

55+⁺ ARLINGTON COUNTY GUIDE

EXERCISE
LEARNING
CONNECTIONS
and MORE

Welcome Spring!

St. Patrick's Day **p.4**

Return of the Cicadas **p.7**

Genealogy **p.9-10**

Short Story Reading & Discussion **p.16**

a publication of

ARLINGTON
VIRGINIA

DEPARTMENT OF
PARKS AND RECREATION

parks.arlingtonva.us



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: parks.arlingtonva.us and search "55+ pass"
- MAIL: 3700 South Four Mile Run Drive, 22206 (get the registration form [online](#))
- PHONE: 703-228-4747 (Mon.-Fri., 8 a.m.-5 p.m.)

STEP 3 ▶ Use Your Pass

With your 55+ Pass, you can register for programs and activities.

- See page 22 for information about registering online, in person, by phone or by mail.
- See registration start dates on page 2.
- You must register for every program you attend.

OPTION A

55+ Pass Benefits

- Home delivery of this 55+ Guide
- 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 centers any time during fitness center community hours.

Contact us for more information:
Call 703-228-4747 or visit parks.arlingtonva.us (search for "55+ Pass")

55+⁺ ARLINGTON COUNTY GUIDE

Hello, Everyone!

Welcome to our first quarterly edition of the 55+ Guide. Going forward you will be receiving the guide in 3-month cycles. This allows you to plan your schedules out farther in advance and only have to register for programs 4 times a year instead of 6. At the time this publication is going out, we are still under the Governor's guidelines of no social gatherings of more than 10 people. Due to this, the majority of our programs remain virtual programs. As the guidelines change, weather becomes warmer and more people start to get their vaccines, we hope to resume more outdoor programs. So please be sure to watch for the 55+ eNews monthly updates and watch the 55+ Live talk show for programming updates. And speaking of 55+ Live, if you have missed any of the past shows you can go to the [55+ Live!](#) webpage and catch up. Also, the [55+ YouTube Channel](#) continues to grow in popularity with over 500 subscribers! It is a great resource of programs that you can access at any time. I have even participated in some of the fitness classes as I've been avoiding the recent cold weather conditions. I am so ready for Spring!

Stay well!

Jennifer Collins, CPRP

Registration Opens:

- February 24 at 10am (Arlington County)
- February 25 at 10am (Out of County)

Registration Is Required!

You must pre-register for all programs. You can register online or by phone.

ONLINE ▶ registration.arlingtonva.us

Registration is available anytime through our online WebTrac system. For step-by-step instructions see page 22.

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. (Find instructions on page 23.)

PHONE ▶ 703-228-4747

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

THE SCOOP:

Arlington County offices will be closed and no 55+ Programs will take place on Monday, May 31 (Memorial Day).

All 55+ Centers remain closed, so programs will be held online or outdoors for your safety.

Pre-registration is required.

Registration Info: page 22

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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

Wearing of the Green - St. Patrick's Day

Wear your green and celebrate St. Patrick's Day (belatedly). Raynar Almqvist, Cultural and Press Attaché for the Irish Embassy, will discuss the history of St. Patrick's Day and Irish-America. Several Irish cultural groups from across the U.S will also present performances.

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|-----------|----------------------------|-----------|
| • Mar. 19 | Friday | 3-4:30 pm |
| Virtual | #913803-01 | 1 session |

GET TOGETHERS

55+ Live!

55+ Live! is a talk show and a great way to stay up-to-date with 55+ Programs. Enjoy previews of entertainment, demonstrations, seminars and the other great programs you'd usually find in-person at our 55+ Centers. Don't miss this opportunity to catch up with friends and staff from Arlington 55+ Programs.

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|-----------|----------------------------|-----------|
| • Mar. 2 | Tuesday | 12-1 pm |
| Virtual | #913801-01 | 1 session |
| • Mar. 16 | Tuesday | 12-1 pm |
| Virtual | #913801-02 | 1 session |
| • Apr. 6 | Tuesday | 12-1 pm |
| Virtual | #913801-03 | 1 session |
| • Apr. 20 | Tuesday | 12-1 pm |
| Virtual | #913801-04 | 1 session |
| • May 4 | Tuesday | 12-1 pm |
| Virtual | #913801-05 | 1 session |
| • May 18 | Tuesday | 12-1 pm |
| Virtual | #913801-06 | 1 session |

Afternoon Hang-out

Join us for casual conversations - topics might include books, recipes, movies, exercise routines and hobbies. This conversation group is a place to share and learn from others how best to deal with our quarantine lives.

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|----------|----------------------------|--------------|
| • Mar. 4 | Thursday | 3:30-4:30 pm |
| Virtual | #913801-20 | 1 session |
| • Apr. 1 | Thursday | 3:30-4:30 pm |
| Virtual | #913801-21 | 1 session |
| • May 6 | Thursday | 3:30-4:30 pm |
| Virtual | #913801-22 | 1 session |

Monday Morning Coffee Meetup

Start your week off right with coffee and great conversation with friends.

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|-----------|----------------------------|-----------|
| • Mar. 1 | Monday | 10-11 am |
| Virtual | #913801-07 | 1 session |
| • Mar. 8 | Monday | 10-11 am |
| Virtual | #913801-08 | 1 session |
| • Mar. 15 | Monday | 10-11 am |
| Virtual | #913801-09 | 1 session |
| • Mar. 22 | Monday | 10-11 am |
| Virtual | #913801-10 | 1 session |
| • Mar. 29 | Monday | 10-11 am |
| Virtual | #913801-11 | 1 session |
| • Apr. 5 | Monday | 10-11 am |
| Virtual | #913801-12 | 1 session |
| • Apr. 12 | Monday | 10-11 am |
| Virtual | #913801-13 | 1 session |
| • Apr. 19 | Monday | 10-11 am |
| Virtual | #913801-14 | 1 session |
| • Apr. 26 | Monday | 10-11 am |
| Virtual | #913801-15 | 1 session |
| • May 3 | Monday | 10-11 am |
| Virtual | #913801-16 | 1 session |
| • May 10 | Monday | 10-11 am |
| Virtual | #913801-17 | 1 session |
| • May 17 | Monday | 10-11 am |
| Virtual | #913801-18 | 1 session |
| • May 24 | Monday | 10-11 am |
| Virtual | #913801-19 | 1 session |

PERFORMANCES

Acoustic Hour Online

Enjoy great rock and roll, ballads, folk and blues from the 50s and beyond performed live by Carl Gold.

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| • Apr. 14 | Wednesday | 1:30-2:30 pm |
| Virtual | #913802-01 | 1 session |

Acoustic Hour in the Park

Enjoy live music and beautiful spring weather in the park. Phil Rosen and Ed Girovasi will perform songs from the 50s to today. Rain date is Wed., June 2nd.

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| • May 26 | Wednesday | 12:30-2 pm |
| Va. Highlands | #913802-02 | 1 session |

Acoustic Cafe

Listen to live, unplugged music from the '50s to today played by various performers who love music. Sponsored by the Walter Reed Advisory Committee and the Alliance for Arlington Senior Programs.

- **Mar. 9**
Virtual
Tuesday
[#913802-03](#) 12-1 pm
1 session
- **Apr. 13**
Virtual
Tuesday
[#913802-04](#) 12-1 pm
1 session
- **May 11**
Virtual
Tuesday
[#913802-05](#) 12-1 pm
1 session

Open Mic Online

Open Mic show hosted by Carl Gold. Appreciate the talents of your 55+ neighbors. All are welcome to watch and consider sharing your talent at the next show.

- **Mar. 10**
Virtual
Wednesday
[#913802-06](#) 1:30-2:30 pm
1 session
- **May 12**
Virtual
Wednesday
[#913802-07](#) 1:30-2:30 pm
1 session

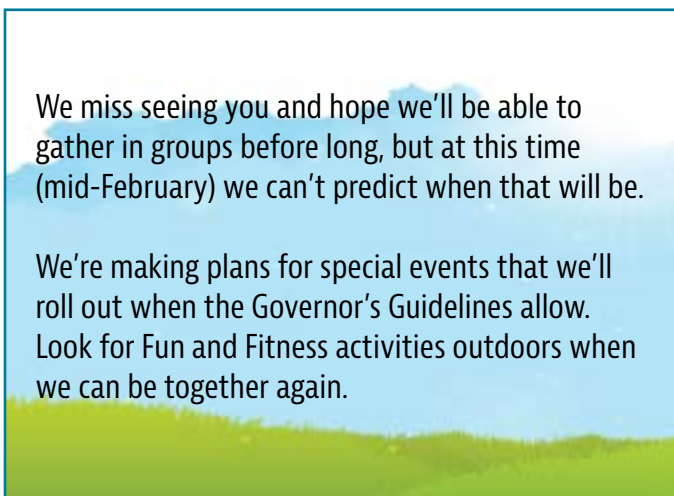
Open Mic Talent Slots

Share your talents: sing a song, recite a poem or tell some jokes. Sign up for 3-5 minute time slot to perform for 55+ friends. Email lpag@arlingtonva.us to reserve a slot.

Spring Concert

Quarantine Music Busters, a non-profit comprised of talented young musicians and vocalists committed to busting the isolation caused by Covid-19, will perform a live, interactive ensemble of classical music.

- **Mar. 21**
Virtual
Sunday
[#913802-08](#) 3-4:30 pm
1 session



Meditate and Create Relaxation

Reduce stress, lower your blood pressure and change lifestyle habits that sap your energy. Learn several experiential meditation techniques such as mindfulness, breath awareness and guided meditation. Class finishes with relaxation-focused crafts that will energize you.

- **Mar. 18 – May 20**
Virtual
Thursday
[#913500-01](#) 10:30 am-12 pm
10 sessions/ \$60

Happiness 101

Discover ways to create a more joyful and fulfilling life for yourself and others around you. Volunteer Paul Singh will describe practices to enhance contentment and enjoyment.

- **Apr. 27**
Virtual
Tuesday
[#913500-02](#) 2-3 pm
1 session

Stress Management in Today's Climate

These are unprecedented times and it's hard not to get overwhelmed by all the uncertainty and unknowns of daily life during a pandemic. But it's also important to do what we can to personally manage our stress. Kate Chutuape, Manager of Senior Health at Virginia Hospital Center, will discuss healthy ways to deal with stress.

- **May 11**
Virtual
Tuesday
[#913500-03](#) 11 am-12 pm
1 session

Coping with Covid

We never imagined life would change in so many ways. How have you managed? Have you discovered new recipes? Taken up a new hobby? Mastered using the apps to connect with friends online? What are your tips for dealing with this new normal? Share your successes and challenges with other 55+ folks in this discussion group.

- **Mar. 9**
Virtual
Tuesday
[#913500-04](#) 3:30-4:30 pm
1 session
- **Apr. 13**
Virtual
Tuesday
[#913500-05](#) 3:30-4:30 pm
1 session
- **May 11**
Virtual
Tuesday
[#913500-06](#) 3:30-4:30 pm
1 session

Virtual Medical Visits: A How-To Guide

Learn how to get quality medical care without leaving your home, through a telehealth appointment. Dr. Nardin Khalil, from the Virginia Hospital Center Physicians Group, will provide step-by-step guidance on how to schedule the appointment, what to expect, how to prepare and how to get the most benefit from your visit.

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| • May 11
Virtual | Tuesday
#913500-07 | 1:30-2:30 pm
1 session |
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See Me at the Smithsonian

See Me at the Smithsonian is an interactive program for adults with dementia and their care partners. During this “See Me” program, a team of museum educators and docents from the Smithsonian American Art Museum will facilitate small group conversations about some of the Smithsonian’s most beloved objects. Closed captioned

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| • Mar. 4
Virtual | Thursday
#913500-08 | 2-3 pm
1 session |
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Healthy Feet

Our feet take a pounding every day, and years of poorly fitting shoes, reduced circulation and sheer abuse can lead to foot problems. Podiatrist Dr. Gregory Cardinal will discuss common foot ailments and treatments.

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| • May 3
Virtual | Monday
#913500-09 | 2-3 pm
1 session |
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Brain Health

As we age, normal changes occur within our brains. Lindsey Vajpeyi, Director of Education and Outreach from Insight Memory Care Center, will discuss brain-related changes in memory and learning, along with healthy practices to keep your brain sharp. Learn what to expect, what’s normal and when to seek medical attention.

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| • Mar. 19
Virtual | Friday
#913500-10 | 11 am-12 pm
1 session |
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Cancer Care in the Time of COVID-19

COVID-19 has caused delays in screening, diagnosis and treatment of cancer. Patient navigators from Virginia Hospital Center’s Cancer Resource Center will discuss how to navigate these strange times, necessary screenings for the 55+ age group and how to ensure safety and best outcomes. Ample time for questions; Spanish interpretation available with 2-week notice.

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| • Apr. 28
Virtual | Wednesday
#913500-11 | 11 am-12 pm
1 session |
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NUTRITIOUS AND DELICIOUS

Women’s Nutrition Over 50

The aging process causes us to change in many ways. Learn to provide your body with the right nutrients to stay healthy and active. A Virginia Cooperative Extension representative will discuss how eating a well-balanced diet can keep you at your best and aging healthier!

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| • Mar. 4
Virtual | Thursday
#913501-01 | 11 am-12 pm
1 session |
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Personalize Your Plate

March is National Nutrition Month. We each have our own dietary needs, so learn tips on how to personalize your plate and your meals to your needs with VCE.

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| • Mar. 18
Virtual | Thursday
#913501-02 | 11 am-12 pm
1 session |
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Nutrition: Eggcellent!

Meet the Virginia Cooperative Extension Master Food Volunteers to learn about the benefits of eggs!

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| • Apr. 8
Virtual | Thursday
#913501-03 | 10-11 am
1 session |
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Meatless Monday

Learn the benefits of eating less red meat and more vegetables with a Virginia Cooperative Extension representative.

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| • Apr. 1
Virtual | Thursday
#913501-04 | 1-2 pm
1 session |
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Leafy Greens

It’s not easy identifying leafy greens or knowing how to cook them. Virginia Cooperative Extension will demonstrate a flavorful recipe using a variety of greens

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| • May 20
Virtual | Thursday
#913501-05 | 1-2 pm
1 session |
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All About Air Fryers

Indulge your craving for fried food and still follow a healthy diet with this new kitchen appliance. Center Director and air fryer aficionado Sidney Reid will explain various uses and recipes for this tool.

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| • May 21
Virtual | Friday
#913501-06 | 11 am-12 pm
1 session |
|----------------------------|---|---------------------------------|

LECTURES & LEARNING

Recipe Roundtable

Have you been cooking more during the pandemic? Join us to share your favorite recipes with 55+ friends and neighbors.

Favorite Healthy Recipes

Your favorite meal might be full of flavor and healthy too – share your secrets.

• Apr. 26 **Monday** 3-4 pm
Virtual [#913501-09](#) 1 session

Gluten-Free Recipes

Explore and expand your knowledge and collection of gluten-free dishes.

• Mar. 12 **Friday** 3-4 pm
Virtual [#913501-08](#) 1 session

Favorite Desserts

Is your favorite dessert wonderful because of the memories attached to it or does everyone love how delicious it is?

• May 14 **Friday** 3-4 pm
Virtual [#913501-07](#) 1 session

Causes & Consequences of Global Warming

Learn about what causes our world to warm and cool, how this period of global warming is different from the rest of earth's geological history, the harm caused, what actions we can take, and where to find more information. Presented by David Herring from the National Oceanic and Atmospheric Administration.

• Apr. 22 **Thursday** 2-3:15 pm
Virtual [#913400-01](#) 1 session

Return of the Cicadas

Brood X is back! The Periodical Cicadas are returning to our region after 16 years in the ground. Join a Park Naturalist, Ken Rosenthal, to explore this rare and fascinating natural spectacle. Discover where they went, why they are back, and how this unique life cycle is an advantage to these long-lived insects.

• May 27 **Thursday** 6-7 pm
Virtual [#913400-02](#) 1 session

Rock Music Legends: Folk Rock

Chances are your favorite songs from the 1960s included one or more by the hugely successful Simon & Garfunkel; Crosby, Stills, Nash & Young, and/or Buffalo Springfield. These groups embodied the popular folk music genre, combining socially conscious folk-style music with a rock beat and electric guitars. Volunteer Carl Gold will discuss the origins of folk-rock music and perform some of the greatest hits from the soundtrack of your life.

• Apr. 20 **Tuesday** 1-2:15 pm
Virtual [#913400-03](#) 1 session

Rock Music Legends: The Brill Building

In the 1960s, the Brill Building at 1619 Broadway was a one-stop shop for songwriting, publishing, producing, recording and selling music. A stable of professional songwriters worked in the building, including Neil Diamond and the teams of Carole King and Gerry Goffin; Jerry Leiber and Mike Stoller. Volunteer Carl Gold will discuss and perform some of the memorable, chart-topping music created there.

• May 18 **Tuesday** 1-2:15 pm
Virtual [#913400-04](#) 1 session

MEDICARE

Medicare's Preventive Services

Medicare Part B covers preventive services such as screenings, vaccines and counseling that can help prevent illness and detect medical conditions. Learn about eligibility requirements and guidelines for services such as flu shots and diabetes supplies. Presented by [Arlington County's Virginia Insurance Counseling and Assistance Program](#). Tues., March 9, 10:30 am – 12 pm

ABCD's of Medicare

Medicare coverage options include original Medicare, Medicare Advantage, Part D prescription drug coverage and Medigap policies. Staff from [Arlington County's Virginia Insurance Counseling and Assistance Program](#) (VICAP) will explain the basics – coverage options, eligibility, how to enroll and programs for people with limited income.
Tues., May 11, 10:30 am – 12 pm

Register for medicare programs [here](#).

It's Never Too Late For Love!

Phillip Finkelstein will discuss his new novel, *Love Always*, inspired by the true story of an elderly widow and widower. The novel shows you are never too old for love and adventure. *Love Always* is lighthearted, funny and full of positivity and hope - just what we all need.

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- **Mar. 11** **Thursday** **1-2 pm**
Virtual [#913400-05](#) 1 session

Biography Best Bets

Get the inside scoop on the latest biographies of famous celebrities, politicians, entertainers and historical figures. Arlington Public Library's expert librarians Brittany Ham and Jennifer Rothschild will share their recommendations. They'll also provide tips on how to get these books in various formats using the Library's resources.

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- **Apr. 8** **Thursday** **1:30-2:30 pm**
Virtual [#913400-06](#) 1 session

Arlington County Resources for Seniors

Learn more about Arlington County resources and services for seniors from Helen King with the Aging and Disability Services Division of DHS.

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- **Mar. 31** **Wednesday** **1-2 pm**
Virtual [#913400-07](#) 1 session

Virginia Legislative Update

Virginia Delegate Patrick Hope, representative for the 47th District in Arlington, will provide an update on the 2021 General Assembly legislative session, focusing on issues of interest to 55+ residents. Del. Hope will present at the monthly meeting of the Arlington Steering Committee for Services to Older Persons, an affiliation of private, non-profit, proprietary and government service providers and senior advocates who meet to discuss aging issues.

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- **Mar. 19** **Friday** **10-11:30 am**
Virtual [#913400-08](#) 1 session

How U.S. Embassies Respond to a Major Crisis

Ten years ago, a devastating earthquake and tsunami struck northeastern Japan, killing more than 20,000 people and triggering a nuclear emergency at the Fukushima Dai-ichi Nuclear Power Plant. Ambassador James Zumwalt, Deputy Chief of Mission of the U.S. Embassy in Japan at the time, will discuss the role of the U.S. Embassy in assisting Americans caught in the crisis and in coordinating aid to a country attempting to contain the world's worst nuclear disaster since Chernobyl.

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- **Mar. 11** **Thursday** **11:30 am-12:30 pm**
Virtual [#913400-09](#) 1 session

A Confederate Spy in Northern Virginia

As the Civil War raged, Confederate brigadier general J.E.B. Stuart entrusted a secret album to Laura Ratcliffe, a young girl in Fairfax County. Laura provided a haven for Rebel forces, along with intelligence gathered from passing Union soldiers. Charles V. Mauro, author of *A Southern Spy in Northern Virginia*, will reveal the mystery behind the album and provide a fascinating look at the covert activities of civilians and soldiers during the war.

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- **Mar. 10** **Wednesday** **1:30-2:30 pm**
Virtual [#913400-10](#) 1 session

Fort Scott Walk

Built by the Union Army in 1861, this fort had a commanding view of the Four Mile Run Valley and protected approaches to Washington from the south. Explore the remaining earthworks while Park Historian John McNair discusses how and why the fort was built.

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- **May 22** **Saturday** **10-11 am**
Fort Scott [#913400-11](#) 1 session

Trailblazing Women of the Ball-Sellers House

Three truly trailblazing women lived in the Ball-Sellers house, now a museum owned and operated by the Arlington Historical Society. Learn about their stories and appreciate how women in Arlington have made history since colonial times. Presented by Annette Benbow, Director of the Ball-Sellers House Museum.

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- **Mar. 25** **Thursday** **1:30-2:30 pm**
Virtual [#913400-12](#) 1 session

Black Women and the Space Race

We'll have a virtual field trip to the National Women's History Museum by watching this video together. Women "computers" like Katherine Johnson (portrayed in the film *Hidden Figures*) were integral members of NASA's teams as they determined the geometry for space orbit. The museum's video tells the stories of the women who sent America's astronauts into space and explains mathematical concepts behind space orbit.

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| • May 7
Virtual | Friday
#913400-13 | 1:30-2:30 pm
1 session |
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Cold War Intelligence in the Skies

Much of the Cold War was fought in the skies, with American and Soviet spy planes gathering intelligence about the other side to gain the advantage. From the end of World War II until the collapse of the Soviet Union in 1991, the two superpowers conducted extensive aerial reconnaissance, developing new, top-secret and increasingly stealthy planes and technology to up their games. Scott Willey, senior docent of the National Air and Space Museum Stephen F. Udvar-Hazy Center, will discuss highlights of the museum's Cold War Aviation exhibit and objects on display.

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| • May 26
Virtual | Wednesday
#913400-14 | 1:30-2:30 pm
1 session |
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Shocking Blunders That Shaped History

Learn little-known facts about history's worst blunders leading up to disasters like the sinking of the Titanic, Pearl Harbor, the Space Shuttle Challenger explosion, 9/11 and others where numerous lives were unnecessarily lost. Hear what really happened, the cover-ups and more. Presented by Charles N. Toftoy, author of *Blunders: Shocking Mistakes That Altered History*.

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| • Apr. 28
Virtual | Wednesday
#913400-15 | 1:30-2:30 pm
1 session |
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Genealogy Part 5- Naturalization Records

Use naturalization records to track down your family history and learn about the historic citizenship process. Presented by Outreach Specialist Ashley Ramey from the Library of Virginia.

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| • Mar. 18
Virtual | Thursday
#913400-16 | 3-4 pm
1 session |
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Genealogy Part 6- Vital Statistics Records

Learn how to access birth and death certificates, marriage licenses, divorce decrees, wills and other records from local authorities to help you figure out your past. Outreach Specialist Ashley Ramey from the Library of Virginia will discuss vital statistics records.

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| • Apr. 22
Virtual | Thursday
#913400-17 | 3-4 pm
1 session |
|-----------------------------|---|----------------------------|

Genealogy Part 7- Using City Directories

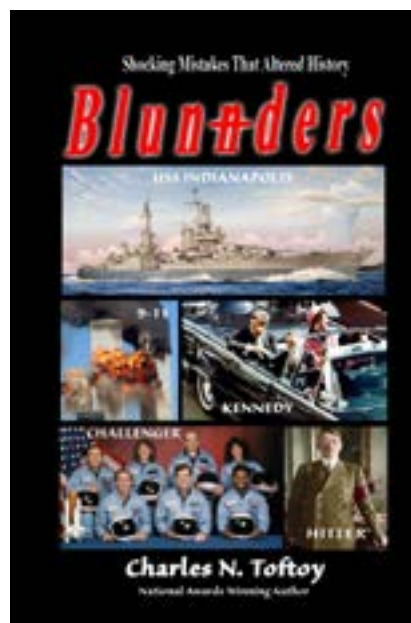
Some early city directories were published in the 1870s. Learn how to use them as you pursue your genealogical research. Outreach Specialist Ashley Ramey from the Library of Virginia will show us how this resource enhances your search.

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|----------------------------|---|----------------------------|
| • May 20
Virtual | Thursday
#913400-18 | 3-4 pm
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. Fourth Tuesdays. Led by experienced genealogist Eileen Bogdanoff (rated an "Advanced Researcher" by Ancestry.com).

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|-----------------------------|--|-----------------------------------|
| • Mar. 23
Virtual | Tuesday
#913400-19 | 11:30 am-1 pm
1 session |
| • Apr. 27
Virtual | Tuesday
#913400-20 | 11:30 am-1 pm
1 session |
| • May 25
Virtual | Tuesday
#913400-21 | 11:30 am-1 pm
1 session |



DISCUSSION GROUPS

Genealogy Discussion Group

Join local genealogist Susan J. Court to discuss your questions and challenges regarding researching and chronicling your family history, and to share your discoveries and techniques with fellow genealogists.

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|----------------------|---|---------------------|
| • Mar. 3
Virtual | Wednesday
#913402-01 | 3-4 pm
1 session |
| • Mar. 17
Virtual | Wednesday
#913402-02 | 3-4 pm
1 session |
| • Apr. 7
Virtual | Wednesday
#913402-03 | 3-4 pm
1 session |
| • Apr. 21
Virtual | Wednesday
#913402-04 | 3-4 pm
1 session |
| • May 5
Virtual | Wednesday
#913402-05 | 3-4 pm
1 session |
| • May 19
Virtual | Wednesday
#913402-06 | 3-4 pm
1 session |

History Roundtable

Take part in thought-provoking discussions about pivotal events in world history. March's topic will be the impact of famous ships on history. April's topic will be the impact of movies on history. In May, we'll discuss the impact of plagues on history. Facilitated by Andrea Baumann.

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|----------------------|---------------------------------------|--------------------------------|
| • Mar. 9
Virtual | Tuesday
#913402-07 | 11:15 am-12:30 pm
1 session |
| • Apr. 13
Virtual | Tuesday
#913402-08 | 11:15 am-12:30 pm
1 session |
| • May 11
Virtual | Tuesday
#913402-09 | 11:15 am-12:30 pm
1 session |

History Discussions

Listen, contribute and reflect in this discussion group that focuses on cultural, economic, artistic and political history. Led by Dwight Rodgers of Encore Learning.

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|----------------------|--|------------------------|
| • Apr. 8
Virtual | Thursday
#913402-11 | 1-2:30 pm
1 session |
| • Apr. 15
Virtual | Thursday
#913402-12 | 1-2:30 pm
1 session |
| • Apr. 22
Virtual | Thursday
#913402-13 | 1-2:30 pm
1 session |
| • Apr. 29
Virtual | Thursday
#913402-14 | 1-2:30 pm
1 session |
| • May 6
Virtual | Thursday
#913402-15 | 1-2:30 pm
1 session |
| • May 13
Virtual | Thursday
#913402-16 | 1-2:30 pm
1 session |

Local History Discussions & Reminiscences

Discuss the transformations of the area we call home. March: Kann's Department Stores. April: the Byrd Machine v. the Arlington Progressives. May: Fostoria, Overlee Knolls and Westover neighborhoods. Facilitated by volunteer Tom Sipusic.

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- | | | |
|---------------------|---|---------------------------|
| • Mar. 3
Virtual | Wednesday
#913402-17 | 1:30-2:45 pm
1 session |
| • Apr. 7
Virtual | Wednesday
#913402-18 | 1:30-2:45 pm
1 session |
| • May 5
Virtual | Wednesday
#913402-19 | 1:30-2:45 pm
1 session |

Lee Book Club

Get together for great books and conversation. March: *The Splendid and the Vile* by Erik Larson. April: *The Girl With The Louding Voice* by Abi Daré. May: *My Brilliant Friend* by Elena Ferrante.

-
- | | | |
|---------------------|---------------------------------------|-----------------------------|
| • Mar. 2
Virtual | Tuesday
#913402-20 | 11 am-12:30 pm
1 session |
| • Apr. 6
Virtual | Tuesday
#913402-21 | 11 am-12:30 pm
1 session |
| • May 4
Virtual | Tuesday
#913402-22 | 11 am-12:30 pm
1 session |

The Study of Words

Learn about the history of English and have fun sharing words, expressions, neologisms and other items of linguistic interest. Facilitated by Steven Wertime.

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|----------------------|---|--------------------------------|
| • Mar. 10
Virtual | Wednesday
#913402-23 | 10:30 am-11:45 pm
1 session |
| • Apr. 14
Virtual | Wednesday
#913402-24 | 10:30 am-11:45 pm
1 session |
| • May 12
Virtual | Wednesday
#913402-25 | 10:30 am-11:45 pm
1 session |

Travel Discussions

Share memories, tips and ideas with 55+ friends and recreate the joy of travel until we're back on the road, in the air and on the seas. You may discover your next destination. In March we'll discuss the good, bad and astonishing things that happened on our last trip. In April we'll describe historic sites we've visited and in May we'll recount favorite meals and culinary treats from our travel.

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|----------------------|--|---------------------|
| • Mar. 11
Virtual | Thursday
#913402-26 | 3-4 pm
1 session |
| • Apr. 23
Virtual | Friday
#913402-27 | 3-4 pm
1 session |
| • May 13
Virtual | Thursday
#913402-28 | 3-4 pm
1 session |

Armchair Travel

View videos that describe our country's amazing parks and discuss the features that make them national treasures. In March we'll explore a volcano in the Hawaiian park that is constantly growing and changing. In April we'll take a trip to huge caves beneath the New Mexico desert, and in May discover the rugged mountains, glaciers and grizzly bears of Alaska

-
- **Mar. 5** **Friday** **3-4 pm**
Virtual [#913402-29](#) 1 session
 - **Apr. 2** **Friday** **3-4 pm**
Virtual [#913402-30](#) 1 session
 - **May 7** **Friday** **3-4 pm**
Virtual [#913402-31](#) 1 session

Documentary Discussions

View some of the best documentaries ever made and discuss them with other 55+ members. March 15- *Voyage of Curiosity*; April 12- *ABBA: Thank You for the Music*; May 10- *Breathtaking K2: The World's Most Dangerous Mountain*

-
- **Mar. 15** **Monday** **2-3 pm**
Virtual [#913402-32](#) 1 session
 - **Apr. 12** **Monday** **2-3 pm**
Virtual [#913402-33](#) 1 session
 - **May 10** **Monday** **2-3 pm**
Virtual [#913402-34](#) 1 session

Movie Discussions

We're calling all cinema lovers to meet to discuss a new film every month. In March the movie will be *The Hunt for Wilderpeople*, in April the movie will be *Trumbo* and in May the movie will be *Rebecca*.

-
- **Mar. 11** **Thursday** **3-4 pm**
Virtual [#913402-35](#) 1 session
 - **Apr. 8** **Thursday** **3-4 pm**
Virtual [#913402-36](#) 1 session
 - **May 13** **Thursday** **3-4 pm**
Virtual [#913402-37](#) 1 session



HOME & GARDEN

This Month in the Garden

Engage in a timely discussion about landscape and garden issues and challenges. Topics for these presentations will be drawn from questions and photos sent to the Extension Master Gardener Help Desk. Submit your photos and questions to mgaralalex@gmail.com

-
- **Mar. 15** **Monday** **1-2:30 pm**
Virtual [#913401-01](#) 1 session
 - **Apr. 19** **Monday** **1-2:30 pm**
Virtual [#913401-02](#) 1 session
 - **May 17** **Monday** **1-2:30 pm**
Virtual [#913401-03](#) 1 session

Container Gardens

Container gardens are an excellent way to grow flowers and vegetables with limited outdoor space. Presenter: Virginia Cooperative Extension Master Gardener Lynn Pelkey.

-
- **Apr. 13** **Tuesday** **11 am-12 pm**
Virtual [#913401-04](#) 1 session

Energy Efficiency in Your Home

Everyone wants to save money and to conserve energy. A knowledgeable Virginia Cooperative Extension volunteer will show tips on how you can help Mother Earth and your wallet.

-
- **Mar. 11** **Thursday** **10-11 am**
Virtual [#913401-05](#) 1 session



PLANNING AHEAD

Be Prepared For the Unexpected

Life can be unpredictable. Prepare for unexpected events with a plan should you become unable to handle your finances and other important tasks. Kay Bransford, President of MemoryBanc, will help you navigate and organize vital information to make life easier to manage for you and your family.

-
- **Apr. 13**
Virtual **Tuesday**
[#913404-07](#) **1-2 pm**
1 session

Building an Age-Friendly Community

Arlington's Age-Friendly Plan summarizes strategies for our community to be livable for individuals of all ages. Learn about the vision and implementation process to be part of this worldwide network. Cynthia Davis and Laurie Young, from the Age-Friendly Task Force, will describe the 8 domains of livability and how Arlington measures up.

-
- **Apr. 13**
Virtual **Tuesday**
[#913404-01](#) **9:30-10:30 am**
1 session

Estate Planning Beyond a Wills and Trusts

Estate planning involves much more than simply drafting a will. The primary purpose of an estate plan is to help examine your financial needs and assets and to create a plan for you and your family's future. Presenter: Elderlaw attorney Ed Zetlin.

-
- **May 12**
Virtual **Wednesday**
[#913404-06](#) **11 am-12 pm**
1 session

Identity Theft

What is identity theft? How does it happen? How can you minimize risk? What do you do if you fall victim? Virginia Cooperative Extension's Master Financial Education Volunteers will answer your questions.

-
- **May 4**
Virtual **Monday**
[#913404-03](#) **11 am-12 pm**
1 session

Steps of Estate Administration

If you're the 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.

-
- **Apr. 14**
Virtual **Wednesday**
[#913404-08](#) **11 am-12 pm**
1 session

Tax Basics

This class by Virginia Cooperative Extension Master Financial Education Volunteers will help participants understand the basic tax forms, what documents they need to prepare their tax return and tips to reduce their tax bill.

-
- **Mar. 23**
Virtual **Tuesday**
[#913404-02](#) **1-2 pm**
1 session

What are the Different Types of Trusts?

There are many different types of trusts. The two basic types of trust are revocable and irrevocable. Join Ed Zetlin, Elder Law Attorney as he discusses the advantages to the various types of trusts.

-
- **Mar. 10**
Virtual **Wednesday**
[#913404-05](#) **1-2 pm**
1 session

Who Gets Grandma's Yellow Pie Plate?

Family heirlooms and personal belongings may be difficult to sort through after a loved one has passed. Designating personal belongings now may seem premature or even morbid, but this planning can help everyone in the future.

-
- **Apr. 6**
Virtual **Tuesday**
[#913404-04](#) **11 am-12 pm**
1 session

ARTS & CRAFTS

FINE ARTS

ART HISTORY

Secrets Revealed

An examination 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.

- | | | |
|----------------------|---|------------------------------------|
| • Mar. 8
Virtual | Monday
#913302-01 | 10:30-11:30 am
1 session |
| • Apr. 12
Virtual | Monday
#913302-02 | 10:30-11:30 am
1 session |
| • May 10
Virtual | Monday
#913302-03 | 10:30-11:30 am
1 session |

Just Beneath the Surface

Looking at the works of three artists, we will 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.

- | | | |
|----------------------|---|---------------------------------|
| • Mar. 26
Virtual | Friday
#913302-04 | 10-11:30 am
1 session |
| • Apr. 30
Virtual | Friday
#913302-05 | 10-11:30 am
1 session |
| • May 28
Virtual | Friday
#913302-06 | 10-11:30 am
1 session |

Art of the American Soldier

Since WWI, the U.S. Army has sent artists to document soldiers' experiences in the line of duty. Through paintings, sketches and artists' statements about their work, you will gain an insider's view of military history and why the artist chose to chronicle a particular moment, scene or experience in the life of American troops in combat. Presented by Renée Klish, former Army art curator at the U.S. Army Center of Military History.

- | | | |
|----------------------|---|----------------------------------|
| • Mar. 29
Virtual | Monday
#913302-07 | 1:30-2:30 pm
1 session |
|----------------------|---|----------------------------------|

Explore Drawing

Join Jen Droblyen from DPR's Office of Community Arts for an afternoon of drawing lessons. Explore various techniques in charcoal, pencil and pastel.

- | | | |
|----------------------|---|-------------------------------|
| • Mar. 12
Virtual | Friday
#913301-01 | 1-2:30 pm
1 session |
| • Apr. 9
Virtual | Friday
#913301-02 | 1-2:30 pm
1 session |
| • May 14
Virtual | Friday
#913301-03 | 1-2:30 pm
1 session |

Explore Painting

Focus on painting materials including acrylic and watercolor. Explore color blending and other techniques. Instructor: Jim Halloran

- | | | |
|----------------------|---|-------------------------------|
| • Mar. 19
Virtual | Friday
#913301-04 | 1-2:30 pm
1 session |
| • Apr. 16
Virtual | Friday
#913301-05 | 1-2:30 pm
1 session |
| • May 21
Virtual | Friday
#913301-06 | 1-2:30 pm
1 session |

Wake & 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.

- | | | |
|---------------------|---|----------------------------|
| • May 10
Virtual | Monday
#913301-07 | 7-8 am
1 session |
| • May 24
Virtual | Monday
#913301-08 | 7-8 am
1 session |



Painting Demo

Paint along with Community Arts Programmers as they present a detailed, step-by-step painting demonstration.

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|----------------------|---|------------------------------------|
| • Mar. 15
Virtual | Monday
#913301-09 | 10:30 am-12 pm
1 session |
| • Mar. 22
Virtual | Monday
#913301-10 | 10:30 am-12 pm
1 session |
| • Apr. 19
Virtual | Monday
#913301-11 | 10:30 am-12 pm
1 session |
| • Apr. 26
Virtual | Monday
#913301-12 | 10:30 am-12 pm
1 session |
| • May 3
Virtual | Monday
#913301-13 | 10:30 am-12 pm
1 session |
| • May 17
Virtual | Monday
#913301-14 | 10:30 am-12 pm
1 session |

Travel Paint & Sip

Paint along with Community Arts Programmers as we copy artworks we've seen at area museums we visited on 55+ trips. Enjoy your favorite beverage from the comfort of home during the lesson.

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- | | | |
|----------------------|---|---------------------------------|
| • Mar. 25
Virtual | Thursday
#913301-15 | 10-11:30 am
1 session |
| • Apr. 29
Virtual | Thursday
#913301-16 | 10-11:30 am
1 session |
| • May 27
Virtual | Thursday
#913301-17 | 10-11:30 am
1 session |

Artist Chat

Are you working on a piece of art and have a question about technique, composition or just need another point of view? Join Jennifer Droblyen, Community Arts Programmer and experienced artist, for an open dialogue on techniques, materials, and creative expression. Second and fourth Thursdays.

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|----------------------|---|----------------------------|
| • Mar. 11
Virtual | Thursday
#913301-18 | 4-5 pm
1 session |
| • Mar. 25
Virtual | Thursday
#913301-19 | 4-5 pm
1 session |
| • Apr. 8
Virtual | Thursday
#913301-20 | 4-5 pm
1 session |
| • Apr. 22
Virtual | Thursday
#913301-21 | 4-5 pm
1 session |
| • May 6
Virtual | Thursday
#913301-22 | 4-5 pm
1 session |
| • May 20
Virtual | Thursday
#913301-23 | 4-5 pm
1 session |

Style and Substance

Objects can hold importance for us beyond what's seen on the surface. Share a meaningful object and Community Arts Programmer Jim Halloran will demonstrate techniques to paint it. Whether your object is a pocket watch, a baby blanket, a train ticket, a seashell, Jim can show you how to bring it to life. Email jhalloran@arlingtonva.us two weeks before class with a photo of your object and describe its significance to you.

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- | | | |
|----------------------|---|---------------------------------|
| • Mar. 18
Virtual | Thursday
#913301-24 | 10-11:30 am
1 session |
| • Apr. 22
Virtual | Thursday
#913301-26 | 10-11:30 am
1 session |
| • May 13
Virtual | Thursday
#913301-27 | 10-11:30 am
1 session |

MUSIC

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. Other benefits include increasing mental concentration, reducing stress and improving fine motor skills.

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- | | | |
|-----------------------------|---|----------------------------------|
| • Mar. 18
High View Park | Thursday
#913702-01 | 1:30-2:30 pm
1 session |
| • Mar. 25
High View Park | Thursday
#913702-02 | 1:30-2:30 pm
1 session |
| • Apr. 1
High View Park | Thursday
#913702-03 | 1:30-2:30 pm
1 session |
| • Apr. 8
High View Park | Thursday
#913702-04 | 1:30-2:30 pm
1 session |
| • Apr. 15
High View Park | Thursday
#913702-05 | 1:30-2:30 pm
1 session |
| • Apr. 22
High View Park | Thursday
#913702-06 | 1:30-2:30 pm
1 session |
| • Apr. 29
High View Park | Thursday
#913702-07 | 1:30-2:30 pm
1 session |
| • May 6
High View Park | Thursday
#913702-08 | 1:30-2:30 pm
1 session |
| • May 13
High View Park | Thursday
#913702-09 | 1:30-2:30 pm
1 session |
| • May 20
High View Park | Thursday
#913702-10 | 1:30-2:30 pm
1 session |
| • May 27
High View Park | Thursday
#913702-11 | 1:30-2:30 pm
1 session |

CRAFTS

Needle Craft

Work on your knitting, crochet or needle craft project while enjoying fellowship with 55+ friends online.

- **Mar. 1** **Monday** **10-11:30 am**
Virtual [#913703-01](#) 1 session
- **Mar. 8** **Monday** **10-11:30 am**
Virtual [#913703-02](#) 1 session
- **Mar. 15** **Monday** **10 am-12 pm**
Virtual [#913703-03](#) 1 session
- **Mar. 22** **Monday** **10 am-12 pm**
Virtuals [#913703-04](#) 1 session
- **Mar. 29** **Monday** **10 am-12 pm**
Virtual [#913703-05](#) 1 session
- **Apr. 5** **Monday** **10 am-12 pm**
Va. Highlands [#913703-06](#) 1 session
- **Apr. 12** **Monday** **10 am-12 pm**
Va. Highlands [#913703-07](#) 1 session
- **Apr. 19** **Monday** **10 am-12 pm**
Va. Highlands [#913703-08](#) 1 session
- **Apr. 26** **Monday** **10 am-12 pm**
Va. Highlands [#913703-09](#) 1 session
- **May 3** **Monday** **10 am-12 pm**
Va. Highlands [#913703-10](#) 1 session
- **May 10** **Monday** **10 am-12 pm**
Va. Highlands [#913703-11](#) 1 session
- **May 17** **Monday** **10 am-12 pm**
Va. Highlands [#913703-12](#) 1 session
- **May 24** **Monday** **10 am-12 pm**
Va. Highlands [#913703-13](#) 1 session

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.

- **Mar. 2** **Tuesday** **1:30-2:30 pm**
Virtual [#913703-25](#) 1 session
- **Mar. 9** **Tuesday** **1-2:30 pm**
Virtual [#913703-14](#) 1 session
- **Mar. 16** **Tuesday** **1:30-2:30 pm**
Virtual [#913703-26](#) 1 session
- **Mar. 23** **Tuesday** **1-2:30 pm**
Virtual [#913703-15](#) 1 session
- **Mar. 30** **Tuesday** **1-2:30 pm**
Virtual [#913703-16](#) 1 session
- **Apr. 6** **Tuesday** **1:30-2:30 pm**
Virtual [#913703-27](#) 1 session
- **Apr. 7** **Wednesday** **1-2:30 pm**
Langston-Brown [#913703-17](#) 1 session
- **Apr. 14** **Wednesday** **1-2:30 pm**
Langston-Brown [#913703-18](#) 1 session
- **Apr. 20** **Tuesday** **1:30-2:30 pm**
Virtual [#913703-28](#) 1 session
- **Apr. 21** **Wednesday** **1-2:30 pm**
Langston-Brown [#913703-19](#) 1 session
- **Apr. 28** **Wednesday** **1-2:30 pm**
Langston-Brown [#913703-20](#) 1 session
- **May 4** **Tuesday** **1:30-2:30 pm**
Virtual [#913703-29](#) 1 session
- **May 5** **Wednesday** **1-2:30 pm**
Langston-Brown [#913703-21](#) 1 session
- **May 12** **Wednesday** **1-2:30 pm**
Langston-Brown [#913703-22](#) 1 session
- **May 18** **Tuesday** **1:30-2:30 pm**
Virtual [#913703-30](#) 1 session
- **May 19** **Wednesday** **1-2:30 pm**
Langston-Brown [#913703-23](#) 1 session
- **May 26** **Wednesday** **1-2:30 pm**
Langston-Brown [#913703-24](#) 1 session



POETRY, STORIES & THEATER

American Theater at a Crossroads

American professional theatre in its various expressions from Broadway to nonprofit regional theatre is coping with unprecedented challenges including economic uncertainty, Black Lives Matter and the pandemic. Rick Davis, Dean of George Mason University's College of Visual and Performing Arts, will explore the changing environment for theatre and all the arts as we look ahead to opportunities and obstacles.

- **Apr. 5** **Monday** **1:30-2:30 pm**
Virtual [#913300-01](#) 1 session

Pondering Poetry

Are you a poet or do you aspire to write poetry? Do you need some creative energy from others? Join this new group to share and discuss poetry

- **Mar. 18** **Thursday** **11 am-12 pm**
Virtual [#913300-05](#) 1 session
- **Apr. 15** **Thursday** **11 am-12 pm**
Virtual [#913300-06](#) 1 session
- **May 20** **Thursday** **11 am-12 pm**
Virtual [#913300-07](#) 1 session

Short Story Reading & Discussion

Short stories pack a lot in a few pages. Take turns reading the story aloud in round-robin fashion and discuss it afterward. Bring your thoughts and insights. Facilitated by 55+ member Bill Turner.

March 22- "The Story of an Hour" by Kate Chopin;
April 19- "The Lady or the Tiger" by Frank Stockton;
May 17- "Lamb to the Slaughter" by Roald Dahl

- **Mar. 22** **Monday** **1-2:30 pm**
Virtual [#913300-02](#) 1 session
- **Apr. 19** **Monday** **1-2:30 pm**
Virtual [#913300-03](#) 1 session
- **May 17** **Monday** **1-2:30 pm**
Virtual [#913300-04](#) 1 session

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.

Instructor: Jill Kern

- **Mar. 9 - 23** **Tuesdays** **9:30-10:30 am**
Virtual [#913100-02](#) 3 sessions/\$12
- **Apr. 13 - May 25** **Tuesdays** **9:30-10:30 am**
Madison [#913100-01](#) 7 sessions/\$28

Total Body Fitness

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.

Instructor: TBA

- **Apr. 16 - May 21** **Fridays** **9-10 am**
Thomas Jefferson [#913100-03](#) 6 sessions/\$24

Kukuwa

A blend of African soukous and Caribbean soca rhythms add living flavor to your workout, nourishing both body and soul. Kukuwa Dance Workout is a low-impact/high-energy choreographed workout designed to target your cardiovascular system, improve your fitness level and pump fun through your veins.

Instructor: Divine Senyo

- **Apr. 16 - May 21** **Fridays** **9-10 am**
Alcova Heights Park [#913101-03](#) 6 sessions /\$30

Zumba

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

Instructor: Ferry Pattipeilohy

- **Mar. 9 - 30** **Tuesdays** **2:15-3:15 pm**
Virtual [#913101-02](#) 4 sessions/\$20
- **Apr. 13 - May 25** **Tuesdays** **2:15-3:15 pm**
Lacey Woods [#913101-01](#) 7 sessions/\$35

Tai Chi Ch'uan

With slow gentle movements, proper breathing and posture, Tai Chi can help relieve many physical ailments including arthritis, trouble with balance issues and stress. Class examines the martial side of Tai Chi as well as the spiritual.

Instructor: David Cohen

- **Apr. 15 – May 27** **Thursdays** **2-3 pm**
Fairlington Park [#913105-01](#) **7 sessions /\$38.50**

YOGA

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.

Instructor: Debbie Sheetz

- **Mar. 16 – May 18** **Tuesdays** **11:45 am-12:45 pm**
Virtual [#913104-02](#) **10 sessions/\$50**

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: Jennifer Eubank

- **Mar. 19 – May 21** **Fridays** **9:30-11 am**
Virtual [#913104-03](#) **10 sessions/\$75**

Gentle 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.

Instructor: Cindi Shore

No Class 5/17

- **Apr. 12 – May 24** **Mondays** **9-9:45 am**
Alcova Heights Park [#913104-02](#) **6 sessions/\$30**

Tai Chi in the Park

If you've taken a Tai Chi class, come by and practice with experienced volunteers. Instruction not provided.

- **Mar. 15** **Monday** **10-10:45 am**
Va. Highlands [#913105-02](#) 1 session
- **Mar. 22** **Monday** **10-10:45 am**
Va. Highlands [#913105-03](#) 1 session
- **Mar. 29** **Monday** **10-10:45 am**
Va. Highlands [#913105-04](#) 1 session
- **Apr. 12** **Monday** **10-10:45 am**
Va. Highlands [#913105-06](#) 1 session
- **Apr. 19** **Monday** **10-10:45 am**
Va. Highlands [#913105-07](#) 1 session
- **Apr. 26** **Monday** **10-10:45 am**
Va. Highlands [#913105-08](#) 1 session
- **May 3** **Monday** **10-10:45 am**
Va. Highlands [#913105-09](#) 1 session
- **May 10** **Monday** **10-10:45 am**
Va. Highlands [#913105-10](#) 1 session
- **May 17** **Monday** **10-10:45 am**
Va. Highlands [#913105-11](#) 1 session
- **May 24** **Monday** **10-10:45 am**
Va. Highlands [#913105-12](#) 1 session

Line Dance in the Park

Line dance is easy for beginners and lots of fun for all. No partner needed; line up and watch as the leader demonstrates the steps. Instructor: Judi Garth

- **Mar. 19** **Friday** **10-11 am**
Va. Highlands [#913701-01](#) 1 session
- **Mar. 26** **Friday** **10-11 am**
Va. Highlands [#913701-02](#) 1 session
- **Apr. 2** **Friday** **10-11 am**
Va. Highlands [#913701-03](#) 1 session
- **Apr. 9** **Friday** **10-11 am**
Va. Highlands [#913701-04](#) 1 session
- **Apr. 16** **Friday** **10-11 am**
Va. Highlands [#913701-05](#) 1 session
- **Apr. 23** **Friday** **10-11 am**
Va. Highlands [#913701-06](#) 1 session
- **Apr. 30** **Friday** **10-11 am**
Va. Highlands [#913701-07](#) 1 session
- **May 7** **Friday** **10-11 am**
Va. Highlands [#913701-08](#) 1 session
- **May 14** **Friday** **10-11 am**
Va. Highlands [#913701-09](#) 1 session
- **May 21** **Friday** **10-11 am**
Va. Highlands [#913701-10](#) 1 session
- **May 28** **Friday** **10-11 am**
Va. Highlands [#913701-11](#) 1 session

BIKE RIDES

55+ Scenic Bike Rides

Join friendly, fun bike rides of 15-18 miles. Experienced 55+ biker will lead a small group, visiting parks and interesting sites. Average pace of 10 mph ensures no one left behind.

- | | | |
|---------------------------------------|---|---------------------------------|
| • Mar. 18
Bon Air Park | Thursday
#913700-01 | 10 am-12 pm
1 session |
| • Apr. 8
Bon Air Park | Thursday
#913700-02 | 10 am-1 pm
1 session |
| • May 6
Gravelly Point Park | Thursday
#913700-03 | 10 am-1 pm
1 session |

WALKS & HIKES

Aurora Hills Fast Forwards

Join a morning walk with this faster-paced group that walks a 2-3 mile loop, including some hills.

- | | | |
|----------------------------------|---|--------------------------------|
| • Mar. 12
Aurora Hills | Friday
#913201-01 | 9-10:30 am
1 session |
| • Mar. 19
Aurora Hills | Friday
#913201-02 | 9-10:30 am
1 session |
| • Mar. 26
Aurora Hills | Friday
#913201-03 | 9-10:30 am
1 session |
| • Apr. 9
Aurora Hills | Friday
#913201-04 | 9-10:30 am
1 session |
| • Apr. 16
Aurora Hills | Friday
#913201-05 | 9-10:30 am
1 session |
| • Apr. 30
Aurora Hills | Friday
#913201-06 | 9-10:30 am
1 session |
| • May 14
Aurora Hills | Friday
#913201-07 | 9-10:30 am
1 session |
| • May 21
Aurora Hills | Friday
#913201-08 | 9-10:30 am
1 session |
| • May 28
Aurora Hills | Friday
#913201-09 | 9-10:30 am
1 session |

Gulf Branch Hike

Take a one- to two-mile guided hike on the trails with Park Naturalist Ken Rosenthal. Sturdy shoes recommended.

- | | | |
|--------------------------------|---|------------------------------|
| • Apr. 3
Gulf Branch | Saturday
#913201-24 | 10-11 am
1 session |
|--------------------------------|---|------------------------------|

Long Branch Hike

Hike the hills and streams of Long Branch with Park Naturalist Cliff Fairweather. Sturdy shoes recommended.

- | | | |
|---------------------------------|---|------------------------------|
| • Mar. 20
Long Branch | Saturday
#913201-23 | 10-11 am
1 session |
|---------------------------------|---|------------------------------|

55+ Walks

Stay active with friendly walking companions. We'll explore nearby trails and neighborhoods in a safe, socially-distant manner.

- | | | |
|--|--|-----------------------------------|
| • Mar. 3
Four Mile Run | Wednesday
#913201-10 | 9:30-10:30 am
1 session |
| • Mar. 10
Barcroft | Wednesday
#913201-11 | 9:30-10:30 am
1 session |
| • Mar. 17
Potomac Overlook | Wednesday
#913201-12 | 9:30-10:30 am
1 session |
| • Mar. 24
W&OD Trail | Wednesday
#913201-13 | 9:30-10:30 am
1 session |
| • Mar. 31
Shirlington | Wednesday
#913201-14 | 9:30-10:30 am
1 session |
| • Apr. 7
Williamsburg | Wednesday
#913201-15 | 9:30-10:30 am
1 session |
| • Apr. 14
Del Ray | Wednesday
#913201-16 | 9:30-10:30 am
1 session |
| • Apr. 21
Bluemont Trail | Wednesday
#913201-17 | 9:30-10:30 am
1 session |
| • Apr. 28
Columbia Pike | Wednesday
#913201-18 | 9:30-10:30 am
1 session |
| • May 5
Lady Bird Johnson Park | Wednesday
#913201-19 | 9:30-10:30 am
1 session |
| • May 12
Yorktown | Wednesday
#913201-20 | 9:30-10:30 am
1 session |
| • May 19
Roosevelt Island | Wednesday
#913201-21 | 9:30-10:30 am
1 session |
| • May 26
Green Valley | Wednesday
#913201-22 | 9:30-10:30 am
1 session |



CHALLENGE YOUR BRAIN

Sudoku

This fun and stimulating puzzle game aids in maintaining cognitive functioning through problem solving and planning. Beginners and pros welcome!

- **Mar. 25**
Virtual
Thursday
[#913601-01](#)
2-3:30 pm
1 session
- **Apr. 29**
Virtual
Thursday
[#913601-02](#)
2-3:30 pm
1 session
- **May 27**
Virtual
Thursday
[#913601-03](#)
2-3:30 pm
1 session

Travel Trivia

Travel the far reaches of the globe with this stimulating trivia challenge. Connect with 55+ friends and meet new people along the way.

- **Mar. 4**
Virtual
Thursday
[#913601-04](#)
11 am-12:30 pm
1 session
- **Apr. 1**
Virtual
Thursday
[#913601-05](#)
11 am-12:30 pm
1 session
- **May 6**
Virtual
Thursday
[#913601-06](#)
11 am-12:30 pm
1 session

Digital Escape Room

Escape rooms are games that comprise a series of puzzles you must solve. Discover clues and find answers as a team to “escape” in this virtual adventure.

- **Mar. 26**
Virtual
Friday
[#913601-08](#)
1-1:45 pm
1 session
- **Mar. 26**
Virtual
Friday
[#913601-09](#)
2-2:45 pm
1 session
- **Mar. 26**
Virtual
Friday
[#913601-10](#)
3-3:45 pm
1 session
- **Mar. 26**
Virtual
Friday
[#913601-11](#)
4-4:45 pm
1 session

Movie Trivia

Test your knowledge in this sure to be fun filled movie trivia game!

- **Apr. 30**
Virtual
Friday
[#913601-07](#)
3-4:30 pm
1 session

Name That Tune

Join with some new friends in this virtual game of Name That Tune. Get ready for some fun!

- **Mar. 26**
Virtual
Friday
[#913601-13](#)
3-4:30 pm
1 session

Scavenger Hunt

Join with some new friends in this energizing virtual game of scavenger hunt.

- **May 28**
Virtual
Friday
[#913601-12](#)
3-4:30 pm
1 session

LANGUAGES

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 interesting to all.

- **Mar. 5**
Virtual
Friday
[#913650-01](#)
10 am-12 pm
1 session
- **Mar. 12**
Virtual
Friday
[#913650-02](#)
10 am-12 pm
1 session
- **Mar. 19**
Virtual
Friday
[#913650-03](#)
10 am-12 pm
1 session
- **Mar. 26**
Virtual
Friday
[#913650-04](#)
10 am-12 pm
1 session
- **Apr. 2**
Virtual
Friday
[#913650-05](#)
10 am-12 pm
1 session
- **Apr. 9**
Virtual
Friday
[#913650-06](#)
10 am-12 pm
1 session
- **Apr. 16**
Virtual
Friday
[#913650-07](#)
10 am-12 pm
1 session
- **Apr. 23**
Virtual
Friday
[#913650-08](#)
10 am-12 pm
1 session
- **Apr. 30**
Virtual
Friday
[#913650-09](#)
10 am-12 pm
1 session
- **May 7**
Virtual
Friday
[#913650-10](#)
10 am-12 pm
1 session
- **May 14**
Virtual
Friday
[#913650-11](#)
10 am-12 pm
1 session
- **May 21**
Virtual
Friday
[#913650-12](#)
10 am-12 pm
1 session
- **May 28**
Virtual
Friday
[#913650-13](#)
10 am-12 pm
1 session

SERVICES

Mac, iPhone, iPad

Learn how to use your Apple products including Mac computers, iPhones and iPads. Volunteer and experienced Apple user Lowell Nelson will answer your questions.

March

- **Mar. 10**
Virtual
Wednesday 10:15-10:55 am
[#913900-01](#) 1 session
- **Mar. 10**
Virtual
Wednesday 11-11:40 am
[#913900-02](#) 1 session
- **Mar. 10**
Virtual
Wednesday 11:45 am-12:25 pm
[#913900-03](#) 1 session
- **Mar. 17**
Virtual
Wednesday 10:15-10:55 am
[#913900-04](#) 1 session
- **Mar. 17**
Virtual
Wednesday 11-11:40 am
[#913900-05](#) 1 session
- **Mar. 17**
Virtual
Wednesday 11:45 am-12:25 pm
[#913900-06](#) 1 session
- **Mar. 24**
Virtual
Wednesday 10:15-10:55 am
[#913900-07](#) 1 session
- **Mar. 24**
Virtual
Wednesday 11-11:40 am
[#913900-08](#) 1 session
- **Mar. 24**
Virtual
Wednesday 11:45 am-12:25 pm
[#913900-09](#) 1 session

April

- **Apr. 7**
Virtual
Wednesday 10:15-10:55 am
[#913900-10](#) 1 session
- **Apr. 7**
Virtual
Wednesday 11-11:40 am
[#913900-11](#) 1 session
- **Apr. 7**
Virtual
Wednesday 11:45 am-12:25 pm
[#913900-12](#) 1 session
- **Apr. 14**
Virtual
Wednesday 10:15-10:55 am
[#913900-13](#) 1 session
- **Apr. 14**
Virtual
Wednesday 11-11:40 am
[#913900-14](#) 1 session
- **Apr. 14**
Virtual
Wednesday 11:45 am-12:25 pm
[#913900-15](#) 1 session
- **Apr. 21**
Virtual
Wednesday 10:15-10:55 am
[#913900-16](#) 1 session
- **Apr. 21**
Virtual
Wednesday 11-11:40 am
[#913900-17](#) 1 session
- **Apr. 21**
Virtual
Wednesday 11:45 am-12:25 pm
[#913900-18](#) 1 session

May

- **May 5**
Virtual
Wednesday 10:15-10:55 am
[#913900-19](#) 1 session
- **May 5**
Virtual
Wednesday 11-11:40 am
[#913900-20](#) 1 session
- **May 5**
Virtual
Wednesday 11:45 am-12:25 pm
[#913900-21](#) 1 session
- **May 12**
Virtual
Wednesday 10:15-10:55 am
[#913900-22](#) 1 session
- **May 12**
Virtual
Wednesday 11-11:40 am
[#913900-23](#) 1 session
- **May 12**
Virtual
Wednesday 11:45 am-12:25 pm
[#913900-24](#) 1 session
- **May 19**
Virtual
Wednesday 10:15-10:55 am
[#913900-25](#) 1 session
- **May 19**
Virtual
Wednesday 11-11:40 am
[#913900-26](#) 1 session
- **May 19**
Virtual
Wednesday 11:45 am-12:25 pm
[#913900-27](#) 1 session



COMMUNITY PARTNERS

Get Involved with Senior Issues!

The **Arlington County Commission on Aging** advises the County Board and the Arlington Agency on Aging on aging issues.

Commission on Aging virtual meetings:

Mon., Apr. 19, 9-11 am

Mon., May. 17, 9-11 am

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 Meeting:

Fri., Mar. 19, 9:30-11 am "Legislative Update"

Fri., Jan. 15, 9:30-11 am "Veterans' Benefits Available to Virginia Seniors"

Email arlaaa@arlingtonva.us for meeting links

Is ANV Right for You?

Arlington Neighborhood Village (ANV) is a local, non-profit organization that helps older adults stay in their homes and community as they age. ANV volunteers provide extra help for members: a ride to medical appointments, running an errand, help on the computer or someone to get up on a ladder to change a lightbulb! During the pandemic, these services have been even more important.

Everyone is invited to join ANV's weekly Coffee and Conversation speaker series on Wednesday's at 10 am. Go to www.arlnvil.org/calendar to learn more and get the Zoom link.

Contact Arlington Neighborhood Village at 703-509-8057, email info@arlnvil.org, or visit www.arlnvil.org



Arlington Neighborhood Village
Making Arlington your home for a lifetime

Encore Learning's Spring 2021 Semester: March 1 to May 14

It's not too late to sign up for classes! Encore Learning's most popular course, **Global Hot Spots** begins April 8 and plenty of seats are available because the course is offered virtually rather than in the confines of a classroom. If you are looking for something smaller with more discussion, check out the **Written in Arlington** class beginning April 9 or the **Numbers and News** course beginning April 13. Courses meet once a week for 4-10 sessions and are \$55 each. Encore Learning membership is \$65 a year and allows you to sign-up for member events and participate in one of our ten clubs.

For a full list of courses and registration, visit:

EncoreLearning.net or email info@encorelearning.net.

2021 Community Engagement Forum on Aging Issues

Arlington County Agency on Aging invites all older adults, caregivers, key stakeholders and advocates in the field of aging to join County staff, Commission on Aging members and community partners for an interactive discussion on what matters most to older Arlingtonians.

Tuesday, March 15, 9:30 am-12:30 pm

Register here: [Meeting Registration - Zoom](#)



The Alliance for Arlington Senior Adult Programs

What have we done during the pandemic?

We purchased Zoom accounts so that 55+ Programs can offer virtual programs. This enables staff to expand remote programming and keep participants engaged!

Smile! We're on Amazon

The Alliance for Arlington Senior Programs (AASP) is an official charity of the Amazon Smile program. This program allows Amazon users to designate a charity to receive 0.5% of the cost of eligible purchases. Please use Amazon Smile and designate AASP. You can go to friendsofthealliance.org and link directly to Amazon Smile to find out more.

You may also donate directly to AASP to support 55+ Programs. Go to friendsofthealliance.org and donate using our secure Paypal button or, mail your check to

The Alliance for Arlington Senior Programs
P.O. Box 5184
Arlington, VA 22205.

HOW TO REGISTER

You must pre-register for all programs. This allows us to send you a link to virtual programs, and abides by the Governor's Forward Virginia guidelines for in-person programs. Register online or by phone.

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.

Please note that registration for all programs closes 2 business days before the date of the activity. This allows time to send the virtual link to you the day before the program.

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

Vera Libeau / Chair

Sue Lang / Vice Chair

Sandi Steinberg / Secretary

Valerie Turner / Treasurer

Marilyn Marton / Past Chair

Registration Opens:

- **February 24 at 10am (Arlington County)**
- **February 25 at 10am (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.

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 Senior Adult Programs.

INCLEMENT WEATHER

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

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.

