

FALL 2022

55+⁺ ARLINGTON COUNTY GUIDE

EXERCISE
TRAVEL
CONNECTIONS
and MORE



Senior Center Month 06
55+ Camp 05
Planetarium Programs 15
Computer & Technology Classes 20 & 21
New Fitness Classes! 28 & 29



Sign Up and Get the Benefits!

Enjoy access to a world of fun, fitness, enrichment and social connection with the Arlington 55+ Pass.

STEP 1 ► Choose Your Pass

There are two 55+ Pass options for you to consider.

STEP 2 ► Sign Up

There are four ways to sign up:

- ONLINE: arlingtonva.us/DPR and search “55+ pass”
- MAIL: 300 N. Park Drive 22203
([Get the 55+ Pass registration form online](#))
- PHONE: 703-228-4747 (Mon.–Fri., 8 a.m. to 5 p.m.)
- IN PERSON: Visit one of our 55+ Centers that are open, or Department of Parks & Recreation Administrative Services Office located at 300 N. Park Drive (Mon.–Fri., 8 a.m. to 5 p.m.).

STEP 3 ► Use Your Pass

With your 55+ Pass, you can register for programs and activities (pre-registration not needed for a drop-in, but 55+ Pass is still required).

- See page 47 for information about registering online, in person, by phone or by mail.
- See registration start dates on page 3.

OPTION A

55+ Pass Benefits

- Opportunities to participate in engaging activities
- Discounted trips and classes

ANNUAL FEES

Arlington County resident	\$20	\$60
Arlington County household	\$30	\$90
Non-Arlington County resident	\$45	\$90
Non-Arlington County household	\$65	\$135

OPTION B

55+ Gold Pass Benefits

Enjoy all the benefits of the regular pass — PLUS access to Arlington County's fitness facilities (except Long Bridge Aquatics & Fitness Center) any time during fitness facilities community hours.

Contact us for more information:

Call 703-228-4747 or visit arlingtonva.us/DPR (search for “55+ Pass”)

55+ ARLINGTON COUNTY GUIDE

Hello, Everyone!

Fall is here, and it's bringing cooler weather and a new schedule of 55+ programs with it! September is National Senior Center Month (page 6), and we invite you celebrate with us by visiting all of Arlington's 55+ Centers and participating in special programs being held throughout the month. Movie fans won't want to miss Western Movie Week at Arlington Mill, and game lovers will be excited to try out Bunco at Walter Reed.

One of the things we are most excited about this fall is the first ever 55+ Camp (page 5). Participate in a week full of adventures, fun and new friendships. For space enthusiasts, check out page 15 to explore programs brought to you through our partnership with the Friends of Arlington's David M. Brown Planetarium. Galaxies, sunsets and aliens are just a few of the topics to be explored.

Come discover something new this fall!

Jennifer Collins, CPRP
Office of 55+ Programs

Registration Opens:

- **August 17 at 10 a.m. (Arlington County)**
- **August 18 at 10 a.m. (Out-of-County)**

ONLINE ► registration.arlingtonva.us

Registration is available anytime through our online WebTrac system. For step-by-step instructions see page 47.

NOTE: You can link directly to the registration system when viewing the digital 55+ Guide. After registration has opened, just click on the blue Registration Number for the program that you are interested in.

PHONE ► 703-228-4747

Available Monday – Friday, 8 a.m. – 5 p.m.

THE SCOOP:

55+ Centers will be closed on:

- **Monday, Sept. 5**
- **Friday, Nov. 11**
- **Thursday, Nov. 24**
- **Friday, Nov. 25**

Registration Info: page 47

In this issue

Social Fun	4
Wellness	8
Lectures and Learning	11
Arts	22
Fitness	28
Sports	35
Brain Play	37
Services	40
Travel	41
Community Partners	46
How to Register	47
Connect & Locate	48

Can We Help?

Arlington County can provide, upon request, reasonable modifications for people with disabilities. Two weeks advance notice is preferred. Call 703-228-4747.

SOCIAL FUN

HOLIDAY CELEBRATIONS

Vision Boards

The holidays can be a great time to reset and find motivation for the upcoming year. Start planning your vision for 2023 with Madeline Caporiccio, Arlington resident and realtor with McEneaney Associates. Capture your goals in an artistic and stress free environment. Supplies will be provided.

- | | | |
|-------------|----------------------------|----------------|
| • Nov. 1 | Tuesday | 6:30-7:30 p.m. |
| Walter Reed | #911890-02 | 1 session |

Singles Night

Single and ready to mingle! Make friends and celebrate National Single's Day with music, games and fun in a casual environment.

- | | | |
|-------------|----------------------------|-------------|
| • Nov. 8 | Tuesday | 6:30-8 p.m. |
| Walter Reed | #911890-03 | 1 session |

Karaoke

Calling all singers and stars in Arlington to come out and perform your favorite songs! Sing along as we project your song lyrics on our big screen.

- | | | |
|----------------|----------------------------|-------------|
| • Nov. 30 | Wednesday | 4-5:30 p.m. |
| Arlington Mill | #911890-04 | 1 session |

Halloween Treats

Celebrate Halloween and learn how to make some fun homemade treats to enjoy with family or friends! A Virginia Cooperative Extension Master Food volunteer will demonstrate and provide recipes.

- | | | |
|--------------|----------------------------|-----------|
| • Oct. 12 | Wednesday | 1-3 p.m. |
| Aurora Hills | #911890-05 | 1 session |

Pumpkin Carving and Painting

Help us decorate the center for Halloween! Pumpkins will be provided for 55+ friends to carve and paint together. This event is sponsored by the Aurora Hills 55+ Advisory Committee.

- | | | |
|--------------|----------------------------|-----------|
| • Oct. 19 | Wednesday | 1-3 p.m. |
| Aurora Hills | #911890-06 | 1 session |

Holiday Savings Tips

The holidays don't have to drain your bank account. Learn some tips and tricks to help avoid additional financial stressors and debt during this season from a Virginia Cooperative Extension Master Financial Education volunteer.

- | | | |
|-------------|----------------------------|-----------------------|
| • Nov. 1 | Tuesday | 11:30 a.m.-12:30 p.m. |
| Walter Reed | #911890-07 | 1 session |

55+ Friendsgiving

Celebrate your 55+ friends with tunes from the musical group PhEd Up with Judy - consisting of Phil Rosen, Ed Girovasi and Judy McVerry - as well as tasty slices of pie and a game of "Friendly Feud."

- | | | |
|-------------|----------------------------|-----------------|
| • Nov. 14 | Monday | 12:30-1:30 p.m. |
| Walter Reed | #911890-08 | 1 session |

Turkey Tips

The holidays are coming, and there's still time left to perfect your turkey cooking skills! Shake off your turkey prep anxiety with a cooking demonstration from a Master Food Volunteer from Virginia Cooperative Extension.

- | | | |
|------------|----------------------------|-----------------|
| • Nov. 15 | Tuesday | 11 a.m.-12 p.m. |
| Lubber Run | #911890-09 | 1 session |

Healthy Holiday Tips

Whether you're worried about filling up on latkes or figgy pudding, learn some tips and tricks for navigating the savory sides and decadent desserts this holiday season with a Virginia Cooperative Extension Master Food volunteer.

- | | | |
|----------------|----------------------------|------------------|
| • Nov. 23 | Wednesday | 10:30-11:30 a.m. |
| Arlington Mill | #911890-10 | 1 session |

GRANDAY: FALL DANCE

Saturday, Sept. 10, 10 a.m.-12 p.m.
Arlington Mill 55+ Center

Come out for a day of dancing! Enjoy some fun quality time with your favorite dance partner. Open to all grandparents, grandchildren and grandfriends who love to dance or just listen to good music.

Register: [#911890-01](#)

SPECIAL EVENTS

Aurora Hills Harvest Fest

Let's celebrate the fall with friends, live music and refreshments! Please bring a donation (canned food items, pasta, rice, beans or cereal) for our Arlington Food Assistance Center (AFAC) food drive. This event is sponsored by the Aurora Hills 55+ Advisory Committee.

• Nov. 18 Friday 1-2:30 p.m.
Aurora Hills [#911899-13](https://www.augustineva.us/911899-13) 1 session



TRUNK OR TREAT

Saturday, Oct. 22, 3-5 p.m.
Lubber Run Community Center

No trick-or-treating in your neighborhood? You can still celebrate Halloween with costumes, spooky decorations, and sweet treats at Parks and Recreation's Trunk or Treat, a fun event where members of the community hand out candy from their cars! Apply for a parking space for your vehicle to hand out candy or just bring your kids or grandkids to enjoy this fun event. Visit the [Arlington County website](https://www.augustineva.us/911899-01) for more information.

55+ CAMP!

Monday, Oct. 10 - Friday, Oct. 14
9 a.m. - 3 p.m.

Cost: \$100

Register: [#911899-01](https://www.augustineva.us/911899-01)

Remember how much you loved summer camp as a kid? When you were carefree, had fun adventures, enjoyed the outdoors, made new friends and learned new skills? Now you can relive those experiences with Arlington's week-long 55+ Camp, tailor-made just for adults 55 and over. Activities include outdoor hiking and biking, creative arts, nature programs, cooking, technology learning opportunities, cooperative games and more. One field trip is included mid-week for hiking and a winery visit. Participants provide their own lunch every day except Friday. End the week with a fun-filled field day at Lubber Run with games, prizes and lunch sponsored by the Alliance for Arlington Senior Programs. Low-intensity alternatives are offered for the hiking and biking events. Email 55plus@arlingtonva.us with any questions.



September is Senior Center Month

Arlington's 55+ Centers are celebrating Senior Center Month this September by bringing you some fun new programs. Whether you want to play games, learn new things, get some exercise, or just spend time with 55+ friends, Arlington's 55+ Centers are a great place to start! Join us for Bingo, western movie screenings, cornhole, workshops, fairs and much more.



55+ Travel – Ask Leka!

Thursday, Sept. 1, 1-2 p.m.

Virtual

Find out about the fabulous 55+ trips coming up and how you can get involved: as a traveler, advisory committee member or volunteer travel leader. Questions about anything travel-related? Sharleka Ashton, 55+ travel supervisor, will have answers! Learn everything you need to know to enjoy fun trips with great people.

Register: [#911899-02](#)

Cornhole Challenge

Wednesday, Sept. 7, 2-3:30 p.m.

Langston-Brown 55+ Center

Whether you want some additional practice before the Senior Olympics or want to take on the dynamic duo of Langston-Brown Advisory Committee Chairperson Linda Sholl and 55+ Center Director Elizabeth Poole, join us for some cornhole games and refreshments.

Register: [#911899-03](#)

Affordable Connectivity Program Fair

Wednesday, Sept. 14, 10 a.m.-1 p.m.

Walter Reed 55+ Center

The Affordable Connectivity Program (ACP) is a U.S. government program run by the Federal Communications Commission (FCC) to help low-income households pay for internet service and connected devices like laptops and tablets. Vendors will be on site to assist eligible households with enrollment. Sponsored by the Alliance for Arlington Senior Programs.

Register: [#911899-04](#)



Fall Prevention Month: Safety Expo

Friday, Sept. 16, 10 a.m.-12 p.m.

Lubber Run 55+ Center

Learn from experts about fall risks and prevention strategies. Informational booths, activities and screenings will be available, including fall risk assessment, balance and strength exercises, medication review with a pharmacist, home modification techniques and blood pressure and vision screening. Expo is hosted in partnership with Virginia Hospital Center Health and the Northern Virginia Falls Prevention Alliance.

Register: [#911899-05](#)

Western Movie Week

Monday, Sept. 19 – Thursday, Sept. 22, 1-3:30 p.m.

Arlington Mill 55+ Center

Welcome to Western Movie Week! We will be showing several western movies from old classics to new blockbusters.

Sept. 19: 3:10 to Yuma (2007) (R)

Register: [#911899-06](#)

Sept. 20: The Good, The Bad And The Ugly (1966) (R)

Register: [#911899-07](#)

Sept. 21: The Harder They Fall (2021) (R)

Register: [#911899-08](#)

Sept. 22: Tombstone (1993) (R)

Register: [#911899-09](#)

Creating Your Next Chapter

Tuesdays, Sept. 20, Oct. 4, Oct. 25, 11 a.m.-12 p.m.

Langston-Brown 55+ Center

Whether you have recently retired, relocated, or are in another new life situation, transition can be difficult. Amy Culbertson, a retired federal government organizational development manager and trained life coach, will lead you in the use of various tools and discussion on what could be next. This three-part series on Sept. 20, Oct. 4 and Oct. 25 will engage you to reflect on the past, look for new opportunities and give you motivation to implement new beginnings. Being able to reflect and share one's experiences and aspirations will be beneficial to getting the most out of this course.

Register: [#911899-10](#)

Senior Center Month (Continued)

Senior Center Month BUNCO

Tuesday, Sept. 27, 6-8 p.m.

Walter Reed 55+ Center

BUNCO is a dice game of luck where fun is the number one objective. BUNCO is a great way to socialize with new and old friends while competing. No prior experience or knowledge is needed. Light refreshments will be served and prizes will be awarded. Sponsored by the Walter Reed 55+ Advisory Committee.

Register: [#911899-11](#)

Welcome Back Bingo!

Friday, Sept. 30, 1-2:30 p.m.

Aurora Hills 55+ Center

Celebrate Senior Center Month at Aurora Hills! Play Bingo, win great prizes, have some light refreshments and enjoy reuniting with 55+ friends or meeting new ones. Bring a guest to learn more about our great 55+ programs! This event is sponsored by the Aurora Hills 55+ Advisory Committee.

Register: [#911899-12](#)

GET TOGETHERS

Morning Meetup

Start your week off right with great conversation and friends. BYOC – Bring Your Own Coffee – and enjoy!

- **Mondays** **10-11 a.m.**
Lubber Run Drop-In
- **Wednesdays** **9:30-11 a.m.**
Langston-Brown Drop-In

DANCE

Introduction to Line Dance

Never line danced before but want to join the fun? Learn the basic steps. **No program 11/11.**

Instructor: Suzie Pratts.

- **Fridays** **10:15-11 a.m.**
Aurora Hills Drop-In

Line Dance

Kick up your heels with line dancing! Easy for beginners and lots of fun for all. No partner needed; line up and watch as the leader demonstrates the steps. You're sure to leave with a smile. Beginner level. **No program 11/11.**

Instructor: Suzie Pratts.

- **Thursdays** **1-2 p.m.**
Arlington Mill Drop-In
- **Fridays** **11:05 a.m.-12:05 p.m.**
Aurora Hills Drop-In

Open Latin Dance

Salsa, bachata, rumba, cha-cha-cha, merengue – dance to popular Latin music on Fridays, Sept. 30 and Oct. 7. No partner needed.

- **Sept. 30 & Oct. 7** **Fridays** **11 a.m.-12:45 p.m.**
Arlington Mill Drop-In

Ballroom Bootcamp

Stop by this beginner ballroom dance class taught by 55+ volunteers Tom and Fran Sipusic and learn the common steps for a different dance each week, including the foxtrot, waltz, swing, tango, rumba, and cha-cha.

- **Thursdays** **2:30-3:30 p.m.**
Lubber Run Drop-In

Social Ballroom Dance

Enjoy the company of friends old and new on a spacious dance floor. Dances vary between tango, waltz, foxtrot and swing. All will have the opportunity to dance and have fun. No instruction will be provided and no partners are needed. Meets the first and third Fridays of the month at Lubber Run and the fourth Friday of the month at Arlington Mill. **No program 11/11.**

- **First & Third Fridays** **1:45-3:45 p.m.**
Lubber Run Drop-In
- **Fourth Fridays** **1-3 p.m.**
Arlington Mill Drop-In

THE MOVIES

Movie Matinee

Steal away and catch some great afternoon movie entertainment at Lubber Run. Join us for a screening of *The Unbearable Weight of Massive Talent* (2022) (R), an action-packed comedy starring Nicholas Cage.

- **Oct. 5** **Wednesday** **1-3 p.m.**
Lubber Run [#911804-01](#) 1 session

Movies & Critics

Ever wanted to be a movie critic? Now you can. Movies & Critics is an interactive movie experience. Come just to enjoy the movie or join a critical discussion afterwards. November: *Pinochio* (2022) (PG-13); October: *Uncharted* (2022) (PG-13).

- **Oct. 20** **Thursday** **1-3:30 p.m.**
Arlington Mill [#911804-02](#) 1 session
- **Nov. 17** **Thursday** **1-3:30 p.m.**
Arlington Mill [#911804-03](#) 1 session

Movies at Aurora Hills

Enjoy classic and modern movies at Aurora Hills with fellow 55+ friends. Sept. 23: *The Confirmation* (2016) (PG-13); Oct. 28: *Dream Horse* (2020) (PG); Nov. 23: *Top Gun: Maverick* (2022) (PG-13).

- **Sept. 23** **Friday** **12:30-2:30 p.m.**
Aurora Hills [#911804-04](#) 1 session
- **Oct. 28** **Friday** **12:30-2:30 p.m.**
Aurora Hills [#911804-05](#) 1 session
- **Nov. 23** **Wednesday** **12:30-2:30 p.m.**
Aurora Hills [#911804-06](#) 1 session

SUBSCRIBE TO 55+ ENEWS!

Arlington offers art, nature, recreation and sports newsletters that keep you informed about upcoming events and provide great resources and timely information.

Subscribe to receive our 55+ eNews by visiting our [website](#) and entering your email (look for "55+ eNews" subscribe box on right).

WELLNESS

Why Go to a Chiropractor?

Have you ever thought about seeing a chiropractor but weren't familiar enough with what they do or how they can help? Get your questions answered by Dr. Julia Wray, a chiropractor from Cornerstone Chiropractic in Alexandria, who will discuss the benefits of chiropractic care and holistic treatment.

- **Sept. 28** **Wednesday** **1:30-2:30 p.m.**
Aurora Hills [#911500-01](#) 1 session

Maintaining Personhood in Individuals With Dementia

As people with dementia progress and require more care, stigma can often set in and people lose sight of identity. Dr. Alison Warren of George Washington University's Brain Health Institute will lead a discussion on this topic as well as caregiver communication strategies.

- **Oct. 3** **Monday** **11 a.m.-12 p.m.**
Lubber Run [#911500-02](#) 1 session

Normal Aging vs. Dementia

A discussion on changes that occur with age, warning signs of a memory problem and what to do if someone you love is experiencing symptoms. Presented by Kay Yong with Insight Memory Care Center.

- **Oct. 6** **Thursday** **11 a.m.-12 p.m.**
Langston-Brown [#911500-03](#) 1 session

HIPAA, Privacy and Security

October is Cybersecurity Awareness Month, a great time to learn about how the federal Health Insurance Portability and Accountability Act (HIPAA) protects the privacy and security of your health data. Dr. Matthew Hicks, director of Information Technology and Cybersecurity at George Mason University, will discuss how HIPAA affects patients and the medical community.

- **Oct. 6** **Thursday** **1:30-2:30 p.m.**
Virtual [#911500-04](#) 1 session

Scale Down

A weight loss support group of warm and caring people. Monthly meetings include private weigh-ins and interesting programs. Meets second and fourth Mondays.

- | | |
|--------------------------------------|-----------------------|
| • Second & Fourth Mondays | 1:30-2:30 p.m. |
| Langston-Brown | Drop-In |

NUTRITIOUS AND DELICIOUS

Cooking Demonstrations

Fall is here, and that means the return of some delicious seasonal fruits and vegetables, including apples, pears, raspberries, eggplants, pumpkins, parsnips and much more! Join Virginia Cooperative Extension Master Food volunteers to learn fun new ways to use your favorite fall ingredients and get some tasty recipe ideas for the holidays.

Sweet and Savory Pear Recipes

- | | | |
|------------------|----------------------------|------------------------|
| • Sept. 8 | Thursday | 11 a.m.-12 p.m. |
| Walter Reed | #911501-01 | 1 session |

Easy Eggplant Ideas

- | | | |
|-------------------|----------------------------|------------------------|
| • Sept. 13 | Tuesday | 11 a.m.-12 p.m. |
| Lubber Run | #911501-02 | 1 session |

Apple of My Eye

- | | | |
|-------------------|----------------------------|-----------------|
| • Sept. 14 | Wednesday | 1-2 p.m. |
| Aurora Hills | #911501-03 | 1 session |

Hey Pumpkin!

- | | | |
|------------------|----------------------------|------------------------|
| • Oct. 11 | Tuesday | 11 a.m.-12 p.m. |
| Lubber Run | #911501-04 | 1 session |

Cooking with Raspberries

- | | | |
|------------------|----------------------------|------------------------|
| • Oct. 20 | Thursday | 11 a.m.-12 p.m. |
| Langston-Brown | #911501-05 | 1 session |

Preparing Parsnips

- | | | |
|------------------|----------------------------|------------------------|
| • Nov. 10 | Thursday | 11 a.m.-12 p.m. |
| Walter Reed | #911501-06 | 1 session |



From left: Tom Curtis, Marilyn Marton, David Litman
(not pictured: Valerie Turner)

MEET YOUR NEW SENIOR ADULT COUNCIL

On July 20, the 2023 officers were sworn in for the Senior Adult Council (SAC).

Chair - David Litman

Vice Chair - Marilyn Marton

Secretary - Tom Curtis

Treasurer - Valerie Turner

The purpose of the SAC is to assist and advise the Office of 55+ Programs in carrying out its mission by:

- Providing a forum for an interchange of ideas and information regarding the recreational, social and cultural needs of Arlington County senior adults and determining ways of meeting those needs
- Planning, sponsoring, coordinating and providing leadership and related services for 55+ activities and events managed by the 55+ Programs Office and 55+ Center Advisory Committees

The SAC consists of an executive committee and representatives from each of the 55+ Centers, the 55+ Travel and Sports & Fitness Programs and our community partners such as the Alliance for Arlington Senior Programs, Commission on Aging and Arlington Neighborhood Villages.

To learn more about the SAC, speak with your 55+ Center Directors or email us at 55plus@arlingtonva.us.

Celebrate National Chai Day!

Chai means tea in Hindi. Drink masala chai while learning about its history and cultural relevance with local 55+ volunteers.

- **Sept. 21** **Wednesday** **11 a.m.-12 p.m.**
Walter Reed [#911501-07](#) 1 session

Ice Cream Taste: Dairy or Non-Dairy?

Can you guess which is which? Join 55+ Center Director Jennifer Weber for a taste test that will have you guessing whether non-dairy ice creams on the market can stack up to the original! If you are already dairy free, just come for the tastes.

- **Oct. 4** **Tuesday** **6:30-7:30 p.m.**
Walter Reed [#911501-08](#) 1 session

Virtual Tea

Set your table with your “tea service,” show us your best-loved teas and share recipes for scones, clotted cream and other goodies. Discuss your favorites and the items you may have taken home in your “to go” bag. Facilitated by a 55+ volunteer.

- **Oct. 13** **Thursday** **1-2 p.m.**
Virtual [#911501-09](#) 1 session

**THANK
YOU!**

**Thanks to Rocklands
and All Our Supporters!**

The Rocklands Barbecue fundraiser
on June 14 was a great success!
With your help, we raised \$1007
to benefit the [Alliance for Arlington
Senior Programs](#) and the Advisory
Committees of Arlington’s 55+ Centers.



Your support matters.

PREVENTING FALLS

Falls Are Not a Normal Part of Aging!

A representative of the Marymount University Northern Virginia Falls Prevention Alliance will share proactive strategies to reduce your risk of falling and discuss what to do if you fall.

- **Sept. 19** **Monday** **11 a.m.-12 p.m.**
Langston-Brown [#911502-01](#) 1 session

Matter of Balance

This program emphasizes practical strategies to reduce fear of falling and increase activity levels. Learn to view falls as controllable, set realistic goals to increase activity, change your environment to reduce fall factors and exercise to increase strength and balance. Led by Northern Virginia Falls Prevention Alliance trained volunteers.

- **Sept. 16 – Nov. 4** **Fridays** **10 a.m.-12 p.m.**
Walter Reed [#911502-02](#) 8 sessions



Stay Active and Independent for Life (SAIL)

Exercising to improve strength, balance and fitness is important to stay active and reduce the risk of falls. The SAIL curriculum includes aerobics, balance exercises, stretching routines and education. It is proven to improve balance, mobility, strength and flexibility and to reduce known risk factors for falls. Classes held twice a week. Sponsored by Marymount University. **No program 9/30 and 11/18.**

- **Sept. 8 – Dec. 8** **Mondays & Thursdays** **1-2 p.m.**
Lubber Run [#911502-03](#) 26 sessions
- **Sept. 6 – Nov. 15** **Tuesdays & Fridays** **1-2 p.m.**
Aurora Hills [#911502-04](#) 18 sessions

LECTURES & LEARNING

Help! How Do I Register For a Class?

Sometimes the Arlington County online registration system can be hard to navigate. Help us help you register for classes, trips and programs. Join 55+ Center Director Jennifer Weber to learn tips and best practices for how to register for 55+ classes and programs.

- **Nov. 9** **Wednesday** **10-11 a.m.**
Lubber Run [#911400-01](#) 1 session

Learn About the Walking School Bus!

Don't pass up this wonderful opportunity to learn about the nationally recognized Arlington County Walking School Bus from volunteer Andrea Walker! Join the walking school bus to meet some swell kids and get your steps in for the day while walking with a small group of students to school.

- **Sept. 2** **Friday** **10-11 a.m.**
Walter Reed [#911400-02](#) 1 session

Inventing Your Best Retired Life

If you are recently retired or new to Arlington, you may be looking for new opportunities to get involved. This program will feature a panel sharing information about volunteer, educational and recreational activities. The panel will include Barbara Spangler, Encore Learning; Jennifer Odlum, Arlington Library; Micayla Burrows, Arlington REEP; and Nicholas Englund, Arlington 55+ Programs.

- **Sept. 15** **Thursday** **10-11:30 a.m.**
Lubber Run [#911400-03](#) 1 session

It Takes a Village - In Arlington

The village movement began in 2002 and 12 years later Arlington Neighborhood Village (ANV) was founded by community members to help adults stay in their homes as they age. ANV Executive Director Wendy Zenker will describe the village concept and share ways to get involved. This program is offered simultaneously in person and virtually – sign up based on your preference.

- **Sept. 28** **Wednesday** **11:30 a.m.-12:30 p.m.**
Arlington Mill [#911400-04](#) 1 session
- **Sept. 28** **Wednesday** **11:30 a.m.-12:30 p.m.**
Virtual [#911400-05](#) 1 session

MAKING THE MOST OF MEDICARE OPEN ENROLLMENT

Concerned that prescription costs have increased as your health needs change? Do you have new prescriptions or some not covered by your current Part D plan? Medicare Open Enrollment for Part D Prescription Drug Plans and Part C Medicare Advantage Plans runs October 15 through December 7. Medicare plans can make changes every year to their costs and formulary (lists of drugs covered). Join a Virginia Insurance Counseling and Assistance Program representative for information on Medicare Open Enrollment and how to effectively use the Medicare Planfinder and other tools to maximize savings.

Wed., Oct. 26, 10-11:30 a.m.
Arlington Mill 55+ Center, [#911503-01](#)
Virtual, Register: [#911503-02](#)

Mon., Nov. 14, 10-11:30 a.m.
Walter Reed 55+ Center, [#911503-03](#)
Virtual, Register: [#911503-04](#)

Thurs., Dec. 1, 10:30-11:30 a.m.
Langston-Brown 55+ Center, [#911503-05](#)
Virtual, Register: [#911503-06](#)

INDIVIDUAL APPOINTMENTS WITH A VICAP COUNSELOR

Meet in-person or virtually with a trained, certified Medicare counselor from VICAP to compare plans for cost savings so you can make an informed decision. Must attend the presentation "Making the Most of Medicare Open Enrollment" to register for a confidential, 45-minute appointment. Call 703-228-1725 or email Medicarehelp@arlingtonva.us to sign up for an appointment. Please schedule your appointment at least 48 hours prior – limited appointments.

APPOINTMENTS AVAILABLE:

Wed., Oct. 26	11:30 a.m., 12:30 p.m.	Arlington Mill
Wed., Oct. 26	1:30 p.m.	Virtual
Mon., Nov. 14	11:30 a.m., 12:30 p.m.	Walter Reed
Mon., Nov. 14	1:30 p.m.	Virtual
Thurs., Dec. 1	12 p.m., 1 p.m.	Langston-Brown
Thurs., Dec. 1	2 p.m.	Virtual

Emergency Preparedness

To recognize National Preparedness Month, staff from the Arlington County Department of Public Safety Communications and Emergency Management will give tips for creating an emergency contact list and discuss how to build an emergency kit. They will even discuss the emergency supplies you'll need for your pets!

-
- | | | |
|----------------|----------------------------|-----------------|
| • Sept. 7 | Wednesday | 11 a.m.-12 p.m. |
| Langston-Brown | #911400-06 | 1 session |

Until Help Arrives Training

Learn necessary skills to respond to life-threatening situations and help save lives until first responders arrive. Respond to traumatic injuries from a car crash, an active shooting or a household injury. This is a two part class taught by volunteers from the Community Emergency Response Team (CERT). Content will be divided between the two sessions (Oct. 3 and Nov. 7): please attend both to receive all material.

-
- | | | |
|-------------------|----------------------------|---------------|
| • Oct. 3 & Nov. 7 | Mondays | 10-11:30 a.m. |
| Walter Reed | #911400-07 | 2 sessions |

Election 2022: What You Need to Know

Election Day is Tuesday, November 8. Are you ready? Find out everything you need to know about voter registration, absentee and early voting, accessible voting, identification requirements and polling locations. Donald Gurney and Chris De Rosa with the League of Women Voters will provide essential voting information and answer your questions.

-
- | | | |
|------------|----------------------------|-----------------------|
| • Sept. 29 | Thursday | 11:30 a.m.-12:30 p.m. |
| Virtual | #911400-08 | 1 session |

Working at the White House

Since 1800, hundreds of dedicated staff members have worked behind the scenes to help the White House fulfill its roles as a seat of government, a family residence and a historic site. Sarah Fling, historian with the White House Historical Association, will highlight lesser-known stories of White House workers throughout history.

-
- | | | |
|------------|----------------------------|----------------|
| • Sept. 29 | Thursday | 1:30-2:30 p.m. |
| Virtual | #911400-09 | 1 session |

Clara Barton and Dentzel Carousel Tour

Park Ranger Kevin Patti of the National Park Services leads a virtual tour of Clara Barton's historic home and the history of the Dentzel Carousel. The program includes a pre-recorded video of the tour followed by a Q&A session with Kevin Patti.

-
- | | | |
|-----------|----------------------------|----------------|
| • Sept. 1 | Thursday | 1:30-2:30 p.m. |
| Virtual | #911400-10 | 1 session |
| • Sept. 8 | Thursday | 1:30-2:30 p.m. |
| Virtual | #911400-11 | 1 session |

Rosenwald: Justice Through Education

In 1912, Julius Rosenwald began partnering with Black communities to help build about 5,000 schools in the segregated South, including one in Arlington. Dorothy Canter, president of the Rosenwald Park Campaign, will discuss the legacy of this remarkable collaboration to combat racism with educational opportunity.

-
- | | | |
|------------|----------------------------|----------------|
| • Sept. 22 | Thursday | 1:30-2:30 p.m. |
| Virtual | #911400-12 | 1 session |

George Washington's Virginia Roots

Born in the Tidewater region, raised near Fredericksburg and surveyor and owner of vast swaths of Virginia land, including Mount Vernon, George Washington was first and foremost a Virginian. Historian John Maass, author of *George Washington's Virginia*, explores Washington's numerous connections to the Commonwealth and their lasting importance.

-
- | | | |
|------------|----------------------------|-----------|
| • Sept. 28 | Wednesday | 7-8 p.m. |
| Virtual | #911400-13 | 1 session |

Madame Secretary: Madeleine Albright

The daughter of a Czech diplomat, Madeleine Albright had her own brilliant diplomatic career as the first female U.S. Secretary of State and an ambassador to the U.N. Ann DeLong with the State Department will pay tribute to Secretary Albright's life and legacy and share some personal anecdotes. The presenter will be appearing onscreen via Zoom at the center or you can watch the live broadcast at home – sign up based on your preference.

-
- | | | |
|------------|----------------------------|----------------|
| • Oct. 20 | Thursday | 1:30-2:30 p.m. |
| Lubber Run | #911400-14 | 1 session |
| • Oct. 20 | Thursday | 1:30-2:30 p.m. |
| Virtual | #911400-15 | 1 session |

Mary McLeod Bethune: A Woman of Firsts

Mary McLeod Bethune was a powerhouse activist for education and the rights of African Americans and women, achieving many firsts in her unparalleled career. John Fowler, park ranger at the Mary McLeod Bethune Council House National Historic Site, will discuss Mrs. Bethune's remarkable life, work and legacy.

-
- | | | |
|-----------|----------------------------|----------------|
| • Nov. 17 | Thursday | 1:30-2:30 p.m. |
| Virtual | #911400-16 | 1 session |
-

When Arlington Became Arlington

Did you know that Clarendon tried to secede from Arlington County to become its own municipality? The resulting court case in 1922 helped make Arlington what it is today. Sean Denniston with the Arlington Historical Society will explain the case, what spurred it, and the ruling's lasting impact on what Arlington looks like today.

-
- | | | |
|--------------|----------------------------|-----------|
| • Sept. 9 | Friday | 1-2 p.m. |
| Aurora Hills | #911400-17 | 1 session |
-

Black Poetry Day

Learn the history of National Black Poetry Day and how black poetry resonates in Arlington County, be inspired by poetry readings from three local black poets and participate in a Q&A with the poets. This program is brought to you in partnership with Cultural Affairs, a division of Arlington Economic Development.

-
- | | | |
|-------------|----------------------------|-----------------|
| • Oct. 17 | Monday | 10 a.m.-12 p.m. |
| Walter Reed | #911400-18 | 1 session |
-

Generation You and Me

Understanding what generation a person came of age in can help you understand more about them, but there are a lot of misconceptions about generational differences. 55+ Center Director Jennifer Weber will discuss what makes each generation unique – you might learn something new about your friends and neighbors!

-
- | | | |
|-------------|----------------------------|----------------|
| • Nov. 15 | Tuesday | 6:30-7:30 p.m. |
| Walter Reed | #911400-19 | 1 session |
-

Shocking Mistakes That Altered History

Explore little known facts about the worst blunders and mistakes which led to disasters and events that changed the course of history. Presented by Dr. Chuck Toftoy, author of *Blunders: Shocking Mistakes That Altered History*.

-
- | | | |
|-------------|----------------------------|-----------------|
| • Nov. 2 | Wednesday | 11 a.m.-12 p.m. |
| Walter Reed | #911400-20 | 1 session |
-

The Secrets of Fort Hunt

During World War II, Fort Hunt, near Mount Vernon, held many secrets, some just beginning to be uncovered. These included being a prisoner-of-war interrogation camp and a top-secret military intelligence installation which trained U.S. pilots on escape and evasion techniques. Ranger Scott Hill from the National Park Service will discuss the fascinating story of the little-known Fort Hunt.

-
- | | | |
|----------|----------------------------|----------------|
| • Nov. 3 | Thursday | 1:30-2:30 p.m. |
| Virtual | #911400-21 | 1 session |
-

Union Soldiers At Fredericksburg

Who were the brave Union soldiers who fought against insurmountable odds at the Battle of Fredericksburg? Joseph Stahl and Matthew Borders, authors of *Faces of Union Soldiers at Fredericksburg*, reveal never-before-seen images of thirty Union soldiers, their stories and sacrifices on the bullet-swept Fredericksburg battlefield. The presenter will be appearing onscreen via Zoom at the center or you can watch the live broadcast at home – sign up based on your preference.

-
- | | | |
|------------|----------------------------|----------------|
| • Nov. 10 | Thursday | 1:30-2:30 p.m. |
| Lubber Run | #911400-22 | 1 session |
| • Nov. 10 | Thursday | 1:30-2:30 p.m. |
| Virtual | #911400-23 | 1 session |
-

Laceleaf Japanese Maple Tour

Self taught gardening expert Pete Jones will give an outdoor guided tour of the Laceleaf Maples near the playground that he donated to the Walter Reed Community Center as well as provide information on the trees' origins and care. Walking shoes recommended.

-
- | | | |
|-------------|----------------------------|-----------------------|
| • Sept. 19 | Monday | 11:30 a.m.-12:30 p.m. |
| Walter Reed | #911400-24 | 1 session |
-

Walter Reed's Bioindicator Garden

Arlington Regional Master Naturalists will explain the purpose of the bioindicator garden and what it has to do with an upcoming NASA satellite launch. Hint: we'll discuss the effects of ozone pollution on plants and human health. Weather permitting, we will visit the garden and observe the effects of ozone on the plants.

-
- | | | |
|-------------|----------------------------|-----------|
| • Sept. 30 | Friday | 2-3 p.m. |
| Walter Reed | #911400-25 | 1 session |
-

Foxes of Arlington

Join a naturalist from Long Branch Nature Center for an interactive presentation on the foxes of Arlington. We will learn about the two different types that live here, how they survive in an urban environment and what to do if you encounter one.

- | | | |
|----------------|----------------------------|----------------|
| • Nov. 10 | Thursday | 1:30-2:30 p.m. |
| Langston-Brown | #911400-26 | 1 session |

Travel Gurus: Norway

Are you interested in experiencing new places? Here is your opportunity to learn about destinations near and far from local "travel gurus" and start planning your next trip! Experienced traveler Lowell Nelson will share his recent travel experiences in Norway including beautiful fjords, mountains, glaciers and waterfalls.

- | | | |
|--------------|----------------------------|----------------|
| • Oct. 5 | Wednesday | 1:30-2:30 p.m. |
| Aurora Hills | #911400-27 | 1 session |

Around the World to... Portugal

Enjoy a virtual trip to Portugal, home to several World Heritage Sites and a unique culture. Catarina Silva with Turismo de Portugal, Portugal's National Tourism Authority, will entice you with Portugal's rich history, magnificent beaches, mountain landscapes, cosmopolitan cities and more.

- | | | |
|-----------|----------------------------|----------------|
| • Oct. 27 | Thursday | 1:30-2:30 p.m. |
| Virtual | #911400-28 | 1 session |

Life in the Fast Lane

R.C. (Remote Control) Cars are a favorite hobby of Walter Reed Facility Manager Mahmoud Ihmeidan. Watch as Mahmoud demonstrates the speed of his collection, with possible speeds reaching up to 100 miles per hour!

- | | | |
|-------------|----------------------------|-----------------|
| • Oct. 6 | Thursday | 11 a.m.-12 p.m. |
| Walter Reed | #911400-35 | 1 session |

INCLEMENT WEATHER

To learn about delayed openings and cancellations, call our Inclement Weather Hotline at **703-228-4715** or go online to arlingtonva.us.

Great Books for the Fall and Winter

Time to cozy up with a book and a blanket – but how do you select a great book? Aurora Hills Adult Services Librarian Vicky McCaffrey will discuss library book and author recommendations so you can pick out your next good read!

- | | | |
|--------------|----------------------------|-----------|
| • Nov. 30 | Friday | 1-2 p.m. |
| Aurora Hills | #911400-36 | 1 session |

Library of Virginia's Genealogy Series

Join Community Outreach Specialist Ashley Craig for a series of lively genealogy presentations. 9/8: *Yearbook Records*; 9/29: *Pension Records*; 10/6: *Virginia Historical Inventory (VHI)*; 10/27: *Cemetery Records*; 11/3: *The Auditor of Public Accounts (APA)*; 11/10: *Business Records*. Time is allotted afterwards to answer any genealogy questions.

- | | | |
|------------|----------------------------|-----------|
| • Sept. 8 | Thursday | 3-4 p.m. |
| Virtual | #911400-37 | 1 session |
| • Sept. 29 | Thursday | 3-4 p.m. |
| Virtual | #911400-38 | 1 session |
| • Oct. 6 | Thursday | 3-4 p.m. |
| Virtual | #911400-39 | 1 session |
| • Oct. 27 | Thursday | 3-4 p.m. |
| Virtual | #911400-40 | 1 session |
| • Nov. 3 | Thursday | 3-4 p.m. |
| Virtual | #911400-41 | 1 session |
| • Nov. 10 | Thursday | 3-4 p.m. |
| Virtual | #911400-42 | 1 session |

Getting Started With Ancestry.com

Are you just starting out in genealogy and are having trouble using Ancestry.com? Come and learn how to better use this site and troubleshoot any problems while building your tree. Bring your computer and username/password to follow along, or just come and listen! Presented by experienced genealogist Eileen Bogdanoff.

- | | | |
|------------|----------------------------|-------------------|
| • Oct. 4 | Tuesday | 11:30 a.m.-1 p.m. |
| Lubber Run | #911400-43 | 1 session |



Planetarium Programs

Explore the universe in this fascinating series of presentations from **Dr. Jennifer Lynn Bartlett, the Kinnear Chair in the U.S. Naval Academy Department of Physics and President of the Friends of Arlington's David M. Brown Planetarium.**

Infrared Eyes on the Universe

Friday, Sept. 9, 11 a.m.-12 p.m.

Lubber Run 55+ Center

Launched in December 2021, the James Webb Space Telescope (JWST) promises to revolutionize astronomy with new images collected using infrared light – light that is redder than our eyes can detect. Come for a brief overview of what we can learn using infrared light and what the first images from JWST are showing us about the universe.

Register: [#911400-29](#)

The Solar System Today

Friday, Sept. 30, 11 a.m.-12 p.m.

Langston-Brown 55+ Center

The Solar System contains the Sun and everything that is gravitationally bound to it, including planets, moons, asteroids, comets, gas and dust. Our knowledge of the Solar System continues to grow as new missions and new instruments study its different bodies. Come for a brief overview of our present knowledge of the Solar System.

Register: [#911400-30](#)

Halloween, Día de los Muertos, Samhain

Friday, Oct. 7, 11 a.m.-12 p.m.

Lubber Run 55+ Center

Did you know that Halloween falls halfway between the fall equinox and the winter solstice? Astronomical observations such as the equinox and solstice have shaped our calendar, and with it the timing of annual festivals. Come learn about calendars, astronomy and fun fall facts.

Register: [#911400-31](#)

Stars and Galaxies

Friday, Oct. 28, 11 a.m.-12 p.m.

Langston-Brown 55+ Center

Our Sun is but one star of billions in our Milky Way Galaxy; our galaxy is but one of billions of galaxies in our universe. However, the light from these distant objects reveals their structures and changes over time. Come for a brief overview of what lies beyond our Solar System.

Register: [#911400-32](#)

The Search for Extraterrestrial Life

Friday, Nov. 4, 11 a.m.-12 p.m.

Lubber Run 55+ Center

Ever wonder if we are truly alone in the universe? Astrobiology is the scientific study of the possibility of life beyond Earth. Learn how scientists calculate the probability of alien civilizations and discuss some efforts to communicate with other worlds.

Register: [#911400-33](#)

Sunset Science

Friday, Nov. 18, 11 a.m.-12 p.m.

Langston-Brown 55+ Center

Sunsets and sunrises provide a beautiful display of color at the beginning and end of the day. Refraction, the bending of light as it travels from one medium to another, can produce a number of strange effects, including mirages. Come for a discussion of what can happen when the Sun is between day and night.

Register: [#911400-34](#)

Above: "Cosmic Cliffs" in the Carina Nebula. Image credit: NASA, ESA, CSA, STScI

Rock Music Legends: Crosby, Stills, Nash and Young

David Crosby, Stephen Stills, Graham Nash and Neil Young came together from different groups to form legendary folk rock supergroup Crosby, Stills, Nash (& sometimes Young). They shared tremendous success collectively as well as in their solo careers. 55+ volunteer and musician Carl Gold will discuss and play the group's music together and apart. This program will be offered simultaneously in-person and virtually – sign up based on your preference.

- | | | |
|----------------|----------------------------|----------------|
| • Oct. 18 | Tuesday | 1:30-2:45 p.m. |
| Arlington Mill | #911400-44 | 1 session |
| • Oct. 18 | Tuesday | 1:30-2:45 p.m. |
| Virtual | #911400-45 | 1 session |

Rock Music Legends: The Beatles and Bob Dylan

The Beatles and Bob Dylan each had a profound impact on popular music and youth culture. They also greatly influenced each other. 55+ volunteer and musician Carl Gold will explore the interconnections and influences these iconic artists had on each other and play some of their music. This program will be offered simultaneously in-person and virtually – sign up based on your preference.

- | | | |
|----------------|----------------------------|----------------|
| • Nov. 15 | Tuesday | 1:30-2:45 p.m. |
| Arlington Mill | #911400-46 | 1 session |
| • Nov. 15 | Tuesday | 1:30-2:45 p.m. |
| Virtual | #911400-47 | 1 session |

DISCUSSION GROUPS AND BOOK CLUBS

Documentary Discussions

View popular documentaries and discuss them with 55+ friends. Sept. 2: *Navy SEALs: Their Untold Story* (2015); Oct. 7: *Haunted Places* (2020).

- | | | |
|-----------|----------------------------|----------------|
| • Sept. 2 | Friday | 1:30-2:30 p.m. |
| Virtual | #911402-01 | 1 session |
| • Oct. 7 | Friday | 1:30-2:30 p.m. |
| Virtual | #911402-02 | 1 session |

Movie Discussions

We're calling all cinema lovers to meet to discuss a new film every month. Sept.: *The Life Ahead* (2020) (PG-13); Oct.: *Leave No Trace* (2018) (PG); Nov.: *Found* (2021) (PG). All films are available to stream on Netflix before group meets to discuss. Meets the second Thursday of the month.

- | | | |
|-----------|----------------------------|-----------|
| • Sept. 8 | Thursday | 3-4 p.m. |
| Virtual | #911402-03 | 1 session |
| • Oct. 13 | Thursday | 3-4 p.m. |
| Virtual | #911402-04 | 1 session |
| • Nov. 10 | Thursday | 3-4 p.m. |
| Virtual | #911402-05 | 1 session |

Genealogy 101

Meet with other genealogy enthusiasts to learn about your family's roots. All done in a fun, friendly atmosphere for sharing information and tools. Meets on the third Tuesday of the month. Led by experienced genealogist Eileen Bogdanoff.

- | | | |
|------------|----------------------------|-------------------|
| • Sept. 20 | Tuesday | 11:30 a.m.-1 p.m. |
| Lubber Run | #911402-06 | 1 session |
| • Oct. 18 | Tuesday | 11:30 a.m.-1 p.m. |
| Lubber Run | #911402-07 | 1 session |
| • Nov. 15 | Tuesday | 11:30 a.m.-1 p.m. |
| Lubber Run | #911402-08 | 1 session |



Genealogy Discussion

Join local genealogist Susan J. Court to discuss your questions and challenges regarding researching and chronicling your family history. Also share your discoveries and techniques with fellow genealogists. Meets second Wednesdays of the month.

- | | | |
|------------|----------------------------|-----------|
| • Sept. 14 | Wednesday | 3-4 p.m. |
| Virtual | #911402-09 | 1 session |
| • Oct. 12 | Wednesday | 3-4 p.m. |
| Virtual | #911402-10 | 1 session |
| • Nov. 9 | Wednesday | 3-4 p.m. |
| Virtual | #911402-11 | 1 session |

Local History Discussion

Have fun recollecting and learning about Arlington's rich past. For designated monthly topics, check the Lubber Run center newsletter. Meets fourth Wednesday of each month.

- | | | |
|---------------------------------|--|------------------------------------|
| • Sept. 28
Lubber Run | Wednesday
#911402-12 | 1:30-2:45 p.m.
1 session |
| • Oct. 26
Lubber Run | Wednesday
#911402-13 | 1:30-2:45 p.m.
1 session |
| • Nov. 23
Lubber Run | Wednesday
#911402-14 | 1:30-2:45 p.m.
1 session |

History Roundtable

Take part in thought-provoking discussions about pivotal events in history. At your option, research and deliver a five-minute presentation on the month's topic or listen and learn from others. On Sept. 14, we'll discuss the impact in history of consorts to the powerful. On Oct. 12, we'll discuss the impact of inventors on history. On Nov. 9, we'll discuss the impact of the 1929 world depression. Meets the second Wednesday of the month.

- | | | |
|------------------------------|--|---|
| • Sept. 14
Virtual | Wednesday
#911402-15 | 11:15 a.m.-12:30 p.m.
1 session |
| • Oct. 12
Virtual | Wednesday
#911402-16 | 11:15 a.m.-12:30 p.m.
1 session |
| • Nov. 9
Virtual | Wednesday
#911402-17 | 11:15 a.m.-12:30 p.m.
1 session |

History Discussion Group

Listen, contribute and reflect in this discussion group led by Dwight Rodgers of Encore Learning. Focus on cultural, economic, artistic and political history. Meets every Thursday in November except Thanksgiving (Nov. 24).

- | | | |
|---------------------------------|---|---------------------------------|
| • Nov. 3
Virtual | Thursday
#911402-18 | 1-2:30 p.m.
1 session |
| • Nov. 10
Virtual | Thursday
#911402-19 | 1-2:30 p.m.
1 session |
| • Nov. 17
Walter Reed | Thursday
#911402-20 | 1-2:30 p.m.
1 session |

Current Events

Discussions on who, where and what events are taking place in current local and world news. Discussions are informal and volunteer led. Meets first and third Mondays.

- | | | |
|----------------------------------|---|-----------------------------------|
| • Sept. 19
Walter Reed | Monday
#911402-21 | 10-11:30 a.m.
1 session |
| • Oct. 3
Walter Reed | Monday
#911402-22 | 10-11:30 a.m.
1 session |
| • Oct. 17
Walter Reed | Monday
#911402-23 | 10-11:30 a.m.
1 session |
| • Nov. 7
Walter Reed | Monday
#911402-24 | 10-11:30 a.m.
1 session |
| • Nov. 21
Walter Reed | Monday
#911402-25 | 10-11:30 a.m.
1 session |

GET INVOLVED WITH SENIOR ISSUES!

COMMISSION ON AGING

The Arlington County Commission on Aging aims to enhance the quality of life for older Arlingtonians by ensuring all planning and County activities address their specific needs.

Commission on Aging hybrid (in-person and virtual options) meetings:

Mon., Sept. 19, 9-11 a.m.
Mon., Oct. 17, 9-11 a.m.
Mon., Nov. 21, 9-11 a.m.

ARLINGTON STEERING COMMITTEE FOR SERVICES TO OLDER PERSONS

Arlington Steering Committee for Services to Older Persons is an affiliation of private, non-profit, proprietary and government service providers and senior advocates who meet to discuss aging issues.

Steering Committee virtual meetings:

Fri., Sept. 16, 10-11 a.m.
Arlington's Age-Friendly Program

Fri., Nov. 18, 10-11 a.m.
Annual Medicare Update

Email arlaaa@arlingtonva.us for meeting links. For an updated and complete list of Commission on Aging meetings and other aging network activities, including meeting locations and times, visit <https://www.arlingtonva.us/Government/Commissions-and-Advisory-Groups/COA/Meetings>

Magazine Article Discussion Group

Read and discuss current articles reported in the popular magazine *Harper's*. We will always read the cover story and one other piece to be determined each month. Join the conversation or just listen. The discussion will be facilitated by Shirlington and Aurora Hills Adult Services Librarian Vicky McCaffrey. A limited number of magazines will be available to borrow at Aurora Hills 55+ Center.

- | | | |
|-----------------------------------|--|-------------------------------------|
| • Sept. 21
Aurora Hills | Wednesday
#911402-26 | 11 a.m.-12 p.m.
1 session |
| • Oct. 19
Aurora Hills | Wednesday
#911402-27 | 11 a.m.-12 p.m.
1 session |
| • Nov. 16
Aurora Hills | Wednesday
#911402-28 | 11 a.m.-12 p.m.
1 session |

Study of Words

Learn about the history of English and language as a whole. Have fun sharing individual words, phrases, expressions and other items of linguistic interest. This is a hybrid program: join facilitator Steve Shapiro in person or on Zoom. Sign up based on your preference. Meets second Wednesdays.

- | | | |
|---------------------------------|--|--------------------------------------|
| • Sept. 14
Lubber Run | Wednesday
#911402-29 | 10:30-11:45 a.m.
1 session |
| • Sept. 14
Virtual | Wednesday
#911402-30 | 10:30-11:45 a.m.
1 session |
| • Oct. 12
Lubber Run | Wednesday
#911402-31 | 10:30-11:45 a.m.
1 session |
| • Oct. 12
Virtual | Wednesday
#911402-32 | 10:30-11:45 a.m.
1 session |
| • Nov. 9
Lubber Run | Wednesday
#911402-33 | 10:30-11:45 a.m.
1 session |
| • Nov. 9
Virtual | Wednesday
#911402-34 | 10:30-11:45 a.m.
1 session |

Aurora Hills Book Club

Monthly book club meets the last Monday of each month. Sept. 26: *There Will Be No Miracles Here* by Casey Gerald; Oct. 31: *The Joy Luck Club* by Amy Tan; Nov. 28: *The Expats* by Chris Pavone.

- | | |
|---------------------------------------|---|
| • Last Mondays
Aurora Hills | 11:30 a.m.-12:45 p.m.
Drop-In |
|---------------------------------------|---|

Book Club

Get together for great books and conversation. Sept.: *The Enchanted April* by Elizabeth Von Arnim; Oct.: *The Sympathizer* by Viet Thanh Nguyen; Nov.: *A Woman is No Man* by Etaf Rum. Meets first Tuesday of the month.

- | | |
|---|----------------------------------|
| • First Tuesdays
Langston-Brown | 1:30-2:30 p.m.
Drop-In |
|---|----------------------------------|

AROUND THE HOUSE

Centerpieces and Décor

Are you interested in learning new ways to decorate your dining room? Perhaps you are planning a small event for a friend. Join professional event planner Samantha Nuamah as she gives you simple tricks and tips to transform your room into a masterpiece for you and your guest.

- | | | |
|-------------------------------------|--|-------------------------------------|
| • Sept. 13
Arlington Mill | Tuesday
#911401-01 | 11 a.m.-12 p.m.
1 session |
|-------------------------------------|--|-------------------------------------|

Energy Savings Tips for the Winter

Join a volunteer from Energy Masters for a presentation in English on how to keep your space comfortable and warm in the winter while also managing your utility bills. Learn about financial assistance programs as well.

- | | | |
|--------------------------------|--|-------------------------------------|
| • Oct. 18
Lubber Run | Tuesday
#911401-02 | 11 a.m.-12 p.m.
1 session |
|--------------------------------|--|-------------------------------------|

Indoor Air Quality

Be a smarter renter or homeowner and learn about mold, common indoor pollutants and healthier cleaning products from a Virginia Cooperative Extension Master Natural Resource volunteer.

- | | | |
|-------------------------------|--|-------------------------------------|
| • Nov. 8
Lubber Run | Tuesday
#911401-03 | 11 a.m.-12 p.m.
1 session |
|-------------------------------|--|-------------------------------------|

Orchid Do's and Don'ts

You would be surprised how many misconceptions there are about orchid care. Join Pete Jones, self taught gardening expert, as he busts the myths and talks proper orchid care.

- | | | |
|---------------------------------|---|---|
| • Oct. 24
Walter Reed | Monday
#911401-04 | 11:30 a.m.-12:30 p.m.
1 session |
|---------------------------------|---|---|

PLANNING AHEAD

What is Probate?

Understanding probate can be confusing. Ed Zetlin, elder law attorney, will uncover its mysteries. He will discuss what probate is, the pros and cons and the factors one should consider regarding probate.

• Sept. 14	Wednesday	11 a.m.-12 p.m.
Virtual	#911404-01	1 session

Estate Planning 101

Estate planning helps protect your family and loved ones by allowing them to know and execute your wishes in a simple manner. Attorney Alison Lambeth will highlight the main parts of an estate plan and the importance of each document. Topics include wills, revocable living trusts, advance medical directives, power of attorney and probate.

• Oct. 18	Tuesday	11 a.m.-12 p.m.
Langston-Brown	#911404-02	1 session

Getting Your Home Market Ready

Thinking you might sell your house now or down the road? Want to know how you can get the best return on your investment in your home? Nancy Murphy, licensed realtor with Weichert, Realtors will give you some tips on how to get your home ready for Arlington's current market.

• Oct. 18	Tuesday	12-1 p.m.
Lubber Run	#911404-03	1 session

Living On a Fixed Income

Learn how to develop a retirement spending plan, economize on spending, and live well on a fixed income from a Virginia Cooperative Extension Master Finance volunteer.

• Oct. 19	Wednesday	10:30-11:30 a.m.
Arlington Mill	#911404-04	1 session

Is a Reverse Mortgage Loan Right For You?

Older homeowners may wonder if a reverse mortgage can be used to help them age in place or supplement their income. Cora Hume, an attorney with the Consumer Financial Protection Bureau, will explain reverse mortgage loans, how they work and how to decide if one is right for you.

• Oct. 19	Wednesday	3-4 p.m.
Virtual	#911404-05	1 session

Why are Health Directives Necessary?

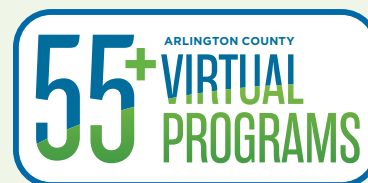
Living wills and other advanced directives are important documents. These written orders give legal instructions regarding your medical care if you are unable to make decisions on your own. Elder Law Attorney Ed Zetlin will discuss the importance of health directives.

• Oct. 26	Wednesday	11 a.m.-12 p.m.
Virtual	#911404-06	1 session

The Responsibilities of an Executor

If you are an executor of a will, there are several steps you must take to complete the responsibilities associated with that role. Elder Law Attorney Ed Zetlin will review the steps necessary for closure of an estate.

• Nov. 30	Wednesday	11 a.m.-12 p.m.
Virtual	#911404-07	1 session



Find recordings of your favorite programs and activities on the 55+ Virtual Programs YouTube channel! Art, music, exercise, food, history – there's a little bit of everything, and we're constantly adding more. Look for episodes of *55+ Live*, which feature a variety of 55+ related segments and updates.

Visit youtube.com/virtualprograms

DIGITAL LEARNING/ TECHNOLOGY

Cutting the Cord

Tired of paying outrageous bills for cable, phone and Internet? Join Shettima Abdulmalik, tech guru, for a general overview on how to use today's technology to combine resources and possibly reduce costs. Q&A to follow.

- **Sept. 14** **Wednesday** **5-6 p.m.**
Arlington Mill [#911403-01](#) 1 session

Filmmaker Interest Group

Interested in doing more with film, either behind or in front of the camera? Now is your chance! All levels of experience are welcome to join this interest group led by fellow video enthusiast Nick Englund. Projects can range from helping film segments on 55+ Live to producing an entire short film or documentary.

- **Sept. 22** **Thursday** **6-7 p.m.**
Lubber Run [#911403-03](#) 1 session

Uber and Lyft

Getting in a car with strangers seemed so taboo, but has become the standard for getting from A to B. Tech Guru Nick Englund will present an overview of several ride sharing apps and share tips and tricks.

- **Sept. 29** **Thursday** **6-7 p.m.**
Lubber Run [#911403-04](#) 1 session

“MyArlington” App

Have a permit and want to check the status? Need to schedule an appliance pickup? Do you want to be sure you attend all important County meetings and events? It all can be done on the MyArlington app! A representative from the Department of Environmental Services will show off this very helpful app.

- **Oct. 5** **Wednesday** **11 a.m.-12 p.m.**
Walter Reed [#911403-05](#) 1 session

How to Use Financial Apps

Join a Master Financial Education volunteer from Virginia Cooperative Extension to learn about popular financial applications and how to use them for budgeting and investing.

- **Oct. 11** **Tuesday** **6:30-7:30 p.m.**
Walter Reed [#911403-06](#) 1 session



Beginner Basic Computer Classes

**Mondays and Wednesdays,
Sept. 19 – Oct. 26, 2-3:30 p.m.
Walter Reed 55+ Center (12 sessions)**

Learn basic computer skills, including how to use email and access the internet, from instructors from [Arlington Community Learning](#). This program is sponsored by the [Alliance for Arlington Senior Programs](#) (AASP) and is free for seniors that qualify for the Federal Affordable Connectivity Plan. If not, the fee is \$40 paid directly to AASP. For more information, contact Jennifer Weber at jweber1@arlingtonva.us or call 703-228-0955.

Register: [#911403-02](#)



Reading Library Books on the Libby App

Being able to borrow free eBooks or digital audiobooks from your public library can be a lifeline for those who love to read. It's easy! Arlington Public Library Associates Bridgette Wisdom and David Bishop will demonstrate how to get the free Libby app and enjoy reading from the comfort of your home.

- | | | |
|-----------|----------------------------|----------------|
| • Oct. 26 | Wednesday | 1:30-2:30 p.m. |
| Virtual | #911403-07 | 1 session |

Smartphone Photography

Do you have a smartphone, tablet, or other mobile device but struggle with the camera feature? Do you want to learn more about apps for photography and editing? Join Nick Englund, photography enthusiast, to learn how to maximize the use of your camera.

- | | | |
|------------|----------------------------|-----------|
| • Oct. 27 | Thursday | 6-7 p.m. |
| Lubber Run | #911403-08 | 1 session |

Smart Home

We can use technology in our houses to control lights, lock doors, play music and answer questions. Tech guru Nick Englund will present an overview of home automation devices such as Amazon Alexa and Google Home. This is a basic introduction and no prior experience is required.



- | | | |
|----------------|----------------------------|----------------|
| • Nov. 3 | Thursday | 1:30-2:30 p.m. |
| Langston-Brown | #911403-09 | 1 session |

PLEASE NOTE: Programs and presentations offered at Arlington's 55+ Centers are intended to educate our participants and enrich their lives. We strive to present a balanced array of viewpoints on any particular topic and we are not promoting any particular service, opinion or cause. The views expressed by presenters are their own and are not necessarily endorsed by Arlington County or the Office of 55+ Programs.

Cyber Monday

Join Walter Reed's 55+ Center staff for a day of digital learning! From internet safety and Wi-Fi to getting great deals while online shopping, these special Cyber Monday programs will help you improve your online experience and get the most out of your technology.

SCORING THE BEST DEAL Monday, Nov. 28, 10-10:30 a.m. Walter Reed 55+ Center

Join 55+ Center Director Jennifer Weber to learn how to utilize different websites and add-ons to always get the best deal no matter what you are buying online.

Register: [#911403-10](#)

WHY WON'T THE WI-FI WORK? Monday, Nov. 28, 10:45-11:15 a.m. Walter Reed 55+ Center

Do you have trouble connecting to a public Wi-Fi network like Arlington Wireless? Sometimes your phone's security preferences prevent you from connecting. Learn tips from Jennifer Weber, 55+ center director, on how to connect to the public Wi-Fi, especially Arlington Wireless in 55+ Centers.

Register: [#911403-11](#)

NETWORK SECURITY AND SCAMS Monday, Nov. 28, 11:30 a.m.-12 p.m. Walter Reed 55+ Center

New internet scams seem to pop up all the time. Arm yourselves with the knowledge to prevent falling victim as well as best practices with your network security. Led by Arlington County employees.

Register: [#911403-12](#)

ARTS

Public Art in Arlington Scavenger Hunt

If you're not looking, you might miss all the public art Arlington has to offer. Join 55+ Center Director Jennifer Weber for an overview of public art in Arlington and take home a list of public art for you to visit on your own. Explore how many you can spot!

- | | | |
|----------------------------------|--|-------------------------------------|
| • Sept. 28
Walter Reed | Wednesday
#911300-01 | 11 a.m.-12 p.m.
1 session |
|----------------------------------|--|-------------------------------------|

Encore Chorus

Sing with this congenial chorus and learn proper breathing and vocal technique. Rehearsals culminate with the presentation of a professional concert free for the community. The 15 weeks of challenging and enjoyable classes are led by a professional conductor; no audition required. Appropriate for beginners and experienced singers. For more information, call 301-261-5747 or encorecreativity.org.

Instructor: Ingrid Lestrud

- | | | |
|--|---|--|
| • Sept. 6 – Dec. 13
Lubber Run | Tuesdays
#911300-02 | 1-2:30 p.m.
15 sessions: \$165
+ \$25 materials fee |
|--|---|--|

Opera Appreciation

For opera lovers and learners, enhance your appreciation of the magnificent art and drama of opera. Volunteer George Cecchetti will set the stage for each opera, providing the story line, composer and other interesting background. Musical selections from well-known operas will be played, professional commentary provided and group discussion will follow. 9/7: *Samson and Dalila* by Saint-Saens; 9/14: Viva Verdi, his life of struggles and the drama in his operas; 10/5: *La Traviata* by Verdi; 10/12: *The Queen of Spades* by Tchaikovsky; 11/2: *Siegfried*, the third opera in Wagner's *Ring Cycle*; 11/9: *Turandot* by Puccini.

- | | | |
|---------------------------------|--|------------------------------------|
| • Sept. 7
Lubber Run | Wednesday
#911300-03 | 1:30-3:30 p.m.
1 session |
| • Sept. 14
Lubber Run | Wednesday
#911300-04 | 1:30-3:30 p.m.
1 session |
| • Oct. 5
Lubber Run | Wednesday
#911300-05 | 1:30-3:30 p.m.
1 session |
| • Oct. 12
Lubber Run | Wednesday
#911300-06 | 1:30-3:30 p.m.
1 session |
| • Nov. 2
Lubber Run | Wednesday
#911300-07 | 1:30-3:30 p.m.
1 session |
| • Nov. 9
Lubber Run | Wednesday
#911300-08 | 1:30-3:30 p.m.
1 session |



Short Story Reading and Discussion

Short stories pack a lot in a few pages. Take turns reading the story aloud and discuss it afterward. Facilitated by 55+ volunteer Bill Turner. Sept. 19: "Parker Adderson, Philosopher" by Ambrose Bierce; Oct. 17: "The Masque of the Red Death" by Edgar Allen Poe; Nov. 21: "No News" by Connie Regan-Blake and Barbara Freeman and "Death by Scrabble" by Charlie Fish. This program will be offered simultaneously in-person and virtually – sign up based on your preference.

- | | | |
|-----------------------------------|---|---------------------------------|
| • Sept. 19
Aurora Hills | Monday
#911300-09 | 1-2:30 p.m.
1 session |
| • Sept. 19
Virtual | Monday
#911300-10 | 1-2:30 p.m.
1 session |
| • Oct. 17
Aurora Hills | Monday
#911300-11 | 1-2:30 p.m.
1 session |
| • Oct. 17
Virtual | Monday
#911300-12 | 1-2:30 p.m.
1 session |
| • Nov. 21
Aurora Hills | Monday
#911300-13 | 1-2:30 p.m.
1 session |
| • Nov. 21
Virtual | Monday
#911300-14 | 1-2:30 p.m.
1 session |

Social Art Swap

Bring your own artwork or art supplies to create a piece onsite to swap. Limited art supplies will be available. Each finished piece gets traded for a ticket. Numbers are drawn at the end of the event and artwork is selected from the created pieces.

- | | | |
|-------------------------------------|---|------------------------------|
| • Sept. 25
Arlington Mill | Sunday
#911300-15 | 1-3 p.m.
1 session |
| • Oct. 23
Arlington Mill | Sunday
#911300-16 | 1-3 p.m.
1 session |
| • Nov. 20
Arlington Mill | Sunday
#911300-17 | 1-3 p.m.
1 session |



VIRTUAL CENTER FOR ACTIVE ADULTS (VCAA)

For the months of September and October, Arlington County is collaborating with senior centers throughout Northern Virginia to offer you, members of the 55+ community, a wide variety of FREE virtual programs five days a week.



All older adults and adults with disabilities who live in Northern Virginia are welcome to participate in these free programs, including fitness classes, special presentations and interactive games. For more information, visit the Virtual Center for Active Adults (VCAA) [website](#).



ART HISTORY

Just Beneath the Surface

Looking at the works of three artists, we will take a deep dive into what was happening behind the scenes and beneath the surface of all that paint. Community Arts Programmer Jim Halloran will explain the context, history and techniques of famous (and not so famous) artists. Short demo of an artist's specific process with discussion to follow.

• Sept. 30 Virtual	Friday #911302-01	10-11:30 a.m. 1 session
• Oct. 28 Virtual	Friday #911302-02	10-11:30 a.m. 1 session
• Nov. 18 Virtual	Friday #911302-03	10-11:30 a.m. 1 session

Secrets Revealed

An exploration of famous artists and their distinctive, sometimes secretive techniques. Community Arts Programmer Jen Droblyen will discuss the contributions of these artists and the methods that make their works so special.

• Sept. 26 Virtual	Monday #911302-04	10:30-11:30 a.m. 1 session
• Oct. 24 Virtual	Monday #911302-05	10:30-11:30 a.m. 1 session
• Nov. 28 Virtual	Monday #911302-06	10:30-11:30 a.m. 1 session

Sargent and Spain

John Singer Sargent is mainly known for his portraits, but he had a love affair with Spain that produced some dazzling works of art. Beginning in October, the National Gallery of Art will be showing 120 of these works. Art connoisseur Joan Hart will give a preview of some of these works and provide insight into Sargent's life.

• Oct. 26 Aurora Hills	Wednesday #911302-07	1-2:30 p.m. 1 session
---------------------------	---	--------------------------

Through Monet's Eyes

Art connoisseur Joan Hart will facilitate a lecture and discussion taking you on a journey into the world of Monet. This series is divided into three parts that build on each other: Nov. 2, Part 1 - An Impressionist Paradise; Nov. 7, Part 2 - The Eternal Sea; Nov. 16, Part 3 - Visions of Water Lilies.

- **Nov. 2, 7 & 16** **Monday & Wednesdays** **1-2:30 p.m.**
Aurora Hills [#911302-08](#) 3 sessions

PERFORMANCES

Acoustic Café

Meet and mingle while you enjoy the vibe of a 1960s coffee house and live performances by local musicians – from the best known to the quiet newcomer. The shows are open to all ages. The café is sponsored by the Walter Reed 55+ Advisory Committee and the Alliance for Arlington Senior Programs.



- **Sept. 20** **Tuesday** **7-8:30 p.m.**
Walter Reed [#911301-01](#) 1 session
- **Oct. 18** **Tuesday** **7-8:30 p.m.**
Walter Reed [#911301-02](#) 1 session
- **Nov. 15** **Tuesday** **7-8:30 p.m.**
Walter Reed [#911301-03](#) 1 session

Acoustic Hour in the Park

Relax and enjoy acoustic music by Carl Gold, lemonade and fellowship with 55+ friends on the plaza at Virginia Highlands Park. Bring your own blanket or chair. In the event of inclement weather, this event will be held indoors at Aurora Hills 55+ Center.

- **Sept. 16** **Friday** **1-2:30 p.m.**
Virginia Highlands [#911301-04](#) 1 session

Acoustic Afternoon

Enjoy an afternoon of live acoustic music performed by Arlington residents Phil Rosen, Ed Girovasi and Judy McVerry, better known as “PhEd-Up with Judy.” The event will feature classic pop, folk and blues favorites from across the decades. Packaged refreshments provided by the Langston-Brown Advisory Committee.

- **Oct. 19** **Wednesday** **2-3 p.m.**
Langston-Brown [#911301-05](#) 1 session

COFFEE HOUSE LIVE!

Saturday, Oct. 29, 7-9 p.m.
Langston-Brown 55+ Center
Register: [#911301-06](#)

Join us for an evening with the musical group DEMZ to celebrate fall with a selection of classic rock, folk, and pop tunes from the 60s and 70s. Featuring such artists as Bob Dylan, the Beatles, the Stones, the Grateful Dead, Stephen Stills and more. Refreshments provided by the Langston-Brown 55+ Advisory Committee. **Must pre-register: all ages welcome.**

The Rocking Chairs

Do you love rock-n-roll? Join the open rehearsals of this grown-up garage band. The playlist includes hits from the 50s through the 70s.

- **Wednesdays** **10 a.m.-1 p.m.**
Madison Drop-In

Spellbinders

Do you love stories – folk tales, personal narratives, fables, legends? Arlington Spellbinders is a group of volunteer storytellers who engage listeners in the magical tradition of oral storytelling (rather than reading aloud). Meetings held the first Friday of each month provide continuing education, support and camaraderie.

- **First Fridays** **9:30-11 a.m.**
Langston-Brown Drop-In

VISUAL ARTS

Lubber Run Senior Room Art Project

Looking to be a part of a community art project? Join 55+ friends in creating a mural in the Lubber Run senior room. All supplies will be provided.



- **Sept. 24** **Saturday** **10 a.m.-1 p.m.**
Lubber Run [#911303-01](#) 1 session
- **Oct. 29** **Saturday** **10 a.m.-1 p.m.**
Lubber Run [#911303-02](#) 1 session

Explore Drawing

Join Jen Droblyen from DPR's Office of Community Arts for an afternoon of drawing. Improve your skills by learning various techniques. No experience necessary. Materials provided.

- **Oct. 7** **Friday** **1-2:30 p.m.**
Aurora Hills [#911303-03](#) 1 session
- **Nov. 4** **Friday** **1-2:30 p.m.**
Aurora Hills [#911303-04](#) 1 session



Explore Painting

Community Arts Programmer Jim Halloran will guide you through an afternoon of oil painting. Improve your skills by learning various techniques using non-toxic oils. No experience necessary. Materials provided.

- **Oct. 14** **Friday** **1-2:30 p.m.**
Aurora Hills [#911303-05](#) 1 session
- **Nov. 9** **Wednesday** **1-2:30 p.m.**
Aurora Hills [#911303-06](#) 1 session

Intermediate Drawing and Painting

Take your artistic talents to the next level! Explore inspiring, beyond-the-basics painting and drawing techniques with Community Arts Programmer Jennifer Droblyen. Previous experience required. Painting and drawing materials are not included but some supplies will be on hand to experiment with new media. Supply list will be provided before the class.

Instructor: Jennifer Droblyen

- **Sept. 22 – Oct. 27** **Thursdays** **1-3 p.m.**
Langston-Brown [#911303-07](#) 6 sessions: \$45

Experience Mixed Media Art

Join 55+ Center Director Shettima Abdulmalik for an afternoon of hands-on art material exploration and mixed media techniques. Learn new approaches to improve your skills. Materials provided.

- **Oct. 19** **Wednesday** **4:30-6 p.m.**
Arlington Mill [#911303-08](#) 1 session

Start With a Picture

Got a picture you want to make into a drawing or painting but can't do it freehand? George Ziobro, Arlington County resident and artist, will teach you several different techniques you can use to recreate it in the medium of your choice.

- **Nov. 2** **Wednesday** **1-3 p.m.**
Langston-Brown [#911303-09](#) 1 session

Neurographic Art

Can't draw but love to doodle? This is the perfect class for you! Adding color to your doodles is a relaxing way to explore art without being intimidated by a drawing. Plus, there are no rules! George Ziobro, Arlington County resident and artist, will lead you in this art session.

- **Nov. 17** **Thursday** **1-3 p.m.**
Langston-Brown [#911303-10](#) 1 session

Paint & Sip

Paint along with Community Arts Programmers as we recreate artworks on display at area museums. Enjoy your favorite beverage from the comfort of home during this lesson.

- **Sept. 22** **Thursday** **10-11:30 a.m.**
Virtual [#911303-11](#) 1 session
- **Oct. 20** **Thursday** **10-11:30 a.m.**
Virtual [#911303-12](#) 1 session
- **Nov. 17** **Thursday** **10-11:30 a.m.**
Virtual [#911303-13](#) 1 session

Painting Demonstration

Paint along with a Community Arts Programmer as they present a detailed step-by-step painting demonstration. Picture and supply list will be sent prior to the class.

- **Sept. 19** **Monday** **10:30 a.m.-12 p.m.**
Virtual [#911303-14](#) 1 session
- **Oct. 17** **Monday** **10:30 a.m.-12 p.m.**
Virtual [#911303-15](#) 1 session
- **Nov. 21** **Monday** **10:30 a.m.-12 p.m.**
Virtual [#911303-16](#) 1 session

Wake and Make

Art activities can help you wake up, feel refreshed and get ready for the day. Join Community Arts Programmer Jen Droblyen as she leads you through a creative activity to energize your creative side. Be prepared to paint and draw; most materials needed can be found around the house.

- | | | |
|----------------------------|---|-------------------------------|
| • Oct. 3
Virtual | Monday
#911303-17 | 9-10 a.m.
1 session |
| • Nov. 7
Virtual | Monday
#911303-18 | 9-10 a.m.
1 session |

Open Art Studio

Open Art Studio accommodates artists who work at their own pace in a collaborative space to share thoughts and ideas. Please note: artists must bring their own materials. No instruction provided.

- | | |
|---|-----------------------------------|
| • Wednesdays & Fridays
Arlington Mill | 10 a.m.-12 p.m.
Drop-In |
|---|-----------------------------------|

HAND CRAFTS

Origami

Origami, the art of folding paper, has been practiced for generations. 55+ Center Director Shettima Abdulmalik will work with you to create your own pieces of origami to take home. We'll focus on using basic shapes to make animals and seasonal gifts for family and friends. Materials will be provided.

- | | | |
|-------------------------------------|--|---------------------------------|
| • Sept. 21
Arlington Mill | Wednesday
#911310-01 | 4:30-6 p.m.
1 session |
|-------------------------------------|--|---------------------------------|



Autumn Leaf Art

Inspired by the beauty of fall? Get crafty and creative using autumn leaves with Community Arts Programmer Liz Steinbach. All supplies will be provided.

- | | | |
|----------------------------------|--|---------------------------------|
| • Oct. 12
Aurora Hills | Wednesday
#911310-02 | 1-2:30 p.m.
1 session |
|----------------------------------|--|---------------------------------|

Candle Making

A candle maker is called a chandler. Become a chandler with 55+ Center Director Jennifer Weber and create your very own scented candle using all natural materials. Bring your own candle container. All other supplies provided.

- | | | |
|---------------------------------|--|---------------------------------|
| • Oct. 25
Walter Reed | Tuesday
#911310-03 | 6:30-8 p.m.
1 session |
|---------------------------------|--|---------------------------------|



Beginner Quilling

Learn to create beautiful, delicate, raised images from coils of one-eighth inch wide paper strips. You'll use a few basic tools to wind the paper strips into coils, and then create shapes such as flowers, butterflies, animals and abstract shapes to embellish note cards. Supplies will be provided.

Instructor: Joni Leonardo

- | | | |
|--------------------------------|---|---------------------------------------|
| • Sept. 8
Lubber Run | Thursday
#911310-04 | 1:30-3 p.m.
1 session: \$18 |
| • Oct. 13
Lubber Run | Thursday
#911310-05 | 1:30-3 p.m.
1 session: \$18 |
| • Nov. 10
Lubber Run | Thursday
#911310-06 | 1:30-3 p.m.
1 session: \$18 |

Yarn Crafters

The Yarn Crafters of Aurora Hills invite you for conversation and companionship while making hand-knit and crocheted items for Arlington charity organizations. This group will teach you how to knit or crochet if needed and will provide patterns, hooks, needles and yarn.

- | | |
|----------------------------------|-----------------------------------|
| • Mondays
Aurora Hills | 10 a.m.-12 p.m.
Drop-In |
|----------------------------------|-----------------------------------|

Yarn Creations

Do you like to crochet or knit? Are you looking to enjoy the company of others? Join our casual group of crafty individuals to share ideas and fellowship.

- | | |
|-------------------------------------|-------------------------------|
| • Tuesdays
Langston-Brown | 1-2:30 p.m.
Drop-In |
|-------------------------------------|-------------------------------|

55+ Crafters

Bring your own small craft project and supplies and join us. A fun place to socialize and create the perfect gift or keepsake.

- **Wednesdays** 10:30 a.m.-1 p.m.
Arlington Mill Drop-In

Yarn Circle

Come by for a social, casual way to work on your knitting or crochet projects or learn something new. All skill levels are welcome: no instruction is provided, but group members are happy to help newcomers. Bring your own materials.

- **Sundays** 1-4 p.m.
Walter Reed Drop-In

Crochet

Meet other crochet enthusiasts, swap patterns and share techniques.

- **Mondays & Thursdays** 9-11 a.m.
Arlington Mill Drop-In

Rubber Stampers

Rubber Stampers learn new card-making techniques on third Tuesdays. These workshops are suitable for experienced card crafters familiar with die-cut and embossing machines. Stampers work on individual projects and cards at Thursday open studio. Newcomers welcome to stop by and learn more about this hobby and what it involves.

- **Third Tuesdays** 11:30 a.m.-3 p.m.
Madison Drop-In
- **Thursdays** 11:30 a.m.-3 p.m.
Madison Drop-In

Woodcarvers

Woodcarvers gather to enjoy camaraderie and pursue the craft. Carving techniques and tools turn wood into objects of beauty. Members of the group are available to provide instruction; some tools available.

- **Thursdays** 1-3 p.m.
Madison Drop-In

MUSIC

Ukulele

Strumming a ukulele is therapeutic and fun. Volunteer Sandy O'Shea will teach basic strumming. Limited ukuleles available or bring your own. Meets first & third Tuesdays of the month. **No program 11/15 and instead will meet 11/22 (delay due to Veteran's Day holiday).**

- | | | |
|----------------------------------|--|------------------------------------|
| • Sept. 6
Walter Reed | Tuesday
#911304-01 | 4:30-5:30 p.m.
1 session |
| • Sept. 20
Walter Reed | Tuesday
#911304-02 | 4:30-5:30 p.m.
1 session |
| • Oct. 4
Walter Reed | Tuesday
#911304-03 | 4:30-5:30 p.m.
1 session |
| • Oct. 18
Walter Reed | Tuesday
#911304-04 | 4:30-5:30 p.m.
1 session |
| • Nov. 1
Walter Reed | Tuesday
#911304-05 | 4:30-5:30 p.m.
1 session |
| • Nov. 22
Walter Reed | Tuesday
#911304-06 | 4:30-5:30 p.m.
1 session |

Drumming Circle

Even if Ringo Starr wasn't your favorite Beatle, you may find that playing the drums in a drumming circle is your new favorite activity. It gives an opportunity for self-expression and to share in an engaging group experience. Group will meet outside except in the event of inclement weather. Limited drums are available or bring your own.

- **Tuesdays** 2-3 p.m.
Langston-Brown Drop-In

SCAT - TAKE A TAXI

Senior Center Adult Transportation (SCAT) is Arlington's transportation service for all residents 55+. Through SCAT you can take pre-arranged taxicabs to and from senior center locations for \$2.50 each way. Call 703-228-1900 or 703-228-4747 for an application.

FITNESS

Name That Tune

NEW

If you love music and a little competition, then join us for this fun event. 55+ volunteer and musician Carl Gold will strum a tune on his guitar and your team will try to guess the title of that song. Songs will be from the 1950 - 1970's era. Prizes will be awarded to the winning team!

- **Sept. 29** **Thursday** **2-3 p.m.**
Langston-Brown [#911304-07](#) 1 session
- **Nov. 18** **Friday** **2-3 p.m.**
Langston-Brown [#911304-08](#) 1 session

Name That Song and Sing Along

Think you know your oldies? Join us for a morning of music from the 50's, 60's and 70's, where the audience identifies the song based on clues (verbal and musical) and then sings the song as a group. Song lyrics and instrumental accompaniment will be provided.

- **Sept. 23** **Friday** **11 a.m.-12 p.m.**
Walter Reed [#911304-09](#) 1 session

Folk Music Sing-Along

Joan Baez, Bob Dylan and Joni Mitchell are a few of the inspirations. Sure to be a heartwarming experience. Meetings on Mondays, Sept. 12 and Oct. 3.

- **Sept. 12 & Oct. 3** **Mondays** **1:30-3:30 p.m.**
Madison Drop-In

Just Play'n Country

Bring your instrument, sing along or just enjoy listening to this group play traditional mountain music with roots in Irish, folk and blues. Gathers first and third Fridays.

- **First & Third Fridays** **1-3 p.m.**
Madison Drop-In

Sunshine Gang

The band invites you to bring your instrument and musical talents and join the fun. Share your passion with others by playing rock and popular selections in a low-key, music-loving atmosphere.

- **Fridays** **1-3 p.m.**
Walter Reed Drop-In

Bootcamp

Bring enthusiasm, effort, and a positive mindset to this class. DMV Fitness Trainers will offer a total body workout through circuit training, HIIT (High-Intensity Interval Training), bodyweight exercises, resistance training, and more. All fitness levels are welcome to attend.

Instructor: Brett Hysinger

- **Sept. 6 - Nov. 15** **Tuesdays** **7:30-8:30 a.m.**
Lubber Run [#911100-01](#) 11 sessions: \$55

Gyrokinesis

NEW

The Gyrokinesis Method is a movement method that addresses the entire body, opening energy pathways, stimulating the nervous system, increasing range of motion and creating functional strength through rhythmic, flowing movement sequences. It is an original and unique method which coordinates movement, breath and mental focus.

Instructor: Michelle Silva

- **Sept. 8 - Nov. 17** **Thursdays** **8-9 a.m.**
Lubber Run [#911100-02](#) 11 sessions: \$55

Zumba

Inspired by Latin and international dance, Zumba is a fun cardio-dance class that suits all fitness levels. Zumba incorporates meringue, salsa, cumbia, hip hop and more.

Instructor: Ferdinanda Pattipeilophy

- **Sept. 6 - Nov. 15** **Tuesdays** **2:15-3 p.m.**
Lubber Run [#911100-03](#) 11 sessions: \$55

DROP-INS & REGISTRATION

Drop-in classes are ongoing programs that participants can join anytime with a valid 55+ Pass. Any program listed as a drop-in does not require pre-registration. All programs have a capacity limit and may fill up. Unless designated as drop-in, all programs require pre-registration. Registration automatically closes two business days prior to the start of the program. For questions, contact the Administrative Services Office at 703-228-4747.

AQUA

55+ Aqua Exercise

Aqua exercise classes provide a safe and refreshing way to exercise. Water serves as the resistance in exercises that are easy on the joints. Work both your muscles and your cardiovascular system. **No class 11/11.**

Instructor: Julia Dragun

- **Sept. 12 – Nov. 14** **Mondays** **11 a.m.-12 p.m.**
Long Bridge Aquatics [#911102-01](#) 10 sessions: \$45
- **Sept. 13 – Nov. 15** **Tuesdays** **11:10 a.m.-12:10 p.m.**
Long Bridge Aquatics [#911102-02](#) 10 sessions: \$45
- **Sept. 9 – Nov. 18** **Fridays** **10-11 a.m.**
Long Bridge Aquatics [#911102-03](#) 10 sessions: \$45
- **Sept. 9 – Nov. 18** **Fridays** **1-2 p.m.**
Long Bridge Aquatics [#911102-04](#) 10 sessions: \$45

55+ Aqua Exercise - Deep Water Class

This class is all in deep water, putting zero impact on your joints while working against the water's resistance. You'll wear a buoyancy belt to hold the body vertical and chest-deep in the pool. You can't touch the bottom so you effectively weigh just 25 percent of your weight on land. You must be able to swim to take this class. Deep water classes are held in the competition pool which is on average 79 degrees. Pool configuration may vary for the summer from short to long course depending on day-to-day Long Bridge operations.

Instructor: Jody Katz **No class 10/11, 10/18 and 10/25**

- **Sept. 6 – Nov. 15** **Tuesdays** **2:15-3:15 p.m.**
Long Bridge Aquatics [#911102-05](#) 8 sessions: \$36
- **Sept. 9 – Nov. 17** **Thursdays** **11 a.m.-12 p.m.**
Long Bridge Aquatics [#911102-06](#) 8 sessions: \$36

Instructor: Julia Dragun

- **Sept. 14 – Nov. 16** **Wednesdays** **11 a.m.-12 p.m.**
Long Bridge Aquatics [#911102-07](#) 10 sessions: \$45

Instructor: Lynda McGuire

- **Sept. 15 – Nov. 17** **Thursdays** **10-11 a.m.**
Long Bridge Aquatics [#911102-08](#) 10 sessions: \$45
- **Sept. 14 – Nov. 16** **Wednesdays** **10-11 a.m.**
Long Bridge Aquatics [#911102-09](#) 10 sessions: \$45

Water Walking and Lap Swimming

Looking for a way to change up your walking routine? Water walking could be the answer. The added resistance of walking in water allows you to challenge and strengthen your muscles in ways you may not be able to with a land-based routine. Water walking is a low-impact cardio exercise and is gentler on your bones and joints. No instructor provided. There are also lanes open for lapswimming at the same time. Long Bridge Aquatics Center membership is required or payment of the daily admission fee.

- **Sept. 12 – Nov. 28** **Mondays** **8:30-10 a.m.**
Long Bridge Aquatics Drop-in
- **Sept. 14 – Nov. 30** **Wednesdays** **2-3:30 p.m.**
Long Bridge Aquatics Drop-in

YOGA

Yoga for Daily Living

How can yoga help when someone cuts you off in traffic or you're late for a doctor's appointment? This class will answer that question. Learn how to tune in to your body through breathing skills and techniques to relieve worry and concentrate better. Bring your own mat.



Instructor: Gayle Fleming

- **Sept. 6 – Nov. 15** **Mondays** **9-10 a.m.**
Walter Reed [#911103-01](#) 11 sessions: \$55

Gentle and Meditative Yoga

Beginner yoga students will learn safe and supportive ways of recognizing and relaxing long-held tensions that cause unease or pain in the body. This class is also suitable for students who wish to increase their flexibility and strength. There will be breathing exercises, guided relaxation and meditation periods to enhance clarity and peacefulness in mind, body and spirit. Students should be able to get down on the floor and back up again twice during the class. Chairs are available for support if needed.

Instructor: Debbie Sheetz

- **Sept. 12 – Nov. 14** **Mondays** **1:15-2:45 p.m.**
Langston-Brown [#911103-02](#) 10 sessions: \$75

Hatha Yoga Basics

NEW

New to yoga? This class is designed for those with little or no yoga experience. Students will learn the names of the poses, the best alignment for their bodies and how to safely do poses on their own at home. The class will also teach some basic breathing and relaxation techniques. Bring your own mat.

Instructor: Gayle Fleming

- **Sept. 12 – Nov. 14** **Mondays** **5-6 p.m.**
Arlington Mill [#911103-03](#) 10 sessions: \$55

Gentle Hatha Yoga

Taught in a quiet and meditative style, this class uses extensive warm-ups to prepare the body for adapted yoga poses to strengthen the body safely and effectively. Transitions between floor and standing positions are kept to a minimum for your comfort. Bring your own mat.

Instructor: Jennifer Eubank

No class 11/8

- **Sept. 6 – Nov. 15** **Tuesdays** **11:30 a.m.-12:30 p.m.**
Aurora Hills [#911103-04](#) 10 sessions: \$50

Instructor: Ferdinanda Pattipeilophy

- **Sept. 6 – Nov. 15** **Tuesdays** **11:45 a.m.-12:45 p.m.**
Lubber Run [#911103-05](#) 11 sessions: \$55

Instructor: Andrea Kiss

- **Sept. 12 – Nov. 14** **Mondays** **10-11 a.m.**
Aurora Hills [#911103-06](#) 10 sessions: \$50

Chair Hatha Yoga

Senior adults, adults recovering from injury or surgery and adults with physical disabilities will increase energy, flexibility and a sense of well-being in this class. It adapts classic yoga poses in a safe and accessible manner. Work may be done seated, with the option of using the chair as a balance point for standing poses. Bring a yoga mat to place under the chair to use during standing poses.

Instructor: Debbie Sheetz

- **Sept. 12 – Nov. 14** **Mondays** **3:15-4:15 p.m.**
Langston-Brown [#911103-07](#) 10 sessions: \$50
- **Sept. 14 – Nov. 16** **Wednesdays** **12-1 p.m.**
Walter Reed [#911103-08](#) 10 sessions: \$55

Traditional Hatha Yoga

Learn and practice classic yoga poses to stretch and strengthen the entire body. Warm-ups and props such as blocks and straps help students achieve results. There are multiple transitions between floor and standing positions. Previous experience with yoga is a plus.

Instructor: Ferdinanda Pattipeilophy

- **Sept. 6 – Nov. 15** **Tuesdays** **10:30-11:30 a.m.**
Lubber Run [#911103-09](#) 11 sessions: \$55

Instructor: Jennifer Eubank

No class 11/11

- **Sept. 8 – Nov. 17** **Thursdays** **1-2:30 p.m.**
Madison [#911103-10](#) 11 sessions: \$67.50
- **Sept. 9 – Nov. 18** **Fridays** **9:30-11 a.m.**
Madison [#911103-11](#) 10 sessions: \$75

Instructor: Andrea Kiss

- **Sept. 12 – Nov. 14** **Mondays** **1-2:30 p.m.**
Lubber Run [#911103-12](#) 10 sessions: \$75

Instructor: Debbie Sheetz

- **Sept. 14 – Nov. 16** **Wednesdays** **4:15-5:30 p.m.**
Lubber Run [#911103-13](#) 10 sessions: \$68.75



55+ WEIGHT ROOM HOURS

Stop by to exercise on your own or with friends at Langston-Brown's or Madison's fitness facilities. Occasional instruction will be available: call 703-228-4771 for more information.

A 55+ Gold Pass is required.

Langston-Brown:

Mondays, Wednesdays, and Fridays
11 a.m. – 2 p.m.

Madison:

Tuesdays and Thursdays
8 a.m. – 11 a.m.

ACCESS CYCLING WITH A 55+ GOLD PASS!



Cycling is a great cardiovascular activity for all ages and ability levels. In these ongoing cycling classes, students warm up, climb, sprint, interval train and cool down. Beginners are welcome to go at their own pace with guidance from our experienced instructors. Our goal is to help you succeed! Water is required for this class and you can wear regular shoes or clip-in shoes. Burn the calories away while having fun!

Participants must have a valid [55+ Gold Pass](#) or must purchase a [daily pass](#) (\$4). Payment must be made on the day of the class. Advanced registration is optional.

Tuesdays, 9:15-9:50 a.m.

Thomas Jefferson Center, Register: [#790120-F3](#)
Instructor: Lori

Thursdays, 7-7:45 p.m.

Thomas Jefferson Center, Register, [#790120-F4](#)
Instructor: Myron

Fridays, 7:15-8 a.m.

Thomas Jefferson Center, Register: [#790120-F1](#)
Instructor: Mallory

WALKING GROUPS

55+ Walks

Stay active with friendly walking companions. We'll explore nearby trails and neighborhoods in a safe, socially distant manner. Destinations may be changed or excursions cancelled for inclement weather.

• Sept. 7 Radnor/ Ft. Myer Heights	Wednesday #911106-01	9-10 a.m. 1 session
• Sept. 14 Yorktown	Wednesday #911106-02	9-10 a.m. 1 session
• Sept. 21 Fairlington	Wednesday #911106-03	9-10 a.m. 1 session
• Sept. 28 Green Valley	Wednesday #911106-04	9-10 a.m. 1 session
• Oct. 5 Old Glebe	Wednesday #911106-05	9:30-10:30 a.m. 1 session
• Oct. 12 Dominion Hills	Wednesday #911106-06	9:30-10:30 a.m. 1 session
• Oct. 19 Arlington Ridge/ Aurora Highland	Wednesday #911106-07	9:30-10:30 a.m. 1 session
• Oct. 26 Lyon Park/ Ashton Heights	Wednesday #911106-08	9:30-10:30 a.m. 1 session
• Nov. 2 George Washington Forest	Wednesday #911106-09	9:30-10:30 a.m. 1 session
• Nov. 9 Potomac Overlook	Wednesday #911106-10	9:30-10:30 a.m. 1 session
• Nov. 16 Bluemont/ Four Mile Run	Wednesday #911106-11	9:30-10:30 a.m. 1 session
• Nov. 23 Lubber Run	Wednesday #911106-12	9:30-10:30 a.m. 1 session
• Nov. 30 Westover	Wednesday #911106-13	9:30-10:30 a.m. 1 session

The Bootlegger's Guide to the Parks

During Prohibition, illegal liquor was produced throughout Arlington County. Join Park Historian John McNair for stories of local bootleggers and government raids as we take a short walk to one of our area's breweries/distilleries.

• Sept. 19 Rock Run Park	Monday #911106-14	4-5 p.m. 1 session
------------------------------------	---	------------------------------

Sugar and Spice Hike

Sugar and spice and everything nice is the perfect combination for the last remnants of summer. Join Naturalist Jaron Winters for a hike dedicated to Paw Paw and Spicebush as we learn about how amazing these plants are and how to identify them.

-
- | | | |
|---------------|----------------------------|-----------------|
| • Oct. 10 | Monday | 11 a.m.-12 p.m. |
| Long Branch | #911106-15 | 1 session |
| Nature Center | | |

Conflict Along the Potomac Hike

Join a park ranger for a guided hike between two forts that protected the nation's capital and Chain Bridge during the Civil War and discover interesting and varied history along the way. This two-and-a-half-hour guided hike includes significant elevation changes and long sections of uneven, unpaved trail. This hike is for physically fit walkers with good balance.

-
- | | | |
|-----------|----------------------------|-------------------|
| • Oct. 19 | Wednesday | 9:30 a.m.-12 p.m. |
| Madison | #911106-16 | 1 session |
| • Oct. 22 | Saturday | 9:30 a.m.-12 p.m. |
| Madison | #911106-17 | 1 session |

Rose Garden Tour at Bon Air Park

Take time to smell (and enjoy!) the roses with Arlington's landscape manager Kevin Stalica. The Bon Air Memorial Rose Garden features over 120 varieties of beautiful roses, making it a popular wedding venue. This is a great time to view the stunning blooms. Must pre-register. Meet at Bon Air Park. Rain date: Wed., Oct. 26.

-
- | | | |
|--------------|----------------------------|---------------|
| • Oct. 19 | Wednesday | 10-11:30 a.m. |
| Bon Air Park | #911106-18 | 1 session |

Autumn Amble

Join a naturalist at Benjamin Banneker Park for a stroll through the woods and along the W&OD trail. We'll be on the lookout for signs of the changing seasons along the way.

-
- | | | |
|------------------------|----------------------------|------------------|
| • Nov. 22 | Tuesday | 10:30-11:30 a.m. |
| Benjamin Banneker Park | #911106-19 | 1 session |

Arlington Mill Trekkers

Join this group on adventures through easy-paced walks near the Arlington Mill 55+ Center, including the W & OD and Four Mile Run Trails. Meets at Arlington Mill on the second and fourth Thursdays of the month.

-
- | | |
|-----------------------------|-----------|
| • Second & Fourth Thursdays | 9-10 a.m. |
| Arlington Mill | Drop-In |

Fast Forwards

Join a morning walk with this faster-paced group that walks a two to five mile loop, including some hills. Walks held on the second, third and last Fridays of the month. Transportation not provided. Typically meets in front of Aurora Hills 55+ Center, but occasionally meets at other locations and may use Metro.

-
- | | |
|---------------------------------|--------------|
| • Second, Third, & Last Fridays | 9-10:30 a.m. |
| Aurora Hills | Drop-In |

TAI CHI

Beginner Tai Chi Ch'uan

Join us to begin your Tai Chi journey. Instructor David Cohen will guide you through the Yang 24 form. With slow, gentle movements, proper breathing and posture, Tai Chi can help relieve many physical ailments including arthritis, balance issues and stress.

Instructor: David Cohen

-
- | | | |
|----------------------|----------------------------|-------------------|
| • Sept. 12 – Nov. 14 | Mondays | 2-3 p.m. |
| Walter Reed | #911105-01 | 10 sessions: \$55 |

Tai Chi Ch'uan

With slow, gentle movements, proper breathing and posture, Tai Chi can help relieve many physical ailments including arthritis, balance issues and stress. This class examines the martial arts side of Tai Chi as well as the spiritual and healing benefits. Prior Tai Chi experience encouraged.

Instructor: David Cohen

-
- | | | |
|---------------------|----------------------------|-------------------|
| • Sept. 8 – Nov. 17 | Thursdays | 2-3 p.m. |
| Walter Reed | #911105-02 | 11 sessions: \$65 |

Tai Chi for Beginners

This beginner course introduces the 24 simplified, Yang style positions and focuses on feeling the "chi" (energy, life force) and coordinating torso/hips/knees/feet and mind/body to create a graceful Tai Chi form. **No class 9/26 and 10/5.**

Instructor: Karen Levitan

-
- | | | |
|----------------------|----------------------------|--------------------|
| • Sept. 12 – Nov. 23 | Mon. & Wed. | 3:30-4:30 p.m. |
| Langston-Brown | #911105-03 | 20 sessions: \$110 |

Tai Chi Practice - Yang Style

Tai Chi is a gentle martial arts practice that stresses balance, weight shifting, and breathing to improve both mental and physical health. This group practices the 24 step simplified Yang style Tai Chi Ch'uan form with some basic warm up exercises. Yang style Tai Chi is the most commonly practiced Tai Chi style in the U.S. No instruction provided. **No program 11/11 and 11/25.**

- **Mondays, Wednesdays, Fridays** 11:30 a.m.-12:30 p.m.
Lubber Run Drop-In

Tai Chi Practice - Taoist Style

Come and practice the 108-movement Taoist Tai Chi form with experienced practitioners. Formal instruction is not provided, but group members are happy to share what they know. **No program 11/11.**

- **Wednesdays & Fridays** 12:30-1:30 p.m.
Lubber Run Drop-In

Tai Chi Practice

Tai Chi is a gentle and powerful exercise that improves balance, flexibility, coordination and overall movement. If you've taken a Tai Chi class, come by and practice with experienced volunteers. No instruction provided.

No program 11/11.

- **Mondays** 10-11 a.m.
Virginia Highlands Park Drop-In
- **Tuesdays & Fridays** 1-2:15 p.m.
Walter Reed Drop-In

FEE REDUCTIONS AVAILABLE

**Access for all:
Everyone, Everywhere, Every Day.**

Arlington County residents can apply to receive financial assistance for any fee-based programs, 55+ Pass and 55+ Gold Pass and/or 55+ trips. Fee reductions are based on a sliding scale and household income and size. If you have already qualified for a fee reduction, income verification is only required annually.

Visit the Parks & Recreation [website](#) or call 703-228-4747 to find out more.

NORTHERN VIRGINIA SENIOR OLYMPICS



The 40th Northern Virginia Senior Olympics (NVSO) begins Saturday, Sept. 10 at 9:30 a.m. at the Thomas Jefferson Community Center. The opening ceremonies will include a color guard and the National Anthem performed by the Arlingtones. Long-time participants Joyce and Thomas Tobias from Haymarket will officially open the 2022 events by carrying the Olympic Torch.

There are over 70 individual events which will take place through Saturday, Sept. 24 at 25 different venues. Gold, silver and bronze medals will be awarded after each event. A full schedule of events and venues is on the NVSO website, www.nvso.us. Results will be posted throughout the two weeks of competition. A list of gold medal winners will be posted at each Arlington 55+ Center at the end of the competition.

For further information, email nvso1982@gmail.com or email Arlington's representative on the NVSO committee, Sidney Reid, at sreid@arlingtonva.us.

DROP-IN CLASSES

55+ Seated Exercise

This class concentrates on preserving and gaining muscular strength and flexibility and improving balance. Work all the major muscle groups, including abdominals, with a variety of weights. Some standing included, but not required. \$60/15-session punch pass or \$4 drop-in. **No program 11/11 and 11/25.**

Instructor: Judi Garth

- **Wednesdays & Fridays** 9-10 a.m.
Madison Drop-In



Drop-in fitness classes are offered at both the [Lubber Run Community Center](#) and the [Madison Community Center](#). These classes are \$4/class or there is an option for a punch pass that is for \$60/15 classes. Punch passes can be purchased at the Administrative Services Office or front desk at Lubber Run or at Madison. These classes vary in their intensity.

55+ Seated Exercise

Wed. and Fri., 9-10 a.m. at Madison

Full Fitness Exercise

Tues. and Thurs., 10-11 a.m. at Lubber Run

Strength Training

Wed. and Fri., 9-9:55 a.m. at Lubber Run

Total Body Fitness

Mondays, 10-11 a.m. at Lubber Run

Total Body Fitness

Fridays, 10:15-11:15 a.m. at Lubber Run

Full Fitness Exercise

A complete exercise program combining warm-up, stretching and strength work for all major muscles. Workout includes core stabilization, balance skills, 20 minutes of cardio to strengthen the heart/increase stamina and a final cool down. \$60/15-session punch pass or \$4 drop-in. **No program 11/24.**

Instructor: Andrea Baumann

- **Tuesdays & Thursdays** 10-11 a.m.
Lubber Run Drop-In

Strength Training

Dedicated to preserving and gaining new muscular strength as well as flexibility and balance, this class works all major muscle groups, including abdominals, with weights. Each class achieves a full range of motion. \$60/15-session punch pass or \$4 drop-in. **No program 11/11 and 11/25.**

Instructor: Andrea Baumann

- **Wednesdays & Fridays** 9-9:55 a.m.
Lubber Run Drop-In

Total Body Fitness

This class is a vigorous full-body fitness workout for 55+ participants that improves muscle strength, balance, and flexibility. The class is designed to change each time to target all major muscle groups in a variety of ways using weights and bands. Aerobic activity helps build cardiovascular fitness and improves endurance. Some exercises use a chair while the majority are standing. \$60/15-session punch pass or \$4 drop-in. **No program 11/11, 11/21 and 11/25.**

Instructor: Gretchen Martin

- **Mondays** 10-11 a.m.
Lubber Run Drop-In
- **Fridays** 10:15-11:15 a.m.
Lubber Run Drop-In

SPORTS

Pickleball for Beginners

Learn the basic skills of this popular court game including groundstrokes and how to volley and serve. Wear tennis or court shoes. Equipment provided.

Instructor: Alaric Radosh

- **Sept. 6 – Oct. 25** **Tuesdays** **8:30-9:30 a.m.**
Walter Reed [#911201-01](#) 8 sessions: \$48
- **Sept. 8 – Oct. 27** **Thursdays** **6-7 p.m.**
Lubber Run [#911201-02](#) 8 sessions: \$48

Pickleball II

Build on basic skills and learn doubles strategy. Prerequisite: Pickleball for Beginners or comparable experience. Wear tennis or court shoes. Balls are provided, but bring your own paddle.

Instructor: Alaric Radosh

- **Sept. 6 – Oct. 25** **Tuesdays** **9:30-10:30 a.m.**
Walter Reed [#911201-03](#) 7 sessions: \$42
- **Sept. 7 – Oct. 26** **Wednesdays** **8:30-9:30 a.m.**
Walter Reed [#911201-04](#) 8 sessions: \$48

Pickleball III

Learn intermediate drills and doubles strategy. Prerequisite: Pickleball II or comparable experience. Wear tennis or court shoes. Balls are provided, but bring your own paddle.

Instructor: Alaric Radosh

- **Sept. 7 – Oct. 26** **Wednesdays** **9:30-10:30 a.m.**
Walter Reed [#911201-05](#) 8 sessions: \$48

Absolute Beginner Pickleball

If you're new to pickleball or you're hesitant about dropping in, this is your chance to try this sport in a judgement-free zone. Volunteers will be on hand to answer questions. Limited paddles and balls available.

- **Mondays** **10-11 a.m.**
Walter Reed Drop-In

Play Pickleball

Get exercise and have fun in friendly games of Pickleball, America's fastest growing sport for adults over 50! Players of all levels and abilities are welcome to participate. Hours are subject to change to accommodate special events and programs. **No program 9/5, 11/11, 11/24 and 11/25.**

- **Mondays** **10-11 a.m.**
Walter Reed Drop-In
- **Mondays & Fridays** **11 a.m.-4 p.m.**
Walter Reed Drop-In
- **Tuesdays & Thursdays** **12-4 p.m.**
Walter Reed Drop-In
- **Wednesdays** **2:15-4 p.m.**
Walter Reed Drop-In



ED CONSTANTINO MEMORIAL PICKLEBALL FRIENDLY

Thursday, Sept. 15, 10 a.m.-2 p.m.
Walter Reed (outdoor courts)
Cost: \$15

Get to know your fellow Pickleballers by being partnered at random for doubles play at this fundraiser event in honor of Ed Constantino, who was an avid pickleball player. Game times are limited and scores are not recorded. All skill levels welcome. Hosted by and fundraising for the Walter Reed 55+ Center Advisory Committee and sponsored by the [Alliance for Arlington Senior Programs](#).

Registration starts Wed., Aug. 17 – limited spots available – so please call in advance 703-228-0955 for more information and to register. Rain date is Fri., Sept. 16.

INDOOR

Billiards

Join in on fun, casual games of billiards with 55+ friends. Players of all levels and abilities are welcome.

- **Mondays – Fridays** 10 a.m.-12 p.m.
Walter Reed Drop-In

Table Tennis

Players of all levels and abilities are welcome to participate in friendly games.

- **Mondays – Fridays** 10 a.m.-12 p.m.
Walter Reed Drop-In
- **Tuesdays** 10 a.m.-12 p.m.
Arlington Mill Drop-In
- **Wednesdays** 9 a.m.-12 p.m.
Madison Drop-In

Volleyball

Friendly games of drop-in volleyball provide fun and exercise. Both beginners and experienced players are welcome.

- **Tuesdays** 3-5 p.m.
Langston-Brown Drop-In

55+ Basketball

A pick-up game of basketball is just what the doctor ordered! Join us for some full court press with a group of welcoming and supportive players. All skill levels are welcome. No instruction provided.

- **Wednesdays** 12-2 p.m.
Walter Reed Drop-In

Women's Drop-in Basketball

Lace up your sneakers and play basketball with other women. Bring both white and dark shirts and a basketball.

- **Wednesdays** 7-9 p.m.
Langston-Brown Drop-In



OUTDOOR

55+ “Tour de Friends” Bike Club

Stay active with friendly biking companions. We'll explore nearby trails and neighborhoods in a safe, socially distant manner. Ride distances are between 10-25 miles; durations vary. Destinations may be changed or excursions cancelled for inclement weather.

- | | | |
|--|--|------------------------------------|
| • Sept. 9
Bluemont to Vienna | Friday
#911206-01 | 9 a.m.-12 p.m.
1 session |
| • Sept. 14
The View in Rosslyn and Arlington Loop | Wednesday
#911206-02 | 9 a.m.-12 p.m.
1 session |
| • Sept. 22
Old Town Alexandria | Thursday
#911206-03 | 9 a.m.-12 p.m.
1 session |
| • Sept. 30
Vienna to Leesburg | Friday
#911206-04 | 9 a.m.-12 p.m.
1 session |
| • Oct. 5
Long Bridge Aquatic Center & Tour of Long Bridge Aquatic Center | Wednesday
#911206-05 | 9 a.m.-12 p.m.
1 session |
| • Oct. 13
Rock Creek Park | Thursday
#911206-06 | 9 a.m.-12 p.m.
1 session |
| • Oct. 21
Del Rey | Friday
#911206-07 | 9 a.m.-12 p.m.
1 session |
| • Oct. 26
Alexandria Holmes Run/ Jones Point | Wednesday
#911206-08 | 7:30-9:30 p.m.
1 session |
| • Nov. 3
Four Mile Run West | Thursday
#911206-09 | 9 a.m.-12 p.m.
1 session |
| • Nov. 16
Bethesda/ Rock Creek Park | Wednesday
#911206-10 | 9 a.m.-12 p.m.
1 session |
| • Nov. 30
Reston Town Center | Wednesday
#911206-11 | 9 a.m.-12 p.m.
1 session |

BRAIN PLAY

Nintendo Switch Night

As of March 2021, 84 million Nintendo Switches have been sold worldwide. Learn about the Nintendo Switch and preview three games with lifelong Nintendo fan Ben Childers at an evening of fun gaming.

- **Sept. 13** **Tuesday** **6:30-8 p.m.**
Walter Reed [#911600-01](#) 1 session

Board Games Anyone?

There are plenty of great board games, new and old. Join us for an afternoon of fun and games: we will have lots of options for you to choose from. Meets the third Thursday of the month.

- **Third Thursdays** **2-3 p.m.**
Langston-Brown Drop-In

Trivia

Calling all trivia buffs! Join us for a fun-filled trivia challenge with your 55+ friends! (Formerly known as Travel Trivia)

- **Sept. 1** **Thursday** **11 a.m.-12:30 p.m.**
Virtual [#911600-02](#) 1 session
- **Oct. 6** **Thursday** **11 a.m.-12:30 p.m.**
Virtual [#911600-03](#) 1 session
- **Nov. 3** **Thursday** **11 a.m.-12:30 p.m.**
Virtual [#911600-04](#) 1 session

Jeopardy

Play America's favorite quiz game with monthly themes and test your knowledge. First Monday of the month: Sept. 12 (delay due to Labor Day holiday), Oct. 3 and Nov. 7. Led by volunteer Jacquie Stead.

- **First Mondays** **2-3 p.m.**
Aurora Hills Drop-In

Chess

Players of all levels and newcomers welcome. Join the camaraderie and enjoy the mental challenge. Chess Master Macon Shibut presents a discussion on strategies and famous moves. Games follow the lecture.

- **Mondays** **9:30 a.m.-2:30 p.m.**
Madison Drop-In

Canasta

Canasta is a fun and easy to learn card game. If you've never played or haven't played in years, these dedicated players will be glad to teach you or help brush up your skills.

- **Wednesdays** **10 a.m.-12 p.m.**
Walter Reed Drop-In

Hearts Club

Looking for an enjoyable, less complicated card game to play? Hearts is a strategic trick taking game that requires four players. Come play with 55+ friends at Aurora Hills on Wednesdays!

- **Wednesdays** **10 a.m.-12 p.m.**
Aurora Hills Drop-In

Spades

Spades is a fun card games for all ages. Come socialize and play this game of strategy and teamwork. Instruction is provided; all skill levels are welcome.

- **Wednesdays** **2:30-4 p.m.**
Arlington Mill Drop-In

Cribbage

Cribbage is a classic yet challenging game. Although it may seem intimidating at first, Cribbage is very easy to learn and play, especially in this supportive group environment. Instruction will be provided.

- **Fridays** **10 a.m.-12 p.m.**
Walter Reed Drop-In

Pinochle

Players score points by taking tricks and forming combinations from a special deck of cards. Enjoy strategizing, teamwork, counting and socializing.

- **Mondays & Fridays** **12:30-3 p.m.**
Langston-Brown Drop-In

CENTERS CLOSED:
MONDAY, SEPT. 5
FRIDAY, NOV. 11
THURSDAY, NOV. 24
FRIDAY, NOV. 25
FOR HOLIDAYS

Mah Jongg

Mah Jongg, played with special tiles, depends on strategy and calculation and is surprisingly addictive. Beginners will master the basic principles easily and are soon devoted to honing skills with greater practice and enjoyment. There are two versions, American and Chinese, with several key differences: American style completes prescribed sets of hands as published yearly by the National Mah Jongg League; Chinese style follows ancient rules allowing more flexibility of tile combinations. *No program 9/5 and 11/24.*

American Style

- **Mondays** 10 a.m.-12 p.m.
Aurora Hills Drop-In
- **Mondays** 12-4 p.m.
Walter Reed Drop-In
- **Tuesdays** 1:30-3:30 p.m.
Madison Drop-In
- **Thursdays** 12-4 p.m.
Walter Reed Drop-In
- **Saturdays** 12-4 p.m.
Walter Reed Drop-In

Chinese Style

- **Thursdays** 9:30-11:30 a.m.
Langston-Brown Drop-In

Mexican Train Dominoes

This friendly group of dominoes players is looking for new participants to join the games. If you have never played it's fun and easy to learn!

- **Mondays** 10 a.m.-12 p.m.
Walter Reed Drop-In

Rummikub

The original rummy tile-based game combines elements of gin rummy and Mah Jongg.

- **Mondays - Fridays** 11 a.m.-1 p.m.
Arlington Mill Drop-In
- **Tuesdays** 9:30-11:30 a.m.
Langston-Brown Drop-In
- **Tuesdays** 1-3 p.m.
Lubber Run Drop-In
- **Saturdays** 10 a.m.-12 p.m.
Arlington Mill Drop-In
- **Saturdays** 10 a.m.-12 p.m.
Walter Reed Drop-In

Scrabble

If you like words and can spell correctly most of the time, Scrabble is the game for you. The competition is friendly and coaching is available for new players or those that haven't played in a long time.

- **Wednesdays** 1-2:30 p.m.
Langston-Brown Drop-In
- **Fridays** 10 a.m.-3 p.m.
Walter Reed Drop-In

Sudoku

Looking for new techniques and skills for solving Sudoku puzzles? Join us in solving challenging Sudoku puzzles in a group setting. Bring your own special methods and share favorite puzzles with others. We all benefit from each other's expertise. Meets first Thursdays.

- **First Thursdays** 1:30-3:30 p.m.
Lubber Run Drop-In

Beginner Bridge

Learn how to play bridge and join our bridge players at Aurora Hills in this seven-part series of classes from seasoned bridge player Susan Court.

- **Sept. 12 - Oct. 24** **Mondays** 1-2:30 p.m.
Aurora Hills [#911602-01](#) 7 sessions

Social Bridge

Bridge is highly regarded as a great way to keep the brain fine-tuned. Join like-minded people to sharpen your skills. Social Bridge features a group of congenial players who play contract bridge with different partners weekly.

- **Mondays & Fridays** 12-3 p.m.
Lubber Run Drop-In
- **Tuesdays** 10 a.m.-12 p.m.
Madison Drop-In
- **Wednesdays** 1:30-3:30 p.m.
Walter Reed Drop-In
- **Thursdays** 10 a.m.-1 p.m.
Lubber Run Drop-In

Bridge Practice

Join volunteer instructors Linda and Steve Robinson for lessons on Bridge in a very friendly atmosphere to practice playing the game and get your questions answered.

- **Tuesdays** 2-4 p.m.
Walter Reed Drop-In

Foursome Bridge

Already have a group of Bridge buddies? A table of four is needed to play at Aurora Hills on Wednesdays.

- **Wednesdays** 10 a.m.-12 p.m.
Aurora Hills Drop-In

LANGUAGES

Spanish Conversation

This is a fun opportunity to meet people, practice vocabulary and speak Spanish. Enjoy different topics as you hone your skills and build confidence speaking Spanish. Some instruction is provided; beginners are welcome. Meets the first and third Mondays of the month.

- **First and Third Mondays** 11:30 a.m.-1 p.m.
Arlington Mill Drop-In

French Conversaton

Do you speak French, but want to hone your skills? This friendly group with knowledge of the language will welcome you to their weekly dialogues. These sociable gatherings provide a chance to participate in lively discussions in French on topics that are easy to discuss and of interest to all.

- **Wednesdays** 1-2 p.m.
Langston-Brown Drop-In

Italian Conversation

If you have spoken Italian before and want to continue with this romantic language, please consider joining this group.

- **Thursdays** 2-3 p.m.
Langston-Brown Drop-In

German Conversation

Sprechen Sie Deutsch? Join this cordial group of people with knowledge of the language in a weekly dialogue. Stimulating and sociable gatherings provide lively discussions in German on topics that are easy to discuss and of interest to all.

- | | | |
|------------------------------|---|-------------------------------------|
| • Sept. 2
Virtual | Friday
#911650-01 | 10 a.m.-12 p.m.
1 session |
| • Sept. 9
Virtual | Friday
#911650-02 | 10 a.m.-12 p.m.
1 session |
| • Sept. 16
Virtual | Friday
#911650-03 | 10 a.m.-12 p.m.
1 session |
| • Sept. 23
Virtual | Friday
#911650-04 | 10 a.m.-12 p.m.
1 session |
| • Sept. 30
Virtual | Friday
#911650-05 | 10 a.m.-12 p.m.
1 session |
| • Oct. 7
Virtual | Friday
#911650-06 | 10 a.m.-12 p.m.
1 session |
| • Oct. 14
Virtual | Friday
#911650-07 | 10 a.m.-12 p.m.
1 session |
| • Oct. 21
Virtual | Friday
#911650-08 | 10 a.m.-12 p.m.
1 session |
| • Oct. 28
Virtual | Friday
#911650-09 | 10 a.m.-12 p.m.
1 session |
| • Nov. 4
Virtual | Friday
#911650-10 | 10 a.m.-12 p.m.
1 session |
| • Nov. 18
Virtual | Friday
#911650-11 | 10 a.m.-12 p.m.
1 session |

SERVICES

Hearing Screenings

Bonnie O'Leary, certified peer mentor and hearing loss support specialist from Northern Virginia Resource Center for Deaf and Hard of Hearing Persons, will conduct individual thirty minute hearing screenings. Must pre-register.

• September 7	Wednesday	Aurora Hills
10-10:30 a.m.	#911900-01	1 session
10:30-11 a.m.	#911900-02	1 session
11-11:30 a.m.	#911900-03	1 session
11:30 a.m.-12 p.m.	#911900-04	1 session
12-12:30 p.m.	#911900-05	1 session
1-1:30 p.m.	#911900-06	1 session
1:30-2 p.m.	#911900-07	1 session
2-2:30 p.m.	#911900-08	1 session

Mac, iPhone, iPad

Learn how to use your Apple products including Mac computers, iPads and iPhones or just get your questions answered. Must pre-register for an individual appointment with Lowell Nelson, volunteer and experienced Apple user.

• September 14	Wednesday	Aurora Hills
10-10:45 a.m.	#911909-01	1 session
10:45-11:30 a.m.	#911909-02	1 session
11:30 a.m.-12:15 p.m.	#911909-03	1 session
• September 21	Wednesday	Aurora Hills
10-10:45 a.m.	#911909-04	1 session
10:45-11:30 a.m.	#911909-05	1 session
11:30 a.m.-12:15 p.m.	#911909-06	1 session
• September 28	Wednesday	Aurora Hills
10-10:45 a.m.	#911909-07	1 session
10:45-11:30 a.m.	#911909-08	1 session
11:30 a.m.-12:15 p.m.	#911909-09	1 session
• October 5	Wednesday	Aurora Hills
10-10:45 a.m.	#911909-10	1 session
10:45-11:30 a.m.	#911909-11	1 session
11:30 a.m.-12:15 p.m.	#911909-12	1 session
• October 12	Wednesday	Aurora Hills
10-10:45 a.m.	#911909-13	1 session
10:45-11:30 a.m.	#911909-14	1 session
11:30 a.m.-12:15 p.m.	#911909-15	1 session
• October 19	Wednesday	Aurora Hills
10-10:45 a.m.	#911909-16	1 session
10:45-11:30 a.m.	#911909-17	1 session
11:30 a.m.-12:15 p.m.	#911909-18	1 session

• October 26	Wednesday	Aurora Hills
10-10:45 a.m.	#911909-19	1 session
10:45-11:30 a.m.	#911909-20	1 session
11:30 a.m.-12:15 p.m.	#911909-21	1 session
• November 2	Wednesday	Aurora Hills
10-10:45 a.m.	#911909-22	1 session
10:45-11:30 a.m.	#911909-23	1 session
11:30 a.m.-12:15 p.m.	#911909-24	1 session
• November 9	Wednesday	Aurora Hills
10-10:45 a.m.	#911909-25	1 session
10:45-11:30 a.m.	#911909-26	1 session
11:30 a.m.-12:15 p.m.	#911909-27	1 session
• November 16	Wednesday	Aurora Hills
10-10:45 a.m.	#911909-28	1 session
10:45-11:30 a.m.	#911909-29	1 session
11:30 a.m.-12:15 p.m.	#911909-30	1 session

Samsung Phone Help

Are you having issues with your Samsung Android-operated phone or device? Join Arlington Mill 55+ Director Shettima Abdulmalik for an insightful class on Samsung basics. Come prepared with device-specific questions as the session will be largely Q&A.

• Nov. 2	Wednesday	5:30-6:30 p.m.
Arlington Mill	#911909-31	1 session



INTERNET ACCESS FOR ARLINGTON SENIORS!



If you need assistance paying for high-speed broadband, the [Alliance for Arlington Senior Programs](#) may be able to help. The Alliance has partnered with [Comcast Internet Essentials](#) to help with the cost of high-speed broadband Internet connection for Arlington seniors who qualify. Want to know if you are eligible? Send your name and phone number to The Alliance for Arlington Senior Programs, P.O. Box 5184, Arlington, Virginia 22205 or Friendsofthealliance@gmail.com. For more information, visit friendsofthealliance.org.

TRAVEL



Steps or heavy walking;
wear comfortable shoes



Ticketed Event



Meal is included in the price



Lunch or shopping on
your own; bring extra money



Activity is outdoors;
dress accordingly

SEPTEMBER 2022 TRIPS



Thurs., Sept. 8—Ladew Topiary Gardens and House Tour

Monkton, MD: Meander through this world-renowned living masterpiece featuring 15 thematic “garden rooms” on 22 acres and tour the historic manor house. It’s hard to believe that one man, with no formal training, created such a magnificent, living work of art. Lunch is included in the fee. Menu choices: 1. Seasonal Berry Salad, 2. Chicken Salad Sandwich or 3. Ladew Turkey Sandwich.

GUN 8:30 a.m., MAD 9:00 a.m., return 6 p.m.,
#902209-01 **\$50 Arlington County**
\$58 Out-of-County



Sat., Sept. 10—Mushroom Festival

Kennett Square, PA: Mark your calendars for the annual mushroom festival! The festival stretches about a mile and features mushroom foods, crafts, entertainment and more. Kennett Square has long been known as “The Mushroom Capital of the World,” with over 65 percent of the mushrooms consumed in the United States grown right there! Please note: There will be a \$5 entrance fee at the gate. Also, the festival is cash only.

WR 7:15 a.m., MAD 7:45 a.m., return 6:30 p.m.,
#902209-02 **\$13 Arlington County**
\$15 Out-of-County



Tues., Sept. 13—USNA’s Annapolis Historic Walking Tour

Annapolis, MD: Take a walking tour of the historic Naval Academy. Expect to visit all the historical and monumental highlights, get the inside scoop on admissions and learn about the midshipmen’s experience on this popular tour. Lunch is on your own in historic Annapolis. Must present a valid, unexpired, original U.S. government photo I.D. card (such as a driver’s license) or an original unexpired passport to enter USNA grounds.

MAD 8:00 a.m., BAR 8:30 a.m., return 4:30 p.m.,
#902209-03 **\$23 Arlington County**
\$27 Out-of-County



Tues., Sept. 20—“iPresente! A Latino History of the United States” at Smithsonian National Museum of American History

Washington, DC: “iPresente! A Latino History of the United States” tells U.S. history from the perspectives of the diverse Latinas and Latinos who lived it and live it today. This exhibition uncovers hidden and forgotten stories, connects you to Latino culture and lays the foundation for understanding how Latinas and Latinos inform and shape U.S. history and culture. Lunch is on your own at the museum.

MAD 10:45 a.m., BAR 11:15 a.m., return 5:00 p.m.,
#902209-04 **\$11 Arlington County**
\$13 Out-of-County

IMPORTANT TRAVEL INFORMATION:

- You must have a valid 55+ Pass, except for first-time guests.
- Bus leaves promptly at the specified time from each pick-up site. Arrive at least 15 minutes prior to bus departure. Upon arrival, check in with volunteer travel leader.
- Please note: The first bus departure will be the last drop-off on the return. The return time is the time we arrive at the last drop-off. Return times are estimated.
- Meals: When a meal choice is advertised, call 55+ Travel at (703) 228-4748 to indicate your choice. A dollar sign means the lunch is on your own and a plate symbol means the meal is included in the stated price.
- Parking: At Walter Reed, parking is in the back lot behind the center and pick-up is in the front of the center. At Barcroft, parking is in the garage and pick-up is in the front of the center. At Gunston, parking is near the Lang Street entrance and not by the community center and pick-up is in front of the school near the Lang Street entrance.



Tony Smith, *Smug*, 1973/2005.



Thurs., Sept. 29— Jacqueline Kennedy and H.F. du Pont: From Winterthur to the White House

Winterthur, MD: For the first time, the story of former First Lady Jacqueline Kennedy and collector Henry Francis du Pont will be told at Winterthur. Mrs. Kennedy appointed Du Pont to restore the White House interiors in 1961. Through artifacts, archives, and images, this exhibition will invite you to experience the behind-the-scenes collaboration between the two during this captivating period in American history. Their partnership culminated in a televised tour of the White House, led by Jacqueline Kennedy, which became the most-watched program in American history at that time. The former First Lady will forever be remembered as the person who restored history and beauty to the White House. Lunch on your own at Winterthur.

BAR 7:00 a.m., MAD 7:30 a.m., return 7:00 p.m.,
#902209-08 **\$25 Arlington County**
\$29 Out-of-County



Fri., Sept. 23—Glenstone

Potomac, MD: Glenstone Museum recommends comfortable walking shoes to explore the 204,000-square-foot museum, The Pavilions, plus an additional 130 acres of rolling meadows, woodlands and streams. Enjoy lunch on your own at one of the two cafes. Credit or debit cards only; no cash accepted.

GUN 8:30 a.m., MAD 9:00 a.m., return 2:45 p.m.,
#902209-05 **\$9 Arlington County**
\$10 Out-of-County



Sat., Sept. 24—Oktoberfest

Lovettsville, VA: Join us for the Lovettsville Oktoberfest which has been recognized as one of the top Oktoberfest celebrations in the world.

WR 9:15 a.m., MAD 9:45 a.m., return 6:00 p.m.,
#902209-06 **\$10 Arlington County**
\$12 Out-of-County



Tues., Sept. 27—"Beyond King Tut: The Immersive Experience" at the National Geographic Museum

Washington, DC: "Beyond King Tut: The Immersive Experience" is a cinematic immersive exhibition that takes you on a journey to one of the greatest archaeological discoveries of all time. Innovative video projections and soundscapes transport you to Egypt so you can experience the country's ancient wonders, meet the gods of the underworld, join explorers who continue to study the mysteries of his tomb and travel with this legendary pharaoh on his quest for immortality.

MAD 9:45 a.m., BAR 10:15 a.m., return 4:00 p.m.,
#902209-07 **\$24 Arlington County**
\$28 Out-of-County

REGISTRATION FOR 55+ TRIPS:

The registration process for 55+ trips has been streamlined. It will now start on the same days and follow the same procedures as general registration for all 55+ programs. **Arlington residents** may begin to sign up on Wednesday, August 17 at 10 a.m. **Out-of-County residents** may begin on Thursday, August 18 at 10 a.m. There is no longer a separate registration process for trips.

You may register [online](#), by phone or in person beginning on the appropriate date. Detailed step-by-step instructions for registering online are provided on pg. 47 of the Guide. To register by phone, please call the Administrative Services at 703-228-4747. The 55+ Travel Program will no longer be handling phone registration. If you wish to register in person, you may do so at the Administrative Services, located at the Lubber Run Community Center, 300 N. Park Dr., Arlington.

OCTOBER 2022 TRIPS



Tues., Oct. 4—"Sargent and Spain" at the National Gallery of Art

Washington, DC: "Sargent and Spain" reveals the depth of Sargent's captivation with Spain and its rich culture through approximately 120 dazzling oils, watercolors and drawings, many of which are rarely exhibited. Also featured from the artist's travels are some 28 never-before-published photographs, several almost certainly taken by Sargent himself. Lunch on your own at the National Gallery of Art.

MAD 10:45 a.m., WR 11:15 a.m., return 5:00 p.m.,
#902210-01 **\$11 Arlington County**
\$13 Out-of-County



Sat., Oct. 8—Annual Waterford Fair

Waterford, VA: The annual fair celebrates Virginia's arts, culture and history. Watch history come to life, shop, play and tour in the Village of Waterford. Lunch on your own at the fair.

WR 9:15 a.m., MAD 9:45 a.m., return 4:30 p.m.,
#902210-02 **\$23 Arlington County**
\$27 Out-of-County



Sat., Oct. 15—Graves Mountain Apple Festival

Syria, VA: Nestled deep in the foothills of the Blue Ridge Mountains, you'll see nature's way of blanketing the mountains with stunning color during October. Enjoy a fun-filled day complete with good food (not included in price), entertainment and a variety of arts and crafts vendors.

WR 8:15 a.m., MAD 8:45 a.m., return 5:30 p.m.,
#902210-03 **\$18 Arlington County**
\$21 Out-of-County



Wed., Oct. 19—"Storyed Strings: The Guitar in American Art" at the Virginia Museum of Fine Arts

Richmond, VA: "Storyed Strings: The Guitar in American Art" is the first exhibition to explore the instrument's symbolism in American art from the early 19th century to the present day. Featuring 125 works of art as well as 35 musical instruments, the exhibition will demonstrate that guitars figure prominently in the visual stories Americans tell themselves about themselves—their histories, identities and aspirations. Lunch on your own at the museum.

MAD 7:15 a.m., BAR 7:45 a.m., return 5:00 p.m.,
#902210-04 **\$37 Arlington County**
\$43 Out-of-County



Sun., Oct. 23—Sketching at the National Gallery of Art

Washington, DC: Follow the lead of 55+ Community Arts Programmer Jennifer Droblyen and spend the afternoon drawing from famous artwork at the National Gallery of Art. This is the first of a four-part series designed for all artistic levels. Parts 2, 3 and 4 will be on Sunday, January 29, Sunday, April 30 and Sunday, July 30 respectively. A supply list will be provided two weeks prior to the trip.

MAD 9:00 a.m., WR 9:30 a.m., return 3:00 p.m.,
#902210-09 **\$11 Arlington County**
\$13 Out-of-County



Fri., Oct. 21—Glenstone

Potomac, MD: Glenstone Museum recommends comfortable walking shoes to explore the 204,000-square-foot museum, the Pavilions, plus an additional 130 acres of rolling meadows, woodlands and streams. Enjoy lunch on your own at one of the two cafes. Credit or debit cards only; no cash accepted.

GUN 8:30 a.m., MAD 9:00 a.m., return 2:45 p.m.,
#902210-05 **\$9 Arlington County**
\$10 Out-of-County



Tues., Oct. 25—"Beyond King Tut: The Immersive Experience" at the National Geographic Museum

Washington, DC: "Beyond King Tut: The Immersive Experience" is a cinematic immersive exhibition that takes you on a journey to one of the greatest archaeological discoveries of all time. Innovative video projections and soundscapes transport you to Egypt so you can experience the country's ancient wonders, meet the gods of the underworld, join explorers who continue to study the mysteries of his tomb and travel with this legendary pharaoh on his quest for immortality.

MAD 9:45 a.m., BAR 10:15 a.m., return 4:00 p.m.,
#902210-06 **\$24 Arlington County**
\$28 Out-of-County



Wed., Oct. 26—"Baseball: America's Home Run" at the Smithsonian National Postal Museum

Washington, DC: From fan letters and post office baseball teams to the worlds of stamp and baseball memorabilia collecting, "Baseball: America's Home Run" explores our national pastime through a unique, postal lens. Using material from the National Postal Museum's collection; original stamp art from the United States Postal Service; and artifacts loaned by other Smithsonian museums, the National Baseball Hall of Fame and Museum, and private collectors, this exhibition explores the surprising ways that baseball and postal history have been deeply intertwined since the early 20th century. Lunch on your own at the museum.

MAD 10:45 a.m., WR 11:15 a.m., return 5:00 p.m.,
#902210-07 **\$11 Arlington County**
\$13 Out-of-County



Fri., Oct. 28—Dutch Country's Farmers Market

Laurel, MD: This market is full of the best fresh and delicious foods from Dutch Country. Baked goods, dairy products, BBQ, candies, organic meats and more can be found from a variety of vendors.

GUN 8:15 a.m., MAD 8:45 a.m., return 2:00 p.m.,
#902210-08 **\$8 Arlington County**
\$9 Out-of-County

NOVEMBER 2022 TRIPS



Wed., Nov. 2—"Esther and the Dream of One Loving Human Family" at the American Visionary Art Museum

Baltimore, MD: Featuring Esther Krinitz's Holocaust survival story told through 36 hand-embroidered works, the show pays tribute to humanity's unjust persecution of innocents and the dream of a world at peace. The exhibit also includes South African Truth and Reconciliation embroidered testimonies, works by Rwandan Tutsi genocide survivors and more. Lunch on your own at the Inner Harbor.

BAR 8:00 a.m., MAD 8:30 a.m., return 4:30 p.m.,
#902211-01 **\$24 Arlington County**
\$28 Out-of-County



Mon., Nov. 7—"CHEERS, VIRGINIA!" Exhibit at the Virginia Museum of History and Culture

Richmond, VA: Celebrate the work of craft brewing, distilling, and fermenting and the makers whose art fills your glass. From homebrewers to local distillers and wineries, alcohol makers have captured the soul and identity of Virginia with their intoxicating offerings. Lunch on your own at the museum.

MAD 7:15 a.m., BAR 7:45 a.m., return 5:00 p.m.,
#902211-02 **\$37 Arlington County**
\$43 Out-of-County



Fri., Nov. 11—Northern VA Christmas Market

Chantilly, VA: This spectacular, award-winning holiday market features more than 250 fine artisans from more than 20 states. There is an \$8 entrance fee upon arrival.

GUN 8:45 a.m., MAD 9:15 a.m., return 2:00 p.m.,
#902211-03 **\$8 Arlington County**
\$9 Out-of-County



Tues., Nov. 15—"Beyond King Tut: The Immersive Experience" at the National Geographic Museum

Washington, DC: "Beyond King Tut: The Immersive Experience" is a cinematic immersive exhibition that takes you on a journey to one of the greatest archaeological discoveries of all time. Innovative video projections and soundscapes transport you to Egypt so you can experience the country's ancient wonders, meet the gods of the underworld, join explorers who continue to study the mysteries of his tomb and travel with this legendary pharaoh on his quest for immortality.

MAD 9:45 a.m., BAR 10:15 a.m., return 4:00 p.m.,
#902211-04 **\$24 Arlington County**
\$28 Out-of-County



Thurs., Nov. 17—Lancaster County Dutch Market

Germantown, MD: Lancaster County Dutch Market of Germantown is a collection of vendors born and raised in the central Pennsylvania area that share a common interest: great, fresh food.

BAR 9:35 a.m., MAD 10:05 a.m., return 2:40 p.m.,
#902211-05 **\$7 Arlington County**
\$8 Out-of-County



Mon., Nov. 21—"Vittore Carpaccio: Master Storyteller of Renaissance Venice" at the National Gallery of Art

Washington, DC: A leading figure in the art of Renaissance Venice, Vittore Carpaccio (c. 1460/1466-1525/1526) is best known for his large, spectacular narrative paintings that brought sacred history to life. Although for centuries he has been loved and celebrated in his native city for his observant eye, fertile imagination and storytelling prowess, this exhibition marks the first retrospective of the artist ever held outside Italy. Lunch on your own at NGA.

MAD 10:45 a.m., WR 11:15 a.m., return 5 p.m.,
#902211-06 **\$11 Arlington County**
\$13 Out-of-County



Thurs., Nov. 24—Dutch's Daughter Thanksgiving

Frederick, MD: Enjoy a delicious Thanksgiving buffet lunch with your fellow travelers.

WR 9:15 a.m., MAD 9:45 a.m., return 2:30 p.m.,
#902211-07 **\$79 Arlington County**
\$91 Out-of-County

REFUND POLICY FOR TRIPS

- No refunds are granted for any trips that require meal reservations, tickets or chartered transportation, unless staff is able to sell your reserved space.
- No refunds within 48 hours of trip departure time.
- Call 55+ Travel at 703-228-4748 for cancellation requests for 55+ trips.

COMMUNITY PARTNERS

THE ALLIANCE FOR ARLINGTON SENIOR PROGRAMS (AASP)

The Alliance for Arlington Senior Adult Programs (AASP) continues to support 55+ Program activities, such as 55+ Fitness Day, the Variety Show, healthy cooking classes, Acoustic Café and the new Internet Access for Arlington Seniors Project.

We would like to thank the many 55+ Program members who have made donations to the Alliance since our last appeal for help. We have been able to provide Internet access to a number of needy Arlington seniors at no cost to them and have begun additional computer classes at the Arlington Mill and Langston-Brown Centers.

If you are a past supporter, we are asking you to help once again. If you have never given before, your help is especially important. Visit friendsofthealliance.org to donate or send a check to: The Alliance for Arlington Senior Programs, P.O. Box 5184, Arlington, VA 22205



ARLINGTON NEIGHBORHOOD VILLAGE (ANV)



Arlington Neighborhood Village (ANV) is a community-based non-profit organization that helps older adults stay in their homes and community as they age. ANV volunteers provide the extra help a member might need: a ride to a medical appointment, running an errand, help on the computer or someone to get up on a ladder to change a lightbulb! To learn more about ANV, call 703-509- 8057, email info@arlnvil.org, or visit www.arlnvil.org. Everyone is invited to join ANV's weekly Coffee and Conversation speaker series on Wednesdays at 10 a.m. Go to www.arlnvil.org/calendar to learn more and get the Zoom link. You can also join us to learn more about volunteering with ANV or becoming a member on Wed., Sept. 28 at 11:30 a.m. at Arlington Mill; look in this guide on page 11 for registration information.

Volunteers Needed! If you are looking for a special volunteer opportunity, please consider ANV. We especially need volunteers who are able to drive older adults to medical and other appointments. You must be 21 years old and available during the day, Mondays through Fridays. Our volunteers tell us that they have "received more than they have given." If you want to learn more, please visit www.arlnvil.org/volunteer.

ENCORE LEARNING

Encore Learning provides people age 50+ with high-quality, lifelong learning opportunities. There are daytime, college-level courses, clubs, and special events. Volunteers make it happen - behind the scenes, on Zoom, and in classrooms. This might be what you're looking to do!

Socialize with us in person as we celebrate our 20th anniversary on September 12.

Check out the Fall 2022 Semester with 38 virtual, in-person, and outdoor daytime classes. The Fall 2022 Course Preview is Thurs., Sept. 1, at 10:00 AM (<https://us02web.zoom.us/j/84159780997>). Course registration begins on Tues., Sept. 6, at 10 a.m.

For more information or to become a member, visit www.EncoreLearning.net or email us at info@encorelearning.net.



HOW TO REGISTER

ONLINE ► registration.arlingtonva.us

Online registration is available 24/7 (after registration opens) through our WebTrac system.

Connect through the digital 55+ Guide:

You can link directly to the online registration system when viewing the digital 55+ Guide. After registration has opened (see dates above), click on the **blue registration number** for the program that you are interested in — and a page will open in your Internet browser where you can review the class and register.

PHONE ► 703-228-4747

Call us to register: Monday – Friday, 8 a.m. – 5 p.m.

Refund Policy For Fee-Based Classes

Refunds must be requested through Administrative Services at 703-228-4747.

Full refunds for 55+ classes are made automatically when classes are canceled by 55+ due to insufficient enrollment or other unforeseen reasons, or upon request when schedule or location changes made by 55+ prohibit or limit attendance. Refunds for medical reasons must be accompanied by a physician's note and are considered on a case-by-case basis.

The 2.5% credit card surcharge is nonrefundable unless the program or reservation is canceled by the Department of Parks and Recreation (DPR). Any bank fees incurred as a result of an e-check, due to insufficient funds or incorrect account information, will not be refunded under any circumstance.

Customers who request a refund within 48 hours after the first class for any reason other than those stated above will receive a full refund minus a \$20 service charge. Credit card charges will be refunded directly to the credit card, by request. No refunds or credits will be given after the second class has started, or if a customer is unable to attend a one-session class or workshop. No refunds are given for fees less than \$20. 55+ Programs adheres to DPR policies.

Arlington County 55+ GUIDE is a publication of the Arlington County Department of Parks and Recreation Office of 55+ Programs serving adults ages 55 and over. Arlington County's Department of Parks and Recreation is one of the 145 agencies (of more than 8,000) in the U.S. to have received national accreditation from the Commission for Accreditation of Parks and Recreation Agencies (CAPRA) by meeting 151 standards.

Registration Opens:

- August 17 at 10 a.m. (Arlington County)
- August 18 at 10 a.m. (Out-of-County)

- 1 Go online to registration.arlingtonva.us
- 2 Enter your **Login ID** and **Password**.
 - A new page will appear after you login.
 - If this is your first time or you do not know your ID/password, call 703-228-4747.
- 3 Click on **"55 Plus"**, then click **"Register for Classes."**
- 4 Find the classes you are interested in — then click on the **green + sign** next to each class.
 - Your selections will appear in a green bar at the bottom of the page.
- 5 After selecting classes, click **"Add to Cart"** in the green bar at the bottom of the page. A new page will appear showing all the items in your cart.
 - For each class, select the person who you are registering.
- 6 Choose **"Continue Shopping"** or **"Checkout."**
 - Note: YOU MUST CHECKOUT in order to complete the registration process — even when you register for free classes and owe nothing.

We aim to please.

Our vision for Arlington is a happy and healthy place to live, learn, work and play. To make this a reality, our mission is to promote wellness and vitality through dynamic programs and attractive public spaces.

Jennifer Collins / 55+ Program Manager
jcollins@arlingtonva.us

Senior Adult Council Executive Committee

David Litman / Chair

Marilyn Marton / Vice Chair

Tom Curtis / Secretary

Valerie Turner / Treasurer

Vera Libeau / Past Chair

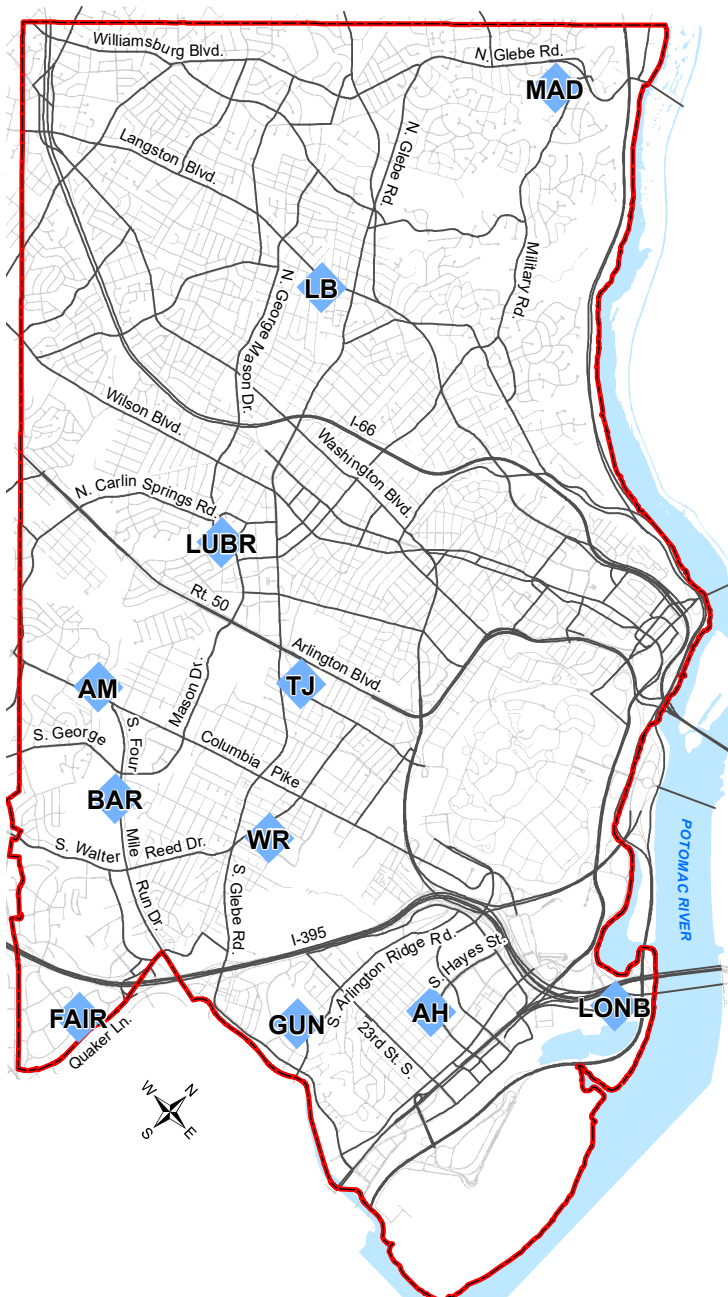


CONNECT & LOCATE

General Information 703-228-4747
55Plus@arlingtonva.us

55+ Sports & Fitness Information
703-228-4771 (voicemail)

55+ Travel Program Information
703-228-4748 (voicemail)
AC55plusTravel@arlingtonva.us



55+ CENTERS

- AM* Arlington Mill**
909 S. Dinwiddie St., 22204
703-228-7369
Shettima Abdulmalik: sabdulmalik@arlingtonva.us
M-F: 9-3, some nights/wknds
- AH Aurora Hills**
735 S. 18th Street., 22202
703-228-5722
Lila Paig: lpaig@arlingtonva.us
MWF: 10-3; T/TH as scheduled
- LB* Langston-Brown**
2121 N. Culpeper St., 22207
703-228-6300
Elizabeth Poole: epoole@arlingtonva.us
M-F: 9-3, some nights/wknds
- LUBR Lubber Run**
300 N. Park Dr., 22203
703-228-4767
Nicholas Englund: nenglund@arlingtonva.us
M-F: 9-3, some nights/wknds
- WR* Walter Reed**
2909 S. 16th St., 22204
703-228-0955
Jennifer Weber: jweber1@arlingtonva.us
M-F: 9-3, some nights/wknds

**Indicates hot lunch daily*

ACTIVITY / PICK-UP SITES

- BAR Barcroft**
4200 S. Four Mile Run Dr., 22204
703-228-0701
- FAIR Fairlington**
3308 S. Stafford St., 22206
703-228-6588
- GUN Gunston**
2700 S. Lang St., 22206
703-228-6980
- LONB Long Bridge Aquatics & Fitness Center**
333 Long Bridge Dr., 22202
703-228-3338
- MAD Madison**
3829 N. Stafford St., 22207
703-228-5310
- TJ Thomas Jefferson**
3501 S. Second St., 22204
703-228-5920