

55+⁺ ARLINGTON COUNTY GUIDE

EXERCISE
TRAVEL
CONNECTIONS
and MORE

- Springo 04
- Nutrition & Recipes 07
- EarthFest 2022 14
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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 (registration not needed for a drop-in, but 55+ Pass is still required).

- See page 38 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!

Many of us have spent a lot of time outdoors in the past two years and the environment is on our minds. Now is the perfect time to celebrate Earth Day by attending EarthFest 2022 (p. 14), learning how to protect the environment in programs like Save Our Planet and Your Wallet (p. 14), or just enjoying the outdoors on one of our spring nature walks (p. 25).

We are also excited to announce the return of one of our most popular and beloved programs... 55+ Travel! It's been a long couple of years without the program and the 55+ Travel office has been busy planning trips to get everyone safely out and about again. Check out page 34 to start getting ideas for your next adventure.

We hope you find lots of opportunities to get out and explore with 55+ Programs this spring!

Stay well,

Jennifer Collins, CPRP
Office of 55+ Programs

Registration Opens:

- **February 16 at 10 a.m. (Arlington County)**
- **February 17 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 the last page.

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 May 30, 2022.

Registration Info: page 38

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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

St. Patrick's Day Party

Ready for some fun and shenanigans? Enjoy live music and packaged snacks to celebrate St. Patty's Day at Aurora Hills! Don't forget to wear green. Sponsored by the Aurora Hills Advisory Committee.

- **Mar. 16** **Wednesday** **1-2:30 p.m.**
Aurora Hills [#913890-01](#) 1 session

Mother's Day Music and Tea

Celebrate and honor all mothers with live piano music, tea and packaged assorted sweets. Bring a picture of your mother, your wife and/or if you are a mother, also bring a picture of your children to display just for this special event.

- **May 4** **Wednesday** **1:30-3 p.m.**
Aurora Hills [#913890-02](#) 1 session

SPECIAL EVENTS

Spring Fling


Let's welcome warmer weather with a Spring Fling celebration sponsored by the Lubber Run Advisory Committee. Live music, dancing, crafts, packaged refreshments and more!

- **Apr. 1** **Friday** **1-3 p.m.**
Lubber Run [#913899-01](#) 1 session

Trash and Treasure Sale


The Aurora Hills annual Trash and Treasure is back! The general public is invited to this neighborhood rummage sale held at the Aurora Hills 55+ Center. There will be household goods, decorative items, small appliances, games, toys, jewelry, luggage and craft supplies galore. All proceeds benefit Aurora Hills 55+ special events and programs. Sponsored by the Aurora Hills Advisory Committee and the Alliance for Arlington Senior Programs. Donation drop-off: Fri., May 13, 10 a.m.- 2 p.m. (No books, clothes, shoes, home electronics, TVs, computers, DVDs or CDs accepted at this time.)

- **May 14** **Saturday** **9:30 a.m.-1:30 p.m.**
Aurora Hills [Drop-In](#) 1 session



May 11 • 10am-Noon
Lubber Run - Outdoor Lawn

Last year's Springo, bingo in spring, 55+ social event was such a big hit, so let's do it again! Enjoy bingo, many laughs and an opportunity to catch up with friends. Prizes awarded. Sponsored by the Alliance for Arlington Senior Programs. Bring a chair and wear a mask. For your safety, social distancing protocols will be in place. Space is limited, so register early. Rain date is May 13. [#913899-03](#)



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](#)
- **First & Third Wednesdays** **9:30-10:30 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 from 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.

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](#)

Youthful Movement

No matter your level of dance experience, you will benefit from this fusion of ancient art and youthful movement that will assist you in gaining balance, core strength and flexibility. Carmen Shippy, volunteer dance instructor, will lead you through these low-impact dance moves. Wear dance or tennis shoes and loose-fitting clothing.

Instructor: Carmen Shippy

- **Wednesdays** 2-3:30 p.m.
Langston-Brown [Drop-In](#)

THE MOVIES

Movie Matinee

Steal away and catch some great afternoon movie entertainment at Lubber Run. Benedict Cumberbatch and Rachel Brosnahan star in *The Courier* (2021) (PG-13), a true-life Cold War spy thriller about British businessman Greville Wynne, who must form an alliance with a Soviet spy to prevent a nuclear confrontation.

- **Apr. 8** **Friday** 1-3 p.m.
Lubber Run [#913804-01](#) 1 session

Movie Night

NEW

Have a great time viewing top-quality movies with 55+ friends at Lubber Run's new Movie Night. First up, from *Hamilton* creator Lin-Manuel Miranda, comes *In the Heights* (2021) (PG-13), a lively musical about a New York bodega owner who dreams of a better life.

- **Apr. 14** **Thursday** 6-8 p.m.
Lubber Run [#913804-02](#) 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. Each month the group will create a review for the Arlington Mill Newsletter. April: *Being the Ricardos* (2021) (R); May: *Saving Mr. Banks* (2013) (PG-13).

- **Apr. 14** **Thursday** 1-3:30 p.m.
Arlington Mill [#913804-03](#) 1 session
- **May 26** **Thursday** 1-3:30 p.m.
Arlington Mill [#913804-04](#) 1 session

Movies at Aurora Hills

Enjoy classic and modern movies at Aurora Hills with fellow 55+ friends. March: *No Time to Die* (2021) (PG-13); April: *News of the World* (2020) (PG-13); May: *Nomadland* (2020) (R).

- **March 18** **Friday** 12:30-2:30 p.m.
Aurora Hills [#913804-05](#) 1 session
- **April 15** **Friday** 12:30-2:30 p.m.
Aurora Hills [#913804-06](#) 1 session
- **May 27** **Friday** 12:30-2:30 p.m.
Aurora Hills [#913804-07](#) 1 session

55+ LIVE! ARLINGTON COUNTY

55+ LIVE TALK SHOW

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. On the third Tuesday of the month, a new episode of *55+ Live!* is posted which features a variety of 55+-related segments and updates.

Visit youtube.com/virtualprograms.

WELLNESS

Ageless Grace

This fun wellness program consists of simple exercises based on everyday movements which focus on the healthy longevity of the body and mind. There are also mind-body directions that allow the brain to consciously choose and direct the movement of the body. This class is designed to make you laugh, keep you engaged and have fun. **No class 4/13.**

Instructor: Randi Cohen

- **Mar. 9 – Apr. 27** **Wednesdays** **10:30-11:30 a.m.**
Lubber Run [#913500-01](#) 7 sessions: \$35

Meditate and Create Relaxation

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

Instructor: Ellen Sklaver

- **Mar. 24 – May 12** **Thursdays** **6-7:30 p.m.**
Arlington Mill [#913500-02](#) 8 sessions: \$60

Memory – What’s Normal Anyway?

Wondering whether you or a loved one might have early signs of dementia? Dr. Christina Prather with the George Washington University Institute for Brain Health and Dementia will discuss how to distinguish memory changes due to normal aging from dementia symptoms and what to do if you think there’s a problem.

- **Mar. 28** **Monday** **6-7 p.m.**
Lubber Run [#913500-03](#) 1 session
- **Mar. 28** **Monday** **6-7 p.m.**
Virtual [#913500-04](#) 1 session

Understanding Dementia

Learn how to define dementia, distinguish the different types and understand the typical path of disease progression. Kay Yong, education and outreach coordinator with Insight Memory Care Center, will discuss and answer questions on this important health topic.

- **Mar. 30** **Wednesday** **1-2 p.m.**
Langston-Brown [#913500-05](#) 1 session

Virtual Tour of Giant Food Store

Kristen McGill, a dietician and member of the Healthy Living Team at Giant Food, will give a virtual tour through the grocery store to identify items to include in a healthy diet, answer questions and dispel shopping myths. Note: This is an in-person program with a virtual store tour presentation.

- **Mar. 22** **Tuesday** **11 a.m.-12 p.m.**
Lubber Run [#913500-06](#) 1 session

Diabetes Nutrition

Adopting and maintaining healthy eating practices are an important part of managing diabetes. A registered dietitian from the Virginia Hospital Center’s Outpatient Diabetes & Nutrition Program will discuss the latest science-based nutrition recommendations for better blood sugar control and weight management.

- **Apr. 6** **Wednesday** **11 a.m.-12 p.m.**
Virtual [#913500-07](#) 1 session

Diabetes Discussion Group

Come together on the second Monday to share knowledge and experiences with others dealing with this common illness. Discussion topics include daily management, social and emotional support and available community resources.

- **Second Mondays** **3-4 p.m.**
Langston-Brown [Drop-In](#)

Be Prepared for Your Next Doctor’s Appointment

What questions should you be asking your doctor? What tests should be done at your age? A representative from the Senior Health Department at the Virginia Hospital Center will provide information on how you can best prepare for your next doctor’s appointment.

- **Apr. 6** **Wednesday** **12:30-1:30 p.m.**
Aurora Hills [#913500-08](#) 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.

Advance Care Planning

In this two-part series by the Coalition to Improve Advanced Care (CIAC), you will learn the process of identifying and communicating your healthcare wishes in an advance directive. Part one on April 20 will focus on preparing the document. In the second part on April 27, you will have the opportunity to meet one-on-one with a certified volunteer to discuss it.

-
- **Apr. 20 & 27** **Wednesdays** **11 a.m.-12:15 p.m.**
Lubber Run [#913500-09](#) 2 sessions

Handling Hand-Held Fitness Props

Learn how to properly utilize your hand-held fitness props. Brittany Miller, a certified fitness instructor, will demonstrate proper techniques as well as unique ways to use your props in class and at home. Hand-held weights and exercise bands will be provided. Bring your own yoga mat.

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- **May 25** **Wednesday** **1-2 p.m.**
Lubber Run [#913500-10](#) 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.

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- **Second & Fourth Mondays** **1:30-2:30 p.m.**
Langston-Brown [Drop-In](#)

NUTRITIOUS AND DELICIOUS

Eat The Rainbow!

Celebrate National Nutrition Month with a lesson on the benefits of eating fruits and vegetables of different colors. Representatives of the Virginia Cooperative Extension Master Food Volunteers will demonstrate a fun and colorful recipe to get you started.

-
- **Mar. 10** **Thursday** **11 a.m.-12 p.m.**
Virtual [#913501-01](#) 1 session

Satisfying Soups

Learn some tricks to make soups tasty and healthy with Virginia Cooperative Extension Master Food volunteer Caryn Wagner.

-
- **Mar. 14** **Monday** **2-3 p.m.**
Arlington Mill [#913501-02](#) 1 session

Vegan Recipes

Find out what it means to be a vegan and how that differs from a vegetarian diet. Also learn how veganism can benefit your health and the environment. A representative of the Virginia Cooperative Extension Master Food Volunteers will demonstrate two easy vegan recipes to whet your appetite.

-
- **Apr. 13** **Wednesday** **11 a.m.-12 p.m.**
Langston-Brown [#913501-03](#) 1 session

Meal Planning 101

Leftovers, again? Get some creative ideas from the Virginia Cooperative Extension to help with planning your meals and repurposing leftovers.

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- **Apr. 19** **Tuesday** **11 a.m.-12 p.m.**
Lubber Run [#913501-04](#) 1 session

Mom Knows Best! Or Does She?

Bring in your favorite recipes from your childhood and learn ways to make healthier versions of these dishes for you and your family. Virginia Cooperative Extension volunteer Nancy Broff will be demonstrating some modifications of Mom's meals with better nutrition in mind.

-
- **May 6** **Friday** **2-3 p.m.**
Arlington Mill [#913501-05](#) 1 session

Nuts and Seeds: Not Just for Squirrels!

You're not a squirrel, so why should you eat nuts and seeds? A representative of the Virginia Cooperative Extension Master Food Volunteers will explain how adding nuts and seeds to your diet can provide a rich source of protein, fiber and heart-healthy fats. Looks like squirrels have the right idea!

-
- **May 12** **Thursday** **11 a.m.-12 p.m.**
Langston-Brown [#913501-06](#) 1 session

Food Allergies

In honor of Food Allergy Awareness Week, join a volunteer from the Virginia Cooperative Extension to learn about common food allergies and some tasty recipes that are allergen-free.

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- **May 19** **Thursday** **4-5 p.m.**
Virtual [#913501-07](#) 1 session

LECTURES & LEARNING

PREVENTING FALLS

Stay Active & 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. **No program 4/11, 4/14, and 4/18.**

- **Mar. 3 – May 26** Mondays & Thursdays 1-2 p.m.
Lubber Run [#913502-01](#) 22 sessions
- **Mar. 8 – May 27** Tuesdays & Fridays 12:30-1:30 p.m.
Aurora Hills [#913502-02](#) 24 sessions

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. Trained instructors LeeAnne Kaniut with the Marymount University fall prevention program and Anne Peret will lead the class.

- **Mar. 31 – May 19** Thursdays 2-4 p.m.
Langston-Brown [#913502-03](#) 8 sessions

Do You Have Money Waiting for You?

Maybe you overpaid an electric bill, are missing a refund or forgot about a bank account. Companies across the Commonwealth turn over these unclaimed assets to the Virginia Treasury Department's Unclaimed Property Division. A Division representative will explain how you can recover this money for yourself or a loved one's estate.

- **Mar. 24** Thursday 1:30-2:30 p.m.
Virtual [#913400-02](#) 1 session

How to Recognize and Avoid Fraud

Officers from the Arlington County Police Department Outreach Team will provide information about preventing fraud, common scams and identity theft as well as tips on general cyber safety.

- **Mar. 30** Wednesday 1-2 p.m.
Aurora Hills [#913400-03](#) 1 session

VIRGINIA INSURANCE COUNSELING & ASSISTANCE PROGRAM (VICAP)

To register for the following VICAP programs, send an email to MedicareHelp@arlingtonva.us or call VICAP's hotline at 703-228-1725. Meeting details will be sent to participants the Friday afternoon before the presentation.

MARCH'S VIRTUAL PRESENTATION:

Fraud: Take Steps to Protect Yourself
Friday, March 25, 2022, 11 a.m. – 12 p.m.

Hosted by Virginia Hospital Center, join staff from Arlington County VICAP and Arlington County Police Department to learn about:

- Medicare scams and prescription drug fraud;
- preventing, detecting and reporting fraud;
- top tips, red flags and resources to enhance security.

APRIL'S VIRTUAL PRESENTATION:

Consumer Scams Targeting Medicare Beneficiaries
Tuesday, April 19, 2022, 10 a.m. – 12 p.m.

Join Arlington County VICAP in partnership with Virginia's Senior Medicare Patrol to learn about:

- misleading sales tactics and scams;
- Medicare marketing violations and enrollment fraud;
- consequences to beneficiaries;
- best practices for protection.

The Hidden History of Arlington County

Author, local historian and columnist Charlie Clark returns to talk about some little-known facts of Arlington history. He'll reference three of his books: *Lost in Arlington*, *Arlington County Chronicles* and *Hidden History of Arlington County*. Register to meet Mr. Clark in person at Aurora Hills or watch a live broadcast from home — your preference.

- **Mar. 9** **Wednesday** **1-2 p.m.**
Aurora Hills [#913400-04](#) 1 session
- **Mar. 9** **Wednesday** **1-2 p.m.**
Virtual [#913400-05](#) 1 session

Antiquarian Books Never Grow Old

Book collecting is a fun hobby that can also be financially rewarding. Find out what makes a book rare or valuable, how to start a book collection or move to the next level, and where you can sell your books. Explore antiquarian book collecting with Hélène Golay, a rare bookseller and owner of L.N. Golay Books.

- **Apr. 7** **Thursday** **1:30-2:30 p.m.**
Virtual [#913400-06](#) 1 session

The Harvey Girls Tame the West

Discover the fascinating history of the Harvey Girls, the pioneering women credited with bringing luxury and hospitality to the West as long-distance train travel and tourism at our national parks grew and flourished. Tarryn Bartkus, a National Park Ranger at the Grand Canyon National Park, will discuss visionary Fred Harvey and how the Harvey Girls helped transform the West, one good meal at a time. At your option, view the classic 1946 musical romance *The Harvey Girls*, starring Judy Garland, Angela Lansbury and Ray Bolger for fun background. See below.

- **Mar. 11** **Friday** **3-4 p.m.**
Virtual [#913400-08](#) 1 session

The Harvey Girls Movie (1946) (NR) **MONDAY, MARCH 7, 1-2:45 P.M. (VIRTUAL)**

Hop aboard for this classic star-studded musical romance with Judy Garland, Angela Lansbury and Ray Bolger, featuring the Academy Award-winning song, "On the Atchison, Topeka and Santa Fe." Enjoy a light-hearted, fun, fictionalized account of the Harvey Girls filled with great song and dance numbers about how the West was won. **Register online: [#913400-07](#)**

Women Working for a Better Community

For Women's History Month, we will pay tribute to Arlington women who worked to make the county a better place. Cathy Hix, president of the Arlington Historical Society, will tell their stories and especially highlight Elizabeth Campbell and Dorothy Hamm, who fought to desegregate Arlington's schools.

- **Mar. 15** **Tuesday** **11 a.m.-12 p.m.**
Lubber Run [#913400-09](#) 1 session

The Dark White Forest

As the first African American female forester in the U.S. Department of Agriculture Forest Service, Melody Starya Mobley is a trailblazer. She will share her story of overcoming hardships, discrimination and stereotypes to accomplish a series of firsts that paved the way for women in natural resource careers.

- **Mar. 30** **Wednesday** **11-11:45 a.m.**
Lubber Run [#913400-10](#) 1 session

Conflict, Rivalries and Violence in Senate History

The Constitution's framers conceived the Senate as a small, elite body that would temper political passions in the House of Representatives. But the Senate has also been home to heated conflict, personal rivalries and even violence. Senate Historian Daniel S. Holt will discuss episodes that have punctured the institution's stately atmosphere.

- **Mar. 31** **Thursday** **1:30-2:30 p.m.**
Virtual [#913400-11](#) 1 session

Through an Irish Emigrant's Eyes

Celebrate St. Patrick's Day and Irish Americans' crucial role in Northern Virginia and Arlington history. Jon Vrana, Burke Historical Society president, will portray a hypothetical yet historically inspired Irish emigrant. From his life in Ireland, voyage to New York and journey across the country, he meets with experiences both emblematic and unusual.

- **Mar. 17** **Thursday** **1:30-2:30 p.m.**
Lubber Run [#913400-12](#) 1 session
- **Mar. 17** **Thursday** **1:30-2:30 p.m.**
Virtual [#913400-13](#) 1 session

Escaping Detection

Tales of women spies and soldiers excited the nation after the Civil War. These women hailed from all walks of life; some even lived in Fairfax County. Mary Lipsey, author of *Almost Forgotten Women*, tells the story of the 400 women who hid their gender to fight in the war.

-
- **Apr. 12** Tuesday 11 a.m.-12 p.m.
Lubber Run [#913400-14](#) 1 session

Renée Scott: An Extraordinary Life

To commemorate Holocaust Remembrance Day, we will honor Renée Scott, an ordinary French woman who did extraordinarily courageous things working for the underground during WWII. Volunteer Carole Lieber will share her grandmother's remarkable story — how she risked everything to aid Jews trying to flee the Nazis, landing her in a concentration camp.

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- **Apr. 28** Thursday 1:30-2:30 p.m.
Lubber Run [#913400-15](#) 1 session
 - **Apr. 28** Thursday 1:30-2:30 p.m.
Virtual [#913400-16](#) 1 session

Arlington's Hall's Hill

Hall's Hill was one of the first historically black neighborhoods in Arlington, dating to 1881. The neighborhood had its own school, firehouse and businesses. Sandra Green, a lifelong resident, will recount the history of the neighborhood and her experiences living there.

-
- **May 10** Tuesday 11 a.m.-12 p.m.
Langston-Brown [#913400-17](#) 1 session

Black Soldiers' WWII Experience

Explore the commitment, challenges and bravery of African American soldiers in WWII with a representative of the National Museum of the U.S. Army. Based on the museum's exhibit "Making a Way Out of No Way: The African American Soldier Experience in WWII," the discussion will also cover the 1948 end to segregation in the military.

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- **May 24** Tuesday 1:30-2:30 p.m.
Virtual [#913400-18](#) 1 session

Virginia Leads the Skyways

Virginia has one of the oldest and richest aviation legacies in the country. Starting with balloons in the Civil War, the Commonwealth has been at the forefront of aerospace innovation, particularly in the military field. Roger Connor, author of *Virginia Aviation*, will highlight key milestones in Virginia's aviation history.

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- **Mar. 10** Thursday 1:30-2:30 p.m.
Virtual [#913400-19](#) 1 session

Does Anyone Know What Day It Is?

Learn how the ancient Egyptians and Romans ordered their years and what the movements of the sun and moon have to do with Ramadan, Passover and Easter. Jennifer Lynn Bartlett, a professional astronomer and president of the Friends of Arlington's David M. Brown Planetarium, will discuss and answer questions.

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- **Mar. 31** Thursday 11 a.m.-12 p.m.
Virtual [#913400-20](#) 1 session

James Webb Space Telescope

The James Webb Space Telescope (JWST), which launched in 2021, has the capacity to revolutionize infrared astronomy. Jennifer Lynn Bartlett, a professional astronomer and president of the Friends of Arlington's David M. Brown Planetarium, will discuss the technology that makes JWST so innovative.

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- **Apr. 28** Thursday 11 a.m.-12 p.m.
Langston-Brown [#913400-21](#) 1 session

The Search for Extraterrestrial Life

Ever wonder about the possibility of life beyond Earth? Jennifer Lynn Bartlett, a professional astronomer and president of the Friends of Arlington's David M. Brown Planetarium, will explain how scientists calculate the probability of alien civilizations and discuss some efforts to communicate with other worlds.

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- **May 19** Thursday 11 a.m.-12 p.m.
Langston-Brown [#913400-22](#) 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.

Library of Virginia's Genealogy Series

Join Community Outreach Specialist Ashley Ramey of the Library of Virginia in three lively genealogy presentations. (3/24: Vital Statistics Records; 4/28: How to Use City Directories for Genealogical Research; 5/26: What Are Chancery Records and How to Use Them in Genealogical Research.) Time is allotted afterward to answer any genealogy questions.

- **Mar. 24** **Thursday** **3-4 p.m.**
Virtual [#913400-23](#) 1 session
- **Apr. 28** **Thursday** **3-4 p.m.**
Virtual [#913400-24](#) 1 session
- **May 26** **Thursday** **3-4 p.m.**
Virtual [#913400-25](#) 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.

- **Apr. 5** **Tuesday** **11:30 a.m.-12:30 p.m.**
Arlington Mill [#913400-26](#) 1 session
- **Apr. 5** **Tuesday** **11:30 a.m.-12:30 p.m.**
Virtual [#913400-27](#) 1 session

Rock Music Legends: Monkees vs. Beatles

Mike Nesmith's recent passing has renewed the Monkees vs. Beatles controversy. The Monkees were alternatively described as America's answer to the Fab Four, or a cheap imitation ("Pre-Fab Four"). Volunteer Carl Gold will discuss and play music by both, including a few of Nesmith's songs. You be the judge!

- **Apr. 12** **Tuesday** **1:30-2:45 p.m.**
Arlington Mill [#913400-28](#) 1 session
- **Apr. 12** **Tuesday** **1:30-2:45 p.m.**
Virtual [#913400-29](#) 1 session

Rock Music Legends: Folk Origins

Folk music was a major influence on the development of rock, with Woody Guthrie and Pete Seeger leading the way. Volunteer Carl Gold will discuss how folk music bridged into rock, focusing on Woody Guthrie and Pete Seeger and playing some of their pioneering songs.

- **May 10** **Tuesday** **1:30-2:45 p.m.**
Arlington Mill [#913400-30](#) 1 session
- **May 10** **Tuesday** **1:30-2:45 p.m.**
Virtual [#913400-31](#) 1 session



THIS BUS RUNS ON VOLUNTEER POWER!

Are you up early in the morning? Would you like to fit in a little exercise before most people climb out of bed? What if you could get that exercise in while helping your neighbors at the same time? Age-Friendly Arlington, [Arlington Public Schools \(APS\) Safe Routes to School](#), [WalkArlington](#) and the Department of Parks & Recreation's 55+ Programs have the perfect solution for you - help power our first intergenerational WALKING SCHOOL BUS!

Defined as a group of students walking to school with one or more adults, a [Walking School Bus](#) can be as informal as two families taking turns walking with students to school or as structured as an established walking route with designated "stops"/meeting points, a timetable, and a schedule of trained volunteers.

In our case, the adults would be Arlington 55+ volunteers, the school would be an elementary school in South Arlington and the Walking School Bus route(s) would serve families in the neighborhoods that lie within the school's one-mile walk zone.

This unique Arlington County/APS pilot project will kick off in Spring 2022, with virtual training, safety resources and family meet-up opportunities provided to volunteers prior to kick-off. If you are interested in volunteering or would like more information, contact 55+ Programs at 55plus@arlingtonva.us or 703-228-0955

DISCUSSION GROUPS & BOOK CLUBS

Documentary Discussions

View popular documentaries and discuss them with other 55+ friends. March 2: *Rick Steves on the Story of Fascism* (2019); April 1: *Superhuman Geniuses: Extraordinary People Documentary* (2019).

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|---------------------|---|-----------------------------|
| • Mar. 2
Virtual | Wednesday
#913402-01 | 1:30-2:30 p.m.
1 session |
| • Apr. 1
Virtual | Friday
#913402-02 | 1:30-2:30 p.m.
1 session |

Movie Discussions

We're calling all cinema lovers to meet to discuss a new film every month. March: *Wind River* (2017) (R); April: *The Irishman* (2019) (R); May: *Official Secrets* (2019) (R). All films available to stream on Netflix for you to watch before group meets to discuss.

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| • Mar. 10
Virtual | Thursday
#913402-03 | 3-4 p.m.
1 session |
| • Apr. 14
Virtual | Thursday
#913402-04 | 3-4 p.m.
1 session |
| • May 12
Virtual | Thursday
#913402-05 | 3-4 p.m.
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. Same material will be presented on the 3rd and 4th Tuesday of the month. Led by experienced genealogist Eileen Bogdanoff.
No program in April.

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|-------------------------|---------------------------------------|--------------------------------|
| • Mar. 15
Lubber Run | Tuesday
#913402-06 | 11:30 a.m.-1 p.m.
1 session |
| • Mar. 22
Lubber Run | Tuesday
#913402-07 | 11:30 a.m.-1 p.m.
1 session |
| • May 17
Lubber Run | Tuesday
#913402-08 | 11:30 a.m.-1 p.m.
1 session |
| • May 24
Lubber Run | Tuesday
#913402-09 | 11:30 a.m.-1 p.m.
1 session |



SAVE THE DATE

55+

BBQ FUNDRAISER

Tuesday, June 14, 2022
at Rocklands BBQ
(Arlington location)

Support Arlington 55+ Centers
by taking part in this
annual fundraiser event.
Stay tuned for more information
in the next 55+ Guide.

Event is sponsored by the Alliance for Arlington
Senior Programs and Arlington 55+ Center
Advisory Committees who supports
Arlington 55+ Programs.

Genealogy Discussion Group

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.

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|----------------------|---|-----------------------|
| • Mar. 9
Virtual | Wednesday
#913402-10 | 3-4 p.m.
1 session |
| • Apr. 13
Virtual | Wednesday
#913402-11 | 3-4 p.m.
1 session |
| • May 11
Virtual | Wednesday
#913402-12 | 3-4 p.m.
1 session |

Local History Discussion

Have fun recollecting and learning about Arlington's rich past. In March, we'll discuss the history of Arlington's senior centers. In April, we'll discuss Arlington stone quarries along the Potomac and in May, the history of Arlington's parks. Meets first Wednesday of each month.

- **Mar. 2** Virtual **Wednesday** [#913402-13](#) **1:30-2:45 p.m.** 1 session
- **Apr. 6** Virtual **Wednesday** [#913402-14](#) **1:30-2:45 p.m.** 1 session
- **May 4** Virtual **Wednesday** [#913402-15](#) **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. In March, we'll discuss the history of USA state borders. In April, we'll discuss the history of world national borders and in May, the impact of birds in history.

- **Mar. 9** Virtual **Wednesday** [#913402-16](#) **11:15 a.m.-12:30 p.m.** 1 session
- **Apr. 13** Virtual **Wednesday** [#913402-17](#) **11:15 a.m.-12:30 p.m.** 1 session
- **May 11** Virtual **Wednesday** [#913402-18](#) **11:15 a.m.-12:30 p.m.** 1 session

Magazine Article Discussion Group

Read and discuss current articles from popular magazine *The Atlantic*. Join the conversation or just listen. The discussion will be facilitated by Shirlington and Aurora Hills Adult Services Librarian Vicky McCaffrey. Limited number of magazines available to borrow at Aurora Hills 55+ Center. Tutorial offered to those interested in using Flipster to access the magazine online.

- **Mar. 23** Aurora Hills **Wednesday** [#913402-19](#) **11 a.m.-12 p.m.** 1 session
- **Apr. 20** Aurora Hills **Wednesday** [#913402-20](#) **11 a.m.-12 p.m.** 1 session
- **May 18** Aurora Hills **Wednesday** [#913402-21](#) **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. Facilitated by volunteer Steve Shapiro.

- **Mar. 9** Lubber Run **Wednesday** [#913402-22](#) **10:30-11:45 a.m.** 1 session
- **Mar. 9** Virtual **Wednesday** [#913402-23](#) **10:30-11:45 a.m.** 1 session
- **Apr. 13** Lubber Run **Wednesday** [#913402-24](#) **10:30-11:45 a.m.** 1 session
- **Apr. 13** Virtual **Wednesday** [#913402-25](#) **10:30-11:45 a.m.** 1 session
- **May 11** Lubber Run **Wednesday** [#913402-26](#) **10:30-11:45 a.m.** 1 session
- **May 11** Virtual **Wednesday** [#913402-27](#) **10:30-11:45 a.m.** 1 session

Aurora Hills Book Club

Monthly book club meets the fourth Monday of each month. March 28: *The Professor and the Mad Man: A Tale of Murder, Insanity and the Making of the Oxford English Dictionary* by Simon Winchester; April 25: *When the Apricots Bloom* by Gina Wilkinson; May 23: *A Giver of Stars* by Jojo Moyes.

- **Fourth Mondays** Aurora Hills **11:30 a.m.-12:45 p.m.** [Drop-In](#)

Book Club

Get together for great books and conversation. March: *There is Nothing for You Here* by Fiona Hill; April: *Sisters in Law* by Linda Hirshman; May: *The Lincoln Highway* by Amor Towles. Meets first Tuesday of the month.

- **First Tuesdays** Langston-Brown **1:30-2:30 p.m.** [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.



Curious or passionate about composting, recycling and energy efficiency?

Learn (and play!) at Arlington Mill's virtual EarthFest 2022, Sat., April 23, starting at 10a.m. on Facebook Live.

Join us virtually to learn all about recycling in Arlington, how to make your own recycled planters and upcycled art, enjoy virtual fitness and more! Fun for all ages!

Join the event on the [webpage here](#). or call 703-228-7369.

Save OUR Planet and YOUR Wallet



Be a steward of the environment by learning how to keep your space cool this summer and your energy bills manageable. Virginia Cooperative Extension volunteers will teach homeowners and renters about smarter energy and water use and how to save money by using your cooling system more efficiently. No prior home maintenance experience required.

• **Apr. 14** **Thursday** **11 a.m.-12 p.m.**
Virtual [#913401-05](#) 1 session

Waste Not, Want Not



Are you trying to be more conscious of how much food you waste?

Join a Virginia Cooperative Extension volunteer for some tips and tricks to waste less food and save money.

• **Apr. 20** **Wednesday** **1:30-2:30 p.m.**
Aurora Hills [#913404-02](#) 1 session



Recycling and Compostables UPDATE

Find out the latest about recycling and Arlington's new food scraps collection program.

Representatives of Arlington's Department of Environmental Services will give an update on how to help reduce our area's carbon footprint and the many benefits of keeping food waste out of landfills. Bring items you have questions about.

• **Apr. 21** **Thursday** **1:30-2:30 p.m.**
Virtual [#913400-01](#) 1 session

Switching Gears with ART

Learn how to ride the ART bus, ways to save money and commuting tips. Ken Matthews Jaramillo, the partnership manager with



Car-Free Diet, will discuss useful free apps you can download to help plan your trip, charge your SmartTrip card and plan your route.

• **May 3** **Tuesday** **1-2 p.m.**
Lubber Run [#913404-04](#) 1 session

AROUND THE HOUSE

Planting With Pete

NEW

This new group, led by expert gardener Peter Jones, will cover tasks to be done in the garden each month followed by an educational discussion of a monthly topic and specific gardening questions and answers. March: Growing Orchids All Year Round; April: Bringing Bonsai Out of Winter Storage; May: Growing Azaleas as Bonsai. Meets second Mondays of the month.

- **Mar. 14**
Virtual
Monday
[#913401-01](#)
11:30 a.m.-12:30 p.m.
1 session
- **Apr. 11**
Virtual
Monday
[#913401-02](#)
11:30 a.m.-12:30 p.m.
1 session
- **May 9**
Virtual
Monday
[#913401-03](#)
11:30 a.m.-12:30 p.m.
1 session

Pruning Principles

Your shrubs and woody plants need care—and pruning! Now is the time to do it, before spring growth. Learn basic principles of woody plant pruning and ask questions about how to prune your favorite shrubs. This class will be outdoors, weather permitting.

- **Mar. 21**
Lubber Run
Monday
[#913401-04](#)
1-2 p.m.
1 session

Starting a Garden

Want to start a vegetable garden? In this class, you will learn basic best practices for soil fertility management, plant placement and selection, and ways to maximize yield. Bring your questions and ideas for your garden and we will help you make a garden plan. This class is indoors.

- **Apr. 18**
Lubber Run
Monday
[#913401-06](#)
1-2 p.m.
1 session



PLANNING AHEAD

Papers: Save or Shred?

Many of us are overwhelmed with the information kept in our heads, phones, file cabinets and safe deposit boxes. Kay Bransford, president and chief curator of MemoryBanc, will explain how to manage, prioritize, organize and save or shred the paper piles in our lives.

- **Apr. 19**
Virtual
Tuesday
[#913404-01](#)
1-2 p.m.
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.

- **Apr. 26**
Lubber Run
Tuesday
[#913404-03](#)
1-2 p.m.
1 session

Keep The Best and Get Rid of the Rest

Trying to decide what family possessions to keep and what to give away? Matthew Quinn of Quinn's Auction Galleries has the knowledge to help us sort through family treasures and will share how estate sales and auctions work. He has been a guest appraiser for *Antiques Roadshow* and will field your questions.

- **May 5**
Langston-Brown
Thursday
[#913404-05](#)
1-2 p.m.
1 session

Aging in Place: Don't Blame the House

Many older adults want to age in place but have concerns about their home's suitability. Patrice Winter, associate professor at George Mason University and physical therapist specializing in healthy aging, will address these concerns with some suggested modifications to make your house work for you.

- **May 5**
Virtual
Thursday
[#913404-06](#)
1:30-2:30 p.m.
1 session

Planning for Family Members with Special Needs

If you have a family member with special needs, extra planning and care must go into your estate planning. Elder law attorney Ed Zetlin and financial planner Mark Friese will discuss what you can do to safeguard their wellbeing and address their future needs.

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| • May 18
Virtual | Wednesday
#913404-07 | 11 a.m.-12 p.m.
1 session |
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DIGITAL LEARNING/TECHNOLOGY

Shutterfly Digital Photo Book Workshop

In this hands-on work session, you will learn how to create and order a digital photo book using Shutterfly. Emily Braxton, DPR programmer, has a great deal of experience creating different types of digital photo books and will show you how.

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| • Mar. 1
Arlington Mill | Tuesday
#913403-01 | 11 a.m.-1 p.m.
1 session |
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Test a New Social App for Seniors!

Help test this new iPhone social app for adults age 55 and older! WISE Cities, an organization that develops technology to help older adults, has created an app to help you connect and socialize with others locally. It's easy to use, even with no tech experience. Assistance provided.

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| • Mar. 5
Lubber Run | Saturday
#913403-02 | 2-4 p.m.
1 session |
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Read 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 staff member Alexandra Schulz will demonstrate how to get the free Libby app and enjoy reading from the comfort of your home.



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| • Apr. 4
Virtual | Tuesday
#913403-03 | 1-2 p.m.
1 session |
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Never Get Lost Again!

If you have a smartphone, you can always find your way home using apps like Google Maps and Waze. Tech expert Nick Englund will show you how to get these apps and use them. It's easy and you can use them for walking as well as driving directions.

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| • Apr. 27
Aurora Hills | Wednesday
#913403-04 | 1-2 p.m.
1 session |
| • Apr. 27
Virtual | Wednesday
#913403-05 | 1-2 p.m.
1 session |

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.

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| • Apr. 28
Arlington Mill | Thursday
#913403-06 | 2-3 p.m.
1 session |
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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.

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| • May 5
Arlington Mill | Thursday
#913403-07 | 2-3 p.m.
1 session |
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Uber & Lyft

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

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| • May 19
Langston-Brown | Thursday
#913403-08 | 1:30-2:30 p.m.
1 session |
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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.

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| • May 20
Lubber Run | Friday
#913403-09 | 11 a.m.-12 p.m.
1 session |
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What's the Cloud?

Do you know what the cloud is and where it goes? Is it secure and is it costing you? Nick Englund, technology guru, will answer questions about OneDrive, iCloud, Dropbox, Google Drive, and other common cloud-based storage services for your computer and wireless devices.

- **May 25** **Wednesday** **1-2 p.m.**
Aurora Hills [#913403-10](#) 1 session

Online Travel Tips

Whether you are looking for flights, hotels or just a local destination, travel enthusiast Shettima Abdulmalik's tips will save you money when planning your vacation. Make sure you are getting the best deal for your dollar.

- **May 25** **Wednesday** **5:30-6:30 p.m.**
Arlington Mill [#913403-11](#) 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 virtual meetings:

Mon., April 18, 9-11 a.m.,
Mon., May 16, 9-11 a.m.

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 meeting:

Fri., March 18, 10-11 a.m. – Legislative Update
Fri., May 20, 10-11 a.m. – Isolation and Engagement of Older Adults

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

Poetry Workshop

Many Voices, One Community: The Healing Power of Poetry, a program supported by the Arlington Commission for the Arts, aims to foster racial equity and inclusion in Arlington through poetry. Poet Susan Mockley will read selected works, facilitate discussion and give the participants an opportunity to express their reflections in poetry.

- **Mar. 7** **Monday** **11 a.m.-12:30 p.m.**
Arlington Mill [#913300-01](#) 1 session

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. 3/2: *Die Fledermaus* by Strauss; 3/16: *Don Carlo* by Verdi; 4/6: *Die Zauberflöte (Magic Flute)* by Mozart; 4/20: *Das Rheingold (The Rhine Gold)* by Wagner; 5/4: *Norma* by Bellini; 5/18: *The Tales of Hoffmann* by Offenbach.

- **Mar. 2** **Wednesday** **1:30-3:30 p.m.**
Lubber Run [#913300-02](#) 1 session
- **Mar. 16** **Wednesday** **1:30-3:30 p.m.**
Lubber Run [#913300-03](#) 1 session
- **Apr. 6** **Wednesday** **1:30-3:30 p.m.**
Lubber Run [#913300-04](#) 1 session
- **Apr. 20** **Wednesday** **1:30-3:30 p.m.**
Lubber Run [#913300-05](#) 1 session
- **May 4** **Wednesday** **1:30-3:30 p.m.**
Lubber Run [#913300-06](#) 1 session
- **May 18** **Wednesday** **1:30-3:30 p.m.**
Lubber Run [#913300-07](#) 1 session

SAVE THE DATE: 2022 COMMUNITY ENGAGEMENT FORUM MON., MARCH 21, 9:30 A.M. - 12:30 P.M.

Join the Arlington Area Agency on Aging, the Aging and Disability Services Division and the Commission on Aging for a virtual, interactive discussion on what matters most to older Arlingtonians. For more information on registration, email arlaaa@arlingtonva.us.

Short Story Reading and Discussion

Short stories pack a lot in a few pages. Take turns reading a story aloud and discuss it afterward. Facilitated by 55+ volunteer Bill Turner. March 21: "The Last Spin" by Evan Hunter; April 18: "A Dark Brown Dog" by Stephen Crane; May 16: "Bernice Bobs Her Hair" by F. Scott Fitzgerald. This program will be offered simultaneously in person and virtually — sign up based on your preference.

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| • Mar. 21
Aurora Hills | Monday
#913300-08 | 1-2:30 p.m.
1 session |
| • Mar. 21
Virtual | Monday
#913300-09 | 1-2:30 p.m.
1 session |
| • Apr. 18
Aurora Hills | Monday
#913300-10 | 1-2:30 p.m.
1 session |
| • Apr. 18
Virtual | Monday
#913300-11 | 1-2:30 p.m.
1 session |
| • May 16
Aurora Hills | Monday
#913300-12 | 1-2:30 p.m.
1 session |
| • May 16
Virtual | Monday
#913300-13 | 1-2:30 p.m.
1 session |

Beyond Words

In this two-part course on May 19 and May 26, participants will explore their creativity and connect with others to share personal stories using various forms of artistic expression that go beyond the written word. They may experiment with alternative forms such as collage, photography or music to enhance their narratives.

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| • May 19 & 26
Lubber Run | Thursdays
#913300-14 | 6-7:30 p.m.
2 sessions |
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Writing Group

Informal monthly sessions featuring a variety of optional writing exercises to hone your skills. Participants are encouraged to bring works-in-progress to share with others. Meets second Tuesdays.

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

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| • May 12
Arlington Mill | Thursday
#913300-15 | 12-1:30 p.m.
1 session |
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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.

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| • Mar. 25
Virtual | Friday
#913302-01 | 10-11:30 a.m.
1 session |
| • Apr. 29
Virtual | Friday
#913302-02 | 10-11:30 a.m.
1 session |
| • May 20
Virtual | Friday
#913302-03 | 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 work so special.

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| • Mar. 14
Virtual | Monday
#913302-04 | 10:30-11:30 a.m.
1 session |
| • Apr. 11
Virtual | Monday
#913302-05 | 10:30-11:30 a.m.
1 session |

Women Artists in the White House Collection

White House Historian Sarah Fling will discuss both popular and lesser-known female artists whose work is on display in the White House Collection, including Georgia O'Keeffe, Mary Cassatt and Alma Thomas. She will also spotlight artistic First Ladies throughout White House history.

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| • May 12
Virtual | Thursday
#913302-06 | 1:30-2:30 p.m.
1 session |
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PERFORMANCES

Acoustic Café

Enjoy music from the '50s to today! Meet and mingle as you listen to live unplugged music from various performers who have a love for music. Sponsored by the Walter Reed Advisory Committee and the Alliance for Arlington Senior Programs.

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| • Mar. 15
Aurora Hills | Tuesday
#913301-01 | 7-8:30 p.m.
1 session |
| • Apr. 19
Walter Reed | Tuesday
#913301-02 | 7-8:30 p.m.
1 session |
| • May 17
Walter Reed | Tuesday
#913301-03 | 7-8:30 p.m.
1 session |

Coffee House Live!

An evening of live music from DEMZ2 to celebrate spring with a selection of acoustic and electric classic rock, folk and pop tunes from the 60s and 70s. Featuring Bob Dylan, the Beatles, Stones, Grateful Dead, Stephen Stills and others. Packaged refreshments provided by the Langston-Brown Advisory Committee. Must pre-register.

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| • Apr. 9
Langston-Brown | Saturday
#913301-04 | 7-9 p.m.
1 session |
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Acoustic Afternoon

Enjoy an afternoon of live acoustic music performed by Arlington residents Ed Girovasi and Phil Rosen featuring classic pop, folk and blues favorites from across the decades. Packaged refreshments provided by Langston-Brown Advisory Committee.

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| • Mar. 23
Langston-Brown | Wednesday
#913301-05 | 2:30-3:30 p.m.
1 session |
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Acoustic Hour at Aurora Hills

Relax and enjoy some fellowship with other 55+ participants while enjoying live acoustic music by 55+ performers. 3/25: Chuck Vasaly; 4/22: Carl Gold.

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| • Mar. 25
Aurora Hills | Friday
#913301-06 | 1-2:30 p.m.
1 session |
| • Apr. 22
Aurora Hills | Friday
#913301-07 | 1-2:30 p.m.
1 session |

THE ARLINGTONES— A HIDDEN TREASURE

How many of you are aware that Arlington County has a bona fide Barbershop Chorus and Barbershop Quartets?

The Arlingtones have been around for 60-plus years, entertaining Arlington residents at dedications, county events, nursing homes, senior residences and private and corporate parties. And for many years they've been greeting folks at Metro stations during the holidays. The Arlingtones' mission is the preservation of the traditional American *a cappella* close harmony called barbershop. They were among the first barbershop groups across the country to welcome women into their chorus. One of their favorite activities is Singing Valentines, where people hire them to serenade a loved one in various locations.

Membership in the group is always open. They meet every Tuesday, 7-9:30 p.m. at Gunston Middle School, 2700 S. Lang St. Arlington.

Check the website for more information at <https://www.arlingtones.com/> or <https://www.meetup.com/The-Arlingtones/> or call Todd Minners at 703-615-7838.

The Arlingtones' annual show will take place Sat., April 9 at Gunston Middle School's auditorium. More details are on the website.

Acoustic Hour in the Park

Relax and enjoy the spring weather with other 55+ friends while listening to live acoustic music by Ed Girovasi and Phil Rosen.

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| • May 20
Virginia Highlands | Friday
#913301-08 | 1-2:30 p.m.
1 session |
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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 morning of each month provide continuing education, support and camaraderie.

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- **Mar. 4** **Friday** **9:30-11 a.m.**
Langston-Brown [#913301-09](#) 1 session
 - **Apr. 1** **Friday** **9:30-11 a.m.**
Langston-Brown [#913301-10](#) 1 session
 - **May 6** **Friday** **9:30-11 a.m.**
Langston-Brown [#913301-11](#) 1 session

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** **11:30 a.m.-1:30 p.m.**
Madison [Drop-In](#)

VISUAL ARTS

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.

-
- **Apr. 8** **Friday** **1-2:30 p.m.**
Aurora Hills [#913303-01](#) 1 session

Explore Oil Paints

Join Community Arts Programmer Jim Halloran for an afternoon of oil painting together. Improve your skills by learning various techniques using non-toxic oils. Materials provided.

-
- **Mar. 8** **Tuesday** **1-2:30 p.m.**
Lubber Run [#913303-02](#) 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.

-
- **Mar. 11** **Friday** **1-2:30 p.m.**
Aurora Hills [#913303-03](#) 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 Jen Droblyen. Previous experience required. Materials not provided but some supplies available to experiment with new media. Supply list provided with registration confirmation.

Instructor: Jennifer Droblyen

-
- **Apr. 8 - 29** **Fridays** **1-3 p.m.**
Langston-Brown [#913303-04](#) 4 sessions: \$30

How to be an "Art Copyist"

Learn from and recreate famous artwork without fear of being arrested for forgery. George Ziobro, artist and retired forgery specialist, will explore techniques for making your masterpiece unique. Bring a good color copy of a famous piece you wish to work on. Program meets on these Wednesdays: 3/9, 3/23, 4/13, 4/27, and 5/4.

-
- **Mar. 9 & 23, April 13 & 27, May 4** **1:15-2:45 p.m.**
Langston-Brown [#913303-05](#) 5 sessions

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.

-
- **Mar. 24** **Thursday** **10-11:30 a.m.**
Virtual [#913303-06](#) 1 session
 - **Apr. 28** **Thursday** **10-11:30 a.m.**
Virtual [#913303-07](#) 1 session
 - **May 19** **Thursday** **10-11:30 a.m.**
Virtual [#913303-08](#) 1 session



Painting Demo

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.

- **Mar. 7**
Virtual **Monday** **10:30 a.m.-12 p.m.**
#913303-09 1 session
- **Apr. 4**
Virtual **Monday** **10:30 a.m.-12 p.m.**
#913303-10 1 session
- **Apr. 18**
Virtual **Monday** **10:30 a.m.-12 p.m.**
#913303-11 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.

- **Apr. 4**
Virtual **Monday** **9-10 a.m.**
#913303-12 1 session
- **May 2**
Virtual **Monday** **9-10 a.m.**
#913303-13 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**
Arlington Mill **10 a.m.-12 p.m.**
[Drop-In](#)
- **Fridays**
Arlington Mill **10 a.m.-12 p.m.**
[Drop-In](#)

HAND CRAFTS

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.

Instructor: Joni Leonardo

- **Mar. 10** **Thursday** **1:30-3 p.m.**
Lubber Run [#913310-01](#) **CANCELLED**
- **Apr. 14** **Thursday** **1:30-3 p.m.**
Lubber Run [#913310-02](#) 1 session: \$18
- **May 12** **Thursday** **1:30-3 p.m.**
Lubber Run [#913310-03](#) 1 session: \$18

Basic Hand Crafts

Get crafting! Sponsored by the Lubber Run Advisory Committee, Nora Solis De Salazar will introduce participants to basic hand crafts, developing skills in silk flowers and bottle cap crafts. Materials will be provided.

- **May 4** **Wednesday** **11 a.m.-12 p.m.**
Lubber Run [#913310-04](#) 1 session

GranDay Cards and Carnations

GranDay is a fun, free, intergenerational program offering grandparents and their grandchildren an opportunity to learn a new skill and make memories together. Create 3-D Mother's Day cards and flowers for those special women in your lives. Make as many as you like. Open to grandparents and grandchildren of all ages; recommended for ages five and up.

- **May 7** **Saturday** **10 a.m.-12 p.m.**
Arlington Mill [#913310-05](#) 1 session

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** 1-2:30 p.m.
Langston-Brown [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](#)

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. **No program 3/17, 4/21, and 5/19.**

- **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 and third Tuesdays.

- **Mar. 1** **Tuesday** 4:30-5:30 p.m.
Arlington Mill [#913304-01](#) **CANCELLED**
- **Mar. 15** **Tuesday** 4:30-5:30 p.m.
Arlington Mill [#913304-02](#) **CANCELLED**
- **Apr. 5** **Tuesday** 4:30-5:30 p.m.
Arlington Mill [#913304-03](#) **CANCELLED**
- **Apr. 19** **Tuesday** 4:30-5:30 p.m.
Arlington Mill [#913304-04](#) 1 session
- **May 3** **Tuesday** 4:30-5:30 p.m.
Arlington Mill [#913304-05](#) 1 session
- **May 17** **Tuesday** 4:30-5:30 p.m.
Arlington Mill [#913304-06](#) 1 session

Drumming Circle

Even if Ringo Starr wasn't your favorite Beatle, you may find that 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. Limited drums available or bring your own. **No program in March.**

- **Tuesdays (April & May)** 2-3 p.m.
Langston-Brown [Drop-In](#)

FITNESS

Folk Music Sing-Along

Joan Baez, Bob Dylan and Joni Mitchell are a few of the inspirations. Sure to be a heartwarming experience. Meets first Mondays.

- **First 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. **No program 3/11, 4/8, and 5/13.**

- **First and 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](#)

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 & 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.

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. **No class 4/12.**

Instructor: Ferdinanda Pattipeilophy

- **Mar. 8 - May 17** **Tuesdays** 2:15-3 p.m.
Lubber Run [#913100-01](#) 10 sessions: \$50

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. **No class 4/15.**

Instructor: Divine Senyo

- **Mar. 18 - May 20** **Fridays** 8:45-9:45 a.m.
Lubber Run* [#913100-02](#) 9 sessions: \$45

**class will relocate to Walter Reed beginning Apr. 22*

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 4/14, 4/19, 4/26, and 4/28.**

Instructor: Julia Dragun

- **Mar. 14 - Apr. 25** **Mondays** 11 a.m.-12 p.m.
Long Bridge [#913102-01](#) 7 sessions: \$28
- **Mar. 15 - Apr. 26** **Tuesdays** 11:10 a.m.-12:10 p.m.
Long Bridge [#913102-02](#) 7 sessions: \$28
- **Mar. 18 - Apr. 29** **Fridays** 10-11 a.m.
Long Bridge [#913102-03](#) 7 sessions: \$28
- **Mar. 18 - Apr. 29** **Fridays** 1-2 p.m.
Long Bridge [#913102-04](#) 7 sessions: \$28



55+ WEIGHT ROOM HOURS ARE BACK!

**No instruction provided.
55+ Gold Pass required.**

Langston-Brown:
Mondays, Wednesdays, and Fridays
11 a.m. – 2 p.m.

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

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. **No class 4/19 and 4/26**

Instructor: Jody Katz

- **Mar. 15 – May 17** **Tuesdays** **2:15-3:15 p.m.**
Long Bridge [#913102-05](#) **7 sessions: \$28**

Instructor: Julia Dragun

- **Mar. 16 – Apr. 27** **Wednesdays** **11 a.m.-12 p.m.**
Long Bridge [#913102-06](#) **7 sessions: \$28**

Instructor: Jody Katz

- **Mar. 17 – May 19** **Thursdays** **10-11 a.m.**
Long Bridge [#913102-07](#) **7 sessions: \$28**

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 lap swimming at the same time. **To participate, a [Long Bridge Aquatics Center membership](#) is required or payment of the daily admission fee.**

- **Mondays** **8:30-10 a.m.**
Long Bridge [Drop-In](#)
- **Wednesdays** **2-3:30 p.m.**
Long Bridge [Drop-In](#)

YOGA

Subtle Yoga

This class will include yoga practices designed to improve memory, balance the nervous system, increase vitality and steady your mind. Students will experience affirmation, visualization, deep relaxation, concentration techniques, mudra meditation, breath control, body awareness, chant and gentle movement. Practices will be done seated or lying on the floor with chairs available as needed for longer periods of sitting. **No class 4/18.**

Instructor: Debbie Sheetz

- **Mar. 7 – May 16** **Mondays** **3-4 p.m.**
Langston-Brown [#913103-01](#) **10 sessions: \$50**

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. **No class 4/18.**

Instructor: Debbie Sheetz

- **Mar. 7 – May 16** **Mondays** **1-2:30 p.m.**
Langston-Brown [#913103-02](#) **10 sessions: \$75**

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. **No class 4/12.**

Instructor: Andrea Kiss

- **Mar. 7 – May 16** **Mondays** **10-11 a.m.**
Aurora Hills [#913103-03](#) 11 sessions: \$55

Instructor: Ferdinanda Pattipeilophy

- **Mar. 8 – May 17** **Tuesdays** **11:45 a.m.-12:45 p.m.**
Lubber Run [#913103-04](#) 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. **No class 4/13.**

Instructor: Debbie Sheetz

- **Mar. 16 – May 25** **Wednesdays** **11:45 a.m.-12:45 p.m.**
Lubber Run [#913103-05](#) 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. **No class 4/11, 4/12, 4/13, and 4/18.**

Instructor: Andrea Kiss

- **Mar. 7 – May 23** **Mondays** **1-2:30 p.m.**
Lubber Run [#913103-06](#) 10 sessions: \$75

Instructor: Ferdinanda Pattipeilophy

- **Mar. 8 – May 17** **Tuesdays** **10:30-11:30 a.m.**
Lubber Run [#913103-07](#) 10 sessions: \$50

Instructor: Debbie Sheetz

- **Mar. 9 – May 18** **Wednesdays** **4-5:15 p.m.**
Lubber Run [#913103-08](#) 10 sessions: \$62.50

Instructor: Jennifer Eubank

- **Mar. 18 – May 20** **Fridays** **9:30-11 a.m.**
Madison [#913103-09](#) 10 sessions: \$75

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.

- **Mar. 2** **Wednesday** **9:30-10:30 a.m.**
Four Mile Run West [#913106-01](#) 1 session
- **Mar. 9** **Wednesday** **9:30-10:30 a.m.**
Barcroft [#913106-02](#) 1 session
- **Mar. 16** **Wednesday** **9:30-10:30 a.m.**
Potomac Overlook [#913106-03](#) 1 session
- **Mar. 23** **Wednesday** **9:30-10:30 a.m.**
Falls Church [#913106-04](#) 1 session
- **Mar. 30** **Wednesday** **9:30-10:30 a.m.**
Shirlington [#913106-05](#) 1 session
- **Apr. 6** **Wednesday** **9:30-10:30 a.m.**
Williamsburg [#913106-06](#) 1 session
- **Apr. 13** **Wednesday** **9:30-10:30 a.m.**
Del Ray [#913106-07](#) 1 session
- **Apr. 20** **Wednesday** **9:30-10:30 a.m.**
Bluemont Trail [#913106-08](#) 1 session
- **Apr. 27** **Wednesday** **9:30-10:30 a.m.**
Columbia Pike [#913106-09](#) 1 session
- **May 4** **Wednesday** **9:30-10:30 a.m.**
Lady Bird Johnson Park [#913106-10](#) 1 session
- **May 11** **Wednesday** **9:30-10:30 a.m.**
Yorktown [#913106-11](#) 1 session
- **May 18** **Wednesday** **9:30-10:30 a.m.**
Roosevelt Island [#913106-12](#) 1 session
- **May 25** **Wednesday** **9:30-10:30 a.m.**
Green Valley [#913106-13](#) 1 session

Nature of Glencarlyn Park

A leisurely-paced walk with a naturalist through Glencarlyn Park. Visit different habitats and see the seasonal changes in action as winter turns to spring. Guidebooks and/or binoculars optional. Trail is paved, mostly level, with some gentle inclines; benches and bathrooms available.

- **Mar. 5** **Saturday** **3-4 p.m.**
Glencarlyn Park [#913106-14](#) 1 session

Nature and History Along Pimmit Run

Explore Pimmit Run, one of Arlington's hidden jewels. Look for migratory birds, wildflowers and other signs of spring along this scenic stream. Discover Chain Bridge's vital role to the federal capital, from the burning of Washington to the Civil War. Hike is two miles over pavement and hilly, uneven natural trails.

-
- **Mar. 8** **Tuesday** **10 a.m.-12 p.m.**
Pimmit Run Park [#913106-15](#) 1 session

The Clay-Randolph Duel

On April 8, 1826, Secretary of State Henry Clay and Senator John Randolph crossed the Chain Bridge into Virginia for a duel, resulting from years of bitter political fighting. To mark the 196th anniversary, we will hike the approximate path of the duel and learn how it came to be.

-
- **Apr. 8** **Friday** **10-11 a.m.**
Chain Bridge [#913106-16](#) 1 session

Spring Trees Nature Walk

Step into spring on this guided walk around Virginia Highlands Park to learn more about our lovely local trees. Maddie Koenig, a park naturalist with Gulf Branch Nature Center, will be leading the way. Bring water and wear appropriate attire for a two-mile walk.

-
- **Apr. 13** **Wednesday** **10:30-11:30 a.m.**
VA Highlands Park [#913106-17](#) 1 session

Pond Life

Join park naturalist Jaron Winters for a walk from the Long Branch Nature Center to explore the organisms that reside in one of our ponds. Learn about the interdependence of species within this aquatic ecosystem. The pond is bursting with life in spring!

-
- **May 12** **Thursday** **1-2 p.m.**
Long Branch
Nature Center [#913106-18](#) 1 session

Migratory Bird Hike

Celebrate International Migratory Bird Day (May 14) early with a hike at Fort C.F. Smith Park, one of Arlington's best locations for seeing spring migrants! Look and listen for warblers, thrushes and vireos, as well as year-round residents. Birders of every skill level welcome. Loaner binoculars available on request.

-
- **May 13** **Friday** **8-9:30 a.m.**
Fort C.F. Smith Park [#913106-19](#) 1 session



Tree Walk

It's spring and a lovely time to look at the trees and other woody plants growing on the Lubber Run grounds. Participants will walk around Lubber Run Community Center to gaze at plants and trees or view from indoors if the weather is inclement.

-
- **May 16** **Monday** **1-2 p.m.**
Lubber Run [#913106-20](#) 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. Meet at Arlington Mill.

-
- **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

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.

Instructor: Karen Levitan

-
- **Mar. 7 – May 11** **Mon & Wed** **3:30-4:30 p.m.**
Langston-Brown [#913105-01](#) 20 sessions: \$100

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

- **Mar. 7 – May 9** **Mondays** **2-3 p.m.**
Arlington Mill [#913105-02](#) 10 sessions: \$50

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. **No class 5/12.**

Instructor: David Cohen

- **Mar. 10 – May 19** **Thursdays** **2-3 p.m.**
Arlington Mill [#913105-03](#) 10 sessions: \$50

Tai Chi Practice - Taoist Style

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 3/4, 4/13, and 4/15.**

- **Wednesdays** **12:30-1:30 p.m.**
Lubber Run [Drop-In](#)
- **Fridays** **12:30-1:30 p.m.**
Lubber Run [Drop-In](#)

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 3/4, 4/11, 4/13, 4/15, and 4/18.**

- **Mondays** **11:30 a.m.-12:30 p.m.**
Lubber Run [Drop-In](#)
- **Wednesdays** **11:30 a.m.-12:30 p.m.**
Lubber Run [Drop-In](#)
- **Fridays** **11:30 a.m.-12:30 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.

- **Tuesdays** **1-2:15 p.m.**
Walter Reed [Drop-In](#)
- **Wednesdays** **2-3 p.m.**
Aurora Hills [Drop-In](#)
- **Fridays** **1-2:15 p.m.**
Walter Reed [Drop-In](#)

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.**

Instructor: Judi Garth

- **Mondays** **9-10 a.m.**
Madison [Drop-In](#)
- **Wednesdays** **9-10 a.m.**
Madison [Drop-In](#)
- **Fridays** **9-10 a.m.**
Madison [Drop-In](#)

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.**

Instructor: Andrea Baumann

- **Tuesdays** **10-11 a.m.**
Lubber Run [Drop-In](#)
- **Thursdays** **10-11 a.m.**
Lubber Run [Drop-In](#)

SPORTS

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.**

Instructor: Andrea Baumann

- **Wednesdays** 9-9:55 a.m.
Lubber Run [Drop-In](#)
- **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.**

Instructor: Gretchen Martin

- **Mondays** 10-11 a.m.
Lubber Run [Drop-In](#)
- **Fridays** 10:15-11:15 a.m.
Lubber Run [Drop-In](#)

FREE CLASSES

Barre Fitness Miniserries

Certified fitness instructor Brittany Miller provides a four-week full body workout incorporating weight training, cardio, isometric holds and mindfulness. Weights will be provided. Bring a yoga mat.

- **Mar. 10 – 31** **Thursdays** **6-6:45 p.m.**
Lubber Run [#913125-01](#) 4 sessions

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).

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. **No class 4/11, 4/12, and 4/18.**

Instructor: Alaric Radosh

- **Mar. 7 – May 2** **Mondays** **9-10 a.m.**
Lubber Run [#913201-01](#) 7 sessions: \$28
- **Mar. 10 – May 5** **Thursdays** **6-7 p.m.**
Lubber Run [#913201-02](#) 8 sessions: \$32

Pickleball II

Build on basic skills and learn doubles strategy. Prerequisite: Pickleball for Beginners or comparable experience. Wear tennis or court shoes. Equipment provided. **No class 4/13 and 4/15.**

Instructor: Alaric Radosh

- **Mar. 9 – May 4** **Wednesdays** **9-10 a.m.**
Lubber Run [#913201-03](#) 8 sessions: \$32
- **Mar. 11 – May 6** **Fridays** **9-10 a.m.**
Lubber Run [#913201-04](#) 8 sessions: \$32

Pickleball III

Learn intermediate drills and doubles strategy. Prerequisite: Pickleball II or comparable. Wear tennis or court shoes. Equipment provided. **No class 4/12.**

Instructor: Alaric Radosh

- **Mar. 8 – May 3** **Tuesdays** **9-10 a.m.**
Lubber Run [#913201-05](#) 8 sessions: \$32

INDOOR

55+ Ice Skating

Senior hours held weekly at the MedStar Capitals Iceplex in Ballston. Plenty of parking (\$1) on roof level 8 of the Ballston Common Mall parking garage. Fee includes skates: \$1. Skate times subject to change; pre-registration is required. Visit www.medstarcapitalsiceplex.com to register for Senior Public Skate.

- **Mondays** **8:10-9:10 a.m.**
Iceplex in Ballston [Drop-In](#)

Table Tennis

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

- **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** 3-6 p.m.
Langston-Brown [Drop-In](#)
- **Thursdays** 2-4 p.m.
Lubber Run [Drop-In](#)

Women's Drop-In Basketball

Lace up your sneakers and play basketball with women aged 50+. Bring both white and dark shirts and a basketball.

- **Wednesdays** 7-9 p.m.
Langston-Brown [Drop-In](#)

COMMUNITY SERVICE OPPORTUNITY

Help support our community. For the month of April, the Langston-Brown Advisory Committee will partner with PathForward (formerly known as A-SPAN - the Arlington Street People Assistance Network) to collect men's and women's white socks and plastic bags. PathForward volunteers will distribute the donations to local homeless shelters. Bags will be used to create plastic mats for sleeping outdoors. Place your donations in the box at the Langston-Brown 55+ Center labeled "Sock Drive and Plastic Bags."

Make a difference in the lives of others!

PathForward
Empowering people from streets to stability



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.

- **Mar. 8** **Tuesday** 11 a.m.-1 p.m.
Rock Creek Park [#913206-01](#) 1 session
- **Mar. 16** **Wednesday** 11 a.m.-1 p.m.
Bluemont to Vienna [#913206-02](#) 1 session
- **Mar. 24** **Thursday** 11 a.m.-1 p.m.
Del Rey [#913206-03](#) 1 session
- **Mar. 29** **Tuesday** 11 a.m.-1 p.m.
The View in Rosslyn & Arlington Loop [#913206-04](#) 1 session
- **Apr. 6** **Wednesday** 11 a.m.-1 p.m.
Cherry Blossoms - East Potomac Park [#913206-05](#) 1 session
- **Apr. 11** **Monday** 11 a.m.-1 p.m.
Keniworth Gardens [#913206-06](#) 1 session
- **Apr. 21** **Thursday** 11 a.m.-1 p.m.
Reston Town Center [#913206-07](#) 1 session
- **Apr. 26** **Tuesday** 11 a.m.-1 p.m.
National Harbor (stop at Freedman's Cemetery) [#913206-08](#) 1 session
- **May 4** **Wednesday** 11 a.m.-1 p.m.
Leesburg to Purcellville [#913206-09](#) 1 session
- **May 9** **Monday** 11 a.m.-1 p.m.
Old Town Alexandria [#913206-10](#) 1 session
- **May 17** **Tuesday** 11 a.m.-1 p.m.
Alexandria Holmes Run / Jones Point [#913206-11](#) 1 session
- **May 25** **Wednesday** 11 a.m.-1 p.m.
Bethesda / Rock Creek Park [#913206-12](#) 1 session

BRAIN PLAY

Bingo Español

Los invitamos a que nos acompañen de una mañana de Bingo mientras lanzamos el Primer Programa Hispano en el Centro Comunitario Lubber Run. Venga y juegue Bingo mientras conversa con sus amigos y disfrute de refrigerios y fabulosos premios.

Please join us for a morning of BINGO as we roll out our first-ever Hispanic program at Lubber Run Community Center. Play BINGO, chat with friends and enjoy packaged refreshments and prizes sponsored by the Lubber Run Advisory Committee.

- **Mar. 8**
Lubber Run
- **Tuesday**
[#913601-01](#)
- **11 a.m.-12 p.m.**
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. 3**
Virtual
- **Apr. 7**
Virtual
- **May 5**
Virtual
- **Thursday**
[#913601-02](#)
- **Thursday**
[#913601-03](#)
- **Thursday**
[#913601-04](#)
- **11 a.m.-12:30 p.m.**
1 session
- **11 a.m.-12:30 p.m.**
1 session
- **11 a.m.-12:30 p.m.**
1 session

Trivia Night

Have fun competing in this informal, friendly trivia contest. Teams will face off in a six-round pen and paper challenge. Come with a team (up to three people) or we'll pair you with a fellow 55+ participant. A prize will be awarded to the winning team!

- **Apr. 7**
Lubber Run
- **Thursday**
[#913601-05](#)
- **6-7 p.m.**
1 session

Brain Games

Exercise your brain and enjoy games that make you problem solve, such as sudoku, puzzles and trivia. Led by volunteer Jacquie Stead.

- **Mondays**
Aurora Hills
- **2-3 p.m.**
[Drop-In](#)

Canasta

Canasta is a fun card game and easy to learn. 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**
Walter Reed
- **10 a.m.-12 p.m.**
[Drop-In](#)

Chess

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

- **Mondays**
Madison
- **9:30 a.m.-2:30 p.m.**
[Drop-In](#)

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.

American Style

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

Chinese Style

- **Thursdays**
Langston-Brown
- **9:30-11:30 a.m.**
[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**
Arlington Mill
- **1:30-3:30 p.m.**
[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** 12:30-2:30 p.m.
Langston-Brown [Drop-In](#)
- **Fridays** 12:30-2:30 p.m.
Langston-Brown [Drop-In](#)

Rummikub Challenge

Show off your Rummikub skills and take on Langston-Brown Center Director Elizabeth Poole for a fun and entertaining morning. Everyone who registers gets an opportunity to participate in the challenge. The winners from each group will play against Elizabeth. Space is limited—register early.

- **Apr. 12** Tuesday 9:30-11:30 a.m.
Langston-Brown [#913601-06](#) 1 session

Rummikub

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

- **Mondays** 11 a.m.-1 p.m.
Arlington Mill [Drop-In](#)
- **Tuesdays** 9:30-11:30 a.m.
Langston-Brown [Drop-In](#)
- **Tuesdays** 11 a.m.-1 p.m.
Arlington Mill [Drop-In](#)
- **Wednesdays** 11 a.m.-1 p.m.
Arlington Mill [Drop-In](#)
- **Thursdays** 11 a.m.-1 p.m.
Arlington Mill [Drop-In](#)
- **Fridays** 11 a.m.-1 p.m.
Arlington Mill [Drop-In](#)
- **Saturdays** 9 a.m.-12 p.m.
Arlington Mill [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** 10:15 a.m.-3 p.m.
Arlington Mill [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 led by seasoned bridge player Susan Court.

- **Mar. 14 - Apr. 25** Mondays 1-2:30 p.m.
Aurora Hills [#913602-01](#) 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** 12-3 p.m.
Lubber Run [Drop-In](#)
- **Tuesdays** 10 a.m.-12 p.m.
Madison [Drop-In](#)
- **Wednesdays** 10 a.m.-12 p.m.
Aurora Hills [Drop-In](#)
- **Wednesdays** 12:30-3:30 p.m.
Walter Reed [Drop-In](#)
- **Thursdays** 10 a.m.-1 p.m.
Lubber Run [Drop-In](#)
- **Fridays** 12-3 p.m.
Lubber Run [Drop-In](#)

FOURSOME BRIDGE

The Wednesday Foursome Bridge group has returned to Madison and is looking for players.



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.

- **Mondays** 11:30 a.m.-1 p.m.
Arlington Mill [Drop-In](#)

French Conversation

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** 2-3 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](#)

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 email Friendsofthealliance@gmail.com. For more information, visit friendsofthealliance.org.

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.

Virtual (March)

- **Mar. 4** **Friday** 10 a.m.-12 p.m.
Virtual [#913650-01](#) 1 session
- **Mar. 11** **Friday** 10 a.m.-12 p.m.
Virtual [#913650-02](#) 1 session
- **Mar. 18** **Friday** 10 a.m.-12 p.m.
Virtual [#913650-03](#) 1 session
- **Mar. 25** **Friday** 10 a.m.-12 p.m.
Virtual [#913650-04](#) 1 session
- **Apr. 1** **Friday** 10 a.m.-12 p.m.
Virtual [#913650-05](#) 1 session
- **Apr. 8** **Friday** 10 a.m.-12 p.m.
Virtual [#913650-06](#) 1 session
- **Apr. 15** **Friday** 10 a.m.-12 p.m.
Virtual [#913650-07](#) 1 session
- **Apr. 22** **Friday** 10 a.m.-12 p.m.
Virtual [#913650-08](#) 1 session
- **Apr. 29** **Friday** 10 a.m.-12 p.m.
Virtual [#913650-09](#) 1 session

In-person (May)

- **May 6** **Friday** 10 a.m.-12 p.m.
Langston-Brown [Drop-In](#) 1 session
- **May 13** **Fridays** 10 a.m.-12 p.m.
Langston-Brown [Drop-In](#) 1 session
- **May 20** **Fridays** 10 a.m.-12 p.m.
Langston-Brown [Drop-In](#) 1 session
- **May 27** **Fridays** 10 a.m.-12 p.m.
Langston-Brown [Drop-In](#) 1 session

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.

SERVICES

Mac, iPhone, iPad

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

- **Mar. 2**
Aurora Hills **Wednesday** **10-10:45 a.m.**
[#913900-01](#) 1 session
- **Mar. 2**
Aurora Hills **Wednesday** **10:45-11:30 a.m.**
[#913900-02](#) 1 session
- **Mar. 2**
Aurora Hills **Wednesday** **11:30 a.m.-12:15 p.m.**
[#913900-03](#) 1 session
- **Mar. 9**
Aurora Hills **Wednesday** **10-10:45 a.m.**
[#913900-04](#) 1 session
- **Mar. 9**
Aurora Hills **Wednesday** **10:45-11:30 a.m.**
[#913900-05](#) 1 session
- **Mar. 9**
Aurora Hills **Wednesday** **11:30 a.m.-12:15 p.m.**
[#913900-06](#) 1 session
- **Mar. 16**
Aurora Hills **Wednesday** **10-10:45 a.m.**
[#913900-07](#) 1 session
- **Mar. 16**
Aurora Hills **Wednesday** **10:45-11:30 a.m.**
[#913900-08](#) 1 session
- **Mar. 16**
Aurora Hills **Wednesday** **11:30 a.m.-12:15 p.m.**
[#913900-09](#) 1 session
- **Mar. 23**
Aurora Hills **Wednesday** **10-10:45 a.m.**
[#913900-10](#) 1 session
- **Mar. 23**
Aurora Hills **Wednesday** **10:45-11:30 a.m.**
[#913900-11](#) 1 session
- **Mar. 23**
Aurora Hills **Wednesday** **11:30 a.m.-12:15 p.m.**
[#913900-12](#) 1 session
- **Apr. 6**
Aurora Hills **Wednesday** **10-10:45 a.m.**
[#913900-13](#) 1 session
- **Apr. 6**
Aurora Hills **Wednesday** **10:45-11:30 a.m.**
[#913900-14](#) 1 session
- **Apr. 6**
Aurora Hills **Wednesday** **11:30 a.m.-12:15 p.m.**
[#913900-15](#) 1 session
- **Apr. 13**
Aurora Hills **Wednesday** **10-10:45 a.m.**
[#913900-16](#) 1 session
- **Apr. 13**
Aurora Hills **Wednesday** **10:45-11:30 a.m.**
[#913900-17](#) 1 session
- **Apr. 13**
Aurora Hills **Wednesday** **11:30 a.m.-12:15 p.m.**
[#913900-18](#) 1 session
- **Apr. 20**
Aurora Hills **Wednesday** **10-10:45 a.m.**
[#913900-19](#) 1 session
- **Apr. 20**
Aurora Hills **Wednesday** **10:45-11:30 a.m.**
[#913900-20](#) 1 session

- **Apr. 20**
Aurora Hills **Wednesday** **11:30 a.m.-12:15 p.m.**
[#913900-21](#) 1 session
- **Apr. 27**
Aurora Hills **Wednesday** **10-10:45 a.m.**
[#913900-22](#) 1 session
- **Apr. 27**
Aurora Hills **Wednesday** **10:45-11:30 a.m.**
[#913900-23](#) 1 session
- **Apr. 27**
Aurora Hills **Wednesday** **11:30 a.m.-12:15 p.m.**
[#913900-24](#) 1 session
- **May 4**
Aurora Hills **Wednesday** **10-10:45 a.m.**
[#913900-25](#) 1 session
- **May 4**
Aurora Hills **Wednesday** **10:45-11:30 a.m.**
[#913900-26](#) 1 session
- **May 4**
Aurora Hills **Wednesday** **11:30 a.m.-12:15 p.m.**
[#913900-27](#) 1 session
- **May 11**
Aurora Hills **Wednesday** **10-10:45 a.m.**
[#913900-28](#) 1 session
- **May 11**
Aurora Hills **Wednesday** **10:45-11:30 a.m.**
[#913900-29](#) 1 session
- **May 11**
Aurora Hills **Wednesday** **11:30 a.m.-12:15 p.m.**
[#913900-30](#) 1 session
- **May 18**
Aurora Hills **Wednesday** **10-10:45 a.m.**
[#913900-31](#) 1 session
- **May 18**
Aurora Hills **Wednesday** **10:45-11:30 a.m.**
[#913900-32](#) 1 session
- **May 18**
Aurora Hills **Wednesday** **11:30 a.m.-12:15 p.m.**
[#913900-33](#) 1 session
- **May 25**
Aurora Hills **Wednesday** **10-10:45 a.m.**
[#913900-34](#) 1 session
- **May 25**
Aurora Hills **Wednesday** **10:45-11:30 a.m.**
[#913900-35](#) 1 session
- **May 25**
Aurora Hills **Wednesday** **11:30 a.m.-12:15 p.m.**
[#913900-36](#) 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.

- **Mar. 9**
Arlington Mill **Wednesday** **5-6 p.m.**
[#913900-37](#) 1 session
- **Apr. 27**
Arlington Mill **Wednesday** **5-6 p.m.**
[#913900-38](#) 1 session

TRAVEL



Steps or heavy walking;
wear comfortable shoes



Lunch or shopping on your own;
bring extra money



Activity is outdoors;
dress accordingly



Ticketed Event

MARCH 2022



Wed., March 2—National Museum of the U.S. Army

Ft. Belvoir, VA: Take a guided tour of this new museum, the first comprehensive national museum to capture, display and interpret over 245 years of Army history, as seen through the eyes of American soldiers. Explore further on your own. Lunch on your own at Museum Café. Masks required.

MAD 8:40 AM, GUN 9:00 AM, return 4:00 PM
#902203-01 \$14 resident / \$16 non-resident



Wed., March 9—"Sargent, Whistler and Venetian Glass" Exhibit at the Smithsonian American Art Museum

Washington, DC: View on your own the "Sargent, Whistler and Venetian Glass: American Artists and the Magic of Murano" exhibit, which brings to life the 19th century revival of Venetian glassmaking from the renowned island of Murano. With its dazzling, intricate and unique style, Murano became a center of experimentation and inspiration for American artists such as John Singer Sargent and James McNeill Whistler and greatly influenced American art and culture. Lunch on your own. Masks required.

MAD 10:40 AM, BAR 11:00 AM, return 4:15 PM
#902203-02 \$8 resident / \$9 non-resident



Mon., March 14—Tour of the Arlington Trades Center

Arlington, VA: The Arlington Trades Center is a 38-acre complex used for the County's governmental and school operations. Discover the inner workings of County functions through this guided tour of Arlington's vital services hub. Tour will include essential agencies responsible for repairing and maintaining County vehicles and buses; handling water distribution, storm sewers, streets and snow removal; operating County parks and community centers; training firefighters; public school transportation and collecting and processing refuse. Masks required.

MAD 10:25 AM, GUN 10:45 AM, return 1:30 PM
#902203-03 \$6 resident / \$7 non-resident



Tues., March 22—National Gallery of Art

Washington, DC: Tour the museum's permanent exhibit and enjoy lunch on your own. Don't miss special exhibit "James Van Der Zee's Photographs: A Portrait of Harlem," chronicling life in Harlem during the 1920s and 1930s. Before you go, view the NGA's podcast, <https://www.nga.gov/music-programs/podcasts/celeste-headlee-james-van-der-zee.html>, and video, <https://www.nga.gov/audio-video/video/itts-james-van-der-zee.html>. Masks required.

MAD 11:40 AM, BAR 12:00 PM, return 5:45 PM
#902203-04 \$11 resident / \$13 non-resident



Wed., March 30—Smithsonian National Air & Space Museum / Steven F. Udvar-Hazy Center

Chantilly, VA: Enjoy a guided highlights tour of the world's most significant objects documenting the history of aviation and space flight, including the Space Shuttle *Discovery* and the Concorde. There is also time to explore the museum on your own. Bring lunch to eat on the bus. Masks required.

MAD 12:40 PM, BAR 1:00 PM, return 6:30 PM
#902203-05 \$11 resident / \$13 non-resident

APRIL 2022



Wed., April 6—"Sargent, Whistler and Venetian Glass" Exhibit at the Smithsonian American Art Museum

Washington, DC: View on your own the "Sargent, Whistler and Venetian Glass: American Artists and the Magic of Murano" exhibit, which brings to life the 19th century revival of Venetian glassmaking from the renowned island of Murano. With its dazzling, intricate and unique style, Murano became a center of experimentation and inspiration for American artists such as John Singer Sargent and James McNeill Whistler and greatly influenced American art and culture. Lunch on your own. Masks required.

MAD 10:40 AM, BAR 11:00 AM, return 4:15 PM
#902204-01 \$8 resident / \$9 non-resident



Mon., April 11—Tour of the Arlington Trades Center

Arlington, VA: The Arlington Trades Center is a 38-acre complex used for the County’s governmental and school operations. Discover the inner workings of County functions through this guided tour of Arlington’s vital services hub. Tour will include essential agencies responsible for repairing and maintaining County vehicles and buses; handling water distribution, storm sewers, streets and snow removal; operating County parks and community centers; training firefighters; public school transportation and collecting and processing refuse. Masks required.
MAD 10:25 AM, GUN 10:45 AM, return 1:30 PM
#902204-02 \$6 resident / \$7 non-resident



Wed., April 13—Planet Word Museum

Washington, DC: Immerse yourself in the power, fun and beauty of words and language at this new museum housed in the historic Franklin School. Enjoy many interactive exhibits celebrating the written and spoken word. Masks required.
MAD 1:10 PM, GUN 1:30 PM, return 5:45 PM
#902204-03 \$11 resident / \$13 non-resident



Wed., April 20—“Whistler to Cassatt: American Painters in France” Exhibit at the Virginia Museum of Fine Arts

Richmond, VA: Tour the new “Whistler to Cassatt: American Painters in France” exhibit, showcasing the work of late 19th and early 20th century painters who left the U.S. as expatriates and came back as some of the greatest influencers to shape the course of American art. Also explore the treasured Mellon Collection of French Impressionist and Post-Impressionist works which recently returned to the museum after traveling nationally and internationally for the past four years. Lunch at the museum’s Best Café on your own. Masks required.
MAD 7:40 AM, GUN 8:00 AM, return 6:00 PM
#902204-04 \$37 resident / \$39 non-resident



Sat., April 23—Leesburg Flower and Garden Festival

Leesburg, VA: Celebrate the beginning of spring in historic downtown Leesburg where the streets will be taken over by amazing landscape displays, plants, flowers, garden tools, furniture and décor. Stroll through the exhibits, enjoy great food, live entertainment and much more. This festival has something for everyone, no matter your level of gardening expertise. Tour and dine on your own.
GUN 9:40 AM, MAD 10:00 AM, return 6:20 PM
#902204-05 \$11 resident/\$13 non-resident



Fri., April 29—A Day in Annapolis

Annapolis, MD: Savor a leisurely spring day in scenic, historic Annapolis, Maryland’s state capital. Annapolis was the nation’s first capital and boasts the oldest state capitol building in continuous use. Situated on the Severn River leading to the Chesapeake Bay, Annapolis is home to the U.S. Naval Academy and is a major center for boating and sailing. Saunter around the City Dock, shop, eat lunch on your own at one of Annapolis’ fabulous restaurants, visit the city’s historic homes and sites, and venture through the town’s charming colonial streets.
MAD 10:10 AM GUN 10:30 AM, return 4:50 PM
#902204-06 \$10 resident / \$12 non-resident

MAY 2022



Tues., May 3—Kenilworth Park and Aquatic Gardens

Washington, DC: Discover this hidden gem in the nation’s capital, the only national park devoted to cultivated water-loving plants. This unique habitat features over 45 ponds filled with a variety of water lilies and lotus, a boardwalk through the surrounding tidal marshes and access to the Anacostia Riverwalk Trail. Go birding, view wildlife, wander through the gardens, hike along the Anacostia River, take photographs and connect with nature in this idyllic setting.
MAD 8:10 AM BAR 8:30 AM, return 12:10 PM
#902205-01 \$8 resident / \$9 non-resident

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. Return times are estimated.
- Meals: When a meal choice is advertised, indicate your choice when you register. 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 Barcroft, parking is in the garage and pick-up is in the front of the center. At Madison and Gunston, parking is in regular lots and pick-ups are in the front of the center.



Fri., May 6—Flower Mart at Washington National Cathedral

Washington, DC: A sure sign that spring has arrived is the Flower Mart on the grounds of the Washington National Cathedral. This outdoor spring floral festival has been a Washington tradition for more than 75 years. The Flower Mart has something for everyone: floral displays sponsored by various embassies and their floral designers; sales of plants, herbs, food and gifts; live entertainment and rides on an antique carousel. Tour and dine on your own.

MAD 11:10 AM GUN 11:30 AM, return 5:45 PM
#902205-02 \$11 resident / \$13 non-resident



Thurs., May 12—“FUTURES” at Smithsonian Arts and Industries Building

Washington, DC: Catch a glimpse of what’s ahead at FUTURES, featuring interactive exhibits of innovative ideas, trends, art and technology that will shape our tomorrow. The Smithsonian’s Arts and Industries Building, the first U.S. National Museum Building, is home to this amazing experience of what’s possible. It was reopened for the first time in two decades to commemorate the Smithsonian’s 175th anniversary and connect the nation’s past with this imaginative look forward.

MAD 10:40 AM BAR 11:00 AM, return 4:15 PM
#902205-03 \$8 resident / \$9 non-resident



Sat., May 14—Black Broadway Walking Tour

Washington, DC: Once known as “Black Broadway,” Washington’s U Street Corridor was a vibrant center of African American culture, bustling nightlife and thriving Black-owned businesses in the face of Jim Crow laws. Local author and journalist Briana A. Thomas, who wrote *Black Broadway in Washington, DC*, will lead a private walking tour of the area’s rich and unique history. Masks required.

MAD 10:10 AM GUN 10:30 AM, return 1:45 PM
#902205-04 \$54 resident / \$62 non-resident



Wed., May 18—A Day in Fredericksburg

Fredericksburg, VA: Walk, shop, dine and explore Old Town Fredericksburg. Site of one of the largest and deadliest Civil War battles, Fredericksburg holds history in every step—the town was bombarded with artillery, ransacked and many homes were used as hospitals. Fredericksburg offers quaint streets, historic homes, taverns and museums to intrigue you. Lunch on your own.

MAD 10:40 AM GUN 11:00 AM, return 4:15 PM
#902205-05 \$8 resident / \$9 non-resident



Tues., May 24—“Whistler to Cassatt: American Painters in France” Exhibit at the Virginia Museum of Fine Arts

Richmond, VA: Tour the new “Whistler to Cassatt: American Painters in France” exhibit, showcasing the work of late 19th and early 20th century painters who left the U.S. as expatriates and came back as some of the greatest influencers to shape the course of American art. Also explore the treasured Mellon Collection of French Impressionist and Post-Impressionist works which recently returned to the museum after traveling nationally and internationally for the past four years. Lunch at the museum’s Best Café on your own. Masks required.

MAD 7:40 AM, GUN 8:00 AM, return 6:00 PM
#902205-06 \$37 resident / \$39 non-resident

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, February 16 at 10 a.m. **Out-of-County residents** may begin on Thursday, February 17 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. 38 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.

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 Administrative Services at 703-228-4747 for refund requests for 55+ trips.

COMMUNITY PARTNERS

THE ALLIANCE FOR ARLINGTON SENIOR PROGRAMS

The Alliance for Arlington Senior 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. Thanks to their generosity, 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



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 a medical appointment, 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. 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 Wednesdays at 10 a.m.** Go to www.arlnvil.org/calendar to learn more and get the Zoom link.



Arlington Neighborhood Village
Making Arlington your home for a lifetime

ENCORE LEARNING

Encore Learning provides people over age 50 with high-quality lifelong learning and social opportunities at a reasonable cost. Encore Learning offers daytime, college-level courses, clubs and special events.

Encore Learning's spring semester is here and there is a robust selection of 35 courses including: 18 new courses, 14 in-person courses and 21 virtual courses. Sign up today for courses that run from March to May.

Courses are being offered virtually via Zoom, in-person at George Mason University Arlington Campus, and in-person at different offsite locations.

Stay connected with us and learn about all of our activities by subscribing to our newsletter on the Encore Learning website. Membership is \$65/ year. For more information or to become a member, visit www.EncoreLearning.net or email us at info@encorelearning.net.



HOW TO REGISTER

Registration Opens:

- February 16 at 10 a.m. (Arlington County)
- February 17 at 10 a.m. (Out-of-County)

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.

- 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

Vera Libeau / Chair

Sue Lang / Vice Chair

Sandi Steinberg / Secretary

Valerie Turner / Treasurer

Marilyn Marton / Past Chair

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.

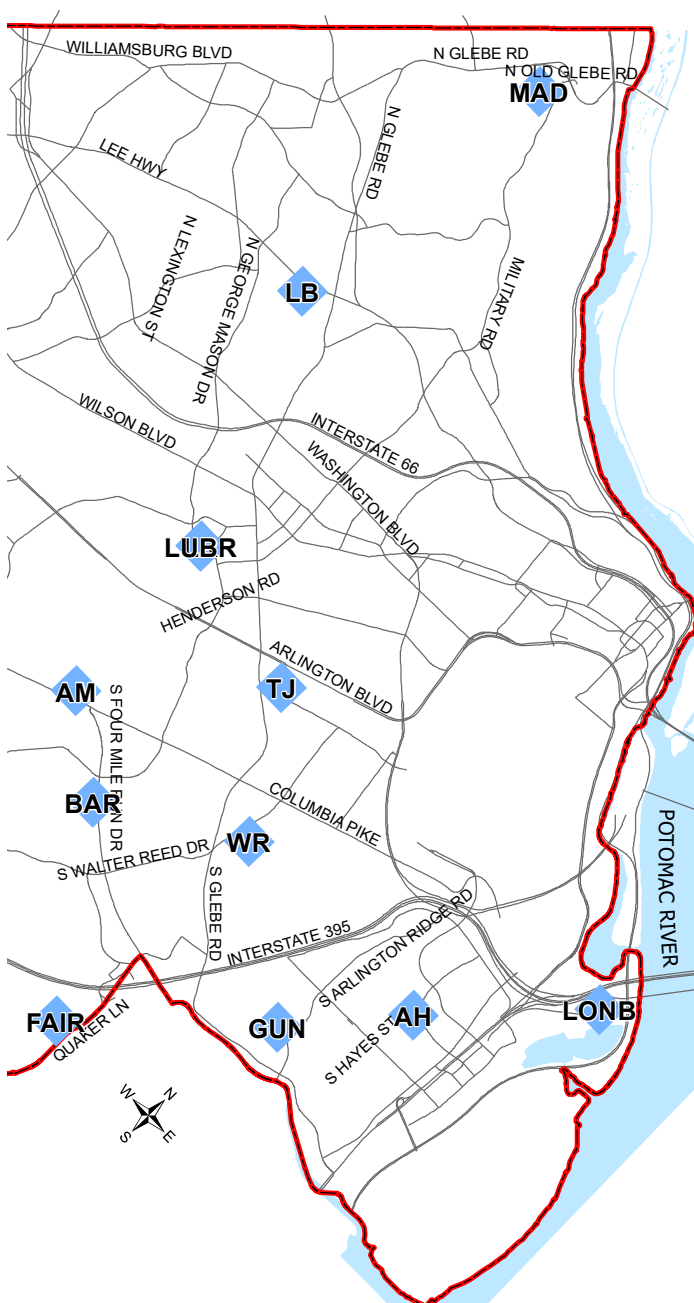


CONNECT & LOCATE

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
Brittany Miller: bmiller1@arlingtonva.us
MF: 8-8, 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