

COFFEE AND CONVERSATION

Every Wednesday
from 10-11 am
May 2025



Join Our Weekly Speaker Series!

Attend via Zoom



Wed, May 7, 2025: *Recycle it! Recycle it!*

Spring cleaning is well underway and you now have dried-up paint cans, old computers and broken-down bikes you need to get rid of. Doug Krietemeyer, PMP, LEED Green Associate, Environmental Sustainability Planner with the Arlington Department of Environmental Services will talk about the county's waste management and recycling programs, including the food scraps collection program, glass recycling, and the proper way to dispose of batteries, and more.

Wed, May 14, 2025: *Securing Your Phone and Computer*

Viruses, worms, spyware, trojan horses, etc. The numbers and types of malware are increasing every day, making it more and more important to know how to protect both your computer and phone from malicious attacks. Dr. Diane Murphy, Ph.D., Director, and Senior Faculty Member, at the Center for the Innovative Workforce at Marymount University will tell us what to do to keep ourselves and our computers safe.

Wed, May 21, 2025: *The Importance of Socialization When Aging*

Research has found that social support can play a significant role in overall health as people age. Spending time with friends and family members can boost quality of life, including both physical and mental health. Melissa Long, Director of Education and Support at Insight Memory Care will talk to us about the role socializing plays in our overall health and well-being as we age.

Wed, May 28, 2025: *National Health and Fitness Day*

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



More information and how to join via Zoom can be found
at ANVarlington.org/events



For more information or to learn about the benefits of becoming a member of Arlington Neighborhood Village, contact us at 703.509.8057 or visit ANVarlington.org