

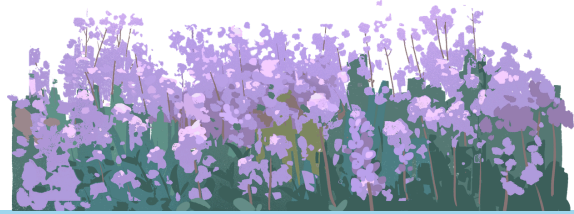
## COFFEE AND CONVERSATION

Every Wednesday  
from 10-11 am  
May 2026



# Join Our Weekly Speaker Series!

Attend via Zoom



### **Wed, May 6, 2026: *Folklore Society of Greater Washington***

The word "folklore" often conjures up images of ogres, hobbits, and trolls. But in reality, folklore is the sharing of the traditional beliefs of a community passed on through word of mouth, dance, and art. Ms. Ingrid Gorman with the Folklore Society of Greater Washington will talk about their mission to preserve local traditions through sing-alongs, dances, and storytelling.

### **Wed, May 13, 2026: *Advance Care Planning, What it is (and isn't)***

You finally got your will or trust in order, but what about all those other forms your lawyer sent you? Have you planned for your medical care if you become seriously ill or unable to communicate your wishes? Aaron Zajdel, Care Connections Manager with Goodwin Living will help us understand the differences between an advance directive, DNR, medical POA and POLST and provide us with the tools we need to document and communicate our healthcare wishes.

### **Wed, May 20, 2026: *Health Fair***

In lieu of our online speaker, please join us to celebrate National Health & Fitness Day (hosted by ANV and others) on Wednesday, May 28 at 11:00am - 1:00pm at the Lubber Run Community Center, 300 N. Park Drive (free parking in the garage). Information and screenings for: Blood Pressure, Vision, Hearing, Falls Risk, Cognitive Screening, Home Care Resources, Fitness Class Demonstrations, Senior Olympics, Insurance Counseling and Assistance, Mobility Equipment, Community Services and mini-presentation on a variety of topics. Everyone is welcome.

### **Wed, May 27, 2026: *Legal Basics Every Senior Should Know***

Navigating the legal landscape becomes increasingly important as we grow older. Having a solid grasp of the basics can make all the difference in protecting your rights, your wishes, and your peace of mind. From housing to elder law and consumer law issues, Benjamin Apt, Esq., Staff Attorney with Legal Services of Northern Virginia, will help us understand the basics so we can make confident choices that protect our independence, well being and peace of mind.

# MEMORIAL DAY

More information and how to join via Zoom can be found at  
[ANVashington.org/events](https://ANVashington.org/events)



For more information or to learn about the benefits of becoming a member of Arlington Neighborhood Village, contact us at 703.509.8057 or visit [ANVashington.org](https://ANVashington.org)