

55+⁺ ARLINGTON COUNTY GUIDE

EXERCISE
TRAVEL
CONNECTIONS
and MORE



Dance Into the New Year **4 & 5**
Celebrate Black History Month **6**
Evening and Weekend Programs **12**
Hobbies to Explore! **23-28**
Try Cycling **30 & 34**



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 (pre-registration not needed for a drop-in, but 55+ Pass is still required).

- See page 48 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!

This edition of the 55+ Guide is full of programs to get you excited for the winter months! We'll be kicking off the season with festive activities from luncheons and sing-alongs to wreath making and holiday recipe demonstrations. Then we'll welcome 2023 with the Dancing Through the Decades New Year's Eve Celebration (page 4). Black History Month in February will bring a great selection of programs exploring black history in our country, state, and right here in Arlington County (page 6).

We know not everyone in the 55+ community is retired, so we continue to work to add more evening and weekend programs to fit everyone's schedules. See page 12 for a listing of these programs in the coming months.

We hope this guide will help you fulfill your New Year's resolutions with new social activities, fitness programs, learning opportunities, arts, travel and more!

Happy Holidays!

Jennifer Collins, CPRP
Office of 55+ Programs

Registration Opens:

- **November 16 at 10 a.m. (Arlington County)**
- **November 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 page 48.

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.

Cover: Gladis Chumpitaz (left) and Rosario Correa (right) celebrating Multi-Cultural Day. Photo Credit: Stephanie Toma

THE SCOOP:

55+ Centers will be closed on:

- Monday, Dec. 26
- Monday, Jan. 2
- Monday, Jan. 16
- Monday, Feb. 20

Registration Info: page 48

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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

GET TOGETHERS

Get to Know Ashley Gomez-Figueredo

Ashley Gomez-Figueredo, the new Lubber Run 55+ center director, wants to hear from you! Learn about Ashley's background as well as her plans for the 55+ program at Lubber Run. Bring your suggestions and questions.

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|-------------------------|---|-------------------------------------|
| • Dec. 27
Lubber Run | Tuesday
#912801-01 | 11 a.m.-12 p.m.
1 session |
| • Feb. 16
Lubber Run | Thursday
#912801-02 | 10-11 a.m.
1 session |

Records and Rootbeer Floats

Sip a tasty treat while listening to your favorite music on vinyl. Bring some of your records to share with the group or simply show up with listening ears!

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|-------------------------|---|------------------------------|
| • Jan. 19
Lubber Run | Thursday
#912801-03 | 6-7 p.m.
1 session |
|-------------------------|---|------------------------------|

Latte Lounge

Enjoy a hot caffè latte on a cold day made by volunteer barista Ben Childers. Both decaf and regular will be served.

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|--------------------------|---|--------------------------------|
| • Feb. 24
Walter Reed | Friday
#912801-04 | 10-11 a.m.
1 session |
|--------------------------|---|--------------------------------|

Morning Meetup

Start your week off right with great conversation and friends. BYOC - Bring Your Own Coffee - and enjoy!
No program 12/26, 1/2, 1/16 and 2/20.

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|--------------------------------|--------------------------------|
| • Mondays
Lubber Run | 10-11 a.m.
Drop-In |
| • Wednesdays
Langston-Brown | 9:30-11 a.m.
Drop-In |



DANCING THROUGH THE DECADES NEW YEAR'S EVE CELEBRATION

Fri., Dec. 30, 2-4 p.m.
Lubber Run 55+ Center
Cost: \$10



Bring on the new year! Come dressed according to the fashion trends of your favorite decade and enjoy music and dancing from every era. There will be light refreshments and prizes sponsored by the Alliance for Arlington Senior Programs and the Senior Adult Council. To register please call 703-228-4771.

Celebrating Together

Holiday Recipe Exchange

Thurs., Dec. 1, 6-7 p.m. at Lubber Run

Get new ideas for tasty treats this season. Bring your favorite holiday recipes that you would like to share and leave with new and fun recipes to try. Hosted by 55+ Center Director Ashley Gomez.

Register: [#912890-01](#)

Happy Holidays Lunch

Wed., Dec. 7, 11:30 a.m.-1:30 p.m. at Walter Reed

Join us for this special celebration of the holiday season sponsored by the Walter Reed Advisory Committee and the Alliance for Arlington Senior Programs. Light lunch will be served as well as entertainment and games. **A \$5 fee will be collected by the Advisory Committee: payment instructions will be provided after registration.**

Register: [#912890-02](#)



Holiday Trivia and Social

Thurs., Dec. 8, 11 a.m.-12 p.m. at Langston-Brown

Test your holiday trivia skills while enjoying holiday treats. Trivia is a great way to learn facts while having fun with friends. Snacks provided by the Langston-Brown Advisory Committee.

Register: [#912890-03](#)

Evergreen Wreath Making

Fri., Dec. 9, 11 a.m.-12 p.m. at Langston-Brown

Join Master Gardener of Northern Virginia Lynn Berry for a hands-on workshop on using natural materials to make holiday wreaths. All supplies will be available but please bring garden gloves, clippers and any other decorative touches you would like to add. This program is sponsored in part by the Alliance for Arlington Senior Programs.

Register: [#912890-04](#)



Holiday Charcuterie Ideas

Thurs., Dec. 15, 11 a.m.-12 p.m. at Langston-Brown

Join Virginia Cooperative Extension volunteers to learn how to make a healthy, delicious and festive charcuterie board for this holiday season.

Register: [#912890-05](#)



Holiday Karaoke

Thurs., Dec. 15, 6-7 p.m. at Lubber Run

Join us for a fun holiday sing along with your favorite tunes. All languages and traditions are welcome!

Register: [#912890-06](#)

Aurora Hills Holiday Party

Fri., Dec. 16, 1-2:30 p.m. at Aurora Hills

Come to Aurora Hills for the annual holiday party and sing-along with songs of the season! Refreshments will be served along with good cheer and merry-making.

Sponsored by the Aurora Hills Advisory Committee and the Alliance for Arlington Senior Programs. **A \$5 fee will be collected by the Advisory Committee: payment instructions will be provided after registration.**

Register: [#912890-07](#)



Holiday Sing-Along

Tues., Dec. 20, 10:30-11:30 a.m. at Langston-Brown

Join The Evergreens Duo as they lead a holiday sing-along with your favorite holiday classics. Song sheets will be provided.

Register: [#912890-08](#)

New Year's Resolution Vision Boards

Wed., Jan. 4, 3-4:30 p.m. at Arlington Mill

As the new year begins, we all have resolutions in mind. Come attend this art class led by 55+ Center Director Shettima Abdulmalik where you will make vision boards to help you keep your goals in the front of your mind all 2023. Supplies will be provided.

Register: [#912890-09](#)

New Year, New Recipes

Tues., Jan. 10, 11:30 a.m.-12:30 p.m., Virtual

Time for some new recipes! Bring a recipe to share and learn a new one from a Master Food Volunteer from the Virginia Cooperative Extension. They will also highlight traditional New Year's Day recipes that feature beans and greens!

Register: [#912890-10](#)

Honoring Black History Month

King and Eisenhower Memorials

Wednesdays, Jan. 11 and Feb. 22, 1:30-2:30 p.m.
Aurora Hills 55+ Center

Commemorate Martin Luther King Day and Presidents' Day at Aurora Hills with a look into the national memorials of Dr. Martin Luther King Jr. and President Dwight D. Eisenhower presented by Eugene Ritzenhaler, a volunteer at the Trust for the National Mall. Jan. 11: The Martin Luther King Jr. Memorial; Feb. 22: The Dwight D. Eisenhower Memorial.

Register: [#912899-01](#) (Jan. 11)

Register: [#912899-02](#) (Feb. 22)

MLK's "I Have a Dream" Speech

Thurs., Jan. 12, 1:30-2:30 p.m.

Virtual

Almost sixty years later, Martin Luther King Jr.'s "I Have a Dream" speech is still one of the greatest speeches in U.S. history. Retired George Mason University communications professor Don Boileau analyzes what makes the speech so inspiring and powerful.

Register: [#912899-03](#)

Creating African Masks

Mon. - Fri., Feb. 2-10, 2-4:30 p.m.

Arlington Mill 55+ Center

Join 55+ Center Director Shettima Abdulmalik as he instructs you on how to sculpt realistic looking African masks using cardboard and paint. All artistic levels are welcome to attend and work at their own pace: students will have the opportunity to attend 4 to 7 sessions to complete their projects. Supplies will be provided. Please register by Jan. 30.

Register: [#912899-04](#)

Black Women Empowerment

Sat., Feb. 4, 10-11 a.m.

Lubber Run 55+ Center

As Black and Afro-Latina women, there are many challenges lying underneath the surface of our lives. This workshop will help you uncover and face them through discussions with other participants and knowledgeable facilitators: Jane Morrison, executive director of Mosaic Forum; Martha Perea, CEO of Senior Solutions Group LLC; and Donna Gayles, associate director of the Center for Health Equity at Capital Caring Health.

Register: [#912899-05](#)

Author Wilma Jones: My Halls Hill Family

Thurs., Feb. 9, 11 a.m.-12 p.m.

Langston-Brown 55+ Center

Wilma Jones has accomplished a great deal in her lifetime as a businesswomen, blogger, producer, activist and author of the book *My Halls Hill Family: More Than a Neighborhood*. Join her as she shares amazing stories about Halls Hill and learn how this once segregated community flourished.

Register: [#912899-06](#)

Narratives of Enslaved Virginians

Thurs., Feb. 9, 11:30 a.m.-12:30 p.m.

Virtual

In the 1930s, Federal Writers' Project researchers with the Works Progress Administration interviewed formerly enslaved Virginians to preserve their stories. Library of Congress (LOC) Reference Specialists Dr. Sibyl Moses and Angela McMillian and author/professor David A. Taylor will discuss the project, its legacy and LOC resources documenting the voices of enslaved African Americans.

Register: [#912899-07](#)



America's First Black Senators

Thurs., Feb. 23, 1:30-2:30 p.m.

Walter Reed 55+ Center

Virtual

Pay tribute to two remarkable trailblazers: Hiram Revels, the first African American to serve in the Senate; and Blanche K. Bruce, born a slave in Virginia, the first African American to serve a full term and preside over the Senate. Dan Holt, historian with the U.S. Senate Historical Society, will share their extraordinary stories. The presenter will be appearing onscreen via Zoom at the center or you can watch the live broadcast at home - sign up based on your preference.

Register: [#912899-08](#) (Walter Reed)

Register: [#912899-09](#) (Virtual)

Above: Hiram Revels and Blanche K. Bruce.
Image credit: Library of Congress, Washington, D.C.

**Check out p. 46 for 55+ Travel's
"Arlington Black History Bus Tour"
on Wed., Feb. 22.**



DANCE

Introduction to Line Dance

Never line danced before but want to join the fun? Learn the basic steps. **No program 12/23 and 12/30.**

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. **No program 12/23 and 12/30.**

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

Line Dance Practice Group NEW

Practice time for experienced and advanced line dancers! 55+ volunteer Kitty Russel will provide a quick demo of each dance, then you all dance along. **No program 12/26, 1/2, 1/16 and 2/20.**

- **Mondays & Wednesdays** 10-11:15 a.m.
Arlington Mill Drop-In

Open Latin Dance

Salsa, bachata, rumba, cha-cha-cha, merengue — dance to popular Latin music on January 13. No partner needed.

- **Jan. 13** Friday 11 a.m.-12:45 p.m.
Arlington Mill Drop-In 1 session

Social Ballroom Dance

Enjoy the company of friends old and new on a spacious dance floor. Dances vary between tango, waltz, foxtrot and swing. All will have the opportunity to dance and have fun. No instruction will be provided and no partners are needed. Meets the first and third Fridays of the month at Lubber Run and the fourth Friday of the month at Arlington Mill.

- **First & Third Fridays** 1:45-3:15 p.m.
Lubber Run Drop-In
- **Fourth Fridays** 1-3 p.m.
Arlington Mill Drop-In



LOVELY DESSERTS

Tues., Feb. 7, 11:30 a.m.-12:30 p.m., Virtual

Learn some sweet and nutritious but delicious recipes for your sweetheart this Valentine's Day. Presented by a Master Food Volunteer with the Virginia Cooperative Extension.

Register: [#912890-11](#)

VALENTINE'S DAY SOIREE

Mon., Feb. 13, 1-2:30 p.m. at Aurora Hills

Enjoy some coffee, dessert and classic love songs by pianist Valerie Welsh.

Register: [#912890-12](#)

"PAL"ENTINE'S DAY SOCIAL

Tues., Feb. 14, 6-7:30 p.m. at Walter Reed

Celebrate 55+ friends with games, laughter and music. Ice breakers and games will be played to celebrate new friends and old.

Register: [#912890-13](#)



THE MOVIES

Movies at Aurora Hills

Enjoy classic and modern movies at Aurora Hills with fellow 55+ friends. Dec. 23: Holiday Fun: *Scrooged* (2016) (PG-13); Dec. 30: In Memoriam Queen Elizabeth: *The Queen* (2006) (PG-13); Jan. 27: Black History Month: *Just Mercy* (2019) (PG-13); Feb. 10: Romantic Comedy-Drama: *I'll See You In My Dreams* (2015) (PG-13).

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|--------------|----------------------------|-----------------|
| • Dec. 23 | Friday | 12:30-2:30 p.m. |
| Aurora Hills | #912804-01 | 1 session |
| • Dec. 30 | Friday | 12:30-2:30 p.m. |
| Aurora Hills | #912804-02 | 1 session |
| • Jan. 27 | Friday | 12:30-2:30 p.m. |
| Aurora Hills | #912804-03 | 1 session |
| • Feb. 10 | Friday | 12:30-2:30 p.m. |
| Aurora Hills | #912804-04 | 1 session |

Movie Matinee

Steal away and catch some great afternoon movie entertainment at Lubber Run. Join us for a screening of *Downton Abbey* (2019) (PG), a historical drama film written by Julian Fellowes.

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| • Jan. 31 | Tuesday | 1-3 p.m. |
| Lubber Run | #912804-05 | 1 session |

Movies at the Mill

NEW

Come out to Arlington Mill and enjoy your favorite movies on our big screen. Enjoy new titles and old classics. After the movie stay behind to discuss your favorite scenes and performances. December: *Miracle on 34th Street* (1947) (G); January: *Father Stu* (2022) (R); February: *Wakanda Forever* (2022) (PG-13).

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|----------------|----------------------------|-------------|
| • Dec. 15 | Thursday | 1-3:30 p.m. |
| Arlington Mill | #912804-06 | 1 session |
| • Jan. 19 | Thursday | 1-3:30 p.m. |
| Arlington Mill | #912804-07 | 1 session |
| • Feb. 16 | Thursday | 1-3:30 p.m. |
| Arlington Mill | #912804-08 | 1 session |

Movies and Munchies at Walter Reed

NEW

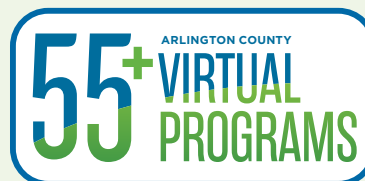
Join us for award-winning movies, light refreshments and discussion at the conclusion. We'll show films that have won an Oscar, Golden Globe, Film Festival or AARP Movies for Grownups award in a major category. December: *West Side Story* (2021) (PG-13); January: *The Descendants* (2011) (R); February: *The Leisure Seeker* (2017) (R).

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| • Dec. 8 | Thursday | 3-6 p.m. |
| Walter Reed | #912804-09 | 1 session |
| • Jan. 12 | Thursday | 3-5 p.m. |
| Walter Reed | #912804-10 | 1 session |
| • Feb. 9 | Thursday | 3-5 p.m. |
| Walter Reed | #912804-11 | 1 session |

Movie Night

Have a great time viewing top-quality movies with 55+ friends at Lubber Run's Movie Night. Join us for a screening of *Elvis* (2022) (PG-13), Baz Luhrmann's acclaimed biopic about the King of Rock and Roll.

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|------------|----------------------------|-----------|
| • Feb. 23 | Thursday | 6-8 p.m. |
| Lubber Run | #912804-12 | 1 session |



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. Look for episodes of *55+ Live*, which feature a variety of 55+ related segments and updates.

Visit youtube.com/virtualprograms

WELLNESS

Navigating Medicaid Waivers

When you have a loved one with a disability, where do you turn for the help you need? Shalini Mikos with At Home Your Way will help navigate the process of obtaining Virginia Medicaid waivers and provide information about the extra support and resources provided through the waivers.

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| • Dec. 6 | Tuesday | 11:30 a.m.-12:30 p.m. |
| Virtual | #912500-05 | 1 session |
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Services for the Blind and Vision Impaired

Join Alexander Castillo from the Virginia Department for the Blind and Vision Impaired (DBVI) to learn about low vision and blindness, the services provided by DBVI, and other tips to help with vision loss.

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|-----------|----------------------------|-----------|
| • Dec. 14 | Wednesday | 1-2 p.m. |
| Virtual | #912500-06 | 1 session |
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Stay in the Game Injury Free

Feeling stiff or achy in the gym? Are nagging injuries or pain limiting you in sports? Learn how to enjoy exercise again in this presentation by physical therapist Dr. Jahan Shiekh. Get empowered with nutrition, exercise, and recovery strategies to take charge of your fitness and stay in the game.

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|-------------|----------------------------|-----------|
| • Dec. 15 | Thursday | 1-2 p.m. |
| Walter Reed | #912500-07 | 1 session |
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Remote Care Technology

Anthony Nunez, CEO of INF Care, offers an introduction to how you can use technology to stay independent. He will cover the pros and cons of various remote care options and use a specific example of remote care technology to help you understand how it could fit into your life.

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|------------|----------------------------|-----------------|
| • Dec. 20 | Tuesday | 10 a.m.-12 p.m. |
| Lubber Run | #912500-08 | 1 session |
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Dementia 101

Kay Yong, education and outreach manager for Insight Memory Care Center, will discuss basic information about dementia including the latest progress in science and medicine. The talk will address some of the greatest challenges of caring for a loved one with dementia as their personality and behavior changes.

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|----------------|----------------------------|-----------|
| • Jan. 18 | Wednesday | 12-1 p.m. |
| Arlington Mill | #912500-09 | 1 session |
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Preventing or Delaying Dementia

It's never too soon to start thinking about your brain health. Dr. DiPietro from the George Washington Brain Institute will teach attendees what puts them at a higher risk for dementia and what they and their loved ones can do to reduce their risk.

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| • Jan. 11 | Wednesday | 10-11 a.m. |
| Lubber Run | #912500-10 | 1 session |
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Normal Aging vs. Dementia

A discussion on changes that occur with age, warning signs of a memory problem and what to do if someone you love is experiencing symptoms. Presented by Lindsey Vajpeyi, director of education and outreach for the Insight Memory Care Center.

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| • Feb. 1 | Wednesday | 12-1 p.m. |
| Arlington Mill | #912500-11 | 1 session |
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Brain Health as You Age

Learn about brain related changes in memory and learning from Kay Yong, education and outreach manager for Insight Memory Care Center. She will also give some tips for healthy practices to keep your brain sharp. Learn what to expect, what's normal and when to seek medical attention.

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|----------------|----------------------------|-----------|
| • Feb. 22 | Wednesday | 12-1 p.m. |
| Arlington Mill | #912500-12 | 1 session |
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Aging Skin

Explore several aging myths with Dr. Matt Livingood from Arlington Dermatology and receive guidance on how to have a more in-depth discussion about your skin and healthy aging.

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| • Jan. 4 | Wednesday | 10-11 a.m. |
| Lubber Run | #912500-13 | 1 session |
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FLIP THE SCRIPT ON AGING

Most Americans have fears associated with aging. How can we flip the script and feel more prepared? Join us for a free, four-part series exploring this topic led by Licensed Occupational Therapist and Brain Injury Certified Specialist Christine Crawford.

SESSION 1: Addressing Fears, Busting Myths and Lengthening Life

Wed., Jan. 25, 1-2 p.m. at Aurora Hills

Find out what percentage of life span correlates to genetics versus lifestyle, what modifiable factors most contribute to longevity, and what those who are defying age-related stereotypes can teach us all.

Register: [#912500-01](#)

SESSION 2: The Power of Our “Mental Muscle” in Successful Aging

Wed., Feb. 1, 1-2 p.m. at Aurora Hills

Unlike a chiseled physique, our mental muscle isn't directly visible, but that does not make it any less powerful in its contribution to successful aging. Learn how to build your mental muscle and tackle emotional challenges common with aging.

Register: [#912500-02](#)

SESSION 3: Tips for Aging in Place, from Minor Changes to Home Renovations

Wed., Feb. 8, 1-2 p.m. at Aurora Hills

Most of us prefer to live in our homes for as long as possible. Learn about the most common barriers to safely aging in place as well as strategies to modify your home, from minor changes to home renovations.

Register: [#912500-03](#)

SESSION 4: Exercise is the Antidote: Why Each of Us Can and Should Exercise

Wed., Feb. 15, 1-2 p.m. at Aurora Hills

Inactivity is one of the most highly correlated modifiable risk factors associated with physical and mental decline as we age. Learn how to build activity into daily life, even with comorbidities (co-existing conditions such as arthritis or diabetes).

Register: [#912500-04](#)

Hearing Aid Program

Are you or one of your loved ones experiencing hearing difficulties? Learn more about the hearing evaluation, how to interpret an audiogram, types and styles of hearing aids, and whether or not over-the-counter hearing aids might be an option for you. Presented by Bonnie O'Leary, Certified Peer Mentor and Outreach Manager with Northern Virginia Resource Center for Deaf and Hard of Hearing Persons (NVRC).

• Jan. 30 Aurora Hills	Monday #912500-14	1-2 p.m. 1 session
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Over-the-Counter Hearing Aids

Now that the Food and Drug Administration has authorized the sale of hearing aids over the counter, there are many factors to consider in deciding whether this option is right for you. Amy Bernstein, Au.D., FAAA, clinical audiologist with Lesner Hearing Services, will discuss the benefits and drawbacks of over-the-counter hearing aids.

• Feb. 17 Virtual	Friday #912500-15	1-2 p.m. 1 session
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Hearing Aids – Beware and Be Wise

Bonnie O'Leary, outreach manager for the Northern Virginia Resource Center for Deaf and Hard of Hearing Persons (NVRC), will discuss hearing loss, the hearing evaluation, how to interpret an audiogram, different types of hearing aids, over-the-counter hearing aids and useful apps.

• Feb. 28 Lubber Run	Tuesday #912500-16	10-11 a.m. 1 session
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Some Drugs Don't Mix!

Common over-the-counter drugs like aspirin, antacids and cold medicine sound innocuous, but they may be harmful if you take certain prescription medicines. Pharmacy student interns with Preston's Pharmacy will discuss potentially dangerous drug interactions to avoid.

• Jan. 5 Virtual	Thursday #912500-17	11:30 a.m.-12:30 p.m. 1 session
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What is Acupuncture?

Acupuncture is a traditional Chinese medicine practice: it is a timeless medicine for modern times. Join acupuncturist Becky Reynolds, FNP, L.Ac, to learn what it is, how it works and what the possible benefits are from this ancient practice.

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| • Jan. 12 | Thursday | 11 a.m.-12 p.m. |
| Langston-Brown | #912500-18 | 1 session |

Rest Easy: Getting a Good Night's Sleep

Still tired when you wake up in the morning? Join Kate Chutuape from Virginia Hospital Center to learn practical strategies for developing better sleep habits. Participants are taught how to identify behaviors that may signal a problem, the most common sleep problems, self-care skills for insomnia and professional resources when self-care isn't enough.

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| • Feb. 28 | Tuesday | 11 a.m.-12 p.m. |
| Virtual | #912500-19 | 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. **No program 12/26.**

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|---------------------------|----------------|
| • Second & Fourth Mondays | 1:30-2:30 p.m. |
| Langston-Brown | Drop-In |

NUTRITIOUS AND DELICIOUS

Cooking Demonstrations

Winter is here, and that means the return of some delicious seasonal flavors! Join Virginia Cooperative Extension Master Food volunteers to learn fun new ways to use your favorite winter ingredients and get some tasty recipe ideas for the holidays.

Winter Squash

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| • Dec. 8 | Thursday | 11 a.m.-12 p.m. |
| Walter Reed | #912501-01 | 1 session |

Cooking with Sage

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| • Dec. 21 | Wednesday | 10:30-11:30 a.m. |
| Arlington Mill | #912501-02 | 1 session |

Food Safety at Home

Learn all about food storage, expiration dates and how to properly store your food with Virginia Cooperative Extension.

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|------------|----------------------------|------------|
| • Jan. 10 | Tuesday | 10-11 a.m. |
| Lubber Run | #912501-03 | 1 session |

Build Your Own Veggie Burger

A homemade veggie burger can be a hard recipe to perfect. Learn the basics of building a veggie burger and the three vital components that will make it taste good and hold up to a bun. Led by 55+ Center Director Jennifer Weber.

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|-------------|----------------------------|-----------|
| • Jan. 24 | Tuesday | 6-8 p.m. |
| Walter Reed | #912501-04 | 1 session |

Heart Healthy Recipes

February is Heart Health Awareness Month. Join Virginia Cooperative Extension Master Food Volunteers for a food demonstration on how eating for heart health can be easy and delicious!

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| • Feb. 16 | Thursday | 11 a.m.-12 p.m. |
| Virtual | #912501-05 | 1 session |

PREVENTING FALLS

Stay Active and 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 12/26, 1/2, 1/16, and 2/20.**





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| • Dec. 12 - Mar. 27 | Monday & Thursdays | 1-2 p.m. |
| Lubber Run | #912502-01 | 27 sessions |

Evening and Weekend Programs

Still working nine to five? Don't let your schedule be a barrier! The Office of 55+ Programs has plenty of evening and weekend programs planned for this winter so you can join in the fun.



We also offer late afternoon fitness classes and other opportunities for you to reach your fitness goals.

Tuesdays	Wednesdays	Thursdays	Weekends
<p>Bunco Bunch 4:15-6 p.m. Dec. 20, Jan 17, Feb. 21 Walter Reed (Pg. 37)</p> <p>Ukulele 4:30-5:30 p.m. Dec. 6, Dec. 20, Jan. 3 Jan. 17, Feb. 7, Feb. 21 Walter Reed (Pg. 28)</p> <p>Escape Room Returns 5-6 p.m., Jan. 31 6:30-7:30 p.m., Feb. 28 Walter Reed (Pg. 37)</p> <p>Google Drive 101 6-7 p.m., Dec. 13 Walter Reed (Pg. 21)</p> <p>Public Transport Apps and Maps 6-7 p.m., Jan. 10 Walter Reed (Pg. 21)</p> <p>Build Your Own Veggie Burger 6-8 p.m., Jan. 24 Walter Reed (Pg. 11)</p> <p>"Pal"entine's Day Social 6-7:30 p.m., Feb. 14 Walter Reed (Pg. 7)</p> <p>Exploring New-School Chat Rooms 6:30-8:30 p.m., Feb. 7 Walter Reed (Pg. 22)</p> <p>Water Conservation 6:30-7:30 p.m., Feb. 21 Walter Reed (Pg. 13)</p> <p>Acoustic Café 7-8:30 p.m., Dec. 20 Walter Reed (Pg. 24)</p>	<p>Karaoke 4-6 p.m. Dec. 7 - Feb. 15 Arlington Mill (Pg. 28)</p> <p>Play Pickleball  4-8:30 p.m. Dec. 7 - Feb. 24 Arlington Mill, drop-in (Pg. 35)</p> <p>The Lost City of Jackson 5-5:45 p.m., Jan. 18 Virtual (Pg. 16)</p> <p>Traditional Hatha Yoga  4-5:15 p.m. Dec. 7 - Feb. 17 Lubber Run, cost: \$82.50 (Pg. 31)</p> <p>Android Phone Class 4-5 p.m., Feb. 15 Arlington Mill (Pg. 22)</p> <p>Women's Drop-in Basketball  7-9 p.m. Dec. 7 - Feb. 22 Langston-Brown, drop-in (Pg. 36)</p>	<p>Holiday Recipe Exchange 6-7 p.m., Dec. 1 Lubber Run (Pg. 5)</p> <p>Pickleball for Beginners  6-7 p.m., Dec. 8 - Jan. 26 Lubber Run, cost: \$48 (Pg. 34)</p> <p>What Can Your Amazon Account Do? 6-7 p.m., Dec. 8 Lubber Run (Pg. 21)</p> <p>Holiday Karaoke 6-7 p.m., Dec. 15 Lubber Run (Pg. 5)</p> <p>Winter Survivors 7-8 p.m., Dec. 15 Virtual (Pg. 16)</p> <p>Trivia Night 6-7 p.m., Dec. 29 Lubber Run (Pg. 37)</p> <p>Email Basics 6-7 p.m., Jan. 12 Lubber Run (Pg. 21)</p> <p>Records and Rootbeer Floats 6-7 p.m., Jan. 19 Lubber Run (Pg. 4)</p> <p>Jeopardy Night 6-7 p.m., Jan. 26 Lubber Run (Pg. 38)</p> <p>Game Night 6-7 p.m., Feb. 9 Lubber Run (Pg. 37)</p> <p>Movie Night 6-8 p.m., Feb. 23 Lubber Run (Pg. 8)</p>	<p>Rummikub 10 a.m.-12 p.m., Saturdays, Arlington Mill and Walter Reed, drop-in (Pg. 39)</p> <p>Yarn Circle 1-4 p.m., Sundays, Walter Reed, drop-in (Pg. 27)</p> <p>Mah Jongg 12-4 p.m., Saturdays, Walter Reed, drop-in (Pg. 39)</p> <p>GranDay: Winter Wonderland Ball 2-4:30 p.m., Dec. 7 Lubber Run, cost \$10 (Pg. 20)</p> <p>Creating 3-D Holiday Cards 1:30-3:30 p.m., Dec. 18 Arlington Mill (Pg. 26)</p> <p>Social Art Swap 1:30-3:30 p.m. Jan. 29 and Feb. 26 Arlington Mill (Pg. 23)</p> <p>Black Women Empowerment 10-11 a.m., Feb. 4 Lubber Run (Pg. 6)</p> <p>GranDay: Sweetheart Paint Along 10 a.m.-12 p.m. Feb. 11 Fort C.F. Smith Park (Pg. 20)</p>

LECTURES & LEARNING

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.

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| • Jan. 25 | Wednesday | 11:30 a.m.-12:30 p.m. |
| Virtual | #912400-01 | 1 session |

Stopping Opioid Overdose Deaths

Naloxone (Narcan) can reverse an opioid overdose. This hour-long training includes: how opioid overdoses happen, how to obtain and administer Naloxone, and how to respond to an overdose. Presented by staff from the Arlington County Department of Human Services.

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| • Dec. 12 | Monday | 11 a.m.-12 p.m. |
| Walter Reed | #912400-02 | 1 session |

Habitat for Humanity Home Repair

Habitat for Humanity DC-NOVA and partners are now providing repairs to lower-income individuals in Arlington and Fairfax Counties and the Cities of Alexandria, Fairfax and Falls Church. Learn more about Habitat for Humanity and this new program from Home Repair Program Manager Emma Hollandsworth.

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| • Dec. 12 | Monday | 12:30-1:30 p.m. |
| Aurora Hills | #912400-03 | 1 session |

Love Furry Friends?

Discuss opportunities for volunteering and how to adopt or foster a new pet this holiday season with a representative from the Animal Welfare League of Arlington.

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| • Dec. 16 | Friday | 10-11 a.m. |
| Lubber Run | #912400-04 | 1 session |

Identity Theft

Virginia Cooperative Extension Master Financial Education volunteers will discuss how to avoid becoming a victim of identity theft and what steps to take if you think you are a victim.

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| • Dec. 13 | Tuesday | 11 a.m.-12 p.m. |
| Lubber Run | #912400-05 | 1 session |

Holiday Decorating with a Purpose

Recent First Ladies have used their White House Christmas decorations to showcase their new roles as public stewards of various causes. Lisa Meade, National Park Ranger with the First Ladies National Historic Site, will discuss how these First Ladies have used the publicity of the White House Christmas tradition to promote their favorite projects.

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| • Dec. 15 | Thursday | 1:30-2:30 p.m. |
| Virtual | #912400-06 | 1 session |

New Year, New Budget

Start 2023 with new financial goals. Join Virginia Cooperative Extension Master Financial Education volunteers for tips on how to budget better in the new year and reach your financial goals.

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| • Jan. 12 | Thursday | 11 a.m.-12 p.m. |
| Virtual | #912400-07 | 1 session |

Water Conservation

Did you know that the average American family uses over 300 gallons of water in their home every day? Water conservation provides both sustainability for the earth but also and savings for your wallet. Join Virginia Cooperative Extension volunteers for some tips and tricks for how to conserve for the planet and your water bill.

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| • Feb. 21 | Tuesday | 6:30-7:30 p.m. |
| Walter Reed | #912400-08 | 1 session |

Thrifting Finds, Tips and Tricks

Thrifting is fun not only as a hunt for treasure, but also as a way to find great prices! Join 55+ Center Director Jennifer Weber for a roundtable event where participants share their favorite spots to thrift and information on thrifting online using sites like Facebook Marketplace, Freecycle and Buy Nothing.

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| • Jan. 27 | Friday | 1-2 p.m. |
| Walter Reed | #912400-09 | 1 session |



The British Royal Family

From newspaper headlines and political activism to gossip magazines and TV shows, everyone has heard of the British royal family. But how much do you really know about the monarchy? Join the Library of Virginia's Ashley Craig for some fascinating insights into this influential family.

WHO ARE THE WINDSORS?

Thurs., Dec. 1, 2-3 p.m., Virtual

The House of Windsor has been ruling the United Kingdom since 1917. But do you know the key members of this royal family? This presentation will explore the members of the House of Windsor and their impact on the United Kingdom and the world.

Register: [#912400-15](#)

THE LIFE OF QUEEN ELIZABETH II

Thurs., Jan. 26, 2-3 p.m., Virtual

The reign of Queen Elizabeth II is currently the longest in British history. This presentation will delve into how Queen Elizabeth II became the monarch of the United Kingdom and her long-lasting effects on the world.

Register: [#912400-16](#)

THE ROYAL FAMILY AND THE COMMONWEALTH

Thurs., Feb. 16, 2-3 p.m., Virtual

Most people know that Queen Elizabeth II reigned over the United Kingdom. However, many do not know that 14 countries make up the current Commonwealth. This presentation will cover the former and current countries of the Commonwealth and how the royal family has impacted them.

Register: [#912400-17](#)

Travel Tricks and 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!

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| • Jan. 11 | Wednesday | 2-3 p.m. |
| Arlington Mill | #912400-10 | 1 session |

Travel Gurus

Are you interested in seeing and experiencing new places? Here is your opportunity to come and learn about destinations near and far from 55+ volunteer "travel gurus" and start planning your next trip!

Alaska

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| • Dec. 2 | Friday | 1:30-2:30 p.m. |
| Aurora Hills | #912400-11 | 1 session |

Lowell Nelson will share his recent travel experiences in Alaska, exploring mountains, fjords, glaciers, and forests and spotting a variety of wildlife.

Iberian Cruise

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| • Jan. 18 | Wednesday | 1:30-2:30 p.m. |
| Aurora Hills | #912400-12 | 1 session |

Mary Smolenski will share her recent travel experiences on an Iberian Cruise to Portugal, Spain, Morocco, Gibraltar and the Canary Islands.

Around the World to—Morocco

Explore the splendors of beautiful and exotic Morocco, a land of dramatic contrasts, with expansive deserts, snow-topped mountains, cosmopolitan cities, ancient ruins, sacred mosques and souks. Fatima Aboulfaraj, the Embassy of Morocco's Cultural Attaché, will be your guide.

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| • Jan. 19 | Thursday | 11:30 a.m.-12:30 p.m. |
| Virtual | #912400-13 | 1 session |

Haunted Prague

Prague is an enchanting and historic capital, but it's also one of the most haunted cities in the world. Take a tour of cobblestone streets, where tales of magic and mystery are found at every turn. Presented by Michele Patrick, author of *Haunted Prague: Stories of Spirits, Sorcerers and the Supernatural*.

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| • Feb. 23 | Thursday | 1-2 p.m. |
| Langston-Brown | #912400-14 | 1 session |

China's Increasing Threat

China's push to expand its global influence is one of the largest threats facing the U.S. today. Lt. Col. Christopher Wilson with the U.S. Army War College will detail the challenges posed by China's drive for power and answer your questions.

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| • Jan. 26 | Thursday | 1:30-2:30 p.m. |
| Virtual | #912400-18 | 1 session |

The Magic of Yellowstone

Discover the history, geology and wildlife of Yellowstone National Park, the world's first national park and home to half of the world's geothermal features. We'll visit Yellowstone virtually with a park ranger in real time from the park in Wyoming. The presenter will be appearing onscreen via Zoom at the center or you can watch the live broadcast at home – sign up based on your preference.

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| • Feb. 9 | Thursday | 1:30-2:30 p.m. |
| Walter Reed | #912400-19 | 1 session |
| • Feb. 9 | Thursday | 1:30-2:30 p.m. |
| Virtual | #912400-20 | 1 session |

Daintree Rainforest's Ecosystem

Join nature center staff to explore a far-away ecosystem. Are the plants, animals, and fungi found there almost alien, or are they more familiar than we expect? How similar are creatures with the same name if they're from different places? We'll answer these questions and more!

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| • Feb. 8 | Wednesday | 11 a.m.-12 p.m. |
| Virtual | #912400-21 | 1 session |

Kenilworth Gardens Virtual Tour

Escape those winter doldrums with a virtual tour of Kenilworth Park and Aquatic Gardens, the only national park site devoted to cultivated water-loving plants. Park Guide Joe Cashman will discuss the ecology and aquatic animals of this hidden gem.

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| • Dec. 1 | Thursday | 11:30 a.m.-12:30 p.m. |
| Virtual | #912400-22 | 1 session |



Space and Astronomy

Astronomer's View: The Star of Bethlehem

Fri., Dec. 2, 11 a.m.-12 p.m. at Langston-Brown

Comet? Meteor? Conjunction? Could the "Star of Bethlehem" have been a real astronomical event? Come listen to some possible explanations of this iconic holiday image presented by Dr. Jennifer Lynn Bartlett, Kinnear Chair at the U.S. Naval Academy and president of the Friends of Arlington's David M. Brown Planetarium.

Register: [#912400-25](#)

Artemis: To the Moon and Beyond

Thurs., Feb. 2, 1:30-2:30 p.m. at Lubber Run and Virtual

The new Artemis program's mission is to establish a long-term presence on the moon and prepare to send astronauts to Mars. Find out more about this new era of space exploration with Col. Scott Willey, USAF (retired), former senior docent with the National Air and Space Museum's Udvar-Hazy Center. The presenter will be appearing onscreen via Zoom at the center or you can watch the live broadcast at home – sign up based on your preference.

Register: [#912400-26](#) (Lubber Run)

Register: [#912400-27](#) (Virtual)

Infrared Eyes on the Universe

Fri., Feb. 24, 11 a.m.-12 p.m. at Langston-Brown

The James Webb Space Telescope (JWST) is revolutionizing astronomy with new images collected using infrared light. Dr. Jennifer Lynn Bartlett, Kinnear Chair at the U.S. Naval Academy and president of the Friends of Arlington's David M. Brown Planetarium, will give a brief overview of what the latest images from JWST are showing us about the universe.

Register: [#912400-28](#)

Above: Cartwheel Galaxy (NIRCam and MIRI Composite Image).
Image credit: NASA, ESA, CSA, STScI, Webb ERO Production Team

Winter Survivors

Join a naturalist for a virtual presentation on how local wildlife survives in the winter. How do animals endure the cold and find food in the snow? Participants are encouraged to participate with stories or questions or are welcome to just watch the presentation.

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| • Dec. 15 | Thursday | 7-8 p.m. |
| Virtual | #912400-23 | 1 session |

Winter Solstice

Join park naturalists from Gulf Branch Nature Center for an introduction to the winter solstice! This shortest-day-of-the-year has been significant in human cultures for eons. Let's get together to learn about what the solstice is and touch on different ways it is celebrated and acknowledged. This program will be indoors.

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| • Dec. 21 | Wednesday | 10-11 a.m. |
| Walter Reed | #912400-24 | 1 session |

Women and Girls in Science Day

This program will feature a panel of women who worked or continue to work in the field of science. They will talk about why and how they pursued a career in science, their experiences of being women in their field, and how we can encourage the next generation of female scientists. A 55+ Pass is not required - all are welcome!

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| • Feb. 10 | Friday | 11:30 a.m.-12:30 p.m. |
| Walter Reed | #912400-29 | 1 session |

Bessie Margolin: Fair Labor Advocate

Before there was a notorious RBG (Ruth Bader Ginsburg), Bessie Margolin made her mark as one of the first women to argue frequently before the Supreme Court, championing Franklin D. Roosevelt's New Deal. In a pre-recorded lecture for the Supreme Court Historical Society, Marlene Trestman, author of *Bessie Margolin: Fair Labor Lawyer*, examines Margolin's life and legacy.

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| • Dec. 8 | Thursday | 1:30-2:30 p.m. |
| Virtual | #912400-30 | 1 session |

VOLUNTEERS WANTED

Do you have a special skill, talent, or knowledge to share with our 55+ community? We use volunteers to lead programs, host presentations on various topics and teach workshops. If you are interested, please reach out to a [55+ Center Director](#) for more information on how you can volunteer or email 55plus@arlingtonva.us.

The Lost City of Jackson

Long ago, a federal city was planned for the south side of the Potomac River, just opposite the city of Washington. Since then, the story of "Jackson City" has long been a local subject of interest. Join nature center staff for an introduction to one of Arlington's most enigmatic histories.

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| • Jan. 18 | Wednesday | 5-5:45 p.m. |
| Virtual | #912400-31 | 1 session |

Dwight D. Eisenhower Memorial

This new memorial on the National Mall uniquely honors the nation's 34th president and WWII Supreme Allied Commander. A National Park Ranger will explain the symbolism of its features including heroic-sized bronze sculptures, stone bas-reliefs, quotations and a first-of-its-kind tapestry.

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| • Jan. 19 | Thursday | 1:30-2:30 p.m. |
| Virtual | #912400-32 | 1 session |

The Lincoln Memorial at 100

May 2022 marked the 100th anniversary of the dedication of the Lincoln Memorial honoring our 16th president. National Park Ranger Jennifer Rudnick will describe the dedication ceremony, the memorial's evolving meaning over the past 100 years, and Abraham Lincoln's life and legacy.

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| • Feb. 16 | Thursday | 1:30-2:30 p.m. |
| Virtual | #912400-33 | 1 session |

Library of Virginia's Genealogy Series

Join Community Outreach Specialist Ashley Craig for a series of lively genealogy presentations. 12/8: *Virginia Colonial Record Project*; 12/15: *Virginia Government Records & Virginia History and Culture*; 1/12: *Voting & Election Records at the Library and Federal Pension Records, 1814-1842*; 1/19: *Estate & Inventory Records, Deeds, and Unclaimed Personal Property Records*; 2/16: *African American Records*; 2/23: *Photographs and other historical images from the Library of Virginia*. Time is allotted afterwards to answer any genealogy questions.

• Dec. 8	Thursday	2-3 p.m.
Virtual	#912400-34	1 session
• Dec. 15	Thursday	2-3 p.m.
Virtual	#912400-35	1 session
• Jan. 12	Thursday	2-3 p.m.
Virtual	#912400-36	1 session
• Jan. 19	Thursday	2-3 p.m.
Virtual	#912400-37	1 session
• Feb. 16	Thursday	2-3 p.m.
Virtual	#912400-38	1 session
• Feb. 23	Thursday	2-3 p.m.
Virtual	#912400-39	1 session

Rock Music Legends: New Year Soul

Start the new year off right with some of your favorite soul-stirring songs by all-time greats Sam Cooke, Otis Redding and the Temptations. 55+ volunteer and musician Carl Gold will discuss and play examples of this moving and revitalizing music. The presenter will be appearing onscreen via Zoom at the center or you can watch the live broadcast at home – sign up based on your preference.

• Jan. 17	Tuesday	1:30-2:45 p.m.
Lubber Run	#912400-40	1 session
• Jan. 17	Tuesday	1:30-2:45 p.m.
Virtual	#912400-41	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.

Rock Music Legends: Folk Rocking It

Enjoy classic rock music with a folk twist by James Taylor, Gordon Lightfoot and Paul Simon in his solo career, post-Simon & Garfunkel. 55+ volunteer and musician Carl Gold will share folk rock hits by these legendary artists. The presenter will be appearing onscreen via Zoom at the center or you can watch the live broadcast at home – sign up based on your preference.

• Feb. 21	Tuesday	1:30-2:45 p.m.
Lubber Run	#912400-42	1 session
• Feb. 21	Tuesday	1:30-2:45 p.m.
Virtual	#912400-43	1 session

DISCUSSION GROUPS AND BOOK CLUBS

Documentary Discussions

View popular documentaries on your own and then discuss them with 55+ friends. Jan. 6: *All is Self* (2019); Feb. 3: *Dressed to Live: Wildlife Styles* (2013).

• Jan. 6	Friday	1:30-2:30 p.m.
Virtual	#912402-01	1 session
• Feb. 3	Friday	1:30-2:30 p.m.
Virtual	#912402-02	1 session

Basics of Genealogy

Are you interested in documenting your family history but aren't sure where to begin? Join Eileen Bogdanoff, experienced genealogist, to get some helpful hints and tips to get you started on your family research.

• Jan. 25	Wednesday	11 a.m.-12 p.m.
Langston-Brown	#912402-03	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. Meets on the third Tuesday of the month. Led by experienced genealogist Eileen Bogdanoff.

• Dec. 20	Tuesday	11:30 a.m.-1 p.m.
Lubber Run	#912402-04	1 session
• Jan. 17	Tuesday	11:30 a.m.-1 p.m.
Lubber Run	#912402-05	1 session
• Feb. 21	Tuesday	11:30 a.m.-1 p.m.
Lubber Run	#912402-06	1 session

Local History Discussion

Have fun recollecting and learning about Arlington's rich past. For designated monthly topics, check the Lubber Run center newsletter. Meets on the fourth Wednesday of each month.

• Dec. 28 Lubber Run	Wednesday #912402-07	1:30-2:45 p.m. 1 session
• Jan. 25 Lubber Run	Wednesday #912402-08	1:30-2:45 p.m. 1 session
• Feb. 22 Lubber Run	Wednesday #912402-09	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 December, we'll discuss U.S.-Mexico relations. In January, we'll discuss the myth and legacy of the American westward movement and in February, we'll discuss the impact of maps in history. Meets the second Wednesday of the month.

• Dec. 14 Virtual	Wednesday #912402-10	11:15 a.m.-12:30 p.m. 1 session
• Jan. 11 Virtual	Wednesday #912402-11	11:15 a.m.-12:30 p.m. 1 session
• Feb. 8 Virtual	Wednesday #912402-12	11:15 a.m.-12:30 p.m. 1 session

History Discussion Group

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

• Dec. 1 Walter Reed	Thursday #912402-13	1-2:30 p.m. 1 session
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Current Events

Discussions on who, where and what events are taking place in current local and world news. Discussions are informal and volunteer led. Meets first and third Mondays.

• Dec. 5 Walter Reed	Monday #912402-14	10-11:30 a.m. 1 session
• Dec. 19 Walter Reed	Monday #912402-15	10-11:30 a.m. 1 session
• Feb. 6 Walter Reed	Monday #912402-16	10-11:30 a.m. 1 session

Magazine Article Discussion Group

Read and discuss current articles reported in popular magazines. We will always read the cover story and one other piece to be determined each month. Join the conversation or just listen. The discussion will be facilitated by Shirlington and Aurora Hills Adult Services Librarian Vicky McCaffrey. A limited number of magazines will be available to borrow at Aurora Hills 55+ Center.

• Dec. 21 Aurora Hills	Wednesday #912402-17	11 a.m.-12 p.m. 1 session
• Jan. 18 Aurora Hills	Wednesday #912402-18	11 a.m.-12 p.m. 1 session
• Feb. 15 Aurora Hills	Wednesday #912402-19	11 a.m.-12 p.m. 1 session

Short Story Reading and Discussion

Short stories pack a lot in a few pages. Take turns reading the story aloud and discuss it afterward. Facilitated by 55+ volunteer Bill Turner. Dec. 19: "A Child's Christmas in Wales" by Dylan Thomas; Jan. 23: "One Friday Morning" by Langston Hughes; Feb. 27: "A Piece of String" by Guy de Maupassant. This program will be offered simultaneously in-person and virtually - sign up based on your preference.

• Dec. 19 Aurora Hills	Monday #912402-20	1-2:30 p.m. 1 session
• Dec. 19 Virtual	Monday #912402-21	1-2:30 p.m. 1 session
• Jan. 23 Aurora Hills	Monday #912402-22	1-2:30 p.m. 1 session
• Jan. 23 Virtual	Monday #912402-23	1-2:30 p.m. 1 session
• Feb. 27 Aurora Hills	Monday #912402-24	1-2:30 p.m. 1 session
• Feb. 27 Virtual	Monday #912402-25	1-2:30 p.m. 1 session

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 the right).



PLANNING AHEAD

Papers: Save or Shred

Many of us are overwhelmed with all the information kept in our heads, phones, file cabinets and in 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.

• Jan. 11	Wednesday	11 a.m.-12 p.m.
Virtual	#912404-01	1 session

What's Contained in a Will?

Having a will and other estate documents is essential to ensuring your assets and wishes are communicated to your family when you pass on. Elder Law Attorney Ed Zetlin will discuss what should be contained in your will.

• Jan. 18	Wednesday	11 a.m.-12 p.m.
Virtual	#912404-02	1 session

Controlling Clutter

We spend a lifetime collecting treasures, so of course downsizing and de-cluttering can seem overwhelming. Join trained volunteers from Virginia Cooperative Extension as they take you step-by-step through the de-cluttering process. They will provide helpful information and tips on how to get started.

• Jan. 19	Thursday	11 a.m.-12 p.m.
Langston-Brown	#912404-03	1 session

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 Jan. 24 will focus on preparing the document. In the second part on Jan. 31, you will have the opportunity to meet one-on-one with a certified volunteer to discuss it. You must attend the first part to participate in the second.

• Jan. 24 and 31	Tuesdays	11-12 a.m.
Langston-Brown	#912404-04	2 sessions

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. This is a hybrid program: join facilitator Steve Shapiro in person at the center or on Zoom. Sign up based on your preference. Meets second Wednesdays.

• Dec. 14	Wednesday	10:30-11:45 a.m.
Lubber Run	#912402-26	1 session
• Dec. 14	Wednesday	10:30-11:45 a.m.
Virtual	#912402-27	1 session
• Jan. 11	Wednesday	10:30-11:45 a.m.
Lubber Run	#912402-28	1 session
• Jan. 11	Wednesday	10:30-11:45 a.m.
Virtual	#912402-29	1 session
• Feb. 8	Wednesday	10:30-11:45 a.m.
Lubber Run	#912402-30	1 session
• Feb. 8	Wednesday	10:30-11:45 a.m.
Virtual	#912402-31	1 session

Book Club

Get together for great books and conversation. Dec. 6: *The Plot* by Jean Hanff Korelitz; Jan. 3: *The Personal Librarian* by Marie Benedict and Victoria Christopher Murray; Feb. 7: *For Whom the Bell Tolls* by Ernest Hemingway. Meets first Tuesday of the month.

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

Aurora Hills Book Club

Monthly book club meets the last Monday of each month. Dec. 19: *The Housekeeper and the Professor* by Yoko Ogawa; Jan. 30: *The Night Watchman* by Louise Erdrich; Feb. 27: *American Dirt* by Jeanine Cummins.

• Last Mondays	11:30 a.m.-12:45 p.m.
Aurora Hills	Drop-In

INTERGENERATIONAL PROGRAMS

Uniting the generations in ways that enrich participants' lives by offering opportunities to share, learn and engage with each other.



Intergenerational Pen Pals

Friday, Dec. 2, 3:30-4 p.m., Virtual

The art of letter writing is a dwindling practice. If you love to write letters and want to rekindle that passion, you can become a pen pal to a high school student from an Honors English Club. Join us for some interesting conversations between the generations. Meeting with details will be virtual. Can't make it to the meeting but still interested? Email Elizabeth Poole at epoole@arlingtonva.us for more information.

Register: [#912300-01](#)

Reading Buddies

**Monday, Dec. 5 – Tuesday, Feb. 14, 10-10:30 a.m.
Lubber Run 55+ Center**

Get paired up with children from our very own Lubber Run Creative Preschoolers Program and enjoy reading stories to your buddies! Meetings are held twice a month, but feel free to join in at any date. Registration is required. All books will be provided by the preschool teacher and are guaranteed to be a fun read!

December: Monday, Dec. 5, 10-10:30 a.m.

Register: [#912301-07](#)

Tuesday, Dec. 13, 10-10:30 a.m.

Register: [#912301-08](#)

January: Monday, Jan. 5, 10-10:30 a.m.

Register: [#912301-09](#)

Tuesday, Jan. 24, 10-10:30 a.m.

Register: [#912301-10](#)

February: Monday, Feb. 6, 10-10:30 a.m.

Register: [#912301-11](#)

Tuesday, Feb. 14, 10-10:30 a.m.

Register: [#912301-12](#)

GranDay: Winter Wonderland Ball

Saturday, Dec. 17, 2-4:30 p.m.

Lubber Run 55+ Center

Welcome to our first annual Winter Wonderland ball. Come out for a day of dancing! Enjoy some fun quality time with your favorite dance partner. This program is open to all grandparents, grandchildren, and grand-friends who love to dance or just listen to good music. **Please register by Dec. 14. Cost: \$10**

Register: [#730033-A](#)



Tiny Valentines

Lubber Run 55+ Center

Pair up with one of Lubber Run's preschoolers to create Valentine cards for them to take home and share with family! Supplies will be provided.

Tuesday, Feb. 7, 10-10:30 a.m.

Register: [#912310-04](#)

Wednesday, Feb. 8, 10-10:30 a.m.

Register: [#912310-05](#)

GranDay: Sweetheart Paint Along

Saturday, Feb. 11, 10 a.m.-12 p.m.

Fort CF Smith

Come out and enjoy light refreshments while getting instructions on painting your very own masterpiece. This program is open to all grandparents, grandchildren, and grand-friends. This event will be held indoors. All supplies are provided, and program details will be emailed to attendees ahead of the program. **Registration starts on Jan. 9 – last day to register is Feb. 8. Cost: \$10**

Register: [#730033-B](#)

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.

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|----------------|----------------------------|-----------------|
| • Jan. 25 | Wednesday | 12:30-1:30 p.m. |
| Arlington Mill | #912404-05 | 1 session |

What is a Living Trust?

Is a living trust right for you? Some individuals may prefer a living trust to a will because a living trust bypasses the probate process. Join Elder Law Attorney Ed Zetlin as he explains the benefits of a trust and the different types.

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|-----------|----------------------------|-----------------|
| • Feb. 15 | Wednesday | 11 a.m.-12 p.m. |
| Virtual | #912404-06 | 1 session |

DIGITAL LEARNING/ TECHNOLOGY

What Can Your Amazon Account Do?

Learn about all the features Amazon offers for consumers including shopping, music, videos, eBooks and much more. Presented by 55+ Center Director Ashley Gomez.

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| • Dec. 8 | Thursday | 6-7 p.m. |
| Lubber Run | #912403-01 | 1 session |

WhatsApp: What is it?

WhatsApp is a free messenger app for smartphones. The service is very similar to text messaging, but because WhatsApp uses the internet to send messages it costs significantly less than texting, especially while traveling internationally! Join Shettima Abdulmalik, 55+ center director, to learn the ins and outs of WhatsApp.

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| • Dec. 13 | Tuesday | 2-3 p.m. |
| Arlington Mill | #912403-02 | 1 session |

Google Drive 101

Google Drive is a personal cloud storage service that can be accessed from any device. Spreadsheets, presentations and a Google version of Word documents are all easily accessible through Drive. Learn how to use and access Google Drive from 55+ Center Director Jennifer Weber.

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|-----------|----------------------------|-----------|
| • Dec. 13 | Tuesday | 6-7 p.m. |
| Virtual | #912403-03 | 1 session |

Beginner Basic Computer Classes

Learn basic computer skills, including how to use email and access the internet, from instructors from Arlington Community Learning. Must be an Arlington County resident to participate. This program is sponsored by the Alliance for Arlington Senior Programs (AASP) and is free for those who qualify for the Federal Affordable Connectivity Plan. If not, the fee is \$40 paid directly to AASP. For more information, contact Jennifer Weber at jweber1@arlingtonva.us or call 703-228-0955. **No program 1/16 and 2/20.**



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| • Jan. 9 - Feb. 22 | Mondays & Wednesdays | 2-3:30 p.m. |
| Walter Reed | #912403-04 | 12 sessions |

Public Transport Apps and Maps

Arlington Rapid Transportation (ART) and Washington Metro Area Transportation Authority (WMATA) have an extensive network of transportation options, but it can be difficult to navigate. Join 55+ Center Director Jennifer Weber to learn about apps and mapping tools that can help you plan your trip and get to your destination with ease.

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| • Jan. 10 | Tuesday | 6-7 p.m. |
| Walter Reed | #912403-05 | 1 session |

Email Basics

Having trouble using your email account? 55+ Center Director Ashley Gomez can answer your questions. The focus will be on mainstream email clients like Gmail and Outlook, but all general email questions are welcome.

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| • Jan. 12 | Thursday | 6-7 p.m. |
| Lubber Run | #912403-06 | 1 session |

Exploring “New-School” Chat Rooms

Do you have interests that you want to discuss with others outside your usual network? Online forums like Discord and Reddit allow you to chat with those who share your interests. Join volunteer Ben Childers to learn about these chat rooms, how to use them and ways to keep safety in mind.

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| • Feb. 7 | Tuesday | 6:30-8:30 p.m. |
| Walter Reed | #912403-07 | 1 session |

Android Phone Class

Are you having issues with your Android-operated phone or device? Join Arlington Mill 55+ Center Director Shettima Abdulmalik for an insightful class on Android basics. Come prepared with device-specific questions as the session will be largely Q&A.

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|----------------|----------------------------|-----------|
| • Feb. 15 | Wednesday | 4-5 p.m. |
| Arlington Mill | #912403-08 | 1 session |

Music Apps

It's been said that “each memory has a soundtrack of its own.” Music has the power to lift emotions and bring back memories. Tech guru Nick Englund will show you how to create playlists with your favorite music using different apps.

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| • Feb. 22 | Wednesday | 11 a.m.-12 p.m. |
| Aurora Hills | #912403-09 | 1 session |

Shutterfly Digital Photo Books

In this hands-on work session, DPR Programmer Emily Braxton will teach you how to create and order a digital photo book using Shutterfly. Bring in your digital pictures and laptop or tablet so you can begin the process during the class.

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| • Feb. 23 | Thursday | 12-2:30 p.m. |
| Arlington Mill | #912403-10 | 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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| • Feb. 28 | Tuesday | 1:30-3:30 p.m. |
| Arlington Mill | #912403-11 | 1 session |

Filmmaker Interest Group

Interested in doing more with film, either behind or in front of the camera? Now is your chance! All levels of experience are welcome to join this interest group led by fellow video enthusiast Nick Englund. Projects can range from helping film segments on 55+ Live to producing an entire short film or documentary. Meets on Dec. 19, Jan. 23 and Feb. 27.

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| • Dec. 19 | Monday | 4-5 p.m. |
| Lubber Run | #912403-12 | 1 session |
| • Jan. 23 | Monday | 4-5 p.m. |
| Lubber Run | #912403-13 | 1 session |
| • Feb. 27 | Monday | 4-5 p.m. |
| Lubber Run | #912403-14 | 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 meetings:

Mon., Dec. 19, 9-11 a.m., Virtual
Mon., Jan. 23, 9-11 a.m., hybrid – location TBA
Mon., Feb. 27, 9-11 a.m., Virtual

Public comment is welcome at the beginning of the Commission on Aging meeting. If you wish to offer public comment, please sign up in advance by emailing arlcaa@arlingtonva.us with your name and the topic of your comment. 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>.

ARLINGTON STEERING COMMITTEE FOR SERVICES TO OLDER PERSONS

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 meetings:

Fri., Jan. 20 – Center for Optimal Aging, Marymount University

ARTS

Encore Chorus

Sing with this congenial chorus and learn proper breathing and vocal technique. Rehearsals culminate with the presentation of a professional concert free for the community. The 9 weeks of challenging and enjoyable classes are led by a professional conductor. No audition required; appropriate for beginners and experienced singers. For more information, call 301-261-5747 or encorecreativity.org.

- **Jan. 3 – Feb. 28** **Tuesdays** **1-2:30 p.m.**
Lubber Run [#912300-02](#) 9 sessions: \$165 +
\$25 materials fee

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. 12/7: *The Pearl Fishers* by Bizet; 12/21: *Daughter of the Regiment* by Donizetti; 1/4: *Götterdämmerung* (The Twilight of the Gods), 4th and last opera in Wagner's Ring Cycle; 1/18: *Life of Mozart*, his life through the prism of opera; 2/1: *Così fan tutte* by Mozart; 2/15: *Don Quichotte* (Don Quixote) by Massenet.

- **Dec. 7** **Wednesday** **1:30-3:30 p.m.**
Lubber Run [#912300-03](#) 1 session
- **Dec. 21** **Wednesday** **1:30-3:30 p.m.**
Lubber Run [#912300-04](#) 1 session
- **Jan. 4** **Wednesday** **1:30-3:30 p.m.**
Lubber Run [#912300-05](#) 1 session
- **Jan. 18** **Wednesday** **1:30-3:30 p.m.**
Lubber Run [#912300-06](#) 1 session
- **Feb. 1** **Wednesday** **1:30-3:30 p.m.**
Lubber Run [#912300-07](#) 1 session
- **Feb. 15** **Wednesday** **1:30-3:30 p.m.**
Lubber Run [#912300-08](#) 1 session

Social Art Swap

Bring your own artwork or art supplies to create a piece onsite to swap. Limited art supplies will be available. Each finished piece gets traded for a ticket. Numbers are drawn at the end of the event and artwork is selected from the created pieces.

- **Jan. 29** **Sunday** **1:30-3:30 p.m.**
Arlington Mill [#912300-09](#) 1 session
- **Feb. 26** **Sunday** **1:30-3:30 p.m.**
Arlington Mill [#912300-10](#) 1 session

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.

- **Dec. 16** **Friday** **10-11:30 a.m.**
Virtual [#912302-01](#) 1 session
- **Jan. 20** **Friday** **10-11:30 a.m.**
Virtual [#912302-02](#) 1 session
- **Feb. 17** **Friday** **10-11:30 a.m.**
Virtual [#912302-03](#) 1 session

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 and 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.

Secrets Revealed

An exploration of famous artists and their distinctive, sometimes secretive techniques. Community Arts Programmer Jennifer Droblyen will discuss the contributions of these artists and the methods that make their works so special.

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|-----------|----------------------------|-------------------------|
| • Dec. 19 | Monday | 10:30-11:30 a.m. |
| Virtual | #912302-04 | 1 session |
| • Jan. 23 | Monday | 10:30-11:30 a.m. |
| Virtual | #912302-05 | 1 session |
| • Feb. 27 | Monday | 10:30-11:30 a.m. |
| Virtual | #912302-06 | 1 session |



The Arlington Spellbinders

First Fridays, Jan. 6 - Feb. 3, 9:30-11 a.m.
Langston-Brown 55+ Center

From folk tales and fables to personal narratives and legends, the Arlington Spellbinders are a group of 55+ folks who just enjoy telling stories. They engage intergenerational listeners at schools, senior centers, nature centers and other venues in the magical tradition of oral storytelling (rather than reading aloud). Does that sound like you? Learn more at monthly meetings with other storytelling volunteers or check out the Spellbinders' stories on the [55+ YouTube channel](#) and the [55+ Live talk show](#). **Training to come in Spring 2023 and ongoing support and resources are provided.** Explore this rewarding activity and join us!

PERFORMANCES

Acoustic Café

Meet and mingle while you enjoy the vibe of a 1960s coffee house and live performances by local musicians – from the best known to the quiet newcomer. The shows are open to all ages. The café is sponsored by the Walter Reed Advisory Committee and the Alliance for Arlington Senior Programs.



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|-------------|----------------------------|--------------------|
| • Dec. 20 | Tuesday | 7-8:30 p.m. |
| Walter Reed | #912301-01 | 1 session |

Acoustic Hour at Aurora Hills

Relax and enjoy acoustic music from the 50s and beyond by Carl Gold, Ed Girovasi and Phil Rosen, hot coffee and tea, and fellowship with 55+ friends at Aurora Hills.

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|--------------|----------------------------|--------------------|
| • Dec. 21 | Wednesday | 1-2:30 p.m. |
| Aurora Hills | #912301-02 | 1 session |
| • Jan. 20 | Friday | 1-2:30 p.m. |
| Aurora Hills | #912301-03 | 1 session |
| • Feb. 17 | Friday | 1-2:30 p.m. |
| Aurora Hills | #912301-04 | 1 session |

Winter Piano Lounge

Cozy up with hot cider, 55+ friends and relaxing music you can sing along to by pianist Valerie Welsh. Sponsored by the Aurora Hills Advisory Committee.

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|--------------|----------------------------|-----------------|
| • Dec. 12 | Monday | 1-2 p.m. |
| Aurora Hills | #912301-05 | 1 session |
| • Jan. 4 | Wednesday | 1-2 p.m. |
| Aurora Hills | #912301-06 | 1 session |

The Rocking Chairs

Do you love rock-n-roll? Join the open rehearsal of this grown-up garage band. The playlist includes hits from the 50s through the 70s.

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|--------------|-----------------------|
| • Wednesdays | 10 a.m.-1 p.m. |
| Madison | Drop-In |

A day of creative exploration!

SAVE THE DATE!

**SATURDAY
JANUARY 14, 2023
10 A.M. – 1 P.M.**

**FAIRLINGTON
COMMUNITY
CENTER**

**Click [HERE](#) for more information
about Paint, Build, Create!**

**Paint
Build
Create!**

ARLINGTON
VIRGINIA
Parks & Recreation

VISUAL ARTS

Explore Drawing

Join Jennifer Droblyen from DPR's Office of Community Arts for an afternoon of drawing. Improve your skills by learning various drawing techniques. No experience necessary. Materials provided.

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|--------------|----------------------------|-------------|
| • Dec. 2 | Friday | 1-2:30 p.m. |
| Aurora Hills | #912303-01 | 1 session |
| • Jan. 6 | Friday | 1-2:30 p.m. |
| Aurora Hills | #912303-02 | 1 session |

Explore Painting

Community Arts Programmer Jim Halloran will guide you through an afternoon of painting. Improve your skills by learning various techniques using acrylic paints. No experience necessary. Materials provided.

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|--------------|----------------------------|-------------|
| • Dec. 9 | Friday | 1-2:30 p.m. |
| Aurora Hills | #912303-03 | 1 session |
| • Jan. 13 | Friday | 1-2:30 p.m. |
| Aurora Hills | #912303-04 | 1 session |
| • Feb. 10 | Friday | 1-2:30 p.m. |
| Aurora Hills | #912303-05 | 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 Jennifer Droblyen. Previous experience required. Painting and drawing materials are not included but some supplies will be on hand to experiment with new media. Supply list will be provided before the class.

Instructor: Jennifer Droblyen

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|---|--------------------|
| • Jan. 5, Jan. 12, Jan. 19, Jan. 26 | Thursdays 1-3 p.m. |
| Langston-Brown #912303-06 | 4 sessions: \$30 |

YouTube Painting Class **NEW**

YouTube is used by everyone for everything from instructions to entertainment. Come join fellow artists in a group setting as we follow online instructors to complete beautiful masterpieces. The best part is, if you don't finish, no worries! You can always log back on at home. Materials will be provided. Please register by Dec. 23 (for Dec. 28 program) and by Jan. 9 (for Jan. 11 program).

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|----------------|----------------------------|----------------|
| • Dec. 28 | Wednesday | 1:30-3:30 p.m. |
| Arlington Mill | #912303-07 | 1 session |
| • Jan. 11 | Wednesday | 1:30-3:30 p.m. |
| Arlington Mill | #912303-08 | 1 session |

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.

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| • Dec. 15 | Thursday | 10-11:30 a.m. |
| Virtual | #912303-09 | 1 session |
| • Jan. 19 | Thursday | 10-11:30 a.m. |
| Virtual | #912303-10 | 1 session |
| • Feb. 9 | Thursday | 10-11:30 a.m. |
| Virtual | #912303-11 | 1 session |

Painting Demonstration

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.

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| • Dec. 12 | Monday | 10:30 a.m.-12 p.m. |
| Virtual | #912303-12 | 1 session |
| • Jan. 9 | Monday | 10:30 a.m.-12 p.m. |
| Virtual | #912303-13 | 1 session |
| • Feb. 13 | Monday | 10:30 a.m.-12 p.m. |
| Virtual | #912303-14 | 1 session |

Wake and Make

Art activities can help you wake up, feel refreshed and get ready for the day. Join Community Arts Programmer Jennifer 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.

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| • Dec. 5 | Monday | 9-10 a.m. |
| Virtual | #912303-15 | 1 session |
| • Jan. 9 | Monday | 9-10 a.m. |
| Virtual | #912303-16 | 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.

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|------------------------|-----------------|
| • Wednesdays & Fridays | 10 a.m.-12 p.m. |
| Arlington Mill | Drop-In |
| • Thursdays | 1:30-3:30 p.m. |
| Langston-Brown | Drop-In |

HAND CRAFTS

Origami 3-D Snowflakes

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. This class will be focused on creating snowflakes to hang around your house or to decorate your holiday party.

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| • Dec. 1 | Thursday | 2:30-4 p.m. |
| Arlington Mill | #912310-01 | 1 session |

Paint-a-Bowl

Everyone needs a great bowl for their favorite winter soup! Paint a ceramic bowl with design ideas from Community Art Specialist Roslyn Delos Reyes. All supplies will be provided.

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|--------------|----------------------------|-------------|
| • Dec. 7 | Wednesday | 1-2:30 p.m. |
| Aurora Hills | #912310-02 | 1 session |

Creating 3-D Holiday Cards

The holiday season is finally upon us! 55+ Center Director Shettima Abdulmalik will help you create personalized holiday cards to share with your family and friends. Feel free to bring your own materials. Some art materials will be provided.

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|----------------|----------------------------|----------------|
| • Dec. 18 | Sunday | 1:30-3:30 p.m. |
| Arlington Mill | #912310-03 | 1 session |

Create Handmade Notecards

Learn to create lovely handmade cards using rubber stamps, dye cutting machines to emboss paper and various cut out images. Instructions will be provided by members of the Rubber Stampers group. All materials will be provided. Sponsored by the Alliance for Arlington Senior Programs.

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|----------------|----------------------------|-----------|
| • Feb. 14 | Tuesday | 1-3 p.m. |
| Langston-Brown | #912310-06 | 1 session |



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. Supplies will be provided.

Instructor: Joni Leonardo

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|------------------|----------------------------|--------------------|
| • Dec. 8 | Thursday | 1:30-3 p.m. |
| Lubber Run | #912310-07 | 1 session: \$18 |
| • Jan. 12 | Thursday | 1:30-3 p.m. |
| Lubber Run | #912310-08 | 1 session: \$18 |
| • Feb. 9 | Thursday | 1:30-3 p.m. |
| Lubber Run | #912310-09 | 1 session: \$18 |

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. **No program 12/26, 1/2, 1/16 and 2/20.**

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| • Mondays | 10 a.m.-12 p.m. |
| Aurora Hills | 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.

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|-------------------|--------------------|
| • 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.

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|---------------------|--------------------------|
| • Wednesdays | 10:30 a.m.-1 p.m. |
| Arlington Mill | Drop-In |

Yarn Circle

Come by for a social, casual way to work on your knitting or crochet projects or learn something new. All skill levels are welcome; no instruction is provided, but group members are happy to help newcomers. Bring your own materials. **No program 12/25 and 1/1.**

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| • Sundays | 1-4 p.m. |
| Walter Reed | Drop-In |



55+ Travel Art-to-Go Kit

Paint along with Community Arts Programmer Jennifer Droblyen to create an artist-inspired masterpiece with our special 55+ Travel Art-To-Go Box! The paintings will be featured artwork from artists near and abroad. Each box contains enough supplies for two individual projects and information on how to access the instructional video on the web. Art kits are available at the beginner and intermediate level – sign up based on your preference.

The box will be available for pick-up on Fri., Jan. 27 at [Fairlington Community Center](#) from 1-5 p.m. Fee: \$10. Registration closes Fri., Jan. 13.

For more information, contact Sharleka Ashton at sashton@arlingtonva.us.

Register:

[#730023-CC](#) (Beginner/Easy Level)

[#730023-DD](#) (Intermediate Level)

Crochet

Meet other crochet enthusiasts, swap patterns and share techniques. **No program 12/26, 1/2, 1/16 and 2/20.**

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|----------------------------------|------------------|
| • 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 afternoon open studio. Newcomers welcome to stop by and learn more about this hobby and what it involves. The Rubber Stampers do not meet on third Thursdays.

- **Third Tuesdays** **11:30 a.m.-3 p.m.**
Madison Drop-In
- **Thursdays** **11:30 a.m.-3 p.m.**
No program on third Thursdays.
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 the first and third Tuesdays of the month.

- **Dec. 6** **Tuesday** **4:30-5:30 p.m.**
Walter Reed [#912304-01](#) 1 session
- **Dec. 20** **Tuesday** **4:30-5:30 p.m.**
Walter Reed [#912304-02](#) 1 session
- **Jan. 3** **Tuesday** **4:30-5:30 p.m.**
Walter Reed [#912304-03](#) 1 session
- **Jan. 17** **Tuesday** **4:30-5:30 p.m.**
Walter Reed [#912304-04](#) 1 session
- **Feb. 7** **Tuesday** **4:30-5:30 p.m.**
Walter Reed [#912304-05](#) 1 session
- **Feb. 21** **Tuesday** **4:30-5:30 p.m.**
Walter Reed [#912304-06](#) 1 session

Drumming Circle

Even if Ringo Starr wasn't your favorite Beatle, you may find that playing the drums in a drumming circle is your new favorite activity. It gives an opportunity for self-expression and to share in an engaging group experience.

- **Tuesdays** **2-3 p.m.**
Langston-Brown Drop-In

Name That Song and Sing Along

How well do you remember the holiday classics of the 50's, 60's and 70's? Join us for an hour of fun and music, where the audience tries to identify the holiday song based on clues (verbal and musical) then sings the song as a group. Song lyrics and instrumental accompaniment will be provided.

- **Dec. 16** **Friday** **11 a.m.-12 p.m.**
Walter Reed [#912304-07](#) 1 session

Karaoke

Calling all singers and stars to come out and perform your favorite songs! Sing along as we project your song lyrics on our big screen. Meets first and third Wednesdays.

- **First & Third Wednesdays** **4-6 p.m.**
Arlington Mill 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.

- **First & 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

FITNESS

Bootcamp

Bring enthusiasm, effort, and a positive mindset to this class. DMV Fitness Trainers will offer a total body workout through circuit training, HIIT (High-Intensity Interval Training), bodyweight exercises, resistance training, and more. All fitness levels are welcome to attend.

Instructor: Brett Hysinger

- **Dec. 6 – Feb. 21** **Tuesdays** **7:30-8:30 a.m.**
Lubber Run [#912100-01](#) 12 sessions: \$60

Gyrokinesis

The Gyrokinesis® Method is a movement method that addresses the entire body, opening energy pathways, stimulating the nervous system, increasing range of motion and creating functional strength through rhythmic, flowing movement sequences. It is an original and unique method which coordinates movement, breath and mental focus. Please bring a mat.

Instructor: Michelle Silva

- **Dec. 29 – Feb. 23** **Thursdays** **8-9 a.m.**
Lubber Run [#912100-02](#) 9 sessions: \$49.50

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 1/24 and 1/31.**

Instructor: Ferdinanda Pattipeilophy

- **Dec. 6 – Feb. 21** **Tuesdays** **2:15-3 p.m.**
Lubber Run [#912100-03](#) 10 sessions: \$50

CHECK OUT LANGSTON-BROWN FITNESS CENTER

Free! Do you have fitness New Year's Resolutions? Has it been a while since you've been in a fitness center? Are you new to fitness equipment? There will be a free orientation at Langston-Brown Fitness Center on Wed., Jan. 18, 1-2 p.m. – sign up by emailing Fitness Program Manager Michelle Atkin at matkin@arlingtonva.us.

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 12/26, 1/2, 1/16 and 2/20.**

Instructor: Julia Dragun

- **Dec. 5 – Feb. 13** **Mondays** **11 a.m.-12 p.m.**
Long Bridge Aquatics [#912102-01](#) 8 sessions: \$36
- **Dec. 6 – Feb. 14** **Tuesdays** **11:10 a.m.-12:10 p.m.**
Long Bridge Aquatics [#912102-02](#) 11 sessions: \$49.50
- **Dec. 9 – Feb. 17** **Fridays** **10-11 a.m.**
Long Bridge Aquatics [#912102-03](#) 11 sessions: \$49.50
- **Dec. 9 – Feb. 17** **Fridays** **1-2 p.m.**
Long Bridge Aquatics [#912102-04](#) 11 sessions: \$49.50

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.

Instructor: Jody Katz

No class 2/7.

- **Dec. 6 – Feb. 21** **Tuesdays** **2:15-3:15 p.m.**
Long Bridge Aquatics [#912102-05](#) 11 sessions: \$49.50

Instructor: Lynda McGuire

- **Dec. 7 – Feb. 22** **Wednesdays** **10-11 a.m.**
Long Bridge Aquatics [#912102-06](#) 12 sessions: \$54

Instructor: Julia Dragun

- **Dec. 7 – Feb. 15** **Wednesdays** **11:10 a.m.-12:10 p.m.**
Long Bridge Aquatics [#912102-07](#) 11 sessions: \$49.50

Instructor: Lynda McGuire

- **Dec. 8 – Feb. 23** **Thursdays** **10-11 a.m.**
Long Bridge Aquatics [#912102-08](#) 12 sessions: \$54

Instructor: Jody Katz

No class 2/9.

- **Dec. 8 – Feb. 23** **Thursdays** **11 a.m.-12 p.m.**
Long Bridge Aquatics [#912102-09](#) 11 sessions: \$49.50

ACCESS CYCLING WITH A 55+ GOLD PASS!



Cycling is a great cardiovascular activity for all ages and ability levels. In these ongoing cycling classes, students warm up, climb, sprint, interval train and cool down. Beginners are welcome to go at their own pace with guidance from our experienced instructors. Our goal is to help you succeed! Water is required for this class and you can wear regular shoes or clip-in shoes. Burn the calories away while having fun!

Participants must have a valid [55+ Gold Pass](#) and must purchase a [daily pass](#) (\$4). Payment must be made on the day of the class. Advanced registration is optional.

Tuesdays, 9:15-9:50 a.m.

Thomas Jefferson Center, Register: [#790120-F3](#)
Instructor: Lori

Thursdays, 7-7:45 p.m.

Thomas Jefferson Center, Register, [#790120-F4](#)
Instructor: Myron

Fridays, 7:15-8 a.m.

Thomas Jefferson Center, Register: [#790120-F1](#)
Instructor: Mallory

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. Long Bridge Aquatics Center membership is required or payment of the daily admission fee. **No program 12/26, 1/2, 1/16 and 2/20.**

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|------------------------------------|--------------------------------|
| • Mondays
Long Bridge | 8:30-10 a.m.
Drop-In |
| • Wednesdays
Long Bridge | 2-3:30 p.m.
Drop-In |

YOGA

Yoga for Daily Living

How can yoga help when someone cuts you off in traffic or you're late for a doctor's appointment? This class will answer that question. Learn how to tune in to your body through breathing skills and techniques to relieve worry and concentrate better. Bring your own mat. **No class 12/27.**

Instructor: Gayle Fleming

- | | | |
|--|---|---------------------------------------|
| • Dec. 6 - Feb. 21
Walter Reed | Tuesdays
#912103-01 | 9-10 a.m.
11 sessions: \$55 |
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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 12/26, 1/2, 1/16 and 2/20.**

Instructor: Debbie Sheetz

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|---|--|---|
| • Dec. 5 - Feb. 13
Langston-Brown | Mondays
#912103-02 | 1:15-2:45 p.m.
8 sessions: \$60 |
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Hatha Yoga Basics

New to yoga? This class is designed for those with little or no yoga experience. Students will learn the names of the poses, the best alignment for their bodies and how to safely do poses on their own at home. The class will also teach some basic breathing and relaxation techniques. Bring your own mat. **No class 12/26, 1/2, 1/16 and 2/20.**

Instructor: Gayle Fleming

- Dec. 5 – Feb. 13 **Mondays** 5-6 p.m.
Arlington Mill [#912103-03](#) 8 sessions: \$40

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.

Instructor: Andrea Kiss

No class 12/26, 1/2, 1/16 and 2/20.

- Dec. 5 – Feb. 13 **Mondays** 10-11 a.m.
Aurora Hills [#912103-04](#) 8 sessions: \$40

Instructor: Jennifer Eubank

- Dec. 6 – Feb. 21 **Tuesdays** 11:30 a.m.-12:30 p.m.
Aurora Hills [#912103-05](#) 12 sessions: \$60

Instructor: Ferdinanda Pattipeilophy

No class 1/24 and 1/31.

- Dec. 6 – Feb. 21 **Tuesdays** 11:45 a.m.-12:45 p.m.
Lubber Run [#912103-06](#) 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 12/26, 12/28, 1/2, 1/16 and 2/20.**

Instructor: Debbie Sheetz

- Dec. 5 – Feb. 13 **Mondays** 3:15-4:15 p.m.
Langston-Brown [#912103-07](#) 8 sessions: \$40
- Dec. 7 – Feb. 15 **Wednesdays** 12-1 p.m.
Walter Reed [#912103-08](#) 10 sessions: \$50

Traditional Hatha Yoga

Learn and practice classic yoga poses to stretch and strengthen the entire body. Warm-ups and props such as blocks and straps help students achieve results. There are multiple transitions between floor and standing positions. Previous experience with yoga is a plus.

Instructor: Andrea Kiss

No class 12/26, 1/2, 1/16 and 2/20.

- Dec. 5 – Feb. 13 **Mondays** 1-2:30 p.m.
Lubber Run [#912103-09](#) 8 sessions: \$60

Instructor: Ferdinanda Pattipeilophy

No class 1/24 and 1/31.

- Dec. 6 – Feb. 21 **Tuesdays** 10:30-11:30 a.m.
Lubber Run [#912103-10](#) 10 sessions: \$50

Instructor: Debbie Sheetz

- Dec. 7 – Feb. 15 **Wednesdays** 4-5:15 p.m.
Lubber Run [#912103-11](#) 10 sessions: \$60.50

Instructor: Jennifer Eubank

- Dec. 8 – Feb. 23 **Thursdays** 1-2:30 p.m.
Madison [#912103-12](#) 12 sessions: \$90
- Dec. 9 – Feb. 24 **Fridays** 9:30-11 a.m.
Madison [#912103-13](#) 12 sessions: \$90



55+ WEIGHT ROOM HOURS

Stop by to exercise on your own or with friends at Langston-Brown's or Madison's fitness facilities. Occasional instruction will be available: call 703-228-4771 for more information.

A 55+ Gold Pass is required.

Langston-Brown:

Mondays, Wednesdays, and Fridays
11 a.m. – 2 p.m.

Madison:

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

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.

• Dec. 7 Donaldson Run	Wednesday #912106-01	9:30-10:30 a.m. 1 session
• Dec. 14 Bluemont W&OD	Wednesday #912106-02	9:30-10:30 a.m. 1 session
• Dec. 21 Del Ray	Wednesday #912106-03	9:30-10:30 a.m. 1 session
• Dec. 28 Falls Church W&OD	Wednesday #912106-04	9:30-10:30 a.m. 1 session
• Jan. 4 Greens Springs Garden	Wednesday #912106-05	9:30-10:30 a.m. 1 session
• Jan. 11 Arlington Ridge North loop	Wednesday #912106-06	9:30-10:30 a.m. 1 session
• Jan. 18 Ashton Heights	Wednesday #912106-07	9:30-10:30 a.m. 1 session
• Jan. 25 South Side of Langston Blvd	Wednesday #912106-08	9:30-10:30 a.m. 1 session
• Feb. 1 Waverly Hills	Wednesday #912106-09	9:30-10:30 a.m. 1 session
• Feb. 8 Cherrydale	Wednesday #912106-10	9:30-10:30 a.m. 1 session
• Feb. 15 Johnson's Hills	Wednesday #912106-11	9:30-10:30 a.m. 1 session
• Feb. 22 National Landing	Wednesday #912106-12	9:30-10:30 a.m. 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. Meets at Arlington Mill on the second and fourth Thursdays of the month.

• Second & Fourth Thursdays Arlington Mill	9-10 a.m. Drop-In
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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 Aurora Hills	9-10:30 a.m. Drop-In
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TAI CHI

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. **No class 12/26, 1/2, 1/16 and 2/20.**

Instructor: David Cohen

• Dec. 5 – Feb. 13 Walter Reed	Mondays #912105-01	2-3 p.m. 8 sessions: \$44.50
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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.

Instructor: David Cohen

• Dec. 8 – Feb. 23 Walter Reed	Thursdays #912105-02	2-3 p.m. 12 sessions: \$66
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Intermediate Tai Chi

This course works on perfecting the 24 simplified, Yang style forms of Tai Chi. The focus is 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

• Jan. 4 – Feb. 22 Langston-Brown	Wednesdays #912105-03	3:30-4:30 p.m. 8 sessions: \$44
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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 class 12/26, 1/2, 1/16 and 2/20.**

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|--------------------------------|-----------------------|
| • Mondays, Wednesdays, Fridays | 11:30 a.m.-12:30 p.m. |
| Lubber Run | Drop-In |

Tai Chi Practice - Taoist Style

Come and 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.

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|------------------------|-----------------|
| • Wednesdays & Fridays | 12:30-1:30 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.

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| • 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

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|------------------------|-----------|
| • Wednesdays & 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 & Thursdays | 10-11 a.m. |
| Lubber Run | Drop-In |



Drop-in fitness classes are offered at both the [Lubber Run Community Center](#) and the [Madison Community Center](#). These classes are \$4/class or there is an option for a punch pass that is for \$60/15 classes. Punch passes can be purchased at the Administrative Services Office or front desk at Lubber Run or at Madison. These classes vary in their intensity.

55+ Seated Exercise
Wed. and Fri., 9-10 a.m. at Madison

Full Fitness Exercise
Tues. and Thurs., 10-11 a.m. at Lubber Run

Strength Training
Wed. and Fri., 9-9:55 a.m. at Lubber Run

Total Body Fitness
Mondays, 10-11 a.m. at Lubber Run

Total Body Fitness
Fridays, 10:15-11:15 a.m. at Lubber Run

SPORTS

INCLEMENT WEATHER

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

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 & 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. **No class 12/26, 12/30, 1/2, 1/16 and 2/20.**

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

Introduction to Cycling Demo

Are you curious about indoor cycling? This is your chance to try it! We will spend the first 10 minutes reviewing the equipment, then we will ride for 30 minutes to give you a taste of what it's all about. Any fitness level is welcome! You can wear regular sneakers and just bring water.

Instructor: Michelle Atkin (Fitness Program Manager).

- **Jan. 9** Monday 7:45-8:30 a.m.
Thomas Jefferson [#912125-01](http://arlingtonva.us) 1 session

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.

Instructor: Alaric Radosh

- **Dec. 6 – Jan. 24** Tuesdays 8:30-9:30 a.m.
Walter Reed [#912201-01](http://arlingtonva.us) 8 sessions: \$48
- **Dec. 7 – Jan. 25** Wednesdays 9:30-10:30 a.m.
Walter Reed [#912201-02](http://arlingtonva.us) 8 sessions: \$48
- **Dec. 8 – Jan. 26** Thursdays 6-7 p.m.
Lubber Run [#912201-03](http://arlingtonva.us) 8 sessions: \$48

Pickleball II

Build on basic skills and learn doubles strategy. Prerequisite: Pickleball for Beginners or comparable experience. Wear tennis or court shoes. Balls are provided, but bring your own paddle.

Instructor: Alaric Radosh

- **Dec. 6 – Jan. 24** Tuesdays 9:30-10:30 a.m.
Walter Reed [#912201-04](http://arlingtonva.us) 8 sessions: \$48
- **Dec. 7 – Jan. 25** Wednesdays 8:30-9:30 a.m.
Walter Reed [#912201-05](http://arlingtonva.us) 8 sessions: \$48

Absolute Beginner Pickleball

If you're new to pickleball or you're hesitant about dropping in, this is your chance to try this sport in a judgement-free zone. Volunteers will be on hand to answer questions. Limited paddles and balls available. **No program 12/26, 1/2, 1/16 and 2/20.**

- **Mondays** 10-11 a.m.
Walter Reed Drop-In



Play Pickleball

Get exercise and have fun in friendly games of Pickleball, America's fastest growing sport for adults over 50! Players of all levels and abilities are welcome to participate. Hours are subject to change to accommodate special events and programs. **No program 12/26, 1/2, 1/16 and 2/20.**

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|---|----------------------------------|
| • Mondays
Walter Reed | 8:30-10 a.m.
Drop-In |
| • Mondays
Walter Reed | 10-11 a.m.
Drop-In |
| • Mondays & Fridays
Walter Reed | 11 a.m.-4 p.m.
Drop-In |
| • Tuesdays & Thursdays
Walter Reed | 12:15-4 p.m.
Drop-In |
| • Wednesdays
Walter Reed | 2:15-4 p.m.
Drop-In |
| • Mondays
Arlington Mill | 10 a.m.-3 p.m.
Drop-In |
| • Tuesdays & Thursdays
Arlington Mill | 12-3 p.m.
Drop-In |
| • Wednesdays
Arlington Mill | 4-8:30 p.m.
Drop-In |

INDOOR

Billiards

Join in on fun, casual games of billiards with 55+ friends. Players of all levels and abilities are welcome. **No program 12/26, 1/2, 1/16 and 2/20.**

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|---|-----------------------------------|
| • Mondays - Fridays
Walter Reed | 10 a.m.-12 p.m.
Drop-In |
|---|-----------------------------------|

Table Tennis

Players of all levels and abilities are welcome to participate in friendly games. **No program 12/26, 1/2, 1/16 and 2/20.**

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|---|-------------------------------------|
| • Mondays - Fridays
Walter Reed | 10 a.m.-12 p.m.
Drop-In |
| • Tuesdays
Arlington Mill | 10 a.m.-12 p.m.
Drop-In |
| • Wednesdays
Madison | 9 a.m.-12:30 p.m.
Drop-In |



ARLINGTON SENIOR GOLF CLUB Wed., Jan. 18, 11:30 a.m.-1:30 p.m. at Walter Reed

The Arlington Senior Golf Club welcomes men and women who enjoy playing with a fun group of people. This group plays 26 different Northern Virginia golf courses from April through October. Green fees (including carts) are very reasonable and vary each week, depending on the course. **The first meeting of the year will be on Wed., Jan. 18.** For information or to join, contact Membership Chairman Dennis MacDonald at dkmacdonald@att.net or visit arlingtonseniorgolfclub.org

Cornhole

All skill levels are welcome to join in this fun lawn game. We will play in the gym and if weather permits we will move outside to Arlington Mill's courtyard.

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| • Fridays
Arlington Mill | 10 a.m.-3 p.m.
Drop-In |
|------------------------------------|----------------------------------|

Volleyball

Friendly games of drop-in volleyball provide fun and exercise. Both beginners and experienced players are welcome.

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|-------------------------------------|----------------------------------|
| • Tuesdays
Langston-Brown | 3:30-5:30 p.m.
Drop-In |
|-------------------------------------|----------------------------------|

ARLINGTON OLYMPIANS BREAK RECORDS, WIN GOLD



Arlington had 155 participants in the 2022 Northern Virginia Senior Olympics, which was a 50% increase over last year! Three participants broke records: Bill Palmer, 800-meter walk; Dugard Gillies, basketball free throws; and Beth Baker, 50 yard backstroke in swimming. Most events are conducted by gender and in 5 and 10 year age groups. Consequently, one event can have as many as 10 gold medalists. This year Arlingtonians won 66 gold medals in over 30 different events! Arlington hosted 10 events, including the opening ceremonies. The remaining events were at 25 venues throughout Northern Virginia. All results and photos are on the website at www.nvso.us. For more information, email nvso1982@gmail.com.

55+ Basketball

A pick-up game of basketball is just what the doctor ordered! Join us for some full court press with a group of welcoming and supportive players. All skill levels are welcome. No instruction provided.

- **Wednesdays** 12-2 p.m.
Walter Reed Drop-In

Women's Drop-in Basketball

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

- **Wednesdays** 7-9 p.m.
Langston-Brown Drop-In

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. Please visit www.medstarcapitalsiceplex.com to register for Senior Public Skate. **No program 12/26, 1/2, 1/16 and 2/20.**

- **Mondays** 8:10-9:10 a.m.
MedStar Capitals Iceplex Drop-In

Arlington County Police Department School Crossing Guard

The Arlington County Police Department is looking to hire school crossing guards to work with Arlington Public schools. Become a member of this happy group while promoting pedestrian safety and providing traffic control.

Questions? Email CrossingGuard@arlingtonva.us

To learn more and start your application, visit www.arlingtonva.us/government/careers or scan the QR code with your smartphone.



BRAIN PLAY

Escape Room Returns!

Escape rooms are games made up of a series of clues and puzzles you must solve as a team in order to “escape.” Sign up on your own or gather some friends to register for the same time slot to make a team.

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| • Jan. 31
5-6 p.m.
6:30-7:30 p.m. | Tuesday
#912600-02
#912600-03 | Walter Reed
1 session
1 session |
| • Feb. 28
5-6 p.m.
6:30-7:30 p.m. | Tuesday
#912600-04
#912600-05 | Walter Reed
1 session
1 session |

Bunco Bunch

NEW

Calling all 55+ friends who want to play a fun game in a social environment. Bunco is a dice game of luck where having a good time is the number one objective. Bunco is a great way to socialize with new and old friends. No prior experience is needed.

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|---------------------------------|---|------------------------------------|
| • Dec. 9
Walter Reed | Friday
#912600-06 | 1:30-3:30 p.m.
1 session |
| • Jan. 13
Walter Reed | Friday
#912600-07 | 1:30-3:30 p.m.
1 session |
| • Feb. 10
Walter Reed | Friday
#912600-08 | 1:30-3:30 p.m.
1 session |

Board Games Anyone?

There are plenty of great board games, new and old. Join us for an afternoon of fun and games: we have lots of options for you to choose from. Meets the second Thursday of the month.

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|---|----------------------------|
| • Second Thursdays
Langston-Brown | 2-3 p.m.
Drop-In |
|---|----------------------------|

Game Night

Enjoy one of the games available here, including card games, rummikub, scrabble and many more. Don't see anything you like? Bring your own favorite game to play!

- | | | |
|-------------------------------|---|------------------------------|
| • Feb. 9
Lubber Run | Thursday
#912600-09 | 6-7 p.m.
1 session |
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Trivia

Calling all trivia buffs! Join us for a fun-filled trivia challenge with your 55+ friends!

- | | | |
|----------------------------|---|--|
| • Dec. 1
Virtual | Thursday
#912600-10 | 11 a.m.-12:30 p.m.
1 session |
| • Jan. 5
Virtual | Thursday
#912600-11 | 11 a.m.-12:30 p.m.
1 session |
| • Feb. 2
Virtual | Thursday
#912600-12 | 11 a.m.-12:30 p.m.
1 session |

Trivia Night

Test your 2022 trivia skills! Trivia is a great way to learn new things while having fun with friends.

- | | | |
|--------------------------------|---|------------------------------|
| • Dec. 29
Lubber Run | Thursday
#912600-13 | 6-7 p.m.
1 session |
|--------------------------------|---|------------------------------|



DANCE BINGO

Fri., Jan. 20, 11 a.m.-12 p.m.

Walter Reed 55+ Center

Dance Bingo, created and led by 55+ Center Director Jennifer Weber, is a fun game that combines cardio dancing with the luck of the draw of BINGO. You will be sure to sweat and have a good time!

Register: [#912600-01](#)

Jeopardy

Play America's favorite quiz game with monthly themes and test your knowledge. First Monday of the month: Dec. 5, Jan. 9, and Feb. 6. Led by volunteer Jacquie Stead.

- | | | |
|--------------|----------------------------|-----------------|
| • Dec. 5 | Monday | 2-3 p.m. |
| Aurora Hills | #912600-14 | 1 session |
| • Jan. 9 | Monday | 2-3 p.m. |
| Aurora Hills | #912600-15 | 1 session |
| • Feb. 6 | Monday | 2-3 p.m. |
| Aurora Hills | #912600-16 | 1 session |

Jeopardy Night

Join in this fun and interactive quiz game to play as a group. Staff will supply the answers; will you know the questions?

- | | | |
|------------|----------------------------|-----------------|
| • Jan. 26 | Thursday | 6-7 p.m. |
| Lubber Run | #912600-17 | 1 session |

Chess

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

No program 12/26, 1/2, 1/16 and 2/20.

- | | |
|-----------|----------------------------|
| • Mondays | 9:30 a.m.-2:30 p.m. |
| Madison | Drop-In |

Canasta

Canasta is a fun and easy to learn card game. 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 | 10 a.m.-12 p.m. |
| Walter Reed | Drop-In |

DROP-INS & REGISTRATION

Drop-in classes are ongoing programs that participants can join any time 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.



Hearts Club

Looking for an enjoyable, less complicated card game to play? Hearts is a strategic trick taking game that requires four players. Come play with 55+ friends at Aurora Hills on Wednesdays!

- | | |
|--------------|------------------------|
| • Wednesdays | 10 a.m.-12 p.m. |
| Aurora Hills | Drop-In |

Spades

Spades is a fun card games for all ages. Come socialize and play this game of strategy and teamwork. Instruction is provided; all skill levels are welcome.

- | | |
|----------------|--------------------|
| • Wednesdays | 2:30-4 p.m. |
| Arlington Mill | Drop-In |

Cribbage

Cribbage is a classic yet challenging card game. Although it may seem intimidating at first, Cribbage is very easy to learn and play, especially in this supportive group environment. Instruction will be provided.

- | | |
|-------------|------------------------|
| • Fridays | 10 a.m.-12 p.m. |
| Walter Reed | Drop-In |

Pinochle

Players score points by taking tricks and forming combinations from a special deck of cards. Enjoy strategizing, teamwork, counting and socializing.
No program 12/26, 1/2, 1/16 and 2/20.

- | | |
|----------------|---------------------|
| • Mondays | 12:30-3 p.m. |
| Langston-Brown | Drop-In |
| • Fridays | 12:30-3 p.m. |
| Langston-Brown | 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. **No program 12/24, 12/26, 12/31, 1/2, 1/16 and 2/20.**

American Style

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

Chinese Style

- **Thursdays** 9:30-11:30 a.m.
Langston-Brown Drop-In

Learn Mexican Train Dominoes

Enjoy friendly instruction from a 55+ volunteer. You will have fun learning this timeless classic.

- **Dec. 5** **Monday** 10 a.m.-12 p.m.
Walter Reed [#912600-18](#) 1 session

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! **No program 12/26, 1/2, 1/16 and 2/20.**

- **Mondays** 10 a.m.-12 p.m.
Walter Reed Drop-In



Rummikub

The original rummy tile-based game combines elements of gin rummy and Mah Jongg. **No program 12/26, 12/24, 12/31, 1/2, 1/16 and 2/20.**

- **Mondays – Fridays** 11 a.m.-1 p.m.
Arlington Mill Drop-In
- **Tuesdays** 9:30-11:30 a.m.
Langston-Brown Drop-In
- **Tuesdays** 1-3 p.m.
Lubber Run Drop-In
- **Saturdays** 10 a.m.-12 p.m.
Arlington Mill Drop-In
- **Saturdays** 10 a.m.-12 p.m.
Walter Reed 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 a.m.-3 p.m.
Walter Reed 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 third Thursdays.

- **Third Thursdays** 1:30-3:30 p.m.
Lubber Run Drop-In

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.

No program 12/26, 1/2, 1/16 and 2/20.

-
- **Mondays & Fridays** 12-3 p.m.
Lubber Run Drop-In
 - **Tuesdays** 10 a.m.-12 p.m.
Madison Drop-In
 - **Wednesdays** 1:30-3:30 p.m.
Walter Reed Drop-In
 - **Thursdays** 10 a.m.-1 p.m.
Lubber Run Drop-In

Bridge Practice

Join volunteer instructors Linda and Steve Robinson for lessons on Bridge in a very friendly atmosphere to practice playing the game and get your questions answered.

-
- **Tuesdays** 2-4 p.m.
Walter Reed Drop-In

Foursome Bridge

Already have a group of Bridge buddies? A table of four is needed to play at Aurora Hills on Wednesdays.

-
- **Wednesdays** 10 a.m.-12 p.m.
Aurora Hills Drop-In

LANGUAGES

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. No instruction provided.

-
- **Wednesdays** 1-2 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. No instruction provided.

-
- **Thursdays** 2-3 p.m.
Langston-Brown Drop-In

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. No instruction provided.

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- | | | |
|----------------------|---|-------------------------------------|
| • Dec. 2
Virtual | Friday
#912650-01 | 10 a.m.-12 p.m.
1 session |
| • Dec. 9
Virtual | Friday
#912650-02 | 10 a.m.-12 p.m.
1 session |
| • Dec. 16
Virtual | Friday
#912650-03 | 10 a.m.-12 p.m.
1 session |
| • Dec. 23
Virtual | Friday
#912650-04 | 10 a.m.-12 p.m.
1 session |
| • Dec. 30
Virtual | Friday
#912650-05 | 10 a.m.-12 p.m.
1 session |
| • Jan. 6
Virtual | Friday
#912650-06 | 10 a.m.-12 p.m.
1 session |
| • Jan. 20
Virtual | Friday
#912650-07 | 10 a.m.-12 p.m.
1 session |
| • Jan. 27
Virtual | Friday
#912650-08 | 10 a.m.-12 p.m.
1 session |
| • Feb. 3
Virtual | Friday
#912650-09 | 10 a.m.-12 p.m.
1 session |
| • Feb. 10
Virtual | Friday
#912650-10 | 10 a.m.-12 p.m.
1 session |
| • Feb. 24
Virtual | Friday
#912650-11 | 10 a.m.-12 p.m.
1 session |

SERVICES

Hearing Screenings

Bonnie O'Leary, certified peer mentor and hearing loss support specialist from Northern Virginia Resource Center for Deaf and Hard of Hearing Persons, will conduct individual thirty minute hearing screenings. Must pre-register.

Feb. 3	Friday	Aurora Hills
10-10:30 a.m.	#912900-01	1 session
10:30-11 a.m.	#912900-02	1 session
11-11:30 a.m.	#912900-03	1 session
11:30 a.m.-12 p.m.	#912900-04	1 session
12-12:30 p.m.	#912900-05	1 session
1-1:30 p.m.	#912900-06	1 session
1:30-2 p.m.	#912900-07	1 session
2-2:30 p.m.	#912900-08	1 session



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

Mac, iPhone, iPad

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

• Dec. 7 10-10:45 a.m. 10:45-11:30 a.m. 11:30 a.m.-12:15 p.m.	Wednesday #912909-01 #912909-02 #912909-03	Aurora Hills 1 session 1 session 1 session
• Dec. 14 10-10:45 a.m. 10:45-11:30 a.m. 11:30 a.m.-12:15 p.m.	Wednesday #912909-04 #912909-05 #912909-06	Aurora Hills 1 session 1 session 1 session
• Dec. 21 10-10:45 a.m. 10:45-11:30 a.m. 11:30 a.m.-12:15 p.m.	Wednesday #912909-07 #912909-08 #912909-09	Aurora Hills 1 session 1 session 1 session
• Jan. 4 10-10:45 a.m. 10:45-11:30 a.m. 11:30 a.m.-12:15 p.m.	Wednesday #912909-10 #912909-11 #912909-12	Aurora Hills 1 session 1 session 1 session
• Jan. 11 10-10:45 a.m. 10:45-11:30 a.m. 11:30 a.m.-12:15 p.m.	Wednesday #912909-13 #912909-14 #912909-15	Aurora Hills 1 session 1 session 1 session
• Jan. 18 10-10:45 a.m. 10:45-11:30 a.m. 11:30 a.m.-12:15 p.m.	Wednesday #912909-16 #912909-17 #912909-18	Aurora Hills 1 session 1 session 1 session
• Feb. 1 10-10:45 a.m. 10:45-11:30 a.m. 11:30 a.m.-12:15 p.m.	Wednesday #912909-19 #912909-20 #912909-21	Aurora Hills 1 session 1 session 1 session
• Feb. 8 10-10:45 a.m. 10:45-11:30 a.m. 11:30 a.m.-12:15 p.m.	Wednesday #912909-22 #912909-23 #912909-24	Aurora Hills 1 session 1 session 1 session
• Feb. 15 10-10:45 a.m. 10:45-11:30 a.m. 11:30 a.m.-12:15 p.m.	Wednesday #912909-25 #912909-26 #912909-27	Aurora Hills 1 session 1 session 1 session

55+ TRAVEL



Steps or heavy walking;
wear comfortable shoes



Ticketed Event



Meal is included
in the price



Lunch or shopping
on your own;
bring extra money



Activity is outdoors;
dress accordingly

DECEMBER 2022 TRIPS



Thurs., Dec. 1—Perry Belmont House Holiday Tour

Washington, DC: Enjoy the splendors of the “Gilded Age” with a guided tour of the Perry Belmont House fully decorated for the holidays. The Perry Belmont House is one of the finest Beaux Arts residences in Washington, D.C. The exterior is modeled after a Parisian Mansion with 16th and 17th century Renaissance details. The interior is beautifully appointed with extraordinary architectural details, exceptional furniture, artwork and memorabilia of the Belmont family, as well as the Order of the Eastern Star. Lunch afterwards on your own at District Wharf. Please note: Bring \$10 donation for the tour.

**BAR 8:40 a.m., MAD 9:10 a.m., return 3:00 p.m.,
#902212-01 \$11 Arlington County
\$13 Out-of-County**



Sat., Dec. 3 -The Barnes Foundation Tour

Philadelphia, PA: The Barnes Foundation is home to one of the world's greatest collections of impressionist, post-impressionist and early modern paintings, with especially deep holdings in Renoir, Cézanne, Matisse and Picasso. Assembled by Dr. Albert C. Barnes between 1912 and 1951, the collection also includes important examples of African art, Native American pottery and jewelry, Pennsylvania German furniture,

American avant-garde painting and wrought-iron metalwork. After a docent-led tour, tour and dine on your own at the Garden Restaurant on the premises.

**WR 6:30 a.m., MAD 7:00 a.m., return 6:50 p.m.,
#902212-02 \$54 Arlington County
\$62 Out-of-County**



Tues., Dec. 6—Jacqueline Kennedy and H.F. du Pont: From Winterthur to the White House

Winterthur, DE: For the first time, the story of former First Lady Jacqueline Kennedy and collector Henry Francis du Pont will be told at Winterthur. Mrs. Kennedy appointed du Pont to restore the White House interiors in 1961. Through artifacts, archives and images, this exhibition will invite you to experience the behind-the-scenes collaboration between the two during this captivating period in American history. Their partnership culminated in a televised tour of the White House, led by Jacqueline Kennedy, which became the most-watched program in American history at that time. The former First Lady will forever be remembered as the person who restored history and beauty to the White House. Lunch on your own at Winterthur.

**BAR 7:00 a.m., MAD 7:30 a.m., return 7:00 p.m.,
#902212-03 \$33 Arlington County
\$38 Out-of-County**

IMPORTANT TRAVEL INFORMATION:

- You must have a valid 55+ Pass, except for first-time guests (must be age 55 and older).
- 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. The return time is the time we arrive at the last drop-off. Return times are estimated.
- Meals: When a meal choice is advertised, call 55+ Travel at (703) 228-4748 to indicate your choice. 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 **Gunston**, parking and pickup are in the lower parking lot down the hill from the entrance to the school and just north of the tennis courts and soccer fields. At **Walter Reed**, parking is in the back lot behind the center and pick-up is in the front of the center.



Thurs., Dec. 8—“Coming Attractions: The John Waters Collection” at Baltimore Museum of Art

Baltimore, MD: John Waters’ bequest of 372 works by 125 artists brings a particular cutting-edge articulation of American individualism to the BMA’s collection, particularly as it relates to queer identity and freedom of expression. Waters favors works that are visually witty, abstract and often refer to the absurdities of the art world. The exhibition will include approximately 90 paintings, sculptures, photographs and prints by Diane Arbus, Nan Goldin, Mike Kelley, Richard Prince, Cindy Sherman, Gary Simmons, Cy Twombly, Andy Warhol, Christopher Wool, Erwin Wurm and Betsy the Chimpanzee, among others.

GUN 11:20 a.m., MAD 11:50 a.m., return 8:10 p.m.,
#902212-04 **\$11 Arlington County**
\$13 Out-of-County



Sun., Dec. 11—Bull Run Festival of Lights

Centreville, VA: Experience the Bull Run Festival of Lights with 2.5 miles of illuminated holiday light displays. Sit back and relax on the bus and follow the magical glow. Prior to the tour, lunch on your own at Cracker Barrel.

WR 2:30 p.m., MAD 3:00 p.m., return 8:45 p.m.,
#902212-05 **\$11 Arlington County**
\$13 Out-of-County



Wed., Dec. 14—DEA Museum Tour

Arlington, VA: The DEA Museum collects, preserves and shares the stories of America’s connection to drugs, including public policy, federal drug law enforcement and the work of Drug Enforcement Administration employees around the world. Its all-new, innovative learning environment includes interactives, artifacts and displays about the history of drug misuse prevention. Lunch on your own at Pentagon Row. Please note: Valid photo ID required. You will go through security screenings like those at an airport.

MAD 9:35 a.m., WR 10:05 a.m., return 2:45 p.m.,
#902212-06 **\$7 Arlington County**
\$8 Out-of-County



Sat., Dec. 17—“Matisse in the 1930s” at Philadelphia Museum of Art

Philadelphia, PA: “Matisse in the 1930s” features a collection of the legendary artist’s work during a decade of artistic exploration—from experimentation, to failure, to renewal—with Philadelphia as a backdrop. By 1930, Henri Matisse had achieved significant international

renown, yet he found himself in a deep creative slump. The turning point came with a commission to decorate the main gallery of the Barnes Foundation in Philadelphia. The resulting monumental mural, *The Dance* (1930–33), turned Matisse’s artistic practice around. Come learn about his time in Philadelphia and discover how it influenced his work for years to come through more than 100 paintings, sculptures, prints and drawings. Lunch on your own at the museum.

WR 6:40 a.m., MAD 7:10 a.m., return 7:30 p.m.,
#902212-07 **\$44 Arlington County**
\$51 Out-of-County



Tues., Dec. 20—“Vermeer’s Secrets” at National Gallery of Art

Washington, DC: “Vermeer’s Secrets” draws on 50 years of imaging technology and microscopic examination to illuminate—and sometimes revolutionize—the understanding of how beloved 17th century Dutch artist Johannes Vermeer achieved the compelling effects of his paintings’ light-filled moments of quiet solitude. In this behind-the-scenes glimpse, the National Gallery of Art researchers reveal their findings about these paintings and the artist who made them. Lunch on your own at the museum.

MAD 10:45 a.m., GUN 11:15 a.m., return 5:00 p.m.,
#902212-08 **\$11 Arlington County**
\$13 Out-of-County

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 (unless noted). **Arlington residents** may begin to sign up on Wed., Nov. 16 at 10 a.m. **Out-of-County residents** may begin on Thurs., Nov. 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. 48 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.

JANUARY 2023 TRIPS



Thurs., Jan. 5—National Museum of the Marine Corps

Triangle, VA: Explore over 200 years of Marine Corps history and the Marines' tremendous commitment, accomplishments and sacrifices starting with the American Revolutionary War. Tour and lunch on your own.

MAD 8:30 a.m., GUN 9:00 a.m., return 3:30 p.m.,
#902301-01 \$10 Arlington County
\$12 Out-of-County



Wed., Jan. 11—National Air and Space Museum

Washington, DC: The National Air and Space Museum on the National Mall is currently transforming. On October 14, 2022, the museum opened eight new galleries inviting you to explore air and space in new ways. Work is continuing; with more new galleries set to open in 2025. In the meantime, half of the building will remain closed.

MAD 9:40 a.m., BAR 10:10 a.m., return 4:00 p.m.,
#902301-02 \$9 Arlington County
\$10 Out-of-County



Sat., Jan. 14—The Barnes Foundation Tour

Philadelphia, PA: The Barnes Foundation is home to one of the world's greatest collections of impressionist, post-impressionist and early modern paintings, with especially deep holdings in Renoir, Cézanne, Matisse and Picasso. Assembled by Dr. Albert C. Barnes between 1912 and 1951, the collection also includes important examples of African art, Native American pottery and jewelry, Pennsylvania German furniture, American avant-garde painting and wrought-iron metalwork. After a docent-led tour, tour and dine on your own at the Garden Restaurant on the premises.

WR 6:30 a.m., MAD 7:00 a.m., return 6:50 p.m.,
#902301-03 \$54 Arlington County
\$62 Out-of-County



Tues., Jan. 17—DEA Museum Tour

Arlington, VA: The DEA Museum collects, preserves and shares the stories of America's connection to drugs, including public policy, federal drug law enforcement and the work of Drug Enforcement Administration employees around the world. Its all-new, innovative learning environment includes interactives, artifacts and

displays about the history of drug misuse prevention. Lunch on your own at Pentagon Row. Please note: Valid photo ID required. Will go through security screenings like those at an airport.

MAD 9:35 a.m., WR 10:05 a.m., return 2:45 p.m.,
#902301-04 \$7 Arlington County
\$8 Out-of-County



Fri., Jan 20—Lunch at Peking Gourmet Inn

Falls Church, VA: Enjoy a memorable lunch at this iconic Chinese restaurant.

MAD 10:00 a.m., GUN 10:30 a.m., return 2:00 p.m.,
#902301-05 \$48 Arlington County
\$55 Out-of-County



Wed., Jan. 25—National Cryptologic Museum

Annapolis Junction, MD: Join us for two tours: 1) American Cryptologic History Tour, which presents the role, people and machines of America's cryptologic history through unique artifacts and stories; and 2) Advancing Technology Tour, which illustrates through the exhibits and artifacts the intertwined relationship between cryptologic and technologic advances at the National Cryptologic Museum. Dine afterwards at Arundel Mills Mall at 2:15 p.m.

BAR 9:30 a.m., MAD 10:00 a.m., return 6:30 p.m.,
#902301-06 \$11 Arlington County
\$13 Out-of-County



Sat., Jan. 28—"Matisse in the 1930s" at Philadelphia Museum of Art

Philadelphia, PA: "Matisse in the 1930s" features a collection of the legendary artist's work during a decade of artistic exploration—from experimentation, to failure, to renewal—with Philadelphia as a backdrop. By 1930, Henri Matisse had achieved significant international renown, yet he found himself in a deep creative slump. The turning point came with a commission to decorate the main gallery of the Barnes Foundation in Philadelphia. The resulting monumental mural, *The Dance* (1930–33), turned Matisse's artistic practice around. Come learn about his time in Philadelphia and discover how it influenced his work for years to come through more than 100 paintings, sculptures, prints and drawings. Lunch on your own at the museum.

WR 6:40 a.m., MAD 7:10 a.m., return 7:30 p.m.,
#902301-07 \$44 Arlington County
\$51 Out-of-County



Sun., Jan. 29 —Sketching at the National Gallery of Art

Washington, DC: Follow the lead of 55+ Community Arts Programmer Jennifer Droblyen and spend the afternoon drawing from famous artwork at the National Gallery of Art. This is the second of a four-part series designed for all artistic levels. A supply list will be provided two weeks prior to the trip. Lunch on your own at NGA.

MAD 9:00 a.m., WR 9:30 a.m., return 3:00 p.m.,
#902301-08 **\$11 Arlington County**
\$13 Out-of-County

FEBRUARY 2023 TRIPS



Thurs., Feb. 2—"Crafting a Better World" Exhibit at the Renwick Gallery

Washington, DC: "Crafting a Better World" showcases the dynamic landscape of American craft today. The exhibition highlights the role that artists play in our world to spark essential conversations, stories of resilience and methods of activism—showing us a more relational and empathetic world. It centers on more expansive definitions and acknowledgments of often-overlooked histories and contributions of women, people of color and other marginalized communities.

MAD 9:00 a.m., GUN 9:30 a.m., return 2:00 p.m.,
#902302-01 **\$7 Arlington County**
\$8 Out-of-County



Mon., Feb. 6—National Museum of the U.S. Army

Ft. Belvoir, VA: Tour 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. Lunch on your own at the Museum Café.

MAD 9:30 a.m., BAR 10:00 a.m., return 3:30 p.m.,
#902302-02 **\$10 Arlington County**
\$13 Out-of-County

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 55+ Travel at 703-228-4748 for cancellation requests for 55+ trips.



Thurs., Feb. 9—"Storied Strings: The Guitar in American Art" at the Virginia Museum of Fine Arts

Richmond, VA: "Storied Strings: The Guitar in American Art" is the first exhibition to explore the instrument's symbolism in American art from the early 19th century to the present day. Featuring 125 works of art as well as 35 musical instruments, the exhibition will demonstrate that guitars figure prominently in the visual stories Americans tell themselves about themselves—their histories, identities and aspirations. Lunch on your own at the museum.

MAD 7:15 a.m., BAR 7:45 a.m., return 5:00 p.m.,
#902302-03 **\$37 Arlington County**
\$43 Out-of-County



Sat., Feb. 11—National Air and Space Museum

Washington, DC: The National Air and Space Museum on the National Mall is currently transforming. On October 14, 2022, the museum opened eight new galleries inviting you to explore air and space in new ways. Work is continuing with more new galleries set to open in 2025. In the meantime, half of the building will remain closed.

MAD 9:40 a.m., BAR 10:10 a.m., return 4:00 p.m.,
#902302-04 **\$9 Arlington County**
\$10 Out-of-County



Mon., Feb. 13—"I Dream a World: Selections from Brian Lanker's Portraits of Remarkable Black Women" Exhibit at the National Portrait Gallery

Washington, DC: Since the publication of *I Dream a World: Portraits of Black Women Who Changed America* over thirty years ago, African American women have gained greater visibility on the national stage and in the global arena. Illuminating the historical and cultural contributions of several remarkable individuals, this two-part exhibition features portraits of writers, entertainers, athletes, activists and politicians whose legacies were documented by the photojournalist Brian Lanker in the late 1980s. Lunch on your own at the museum.

MAD 10:45 a.m., GUN 11:15 a.m., return 5:00 p.m.,
#902302-05 **\$9 Arlington County**
\$10 Out-of-County



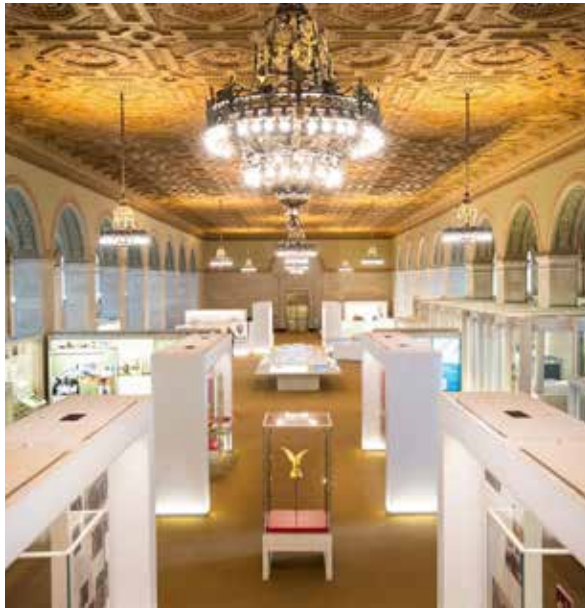
Wed., Feb. 15—American Ballet Theatre's Open Rehearsal at the Kennedy Center

Washington, DC: Enjoy this unique opportunity to attend an open rehearsal of the American Ballet Theatre's production of *Romeo and Juliet* at the Kennedy Center. This celebrated company, declared "America's National Ballet Company" by an Act of Congress, brings a depth of talent, drama, passion, sumptuous sets and lavish costumes to Shakespeare's tragic play of forbidden love.

MAD 12:00 p.m., WR 12:30 p.m., return 5:30 p.m.
(subject to change),

[#902302-06](#)

\$25 Arlington County
\$29 Out-of-County



NPS / White House Historical Society



Fri., Feb. 17—White House Visitor Center Tour

Washington, DC: The White House Visitor Center offers a window into the president's iconic home. The exhibit areas feature approximately 100 historical artifacts, interpretive panels, looping videos of photos and archival footage as well as interactive elements.

MAD 8:00 a.m., GUN 8:30 a.m., return 1:00 p.m.,
[#902302-07](#)

\$7 Arlington County
\$8 Out-of-County



The Benjamin Banneker Boundary Stone. Photo Credit: Stephanie Toma



Wed., Feb. 22—Arlington Black History Bus Tour

Arlington, VA: Join us on a one-of-a-kind bus tour of some of Arlington's black historical sights. After the bus tour, lunch on your own in Shirlington.

MAD 9:30 a.m., BAR 9:45 a.m., return 2:45 p.m.,
[#902302-09](#)

\$10 Arlington
\$12 Out-of-County



Tues., Feb. 28—Supreme Court Tour

Washington, DC: Tour the public portions of the Supreme Court building on a self-guided basis and take advantage of a variety of educational programs, including courtroom lectures and court-related exhibitions. In addition to the courtroom, portions of the first and ground floors are open to the public. Highlights include the John Marshall statue, portraits and busts of former justices and two self-supporting marble staircases. The courtroom is located on the first floor. Lunch on your own in the Supreme Court cafeteria.

MAD 8:00 a.m., GUN 8:30 a.m., return 2:00 p.m.,
[#902302-08](#)

\$8 Arlington County
\$9 Out-of-County

COMMUNITY PARTNERS

THE ALLIANCE FOR ARLINGTON SENIOR PROGRAMS (AASP)

The Alliance for Arlington Senior Adult 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. 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, Langston-Brown and Walter Reed 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.**

ARLINGTON NEIGHBORHOOD VILLAGE (ANV)



Arlington Neighborhood Village (ANV) is a community-based non-profit organization that helps older adults stay in their homes and community as they age. ANV volunteers provide the extra help a member might need: 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! 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 on Wednesdays at 10 a.m. Go to ANVarlington.org/events to learn more and get the Zoom link. You can also join us to learn more about volunteering with ANV or becoming a member on Wed., Jan. 25 at 11:30 a.m.; look in this guide on page 13 for registration information.

Volunteers Needed! If you are looking for a special volunteer opportunity, please consider ANV. We especially need volunteers who are able to drive older adults to medical and other appointments. You must be 21 years old and available during the day, Mondays through Fridays. Our volunteers tell us that they have "received more than they have given." If you want to learn more, please visit www.arlnvil.org/volunteer.

Take a moment to visit our new website at ANVarlington.org - we hope you like it!

ENCORE LEARNING

Encore Learning provides college-level courses, clubs and special events for people age 50+ who want to expand their world, learn new things and make new friends, all at a low price. Volunteers make it happen - behind the scenes, on Zoom, and in classrooms.

In the spring, Encore Learning will be offering 35 fascinating courses, 9 specialty clubs ranging from breakfast to bridge, and many special events.

Mark your calendars for 10:00 a.m. on Thurs., Feb. 2, 2023 for the Spring 2023 Course Preview (<https://us02web.zoom.us/j/84855394419>). Course registration begins Mon., Feb. 6 at 10:00 a.m.

For more information or to become a member, visit www.EncoreLearning.net or email info@encorelearning.net.

Celebrating our 20th year!



HOW TO REGISTER

Registration Opens:

- **November 16 at 10 a.m. (Arlington County)**
- **November 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

David Litman / Chair

Marilyn Marton / Vice Chair

Tom Curtis / Secretary

Valerie Turner / Treasurer

Vera Libeau / 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.

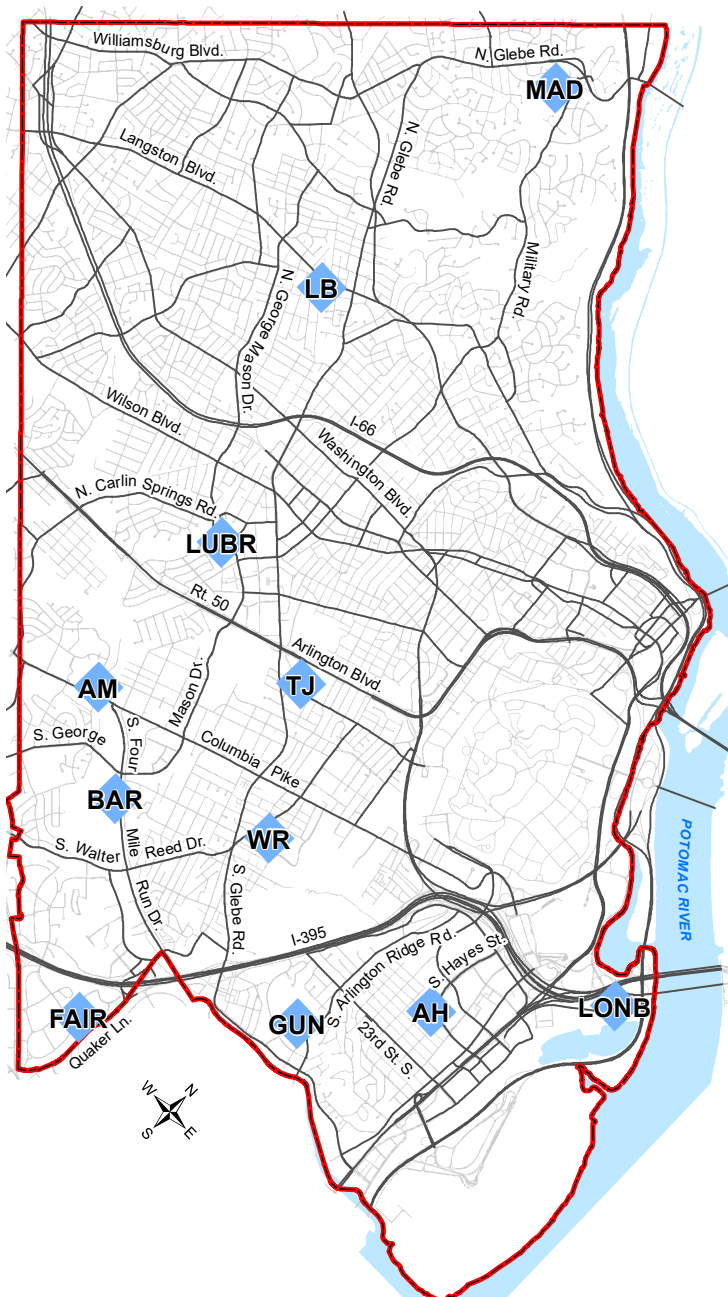


CONNECT & LOCATE

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
Ashley Gomez Figueredo: agomez1@arlingtonva.us
M-F: 9-3, 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