummikub <u>10:00 Wellness Committee -ANV</u> 10:00 Bingo 1:00 Spanish Dialogue 1:00 Yarn Creations 1:30 Volleyball GYM <u>1:45 Encore Chorale*(1) Rm113</u> <u>3:30 Tai Chi Advanced (1)</u>	17 <u>10:15 Exercise w/ Jill CM (Rm113)</u> <u>11:00 Rebuilding Together</u> 11:30 Senior Strength Training* WR 12:00 Lunch MR 12:30 Tai Chi Practice (Rm 109) 1:00 Scrabble (Rm125) 1:00 French Conversation 1:30 Encore Learning <u>2:45 Beginner Tai Chi Class (1)</u> 7:00 Women's Basketball*Gym	18 9:30 Mah Jongg Learning 10:00 Line Dance-DS <u>11:15 Traditional Yoga*(1)</u> <u>1:15 Pilates*(1)</u> <u>2:30 Stretching Class*(1)</u> 1:15 Neighbor's Corner 2:00 Italian Language 3:15 SAIL (ANV) <u>5:00 Chair Yoga* (1)</u>	19 <u>10:00 Arts & Crafts (Arts Unit) CM</u> 10:00 German Conversation Rm 108 11:00 Senior Strength Training * WR 12:00 Lunch 12:30 Pinochle Rm 108 12:30 Gentle Yoga* (1) <u>1:00 Advanced Drawing*(2)</u>	20 9:15 am – 10:00am Tai Chi Practice (must have completed Tai Chi Class in order to attend practice session)
22 10:15 Jane Franklin <u>11:00 Tasty Recipes with 5 Ingredients</u> 11:00 Senior Strength Training*WR 11:00 Russian & Culture Language Rm 109 12:00 Lunch* CM program MR 12:30 Pinochle 12:30 Tai Chi Practice (Rm 109) <u>2:00 Beginner Spanish Class (please call)</u> <u>2:45 Beginner's Tai Chi Class*(2) (Rm 109)</u> 3:15 SAIL Program	23 10:00 Rummikub 10:00 Bingo <u>11:00 Identity Theft & Scams (ACFCU)</u> 12:00 Lunch 1:00 Spanish Dialogue (Rm 125) 1:00 Yarn Creations (Rm 108) 1:30 Volleyball GYM <u>1:45 Encore Chorale -</u> <u>3:30 Tai Chi Advanced (2)</u>	24 <u>10:15 Exercise w/ Jill CM (Rm113)</u> <u>10:15 Advisory Committee Meeting</u> 11:30 Senior Strength Training* WR 12:00 Lunch MR 12:30 Tai Chi Practice (Rm 109) 1:00 French Conversation 1:00 Scrabble (Rm125) <u>1:30 Encore Learning* (Rm 108)</u> <u>2:45 Beginner Tai Chi Class (3)</u> <u>3:30 Tech Help (advanced registration required)</u> 7:00 Women's Basketball*Gym	25 9:30 Mah Jongg Learning 10:00 Line Dance-DS <u>11:00 Ask the Nurse (Capital Caring)</u> <u>11:15 Traditional Yoga*(2)</u> <u>1:00 Intro to Podcasts</u> <u>1:15 Pilates*(2)</u> <u>2:30 Stretching Class*(2)</u> 2:00 Italian Language <u>5:00 Chair Yoga* (2)</u>	26 10:00 German Conversation Rm 108 11:00 Senior Strength Training * WR 12:00 Lunch 12:30 Pinochle Rm 108 12:30 Gentle Yoga* (2) <u>1:00 Advanced Drawing*(3)</u>	27 9:15 am – 10:00am Tai Chi Practice (must have completed Tai Chi Class in order to attend the practice session)
29 10:15 Jane Franklin 11:00 Senior Strength Training*WR 11:00 Russian & Culture Language Rm 109 12:00 Lunch* CM program MR 12:30 Pinochle 12:30 Tai Chi Practice (Rm 109) <u>2:00 Beginner Spanish Class (please call)</u> <u>2:45 Beginners Tai Chi Class*(4) (Rm 109)</u> 3:15 SAIL Program	30 10:00 Rummikub 10:00 Bingo <u>11:00 Intro Pickleball & its Physical Demands</u> 12:00 Lunch 1:00 Spanish Dialogue (Rm 125) 1:00 Yarn Creations (Rm 108) 1:30 Volleyball GYM <u>1:45 Encore Chorale</u> <u>3:30 Tai Chi Advanced (3)</u>	31 <u>10:15 Exercise w/ Jill CM (Rm113)</u> 11:30 Senior Strength Training* WR 12:00 Lunch MR 12:30 Tai Chi Practice (Rm 109) 1:00 French Conversation 1:00 Scrabble (Rm125) <u>2:45 Beginner's Chi Class*(5) (Rm 109)</u> 7:00 Women's Basketball*Gym			

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 CM-60+ Cafe Meal Program Participants * Fee based