

## COFFEE AND CONVERSATION

Every Wednesday  
from 10-11 am  
September 2026



# Join Our Weekly Speaker Series!

Attend via Zoom



Sunday Sep 13



### **Wed, September 2, 2026: *Home Safety Inspections***

Many older adults hope to age in place, but they may wonder whether their current home is well suited to support them as their needs change. Factors such as a home's layout, age, and location can all affect its safety and accessibility. Join ANV volunteer Linda Scott for a presentation on the value of a home safety inspection. Linda will explain how a home safety assessment can identify potential hazards that increase the risk of falls and accidents at home. Topics will include where and how to start with your own home safety assessment. What worries you most - the shower, the stairs, getting up at night? Keeping up with how your needs may change over time means this becomes part of your "annual check-up". Making small adjustments along the way may help make your home safer and more comfortable for years to come.

### **Wed, September 9, 2026: *Arlington Park's Senior Adult Council***

Many of us enjoy Arlington Parks and Recreation's 55+ programs—whether it's a fitness class, an educational lecture, or a cultural outing. But have you ever wondered who helps make these programs happen? Join Donald Hesse, Chair of the Senior Adult Council, for an inside look at the Council's work and the important role it plays in shaping programs that enrich the lives of older adults in our community. He'll share how new ideas become reality, how residents can influence future offerings, and the many ways you can become more involved with Arlington's senior centers. Come discover how your voice can help shape the future of 55+ programming.

### **Wed, September 16, 2026: *Virginia Distilled: Four Centuries of Drinking in the Old Dominion***

From the first batch of "corn beere" brewed by colonist George Thorpe at Berkeley Plantation in 1620 to George Washington's sprawling distillery at Mount Vernon, Virginia has been at the heart of America's drinking history. But the Commonwealth's story doesn't end there. As one of the first states to embrace Prohibition, Virginia became a hotbed of bootlegging, moonshining, and the high-speed pursuits that would eventually evolve into NASCAR. Join award-winning food journalist, author, and chef Patrick Evans-Hylton ([www.VirginiaEatsAndDrinks.com](http://www.VirginiaEatsAndDrinks.com)) as he explores the remarkable history of Virginia's spirited past through his book, *Virginia Distilled: Four Centuries of Drinking in Virginia*. Journey across four centuries of fascinating stories about the people, places, and traditions that shaped alcohol production and consumption in the Commonwealth—from the earliest colonial brews to today's thriving craft beverage scene.

### **Wed, September 23, 2026: *Beware: Frauds and Scams***

Scammers are becoming more sophisticated every day, and older adults are among their favorite targets. From phone and email schemes to text message scams and identity theft, fraudsters use increasingly convincing tactics to steal money and personal information. Join Corporal Cassandra Skelton of the Arlington County Police Department for a presentation on the latest frauds and scams affecting seniors in the Arlington area. Learn how these scams work, recognize the warning signs, and discover practical steps you can take to protect yourself and your loved ones.



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