



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">1</p>  <p style="text-align: center;">Senior Center Closed</p>	<p style="text-align: center;">2</p> <p>10:00-10:45 Sudoku SL 10:00- 3:30 Pickleball GYM 10:00-12:00 Billiards GR 10:00-12:00 Ping Pong GR 10:00- 2:00 Merrymakers CAFÉ 11:15-12:00 Strength Training WELLR 1:00- 3:00 Tai Chi Practice WELLR 2:00- 4:00 Bridge Practice SL 3:00- 4:30 Advisory Committee A&C 6:00- 7:00 Ukulele Strumming SL 6:30- 7:30 Piano Lessons QR</p>	<p style="text-align: center;">3</p> <p>9:30-10:30 High Beginner Line Dancing WELLR 10:00-10:45 Chair Bowling GYM 10:00-12:00 Badminton (1 court) GYM 10:00-12:00 Canasta SL 10:00-12:00 Painting Class * A&C 10:00-12:00 Billiards GR 10:00-12:00 Ping Pong GR 10:30-12:00 Intermediate Line Dancing WELLR 11:00-12:00 Conversational Spanish QR 12:00- 2:00 55+ Basketball GYM 12:00- 3:00 Jolly Hearts MPRA 12:15- 3:00 Social Bridge SL</p>	<p style="text-align: center;">4</p> <p>8:30- 9:15 Boot Camp* GYM 9:30-10:15 Dance Fusion* GYM 10:00-11:00 Chinese Dancing WELLR 10:00-11:00 English Conver.- non-Native Speakers SL 10:00-11:15 Art with Jim A&C 10:00-12:00 Billiards GR 10:00-12:00 Ping Pong GR 10:30-12:00 Haven for Handiwork CL 10:30-11:30 Badminton (1 court) GYM 10:30- 3:30 Pickleball (1 court 10:30-11:30) GYM 1:15-12:00 Strength Training WELLR 12:30- 3:00 Mah Jongg SL 2:00- 3:00 Tai Chi II* WELLR 2:00- 3:00 Piano Lessons QR 4:00- 7:00 Game Night SL</p>	<p style="text-align: center;">5</p> <p>8:30- 9:30 Core Conditioning* WELLR 9:00-10:00 Kukuwa African Dance* GYM 9:45-10:45 Feldenkrais: Better Balance* WELLR 10:00-12:00 Billiards GR 10:00-12:00 Cribbage A&C 10:00-12:00 Ping Pong GR 10:15-11:00 Easy Tai Chi GYM 11:30 -4:00 Pickleball GYM 10:15- 3:00 Scrabble SL 11:00-12:00 Virginia Relay CR 11:00-12:30 Mindfulness Meditation* WELLR 11:15-12:00 Bingo* CAFÉ 1:00- 3:00 Sunshine Gang MPRA 1:15- 3:15 Intermediate Line Dancing WELLR 4:00- 5:30 Tech Tutor (Computer Help) CAFE</p>
<p style="text-align: center;">8</p> <p>9:45-10:30 Absolute Beginners Pickleball (1 court) GYM 10:00-11:00 Fraud CR 10:00-12:00 Billiards GR 10:00-12:00 Ping Pong GR 10:00- 3:30 Pickleball GYM 10:30-11:00 Cranium Crunches MPRBC 10:30-11:15 Jeopardy MPRBC 12:00- 2:00 Mah Jongg SL 2:00- 4:00 Mexican Train Dominoes SL 5:00- 7:00 Canasta SL</p>	<p style="text-align: center;">9</p> <p>10:00-10:45 Sudoku SL 10:00- 3:30 Pickleball GYM 10:00-12:00 Billiards GR 10:00-12:00 Ping Pong GR 10:00- 2:00 Merrymakers CAFÉ 11:15-12:00 Strength Training WELLR 1:00- 3:00 Tai Chi Practice WELLR 2:00- 4:00 Bridge Practice w/ Steve Robinson SL</p>	<p style="text-align: center;">10</p> <p>9:30-10:30 High Beginner Line Dancing WELLR 9:30-11:45 Learn MAC, IPad, iPhone Basics CL 10:00-11:00 Beginning Spanish MPRA 10:00-12:00 Canasta SL 10:00-12:00 Billiards GR 10:00-12:00 Ping Pong GR 10:00-12:00 Painting Class * A&C 10:30-12:00 Intermediate Line Dancing WELLR 11:00-12:00 Warm Up the New Year with Soups & Stews CR 11:00-12:00 Conversational Spanish QR 11:30- 1:30 Arlington Senior Golf Club GYM 12:00- 2:00 NARFE CAFE 12:15- 3:00 Social Bridge SL</p> <p style="text-align: center;">NO GYM ACTIVITES SPECIAL EVENT IN GYM</p>	<p style="text-align: center;">11</p> <p>9:30-11:00 PC & IPad/iPhone Support CAFE 10:00-11:00 Tools & Projects CR 10:00-11:00 Intermediate Spanish MPRA 10:00-11:00 Chinese Dancing WELLR 10:00-12:00 Billiards GR 10:00-12:00 Ping Pong GR 10:30-12:00 Haven for Handiwork CL 10:30-11:30 Badminton (1 court) GYM 10:30- 3:30 Pickleball (1 court 10:30-11:30) GYM 11:15-12:00 Strength Training WELLR 12:30- 3:00 Mah Jongg SL 1:00- 2:30 History Discussion Group A&C 1:30- 4:00 Shuffleboard MPRA 2:00- 3:00 Piano Lessons QR 3:00- 4:45 Movie – Arrival CR</p>	<p style="text-align: center;">12</p> <p>10:00-11:00 Writers in our Midst CR 10:00-12:00 Cribbage A&C 10:00-12:00 Billiards GR 10:00-12:00 Ping Pong GR 10:15- 3:00 Scrabble SL 11:30- 4:00 Pickleball GYM 11:15-12:00 Bingo* CAFÉ 1:00 -3:00 Sunshine Gang MPRA 1:15- 3:15 Intermediate Line Dancing WELLR</p>
<p style="text-align: center;">15</p>  <p style="text-align: center;">Martin Luther King, Jr. Day</p> <p style="text-align: center;">Senior Center is closed.</p>	<p style="text-align: center;">16</p> <p>10:00-10:45 Sudoku SL 10:00-11:00 Legal Services of N.VA QR 10:00-12:00 Billiards GR 10:00-12:00 Ping Pong GR 10:00- 2:00 Merrymakers CAFÉ 10:00-3:30 Pickleball GYM 11:00-12:00 Dr. Alfred Taylor's Bridge Builders CAFE 11:15-12:00 Strength Training WELLR 1:00- 3:00 Tai Chi Practice WELLR 2:00- 4:00 Bridge Practice SL 6:00- 7:00 Ukulele Strumming SL 6:30- 7:30 Piano Lessons QR</p>	<p style="text-align: center;">17</p> <p>9:30-10:30 High Beginner Line Dancing WELLR 10:00-10:45 Chair Volleyball GYM 10:00-11:00 Beginning Spanish MPRA 10:00-12:00 Badminton (1 court) GYM 10:00-12:00 Canasta SL 10:00-12:00 Painting Class * A&C 10:00-12:00 Billiards GR 10:00-12:00 Ping Pong GR 10:30-12:00 Intermediate Line Dancing WELLR 11:00-11:40 Jane Franklin Dance GYM 11:00-12:00 Conversational Spanish QR 12:00- 2:00 55+ Basketball GYM 12:00- 3:00 Jolly Hearts MPRA 12:15- 3:00 Social Bridge SL 1:00- 2:00 Chair Hatha Yoga* WELLR</p>	<p style="text-align: center;">18</p> <p>8:30- 9:15 Boot Camp* GYM 9:30-10:15 Dance Fusion* GYM 9:30-11:00 Blood Pressure QR 10:00-11:00 Intermediate Spanish MPRA 10:00-11:00 English Conver.- non-Native Speakers A&C 10:00-11:00 Chinese Dancing WELLR 10:00-12:00 Billiards GR 10:00-12:00 Ping Pong GR 10:00-12:00 NARFE Exec. Board CR 10:30-12:00 Haven for Handiwork CL 10:30-11:30 Badminton (1 court) GYM 10:30- 3:30 Pickleball (1 court 10:30-11:30) GYM 11:15-12:00 Strength Training WELLR 12:30- 3:00 Mah Jongg SL 1:00 -2:30 History Discussion Group A&C 1:30- 4:00 Shuffleboard MPRBC 2:00- 3:00 Tai Chi II* WELLR 2:00- 3:00 Piano Lessons QR 4:00- 7:00 Game Night SL 7:00- 9:00 Firehouse Jam CAFE</p>	<p style="text-align: center;">19</p> <p>8:30- 9:30 Core Conditioning* WELLR 8:45- 9:45 Kukuwa African Dance* GYM 9:45-10:45 Feldenkrais: Better Balance* WELLR 10:00-11:00 Walter Reed Book Club CR 10:00-11:30 iPhone Basics VII CAFE 10:00-12:00 Cribbage A&C 10:00-12:00 Billiards GR 10:00-12:00 Ping Pong GR 10:15-11:00 Easy Tai Chi GYM 11:30- 4:00 Pickleball GYM 10:15- 3:00 Scrabble SL 11:00-12:30 Mindfulness Meditation* WELLR 11:15-12:00 Bingo* CAFÉ 1:00- 3:00 Sunshine Gang MPRA 1:15- 3:15 Intermediate Line Dancing WELLR</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22	23	24	25	26
8:30- 9:15 Boot Camp* GYM 9:30-10:30 Absolute Beginners Pickleball (1 court) GYM 10:00-12:00 Billiards GR 10:00-12:00 Ping Pong GR 10:00- 3:30 Pickleball GYM 10:30-11:00 Cranium Crunches MPRBC 10:30-11:15 Jeopardy MPRBC 12:00- 2:00 Mah Jongg SL 2:00- 3:00 Tai Chi I * WELLR 2:00- 4:00 Mexican Train Dominoes SL 5:00- 7:00 Canasta SL	10:00-10:45 Sudoku SL 10:00-11:00 Adult Guardianship Basics CR 10:00-12:00 Billiards GR 10:00-12:00 Ping Pong GR 10:00- 2:00 Merrymakers CAFÉ 10:00- 3:30 Pickleball GYM 11:15-12:00 Strength Training WELLR 1:00- 3:00 Tai Chi Practice WELLR 2:00- 4:00 Bridge Practice SL 6:00- 7:00 Name That Tune SL	9:30-10:30 High Beginner Line Dancing WELLR 9:30-11:45 Learn Mac, iPad & iPhone Basics CAFE 10:00-10:45 Cornhole I GYM 10:00-11:00 Beginning Spanish MPRA 10:00-12:00 Badminton (1 court) GYM 10:00-12:00 Canasta SL 10:00-12:00 Painting Class * A&C 10:00-12:00 Billiards GR 10:00-12:00 Ping Pong GR 10:30-12:00 Intermediate Line Dancing WELLR 11:00-11:40 Jane Franklin Dance GYM 11:00-12:00 Conversational Spanish QR 12:00- 2:00 55+ Basketball GYM 12:15- 3:00 Social Bridge SL 1:00- 2:00 Chair Hatha Yoga* GYM 1:00- 3:00 Valentine's Day Cards A&C	8:30- 9:15 Boot Camp* GYM 9:30-10:15 Dance Fusion* GYM 9:30-11:00 PC & iPad/iPhone Support CAFE 9:30-11:00 Blood Pressure Clinic QR 10:00-11:15 Art with Jim A&C 10:00-11:00 English Conver.- non-Native Speakers SL 10:00-11:00 Intermediate Spanish MPRA 10:00-11:00 Chinese Dancing WELLR 10:00-11:00 Your Brain and You SL 10:00-12:00 Billiards GR 10:00-12:00 Ping Pong GR 10:30-12:00 Haven for Handiwork CL 10:30-11:30 Badminton (1 court) GYM 10:30- 3:30 Pickleball (1 court 10:30-11:30) GYM 11:15-12:00 Strength Training WELLR 12:15-12:30 Birthday Social MPRBC 12:30- 3:00 Mah Jongg SL 1:00- 2:30 History Discussion Group A&C 2:00- 3:00 Piano Lessons QR 2:00- 3:00 Tai Chi II* WELLR	8:30- 9:30 Core Conditioning* WELLR 8:45- 9:45 Kukuwa African Dance* GYM 9:45-10:45 Feldenkrais: Better Balance*WELLR 10:00-11:00 Before You Start Your Exercise Routine WELLR 10:00-12:00 Cribbage A&C 10:00-12:00 Billiards GR 10:00-12:00 Ping Pong GR 10:15-11:00 Easy Tai Chi GYM 10:15- 3:00 Scrabble SL 11:00-12:30 Mindfulness Meditation* WELLR 11:15-12:00 Bingo* CAFÉ 11:30- 4:00 Pickleball GYM 12:30 -2:30 A Matter of Balance CR 1:00- 3:00 Sunshine Gang MPRA 1:15- 3:15 Intermediate Line Dancing WELLR
29	30	31	<h1>January 2018</h1> <p>Walter Reed 55+ Senior Center 2909 S. 16th Street Arlington, VA 22204</p> <p>703-228-0955</p>	
8:30- 9:15 Boot Camp* GYM 9:30-10:30 Absolute Beginners Pickleball (1 court) GYM 10:00-12:00 Ping Pong GR 10:00-12:00 Pool Tournament GR 10:00- 3:30 Pickleball GYM 10:30-11:00 Cranium Crunches MPRBC 10:30-11:45 Movie MPRBC 12:00- 2:00 Mah Jongg SL 1:00- 3:00 Walter Reed Garden Group CR 2:00- 3:00 Tai Chi I * WELLR 2:00- 4:00 Mexican Train Dominoes SL 5:00- 7:00 Canasta SL	10:00-10:45 Sudoku SL 10:00-11:00 Amharic Wellness CR 10:00-12:00 Billiards GR 10:00-12:00 Ping Pong GR 10:00- 2:00 Merrymakers CAFÉ 10:00- 3:30 Pickleball GYM 11:00-12:00 Book Swap & Lending Library Begins SL 11:15-12:00 Strength Training WELLR 1:00 - 3:00 Tai Chi Practice WELLR 2:00- 4:00 Bridge Practice SL 1:00- 2:30 Technology Tuesday Facebook CAFE	9:30-10:30 High Beginner Line Dancing WELLR 10:00-11:00 Beginning Spanish MPRA 10:00-12:00 Badminton (1 court) GYM 10:00-12:00 Canasta SL 10:00-12:00 Painting Class * A&C 10:00-12:00 Billiards GR 10:00-12:00 Ping Pong GR 10:00-2:00 Hearing Loss Info/Screening CR 10:30-12:00 Intermediate Line Dancing WELLR 11:00-11:40 Jane Franklin Dance GYM 11:00-12:00 Conversational Spanish QR 12:00- 2:00 55+ Basketball GYM 12:15- 3:00 Social Bridge SL 1:00- 2:00 Chair Hatha Yoga* GYM		
			<p>Saturdays: Rummikub 10am-Noon Mah Jongg 12:00-3:45pm</p> <p>Sat., Jan. 13 Line Dancing 1:30-4:30pm</p> <p>Sat., Jan. 27 Piano Lessons 1:30-2:30pm</p> <p>Sundays: Yarn Circle 1:00-3:00pm</p>	