

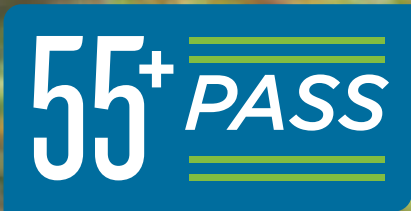
WINTER 2021/2022

55+⁺ ARLINGTON COUNTY GUIDE

EXERCISE
LEARNING
CONNECTIONS
and MORE



Holiday Celebrations 04
Arts & Craft Show 04
Chocolate Delights 07
Intergenerational Programs 28



Sign Up and Get the Benefits!

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

STEP 1 ▶ Choose Your Pass

There are two 55+ Pass options for you to consider.

STEP 2 ▶ Sign Up

There are four ways to sign up:

- ONLINE: arlingtonva.us and search "55+ pass"
- MAIL: 300 N. Park Drive 22203 (get the registration form online)
- PHONE: 703-228-4747 (Mon.-Fri., 8 a.m.-5 p.m.)

STEP 3 ▶ Use Your Pass

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

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

OPTION A

55+ Pass Benefits

- 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 (search for "55+ Pass")

55+ ARLINGTON COUNTY GUIDE

Hello, Everyone!

This time of year gives us an opportunity to reflect on the past and look forward to the new year with a renewed sense of purpose. While 2021 was filled with challenges, our 55+ team adapted to keep the community engaged and connected and saw many accomplishments. In recognition of our pandemic response, Arlington's 55+ Program received the Best Health and Wellness Initiative award from the Virginia Recreation and Parks Society (see p.28). We also reopened the 55+ centers and welcomed you back for in-person programs once again.

While one of our main goals will always be to provide in-person programs, we will continue to develop new opportunities through both virtual and hybrid options to keep our programs as accessible as possible. Have ideas on potential programs? We want to hear them! Email us at 55Plus@arlingtonva.us or discuss them with 55+ staff.

We hope you will enjoy the programs offered in our winter edition. Stay tuned for the return of more of your long-time favorites in the coming months, including the 55+ Travel Program!

Wishing you happy holidays and an even better 2022!

Jennifer Collins

55+ Program Manager

Registration Opens:

- **November 17 at 10am (Arlington County)**
- **November 18 at 10am (Out of County)**

ONLINE ▶ registration.arlingtonva.us

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

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

PHONE ▶ 703-228-4747

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

THE HOLIDAY SCHEDULE:

55+ Centers will be closed on:

Dec. 24 & Dec. 31, 2021

Jan. 1, Jan. 17 & Feb. 21, 2022

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Can We Help?

Arlington County can provide, upon request, reasonable modifications for people with disabilities. Two weeks advance notice is preferred.

Call 703-228-4747.

SOCIAL FUN

HOLIDAY CELEBRATIONS

Afternoon of Holiday Music

Enjoy an afternoon of festive holiday music by Dr. Ben Hutchens, Director of Music Ministries at Westminster Presbyterian Church in Alexandria. Coffee, tea and packaged cookies will be served.

-
- **Dec. 10** **Friday** **1-2:30 p.m.**
Aurora Hills [#912890-01](#) 1 session

Aurora Hills Holiday Party

Celebrate the holidays at Aurora Hills with festive games, music and packaged refreshments sponsored by the Aurora Hills Advisory Committee.

-
- **Dec. 15** **Wednesday** **1-3 p.m.**
Aurora Hills [#912890-02](#) 1 session

Holiday Sing-Along with Carl Gold

Lift your voice and your spirit with Carl Gold during this holiday sing-along that offers fun, cheer and a whole lot of music for all.

-
- **Dec. 17** **Friday** **2-3 p.m.**
Lubber Run [#912890-03](#) 1 session

Holiday Trivia

Test your holiday trivia skills. Trivia is a great way to learn facts while having fun with friends.

-
- **Dec. 10** **Friday** **11 a.m.-12 p.m.**
Langston-Brown [#912890-04](#) 1 session

New Year's Eve Celebration

Ring in 2022 at our virtual New Year's Party. Enjoy games and entertainment while connecting with other 55+ friends. Although we can't meet in person, make your favorite dish and we'll eat together. At the end of the party, we'll toast the New Year! Register early by Dec. 10 to receive a free party bag in time for the celebration.

-
- **Dec. 31** **Friday** **11:30 a.m.-1:30 p.m.**
Virtual [#912890-05](#) 1 session

SPECIAL EVENTS

Arlington Mill Open House

Arlington Mill hosts a variety of great programs. Come out and sample the activities, get information and mingle at this open house hosted by the Arlington Mill Advisory Committee. Featured programs include open art studio, Zumba Gold, line dance, Latin dance, drop-in games and much more!

-
- **Feb. 12** **Saturday** **11 a.m.-1:30 p.m.**
Arlington Mill [#912899-01](#) 1 session

Arts & Crafts Show

Come out and show off your arts and crafts! This show will feature pieces from the 55+ community. Limited to 21 artists with a maximum of three submissions each. Artists who want to submit artwork must pre-register by Jan. 15 by submitting their material via email to Shettima Abdulmalik (sabdulmalik@arlingtonva.us) one week in advance.

-
- **Jan. 29** **Saturday** **11 a.m.-2 p.m.**
Arlington Mill [#912899-02](#) 1 session

GET TOGETHERS

55+ Live!

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

-
- **Dec. 21** **Tuesday** **12-12:30 p.m.**
Virtual [#912801-01](#) 1 session
 - **Jan. 18** **Tuesday** **12-12:30 p.m.**
Virtual [#912801-02](#) 1 session
 - **Feb. 15** **Tuesday** **12-12:30 p.m.**
Virtual [#912801-03](#) 1 session

Morning Meetup

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

-
- **First & Third Wednesdays** **9:30-10:30 a.m.**
Langston-Brown [Drop-In](#)
 - **Mondays** **10-11 a.m.**
Lubber Run [Drop-In](#)

DANCE

Beginner Salsa Instruction Class

Have you ever wanted to learn to salsa? Here's your chance! Enjoy this beginner salsa instruction class with a dance instructor from Arlington Ballroom. No partner needed.

-
- **Jan. 28** **Friday** **2-3 p.m.**
Aurora Hills [#912802-01](#) 1 session

Youthful Movement Dance

If you remember and enjoyed the Jane Fonda era, you will benefit from this fusion of ancient art and youthful movement that will assist you in gaining balance, core strengthening and flexibility. Low impact and no remembering choreographies. All levels welcome. Wear dance or tennis shoes and loose-fitting clothing.

No class 12/22.

Instructor: Carmen Shippy

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

Open Latin Dance

Salsa, bachata, rumba, cha-cha-cha, merengue - dance to popular Latin music on third Friday mornings. No partner needed.

-
- **Third Fridays** **10-11:30 a.m.**
Arlington Mill [Drop-In](#)

Introduction to Line Dance

Never line danced before, but want to join the fun? Learn the basic steps from instructor Suzie Pratts. Meets second and fourth Wednesdays.

-
- **Second & Fourth Wednesdays** **10-10:45 a.m.**
Aurora Hills [Drop-In](#)

Line Dance

Kick up your heels with line dancing! Easy for beginners and lots of fun for all. No partner needed; line up and watch as the leader demonstrates the steps. You're sure to leave with a smile. Beginner level.

Instructor: Suzie Pratts

- **Thursdays** **1-2 p.m.**
Arlington Mill [Drop-In](#)
- **Fridays** **10:30-11:30 a.m.**
Aurora Hills [Drop-In](#)

THE MOVIES

Movie Matinee

Romances are always sweeter when they're based on real-life stories, which is why this rom-com from Silicon Valley's Kumail Nanjiani is such a breath of fresh air. Join us for the 2017 film, *The Big Sick* (2019) (R).

-
- **Feb. 18** **Friday** **2:30-4:30 p.m.**
Lubber Run [#912804-01](#) 1 session

Movies & Critics

Ever wanted to be a movie critic? Now you can. Movies & Critics is an interactive movie experience. Come just to enjoy the movie or take notes during the film for a critical discussion afterwards. Jan: *The Assistant* (2019) (R), Feb: *Just Mercy* (2019) (PG-13).

-
- **Jan. 20** **Thursday** **1-3:30 p.m.**
Arlington Mill [#912804-02](#) 1 session
 - **Feb. 17** **Thursday** **1-3:30 p.m.**
Arlington Mill [#912804-03](#) 1 session

Movies at Aurora Hills

Enjoy both classic and modern movies at Aurora Hills with fellow 55+ friends. Dec: *Jojo Rabbit* (2019) (PG-13); Jan: *Downton Abbey* (2019) (PG); Feb: *Pavarotti* (2019) (PG-13).

-
- **Dec. 29** **Wednesday** **12:30-2:30 p.m.**
Aurora Hills [#912804-04](#) 1 session
 - **Jan. 26** **Wednesday** **12:30-2:30 p.m.**
Aurora Hills [#912804-05](#) 1 session
 - **Feb. 25** **Friday** **12:30-2:30 p.m.**
Aurora Hills [#912804-06](#) 1 session

SCAT-TAKE A TAXI

Senior Center Adult Transportation (SCAT) is Arlington's transportation service for all residents 55+. Through SCAT you can take pre-arranged taxicabs to and from senior center locations for \$2.50 each way. Call 703-228-1900 for an application

WELLNESS

Ageless Grace

This fun wellness program consists of simple exercises based on everyday movements which focus on the healthy longevity of the body and mind. There are also mind-body directions that allow the brain to consciously choose and direct the movement of the body. This class is designed to make you laugh, keep you engaged and have fun.

No class 12/15, 1/12, 1/19 and 1/26.

Instructor: Randi Cohen

- **Dec. 8 – Mar. 2** **Wednesdays** **10:30-11:30 a.m.**
Lubber Run [#912500-01](#) 9 sessions: \$45

Meditate & Create Relaxation

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

Instructor: Ellen Sklaver

- **Dec. 9 – Feb. 10** **Thursdays** **2-3:30 p.m.**
Arlington Mill [#912500-02](#) 10 sessions: \$75

Mindfulness Meditation

This class, for both beginner and experienced meditators, is designed to help integrate the practice of mindfulness into your daily life. Established scientific research has shown that mindfulness meditation helps to decrease stress while supporting calmness, equanimity and compassion for self and others. Handouts provided. Class includes guided meditations and discussion time. The emphasis is on experiencing mindfulness and participants are encouraged to practice at home. **No class 1/27.**

Instructor: Nancy Miller

- **Dec. 9 – Feb. 17** **Thursdays** **2:30-3:30 p.m.**
Virtual [#912500-03](#) 10 sessions: \$60

Regaining Flexibility

No matter our age, we all want to be flexible! Explore techniques with certified fitness instructor Brittany Miller to achieve unrestricted movement, fluidity in your joints and getting about with ease in your daily life.

- **Dec. 22** **Wednesday** **10-11 a.m.**
Lubber Run [#912500-04](#) 1 session
- **Feb. 16** **Wednesday** **10-11 a.m.**
Lubber Run [#912500-05](#) 1 session

Happiness 101

Looking at the world through rose-colored glasses is possible! Join us as volunteer Paul Singh shares his tips to keep smiling!

- **Dec. 28** **Tuesday** **2-3 p.m.**
Arlington Mill [#912500-06](#) 1 session
- **Feb. 22** **Tuesday** **2-3 p.m.**
Arlington Mill [#912500-07](#) 1 session

Healthy Brain and Body

At any age, there are lifestyle habits we can adopt to help maintain or even potentially improve our brain and overall body health and possibly delay the onset of cognitive decline. Dan Cronin, Program Manager for the Alzheimer's Association, will share tools to help incorporate recommendations into a plan for healthy aging.

- **Jan. 6** **Thursday** **1-2 p.m.**
Langston-Brown [#912500-08](#) 1 session

Foot Care Discussion

Learn about common foot disorders from podiatrist Dr. Gregory Cardinal with Podiatrist in Motion. Dr. Cardinal will discuss foot health, hygiene and treatment options, including some home treatments that may be beneficial.

- **Jan. 18** **Tuesday** **10-11 a.m.**
Lubber Run [#912500-09](#) 1 session

Understanding Osteoporosis

Osteoporosis is a "silent disease." People may not know they have it until their bones become so weak that a sudden strain, bump or fall causes a hip to fracture or a vertebra to collapse. Kate Chutaupé from Virginia Hospital Center will discuss ways to protect yourself, various treatment options and when to see a doctor.

- **Jan. 26** **Wednesday** **11 a.m.-12 p.m.**
Virtual [#912500-10](#) 1 session

Normal vs Abnormal Aging

While some mild changes in cognition are considered a normal part of the aging process, dementia is not. Join the George Washington Institute for Brain Health and Dementia to determine the signs and symptoms of both.

- **Feb. 3** **Thursday** **6-7 p.m.**
Lubber Run [#912500-11](#) 1 session

Bluetooth-Enabled Hearing Aids

Bluetooth-enabled hearing aids can provide better sound quality, less noise interference and better speech understanding than hearing aids without Bluetooth. Learn the terminology and how to use this technology with Dr. Amy Bernstein, an audiologist with Lesner Hearing Center, who will explain how Bluetooth-enabled hearing aids work and can help you hear better.

-
- **Feb. 17** **Thursday** **1:30-2:30 p.m.**
Virtual [#912500-12](#) 1 session

Hearing Aids - Beware and Be Wise

Join Bonnie O'Leary, outreach manager for the Northern Virginia Resource Center for Deaf and Hard of Hearing Persons (NVRC), in a discussion on hearing loss, the hearing evaluation, how to interpret an audiogram and different styles and types of hearing aids. You will also get exposure to useful apps for those who wear hearing aids and those who aren't quite ready for the hearing aid adventure yet.

-
- **Jan. 10** **Monday** **10:30-11:30 a.m.**
Lubber Run [#912500-13](#) 1 session

Advance Care Planning

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

-
- **Feb. 9 & 11** **Wed. & Fri.** **11 a.m.-12:30 p.m.**
Langston-Brown [#912500-14](#) 2 sessions

Continuum of Care

In-home care, skilled nursing, assisted living, post-hospital rehab - there are so many options for help and for home life as you age. Professionals from Arlington Neighborhood Village, Synergy HomeCare, The Jefferson, Goodwin House at Home and Capital Caring will discuss services and answer questions about costs and how those might be covered.

-
- **Feb. 8** **Tuesday** **1-2 p.m.**
Virtual [#912500-15](#) 1 session

Dealing with Others' Dementia Changes

Join the George Washington Institute for Brain Health and Dementia to learn how care partners can develop culturally-appropriate tools to respond to changes in their loved ones who have symptoms of dementia.

-
- **Jan. 10** **Monday** **6-7 p.m.**
Lubber Run [#912500-16](#) 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 & Fourth Mondays** **1:30-2:30 p.m.**
Langston-Brown [Drop-In](#)

NUTRITIOUS & DELICIOUS

Healthy Holiday Eating Strategies

There are less than 65 days between Halloween and New Year's, but they can add up to weeks of overindulging. Join Kristen McGill, MS, RDN, CSOWM, LDN and member of the Healthy Living Team at Giant, to learn helpful tips and strategies to enjoy your holidays - as a guest or host - with none of the guilt!

-
- **Dec. 14** **Tuesday** **1-2 p.m.**
Lubber Run [#912501-02](#) 1 session

No-Bake Healthy Snack Demo

On the go and need more healthy snack options? Join Lubber Run Director Brittany Miller for a no-bake cooking demo providing participants with step-by-step directions to create healthy snacks. Leave with a sample and instructions to make them at home!

-
- **Jan. 19** **Wednesday** **2-3 p.m.**
Lubber Run [#912501-03](#) 1 session

Chocolate Delights

Attention, chocolate lovers! Learn about the different types of chocolate, how chocolate is made and how it became associated with Valentine's Day and expressions of love. HK Carmody, owner of Schokolad Chocolate Factory in Arlington, will delight your senses with this tantalizing discussion.

-
- **Feb. 23** **Wednesday** **1:30-2:30 p.m.**
Virtual [#912501-01](#) 1 session

LECTURES & LEARNING

What's on My Plate?

Build healthy eating habits one goal at a time! A Virginia Cooperative Extension representative will talk about My Plate as a resource, why it matters and how to set daily food goals. Start simple and with small changes.

-
- **Feb. 22** **Tuesday** **2-3 p.m.**
Lubber Run [#912501-04](#) 1 session

PREVENTING FALLS

Stay Active & Independent for Life (SAIL)

Exercising to improve strength, balance and fitness is important to stay active and reduce the risk of falls. The SAIL curriculum includes aerobics, balance exercises, stretching routines and education. It is proven to improve balance, mobility, strength and flexibility and to reduce known risk factors for falls. Classes held twice a week.

-
- **Dec. 6 - Feb. 24** **Mon. & Thurs.** **1-2 p.m.**
Lubber Run [#912502-01](#) 22 sessions

A Matter of Balance

This program emphasizes practical strategies to reduce fear of falling and increase activity levels. Learn to view falls as controllable, set realistic goals to increase activity, change your environment to reduce fall factors and exercise to increase strength and balance. Trained instructors Dr. Pappa, Assistant Professor at Marymount University and Northern Virginia Falls Prevention Alliance Coordinator, and volunteer Anne Peret will lead the class.

-
- **Jan. 6 - Feb. 24** **Thursdays** **2-4 p.m.**
Langston-Brown [#912502-02](#) 8 sessions

Falls Prevention/Home Safety

Falls are not a normal part of the aging process. Join physical therapist Jennifer Judah and occupational therapist Keisha Lewis, with Welldom, LLC, as they explore fall risk factors and provide tips to prevent future falls and injury.

-
- **Feb. 25** **Friday** **11 a.m.-12 p.m.**
Lubber Run [#912502-03](#) 1 session

Black Women & the Civil Rights Movement

African American women formed the backbone of the modern Civil Rights Movement, challenging America to embrace justice and equality for all. A representative of the National Women's History Museum will discuss women's critical roles in the Montgomery Bus Boycott, Little Rock's Central High School integration and the 1963 March on Washington.

-
- **Jan. 13** **Thursday** **1:30-2:30 p.m.**
Virtual [#912400-01](#) 1 session

Black History in Arlington

In honor of Black History Month, Karl VanNewkirk from the Arlington Historical Society will give a series of talks on the history of African Americans in Arlington.

-
- **Feb. 2 (Part 1)** **Wednesday** **1-2 p.m.**
Aurora Hills [#912400-02](#) 1 session
 - **Feb. 9 (Part 2)** **Wednesday** **1-2 p.m.**
Aurora Hills [#912400-03](#) 1 session

About Clara Barton

Clara Barton, heroine of the Civil War and founder of the American Red Cross, broke through many barriers in her long career of dedicated public service. Her advocacy for the rights of African Americans and women, public education and other causes touched people all over the world. In recognition of her 200th birthday, commemorate Clara Barton's life and accomplishments with an illustrated talk by a park ranger from the Clara Barton National Historic Site in Glen Echo, Maryland.

-
- **Dec. 9** **Thursday** **1-2 p.m.**
Virtual [#912400-04](#) 1 session
 - **Jan. 15** **Saturday** **10-11 a.m.**
Virtual [#912400-05](#) 1 session

Armchair Travel: New Mexico

Learn more about New Mexico from the comfort of your home. We'll watch a video followed by a lively group discussion.

-
- **Dec. 3** **Friday** **3-4 p.m.**
Virtual [#912400-06](#) 1 session

Charlie Clark, Our Man in Arlington

Local historian and author Charlie Clark who currently writes the weekly Our Man in Arlington column for the Falls Church News-Press will talk about two of his recently published works: *George Washington Parke Custis: A Rarefied Life in America's First Family*, the first in-depth biography of Custis, as well as his new book *Lost Arlington County*, a compendium of gone-but-not-forgotten locations, amusements and little-known factoids about Arlington.

-
- **Dec. 8** **Wednesday** **1:30-2:30 p.m.**
Aurora Hills [#912400-07](#) 1 session
 - **Dec. 8** **Wednesday** **1:30-2:30 p.m.**
Virtual [#912400-08](#) 1 session

Virginia Tall Tales: Fact or Fiction?

For centuries, Virginians have told, retold and embellished wonderful stories of their history. Chuck Mills, author of *Virginia Legends and Lore*, will discuss often-overlooked stories from pre-Colonial to modern times, such as the wild Spanish ponies of Chincoteague, General Braddock's lost gold, Annandale's "Bunny Man" and more.

-
- **Jan. 6** **Thursday** **1:30-2:30 p.m.**
Virtual [#912400-09](#) 1 session

Library of Virginia's Genealogy Series

Join Community Outreach Specialists Ashley Ramey of the Library of Virginia in four lively genealogy presentations. (12/9: Prohibition Commission Records, 12/16: Legislative Petitions, 1/20: Clemency Records, 1/27: Marriage Records, 2/17: Personal Property Taxes and 2/24: Probate Records: Wills). Time is allotted afterward to answer any genealogy questions.

-
- **Dec. 9** **Thursday** **3-4 p.m.**
Virtual [#912400-10](#) 1 session
 - **Dec. 16** **Thursday** **3-4 p.m.**
Virtual [#912400-11](#) 1 session
 - **Jan. 20** **Thursday** **3-4 p.m.**
Virtual [#912400-12](#) 1 session
 - **Jan. 27** **Thursday** **3-4 p.m.**
Virtual [#912400-13](#) 1 session
 - **Feb. 17** **Thursday** **3-4 p.m.**
Virtual [#912400-14](#) 1 session
 - **Feb. 24** **Thursday** **3-4 p.m.**
Virtual [#912400-15](#) 1 session

Community Safety in South Arlington

Learn more about community safety protocols and programs implemented by the Arlington County Police Department in South Arlington, particularly the Crystal City and Pentagon City areas.

-
- **Dec. 13** **Monday** **1-2 p.m.**
Aurora Hills [#912400-16](#) 1 session

Personal Safety

Learn how to reduce the chances of becoming a victim of crime at home, on the street or at work and the importance of staying alert and tuned into your surroundings. Heather Hurlock, Arlington County Public Safety Officer, will share tips for your safety.

-
- **Dec. 17** **Friday** **2-3 p.m.**
Arlington Mill [#912400-17](#) 1 session

Taxi!

If your favorite 55+ program has been moved to another center or if you're not sure how to get to the new Lubber Run Center, SCAT (Senior Center Adult Transportation) may be the answer! Sabrina Brown, SCAT's Operations Manager, will explain how to sign up for the program and take reduced-fare (\$2.50 one way) taxis to Arlington's 55+ centers.

-
- **Dec. 15** **Wednesday** **1:30-2:30 p.m.**
Virtual [#912400-18](#) 1 session

Online Travel Tips

Whether you are looking for flights, hotels or just a local destination, travel enthusiast Shettima Abdulmalik will share his tricks on saving money when planning your vacation. Make sure you are getting the best deal for your dollar.

-
- **Jan. 7** **Friday** **2:30-3:30 p.m.**
Arlington Mill [#912400-19](#) 1 session

Avoid Gift Card & Cryptocurrency Scams

Defrauding consumers is ever-evolving, with gift card and cryptocurrency scams topping the list of the latest methods. Find out more about how these most recent tactics work, how you can avoid them and where to report them if you do fall victim to one of these scams. Tiffany Smedley, an investigator with the Federal Trade Commission, will explain.

-
- **Jan. 21** **Friday** **1:30-2:30 p.m.**
Virtual [#912400-20](#) 1 session

Is Your Jewelry Box a Treasure Chest?

Are you wondering what your heirlooms and jewelry are worth? Jamie Grasso, certified gemologist with JG Jewelry and Estates, LLC, will discuss the value of antiques and estate jewelry, diamonds, gold and silver. Bring one small item for a free evaluation.

-
- **Feb. 24** **Thursday** **1-2 p.m.**
Langston-Brown [#912400-21](#) 1 session

It's So Easy: The GEICO Caveman

After breaking new ground with its gecko character, GEICO continued its success with intelligent and urbane Neanderthals who somehow were still around to be offended by the tagline, "It's so easy, a caveman can do it." Pat Dubin, GEICO's creative director for many years, will give a first-hand account of the campaign's development.

-
- **Feb. 24** **Thursday** **1:30-2:30 p.m.**
Virtual [#912400-22](#) 1 session

The Long Bridge Over the Potomac

Before there was a Long Bridge Aquatics Center and a Twin Bridges Marriott Hotel, there was a Long Bridge over the Potomac connecting D.C. with Arlington. Patrick O'Neill, local historian with the Burke Historical Society, will discuss the history of the bridge and its evolution into a major transportation artery for cars and rail.

-
- **Jan. 20** **Thursday** **1:30-2:30 p.m.**
Virtual [#912400-23](#) 1 session

Forest Army in the Capital City

Starting in 1933, Fort Hunt, located near Mount Vernon, encamped two Civilian Conservation Corps (CCC) Companies, part of President Franklin Roosevelt's program to lower unemployment and conserve America's natural resources. Following a pre-recorded National Park Ranger talk on the CCC's impact on infrastructure in the DC area, there will be live Q&A.

-
- **Dec. 15** **Wednesday** **11:30 a.m.-12:30 p.m.**
Virtual [#912400-24](#) 1 session

Local Mammals

Learn about the mammals of Virginia, including species that can be found right here in Arlington. Park Naturalist Barbara "Bobby" Farley will lead this virtual presentation. Participants are encouraged to ask questions and join the discussion.

-
- **Dec. 9** **Thursday** **7-8 p.m.**
Virtual [#912400-25](#) 1 session

Nature of Arlington

Learn about the animals and ecology of Arlington, led by a naturalist from the Long Branch Nature Center. We'll be able to see several small, harmless, live animals up close, as well as a variety of other natural items representing our local ecological diversity. Questions are welcomed.

-
- **Jan. 21** **Friday** **11 a.m.-12 p.m.**
Lubber Run [#912400-26](#) 1 session

Evergreen Trees

What makes evergreen trees different from the deciduous trees that fill our forests? Which evergreen trees can be found in our region? And how can we begin to identify them? Join us from the comfort of your couch as Park Naturalist Madeline Koenig answers these questions and more!

-
- **Jan. 25** **Tuesday** **7-8 p.m.**
Virtual [#912400-27](#) 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.

-
- **Jan. 27** **Thursday** **11:30 a.m.-12:30 p.m.**
Virtual [#912400-28](#) 1 session

Who Was John M. Langston?

Lee Highway was recently renamed Langston Boulevard and the Langston-Brown 55+ Community Center is named in his honor, but do you know who John Mercer Langston was? Sandra Brown, long-time Arlington resident and member of the Langston Boulevard Alliance, will discuss Langston's trailblazing life and significant achievements meriting these tributes.

-
- **Jan. 27** **Thursday** **1:30-2:30 p.m.**
Virtual [#912400-29](#) 1 session

Sgt. Rodney M. Davis: A True Hero

One of only 88 African Americans ever awarded the Medal of Honor, Sgt. Rodney M. Davis demonstrated extraordinary courage and patriotism. John Hollis, Communications Manager for George Mason University, will discuss Sgt. Davis's awe-inspiring story as recounted in his book *Sgt. Rodney M. Davis: The Making of a Hero*.

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- **Feb. 10** **Thursday** **1:30-2:30 p.m.**
Virtual [#912400-30](#) 1 session

Get to Know National Landing

New to National Landing? Join a team member of the National Landing Business Improvement District (BID) who will provide an engaging presentation on how this district is poised to be America's most connected downtown over the next five years.

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- **Feb. 23** **Wednesday** **1-2 p.m.**
Aurora Hills [#912400-31](#) 1 session

About Selena Norris Gray

Discover the life, legacy and world of Selina Norris Gray, the formerly enslaved housekeeper of Arlington House who saved treasured George and Martha Washington family heirlooms for history. Park historian John McNair will lead this virtual presentation.

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- **Feb. 24** **Thursday** **7-8 p.m.**
Virtual [#912400-32](#) 1 session

Rock Music Legends: Rock & Roll Pioneers

Explore the origins of rock and roll with volunteer Carl Gold. He will discuss and play the music of rock and roll pioneers such as Chuck Berry, Bo Diddley and the Everly Brothers, who sparked a revolution with their creativity.

-
- **Jan. 11** **Tuesday** **1:30-2:45 p.m.**
Virtual [#912301-33](#) 1 session

Rock Music Legends: Dylan & Springsteen

While they had their own unique styles, Bob Dylan and Bruce Springsteen still had a lot in common, with Springsteen clearly drawing inspiration from Dylan. Volunteer Carl Gold will discuss some interconnections between these two iconic artists in life and in their music, and perform some of their songs.

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- **Feb. 8** **Tuesday** **1:30-2:45 p.m.**
Virtual [#912301-34](#) 1 session

DISCUSSION GROUPS & BOOK CLUBS

Documentary Discussions

View popular documentaries and discuss them with other 55+ members. In Dec.: *The Real Chernobyl*; In Jan.: *Becoming Warren Buffet*; In Feb.: *The Presidents Truman to Ford*.

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- **Dec. 22** **Wednesday** **1-2 p.m.**
Virtual [#912402-01](#) 1 session
 - **Jan. 19** **Wednesday** **1-2 p.m.**
Virtual [#912402-02](#) 1 session
 - **Feb. 16** **Wednesday** **1-2 p.m.**
Virtual [#912402-03](#) 1 session

Movie Discussions

We're calling all cinema lovers to meet to discuss a new film every month. In Dec.: *Philomena* (2013) (PG-13); In Jan.: *Don't Look Up* (2021) (R); In Feb.: *The Lost Daughter* (2021) (R). All films available to stream on Netflix for you to watch before group meets to discuss.

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- **Dec. 9** **Thursday** **3-4 p.m.**
Virtual [#912402-04](#) 1 session
 - **Jan. 13** **Thursday** **3-4 p.m.**
Virtual [#912402-05](#) 1 session
 - **Feb. 10** **Thursday** **3-4 p.m.**
Virtual [#912402-06](#) 1 session

History Roundtable

Take part in thought-provoking discussions about pivotal events in history. At your option, research and deliver a five-minute presentation on the month's topic or listen and learn from others. In December, we'll discuss children that changed history. In January, we'll discuss the impact of art on history and in February, the impact of WWII on history.

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- **Dec. 8** **Wednesday** **11:15 a.m.-12:30 p.m.**
Virtual [#912402-07](#) 1 session
 - **Jan. 12** **Wednesday** **11:15 a.m.-12:30 p.m.**
Virtual [#912402-08](#) 1 session
 - **Feb. 9** **Wednesday** **11:15 a.m.-12:30 p.m.**
Virtual [#912402-09](#) 1 session

Local History Discussion

Have fun recollecting and learning about Arlington's rich past. In December, we'll discuss Mrs. Lee and the House. In January, we'll discuss the Broyhill and in February, a short history on Washington-Liberty High School.

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|----------------------------|--|------------------------------------|
| • Dec. 1
Virtual | Wednesday
#912402-10 | 1:30-2:45 p.m.
1 session |
| • Jan. 5
Virtual | Wednesday
#912402-11 | 1:30-2:45 p.m.
1 session |
| • Feb. 2
Virtual | Wednesday
#912402-12 | 1:30-2:45 p.m.
1 session |

Genealogy 101

Meet with other genealogy enthusiasts to learn about your family's roots. All done in a fun, friendly atmosphere for sharing information and tools. Same material will be presented on meeting dates on third and fourth Tuesdays. Led by experienced genealogist Eileen Bogdanoff.

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| • Dec. 21
Virtual | Tuesday
#912402-13 | 11:30 a.m.-12:30 p.m.
1 session |
| • Dec. 28
Virtual | Tuesday
#912402-14 | 11:30 a.m.-12:30 p.m.
1 session |
| • Jan. 18
Virtual | Tuesday
#912402-15 | 11:30 a.m.-12:30 p.m.
1 session |
| • Jan. 25
Virtual | Tuesday
#912402-16 | 11:30 a.m.-12:30 p.m.
1 session |
| • Feb. 15
Virtual | Tuesday
#912402-17 | 11:30 a.m.-12:30 p.m.
1 session |
| • Feb. 22
Virtual | Tuesday
#912402-18 | 11:30 a.m.-12:30 p.m.
1 session |

Genealogy Discussion Group

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

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| • Dec. 8
Virtual | Wednesday
#912402-19 | 3-4 p.m.
1 session |
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Book Club

Get together for great books and conversation. December: *News of the World* by Paulette Jiles; January: *A Raft of Stars* by Andrew Graff; February: *Island of the Sea Women* by Linda See. Meets first Tuesday of the month.

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

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

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| • First & Third Mondays
Arlington Mill | 10-11:30 a.m.
Drop-In |
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AROUND THE HOUSE

Cleaning Green

Do you know what's in the cleaning supplies under your kitchen sink? Marci Todd, a doTERRA representative, will discuss some of the toxic chemicals that can be found in the products you use every day and alternatives that are kinder and gentler to you and the environment.

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| • Dec. 9
Virtual | Thursday
#912401-01 | 1:30-2:30 p.m.
1 session |
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Plant & Cutting Swap

Bring some of those cuttings you've been rooting in your window (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.

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| • Dec. 13
Lubber Run | Monday
#912401-02 | 2:15-3:15 p.m.
1 session |
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Houseplants 101

Learn how to keep your houseplants healthy through the winter and into the spring and summer. Virginia Cooperative Extension Master Gardeners will answer your questions about plant selection, lighting, watering, pest management and some cultural practices that will help you with maintenance of your indoor plants.

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| • Dec. 20
Virtual | Monday
#912401-03 | 1-2:30 p.m.
1 session |
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Winter Interest Gardening

Does your garden look boring and colorless right now? Virginia Cooperative Extension Master Gardeners will help you plan ahead for an exciting garden in the winter by recommending plants with winter interest, such as colorful bark, berries or seed heads, to add to a bed or container and help support our birds.

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| • Jan. 24
Virtual | Monday
#912401-04 | 1-2:30 p.m.
1 session |
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Winter Sowing for Outdoor Gardens

Virginia Extension Master Gardeners will show you the science and technique of winter sowing to extend your season and get earlier blooms.

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| • Feb. 28
Virtual | Monday
#912401-05 | 1-2:30 p.m.
1 session |
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PLANNING AHEAD

Estate Planning 101

Estate planning helps protect your family and loved ones by allowing them to know and execute your wishes in a simple manner. Attorney Alison Lambeth will highlight the main parts of an estate plan and the importance of each document. Topics include wills, revocable living trusts, advance medical directives, power of attorney and probate.

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| • Jan. 10
Arlington Mill | Monday
#912404-01 | 1-2 p.m.
1 session |
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What's Contained in a Will?

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

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| • Jan. 19
Virtual | Wednesday
#912404-03 | 11 a.m.-12 p.m.
1 session |
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Estate Planning Beyond Wills and Trusts

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

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| • Feb. 16
Virtual | Wednesday
#912404-02 | 11 a.m.-12 p.m.
1 session |
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Resolving to Downsize?

If downsizing is one of your goals for the new year, let Peggy Yee and Amelia Robinette, brokers with NoVa House and Home, get you started with tips on how to clean out those over-stuffed closets, junky garages and filled-to-the-brim attics.

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| • Feb. 23
Langston-Brown | Wednesday
#912404-04 | 11 a.m.-12 p.m.
1 session |
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DIGITAL LEARNING

55+ Tech Tips

Learn how to navigate the Arlington County website to find 55+ program information. Tech guru Nick Englund will guide you on how to register online, access the main 55+ calendar to see what's happening at all the 55+ Centers and check out great videos on our [55+ YouTube channel](#).

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| • Jan. 12
Aurora Hills | Wednesday
#912403-01 | 1-2 p.m.
1 session |
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Uber & Lyft

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

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| • Jan. 26
Arlington Mill | Wednesday
#912403-04 | 3-4 p.m.
1 session |
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Smart Phone Photography

Do you have a smartphone, tablet or other device, but struggle with the camera feature? Do you want to learn more about apps for photography and editing? Join Nick Englund, photography enthusiast, to learn how to maximize the use of the camera you already have.

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| • Feb. 9
Arlington Mill | Wednesday
#912403-02 | 1-2 p.m.
1 session |
|-----------------------------------|--|------------------------------|

Airbnb: Book Vacation Rentals with Ease

Airbnb has taken the world by storm as a resource for finding cheaper and more convenient vacation rentals and hotel rooms. This class will share Airbnb tips and tricks, show how to set up an account, explain the booking process and provide suggestions for Airbnb guest etiquette.

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| • Feb. 24
Lubber Run | Thursday
#912403-03 | 6-7 p.m.
1 session |
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ARTS

Art Circle

Want to expand your horizons and enrich your daily life through art? A four-part workshop designed to develop your inner creativity, find meaning in life through art and explore the individual visions of artists. Each session will be a combination of slide presentation and discussion led by art historian Joan Hart.

Instructor: Joan Hart

- **Jan. 24-Feb.14** **Mondays** **1-2:30 p.m.**
Virtual [#912300-06](#) 4 sessions: \$24
- **Jan. 24-Feb.14** **Mondays** **1-2:30 p.m.**
Aurora Hills [#912300-07](#) 4 sessions: \$24

Online Printing Projects

Shutterfly, Vistaprint, Minted...there are several choices online to create and print photo books, invitations, and more. Emily Braxton, DPR Programmer, has lots of experience creating these types of printables online and will demonstrate how to create and order.

- **Dec. 1** **Wednesday** **3-4 p.m.**
Arlington Mill [#912300-01](#) 1 session

Calligraphy Basics

Calligraphy appears complicated, but by learning basic techniques you can start to create your own beautiful letters. With the holidays approaching, join 55+ Director Brittany Miller for an evening of instructional calligraphy where you'll create tags for labelling gifts. Recommended supplies will be in registration details.

- **Dec. 9** **Thursday** **6-7 p.m.**
Lubber Run [#912300-03](#) 1 session

55+ 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, artwork is selected from the created pieces.

- **Jan. 27** **Thursday** **10:30 a.m.-12 p.m.**
Arlington Mill [#912300-04](#) 1 session
- **Feb. 24** **Thursday** **10:30 a.m.-12 p.m.**
Arlington Mill [#912300-05](#) 1 session

Short Story Reading & Discussion

Short stories pack a lot in a few pages. Take turns reading the story aloud in round-robin fashion and discuss it afterward. A short film version of the story may also be screened to enhance the discussion. Facilitated by 55+ member Bill Turner. In December, we will read "Gift of the Magi" by O. Henry; In January, we will discuss "Bullet in the Brain" by Tobias Wolff; In February, we will read "Charles" by Shirley Jackson.

- **Dec. 20** **Monday** **1-2:30 p.m.**
Virtual [#912300-08](#) 1 session
- **Jan. 24** **Monday** **1-2:30 p.m.**
Virtual [#912300-09](#) 1 session
- **Feb. 28** **Monday** **1-2:30 p.m.**
Virtual [#912300-10](#) 1 session

Opera Appreciation

For opera lovers and learners, enhance your appreciation of the magnificent art and drama of opera. Volunteer George Cecchetti will set the stage for each opera, providing the story line, composer and other interesting background. Musical selections from well-known operas will be played, professional commentary provided and group discussion will follow. 12/1: *Aida*; 12/15: *LaBoheme*; 1/5: *Carmen*; 1/9: *Lucia*; 2/2: *The Barber of Seville*; 2/16: *The Marriage of Figaro*.

- **Dec. 1** **Wednesday** **1:30-3:30 p.m.**
Lubber Run [#912300-11](#) 1 session
- **Dec. 15** **Wednesday** **1:30-3:30 p.m.**
Lubber Run [#912300-12](#) 1 session
- **Jan. 5** **Wednesday** **1:30-3:30 p.m.**
Lubber Run [#912300-13](#) 1 session
- **Jan. 19** **Wednesday** **1:30-3:30 p.m.**
Lubber Run [#912300-14](#) 1 session
- **Feb. 2** **Wednesday** **1:30-3:30 p.m.**
Lubber Run [#912300-15](#) 1 session
- **Feb. 16** **Wednesday** **1:30-3:30 p.m.**
Lubber Run [#912300-16](#) 1 session

Writing Group

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

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

ART HISTORY

Just Beneath the Surface

Looking at the works of three artists, we will take a deep dive into what was happening behind the scenes and beneath the surface of all that paint. Community Arts Programmer Jim Halloran will explain the context, history and techniques of famous (and not-so-famous) artists. Short demo of an artist's specific process with discussion to follow.

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- **Dec. 17**
Virtual
Friday
[#912302-04](#) 10-11:30 a.m.
1 session
 - **Jan. 28**
Virtual
Friday
[#912302-05](#) 10-11:30 a.m.
1 session
 - **Feb. 25**
Virtual
Friday
[#912302-06](#) 10-11:30 a.m.
1 session

Secrets Revealed

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

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- **Dec. 27**
Virtual
Monday
[#912302-07](#) 10:30-11:30 a.m.
1 session
 - **Jan. 31**
Virtual
Monday
[#912302-08](#) 10:30-11:30 a.m.
1 session
 - **Feb. 28**
Virtual
Monday
[#912302-09](#) 10:30-11:30 a.m.
1 session

VISUAL ARTS

Intermediate Drawing & Painting

Develop personal artistic talents while learning painting and drawing techniques with Community Arts Programmer Jen Droblyen. Previous experience required. Painting and drawing materials are not included, but some supplies will be on hand to experiment with new media. Supply list will be provided upon registration.

Instructor: Jennifer Droblyen

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- **Jan. 6 - Feb. 10**
Langston-Brown
Thursdays
[#912303-26](#) 1-3 p.m.
6 sessions: \$45

EXPLORE THE ART CIRCLE!

Develop your inner creativity, enrich your daily life and explore individual artists' visions in this four-part workshop. Sessions will include a slide presentation and discussion led by art historian Joan Hart.

Jan. 24 Art Walks—Monet to Georgia O'Keeffe Take an art walk with your favorite artists and experience the environment around you in an enhanced way.

Jan. 31 Art of Contemplation—Vermeer To Chagal It's time to relax, meditate and discover your powers of imagination.

Feb. 7 Creative Routines—Matisse To Warhol Explore how you can integrate the images and visions of artists into your daily lives, both outside and in your home.

Feb. 14 Self-Portraits—Rembrandt To Kahlo Focus on your personal and spiritual development through the intriguing subject of self-portraits.

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- **Jan. 24-Feb.14**
Virtual
Aurora Hills
Mondays
[#912300-06](#)
[#912300-07](#) 1-2:30 p.m.
4 sessions: \$24
4 sessions: \$24

Explore Mixed Media

Join Jen Droblyen from DPR's Office of Community Arts for an afternoon of hands-on art material exploration and mixed media techniques. Learn new approaches to improve your skills. Materials provided.

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- **Dec. 10**
Arlington Mill
Friday
[#912303-14](#) 1-2:30 p.m.
1 session

Wake & Make

Art activities can help you to wake up, feel refreshed, and get ready for the day. Join Community Arts Programmer Jen Droblyen as she leads you through a creative activity to energize your creative side. Be prepared to paint and draw; most materials needed can be found around the house.

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- **Dec. 6**
Virtual
Monday
[#912303-01](#) 9-10 a.m.
1 session
 - **Jan. 10**
Virtual
Monday
[#912303-02](#) 9-10 a.m.
1 session
 - **Feb. 7**
Virtual
Monday
[#912303-03](#) 9-10 a.m.
1 session

Recreating Art Masterpieces

Leave your paint brushes at home! In this two-part program provided by the Community Arts team, we will recreate various pieces in art history using untraditional materials.

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- **Jan. 24 - 31** **Mondays** **1-2:30 p.m.**
Lubber Run [#912303-10](#) 2 sessions
 - **Feb. 7 - 14** **Mondays** **1-2:30 p.m.**
Lubber Run [#912303-11](#) 2 sessions

Explore Drawing

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

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- **Jan. 14** **Friday** **1-2:30 p.m.**
Aurora Hills [#912303-12](#) 1 session
 - **Feb. 11** **Friday** **1-2:30 p.m.**
Aurora Hills [#912303-13](#) 1 session

Paint & Sip

Paint along with Community Arts Programmers as we recreate artworks on display at area museums. Enjoy your favorite beverage from the comfort of home during this lesson.

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- **Dec. 16** **Thursday** **10-11:30 a.m.**
Virtual [#912303-15](#) 1 session
 - **Jan. 27** **Thursday** **10-11:30 a.m.**
Virtual [#912303-16](#) 1 session
 - **Feb. 24** **Thursday** **10-11:30 a.m.**
Virtual [#912303-17](#) 1 session

Painting Demo

Paint along with a Community Arts Programmer as they present a detailed step-by-step painting demonstration. Picture and supply list will be sent prior to the class.

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- **Jan. 24** **Monday** **10:30 a.m.-12 p.m.**
Virtual [#912303-18](#) 1 session
 - **Feb. 7** **Monday** **10:30 a.m.-12 p.m.**
Virtual [#912303-19](#) 1 session

Explore Oil Paints

Join Community Arts Programmer Jim Halloran for an afternoon of oil painting together. Improve your skills by learning various techniques using non-toxic oils. No experience necessary. Materials provided.

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- **Dec. 14** **Tuesday** **1-2:30 p.m.**
Lubber Run [#912303-20](#) 1 session
 - **Jan. 11** **Tuesday** **1-2:30 p.m.**
Lubber Run [#912303-21](#) 1 session
 - **Feb. 8** **Tuesday** **1-2:30 p.m.**
Lubber Run [#912303-22](#) 1 session

Explore Painting

Community Arts Programmer Jim Halloran will guide you through an afternoon of oil painting. Improve your skills by learning various techniques using non-toxic oils. No experience necessary. Materials provided.

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- **Dec. 3** **Friday** **1-2:30 p.m.**
Aurora Hills [#912303-23](#) 1 session
 - **Jan. 7** **Friday** **1-2:30 p.m.**
Arlington Mill [#912303-24](#) 1 session
 - **Feb. 4** **Friday** **1-2:30 p.m.**
Aurora Hills [#912303-25](#) 1 session

Open Art Studio

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

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- **Wednesdays** **10 a.m.-12 p.m.**
Arlington Mill [Drop-In](#)
 - **Fridays** **11 a.m.-1 p.m.**
Arlington Mill [Drop-In](#)

HAND CRAFTS

Beginner Quilling

Learn to create beautiful, delicate, raised images from coils of one-eighth inch wide paper strips. You'll use a few basic tools to wind the paper strips into coils, and then create shapes, such as flowers, butterflies, animals and abstract designs to put on note cards. This class is a four-week series, meeting Thursdays in January.

Instructor: Joni Leonardo

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- **Jan. 6 - 27** **Thursdays** **1:30-3 p.m.**
Lubber Run [#912310-05](#) 4 sessions: \$72

Upcycled Ornaments

It's time to get festive for the holiday season with these upcycled and repurposed ornaments. Look around your home to find and bring the follow items: one 16 oz. aluminum can, a spool of colored thread and two nail polishes of your color choice. Led by 55+ Director Brittany Miller.

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- **Dec. 7** **Tuesday** **1-2:30 p.m.**
Lubber Run [#912310-02](#) 1 session

DIY Holiday Ornaments

Join Roslyn Delos Reyes with DPR's Community Arts Team to create festive holiday ornaments.

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- **Dec. 17** **Friday** **1-3 p.m.**
Aurora Hills [#912310-04](#) 1 session

55+ Crafters

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

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- **Wednesdays** **10:30 a.m.-1 p.m.**
Arlington Mill [Drop-In](#)

Crochet

Meet other crochet enthusiasts, swap different patterns and share techniques.

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- **Mondays** **9-11 a.m.**
Arlington Mill [Drop-In](#)
 - **Thursdays** **9-11 a.m.**
Arlington Mill [Drop-In](#)

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.

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- **Mondays** **10 a.m.-12 p.m.**
Aurora Hills [Drop-In](#)

Yarn Creations

Do you like to crochet or knit? Are you looking to enjoy the company of others? Join our casual group of crafty individuals to share ideas and fellowship.

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

Rubber Stampers

Rubber Stampers learn new card-making techniques on third Tuesdays. These workshops are suitable for experienced card crafters familiar with die-cut and embossing machines. Stampers work on individual projects and cards at Thursday open studio. Newcomers welcome to stop by and learn more about this hobby and what it involves. **No class 12/23, 1/20, 2/17.**

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- **Third Tuesdays** **11:30 a.m.-3 p.m.**
Madison [Drop-In](#)
 - **Thursdays** **11:30 a.m.-3 p.m.**
Madison [Drop-In](#)

Woodcarvers

Woodcarvers gather to enjoy camaraderie and pursue the craft. Carving techniques and tools turn wood into objects of beauty. Members of the group are available to provide instruction; some tools available.

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- **Thursdays** **1-3 p.m.**
Madison [Drop-In](#)

PERFORMANCES

Acoustic Café

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

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- **Dec. 14** **Tuesday** **7-8:30 p.m.**
Aurora Hills [#912301-01](#) 1 session

Encore Chorus - Registration is Open

Sing with this congenial chorus. Learn proper breathing and vocal technique in a repertoire of four-part singing. Rehearsals culminate with the presentation of a professional concert free for the community. The 15 weeks of classes are led by a professional conductor and are challenging and enjoyable; no audition required. Appropriate for beginners and experienced singers. For more information call 301-261-5747 or encorecreativity.org. **No class 4/12.**

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- **Jan. 11 - Apr. 26** **Tuesdays** **1:45-3:15 p.m.**
Lubber Run [#912301-05](#) 15 sessions:
\$160 + \$25 materials fee

Acoustic Hour at Aurora Hills

Relax and enjoy some fellowship with other 55+ friends while listening to live acoustic music by Ed Girovasi and Phil Rosen in January and then Carl Gold in February.

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- **Jan. 21** **Friday** **1-2:30 p.m.**
Aurora Hills [#912301-03](#) 1 session
 - **Feb. 18** **Friday** **1-2:30 p.m.**
Aurora Hills [#912301-04](#) 1 session

Acoustic Afternoon

Join Arlington residents Ed Girovasi and Phil Rosen for an Acoustic Hour featuring classic pop, folk and blues tunes from across the decades. Packaged refreshments provided by the Langston-Brown Advisory Committee.

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- **Feb. 16** **Wednesday** **2:30-3:30 p.m.**
Langston-Brown [#912301-02](#) 1 session

Spellbinders

Do you love stories - folk tales, personal narratives, fables, legends? Arlington Spellbinders is a group of volunteer storytellers who engage listeners in the magical tradition of oral storytelling (rather than reading aloud). Meetings held the first Friday morning of each month provide continuing education, support and camaraderie.

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- **Jan. 7** **Friday** **9:30-10:30 a.m.**
Langston-Brown [#912301-06](#) 1 session
 - **Feb. 4** **Friday** **9:30-10:30 a.m.**
Langston-Brown [#912301-07](#) 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** **11:30 a.m.-1:30 p.m.**
Madison [Drop-In](#)

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 55+ Programs.

MUSIC

Ukulele

Strumming a ukulele is therapeutic and fun. Volunteer Sandy O'Shea will teach basic strumming. Limited ukuleles available or bring your own.

-
- **Dec. 21** **Tuesday** **4:30-5:30 p.m.**
Arlington Mill [#912304-01](#) 1 session
 - **Jan. 4** **Tuesday** **4:30-5:30 p.m.**
Arlington Mill [#912304-02](#) 1 session
 - **Jan. 18** **Tuesday** **4:30-5:30 p.m.**
Arlington Mill [#912304-03](#) 1 session
 - **Feb. 1** **Tuesday** **4:30-5:30 p.m.**
Arlington Mill [#912304-04](#) 1 session
 - **Feb. 15** **Tuesday** **4:30-5:30 p.m.**
Arlington Mill [#912304-05](#) 1 session

Drumming Circle

Even if Ringo Starr wasn't your favorite Beatle, you may find that drumming circle is your new favorite activity. It gives an opportunity for self-expression and to share in an engaging group experience. Other benefits include increasing mental concentration, reducing stress and improving fine motor skills. Limited drums available or bring your own. **No class 1/6 and 2/24.**

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

Folk Music Sing-Along

Joan Baez, Bob Dylan and Joni Mitchell are a few of the inspirations. These sing-alongs are sure to be a heartwarming experience. Meets first Mondays. **No class 2/7.**

-
- **First Mondays** **1:30-3:30 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.**
Arlington Mill [Drop-In](#)

Just Play'n Country

Bring your instrument, sing along or just enjoy listening to this group play traditional mountain music, with roots in Irish, folk and blues. Gathers first and third Fridays. **No class 12/10, 1/14, 1/28, 2/11 and 2/25.**

-
- **First and Third Fridays** **1-3 p.m.**
Madison [Drop-In](#)

FITNESS

Kukuwa

A blend of African soukous and Caribbean soca rhythms add living flavor to your workout, nourishing both body and soul. Kukuwa Dance Workout is a low-impact/high-energy choreographed workout designed to target your cardiovascular system, improve your fitness level and pump fun through your veins. *The final class (3/4) will be held outdoors, weather permitting.*

Instructor: Divine Senyo

- **Dec. 10 – Mar. 4** **Fridays** **8:45-9:45 a.m.**
Lubber Run [#912100-01](#) 12 sessions: \$60

Zumba

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

Instructor: Ferdinanda Pattipeilophy

- **Dec. 7 – Feb. 8** **Tuesdays** **2:15-3 p.m.**
Lubber Run [#912100-02](#) 10 sessions: \$45.50

Zumba Gold

Zumba Gold is a fun cardio-dance class for active adults looking for a lower intensity Zumba workout. Zumba incorporates meringue, salsa, cumbia, hip hop and more. **No class 12/22.**

Instructor: Shettima Abdulmalik

- **Dec. 8 – Jan. 26** **Wednesdays** **3-4 p.m.**
Arlington Mill [#912100-03](#) 7 sessions: \$31.50

DROP-INS & REGISTRATION

Drop-in classes are ongoing programs that participants can join anytime with a valid 55+ pass. Any program listed as a Drop-in does not require pre-registration. All programs do 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.

AQUATICS

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

- **Dec. 13 – Feb. 28** **Mondays** **11 a.m.-12 p.m.**
Long Bridge [#912102-04](#) 10 sessions: \$40
- **Dec. 14 – Mar. 1** **Tuesdays** **11:10 a.m.-12:10 p.m.**
Long Bridge [#912102-05](#) 12 sessions: \$48
- **Dec. 17 – Mar. 4** **Fridays** **10-11 a.m.**
Long Bridge [#912102-06](#) 11 sessions: \$44
- **Dec. 17 – Mar. 4** **Fridays** **1-2 p.m.**
Long Bridge [#912102-07](#) 11 sessions: \$44

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. Pool temperature averages 79 degrees Fahrenheit.

Instructor: Jody Katz

- **Dec. 14 – Mar. 1** **Tuesdays** **2:15-3:15 p.m.**
Long Bridge [#912102-08](#) 12 sessions: \$48

Instructor: Julia Dragun

- **Dec. 15 – Mar. 2** **Wednesdays** **11 a.m.-12 p.m.**
Long Bridge [#912102-09](#) 12 sessions: \$48

Instructor: Jody Katz

- **Dec. 16 – Mar. 3** **Thursdays** **10-11 a.m.**
Long Bridge [#912102-10](#) 12 sessions: \$48

Water Walking & Lap Swimming

Looking for a way to change up your walking routine? Water walking could be the answer. The added resistance of walking in water allows you to challenge and strengthen your muscles in ways you may not be able to with a land-based routine. Water walking is a low-impact cardio exercise and is gentler on your bones and joints. No instructor provided. There are also lanes open for lap swimming at the same time. **To participate, a [Long Bridge Aquatics Center membership](#) is required or payment of the daily admission fee.** Program begins Wed., Dec. 1.

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

YOGA

Subtle Yoga

This class will include yoga practices designed to improve memory, balance the nervous system, increase vitality and steady your mind. Students will experience affirmation, visualization, deep relaxation, concentration techniques, mudra meditation, breath control, body awareness, chant and gentle movement. Practices will be done seated or lying on the floor with chairs available as needed for longer periods of sitting. **No class 12/27 and 1/3.**

Instructor: Debbie Sheetz

- **Dec. 6 – Feb. 28** **Mondays** **3-4 p.m.**
Langston-Brown [#912103-01](#) 9 sessions: \$45

Gentle & Meditative Yoga

Beginner yoga students will learn safe and supportive ways of recognizing and relaxing long-held tensions that cause unease or pain in the body. This class is also suitable for students who wish to increase their flexibility and strength. There will be breathing exercises, guided relaxation and meditation periods to enhance clarity and peacefulness in mind, body and spirit. Students should be able to get down on the floor and back up again twice during the class. Chairs are available for support if needed. **No class 12/27 and 1/3.**

Instructor: Debbie Sheetz

- **Dec. 6 – Feb. 28** **Mondays** **1-2:30 p.m.**
Langston-Brown [#912103-02](#) 9 sessions: \$67.50

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

- **Dec. 6 – Feb. 14** **Mondays** **10-11 a.m.**
Aurora Hills [#912103-03](#) 10 sessions: \$50

Instructor: Ferdinanda Pattipeilophy

- **Dec. 7 – Feb. 8** **Tuesdays** **11:45 a.m.-12:45 p.m.**
Lubber Run [#912103-04](#) 10 sessions: \$50

Chair Hatha Yoga

Senior adults, adults recovering from injury or surgery and adults with physical disabilities will increase energy, flexibility and a sense of well-being in this class. It adapts classic yoga poses in a safe and accessible manner. Work may be done seated, with the option of using the chair as a balance point for standing poses. Bring a yoga mat to place under the chair to use during standing poses.

No class 12/22, 12/29 and 1/5.

Instructor: Debbie Sheetz

- **Dec. 8 – March 2** **Wednesdays** **11:45 a.m.-12:45 p.m.**
Lubber Run [#912103-05](#) 10 sessions: \$50

Traditional Hatha Yoga

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

Instructor: Andrea Kiss

- **Dec. 6 – Feb. 14** **Mondays** **1-2:30 p.m.**
Lubber Run [#912103-06](#) 10 sessions: \$75

Instructor: Ferdinanda Pattipeilophy

- **Dec. 7 – Feb. 8** **Tuesdays** **10:30-11:30 a.m.**
Lubber Run [#912103-07](#) 10 sessions: \$50

Instructor: Debbie Sheetz

No class 12/29 & 1/5

- **Dec. 8 – Feb. 23** **Wednesdays** **4-5 p.m.**
Lubber Run [#912103-08](#) 10 sessions: \$50

Instructor: Jennifer Eubank

- **Dec. 10 – Mar. 4** **Fridays** **9:30-11 a.m.**
Madison [#912103-09](#) 12 sessions: \$90



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 or code red days.

• Dec. 1 Westover	Wednesday #912106-01	9:30-10:30 a.m. 1 session
• Dec. 8 Donaldson Run	Wednesday #912106-02	9:30-10:30 a.m. 1 session
• Dec. 15 Bluemont	Wednesday #912106-03	9:30-10:30 a.m. 1 session
• Dec. 22 Del Ray	Wednesday #912106-04	9:30-10:30 a.m. 1 session
• Dec. 29 Falls Church	Wednesday #912106-05	9:30-10:30 a.m. 1 session
• Jan. 5 Green Springs	Wednesday #912106-06	9:30-10:30 a.m. 1 session
• Jan. 12 Arlington Ridge	Wednesday #912106-07	9:30-10:30 a.m. 1 session
• Jan. 19 Ashton Heights	Wednesday #912106-08	9:30-10:30 a.m. 1 session
• Jan. 26 Langston Blvd.	Wednesday #912106-09	9:30-10:30 a.m. 1 session
• Feb. 2 Waverly Hills	Wednesday #912106-10	9:30-10:30 a.m. 1 session
• Feb. 9 Cherrydale	Wednesday #912106-11	9:30-10:30 a.m. 1 session
• Feb. 16 Johnson's Hill	Wednesday #912106-12	9:30-10:30 a.m. 1 session
• Feb. 23 National Landing	Wednesday #912106-13	9:30-10:30 a.m. 1 session

Arlington Mill Trekkers

Join this group on adventures through an easy-paced walk around the center including the W & OD and Four Mile Run trails. Meet at Arlington Mill.

• Thursdays Arlington Mill	9-10 a.m. Drop-In
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Fast Forwards

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

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

Beginners Tai Chi Ch'uan

Join us to begin your Tai Chi journey. Instructor David Cohen will guide you through the Yang 24 form. With slow, gentle movements, proper breathing and posture, Tai Chi can help relieve many physical ailments including arthritis, balance issues and stress. **No class 12/27.**

Instructor: David Cohen

• Dec. 6 - Feb. 28 Arlington Mill	Mondays #912105-01	2-3 p.m. 10 sessions: \$50
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Intermediate Tai Chi

This class is for people who have taken a beginner course of the 24 simplified, Yang style Tai Chi. The focus is on feeling the "chi" (energy, life force) and coordinating torso/hips/knees/feet and mind/body to create a grateful Tai Chi form. **No class 12/22 and 12/29.**

Instructor: Karen Levitan

• Dec. 8 - Feb. 23 Langston-Brown	Wednesdays #912105-02	3:30-4:30 p.m. 10 sessions: \$50
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Tai Chi Ch'uan

With slow, gentle movements, proper breathing and posture, Tai Chi can help relieve many physical ailments including arthritis, balance issues and stress. This class examines the martial arts side of Tai Chi as well as the spiritual and healing benefits. Prior Tai Chi experience encouraged. **No class 12/30.**

Instructor: David Cohen

• Dec. 9 - Feb. 17 Arlington Mill	Thursdays #912105-03	2-3 p.m. 10 sessions: \$50
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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 Lubber Run	12:30-1:30 p.m. Drop-In
• Fridays Lubber Run	12:30-1:30 p.m. Drop-In

Tai Chi Practice - Yang Style

Tai Chi is a gentle martial arts practice that stresses balance, weight shifting and breathing to improve both mental and physical health. This group practices the 24- step simplified Yang style Tai Chi Chuan form - the most commonly practiced Tai Chi style in the U.S. - with some basic warm-up exercises.

- **Mondays** 12:30-1:30 p.m.
Lubber Run [Drop-In](#)
- **Wednesdays** 1:30-2:30 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 p.m.
Arlington Mill [Drop-In](#)
- **Wednesdays** 2-3 p.m.
Aurora Hills [Drop-In](#)
- **Fridays** 1-2 p.m.
Arlington Mill [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

DROP-IN FITNESS CLASSES

Strength Training

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

Instructor: Andrea Baumann

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

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 & Thursday), Gretchen Martin (Mondays)

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

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

FREE FITNESS CLASSES

Muscle Groups & Functional Movement

Achieving overall balance between muscle groups is the key to good posture, injury prevention, optimal function and, of course, a solid physique. Certified fitness instructor Brittany Miller will discuss the body's five major muscle groups and how to incorporate insights about muscle anatomy into your daily exercise routine to reach muscle balance.

- **Dec. 6** **Monday** 11 a.m.-12 p.m.
Lubber Run [#912125-01](#) 1 session
- **Feb. 28** **Monday** 11 a.m.-12 p.m.
Lubber Run [#912125-02](#) 1 session

Barre Fitness Miniseries

Certified fitness instructor Brittany Miller provides a full body workout incorporating weight training, cardio, isometric holds and mindfulness. Weights will be supplied, but bring your own yoga mat.

- **Jan. 6 - 27** **Thursdays** 6-6:45 p.m.
Lubber Run [#912125-03](#) 4 sessions

SPORTS



Arlington Senior Golf Club

The Arlington Seniors Golf Club welcomes men and women who enjoy playing with a fun group of people. This group plays 26 different Northern Virginia golf courses from April through October. Green fees (including carts) are very reasonable and vary each week, depending on the course. The first meeting of the year will be on Wed., Jan. 19. For information or to join, contact Membership Chairman Dennis MacDonald at dkmacdonald@att.net, or visit arlingtonseniorsgolfclub.org.

General Meeting will be held Wed., Jan. 19, 11:30 a.m.-1:30 p.m. at Lubber Run Community Center.

PICKLEBALL

Pickleball for Beginners

Learn the basic skills of this popular court game including groundstrokes and how to volley and serve. Wear tennis or court shoes. Equipment provided.

Instructor: Alaric Radosh

- **Dec. 6 - Jan. 31** **Mondays** **9-10 a.m.**
Lubber Run [#912201-01](#) 8 sessions: \$48
- **Dec. 9 - Jan. 27** **Thursdays** **6-7 p.m.**
Lubber Run [#912201-02](#) 8 sessions: \$48
- **Dec. 10 - Feb. 4** **Fridays** **9-10 a.m.**
Lubber Run [#912201-03](#) 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.

Instructor: Alaric Radosh

- **Dec. 8 - Jan. 26** **Wednesdays** **9-10 a.m.**
Lubber Run [#912201-04](#) 8 sessions: \$48

INDOOR

Table Tennis

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

- **Tuesdays** **10 a.m.-12 p.m.**
Arlington Mill [Drop-In](#)
- **Wednesdays** **9 a.m.-12 p.m.**
Madison [Drop-In](#)

50+ Drop-in Basketball for Women

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

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

Ice Skating

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

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

Volleyball

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

- **Mondays** **9-11 a.m.**
Langston-Brown [Drop-In](#)
- **Tuesdays** **3-6 p.m.**
Langston-Brown [Drop-In](#)
- **Wednesdays** **9-11 a.m.**
Langston-Brown [Drop-In](#)

BRAIN PLAY

GAMES

Travel Trivia

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

- **Dec. 2**
Virtual
Thursday
[#912601-01](#) 11 a.m.-12:30 p.m.
1 session
- **Jan. 6**
Virtual
Thursday
[#912601-02](#) 11 a.m.-12:30 p.m.
1 session
- **Feb. 3**
Virtual
Thursday
[#912601-03](#) 11 a.m.-12:30 p.m.
1 session

Brain Games

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

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

Canasta

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

Chess

Players of all levels and newcomers welcome. Join the camaraderie and enjoy the mental challenge. Chess Master Macon 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](#)

Mexican Train Dominoes

This friendly group of dominos players is looking for new participants to join the games. If you have never played, it's fun and easy to learn!

- **Mondays**
Arlington Mill
1:30-3:30 p.m.
[Drop-In](#)

Mah Jongg

Mah Jongg 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 is played with tile racks, more tiles than the Chinese variations and additional jokers. American mah jongg also employs the Charleston tile exchange and standard hand and rules score cards from the National Mah Jongg League.

American Style

- **Mondays**
Arlington Mill
12-4 p.m.
[Drop-In](#)
- **Tuesdays**
Madison
1:30-3:30 p.m.
[Drop-In](#)
- **Thursdays**
Arlington Mill
12-4 p.m.
[Drop-In](#)
- **Saturdays**
Arlington Mill
12-3:45 p.m.
[Drop-In](#)

Chinese Style

- **Thursdays**
Langston-Brown
9:30-11:30 a.m.
[Drop-In](#)



Pinochle

Players score points by taking tricks and forming combinations from a special deck of cards. Enjoy strategizing, teamwork, counting and socializing.

- **Mondays**
Langston-Brown
12:30-2:30 p.m.
[Drop-In](#)
- **Fridays**
Langston-Brown
12:30-2:30 p.m.
[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.

- **Thursdays**
Lubber Run
1:30-3:30 p.m.
[Drop-In](#)

Rummikub

The original rummy tile-based game combines elements of gin rummy and mah jongg.

- **Mondays** 10 a.m.-12 p.m.
Arlington Mill [Drop-In](#)
- **Tuesdays** 9:30-11:30 a.m.
Langston-Brown [Drop-In](#)
- **Tuesdays** 10 a.m.-12 p.m.
Arlington Mill [Drop-In](#)
- **Wednesdays** 10 a.m.-12 p.m.
Arlington Mill [Drop-In](#)
- **Thursdays** 10 a.m.-12 p.m.
Arlington Mill [Drop-In](#)
- **Fridays** 10 a.m.-12 p.m.
Arlington Mill [Drop-In](#)
- **Saturdays** 9 a.m.-12 p.m.
Arlington Mill [Drop-In](#)

Scrabble

If you like words and can spell correctly most of the time, Scrabble is the game for you. The competition is friendly and coaching is available for new players or those that haven't played in a long time.

- **Wednesdays** 1-2:30 p.m.
Langston-Brown [Drop-In](#)
- **Fridays** 10:15 a.m.-3 p.m.
Arlington Mill [Drop-In](#)

Social Bridge

Bridge is highly regarded as a great way to keep the brain fine-tuned. Join like-minded people to sharpen your skills. Social bridge features a group of congenial players who play contract bridge with different partners weekly.

- **Mondays** 12-3 p.m.
Lubber Run [Drop-In](#)
- **Tuesdays** 10 a.m.-12 p.m.
Madison [Drop-In](#)
- **Wednesdays** 10 a.m.-12 p.m.
Aurora Hills [Drop-In](#)
- **Wednesdays** 12:30-3:30 p.m.
Arlington Mill [Drop-In](#)
- **Thursdays** 10 a.m.-1 p.m.
Lubber Run [Drop-In](#)
- **Fridays** 12-3 p.m.
Lubber Run [Drop-In](#)

LANGUAGES

German Conversation

Sprechen Sie Deutsch? Join this cordial group of people with knowledge of the language in a weekly dialogue. Stimulating and sociable gatherings provide lively discussions in German on topics that are easy to discuss and of interest to all.

- **Dec. 3** **Friday** 10 a.m.-12 p.m.
Virtual [#912650-01](#) 1 session
- **Dec. 10** **Friday** 10 a.m.-12 p.m.
Virtual [#912650-02](#) 1 session
- **Dec. 17** **Friday** 10 a.m.-12 p.m.
Virtual [#912650-03](#) 1 session
- **Jan. 7** **Friday** 10 a.m.-12 p.m.
Virtual [#912650-04](#) 1 session
- **Jan. 14** **Friday** 10 a.m.-12 p.m.
Virtual [#912650-05](#) 1 session
- **Jan. 21** **Friday** 10 a.m.-12 p.m.
Virtual [#912650-06](#) 1 session
- **Jan. 28** **Friday** 10 a.m.-12 p.m.
Virtual [#912650-07](#) 1 session
- **Feb. 4** **Friday** 10 a.m.-12 p.m.
Virtual [#912650-08](#) 1 session
- **Feb. 11** **Friday** 10 a.m.-12 p.m.
Virtual [#912650-09](#) 1 session
- **Feb. 18** **Friday** 10 a.m.-12 p.m.
Virtual [#912650-10](#) 1 session
- **Feb. 25** **Friday** 10 a.m.-12 p.m.
Virtual [#912650-11](#) 1 session

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. Participate in lively conversations on easy topics that are of interest to all.

- **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.

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

Spanish Conversation

This is a fun opportunity to meet people, practice vocabulary and speak Spanish. Enjoy different topics as you hone your skills and build confidence speaking Spanish.

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

SERVICES

Hearing Screenings

Get your hearing screened for free by the Northern Virginia Resource Center, the area's leading non-profit for people with hearing loss. They provide information on hearing loss and help with various hearing assistive devices. Must pre-register for your 30-minute session. The screening will help determine if you could benefit from further evaluation by an audiologist.

• Feb. 1 Lubber Run	Tuesday #912900-01	10-10:30 a.m. 1 session
• Feb. 1 Lubber Run	Tuesday #912900-02	10:30-11 a.m. 1 session
• Feb. 1 Lubber Run	Tuesday #912900-03	11-11:30 a.m. 1 session
• Feb. 1 Lubber Run	Tuesday #912900-04	11:30 a.m.-12 p.m. 1 session
• Feb. 1 Lubber Run	Tuesday #912900-05	12-12:30 p.m. 1 session
• Feb. 1 Lubber Run	Tuesday #912900-06	12:30-1 p.m. 1 session
• Feb. 1 Lubber Run	Tuesday #912900-07	1-1:30 p.m. 1 session
• Feb. 1 Lubber Run	Tuesday #912900-08	1:30-2 p.m. 1 session
• Feb. 15 Lubber Run	Tuesday #912900-09	10-10:30 a.m. 1 session
• Feb. 15 Lubber Run	Tuesday #912900-10	10:30-11 a.m. 1 session
• Feb. 15 Lubber Run	Tuesday #912900-11	11-11:30 a.m. 1 session
• Feb. 15 Lubber Run	Tuesday #912900-12	11:30 a.m.-12 p.m. 1 session
• Feb. 15 Lubber Run	Tuesday #912900-13	12-12:30 p.m. 1 session
• Feb. 15 Lubber Run	Tuesday #912900-14	12:30-1 p.m. 1 session
• Feb. 15 Lubber Run	Tuesday #912900-15	1-1:30 p.m. 1 session
• Feb. 15 Lubber Run	Tuesday #912900-16	1:30-2 p.m. 1 session

Samsung Phone Help

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

• Feb. 8 Arlington Mill	Tuesday #912909-01	1-2 p.m. 1 session
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Mac, iPhone, iPad

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

• Dec. 1 Aurora Hills	Wednesday #912909-02	10-10:45 a.m. 1 session
• Dec. 1 Aurora Hills	Wednesday #912909-03	10:45-11:30 a.m. 1 session
• Dec. 1 Aurora Hills	Wednesday #912909-04	11:30 a.m.-12:15 p.m. 1 session
• Dec. 8 Arlington Mill	Wednesday #912909-05	10-10:45 a.m. 1 session
• Dec. 8 Arlington Mill	Wednesday #912909-06	10:45-11:30 a.m. 1 session
• Dec. 8 Arlington Mill	Wednesday #912909-07	11:30 a.m.-12:15 p.m. 1 session
• Dec. 15 Aurora Hills	Wednesday #912909-08	10-10:45 a.m. 1 session
• Dec. 15 Aurora Hills	Wednesday #912909-09	10:45-11:30 a.m. 1 session
• Dec. 15 Aurora Hills	Wednesday #912909-10	11:30 a.m.-12:15 p.m. 1 session
• Dec. 22 Arlington Mill	Wednesday #912909-11	10-10:45 a.m. 1 session
• Dec. 22 Arlington Mill	Wednesday #912909-12	10:45-11:30 a.m. 1 session
• Dec. 22 Arlington Mill	Wednesday #912909-13	11:30 a.m.-12:15 p.m. 1 session
• Jan. 5 Aurora Hills	Wednesday #912909-14	10-10:45 a.m. 1 session
• Jan. 5 Aurora Hills	Wednesday #912909-15	10:45-11:30 a.m. 1 session
• Jan. 5 Aurora Hills	Wednesday #912909-16	11:30 a.m.-12:15 p.m. 1 session
• Jan. 12 Arlington Mill	Wednesday #912909-17	10-10:45 a.m. 1 session
• Jan. 12 Arlington Mill	Wednesday #912909-18	10:45-11:30 a.m. 1 session
• Jan. 12 Arlington Mill	Wednesday #912909-19	11:30 a.m.-12:15 p.m. 1 session
• Jan. 19 Aurora Hills	Wednesday #912909-20	10-10:45 a.m. 1 session
• Jan. 19 Aurora Hills	Wednesday #912909-21	10:45-11:30 a.m. 1 session
• Jan. 19 Aurora Hills	Wednesday #912909-22	11:30 a.m.-12:15 p.m. 1 session
• Jan. 26 Arlington Mill	Wednesday #912909-23	10-10:45 a.m. 1 session
• Jan. 26 Arlington Mill	Wednesday #912909-24	10:45-11:30 a.m. 1 session

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| • Jan. 26
Arlington Mill | Wednesday
#912909-25 | 11:30 a.m.-12:15 p.m.
1 session |
| • Feb. 2
Aurora Hills | Wednesday
#912909-26 | 10-10:45 a.m.
1 session |
| • Feb. 2
Aurora Hills | Wednesday
#912909-27 | 10:45-11:30 a.m.
1 session |
| • Feb. 2
Aurora Hills | Wednesday
#912909-28 | 11:30 a.m.-12:15 p.m.
1 session |
| • Feb. 9
Arlington Mill | Wednesday
#912909-29 | 10-10:45 a.m.
1 session |
| • Feb. 9
Arlington Mill | Wednesday
#912909-30 | 10:45-11:30 a.m.
1 session |
| • Feb. 9
Arlington Mill | Wednesday
#912909-31 | 11:30 a.m.-12:15 p.m.
1 session |
| • Feb. 23
Arlington Mill | Wednesday
#912909-32 | 10-10:45 a.m.
1 session |
| • Feb. 23
Arlington Mill | Wednesday
#912909-33 | 10:45-11:30 a.m.
1 session |
| • Feb. 23
Arlington Mill | Wednesday
#912909-34 | 11:30 a.m.-12:15 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.

SAVE THE DATE
SUN., JAN. 16, 2022

Arlington Honors Dr. King
Learn more [here](#)



ENCORE LEARNING

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

The spring course catalog goes live in early January at www.encorelearning.net. Courses are held either virtually or in person on the George Mason University Arlington campus

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

VIRGINIA INSURANCE COUNSELING & ASSISTANCE PROGRAM (VICAP)

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

January's Virtual Presentation: Original Medicare vs. Medicare Advantage
Tues., Jan. 11, 10:30 a.m.-12:30 p.m.

What You'll Learn:

- The differences between Original Medicare and Medicare Advantage
- How Original Medicare and Medicare Advantage plans work
- When to join, switch, or drop a Medicare Advantage plan
- Ways to compare Medicare Advantage plans using the Medicare Plan Finder

February's Virtual Presentation: Medicare Preventive Services
Tues., Feb., 15, 10:30 a.m.-12:30 p.m.

What You'll Learn:

- Tips to stay healthy, live longer and delay or prevent diseases
- Medicare's preventive services (e.g., flu shots, cancer screenings, diabetes screenings, etc.)
- How to read Medicare's summary notices

BEST HEALTH & WELLNESS INITIATIVE



Shettima Abdulmalik, Arlington Mill 55+ Center Manager, accepts the award.

Last month, at the Virginia Recreation and Parks Society's annual conference, held in Harrisonburg, VA, Arlington County's Department of Parks and Recreation received an award for the Best Health and Wellness Initiative. This recognition was for how the 55+ Programs addressed food insecurity with emergency meal deliveries and worked to overcome social isolation by providing educational, fitness, wellness and recreational programs virtually and outdoors during the pandemic. Congratulations to our team!

INTERGENERATIONAL PROGRAMS

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

Intergenerational Pen Pals

The art of letter writing is a dwindling practice. If you love to write letters and want to rekindle that passion, you can become a pen pal to a high school student from an Honors English Club. Join us for some interesting conversations between the generations. Organizational meeting with details will be virtual.

- **Dec. 3** **Friday** **1-2 p.m.**
Virtual [#912300-02](#) 1 session

Snowflake Craft Demo

GranDay is a fun, free, intergenerational program offering grandparents and their grandchildren a chance to learn a new skill and make memories together. Create large 3D snowflake decorations you can display for years to come. Open to grandparents and grandchildren of all ages; recommended for ages five and up.

- **Dec. 4** **Saturday** **10 a.m.-12 p.m.**
Arlington Mill [#912310-01](#) 1 session

Reading Buddies

Participate in a paired reading activity with Lubber Run's full-day preschool. Get "buddied up" and interact with your younger buddy through reading. Both parties get to reap the multiple benefits of reading together.

- **Jan. 13** **Thursday** **10-11 a.m.**
Lubber Run [#912301-08](#) 1 session

February Freeze Dance

February Freeze Dance is another exciting GranDay event where grandparents and their grandchildren can show off their moves and make memories together. Play fun dance games, win prizes and enjoy dancing to your favorite tunes. Free and open to grandparents and grandchildren of all ages; recommended for ages five and up.

- **Feb. 5** **Saturday** **10 a.m.-12 p.m.**
Arlington Mill [#912899-03](#) 1 session

Tiny Valentines

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

- **Feb. 11** **Friday** **11 a.m.-12 p.m.**
Lubber Run [#912310-03](#) 1 session

GET INVOLVED WITH SENIOR ISSUES!

COMMISSION ON AGING

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

Commission on Aging virtual meetings:

Mon., Dec. 20, 9-11 a.m.,
Mon., Jan. 24, 9-11 a.m.,
Mon., Feb. 28, 9-11 a.m.

ARLINGTON STEERING COMMITTEE FOR SERVICES TO OLDER PERSONS

is an affiliation of private, non-profit, proprietary and government service providers and senior advocates who meet to discuss aging issues.

Steering Committee virtual meeting:

Fri., Jan. 21, 10-11 a.m.
Dementia Awareness Panel

Email arlaaa@arlingtonva.us for meeting links. For an updated and complete list of Commission on Aging meetings and other aging network activities, visit <https://commissions.arlingtonva.us/coa/meetings/>

IS ANV RIGHT FOR YOU?

Arlington Neighborhood Village (ANV) is a local, non-profit organization that helps older adults stay in their homes and community as they age. ANV volunteers provide extra help for members: a ride to a medical appointment, running an errand, help on the computer or someone to get up on a ladder to change a lightbulb! During the pandemic, these services have been even more important. To learn more about ANV, call 703-509-8057, email info@arlnvil.org or visit www.arlnvil.org.

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



Arlington Neighborhood Village
Making Arlington your home for a lifetime

SAVE THE DATE!
SAT., JAN. 15, 2022

Paint
Build
Create!

A day of creative exploration!

Fairlington Community Center
3308 S. Stafford St. Arlington, VA 22206

THE ALLIANCE NEEDS YOUR HELP



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. Our fundraising has understandably fallen off during the COVID-19 pandemic. Now that we are all getting back to our normal activities, we need your financial help more than ever. 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.

GENERAL INFORMATION

phone: 703-228-4747

email: 55plus@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
Brittany Miller: bmiller1@arlingtonva.us M-F: 8-8, some nights/wknds
- WR** **Walter Reed - Currently Closed** 2909 S. 16th St., 22204
703-228-0955
Nick Englund: nenglund@arlingtonva.us
M-F: 9-3, some nights/wknds

*Indicates hot lunch daily

OTHER ACTIVITY 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



HOW TO REGISTER

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.

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.

Registration Opens:

- **November 17 at 10 am (Arlington County)**
- **November 18 at 10 am (Out of County)**

- 1 Go online to registration.arlingtonva.us
- 2 Enter your **Login ID** and **Password**.
 - A new page will appear after you login.
 - If this is your first time or you do not know your ID/password, call 703-228-4747.
- 3 Click on "**55 Plus**," then click "**Register for Classes**."
- 4 Find the classes you are interested in — then click on the **green + sign** next to each class.
 - Your selections will appear in a green bar at the bottom of the page.
- 5 After selecting classes, click "**Add to Cart**" in the green bar at the bottom of the page. A new page will appear showing all the items in your cart.
 - For each class, select the person who you are registering.
- 6 Choose "**Continue Shopping**" or "**Check out**."
 - Note: YOU MUST CHECKOUT in order to complete the registration process — even when you register for free classes and owe nothing.

We aim to please.

Our vision for Arlington is a happy and healthy place to live, learn, work and play. To make this a reality, our mission is to promote wellness and vitality through dynamic programs and attractive public spaces.

Jennifer Collins / 55+ Program Manager
jcollins@arlingtonva.us

Senior Adult Council Executive Committee

Vera Libeau / Chair

Sue Lang / Vice Chair

Sandi Steinberg / Secretary

Valerie Turner / Treasurer

Marilyn Marton / Past Chair

