

COFFEE AND CONVERSATION

Every Wednesday
from 10-11 am
August 2025



Join Our Weekly Speaker Series!

Attend via Zoom



Wed, August 6, 2025: *Arlington County Sheriff Jose Quiroz*

Jose Quiroz will give an overview of the many functions of the Arlington County Sheriff's Office and alert you to some scams that unfortunately are connected to law enforcement. A lifelong Arlingtonian, Sheriff Quiroz's career in public service is rooted in his deep commitment to the community he calls home. He joined the Sheriff's Department a day before the 9/11 attack on the Pentagon, and he rose through the ranks to become Arlington's first Latino sheriff.

Wed, August 13, 2025: *Northern Virginia Senior Olympics*

For more than 40 years, the Northern Virginia Senior Olympics has provided older adults opportunities for participation, competition, self-improvement and fellowship through more than 40 competitive events that range from competitive athletics to non-physical games.

Wed, August 20, 2025: *Virginia Election Protection*

Virginia Election Protection is a dedicated coalition of organizations and volunteers that make up the largest nonpartisan voter protection effort in the Commonwealth. Miles Kelekian, the Election Protection Manager, will provide an overview of the extent of threats to voting rights in Virginia, what the coalition is doing to increase accessibility and combat anti-voting efforts and will describe senior friendly volunteer opportunities.

Wed, August 27, 2025: *Vaccines: Updates and Current Recommendations*

Vaccines are crucial for older adults because their immune systems naturally weaken with age, making them more susceptible to serious complications from preventable diseases like the flu, pneumonia, and shingles. Staying up-to-date on recommended vaccinations, including booster shots, is vital for maintaining health and preventing severe illness. Mary C. Bergmann, ACNP, VHC Primary Care.



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