


SPRING 2023

55+⁺ ARLINGTON COUNTY GUIDE

EXERCISE
TRAVEL
CONNECTIONS
and MORE



55+ Camp is Here! 06
Celebrate Earth Day 2023 12
**Affordable Connectivity
Program Fair 21**
Arlington Philharmonic Concert 24
Aqua for Arthritis 33



**ARLINGTON
VIRGINIA**

Parks & Recreation

arlingtonva.us/dpr



Sign Up and Get the Benefits!

Enjoy access to a world of fun, fitness, enrichment, travel and social connection with the Arlington 55+ Pass.

STEP 1 ► Choose Your Pass

There are two 55+ Pass options for you to consider: the 55+ Pass or the 55+ Gold Pass. See the chart on the right for detailed benefits and pricing information.

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 53 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 is packed with programs commemorating events like Earth Day, Women's History Month and Asian American and Pacific Islander (AAPI) Heritage Month. Join us in March to hear the stories of a few of the fascinating women who helped shape this country's history (page 9) or sign up for one of our May programs celebrating the AAPI community (page 19). For Earth Day this April, come learn how you can do your part to help the environment (page 12).

We're excited to host our third Springo event in May! This is one of our favorite outdoor social events, and we're hoping for more of the beautiful spring weather we've enjoyed at past events. All you need is a lawn chair and a hat, and you are all set.

Finally, I want to encourage everyone to check out the new 55+ Camp. Who says kids get to have all the summer fun? Enjoy five days full of arts, sports, culture, technology, games, swimming, dancing and more surprises. Check out page 6 for more information.

Jennifer Collins, CPRP
Office of 55+ Programs

Registration Opens:

- February 15 at 10 a.m. (Arlington County)
- February 16 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 53.

NOTE: You can link directly to the registration system when viewing the digital 55+ Guide. After registration has opened, just click on the blue Registration Number for the program that you are interested in.

PHONE ► 703-228-4747

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

THE SCOOP:

55+ Centers will be closed on:

- Friday, March 3
Some programs may be canceled;
Aurora Hills 55+ Center
will be closed
- Monday, May 29

Registration Info: page 53

In this issue

Social Fun	4
Wellness	7
Lectures and Learning	13
Arts	24
Fitness	32
Sports	39
Brain Play	42
Services	45
Travel	46
Community Partners	52
How to Register	53
Connects & Locate	54

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

SPECIAL EVENTS

Spring Fling: Fashion Show and Silent Auction



Help us raise funds for Lubber Run's 55+ Programs with a silent auction and a fashion show featuring clothes provided by Blossoms Boutique and modeled by 55+ participants. There will also be refreshments and prizes! Donations such as jewelry and other items of value can be dropped off on Thurs., March 2, 2-5 p.m. in the Lubber Run Senior Room (Room 115). If you would like to volunteer to model the clothing items, please reach out to 55+ Center Director Ashley Gomez at 703-228-4767 or email agomez1@arlingtonva.us to sign up. This event is sponsored by the Lubber Run 55+ Advisory Committee and the Alliance for Arlington Senior Programs. **This is a cash only event.** Admission is \$5 at the door; all proceeds go directly to the Lubber Run 55+ Advisory Committee.

- | | | |
|------------|----------------------------|-----------|
| • March 31 | Friday | 1-3 p.m. |
| Lubber Run | #913899-02 | 1 session |

Spring Social

Join us for an afternoon with friends for some trivia, snacks and fun! Sponsored by the Langston-Brown Advisory Committee.

- | | | |
|----------------|----------------------------|-------------|
| • April 13 | Thursday | 1:30-3 p.m. |
| Langston-Brown | #913899-03 | 1 session |

Mother's Day Music and Tea

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

- | | | |
|--------------|----------------------------|-------------|
| • May 10 | Wednesday | 1-2:30 p.m. |
| Aurora Hills | #913890-05 | 1 session |



EATING GREEN FOR ST. PATRICK'S DAY

Tues., March 14, 11 a.m.-12 p.m. at Lubber Run

Celebrate St. Patrick's Day with a cooking demonstration from Virginia Cooperative Extension Master Food Volunteers and learn how to make festive green dishes.

Register: [#913501-05](#)

IRISH IN AMERICA

Thurs., March 16, 11:30 a.m.-12:45 p.m.

at Lubber Run and Virtual

Wear your green and celebrate St. Patrick's Day with us! We'll have personal greetings from the Embassy of Ireland and enjoy several cultural performance videos from the Embassy's *Shades of Green* celebration. Also, Bill Halpin, president of the Irish Cultural Society of Virginia, will discuss the history of the Irish in America. Festivities will be held in person at Lubber Run where you can enjoy snacks and watch on the screen with friends, or join the fun virtually from home – sign up based on your preference.

Register:

In person: [#913890-01](#)

Virtual: [#913890-02](#)

ST. PATRICK'S DAY CELEBRATION

Fri., March 17, 11:30 a.m.-1:30 p.m. at Walter Reed

Join in for this celebration of all things green sponsored by the Walter Reed Advisory Committee. Light refreshments will be served. Games, fellowship and fun are on the agenda!

Register: [#913890-03](#)

ST. PATRICK'S DAY LUNCHEON

Fri., March 17, 12:30-2:30 p.m. at Aurora Hills

Wear your green and come to Aurora Hills for a wonderful Irish-themed get together with 55+ friends! Enjoy some great Irish trivia, prizes and food. A \$10 fee will be collected at the door; **this is a cash only event.** Sponsored by the Aurora Hills Advisory Committee and the Alliance for Arlington Senior Programs.

Register: [#913890-04](#)



Springo

Enjoy bingo, many laughs and an opportunity to catch up with friends at this year's Springo! Prizes will be awarded. Sponsored by the Alliance for Arlington Senior Programs. Space is limited, so register early.



-
- | | | |
|-----------------|----------------------------|------------------------|
| • May 16 | Tuesday | 10 a.m.-12 p.m. |
| Lubber Run | #913899-05 | 1 session |

Trash and Treasure Sale

Come to the Aurora Hills annual Trash and Treasure Sale! The general public is invited to this neighborhood rummage sale held at the Aurora Hills 55+ Center. There will be household goods, decorative items, small appliances, games & toys, jewelry, luggage and craft supplies galore. All proceeds benefit the Aurora Hills 55+ special events and programs. Sponsored by the Aurora Hills Advisory Committee and the Alliance for Arlington Senior Programs. Donation drop-off: Friday, May 19, 10 a.m.-2 p.m. (No books, clothes, shoes, home electronics, TVs, computers, DVDs and CDs accepted at this time).



-
- | | | |
|-----------------|-----------------|----------------------------|
| • May 20 | Saturday | 9:30 a.m.-1:30 p.m. |
| Aurora Hills | Drop-In | 1 session |

GET TOGETHERS

Morning Meetup

Start your week off right with great conversation and friends. BYOC - Bring Your Own Coffee - and enjoy!

-
- | | |
|---------------------|---------------------|
| • Wednesdays | 9:30-11 a.m. |
| Langston-Brown | Drop-In |

Singles Social

Celebrate spring by making new friends and playing games and trivia. Light refreshments will be served.

-
- | | | |
|-------------------|----------------------------|-----------------------|
| • April 11 | Tuesday | 6:30-7:30 p.m. |
| Walter Reed | #913801-01 | 1 session |

DANCE

Introduction to Beginner Line Dance

Never line danced before but want to join the fun? Beginners are welcome to come learn the basic steps in a fun, friendly environment. You'll be ready to join the more experienced dancers at weekly Line Dance meetings in no time, or just give it a try! **No program 3/3 and 4/7.**

Instructor: Suzie Pratts.

-
- | | |
|------------------|----------------------|
| • Fridays | 10:15-11 a.m. |
| Aurora Hills | Drop-In |

Line Dance Open Session

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 3/3 and 4/7.**

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 |

Advanced Line Dance Practice Group

Practice time for experienced line dancers! The leader will provide a quick demo of each dance, then you all dance along. **No program 5/29.**

Instructor: Kitty Russel.

-
- | | |
|-----------------------------------|-------------------|
| • Mondays & Wednesdays | 10-11 a.m. |
| Arlington Mill | Drop-In |

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 Thursdays of the month at Lubber Run and the fourth Friday of the month at Arlington Mill. **No program 3/24.**

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

55+ Camp

MONDAY – FRIDAY
JUNE 5-9, 2023

Remember how much you loved summer camp as a kid? You can relive that time or experience camp for the first time at Arlington's week-long 55+ Camp, tailor-made just for adults 55 and over.

Three options are available:

OPTION 1:

Monday, Tuesday
and Friday
"Arts and Culture
Package"

Register: [#913899-06](#)

MONDAY TUESDAY

Arts & Culture

Includes a technology lesson and scavenger hunt, create an art décor piece, and join a historical talk and learn session at Fort C.F. Smith with a wine tasting sponsored by AASP.

LOCATION: Fort C.F. Smith, Arlington Mill and Friday at Lubber Run

WEDNESDAY THURSDAY



FRIDAY

Field Day!

INCLUDED IN
ALL OPTIONS!

LAWN GAMES
DJ
SOCIAL
AWARDS
PRIZES

CATERED
LUNCH
PROVIDED
BY



LOCATION:
Lubber Run

OPTION 2:

Wednesday, Thursday
and Friday
"Adventure and
Athletics Package"

Register: [#913899-07](#)



Adventure & Athletics

Includes a dance lesson by Arlington Ballroom, fun at Long Bridge Aquatics Center, an interactive cooking class by a professional chef, pickleball lesson, and urban hike to the Arlington Black History Museum Center.

LOCATION: Long Bridge, Walter Reed and Friday at Lubber Run

OPTION 3:

Attend all week.

Register: [#913899-08](#)

All Week!

FULL WEEK OF ACTIVITIES INCLUDED
ALL EVENTS AND LOCATIONS

Friday is included in all options! We will end the week with a fun-filled field day at Lubber Run with games, prizes and lunch sponsored by the [Alliance for Arlington Senior Programs](#) (AASP).

Participants provide their own lunch every day except Friday. Active programs are paired with low-intensity alternatives and are designed for adults 55 and over. Email 55plus@arlingtonva.us with any questions.



WELLNESS

Open Latin Dance

Salsa, bachata, rumba, cha-cha-cha, merengue - you're invited to dance with us to popular Latin music. No partner needed. **No program 3/17.**

- **Third Fridays** **10:30 a.m.-12 p.m.**
Arlington Mill Drop-In

THE MOVIES

Movies at Aurora Hills

Enjoy classic and modern movies at Aurora Hills with fellow 55+ friends. March 31: *Mrs. Harris Goes to Paris* (2022) (PG); April 28: *See How They Run* (2022) (PG-13); May 26: *Ticket to Paradise* (2022) (PG-13).

- **March 31** **Friday** **12:30-2:30 p.m.**
Aurora Hills [#913804-01](#) 1 session
- **April 28** **Friday** **12:30-2:30 p.m.**
Aurora Hills [#913804-02](#) 1 session
- **May 26** **Friday** **12:30-2:30 p.m.**
Aurora Hills [#913804-03](#) 1 session

Movies at the Mill

Come out to Arlington Mill and enjoy your favorite movie on our big screen. Enjoy new titles and old classics. After the movie stay behind to discuss your favorite scenes and performances. April: *Bombshell* (R) (2019); May: *Tomorrow War* (PG-13) (2021). Meets on third Thursdays. **No meeting in March.**

- **April 20** **Thursday** **1-3:30 p.m.**
Arlington Mill [#913804-04](#) 1 session
- **May 18** **Thursday** **1-3:30 p.m.**
Arlington Mill [#913804-05](#) 1 session

Movies and Munchies at Walter Reed

Join us for award-winning movies, light refreshments and discussion afterwards for those interested. We'll show films that have won an Oscar, Golden Globe, Film Festival or AARP Movies for Grownups award in a major category. March: *King Richard* (2021) (PG-13); April: *The Courier* (2020) (PG-13); May: *Belfast* (2021) (PG-13). Meets on second Thursdays.

- **March 9** **Thursday** **3-5:30 p.m.**
Walter Reed [#913804-06](#) 1 session
- **April 13** **Thursday** **3-5 p.m.**
Walter Reed [#913804-07](#) 1 session
- **May 11** **Thursday** **3-5 p.m.**
Walter Reed [#913804-08](#) 1 session

Brain Health - An Update

How can you keep your brain healthy and reduce your risk of dementia? Neuropsychologist Dr. Nicola Wolfe, PhD., and adjunct professor of psychology at George Washington University, will discuss some of the new research on recommended exercise, diet and how to avoid risk factors for Alzheimer's Disease. Learn how to best preserve brain health as you age.

- **March 2** **Thursday** **1:30-2:30 p.m.**
Lubber Run [#913500-01](#) 1 session

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 share some tips for healthy practices to keep your brain sharp. Learn what to expect, what's normal and when to seek medical attention.

- **March 7** **Tuesday** **11 a.m.-12 p.m.**
Langston-Brown [#913500-02](#) 1 session

Stroke Prevention, Symptoms and Causes

Stroke is the fourth leading cause of death in the U.S. Dr. Edward Allcock, DO, medical director from Virginia Hospital Center Inpatient Rehabilitation Center, will discuss stroke prevention, symptoms and causes. Learn simple lifestyle changes that can help safeguard against having a stroke.

- **March 10** **Friday** **11 a.m.-12 p.m.**
Langston-Brown [#913500-03](#) 1 session

Physical Activity and Brain Health

Physical activity has many beneficial effects, including on your brain. It has the immediate effect of helping your attention, learning, and problem solving as well as the long-term benefits of decreasing your risk for depression, anxiety and dementia. Dr. Keith Cole, PhD., DPT, assistant professor of Health, Human Function and Rehabilitation Sciences at George Washington University, will discuss these benefits.

- **May 2** **Tuesday** **10-11 a.m.**
Lubber Run [#913500-04](#) 1 session

SAVE THE DATE

55+



at [Rocklands BBQ](#)
(Arlington location)



Support Arlington 55+ Centers by taking part in this annual fundraising event! Stay tuned for details coming in the next 55+ Guide. For more information visit: www.friendsofthealliance.org.

The event is sponsored by the [Alliance for Arlington Senior Programs](#) and the Arlington 55+ Center Advisory Committees who support Arlington 55+ Programs.

Nutrition and Brain Health

Learn about nutrition, the role it plays in brain health and how to incorporate brain healthy foods into your diet from Cathy Turner, director of health promotion and senior health at Virginia Hospital Center.

- | | | |
|--------------|----------------------------|-----------|
| • May 3 | Wednesday | 1-2 p.m. |
| Aurora Hills | #913500-05 | 1 session |

The RAFT Dementia Support Program

Learn about the RAFT Dementia Support Program and how it can support individuals living with dementia and their families. This program works to keep individuals living in their own homes, increase caregiver resiliency, and reduce family stress. Presented by Alice Straker and Sydney Palinkas with the Regional Older Adult Facilities Mental Health Support Team.

- | | | |
|--------------|----------------------------|-----------|
| • May 5 | Friday | 1-2 p.m. |
| Aurora Hills | #913500-06 | 1 session |

Managing Parkinson's Disease

Parkinson's disease can change the way we do activities throughout our day, from dressing to dancing. Dr. Leslie Davidson, PhD., associate professor of Clinical Research and Leadership and associate professor of Health, Human Function and Rehabilitation Sciences at George Washington University, will discuss the progression of the disease and strategies that patients and family members can take to maintain activity engagement and health.

- | | | |
|------------|----------------------------|------------|
| • May 19 | Friday | 10-11 a.m. |
| Lubber Run | #913500-07 | 1 session |

Does My Health Insurance Cover That?

Medicare can be complicated and confusing with Parts A, B and D plus all the copayments, coinsurances and premiums. It can be hard to figure out what is covered and how much it will cost. Dr. Salama Freed, assistant professor of Health Policy and Management at George Washington University, will break it all down so that you can navigate the Medicare landscape with ease.

- | | | |
|------------|----------------------------|-----------------|
| • April 5 | Wednesday | 11 a.m.-12 p.m. |
| Lubber Run | #913500-08 | 1 session |

Create Your Own World

The world is complex and unstable, which makes it hard to find one's purpose. Join Dr. Chuck Toftoy, author and professor emeritus at George Washington University, for a guided open discussion on the pursuit of happiness in this unsteady existence.

- | | | |
|-------------|----------------------------|----------------|
| • April 6 | Thursday | 11 a.m.-1 p.m. |
| Walter Reed | #913500-09 | 1 session |

Make a Change for Better Health

Changing any habit can be difficult. Amy Culbertson, retired federal government organizational development manager and trained life coach, will guide you through identifying a health habit you want to change and creating a goal and action steps to make it happen. This is a three-part series meeting on April 11, 18 and 25.

- April 11, 18 and 25 Tuesdays 10:30 a.m.-12 p.m.
Langston-Brown [#913500-10](#) 3 sessions

Building Wellness Through Stress Management

While stress is a natural part of life, successfully managing stress and our emotions is critical to our wellbeing. Learn to identify what causes stress in your life and techniques to reduce and control it through a presentation and activities led by Kate Chutuape, MPH, manager of the Senior Health Department at Virginia Hospital Center.

- April 18 Tuesday 11 a.m.-12 p.m.
Lubber Run [#913500-11](#) 1 session

Setting Boundaries as a Caregiver

Caregiving by family members is complicated in so many ways. Communication and setting boundaries are essential, but how do we have these talks? What needs to be said and when? Reflections on what works and what we know about these relationships from caregiver and epidemiologist Dr. Margaret Ulfers from George Washington University.

- May 15 Monday 10-11 a.m.
Lubber Run [#913500-12](#) 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 55plus@arlingtonva.us.



Women's History Month

Countless women throughout American history have worked towards a better future, but their essential contributions often go overlooked. Join us this March to celebrate Women's History Month by learning about a few of the fascinating women who helped to shape this country's history.

Movie Night: *Hidden Figures*

Thurs., March 2, 6-8 p.m. at Lubber Run

Have a great time viewing top-quality movies with 55+ friends at Lubber Run's Movie Night. Join us for a screening of *Hidden Figures* (2016) (PG).

Register: [#913804-09](#)

Elsie Parrish: Making the Minimum Wage

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

Elsie Parrish, a hotel chambermaid, paved the way for a federal minimum wage law at the height of the Great Depression. In a pre-recorded lecture for the Supreme Court Historical Society, Helen Knowles, author of *Making Minimum Wage: Elsie Parrish v. the West Coast Hotel Company*, explores Parrish's untold story.

Register: [#913400-18](#)

Enslaved Virginian Emily Winfree

Thurs., March 23, 1:30-2:30 p.m., Virtual

Rediscover the story of Emily Winfree, an enslaved Richmond woman who bore and raised several of her master's children in a cottage he deeded to her, leaving an inspiring legacy that is reflected in her descendants' accomplishments. Dr. Jan Meck, author of *The Life and Legacy of Enslaved Virginian Emily Winfree*, will share this remarkable story.

Register: [#913400-19](#)

The Hello Girls

Thurs., March 30, 1:30-2:30 p.m., Virtual

During World War I, over 200 women known as "Hello Girls" worked tirelessly and at times under combat conditions to connect calls between the front line and headquarters. A historian from the National Museum of the U.S. Army will pay tribute to these brave women.

Register: [#913400-20](#)

Above: American telephone girls, members of the U.S. Signal Corps.
Courtesy of National Archives

Medication Safety at Home

Proper storage and disposal of medications can save lives! Join Emily Siqveland, opioids program manager for the Department of Human Services, for an overview on preventing medication misuse or overdose with proper storage and disposal.

-
- | | | |
|--------------------------------|---|-------------------------------------|
| • May 18
Walter Reed | Thursday
#913500-13 | 11 a.m.-12 p.m.
1 session |
|--------------------------------|---|-------------------------------------|

Bone Health & Osteoporosis

Osteoporosis is often called a silent disease because people may not have symptoms until their bones become so weak that a sudden strain, bump or fall causes a serious injury. Take part in an informational discussion on bone health and how to protect yourself. Presented by Kate Chutuape, MPH, manager for the Senior Health Department at Virginia Hospital Center.

-
- | | | |
|-------------------------------|--|--------------------------------|
| • May 24
Lubber Run | Wednesday
#913500-14 | 10-11 a.m.
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.

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

NUTRITIOUS AND DELICIOUS

Eat the Rainbow!

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

-
- | | | |
|----------------------------------|--|------------------------------|
| • March 1
Aurora Hills | Wednesday
#913501-01 | 1-2 p.m.
1 session |
|----------------------------------|--|------------------------------|

The Not-So-Sweet Side of Sugar

Join Julia Deupree, 55+ recreation assistant with a Masters of Nutrition and Integrative Health, for an interactive workshop on the correlation between sugar consumption and common diseases such as diabetes and arthritis. Participants will also enjoy a cooking demonstration (with samples) of a sweet and healthy treat.

-
- | | | |
|---------------------------------|--|--|
| • April 5
Walter Reed | Wednesday
#913501-04 | 10:30 a.m.-12 p.m.
1 session |
|---------------------------------|--|--|

Fun Mocktail Recipes

Backyard cookout season is almost here, and there's no better way to enjoy the warmer weather than with a unique beverage. Join 55+ Center Director Shettima Abdulmalik for a demonstration of how to make some delicious mocktails. Taste samples of the recipes afterward and discover your new favorite drink!

-
- | | | |
|-------------------------------------|---|------------------------------|
| • April 13
Arlington Mill | Thursday
#913501-06 | 1-2 p.m.
1 session |
|-------------------------------------|---|------------------------------|

Food Safety at Home

When was the last time you checked the internal temperature of your fridge? Learn all about food storage, expiration dates and how to properly store your food with Virginia Cooperative Extension.

-
- | | | |
|-----------------------------------|--|--------------------------------------|
| • May 17
Arlington Mill | Wednesday
#913501-11 | 10:30-11:30 a.m.
1 session |
|-----------------------------------|--|--------------------------------------|

Cooking Demonstrations

Whether you want to explore what you can do with ingredients from the farmer's market, throw your first tea party, or spice up your baking, Virginia Cooperative Extension Master Food Volunteers can help! Sign up for one of their fun and informative cooking demonstrations to get some tasty new recipe ideas.

Baking with Cinnamon and Beyond

-
- | | | |
|-------------------------------------|--|--------------------------------------|
| • April 19
Arlington Mill | Wednesday
#913501-07 | 10:30-11:30 a.m.
1 session |
|-------------------------------------|--|--------------------------------------|

Tasty Recipes for Tasteful Tea Parties

-
- | | | |
|---------------------------------|---|-------------------------------------|
| • March 9
Walter Reed | Thursday
#913501-02 | 11 a.m.-12 p.m.
1 session |
|---------------------------------|---|-------------------------------------|

Cooking from the Farmer's Market

-
- | | | |
|------------------------------|--|--------------------------------|
| • May 9
Lubber Run | Tuesday
#913501-09 | 10-11 a.m.
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. This is a class series held twice a week. To get the full benefits of this evidence-based curriculum, please attend all classes. Sponsored by the Northern Virginia Falls Prevention Alliance.

- | | | |
|--|--------------------------------|-----------------|
| • March 7 – May 30 | Tuesdays & Fridays | 1-2 p.m. |
| <i>No class 3/17, 4/14, 5/19 and 5/29.</i> | | |
| Aurora Hills | #913502-01 | 22 sessions |
| • April 10 – Jul. 10 | Mondays & Thursdays | 1-2 p.m. |
| <i>No class 5/29.</i> | | |
| Lubber Run | #913502-02 | 26 sessions |

MEDICARE

Medicare Fraud: Protecting Older Adults from Scams, Fraud & Abuse

Medicare fraud and abuse costs Americans 65 billion dollars a year. Learn from expert officials from the Virginia Insurance Counseling and Assistance Program (VICAP), Senior Medicare Patrol Office, the Arlington Police Department and the U.S. Securities and Exchange Commission about measures the community is taking to tackle this issue, as well as tools you can use to avoid becoming a victim. This program will be offered simultaneously in person and virtually – sign up based on your preference.

- | | | |
|-------------------|----------------------------|---------------------------|
| • March 14 | Tuesday | 11 a.m.-12:30 p.m. |
| Walter Reed | #913503-01 | 1 session |
| • March 14 | Tuesday | 11 a.m.-12:30 p.m. |
| Virtual | #913503-02 | 1 session |

VIRGINIA INSURANCE COUNSELING AND ASSISTANCE PROGRAM (VICAP)

Call 703-228-1725 or email Medicarehelp@arlingtonva.us to sign up.

Medicare and Retirement Planning

Tues., April 25, 10:30 a.m.-12:30 p.m.
Virtual

Are you a retiree that's new to Medicare? If you are about to become or just became eligible for Medicare, join Arlington County's Virginia Insurance Counseling and Assistance Program representatives to learn about:

- Medicare and what it covers
- Medicare and federal health insurance in retirement
- How Medicare works with job-based insurance
- Whether you should consider enrolling in Medicare Part B

Services and Resources for Older Arlingtonians

Tues., May 23, 10:30 a.m.-12:30 p.m.
Virtual

The Arlington Area Agency on Aging (AAA) promotes the maximum level of independence of persons 60 years of age and older and ensures older Arlingtonians live as an integral part of society, with dignity and with access to programs and services that meet their needs and preferences. Join AAA team members to learn about:

- Mental health and Medicare
- Home and community support
- Services and resources for older adults

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).



EARTH DAY

Save Water, Save Money!

Thurs., April 20, 11 a.m.-12 p.m.
Langston-Brown 55+ Center

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 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.

Register: [#913400-07](#)



EarthFest 2023

Friday, April 21, 1-4 p.m.

Arlington Mill 55+ Center

Curious about composting, recycling and energy efficiency? Learn (and play) at Arlington Mill's EarthFest 2023! You can make a take-home planter, create recycled art, and enjoy health and wellness demonstrations, all while learning how you can make an impact and keep our planet safe. Open to all ages.

Register: [#913899-04](#)

Earth Day Nature Walk

Mon., April 17 and Tues., April 18,
10-10:30 a.m.

Lubber Run 55+ Center

Help our preschoolers clean up our Lubber Run nature park by walking along the trail with us. For every item of trash we pick up we will help earn stickers for their "Protect the Planet" badges! Walk along with us as we learn how to take care of the environment and clean up the park.

Register: [#913106-17](#) (April 17)

Register: [#913106-18](#) (April 18)



Eating Green on Earth Day

Thurs., April 13, 11 a.m.-12 p.m.

Walter Reed 55+ Center

Celebrate Earth Day with Virginia Cooperative Extension Master Food Volunteers by learning how to eat green and sustainably.

Register: [#913501-05](#)

No Waste Dinner: Banana Peel Pulled Pork

Tues., April 25, 6:30-7:30 p.m.

Walter Reed 55+ Center

Learn how to cut down on food waste by repurposing what you would usually throw out: banana peels. Join Jennifer Weber, 55+ center director, for this unique and unbelievable cooking demo with samples to taste provided.

Register: [#913501-08](#)

Beyond the Beautiful Garden

Tues., April 18, 6-7:30 p.m.

Walter Reed 55+ Center

Thinking of a new project for 2023 in your green space? Watch a recorded presentation from Douglas W. Tallamy, a celebrated author and professor of entomology and wildlife ecology at the University of Delaware. The recording will focus on his book, *Nature's Best Hope*, and will be followed by a Q&A with Arlington Regional Master Naturalist Volunteers, who will answer questions about native plants and your garden.

Register: [#913401-02](#)



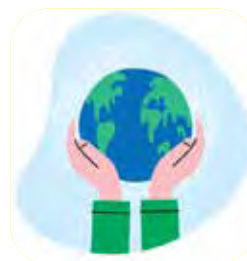
Climate Change and Water

Thurs., March 2, 11:30 a.m.-12:30 p.m.

Virtual

Water levels at Lake Mead and Lake Powell, which provide critical hydroelectric power and drinking water to states in the Colorado River Basin, have reached historic lows due to climate change. A national park ranger from Grand Canyon National Park will discuss the causes, impact and strategies for dealing with this crisis.

Register: [#913400-08](#)



LECTURES & LEARNING

Senior Community Service Employment Program

The Senior Community Service Employment Program (SCSEP) provides work-based job training to low-income, unemployed seniors and serves as a bridge to further employment opportunities. Participants are paid at least minimum wage while they gain valuable work experience at non-profits or public facilities such as schools, hospitals and senior centers. Join Linda Siam, SCSEP project director, to learn more about this opportunity.

- | | | |
|------------|----------------------------|------------|
| • March 8 | Wednesday | 10-11 a.m. |
| Lubber Run | #913400-01 | 1 session |

It Takes a Village - In Arlington

The village movement began in 2002 and 12 years later Arlington Neighborhood Village (ANV) was founded by community members to help adults stay in their homes as they age. ANV Executive Director Wendy Zenker will describe the village concept and share ways to get involved.

- | | | |
|------------|----------------------------|-----------------------|
| • March 29 | Wednesday | 11:30 a.m.-12:30 p.m. |
| Virtual | #913400-02 | 1 session |

Empowering Older Drivers

A lot has changed during all the years that we've been driving. What do these changes portend for older drivers' safety? Join Mike Perel, retired U.S. National Highway Traffic Safety Administration (NHTSA), in this presentation addressing the keys to safe driving as we age, including how to benefit from advanced automobile technologies.

- | | | |
|----------------|----------------------------|------------------|
| • April 26 | Wednesday | 10:30-11:30 a.m. |
| Arlington Mill | #913400-03 | 1 session |

Behind the Scenes at Estate Sales

Have you ever wondered how an estate sale works? Former appraiser and antique dealer Jean Jackson will discuss what goes on behind the scenes of an estate sale and share the many entertaining stories of her interesting career.

- | | | |
|----------------|----------------------------|-----------|
| • March 23 | Thursday | 1-2 p.m. |
| Langston-Brown | #913400-04 | 1 session |

Is Your Jewelry Box a Treasure Chest?

Jamie Grasso, certified gemologist with JG Jewelry and Estates, LLC, will discuss antique and estate jewelry, watches, coins, diamonds, gold, and silver including flatware and candlesticks. Hear how these items are valued and about options to sell, redesign or keep family heirlooms. Bring one item for a free evaluation.

- | | | |
|----------------|----------------------------|-----------------|
| • April 19 | Wednesday | 11 a.m.-12 p.m. |
| Langston-Brown | #913400-05 | 1 session |

Understanding Credit

In this course, participants will learn what makes up a credit report and credit scores, which website to use and which to avoid, and how to correct errors on credit reports. This class is brought to you by Virginia Cooperative Extension Master Financial Education Volunteers.

- | | | |
|------------|----------------------------|-----------------|
| • April 11 | Tuesday | 11 a.m.-12 p.m. |
| Lubber Run | #913400-06 | 1 session |

Amphibians - Harbingers of Spring

Join a Gulf Branch Naturalist to learn about our amphibian harbingers of spring. Learn their calls, some of their secretive habits, and go on a short walk to see (or hear!) if anyone is about!

- | | | |
|--------------|----------------------------|-----------------|
| • March 29 | Wednesday | 11 a.m.-12 p.m. |
| Aurora Hills | #913400-09 | 1 session |

Basics of Spring Bird Migration

Get ready to welcome back the warblers and many other birds that have spent their winters elsewhere. What brings them here, and what do their journeys look like? Take the opportunity to join a naturalist from Arlington County's nature centers to learn more about the feat that is migration.

- | | | |
|----------------|----------------------------|-----------|
| • April 20 | Thursday | 3-4 p.m. |
| Langston-Brown | #913400-10 | 1 session |

Tour Through Time

Archaeological artifacts from national parks tell stories of our past, including human behavior, way of life and how Native people adapted to westward expansion. Rebecca Wiewel, archaeologist with the Midwest Archeological Center, will share real artifacts excavated from various national parks, what we can learn from them and how these items are preserved.

- | | | |
|------------|----------------------------|----------------|
| • April 20 | Thursday | 1:30-2:30 p.m. |
| Virtual | #913400-17 | 1 session |

Jewish Settlement in Washington, DC

Commemorate Jewish Heritage Month with an exploration of the history of Jewish settlement in Washington, DC led by Jonathan Edelman, curatorial associate for the new Capital Jewish Museum. Discover how the museum, opening in June, documents the vibrant Jewish community's contributions to our area.

- | | | |
|----------|----------------------------|-----------------------|
| • May 11 | Thursday | 11:30 a.m.-12:30 p.m. |
| Virtual | #913400-21 | 1 session |

Iran's Global Threat

As the world's leading state sponsor of terrorism, close to achieving nuclear status, and a key weapons supplier to Russia for its war in Ukraine, Iran is becoming increasingly dangerous on a global level. Lt. Col. Zachary Cole, U.S. Army War College, will discuss Iran's growing threat to the international community.

- | | | |
|------------|----------------------------|-----------------------|
| • April 13 | Thursday | 11:30 a.m.-12:30 p.m. |
| Virtual | #913400-22 | 1 session |

Origins of Russia's War on Ukraine

Explore the origins of Russia's invasion of Ukraine and how history helps us understand the rise of Ukraine, its remarkable resistance and resilience. Professor Steven Barnes of George Mason University will discuss the war's roots, recent developments and potentialities for the future.

- | | | |
|------------|----------------------------|----------------|
| • April 27 | Thursday | 1:30-2:30 p.m. |
| Virtual | #913400-23 | 1 session |

Who are the Windsors?

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 from the Library of Virginia's Ashley Craig will explore the members of the House of Windsor and their impact on the United Kingdom and the world.

- | | | |
|------------|----------------------------|-----------|
| • March 16 | Thursday | 2-3 p.m. |
| Virtual | #913400-24 | 1 session |

The Life of Queen Elizabeth II

The reign of Queen Elizabeth II is currently the longest in British history. Join Ashley Craig with the Library of Virginia to delve into how Queen Elizabeth II became the monarch of the United Kingdom and her long-lasting effects on the world.

- | | | |
|------------|----------------------------|-----------|
| • April 13 | Thursday | 2-3 p.m. |
| Virtual | #913400-25 | 1 session |

The Royal Family and the Commonwealth

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. Presented by Ashley Craig with the Library of Virginia.

- | | | |
|----------|----------------------------|-----------|
| • May 11 | Thursday | 2-3 p.m. |
| Virtual | #913400-26 | 1 session |

AGING MATTERS

[Aging Matters](#) is a television and radio program featuring interviews with expert guests on topics of interest to older adults and their families.

RADIO

The Aging Matters weekly radio program focuses on educating and informing listeners to help ensure longer and healthier lives. In past episodes, guests have discussed topics such as emergency preparedness, Medicare and the Virginia Insurance Counseling and Assistance Program, and fall prevention programs. Listen today:

- Broadcast on [Arlington Independent Media](#) radio WERA 96.7 FM, Tues. and Fri. at 2 p.m.
- Available through free podcast providers like [Apple](#), [Spotify](#), and [Simplecast](#).

TELEVISION

The twice-weekly Aging Matters TV show offers interviews and demonstrations of aging related topics to benefit older adults. Recent guests include Dr. Patrick Maiberger, Otolaryngologist, Ear, Nose and Throat Medical Group of Washington; Anthony Nunez, CEO, INF Care; and Kristen Larrick, Associate Executive Director, YMCA Arlington Tennis, Squash & Pickleball Center. View episodes today:

- Broadcast on Arlington cable channels: Comcast (channel 69) and Verizon (channel 38)
- Available on the Aging Matters TV Show [YouTube channel](#)





Space and Astronomy

Observed in Stone: Archaeoastronomy

Fri., March 24, 11 a.m.-12 p.m. at Lubber Run

Equinoxes, solstices, lunar standstills, planetary motions: our ancestors encoded their knowledge of astronomy in a variety of monuments. Going beyond Stonehenge, professional astronomer Jennifer Lynn Bartlett will discuss what we know about the astronomical alignments of ancient structures around the world.

Register: [#913400-11](#)

Telling Time

Fri., March 31, 11 a.m.-12 p.m. at Langton-Brown

With Daylight Saving Time nearly upon us, consider how our approaches to timekeeping have evolved from observing the Sun, Moon and stars to using atomic clocks. Join professional astronomer Jennifer Lynn Bartlett for an exploration of the astronomical, cultural, political and technological factors that produced our current conventions for telling time.

Register: [#913400-12](#)

How Far is that Star?

Fri., April 14, 11 a.m.-12 p.m. at Langston-Brown

You can't take a tape measure to the sky, so how do astronomers measure the distances between stars and galaxies? Professional astronomer Jennifer Lynn Bartlett will outline the processes that underlie the distance measurements cited for celestial objects, near and far.

Register: [#913400-13](#)

Viking Sunstones in Saga and Science

Fri., April 28, 11 a.m.-12 p.m. at Lubber Run

According to legend, the Vikings had mysterious sunstones that allowed them to navigate great distances even when the Sun was not visible. Professional astronomer Jennifer Lynn Bartlett will explain what we know about these tools according to the Norse sagas and modern science.

Register: [#913400-14](#)

Celestial Navigation

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

Do you get lost without your GPS? For thousands of years, mankind navigated without such aids. Because celestial navigation remains a critical back-up system for ships, professional astronomer Jennifer Lynn Bartlett has helped train U.S. Coast Guard cadets in celestial navigation. In this presentation, she will cover the basics of modern techniques.

Register: [#913400-15](#)

Gravitational Wave Astronomy

Fri., May 26, 11 a.m.-12 p.m. at Lubber Run

Gravity is that mysterious force that keeps your feet fixed to the floor. What, then, is a gravitational wave and how is it changing our understanding of the universe? Professional astronomer Jennifer Lynn Bartlett will introduce you to the new discipline of gravitational wave astronomy.

Register: [#913400-16](#)

Above: Blue glowing gravitational wave in deep space, 3D rendering. Image: iStock / Getty Images Plus

Travel Gurus: Patagonia

Are you interested in seeing and experiencing new places? Here is your opportunity to learn about destinations near and far from local “travel gurus” and start planning your next trip! 55+ volunteer Lowell Nelson will share pictures and stories of hiking to see spectacular scenery during his recent trip to the Patagonia region in Chile.

-
- | | | |
|--------------|----------------------------|-----------|
| • April 26 | Wednesday | 1-2 p.m. |
| Aurora Hills | #913400-27 | 1 session |

Appalachian Trail Stories

The Appalachian Trail is a 2200-mile footpath running from Georgia to Maine. Who built this trail and why? How is it maintained? What interesting stories are told about the people who have hiked it? Arlington resident Tom Curtis will answer these questions and describe what it's like to trek along this world-famous path.

-
- | | | |
|----------------|----------------------------|-----------------|
| • May 11 | Thursday | 11 a.m.-12 p.m. |
| Langston-Brown | #913400-29 | 1 session |

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!

-
- | | | |
|----------------|----------------------------|----------------|
| • March 1 | Wednesday | 5:30-6:30 p.m. |
| Arlington Mill | #913400-30 | 1 session |

Genealogy in Three Steps

Join experienced genealogist Susan Court for a course on genealogy. This class is divided into three parts that build on each other: March 8 and 15: *Researching*; March 22: *Recording*; March 29: *Chronicling*. Each topic plays an important role in exploring one's heritage and preserving it for future generations. The course is geared towards new genealogists, but those with genealogy experience are also welcome.

-
- | | | |
|---------------------------|----------------------------|-------------|
| • March 8, 15, 22, and 29 | Wednesdays | 1-2:30 p.m. |
| Aurora Hills | #913400-31 | 3 sessions |

Library of Virginia's Genealogy Series

Join Community Outreach Specialist Ashley Craig for a series of lively genealogy presentations. 3/30: *Virginia Women in WWI & WW2*; 4/27: *Kentucky and West Virginia Records*; and 5/18: *State Hospital Medical Records*. Time is allotted afterwards to answer any genealogy questions.

-
- | | | |
|------------|----------------------------|-----------|
| • March 30 | Thursday | 2-3 p.m. |
| Virtual | #913400-32 | 1 session |
| • April 27 | Thursday | 2-3 p.m. |
| Virtual | #913400-33 | 1 session |
| • May 18 | Thursday | 2-3 p.m. |
| Virtual | #913400-34 | 1 session |

Library of Virginia Virtual Tour

Join us as Community Outreach Specialist Ashley Craig gives a virtual tour of the Library of Virginia. The Library is one of the oldest agencies of the Virginia government and is the most comprehensive resource in the world for the study of Virginia history, culture and government.

-
- | | | |
|-----------|----------------------------|-----------|
| • March 9 | Thursday | 2-3 p.m. |
| Virtual | #913400-35 | 1 session |
| • April 6 | Thursday | 2-3 p.m. |
| Virtual | #913400-36 | 1 session |

Get Ready for Summer Reading

How do you search for great books and authors? Shirlington and Aurora Hills Adult Services Librarian Vicky McCaffrey will discuss adult summer reading programs, library staff book recommendations and ideas for how to pick out great books.

-
- | | | |
|--------------|----------------------------|-----------|
| • May 24 | Wednesday | 1-2 p.m. |
| Aurora Hills | #913400-37 | 1 session |

Rock Music Legends: Rock and Roll Founders

Little Richard and Jerry Lee Lewis pioneered the rock 'n' roll genre and had a tremendous influence on Creedence Clearwater Revival and many other artists over the decades. 55+ volunteers Carl Gold and Rob Sprouse take you back to the 50s and beyond, discussing and performing music by these legendary rockers and others they impacted. This program will be offered simultaneously in person and virtually – sign up based on your preference.

-
- | | | |
|----------------|----------------------------|----------------|
| • April 25 | Tuesday | 1:30-2:45 p.m. |
| Arlington Mill | #913400-38 | 1 session |
| • April 25 | Tuesday | 1:30-2:45 p.m. |
| Virtual | #913400-39 | 1 session |

Rock Music Legends: The Everly Brothers

The Everly Brothers, an extremely popular American rock and roll duo, had a major influence on artists like the Beatles and Simon and Garfunkel. 55+ volunteers Carl Gold and Rob Sprouse will discuss and play selections of your favorite Everly Brothers songs. This program will be offered simultaneously in person and virtually – sign up based on your preference.

- | | | |
|-----------------------------------|--|------------------------------------|
| • May 23
Arlington Mill | Tuesday
#913400-40 | 1:30-2:45 p.m.
1 session |
| • May 23
Virtual | Tuesday
#913400-41 | 1:30-2:45 p.m.
1 session |

DISCUSSION GROUPS AND BOOK CLUBS

Documentary Discussions

View a short documentary at Aurora Hills and discuss it afterwards with 55+ friends. March 20: *The Next Black* (2014); April 17: *The White Helmets* (2020); May 15: *Cobra Gypsies* (2015). Meets on third Mondays.

- | | | |
|-----------------------------------|---|------------------------------------|
| • March 20
Aurora Hills | Monday
#913402-01 | 1:30-2:30 p.m.
1 session |
| • April 17
Aurora Hills | Monday
#913402-02 | 1:30-2:30 p.m.
1 session |
| • May 15
Aurora Hills | Monday
#913402-03 | 1:30-2:30 p.m.
1 session |

Genealogy 101

Meet with other genealogy enthusiasts to learn about your family's roots. All done in a fun, friendly atmosphere for sharing information and tools. Meets on the third Tuesday of the month. Led by experienced genealogist Eileen Bogdanoff.

- | | | |
|---------------------------------|--|---------------------------------------|
| • March 21
Lubber Run | Tuesday
#913402-04 | 11:30 a.m.-1 p.m.
1 session |
| • April 18
Lubber Run | Tuesday
#913402-05 | 11:30 a.m.-1 p.m.
1 session |
| • May 16
Lubber Run | Tuesday
#913402-06 | 11:30 a.m.-1 p.m.
1 session |

Local History Discussion

Have fun recollecting and learning about Arlington's rich past. In March, Annette Benbow will give a talk on the Ball-Sellers House, the oldest structure in Arlington County. In April, we'll discuss the 1935 renaming of Arlington's streets. In May, we'll discuss the history of Arlington Hospital. Meets on the fourth Wednesday of each month.

- | | | |
|---------------------------------|--|------------------------------------|
| • March 22
Lubber Run | Wednesday
#913402-07 | 1:30-2:45 p.m.
1 session |
| • April 26
Lubber Run | Wednesday
#913402-08 | 1:30-2:45 p.m.
1 session |
| • May 24
Lubber Run | Wednesday
#913402-09 | 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 March, we'll discuss interesting presidential elections. In April, we'll discuss the impact of Pearl Harbor and in May, we'll discuss the impact of famous roads. Meets the second Wednesday of the month.

- | | | |
|------------------------------|--|---|
| • March 8
Virtual | Wednesday
#913402-10 | 11:15 a.m.-12:30 p.m.
1 session |
| • April 12
Virtual | Wednesday
#913402-11 | 11:15 a.m.-12:30 p.m.
1 session |
| • May 10
Virtual | Wednesday
#913402-12 | 11:15 a.m.-12:30 p.m.
1 session |

Limited Programs on March 3

55+ Centers will be closed on **Fri., March 3** due to a 55+ staff training. Most drop-in programs will take place; however, some may be canceled. Aurora Hills 55+ Center will be closed. Please see 55+ Center [calendars](#) for details. If you have any questions, check with your senior center director or email 55Plus@arlingtonva.us for assistance.

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.

- | | | |
|-----------------------|--|--------------------------|
| • April 27
Virtual | Thursday
#913402-13 | 1-2:30 p.m.
1 session |
| • May 4
Virtual | Thursday
#913402-14 | 1-2:30 p.m.
1 session |
| • May 11
Virtual | Thursday
#913402-15 | 1-2:30 p.m.
1 session |
| • May 18
Virtual | Thursday
#913402-16 | 1-2:30 p.m.
1 session |

Current Events Discussion in Spanish NEW

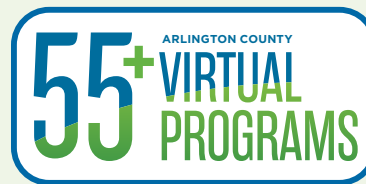
Enjoy a discussion in Spanish on current events impacting the Latino community locally and around the world. Participants must have at least an intermediate knowledge of the Spanish language. Led by 55+ Center Director Ashley Gomez. Meets on fourth Thursdays.

- | | | |
|--------------------------|--|-----------------------|
| • March 23
Lubber Run | Thursday
#913402-17 | 6-7 p.m.
1 session |
| • April 27
Lubber Run | Thursday
#913402-18 | 6-7 p.m.
1 session |
| • May 25
Lubber Run | Thursday
#913402-19 | 6-7 p.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.

- | | | |
|----------------------------|---|------------------------------|
| • March 22
Aurora Hills | Wednesday
#913402-20 | 11 a.m.-12 p.m.
1 session |
| • April 19
Aurora Hills | Wednesday
#913402-21 | 11 a.m.-12 p.m.
1 session |
| • May 17
Aurora Hills | Wednesday
#913402-22 | 11 a.m.-12 p.m.
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

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.

- | | | |
|--------------------------|---|-------------------------------|
| • March 8
Lubber Run | Wednesday
#913402-23 | 10:30-11:45 a.m.
1 session |
| • March 8
Virtual | Wednesday
#913402-24 | 10:30-11:45 a.m.
1 session |
| • April 12
Lubber Run | Wednesday
#913402-25 | 10:30-11:45 a.m.
1 session |
| • April 12
Virtual | Wednesday
#913402-26 | 10:30-11:45 a.m.
1 session |
| • May 10
Lubber Run | Wednesday
#913402-27 | 10:30-11:45 a.m.
1 session |
| • May 10
Virtual | Wednesday
#913402-28 | 10:30-11:45 a.m.
1 session |

Book Club

Get together for great books and conversation. March: *The Girl with Seven Names* by David Johns; April: *The Midnight Library* by Matt Haig; May: *For Whom the Bell Tolls* by Ernest Hemingway. Meets first Tuesday of the month.

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

Aurora Hills Book Club

Monthly book club meets the last Monday of each month.

March 27: *The God of Small Things* by Arundhati Ray;

April 24: *A Man Called Ove* by Fredrik Backman;

May 22: *Say Nothing: A True Story of Murder and Memory in Ireland* by Patrick Radden Keefe.

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

AROUND THE HOUSE

Tips for Fancy Décor

Are you interested in learning new ways to decorate your home, or perhaps planning a small event for a friend?

Join professional event planner Samantha Nuamah as she gives you simple tricks and tips to transform any room for you and your guest.

- | | | |
|----------------|----------------------------|-----------|
| • April 12 | Wednesday | 6-7 p.m. |
| Arlington Mill | #913401-01 | 1 session |

Plant & Cutting Swap

Bring some cuttings (or whole plants if you'd like) and trade with others for plants you don't have yet. Meet new plant friends, learn about new-to-you plants and grow your collection! Please ensure all cuttings and plants are pest-free and healthy.

- | | | |
|------------|----------------------------|-----------|
| • May 4 | Thursday | 3-4 p.m. |
| Lubber Run | #913401-03 | 1 session |

PLANNING AHEAD

Getting Your Home Market Ready

Thinking you might sell your house now or down the road? Want to know how you can get the best return on your investment in your home? Nancy Murphy, licensed realtor with Weichert, Realtors, will give you some tips on how to get your home ready for Arlington's current market.

- | | | |
|----------------|----------------------------|-----------------|
| • March 8 | Wednesday | 11 a.m.-12 p.m. |
| Langston-Brown | #913404-01 | 1 session |

ASIAN & AMERICAN PACIFIC ISLANDER HERITAGE MONTH

Asian American and Pacific Islander (AAPI) Heritage Month recognizes the history and accomplishments of Asian Americans and Pacific Islanders living in the United States. Join us this May to celebrate the culture and contributions of the AAPI population.

CHINESE BRUSH PAINTING

Wednesdays, April 5, April 12, April 19, April 26
Aurora Hill 55+ Center

Have some fun and explore the ancient art of Chinese Brush Painting. See page 27 for more information.

SPICE UP YOUR LIFE WITH ASIAN FOODS

Thurs., May 11, 11 a.m.-12 p.m.
Walter Reed 55+ Center

Learn about different spices used in Asian cuisine from Virginia Cooperative Extension Master Food Volunteers and create your own spice blend to take home.

Register: [#913501-10](#)

AROUND THE WORLD TO... SOUTH KOREA

Thurs., May 4, 1:30-2:30 p.m.
Virtual

Get to know South Korea in honor of Asian American and Pacific Islander Heritage Month. Adam Wojciechowicz with the Korean Cultural Center will provide an overview of Korea and Korean culture, art, history, society, international relations and 140 years of U.S.-Korea ties.

Register: [#913400-28](#)

55+ ADVISORY COMMITTEES

Arlington's 55+ programs depend on the guidance and support of our wonderful advisory committees. Made up of dedicated 55+ volunteers, these committees help plan events, make suggestions to improve our programs, and advocate for the interests of the community. Would you like to get involved in this essential part of Arlington's 55+ programs? Many of our advisory committees are currently looking for new members, including Sports and Fitness, which is looking for a new pickleball representative! Stop by and join an upcoming meeting to meet other volunteers and explore opportunities available, or for more information, email 55plus@arlingtonva.us or contact a [55+ Center director](#).

- **Arlington Mill:** Contact Shettima Abdulmalik at sabdulmalik@arlingtonva.us or 703-228-7369
- **Aurora Hills:** First Monday of each month, 11:30 a.m.-1 p.m.
- **Langston-Brown:** Fourth Wednesday of Jan., March., May, July, Sept., Nov. and other dates as needed
- **Lubber Run:** Second Wednesday of each month, 2-3 p.m.
- **Walter Reed:** First Tuesday of each month, 3-4 p.m.
- **Sports and Fitness:** Third Mondays, bimonthly
- **Travel:** Contact Sharleka Ashton at sashton@arlingtonva.us or 703-228-4748

Understanding Forms of Ownership

What happens to your property when you die is determined by various factors of your will and estate plan. Who has ownership over that property will depend upon how your property is titled. Join Ed Zetlin, elder law attorney, for an informative discussion on the different types of ownership.

- | | | |
|-------------------|----------------------------|------------------------|
| • March 15 | Wednesday | 11 a.m.-12 p.m. |
| Virtual | #913404-02 | 1 session |

What Happens Without an Estate Plan?

When someone passes away without an estate plan, that person's property and assets might not be distributed according to their wishes. Join Ed Zetlin, elder law attorney, for an informative discussion on why having an estate plan is important.

- | | | |
|-------------------|----------------------------|------------------------|
| • April 12 | Wednesday | 11 a.m.-12 p.m. |
| Virtual | #913404-03 | 1 session |

Plan Your Estate, Protect Your Retirement Accounts

Estate planning can be complicated and it is important to know how to make sure your assets, such as retirement accounts, avoid probate and extra taxation and are distributed to your loved ones. Join Ed Zetlin, elder law attorney, as he discusses the many factors to consider when planning your estate.

- | | | |
|-----------------|----------------------------|------------------------|
| • May 10 | Wednesday | 11 a.m.-12 p.m. |
| Virtual | #913404-04 | 1 session |

Who Gets Grandma's Yellow Pie Plate?

What happens to a loved one's possessions after their death? How can we answer this question fairly and while avoiding conflict? This presentation by Virginia Cooperative Extension Master Financial Education Volunteers discusses inheritance of family heirlooms and addresses preplanning to designate recipients of personal belongings.

- | | | |
|-----------------|----------------------------|-----------------|
| • May 17 | Wednesday | 1-2 p.m. |
| Aurora Hills | #913404-05 | 1 session |

Keep the Best and Get Rid of the Rest

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

- | | | |
|-----------------|----------------------------|-----------------------|
| • May 17 | Wednesday | 1:30-2:30 p.m. |
| Langston-Brown | #913404-06 | 1 session |

DIGITAL LEARNING/ TECHNOLOGY

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. Must pre-register using the link below or by contacting DPR's Administrative Services located at Lubber Run or 703-228-4747.

- **April 3 – May 10** **Mondays & Wednesdays** **2-3:30 p.m.**
Walter Reed [#913403-01](#) 12 sessions

Android Phone and Tablet 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. Bring your phone or tablet and come prepared with device-specific questions as the session will be largely Q&A.

- **April 10** **Monday** **12-1 p.m.**
Arlington Mill [#913403-02](#) 1 session
- **May 18** **Thursday** **11 a.m.-12 p.m.**
Arlington Mill [#913403-03](#) 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 travelling internationally! Join 55+ Center Director Shettima Abdulmalik to learn the ins and outs of WhatsApp, including how to download the app, make calls, send texts, use emojis and more. Bring your phone to use during the class.

- **March 2** **Thursday** **2-3 p.m.**
Arlington Mill [#913403-04](#) 1 session
- **May 31** **Wednesday** **5-6 p.m.**
Arlington Mill [#913403-05](#) 1 session



Affordable Connectivity Program Fair

Thurs., March 30, 10 a.m.-1 p.m.
Walter Reed 55+ Center

The [Affordable Connectivity Program \(ACP\)](#) is a U.S. government program run by the Federal Communications Commission (FCC) to help low income households pay for internet service and connected devices like laptops and tablets. Vendors will be on site to assist eligible households with enrollment and to answer any questions. Sponsored by the Alliance for Arlington Senior Programs.

Register: [#913899-01](#)



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.

Password Managers

A password manager is an application that helps you keep track of your passwords by storing them all safely in one place. Join volunteer Benjamin Childers for a lesson on how to use a password manager and how to choose one that is right for you.

-
- | | | |
|-------------|----------------------------|----------------|
| • April 4 | Tuesday | 6:30-7:30 p.m. |
| Walter Reed | #913403-06 | 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 third Thursdays.

-
- | | | |
|------------|----------------------------|-------------|
| • March 16 | Thursday | 3-4:30 p.m. |
| Lubber Run | #913403-07 | 1 session |
| • April 20 | Thursday | 3-4:30 p.m. |
| Lubber Run | #913403-08 | 1 session |
| • May 18 | Thursday | 3-4:30 p.m. |
| Lubber Run | #913403-09 | 1 session |

What is a Podcast?

Are you interested in listening to podcasts but aren't sure where to start? 55+ Center Director Ashley Gomez will walk you through how to listen and what topics are available. Come with your phone or other device and your questions!

-
- | | | |
|------------|----------------------------|-----------|
| • April 6 | Thursday | 6-7 p.m. |
| Lubber Run | #913403-10 | 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.

-
- | | | |
|----------------|----------------------------|-----------|
| • April 27 | Thursday | 4-5 p.m. |
| Arlington Mill | #913403-11 | 1 session |

Your Excel Questions Answered

Do you have questions about Microsoft Excel? Join volunteer Benjamin Childers for a Q&A on the topic. All registrants will be notified by email a week prior to the program to submit their questions, which will be answered during the presentation. All levels of experience are welcome: basic and advanced questions will be answered.

-
- | | | |
|---------|----------------------------|-----------|
| • May 2 | Tuesday | 6-7 p.m. |
| Virtual | #913403-12 | 1 session |

Google Sheets Q&A

Google Sheets is an online app that allows you to create and edit spreadsheets on your web browser - no special software is needed! Do you have questions about how to use this tool? Join volunteer Benjamin Childers for a Q&A on the topic. All registrants will be notified by email a week prior to the program to submit their questions, which will be answered during the presentation.

-
- | | | |
|---------|----------------------------|-----------|
| • May 9 | Tuesday | 6-7 p.m. |
| Virtual | #913403-13 | 1 session |

Uber and Lyft

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

-
- | | | |
|-------------|----------------------------|-----------------|
| • May 5 | Friday | 11 a.m.-12 p.m. |
| Walter Reed | #913403-14 | 1 session |

How to Navigate Social Media

Join 55+ Center Director Ashley Gomez as we discuss the different social media platforms and how to use them. Bring your phone or other device and any questions you may have: we will cover Facebook, Twitter, Instagram and many other platforms.

-
- | | | |
|------------|----------------------------|------------|
| • May 18 | Thursday | 10-11 a.m. |
| Lubber Run | #913403-15 | 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.

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 so you can join in the fun. We also offer late afternoon fitness classes and other opportunities for you to reach your fitness goals. Check out page 32 and on.

Tuesdays	Wednesdays	Thursdays	Weekends
<p>Ukulele Tuesdays, March 7 and 21, April 4 and 18, May 2 and 16, 4:30-5:30 p.m., Walter Reed (Pg. 30)</p> <p>Ukulele Recital Tues., March 28, 5-6 p.m., Walter Reed (Pg. 30)</p> <p>Your Excel Questions Answered Tues., May 2, 6-7 p.m., virtual (Pg. 22)</p> <p>Google Sheets Q&A Tues., May 9, 6-7 p.m., virtual (Pg. 22)</p> <p>Beyond the Beautiful Garden Tues., April 18, 6-7:30 p.m., Walter Reed (Pg. 12)</p> <p>Password Managers Tues., April 4, 6:30-7:30 p.m., Walter Reed (Pg. 22)</p> <p>Singles Social Tues., April 11, 6:30-7:30 p.m., Walter Reed (Pg. 5)</p> <p>No Waste Dinner: Banana Peel Pulled Pork Tues., April 25, 6:30-7:30 p.m., Walter Reed (Pg. 12)</p> <p>Playwright and Performers Collective Tues., May 23, 6:30-7:30 p.m., Walter Reed (Pg. 24)</p> <p>Acoustic Café Tuesdays, March 21, April 18, May 16, 7-8:30 p.m., Walter Reed (Pg. 25)</p>	<p>WhatsApp: What is it? Thurs., March 2, 5-6 p.m., Arlington Mill (Pg. 21)</p> <p>Karaoke Wed., March 1, 5-6:30 p.m., Arlington Mill, drop-in (Pg. 30)</p> <p>Family Feud! Wed., May 10, 5-6:30 p.m., Arlington Mill (Pg. 42)</p> <p>Billiards Tournament Wed., May 24, 5-7 p.m., Arlington Mill (Pg. 40)</p> <p>Travel Tricks and Tips Wed., March 1, 5:30-6:30 p.m., Arlington Mill (Pg. 16)</p> <p>Play Pickleball Tuesdays, 5-8:45 p.m., Arlington Mill, drop-in (Pg. 40)</p> <p>Tips for Fancy Décor Wed., April 12, 6-7 p.m., Arlington Mill (Pg. 19)</p> <p>Women's Drop-in Basketball Wednesdays, 7-9 p.m., Langston-Brown, drop-in (Pg. 40)</p>	<p>Sing-Along with Carl Gold Thurs., April 20, 4-5 p.m., Lubber Run (Pg. 31)</p> <p>Cutting the Cord Thurs., April 27, 4-5 p.m., Arlington Mill (Pg. 22)</p> <p>Play Pickleball Thursdays, 5-8:45 p.m., Arlington Mill, drop-in (Pg. 40)</p> <p>Karaoke Night Second Thursdays, 6-7 p.m., Lubber Run (Pg. 30)</p> <p>Current Events Discussion in Spanish Fourth Thursdays, 6-7 p.m., Lubber Run (Pg. 18)</p> <p>What is a Podcast? Thurs., April 6, 6-7 p.m., Lubber Run (Pg. 22)</p> <p>Glencarlyn Park Wildlife Walk Thurs., May 18, 6-7 p.m. (Pg. 37)</p> <p>Movie Night Thurs., March 2, 6-8 p.m., Lubber Run (Pg. 9)</p>	<p>Mah Jongg Saturdays, 12-4 p.m., Walter Reed, drop-in (Pg. 43)</p> <p>Rummikub Saturdays, 10 a.m.-12 p.m., Arlington Mill, drop-in (Pg. 43)</p> <p>Rummikub Saturdays, 10 a.m.-12 p.m., Walter Reed, drop-in (Pg. 43)</p> <p>Granday: Games and E-games Sat., April 1, 11 a.m.-1 p.m., Arlington Mill (Pg. 43)</p> <p>Coffee House Live Sat., April 1, 7-9 p.m., Langston-Brown (Pg. 25)</p> <p>Earthfest 2023 Fri. and Sat., April 21-22, 11 a.m.-1:30 p.m., Arlington Mill (Pg. 12)</p> <p>Theodore Roosevelt Island Hike Sat., April 22, 10-11:30 a.m. (Pg. 37)</p> <p>Social Art Swap Sundays, April 23 and May 21, 2-4 p.m., Arlington Mill, drop-in (Pg. 24)</p> <p>History Along the Potomac Hike Sat., May 6, 9:30 a.m.-12 p.m. (Pg. 37)</p> <p>Trash and Treasure Sale Sat., May 20, 9:30 a.m.-1:30 p.m., Aurora Hills, drop-in (Pg. 5)</p>



We also offer late afternoon fitness classes and other opportunities for you to reach your fitness goals. Check out page 32 and on.

ARTS

Opera Appreciation

For opera lovers and learners, enhance your appreciation of the magnificent art and drama of opera. Volunteer George Cecchetti will set the stage for each opera, providing the story line, composer and other interesting background. Musical selections from well-known operas will be played, professional commentary provided and group discussion will follow. 3/1: *Un Ballo in Maschera* (The Masked) by Verdi; 3/15: *L'italiana in Algeri* (The Italian Girl in Algiers) by Rossini; 4/5: *Götterdämmerung* (The Twilight of the Gods), the last opera in *The Ring Cycle* by Wagner; 4/19: *The Life of Giacomo Puccini, The Search for the Intimate*; 5/3: *Madama Butterfly* by Puccini; 5/17: *Peter Grimes* by Benjamin Britten.

• March 1 Lubber Run	Wednesday #913300-02	1:30-3:30 p.m. 1 session
• March 15 Lubber Run	Wednesday #913300-03	1:30-3:30 p.m. 1 session
• April 5 Lubber Run	Wednesday #913300-04	1:30-3:30 p.m. 1 session
• April 19 Lubber Run	Wednesday #913300-05	1:30-3:30 p.m. 1 session
• May 3 Lubber Run	Wednesday #913300-06	1:30-3:30 p.m. 1 session
• May 17 Lubber Run	Wednesday #913300-07	1:30-3:30 p.m. 1 session

Playwright and Performers Collective

Calling all thespians and playwrights! We are looking for enthusiastic creatives to help form a theater collective to put together plays and performances. We will gauge interest at this meeting and discuss potential future projects.

• May 23 Walter Reed	Tuesday #913300-08	6:30-7:30 p.m. 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.

• April 23 Arlington Mill	2-4 p.m. Drop-In
• May 21 Arlington Mill	2-4 p.m. Drop-In



Arlington Philharmonic

The Arlington Philharmonic is a professional orchestra with the goal of making classical music accessible to every Arlington resident, promoting the value of classical music in our civic life and building strong, creative partnerships with schools, local government, businesses and other organizations. As part of its community engagement, the Arlington Philharmonic is partnering with [Arlington's Office of 55+ Programs](#), [Alliance for Arlington Senior Programs](#) and [Encore Learning](#) to host a free, in-person concert on Sunday, March 5 at 4 p.m. at Washington-Liberty High School. There will also be a virtual talk with conductor Scott Wood and a pre-concert reception where you can join us in supporting local arts. For more information, visit <https://www.arlingtonphilharmonic.org>.

Concert Talk with Scott Woods

Thurs., March 2, 1-2 p.m. Virtual

Join conductor Scott Wood of Arlington Philharmonic for a preview of the concert happening on Sunday, March 5. Scott will highlight the music to be performed and give participants some cues of things to look for at the concert.

Register: [#913300-01](#)

Pre-Concert Reception

Sun., March 5, 3 p.m.

Washington-Liberty High School

Concert

Sun., March 5, 4 p.m.

Washington-Liberty High School



ART HISTORY

The Unknown Impressionists

Have you heard of Eva Gonzales, John Russell, Joaquin Sorolla, Peder Severin Kroyer and Frank Benson? Take a journey into the world of Impressionism through the eyes of these often overlooked artists and enjoy the luminous, multi-colored landscapes inspired by this art style. Presented by art historian Joan Hart.

-
- | | | |
|----------------------------------|--|---------------------------------|
| • March 8
Aurora Hills | Wednesday
#913302-01 | 1-2:30 p.m.
1 session |
|----------------------------------|--|---------------------------------|

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.

-
- | | | |
|------------------------------|---|-----------------------------------|
| • March 31
Virtual | Friday
#913302-02 | 10-11:30 a.m.
1 session |
| • April 28
Virtual | Friday
#913302-03 | 10-11:30 a.m.
1 session |

Secrets Revealed

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

-
- | | | |
|------------------------------|---|--------------------------------------|
| • March 20
Virtual | Monday
#913302-04 | 10:30-11:30 a.m.
1 session |
| • April 17
Virtual | Monday
#913302-05 | 10:30-11:30 a.m.
1 session |

PERFORMANCES

Acoustic Café

Meet and mingle while you enjoy the vibe of a 1960s coffee house with 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.



-
- | | | |
|----------------------------------|--|---------------------------------|
| • March 21
Walter Reed | Tuesday
#913301-01 | 7-8:30 p.m.
1 session |
| • April 18
Walter Reed | Tuesday
#913301-02 | 7-8:30 p.m.
1 session |
| • May 16
Walter Reed | Tuesday
#913301-03 | 7-8:30 p.m.
1 session |

Coffee House Live!

Join us for an evening with the musical group DEMZ. They will entertain you with a musical selection of classic rock, folk, and pop tunes from the 60s and 70s. Featuring such artists as Bob Dylan, the Beatles, the Stones, the Grateful Dead, Stephen Stills and more. Refreshments provided by the Langston-Brown 55+ Advisory Committee. Must pre-register; all ages are welcome.

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

Acoustic Afternoon

Enjoy an afternoon of live acoustic music performed by Arlington residents Phil Rosen, Ed Girovasi and Judy McVerry, better known as "PhEd-Up with Judy." The event will feature classic pop, folk and blues favorites from across the decades. Packaged refreshments provided by the Langston-Brown Advisory Committee.

-
- | | | |
|-------------------------------------|--|------------------------------|
| • March 22
Langston-Brown | Wednesday
#913301-05 | 2-3 p.m.
1 session |
|-------------------------------------|--|------------------------------|

Acoustic Hour at Aurora Hills

Relax and enjoy acoustic music from the 50s and beyond by Carl Gold, hot coffee and tea, and fellowship with 55+ friends at Aurora Hills. Sponsored by the Aurora Hills Advisory Committee.

-
- | | | |
|-----------------------------------|---|---------------------------------|
| • April 14
Aurora Hills | Friday
#913301-06 | 1-2:30 p.m.
1 session |
|-----------------------------------|---|---------------------------------|

Acoustic Hour in the Park

Get out in the warm spring weather! Enjoy lemonade, fellowship with 55+ friends and live acoustic music by Ed Girovasi and Phil Rosen outdoors at the Virginia Highlands Park plaza. Bring your own blanket or chair. In the event of inclement weather, this event will be held indoors at Aurora Hills 55+ Center. Sponsored by the Aurora Hills Advisory Committee.

- **May 19** **Friday** **1-2:30 p.m.**
Virginia Highlands [#913301-07](#) 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.

- **Wednesdays** **10 a.m.-1 p.m.**
Madison Drop-In

Reading Buddies

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!

- **March 6** **Monday** **10-10:30 a.m.**
Lubber Run [#913301-08](#) 1 session
- **March 14** **Tuesday** **10-10:30 a.m.**
Lubber Run [#913301-09](#) 1 session
- **April 11** **Tuesday** **10-10:30 a.m.**
Lubber Run [#913301-10](#) 1 session
- **April 24** **Monday** **10-10:30 a.m.**
Lubber Run [#913301-11](#) 1 session
- **May 1** **Monday** **10-10:30 a.m.**
Lubber Run [#913301-12](#) 1 session
- **May 9** **Tuesday** **10-10:30 a.m.**
Lubber Run [#913301-13](#) 1 session

INTERGENERATIONAL STORYTIME

NEW

In partnership with the Aurora Hills Branch Library, 55+ volunteers will share their love of reading and music with children on the first Friday of the month (April 7 and May 5, 11:30 a.m.-12 p.m.). If you are a 55+ participant interested in reading a story to the kids, please contact Lila Paig at 703-228-5722.



The Arlington Spellbinders

From personal narratives and family stories to folk tales, fables and legends, the Arlington Spellbinders are a group of 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? You can jump right in with storytelling workshops on the first Friday of each month, where you can practice with experienced volunteers and share tips and advice. New storytellers are also invited to join us for Story Circle, an information session where you can learn more about this engaging activity, hear a few of the Spellbinders' wonderful stories, or even share your own before deciding to join.

Spellbinders Group Meeting

First Fridays, 9:30-11:30 a.m.

Langston-Brown Drop-in

Story Circle - Information Session

NEW

Tuesday, April 25, 10-11 a.m.

Walter Reed [#913301-14](#) 1 session

Thursday, April 27, 2-3 p.m.

Lubber Run [#913301-15](#) 1 session

VISUAL ARTS

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.

- | | | |
|--------------|----------------------------|-------------|
| • March 10 | Friday | 1-2:30 p.m. |
| Aurora Hills | #913303-01 | 1 session |
| • April 7 | Friday | 1-2:30 p.m. |
| Aurora Hills | #913303-02 | 1 session |

Explore Printmaking

NEW

Community Arts Programmer Jim Halloran will guide you through an afternoon of printmaking. Experiment and create prints using various techniques. No experience necessary. Materials provided.

- | | | |
|------------|----------------------------|-------------|
| • March 28 | Tuesday | 1-2:30 p.m. |
| Lubber Run | #913303-03 | 1 session |

Explore Drawing

Enjoy spending an afternoon learning new drawing techniques with Community Arts Programmer Jennifer Droblyen. No experience is needed: all are welcome to come and increase your drawing skills. Materials will be provided.

- | | | |
|--------------|----------------------------|-------------|
| • April 21 | Friday | 1-2:30 p.m. |
| Aurora Hills | #913303-04 | 1 session |

Explore Mixed Media Art

Do you like to play with a variety of art supplies but struggle to decide what works together? This class is for you! Join Community Arts Programmer Jennifer Droblyen for this interactive session and learn various techniques using unconventional materials to make your mixed media pieces pop! No prior art experience is needed and materials will be provided.

- | | | |
|------------|----------------------------|-------------|
| • April 25 | Tuesday | 1-2:30 p.m. |
| Lubber Run | #913303-05 | 1 session |



Chinese Brush Painting

Have some fun with art enthusiast Suong “Sunny” Thomas and explore the ancient art of Chinese Brush Painting. Learn how to paint the four primary Chinese characters using watercolor: Orchid, Chrysanthemum, Bamboo and Cherry Blossom. Supplies will be provided.

Chrysanthemums

- | | | |
|--------------|----------------------------|----------------|
| • April 5 | Wednesday | 1:30-2:45 p.m. |
| Aurora Hills | #913303-06 | 1 session |

Orchids

- | | | |
|--------------|----------------------------|----------------|
| • April 12 | Wednesday | 1:30-2:45 p.m. |
| Aurora Hills | #913303-07 | 1 session |

Bamboo

- | | | |
|--------------|----------------------------|----------------|
| • April 19 | Wednesday | 1:30-2:45 p.m. |
| Aurora Hills | #913303-08 | 1 session |

Cherry Blossoms

- | | | |
|--------------|----------------------------|----------------|
| • April 26 | Wednesday | 1:30-2:45 p.m. |
| Aurora Hills | #913303-09 | 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.

- | | | |
|------------|----------------------------|---------------|
| • March 9 | Thursday | 10-11:30 a.m. |
| Virtual | #913303-10 | 1 session |
| • April 20 | Thursday | 10-11:30 a.m. |
| Virtual | #913303-11 | 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.

- | | | |
|------------------------------|---|--|
| • March 13
Virtual | Monday
#913303-12 | 10:30 a.m.-12 p.m.
1 session |
| • April 10
Virtual | Monday
#913303-13 | 10:30 a.m.-12 p.m.
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.

- | | | |
|-----------------------------|---|-------------------------------|
| • March 6
Virtual | Monday
#913303-14 | 9-10 a.m.
1 session |
| • April 3
Virtual | Monday
#913303-15 | 9-10 a.m.
1 session |

Open Art Studio

Open Art Studio accommodates artists who work at their own pace in a collaborative space to share thoughts and ideas. Please note: artists must bring their own materials. No instruction provided.

- | | |
|---|-----------------------------------|
| • Wednesdays & Fridays
Arlington Mill | 10 a.m.-12 p.m.
Drop-In |
|---|-----------------------------------|



HAND CRAFTS

Paint-a-Bowl

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

- | | | |
|-----------------------------------|---|---------------------------------|
| • March 24
Aurora Hills | Friday
#913310-01 | 1-2:30 p.m.
1 session |
|-----------------------------------|---|---------------------------------|

Pysanky - Ukrainian Easter Eggs

In Ukraine, Easter egg decorating - known as Pysanky - is an important ritual dating back centuries. Join volunteer and artist George Ziobro as he shows you how to create your own beautiful egg design. Supplies will be provided. Sponsored by Langston-Brown Advisory Committee and the Alliance for Arlington Senior Programs.



- | | | |
|-------------------------------------|---|------------------------------------|
| • March 30
Langston-Brown | Thursday
#913310-02 | 1:30-3:30 p.m.
1 session |
|-------------------------------------|---|------------------------------------|

Paper Crafts

Welcome to the wonderful world of paper crafts! Join crafting enthusiast Rosalie Roman for a workshop on the art of creating handbags out of paper. Supplies will be provided.

- | | | |
|---------------------------------|---|-------------------------------|
| • April 14
Lubber Run | Friday
#913310-03 | 9-11 a.m.
1 session |
|---------------------------------|---|-------------------------------|

Crochet a One-of-a-Kind Necklace

Join volunteer Carmela Miller to crochet a beautiful necklace with ladder ribbon and a pendant. Basic knowledge of crocheting is necessary. All materials will be provided, but if you have a crochet needle hook (Boye size J USA) please bring it. Sponsored by Langston-Brown Advisory Committee and the Alliance for Arlington Senior Programs.



- | | | |
|-------------------------------------|--|---------------------------------|
| • April 19
Langston-Brown | Wednesday
#913310-04 | 2-3:30 p.m.
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

- | | | |
|---------------------------------|---|---------------------------------------|
| • March 9
Lubber Run | Thursday
#913310-05 | 1:30-3 p.m.
1 session: \$18 |
| • April 13
Lubber Run | Thursday
#913310-06 | 1:30-3 p.m.
1 session: \$18 |
| • May 11
Lubber Run | Thursday
#913310-07 | 1:30-3 p.m.
1 session: \$18 |

3D Pop-Up Holiday Cards

There are several holidays just around the corner. Why buy a card when you can make your own? 55+ Center Director Shettima Abdulmalik will help you create personalized cards to share with your family and friends. All necessary card making materials will be provided, but feel free to bring your own additional materials if you prefer.

- | | | |
|----------------------------------|---|-------------------------------------|
| • May 4
Arlington Mill | Friday
#913310-08 | 12:30-2:30 p.m.
1 session |
|----------------------------------|---|-------------------------------------|

Origami

Origami, the art of folding paper, has been practiced for generations. 55+ Center Director Shettima Abdulmalik will work with you to create your own pieces of origami to take home. We'll focus on using basic shapes to make animals and seasonal gifts for family and friends. Materials will be provided.

- | | | |
|----------------------------------|--|------------------------------|
| • May 9
Arlington Mill | Tuesday
#913310-09 | 1-2 p.m.
1 session |
|----------------------------------|--|------------------------------|

Yarn Crafters

The Yarn Crafters of Aurora Hills invite you for conversation and companionship while making hand-knit and crocheted items for Arlington charity organizations. This group will teach you how to knit or crochet if needed and will provide patterns, hooks, needles and yarn.

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

Yarn Creations

Do you like to crochet or knit? Are you looking to enjoy the company of others? Join our casual group of crafty individuals to share ideas and fellowship. Bring your own supplies, but some yarn is available.

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

55+ Crafters

Bring your own small craft project and supplies and join us. A fun place to socialize and create the perfect gift or keepsake.

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

Crochet

Meet other crochet enthusiasts, swap patterns and share techniques. Bring your own materials.

- | | |
|--|-----------------------------|
| • Mondays & Thursdays
Arlington Mill | 9-11 a.m.
Drop-In |
|--|-----------------------------|

Card Making Workshop

Enjoy the camaraderie of a group workshop as you make your own personalized cards using techniques such as die cuts, embossing folders, distress inks and stamps. All are welcome on third Tuesdays for instruction on new techniques. On Thursdays (except third Thursdays) participants can work on their own projects. Supplies are provided.

- | | |
|------------------------------------|--|
| • Third Tuesdays
Madison | 11:30 a.m.-3 p.m.
Drop-In |
| • Thursdays
Madison | 11:30 a.m.-3 p.m.
<i>No program on third Thursdays.</i>
Drop-In |

INCLEMENT WEATHER

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

MUSIC

Ukulele

Strumming a ukulele is therapeutic and fun. Volunteer Sandy O'Shea will teach basic strumming. Limited ukuleles available or bring your own. Meets first and third Tuesdays of the month.

- | | | |
|----------------------------------|--|------------------------------------|
| • March 7
Walter Reed | Tuesday
#913304-01 | 4:30-5:30 p.m.
1 session |
| • March 21
Walter Reed | Tuesday
#913304-02 | 4:30-5:30 p.m.
1 session |
| • April 4
Walter Reed | Tuesday
#913304-03 | 4:30-5:30 p.m.
1 session |
| • April 18
Walter Reed | Tuesday
#913304-04 | 4:30-5:30 p.m.
1 session |
| • May 2
Walter Reed | Tuesday
#913304-05 | 4:30-5:30 p.m.
1 session |
| • May 16
Walter Reed | Tuesday
#913304-06 | 4:30-5:30 p.m.
1 session |



UKULELE RECITAL

Tues., March 28, 5-6 p.m.
Walter Reed 55+ Center

The ukulele class has been hard at work learning their instrument! Applaud their efforts at this recital to showcase what they have learned.

Register: [#913304-07](#)



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. Limited drums are available or bring your own.

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

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. **No program 3/15.**

- | | |
|---|-------------------------------|
| • First & Third Wednesdays
Arlington Mill | 5-6:30 p.m.
Drop-In |
|---|-------------------------------|

Karaoke Night

Come sing with us at Lubber Run's karaoke night on the second Thursday of the month! Bring your song suggestions and get ready for a great time.

- | | | |
|---------------------------------|---|------------------------------|
| • March 9
Lubber Run | Thursday
#913304-08 | 6-7 p.m.
1 session |
| • April 13
Lubber Run | Thursday
#913304-09 | 6-7 p.m.
1 session |
| • May 11
Lubber Run | Thursday
#913304-10 | 6-7 p.m.
1 session |

Name That Tune

If you love music and a little competition, then join us for this fun event. 55+ volunteer and musician Carl Gold will strum a tune on his guitar and your team will try to guess the title of that song. Songs will be from 1950-1970's era. Prizes will be awarded to the winning team!

- | | | |
|-------------------------------------|---|------------------------------|
| • March 31
Langston-Brown | Friday
#913304-11 | 2-3 p.m.
1 session |
| • May 18
Langston-Brown | Thursday
#913304-12 | 2-3 p.m.
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.

55+ CENTERS WILL BE CLOSED ON:

- **FRIDAY, MARCH 3**
Some programs may be canceled; Aurora Hills 55+ Center will be closed
- **MONDAY, MAY 29**

Folk Music Sing-Along

Joan Baez, Bob Dylan and Joni Mitchell are a few of the inspirations for this program. We may not have a campfire and a cozy poncho but the experience is just as heartwarming. This group meets the first Monday of the month.

- **First Mondays** **1:30-3 p.m.**
Langston-Brown 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

Name That Song and Sing Along

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

- **April 7** **Friday** **11 a.m.-12 p.m.**
Walter Reed [#913304-13](#) 1 session

Sing-Along with Carl Gold

Volunteer and musician Carl Gold will lead a group sing-along of favorites from the 50s through the 70s, including the Beatles, Bob Dylan, Joni Mitchell and more. No singing experience is needed: just come and join in the fun! Lyrics will be provided.

- **April 20** **Thursday** **4-5 p.m.**
Lubber Run [#913304-14](#) 1 session

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: Makenzie Deluca

- **March 7 – May 23** **Tuesdays** **7:30-8:30 a.m.**
Lubber Run [#913100-01](#) 12 sessions: \$60
- **March 9 – May 18** **Thursdays** **8:30-9:30 a.m.**
Walter Reed [#913100-02](#) 11 sessions: \$55

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. **No class 3/16 and 3/23.**

Instructor: Michelle Silva

- **March 9 – May 18** **Thursdays** **8-9 a.m.**
Lubber Run [#913100-03](#) 9 sessions: \$45

Zumba

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

Instructor: Ferdinanda Pattipeilophy

- **March 7 – May 23** **Tuesdays** **2:15-3:15 p.m.**
Lubber Run [#913100-04](#) 12 sessions: \$60



55+ FITNESS DAY AND HEALTH FAIR

Wed., May 31, 10 a.m.-12 p.m.
at Lubber Run. Drop-in

Join us for National Senior Health and Fitness Day! There will be vision and hearing screenings; fall risk assessments; fitness class demonstrations; Q&As with dietitians, pharmacists and insurance counselors; and more! This event is free and open to all – no 55+ Pass is required. Sponsors include [Arlington Neighborhood Village](#), [Marymount University](#), [Virginia Hospital Center](#) and [Arlington 55+ Programs](#).



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.

Instructor: Julia Dragun

- **March 6 – May 15** **Mondays** **11 a.m.-12 p.m.**
Long Bridge Aquatics [#913102-01](#) 11 sessions: \$49.50
- **March 7 – May 23** **Tuesdays** **11:10 a.m.-12:10 p.m.**
Long Bridge Aquatics [#913102-02](#) 12 sessions: \$54
- **March 10 – May 19** **Fridays** **10-11 a.m.**
Long Bridge Aquatics [#913102-03](#) 11 sessions: \$49.50
- **March 10 – May 19** **Fridays** **1-2 p.m.**
Long Bridge Aquatics [#913102-04](#) 11 sessions: \$49.50



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.

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

- **March 7 – May 23** **Tuesdays** **2:15-3:15 p.m.**
Long Bridge Aquatics [#913102-05](#) 12 sessions: \$54

Instructor: Lynda McGuire

- **March 8 – May 17** **Wednesdays** **10-11 a.m.**
Long Bridge Aquatics [#913102-06](#) 11 sessions: \$49.50

Instructor: Julia Dragun

- **March 8 – May 24** **Wednesdays** **11:10 a.m.-12:10 p.m.**
Long Bridge Aquatics [#913102-07](#) 12 sessions: \$54

Instructor: Lynda McGuire

- **March 9 – May 18** **Thursdays** **10-11 a.m.**
Long Bridge Aquatics [#913102-08](#) 11 sessions: \$49.50

Instructor: Jody Katz

- **March 9 – May 18** **Thursdays** **11:10 a.m.-12:10 p.m.**
Long Bridge Aquatics [#913102-09](#) 11 sessions: \$49.50

Aqua for Arthritis **NEW**

One out of six Americans is affected by arthritis. Exercise is crucial for people with arthritis. The body's natural buoyancy in water relieves body weight, allowing for functional movements to be practiced with less stress on joints and their supporting muscles.

Instructor: Cynthia Neu McCluskey

- **March 8 – May 24** **Wednesdays** **10-11 a.m.**
Long Bridge Aquatics [#913102-10](#) 12 sessions: \$54

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 5/29.**

- | | |
|----------------------|---------------------|
| • Mondays | 1-3 p.m. |
| Long Bridge Aquatics | Drop-In |
| • Wednesdays | 8:30-10 a.m. |
| Long Bridge Aquatics | 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.

Instructor: Gayle Fleming

- | | | |
|---------------------------|----------------------------|-------------------|
| • March 7 – May 23 | Tuesdays | 9-10 a.m. |
| Walter Reed | #913103-01 | 12 sessions: \$60 |

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 program 4/10.**

Instructor: Debbie Sheetz

- | | | |
|---------------------------|----------------------------|-----------------------|
| • March 6 – May 15 | Mondays | 1:15-2:45 p.m. |
| Langston-Brown | #913103-02 | 10 sessions: \$75 |

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.

Instructor: Gayle Fleming

- **March 6 – May 15** **Mondays** **5-6 p.m.**
Arlington Mill [#913103-03](#) 11 sessions: \$55

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

- **March 6 – May 15** **Mondays** **10-11 a.m.**
Aurora Hills [#913103-04](#) 11 sessions: \$55

Instructor: Ferdinanda Pattipeilophy

- **March 7 – May 23** **Tuesdays** **11:45 a.m.-12:45 p.m.**
Lubber Run [#913103-05](#) 12 sessions: \$60

Instructor: Jennifer Eubank

- **March 8 – May 24** **Wednesdays** **11 a.m.-12 p.m.**
Aurora Hills [#913103-06](#) 12 sessions: \$60

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.

Instructor: Debbie Sheetz

No class 4/10.

- **March 6 – May 15** **Mondays** **3:15-4:15 p.m.**
Langston-Brown [#913103-07](#) 10 sessions: \$50

Instructor: Jennifer Eubank

- **March 7 – May 23** **Tuesdays** **11 a.m.-12 p.m.**
Aurora Hills [#913103-08](#) 12 sessions: \$60

Instructor: Debbie Sheetz

- **March 8 – May 24** **Wednesdays** **12-1 p.m.**
Walter Reed [#913103-09](#) 12 sessions: \$60



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

- **March 6 – May 15** **Mondays** **1-2:30 p.m.**
Lubber Run [#913103-10](#) 11 sessions: \$82.50

Instructor: Ferdinanda Pattipeilophy

- **March 7 – May 23** **Tuesdays** **10:30-11:30 a.m.**
Lubber Run [#913103-11](#) 12 sessions: \$60

Instructor: Debbie Sheetz

- **March 8 – May 24** **Wednesdays** **4-5:15 p.m.**
Lubber Run [#913103-12](#) 12 sessions: \$75

Instructor: Jennifer Eubank

- **March 9 – May 18** **Thursdays** **1-2:30 p.m.**
Madison [#913103-13](#) 11 sessions: \$82.50
- **March 10 – May 19** **Fridays** **9:30-11 a.m.**
Madison [#913103-14](#) 11 sessions: \$82.50

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.

• March 1	Wednesday	9:30-10:30 a.m.
Four Mile Run West	#913106-01	1 session
• March 8	Wednesday	9:30-10:30 a.m.
Barcroft	#913106-02	1 session
• March 15	Wednesday	9:30-10:30 a.m.
Potomac Overlook	#913106-03	1 session
• March 22	Wednesday	9:30-10:30 a.m.
Falls Church W&OD	#913106-04	1 session
• March 29	Wednesday	9:30-10:30 a.m.
Shirlington	#913106-05	1 session
• April 5	Wednesday	9:30-10:30 a.m.
Williamsburg	#913106-06	1 session
• April 12	Wednesday	9:30-10:30 a.m.
Del Ray	#913106-07	1 session
• April 19	Wednesday	9:30-10:30 a.m.
Bluemont Trail	#913106-08	1 session
• April 26	Wednesday	9:30-10:30 a.m.
Columbia Pike	#913106-09	1 session
• May 3	Wednesday	9:30-10:30 a.m.
Lady Bird Johnson Park	#913106-10	1 session
• May 10	Wednesday	9:30-10:30 a.m.
Yorktown	#913106-11	1 session
• May 17	Wednesday	9:30-10:30 a.m.
Roosevelt Island	#913106-12	1 session
• May 24	Wednesday	9:30-10:30 a.m.
Green Valley	#913106-13	1 session
• May 31	Wednesday	9:30-10:30 a.m.
High View Park	#913106-14	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	9-10 a.m.
Arlington Mill	Drop-In

Fast Forwards

Join a morning walk with this dedicated group that walks a two to four mile loop, including some hills. Walks held on the second, third and last Fridays of the month. Transportation not provided. Typically meets in front of Aurora Hills 55+ Center, but occasionally meets at other locations and may use Metro.

• Second, Third & Last Fridays	9-10:30 a.m.
Aurora Hills	Drop-In

Rainbow Scavenger Walk

Join our preschoolers for a walk along the Lubber Run nature trail! We will be searching with our partners to find an item in nature that matches each color of the rainbow to complete our scavenger hunt. We hope to find red berries, blue skies, green grass and more!

• March 16	Thursday	10-10:30 a.m.
Lubber Run	#913106-15	1 session
• March 17	Friday	10-10:30 a.m.
Lubber Run	#913106-16	1 session

Columbia Pike Nature and Pie Walk

The natural world can sometimes go unnoticed around our urban neighborhoods. Join Arlington Regional Master Naturalist (ARMN) Volunteers for a one mile urban nature walk through the Columbia Pike neighborhoods and then treat yourself at the local pie shop. Each participant can purchase their own pie. Rain date: March 31 at 2 p.m. Walking shoes, binoculars and weather appropriate dress recommended.

• March 24	Friday	2-4 p.m.
Walter Reed	#913106-19	1 session

Spring Stroll

Join a naturalist at Benjamin Banneker Park for a hike through the woods and along the W&OD and Four Mile Run trails. We'll be on the lookout for signs of the changing seasons along the way. Meet near the Benjamin Banneker Park playground.

• April 11	Tuesday	10:30-11:30 a.m.
Benjamin Banneker Park	#913106-20	1 session

Theodore Roosevelt Island Hike

Join National Park Service Ranger Kevin Patti for this hike around Theodore Roosevelt Island and discover the conservation legacy of the 26th president, Theodore Roosevelt, as well as the island's Civil War history. This is a 90-minute, easy to moderate hike. Meet at the George Washington Memorial Parkway end of the footbridge – must pre-register.

- | | | |
|---------------------------|----------------------------|----------------------|
| • April 22 | Saturday | 10-11:30 a.m. |
| Theodore Roosevelt Island | #913106-21 | 1 session |

History Along the Potomac Hike

Explore and learn about the history of Chain Bridge, Little Falls, the Potomac Canal and Fort Marcy on this guided hike with National Park Service Ranger Kevin Patti. This challenging hike contains significant elevation changes and is designed for physically fit walkers with good balance.

- | | | |
|--------------|----------------------------|--------------------------|
| • May 2 | Tuesday | 9:30 a.m.-12 p.m. |
| Chain Bridge | #913106-22 | 1 session |
| • May 6 | Saturday | 9:30 a.m.-12 p.m. |
| Chain Bridge | #913106-23 | 1 session |

Glencarlyn Park Wildlife Walk

Join a naturalist at Long Branch Nature Center for a live animal presentation and nature walk to learn about the local wildlife and ecosystem of Glencarlyn Park. Participants will be able to see and touch several small animals during the classroom presentation, then take a leisurely walk on the paved path along Long Branch Creek.

- | | | |
|---------------------------|----------------------------|-----------------|
| • May 18 | Thursday | 6-7 p.m. |
| Long Branch Nature Center | #913106-24 | 1 session |

The Bootlegger's Guide to the Parks

During Prohibition, illegal liquor was produced throughout Arlington County. Join Park Historian John McNair for stories of local bootleggers and government raids as we take a short walk to one of our area's breweries/distilleries.

- | | | |
|------------------------|----------------------------|-----------------|
| • May 23 | Tuesday | 3-4 p.m. |
| Rosslyn Highlands Park | #913106-25 | 1 session |

Rose Garden Tour at Bon Air Park

Back by popular demand! Enjoy a fabulous tour of this hidden gem featuring over 120 varieties of stunning roses with Arlington County's Landscape Manager Kevin Stalica. The tour includes the garden's history, fun facts, growing tips and the new spring blooms' boundless beauty. Must pre-register. Meet at Bon Air Park. Rain date: Wed., May 31.

- | | | |
|--------------|----------------------------|----------------------|
| • May 24 | Wednesday | 10-11:30 a.m. |
| Bon Air Park | #913106-26 | 1 session |

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.

Instructor: David Cohen

- | | | |
|--------------------|----------------------------|----------------------|
| • March 6 – May 15 | Mondays | 2-3 p.m. |
| Walter Reed | #913105-01 | 11 sessions: \$60.50 |

Tai Chi Ch'uan

With slow, gentle movements, proper breathing and posture, Tai Chi can help relieve many physical ailments including arthritis, balance issues and stress. This class examines the martial arts side of Tai Chi as well as the spiritual and healing benefits. Prior Tai Chi experience encouraged.

Instructor: David Cohen

- | | | |
|--------------------|----------------------------|----------------------|
| • March 9 – May 18 | Thursdays | 2-3 p.m. |
| Arlington Mill | #913105-02 | 11 sessions: \$60.50 |

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.

Tai Chi for Beginners

This beginner course introduces the 24 simplified, Yang style Tai Chi positions and focuses on feeling the “chi” (energy, life force) and coordinating the torso, hips, knees and feet and the mind and body to create a graceful Tai Chi form.

Instructor: Karen Levitan

- **March 6 – May 10** **Mon. & Wed.** **3:30-4:30 p.m.**
Langston-Brown [#913105-03](#) 20 sessions: \$110

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 5/29.**

- **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.

- **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.

- **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 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.

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

55+ Seated Exercise

Wed. and Fri., 9-10 a.m. at Madison

Total Body Fitness

Mondays, 10-11 a.m. at Lubber Run

Total Body Fitness

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

DROP-IN CLASSES

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

SPORTS

Strength Training

Dedicated to preserving and gaining new muscular strength as well as flexibility and balance, this class works all major muscle groups, including abdominals, with weights. Each class achieves a full range of motion. **\$60/15-session punch pass or \$4 drop-in.**

Instructor: Andrea Baumann

- **Wednesdays & Fridays** **9-9:55 a.m.**
Lubber Run Drop-In

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

- **Wednesdays & Fridays** **9-10 a.m.**
Madison 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 5/29.**

Instructor: Gretchen Martin

- **Mondays** **10-11 a.m.**
Lubber Run Drop-In
- **Fridays** **10:15-11:15 a.m.**
Lubber Run Drop-In

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

- **March 7 – April 25** **Tuesdays** **8:30-9:30 a.m.**
Walter Reed [#913201-01](#) 8 sessions: \$48
- **March 8 – April 26** **Wednesdays** **9:30-10:30 a.m.**
Walter Reed [#913201-02](#) 8 sessions: \$48
- **March 9 – April 27** **Thursdays** **6-7 p.m.**
Lubber Run [#913201-03](#) 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

- **March 7 – April 25** **Tuesdays** **9:30-10:30 a.m.**
Walter Reed [#913201-04](#) 8 sessions: \$48
- **March 8 – April 26** **Wednesdays** **8:30-9:30 a.m.**
Walter Reed [#913201-05](#) 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 5/29.**

- **Mondays** **9-10 a.m.**
Arlington Mill Drop-In
- **Wednesdays** **10-11 a.m.**
Arlington Mill 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 5/29.**

Walter Reed

• Mondays	8:30 a.m.-4 p.m.	Drop-In
• Tuesdays & Thursdays	12:30-4 p.m.	Drop-In
• Wednesdays	2:15-4 p.m.	Drop-In
• Fridays	10 a.m.-4 p.m.	Drop-In

Arlington Mill

• Mon., Tues. & Thurs.	12 p.m.-3 p.m.	Drop-In
• Tuesdays & Thursdays	5-8:45 p.m.	Drop-In
• Wednesdays	10 a.m.-3 p.m.	Drop-In

Pickleball Social

Arlington Mill's gymnasium is back open! Come out and enjoy a day of fun, friendly competition with music and lights snacks.

• May 5	Friday	11 a.m.-1 p.m.
Arlington Mill	#913201-06	1 session

INDOOR

Billiards

Join in on fun, casual games of billiards with 55+ friends. Players of all levels and abilities are welcome. **No program 5/29.**

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

Billiards Tournament

Come compete in our first 55+ single elimination billiards tournament! This competition is open to 55+ participants of every skill level. Prizes will be awarded to first, second and third place winners. Billiards supplies provided.

• May 24	Wednesday	5-7 p.m.
Arlington Mill	#913205-01	1 session

Table Tennis

Players of all levels and abilities are welcome to participate in friendly games. **No program 5/29.**

• Mondays - Fridays	10 a.m.-12 p.m.
Walter Reed	Drop-In
• Tuesdays	10 a.m.-12 p.m.
Arlington Mill	Drop-In
• Wednesdays	8:30 a.m.-12:30 p.m.
Madison	Drop-In

Volleyball

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

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

55+ Basketball

A pick-up game of basketball is just what the doctor ordered! Join is 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 <https://www.medstarcapitalsiceplex.com> to register for Senior Public Skate. **No program 5/29.**

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

OUTDOOR

55+ “Tour de Friends” Bike Club

Stay active with friendly biking companions. We'll explore nearby trails and neighborhoods in a safe, socially distant manner. Ride distances are between 10-25 miles; durations vary. All levels of ability are welcome! No riders left behind. Destinations may be changed or excursions canceled for inclement weather.

• March 9 Vienna	Thursday #913206-01	11 a.m.-1 p.m. 1 session
• March 23 Old Town	Thursday #913206-02	11 a.m.-1 p.m. 1 session
• April 6 Cherry Blossoms/Wharf	Thursday #913206-03	10 a.m.-12 p.m. 1 session
• April 20 Bethesda/Rockcreek	Thursday #913206-04	10 a.m.-12 p.m. 1 session
• May 4 Del Ray	Thursday #913206-05	10 a.m.-12 p.m. 1 session
• May 18 Loop to the View	Thursday #913206-06	10 a.m.-12 p.m. 1 session

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.

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

Cornhole on the Plaza!

Come enjoy the lovely spring weather with us on the Arlington Mill Plaza. There will be music, snacks, cornhole and lots of fun for all!

• May 26 Arlington Mill	Friday #913206-07	11:30 a.m.-1:30 p.m. 1 session
-----------------------------------	---	--

Croquet

Enjoy the outdoors with a game of croquet. Beginners are welcome and equipment is provided. In case of rain, program will be canceled.

• Tuesdays & Fridays Walter Reed	2-3 p.m. Drop-In
--	----------------------------

55+ Golf Club

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. For more information or to join, contact Membership Chairman Dennis MacDonald at dkmacdonald@att.net or visit arlingtonseniorsgolfclub.org.

• March 1 Walter Reed	11:30 a.m.-1:30 p.m. Drop-In
---------------------------------	--

GET INVOLVED WITH ISSUES IMPORTANT TO OLDER ADULTS!

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., March 20** – Annual Community Engagement Forum on Aging Issues
9:30 a.m.-12:30 p.m.
at Unitarian Universalist Church of Arlington
4444 Arlington Blvd, Arlington, VA 22204
- **Mon., April 17**, 9-11 a.m. (hybrid) – location TBD
- **Mon., May 15**, 9-11 a.m. (hybrid) – location TBD

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 arlaaa@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 meetings:

- **Fri., March 17** – Annual Legislative Update, Virtual
- **Fri., May 19** – Housing Issues, at Lubber Run

BRAIN PLAY

Bingo at Aurora Hills

Play Bingo, win prizes, enjoy some light refreshments and have some fun with 55+ friends! Sponsored by the Aurora Hills Advisory Committee.

- | | | |
|---------------------------------|--|------------------------------|
| • May 31
Aurora Hills | Wednesday
#913600-02 | 1-2 p.m.
1 session |
|---------------------------------|--|------------------------------|

Bunco Bunch

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.

- | | | |
|----------------------------------|---|------------------------------------|
| • March 10
Walter Reed | Friday
#913600-03 | 1:30-3:30 p.m.
1 session |
| • April 14
Walter Reed | Friday
#913600-04 | 1:30-3:30 p.m.
1 session |
| • May 12
Walter Reed | Friday
#913600-05 | 1:30-3:30 p.m.
1 session |

Trivia

Calling all trivia buffs! Join us for a fun-filled trivia challenge with your 55+ friends! Meets on first Thursdays.

- | | | |
|-----------------------------|---|--|
| • March 2
Virtual | Thursday
#913600-06 | 11 a.m.-12:30 p.m.
1 session |
| • April 6
Virtual | Thursday
#913600-07 | 11 a.m.-12:30 p.m.
1 session |
| • May 4
Virtual | Thursday
#913600-08 | 11 a.m.-12:30 p.m.
1 session |

NEW

CALLING ALL SAMBA PLAYERS!

Samba is a fun variation of Canasta in which six decks are used instead of two and played in teams of four. Don't worry if you don't have a team, meet new players and join an existing team. Beginners are welcome to join in! For more information, contact Jennifer Weber at jweber1@arlingtonva.us or 703-228-0955.

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

Jeopardy!

Play America's favorite quiz game with monthly themes and test your knowledge. Have some fun with 55+ friends and try to win a prize! First Monday of the month: March 6, April 3, May 1. Led by volunteer Jacquie Stead.

- | | | |
|----------------------------------|---|-------------------------------|
| • March 6
Aurora Hills | Monday
#913600-09 | 2-3 p.m.
3 sessions |
| • April 3
Aurora Hills | Monday
#913600-10 | 2-3 p.m.
3 sessions |
| • May 1
Aurora Hills | Monday
#913600-11 | 2-3 p.m.
3 sessions |

Family Feud!

NEW

Are you ready to test your knowledge? Come out to Arlington Mill and play one of America's favorite trivia game shows with 55+ Center Director Shettima Abdulmalik.

- | | | |
|-----------------------------------|--|----------------------------------|
| • May 10
Arlington Mill | Wednesday
#913600-12 | 5-6:30 p.m.
1 session |
| • May 11
Arlington Mill | Thursday
#913600-13 | 12-1:30 p.m.
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.

- | | |
|-----------------------------|---------------------------------------|
| • Mondays
Madison | 9:30 a.m.-2:30 p.m.
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
Walter Reed | 10 a.m.-12 p.m.
Drop-In |
|------------------------------------|-----------------------------------|

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

Cribbage

Cribbage is a classic yet challenging 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.

- **Mondays & Fridays** 1-3 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 5/29.**

American Style

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

Chinese Style

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

MAH JONGG LESSONS

Learn the American style of Mah Jongg with volunteer instructor Judy Wall. No experience required and supplies will be provided.

- March 27-April 17 **Mondays** 11 a.m.-12 p.m.
Walter Reed [#913600-14](#) 4 sessions

GRANDAY: GAMES AND E-GAMES

Sat., April 1, 11 a.m.-1 p.m.
at Arlington Mill

Come join us for another wonderful day of family and fun. This GranDay event will feature several games, including board games and e-games. This event is open to all grandparents, grandchildren and grand-friends. No 55+ Pass is required.

Register: [#913600-01](#)

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 5/29.**

- **Mondays** 9:30 a.m.-12 p.m.
Walter Reed Drop-In

Learn Mexican Train Dominoes

Enjoy friendly instruction from a 55+ volunteer. You'll be sure to have fun learning this timeless classic!

- **March 13** Monday 9:30 a.m.-12 p.m.
Walter Reed [#913600-15](#) 1 session

Rummikub

The original rummy tile-based game combines elements of gin rummy and Mah Jongg. **No program 5/29.**

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

NEW

Rummikub Challenge

Show off your Rummikub skills and take on Langston-Brown 55+ Center Director Elizabeth Poole for a fun and entertaining morning. Everyone who registers gets an opportunity to participate in the challenge. The winners from each group will play against Elizabeth. Space is limited, so register early.

-
- **May 2** **Tuesday** **9:30-10:30 a.m.**
Langston-Brown [#913600-16](#) 1 session

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 first and third Thursdays.

-
- **First & 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.

-
- **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

Beginner Bridge Course

Learn how to play bridge in this ten-part series of classes and practice with experienced bridge player Susan Court. The first seven sessions will include instruction and practice playing; the last three sessions will comprise practice games with coaching. Instructional materials will be provided throughout the course. **No program 4/3 and 5/1.**

-
- **March 13 – May 22** **Mondays** **1-2:30 p.m.**
Aurora Hills [#913602-01](#) 9 sessions

Bridge Practice

Join volunteer instructors Linda and Steve Robinson for lessons on Bridge and 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

Spanish Conversation

Are you learning Spanish and need to find a group of like minded people to practice with? Come join our social gathering that provides participants with a chance to participate in discussions while honing your Spanish speaking skills. This is a fun opportunity to meet people, practice vocabulary and speak Spanish. Enjoy different topics as you hone your skills and build confidence speaking Spanish. Some instruction is provided; beginners are welcome.

-
- **Mondays** **10:30 a.m.-12 p.m.**
Arlington Mill Drop-In

SERVICES

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.

- **March 10** **Friday** **10 a.m.-12 p.m.**
Virtual [#913650-01](#) 1 session
- **March 17** **Friday** **10 a.m.-12 p.m.**
Virtual [#913650-02](#) 1 session
- **March 24** **Friday** **10 a.m.-12 p.m.**
Virtual [#913650-03](#) 1 session
- **March 31** **Friday** **10 a.m.-12 p.m.**
Virtual [#913650-04](#) 1 session
- **April 7** **Friday** **10 a.m.-12 p.m.**
Virtual [#913650-05](#) 1 session
- **April 14** **Friday** **10 a.m.-12 p.m.**
Virtual [#913650-06](#) 1 session
- **April 21** **Friday** **10 a.m.-12 p.m.**
Virtual [#913650-07](#) 1 session
- **April 28** **Friday** **10 a.m.-12 p.m.**
Virtual [#913650-08](#) 1 session
- **May 5** **Friday** **10 a.m.-12 p.m.**
Virtual [#913650-09](#) 1 session
- **May 12** **Friday** **10 a.m.-12 p.m.**
Virtual [#913650-10](#) 1 session
- **May 19** **Friday** **10 a.m.-12 p.m.**
Virtual [#913650-11](#) 1 session
- **May 26** **Friday** **10 a.m.-12 p.m.**
Virtual [#913650-12](#) 1 session

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.

- **March 1** **Wednesday** **Aurora Hills**
10-10:45 a.m. [#913909-01](#) 1 session
10:45-11:30 a.m. [#913909-02](#) 1 session
11:30 a.m.-12:15 p.m. [#913909-03](#) 1 session
- **March 8** **Wednesday** **Aurora Hills**
10-10:45 a.m. [#913909-04](#) 1 session
10:45-11:30 a.m. [#913909-05](#) 1 session
11:30 a.m.-12:15 p.m. [#913909-06](#) 1 session
- **March 15** **Wednesday** **Aurora Hills**
10-10:45 a.m. [#913909-07](#) 1 session
10:45-11:30 a.m. [#913909-08](#) 1 session
11:30 a.m.-12:15 p.m. [#913909-09](#) 1 session
- **March 22** **Wednesday** **Aurora Hills**
10-10:45 a.m. [#913909-10](#) 1 session
10:45-11:30 a.m. [#913909-11](#) 1 session
11:30 a.m.-12:15 p.m. [#913909-12](#) 1 session
- **April 5** **Wednesday** **Aurora Hills**
10-10:45 a.m. [#913909-13](#) 1 session
10:45-11:30 a.m. [#913909-14](#) 1 session
11:30 a.m.-12:15 p.m. [#913909-15](#) 1 session
- **April 12** **Wednesday** **Aurora Hills**
10-10:45 a.m. [#913909-16](#) 1 session
10:45-11:30 a.m. [#913909-17](#) 1 session
11:30 a.m.-12:15 p.m. [#913909-18](#) 1 session
- **April 19** **Wednesday** **Aurora Hills**
10-10:45 a.m. [#913909-19](#) 1 session
10:45-11:30 a.m. [#913909-20](#) 1 session
11:30 a.m.-12:15 p.m. [#913909-21](#) 1 session
- **May 3** **Wednesday** **Aurora Hills**
10-10:45 a.m. [#913909-22](#) 1 session
10:45-11:30 a.m. [#913909-23](#) 1 session
11:30 a.m.-12:15 p.m. [#913909-24](#) 1 session
- **May 10** **Wednesday** **Aurora Hills**
10-10:45 a.m. [#913909-25](#) 1 session
10:45-11:30 a.m. [#913909-26](#) 1 session
11:30 a.m.-12:15 p.m. [#913909-27](#) 1 session
- **May 17** **Wednesday** **Aurora Hills**
10-10:45 a.m. [#913909-28](#) 1 session
10:45-11:30 a.m. [#913909-29](#) 1 session
11:30 a.m.-12:15 p.m. [#913909-30](#) 1 session
- **May 24** **Wednesday** **Aurora Hills**
10-10:45 a.m. [#913909-31](#) 1 session
10:45-11:30 a.m. [#913909-32](#) 1 session
11:30 a.m.-12:15 p.m. [#913909-33](#) 1 session

55+ TRAVEL



Steps or heavy walking;
wear comfortable shoes



Lunch or shopping
on your own;
bring extra money



Charter Bus Trip



Activity is outdoors;
dress accordingly



Meal is included
in the price



Ticketed Event

MARCH 2023

“Esther and the Dream of One Loving Human Family” at the American Visionary Art Museum

► Baltimore, MD

MARCH 1 • Wednesday



Featuring Esther Krinitz's Holocaust survival story told through 36 hand-embroidered works, the show pays tribute to humanity's unjust persecution of innocents and the dream of a world at peace. The exhibit also includes South African Truth and Reconciliation embroidered testimonies, works by Rwandan Tutsi genocide survivors and more. Lunch on your own in Baltimore.

BAR	9:00 a.m.	\$24 Arlington County
MAD	9:30 a.m.	\$28 Out-of-County
returning	5:30 p.m.	#902303-01



Image: The Pennsylvania Horticultural Society Philadelphia Flower Show

Philadelphia Flower Show ► Philadelphia, PA

MARCH 4 • Saturday



The 2023 Philadelphia Flower Show makes its return to the Pennsylvania Convention Center to amaze you with an exciting floral experience, bringing together dynamic designers, bold exhibits, world-class shopping, education, music, food and fun. Dine on your own at Reading Market.

WR	8:30 a.m.	\$97 Arlington County
MAD	9:00 a.m.	\$112 Out-of-County
returning	7:30 p.m.	#902303-02

Washington County Museum of Fine Arts

► Hagerstown, MD

MARCH 7 • Tuesday



One of the best small museums in the nation, the Washington County Museum of Fine Arts is in historic City Park in Hagerstown, Maryland. The museum is a destination for those interested in the fine arts and education. Tour neighboring City Park and surrounding area before we head to Leesburg Premium Outlets for lunch.

GUN	8:40 a.m.	\$9 Arlington County
MAD	9:10 a.m.	\$10 Out-of-County
returning	4:35 p.m.	#902303-03

Rubell Museum

► Washington, DC

MARCH 10 • Friday



The new Rubell Museum DC brings the Rubell family's extensive contemporary art collection to the nation's capital. The Rubell Museum's collection is distinguished by its unprecedented range and depth which has enabled it to organize over 50 exhibitions during the last three decades drawn entirely from its holdings in painting, sculpture, photography, video and installation. Dine afterward at the DC Wharf.

MAD	12:00 p.m.	\$25 Arlington County
BAR	12:30 p.m.	\$29 Out-of-County
returning	5:45 p.m.	#902303-04

Pre-St. Patrick's Day at The Celtic House Irish Pub

► Arlington, VA

MARCH 15 • Wednesday



Enjoy a scrumptious lunch at The Celtic House Irish Pub. (Limited menu)

MAD	10:15 a.m.	\$60 Arlington County
WR	10:45 a.m.	\$69 Out-of-County
returning	1:45 p.m.	#902303-05

Glen Echo Hike with a National Park Ranger

► Glen Echo, MD

MARCH 18 • Saturday



Join National Park Ranger Kevin Patti for a two-and-a-half hour guided hike at Glen Echo. Uncover the story of what was once Washington's premiere amusement park. Cross over the C&O Canal and walk upstream along the tow path as we learn about its storied history. We will also learn about the Union Arch Bridge, part of the Washington Aqueduct. Finally, we will walk through the town of Glen Echo to the Clara Barton National Historic Site. You will discover the history of the house and the story of its famous resident, Clara Barton, founder of the American Red Cross. (Please Note: There is some elevation change in this easy to moderate hike and some sections of unpaved trail are uneven with rocks and tree roots. Wear comfortable walking shoes.)

TJ **9:00 a.m.** \$6 Arlington County
returning 12:00 p.m. \$7 Out-of-County
[#902303-06](#)

REGISTRATION FOR 55+ TRIPS:

The registration process for 55+ trips has been streamlined. It will now start on the same days and follow the same procedures as general registration for all 55+ programs. **Arlington residents** may begin to sign up on Wed., Feb. 15 at 10 a.m. **Out-of-County residents** may begin on Thurs., Feb. 16 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. 53 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 Office located at the [Lubber Run Community Center](#), 300 N. Park Dr., Arlington, 22203.



Canada geese in impoundment Blackwater NWR. Photo by: USFWS/Betty Whetzel/USFWS

Birding Trip with Park Naturalist Ken Rosenthal

► Cambridge, MD

MARCH 21 • Sunday



Arlington County Park Naturalist Ken Rosenthal will be your guide for this exploration of the Underground Railroad's connections to the Eastern Shore and Harriet Tubman's daring missions leading dozens of enslaved people to freedom. At nearby Blackwater National Wildlife Refuge, one of the chief wintering areas for migrating ducks and Canada geese, Ken will discuss bird migration and help the group observe migrant waterfowl along Wildlife Drive. There will also be time to learn more about migrating birds at the visitor center. Please bring your lunch.

MAD **7:00 a.m.** \$15 Arlington County
BAR **7:30 a.m.** \$17 Out-of-County
returning 5:30 p.m. [#902303-07](#)

A Day in Historic Fredericksburg

► Fredericksburg, VA

MARCH 22 • Wednesday



Dine, tour and shop in historic Fredericksburg, which is known for its small-town colonial charm.

MAD **10:15 a.m.** \$9 Arlington County
GUN **10:45 a.m.** \$10 Out-of-County
returning 4:40 p.m. [#902303-08](#)



Kennedy Center Coffee Concert: NSO – Rachmaninoff’s Piano Concerto No. 3 and Tchaikovsky’s “Pathétique” ▶ Washington, DC

MARCH 24 • Friday



Named by *The Economist* as one of twenty living polymaths, Stephen Hough performs Rachmaninoff’s Third Piano Concerto – one of the most fiendishly difficult pieces ever composed for the piano. Then, “Pathétique” shows us a man on the edge as tensions erupt in Tchaikovsky’s glorious, heartbreaking final symphony.

TJ	10:30 a.m.	\$25 Arlington County
returning	2:00 p.m.	\$29 Out-of-County
		#902303-09

Ragtime at Riverside Center for Performing Arts

▶ Fredericksburg, VA

MARCH 29 • Wednesday



At the dawn of a new century, everything is changing... and anything is possible. Set in the volatile melting pot of turn-of-the-twentieth-century New York, three distinctly American tales are woven together – that of a stifled upper-class wife, a determined Jewish immigrant and a daring young Harlem musician – united by their courage, compassion and belief in the promise of the future. Together, they confront history’s timeless contradictions of wealth and poverty, freedom and prejudice, hope and despair, and what it means to live in America. With a Tony-winning score featuring musical theatre showstoppers “Your Daddy’s Son” and “Make Them Hear You,” *Ragtime* is filled with pageantry, emotion and hope, bursting onto the stage like no other musical.

MAD	9:30 a.m.	\$87 Arlington County
BAR	10:00 a.m.	\$100 Out-of-County
returning	5:00 p.m.	#902303-10

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.

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 the 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.

APRIL 2023

Harrisburg, PA State Capitol ▶ Harrisburg, PA

APRIL 4 • Tuesday



Pennsylvania's State Capitol, one of the most beautiful in the nation, is a priceless architectural and artistic treasure, a majestic symbol of history and power, and an icon of democracy and freedom. Dine on your own at the Capitol Restaurant.

BAR	6:30 a.m.	\$59 Arlington County
MAD	7:00 a.m.	\$68 Out-of-County
returning	5:45 p.m.	#902304-01

A Day in Middleburg ▶ Middleburg, VA

APRIL 7 • Friday



Middleburg has many shops that cater to its sophisticated clientele. You can find one-of-a-kind jewelry, antiques, horse feed and equestrian gear, fashion-forward outfits and more. Come explore this historic town like Jackie Kennedy used to do! Dine on your own in Middleburg.

GUN	11:30 a.m.	\$7 Arlington County
MAD	12:00 p.m.	\$8 Out-of-County
returning	4:40 p.m.	#902304-02

Cherry Blossom Lunch Cruise

▶ Washington, DC

APRIL 13 • Thursday



View the spring-spectacular cherry blossoms from a new perspective – the Potomac River! With the sunshine reflecting off the water, there's no better place to enjoy an afternoon in Washington, D.C. than aboard a lunch cruise. Includes a historical tour of some of the most iconic landmarks in the country, such as Old Town Alexandria, the National Harbor and the Washington Monument.

TJ	10:30 a.m.	\$100 Arlington County
returning	2:30 p.m.	\$115 Out-of-County
		#902304-03

Leesburg Flower and Garden Festival

▶ Leesburg, VA

APRIL 15 • Saturday



The Leesburg Flower and Garden Festival has become an annual rite of spring for Loudoun County and it's not hard to see why. The downtown festival boasts 125+ vendors including landscapers, gardening suppliers, plant sellers, outdoor living businesses, furniture makers and more. Dine on your own at the festival.

WR	9:05 a.m.	\$9 Arlington County
MAD	9:35 a.m.	\$10 Out-of-County
returning	4:25 p.m.	#902304-04

Nationals vs. Orioles

▶ Washington, DC

APRIL 18 • Tuesday



Join us to see our favorite Washington Nationals face the Baltimore Orioles in the Battle of the Beltways at Nationals Park. (Please note: the stadium entrance is not near the bus drop-off location. Some walking is required.)

TJ	5:30 p.m.	\$66 Arlington County
returning	11:00 p.m.	\$76 Out-of-County
		#902304-05

Historic Garden Week in Richmond: Historic West Avenue

▶ Richmond, VA

APRIL 19 • Wednesday



West Avenue is a unique three-block-long street tucked within Richmond's historic Fan District. Well-known for its distinctive sense of community, it prides itself in having the city's oldest neighborhood association, its own "mayor" and a coat of arms. Construction began in 1893 on what was then known as West View Street by children of prominent West Franklin Street families. It soon gained the moniker "Stork Alley," one that it retains more than a century later. Architectural styles include Queen Anne, Richardson Romanesque, Colonial and Georgian Revival. A gem of the Fan, this urban walking tour features beautifully renovated interiors and eclectic pocket-sized gardens. Dine on your own in Richmond.

MAD	7:00 a.m.	\$71 Arlington County
BAR	7:30 a.m.	\$82 Out-of-County
returning	6:15 p.m.	#902304-06

TRAVEL

Hollywood Casino

► Charles Town, WV

APRIL 21 • Friday



Play your favorite casino games and savor great dining (on your own) for a full day of fun.

GUN	9:45 a.m.	\$9 Arlington County
MAD	10:15 a.m.	\$10 Out-of-County
returning	5:30 p.m.	#902304-07

Kennedy Center Coffee Concert: NSO – Schubert and Medelssohn

► Washington, DC

APRIL 28 • Friday



This concert spotlights outstanding NSO musicians in one of Schumann's most unique works: the Konzertstück for Four Horns. No matter which instrument family is your favorite, you'll delight in this bubbly, beautiful masterwork. Conductor Gianandrea Noseda closes the program with Schubert's Third, an infectious fun symphony with sunny D major charm and a dizzying tarantella finale.

TJ	10:30 a.m.	\$25 Arlington County
returning	2:00 p.m.	\$29 Out-of-County
		#902304-08

Sketching at the National Gallery of Art

► Washington, DC

APRIL 30 • Sunday



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 third 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.

TJ	9:30 a.m.	\$11 Arlington County
returning	3:00 p.m.	\$13 Out-of-County
		#902304-09

MAY 2023

Chanticleer

► Wayne, PA

MAY 3 • Wednesday



Chanticleer has been called the most romantic, imaginative and exciting public garden in America. The garden is a study of textures and forms, where foliage trumps flowers, the gardeners lead the design, and even the drinking fountains are sculptural. It is a garden of pleasure and learning, relaxing yet filled with ideas to take home. Lunch on your own in Wayne, PA.

BAR	6:15 a.m.	\$86 Arlington County
MAD	6:45 a.m.	\$99 Out-of-County
returning	7:30 p.m.	#902305-01

Flower Mart at the National Cathedral

► Washington, DC

MAY 5 • Friday



Delight in an irresistible array of festival foods, artisanal and boutique gifts and, of course, herbs and flowers filling the nave and grounds of the Cathedral.

MAD	9:45 a.m.	\$10 Arlington County
GUN	10:15 a.m.	\$12 Out-of-County
returning	3:00 p.m.	#902305-02

Lewis Ginter Botanical Garden

► Henrico, VA

MAY 9 • Tuesday



The Lewis Ginter Botanical Garden was voted one of the best botanical gardens in the nation! A parade of blooms unfurls as the weather warms, including daffodils, tulips, peonies, roses and many more. Dine on your own at the Garden Café.

MAD	8:00 a.m.	\$34 Arlington County
WR	8:30 a.m.	\$39 Out-of-County
returning	4:30 p.m.	#902305-03



Nationals vs. Mets

► Washington, DC

MAY 13 • Saturday



Join us to watch these hometown favorites at Nationals Park! (Please note: the stadium entrance is not located near the bus drop-off location. Some walking is required.

TJ	2:30 p.m.	\$75 Arlington County
returning	8:00 p.m.	\$86 Out-of-County
#902305-04		

The Tea Cart

► Berryville, VA

MAY 17 • Wednesday



Known as the Shenandoah Valley's premiere British tearoom and event destination, The Tea Cart is sure to leave you delighted with their superb service.

BAR	9:45 a.m.	\$80 Arlington County
MAD	10:15 a.m.	\$92 Out-of-County
returning	4:40 p.m.	#902305-05

Kennedy Center Coffee Concert: Beethoven and American Masters – William Grant Still and Beethoven's “Pastoral” Symphony

► Washington, DC

MAY 19 • Friday



Harlem Renaissance master William Grant Still's colorful Second Symphony combines African spiritual themes with Western classical music—the composer's way of showing hope for an integrated American society. To close, Beethoven's “Pastoral” Symphony gently transports us to the Viennese countryside.

TJ	10:30 a.m.	\$25 Arlington County
returning	2:00 p.m.	\$29 Out-of-County
#902305-06		

Kennedy Center Open Rehearsal: Scottish Ballet

► Washington, DC

MAY 24 • Wednesday



Enjoy this unique opportunity to attend an open rehearsal of the Scottish Ballet Company's *The Crucible*, bringing Arthur Miller's classic play about the Salem witch trials to the ballet stage.

MAD	1:00 p.m.	\$25 Arlington County
BAR	1:30 p.m.	\$29 Out-of-County
returning	5:00 p.m.	#902305-07

A Day in Historic Annapolis

► Annapolis, MD

MAY 26 • Friday



Explore scenic, historic Annapolis, the nation's first capital and the site of the oldest capitol building in continuous use. A major center for boating and sailing, Annapolis is also home to the U.S. Naval Academy. Saunter around the City Dock and through the city's charming colonial streets, shop, and eat lunch on your own at one of Annapolis' fabulous restaurants.

MAD	10:00 a.m.	\$8 Arlington County
GUN	10:30 a.m.	\$9 Out-of-County
returning	4:00 p.m.	#902305-08

Tanger Outlets

► National Harbor, MD

MAY 30 • Tuesday



Tanger Outlets offers a wealth of experiences for everyone, including brand-name stores, local offerings and fast-casual restaurants that keep you fueled up for your day at the shops.

MAD	11:00 a.m.	\$7 Arlington County
WR	11:30 a.m.	\$8 Out-of-County
returning	4:00 p.m.	#902305-09

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@ANVarlington.org or visit ANVarlington.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 learn more about volunteering with ANV or becoming a member on Wed., March 29 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 ANVarlington.org/volunteer.

ENCORE LEARNING

Encore Learning provides college-level courses, clubs and special events for people ages 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.

This spring, Encore Learning is offering 43 fascinating courses, nine specialty clubs ranging from breakfast to bridge, and many special events. Courses are offered virtually via Zoom or in-person at George Mason University's Arlington campus or other Arlington locations. The spring semester begins on March 1 and runs through May 19.

You must be a member of Encore Learning to enroll in any course. Membership is only \$65 for the entire year. To see all of our spring semester course offerings, click here. For more information or to become a member, visit www.EncoreLearning.net or email us at info@encorelearning.net.



HOW TO REGISTER

Registration Opens:

- February 15 at 10 a.m. (Arlington County)
- February 16 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.

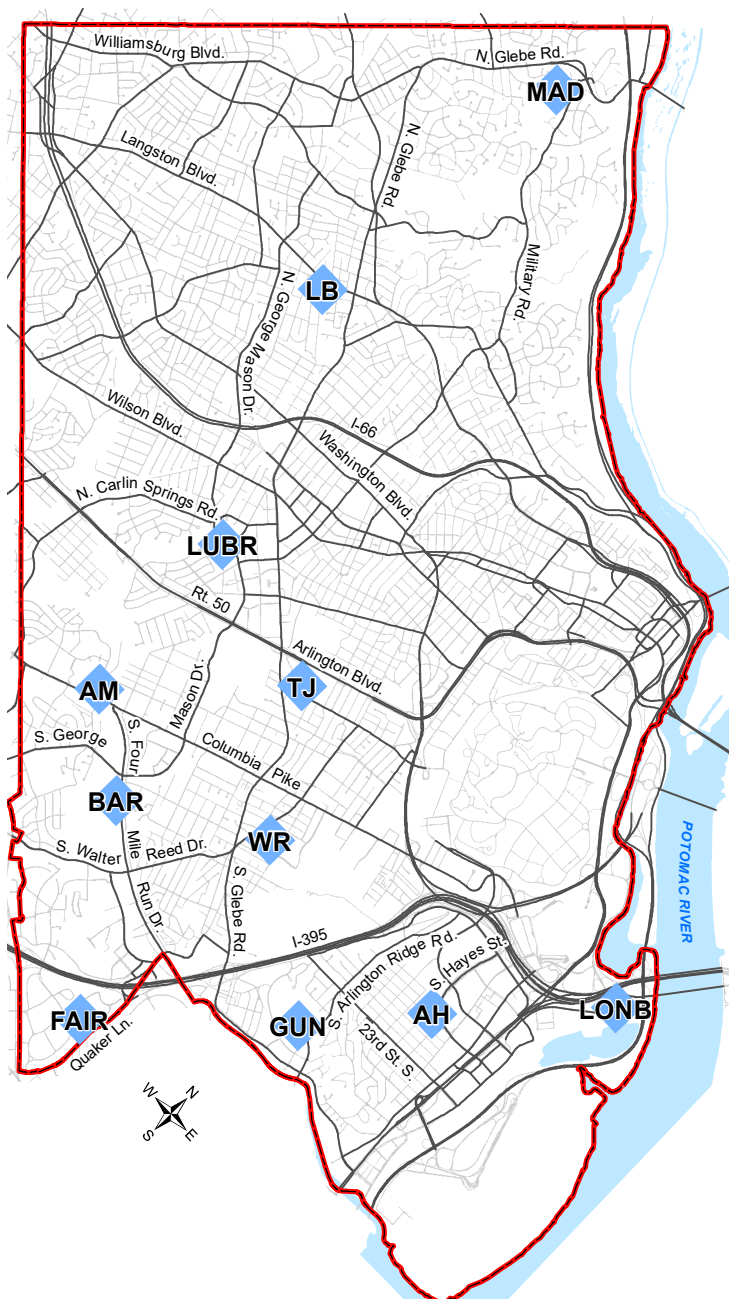


CONNECT & LOCATE

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