

55+⁺ ARLINGTON COUNTY GUIDE

EXERCISE
TRAVEL
CONNECTIONS
and MORE

Discover Opportunities with 55+ Programs!

Happy Holidays! (pg. 5)

Explore the Art of Alma Thomas (pg. 24)

NEW Aqua Tabata Exercise Class (pg. 32)

Bilingual Trivia in Spanish and English (pg. 39)

Black History Month with 55+ Travel (pg. 50)



Sign Up and Get the Benefits!

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

STEP 1 ▶ Choose Your Pass

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

STEP 2 ▶ Sign Up

There are four ways to sign up:

- ONLINE: arlingtonva.us/DPR and search "55+ pass"
- MAIL: 300 N. Park Drive 22203
([Get the 55+ Pass registration form online](#))
- PHONE: 703-228-4747 (Mon.-Fri., 8 a.m. to 5 p.m.)
- IN PERSON: Visit one of the 55+ Centers during operating hours, or Department of Parks & Recreation Administrative Services Office located at 300 N. Park Drive (Mon.-Fri., 8 a.m. to 5 p.m.).

STEP 3 ▶ Use Your Pass

With your 55+ Pass, you can register for programs, trips, and events (pre-registration not needed for a drop-in, but 55+ Pass is still required).

- See [page 52](#) for information about registering online, in person, by phone or by mail.
- See registration start dates on page 3.

OPTION A

55+ Pass Benefits

- Opportunities to participate in engaging activities
- Discounted trips and classes

ANNUAL FEES

	55+ Pass	55+ Gold Pass
Arlington County resident	\$20	\$60
Arlington County household	\$30	\$90
Non-Arlington County resident	\$45	\$90
Non-Arlington County household	\$65	\$135

OPTION B

55+ Gold Pass Benefits

Enjoy all the benefits of the regular pass — PLUS access to Arlington County's fitness facilities (except Long Bridge Aquatics & Fitness Center) any time during fitness facilities community hours.

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

55+ ARLINGTON COUNTY GUIDE

Hello, Everyone!

2023 is coming to an end, and though we're sorry to see it go, 2024 promises to be just as exciting for Arlington's 55+ Programs. This year marks the 70th anniversary of the 55+ Program, and we'll be celebrating the milestone all year long. More information is coming soon, so stay tuned! On a more personal note, 2024 will also be the first year that I'm eligible to participate in the Northern Virginia Senior Olympics. In the spirit of New Year's resolutions, I'm challenging myself to compete in at least one event, and I hope many of you will join me. The new year is a great time to get out of your comfort zone and try something new, whether that's competing in the Senior Olympics, learning a new skill, or joining a new class or social group. Whatever your resolution is, I hope we can help you accomplish it here at Arlington's 55+ Programs. I look forward to seeing you all in the new year!

Jennifer Collins, CPRP
55+ Unit Manager
Office of 55+ Programs - Arlington County

Registration Opens:

- **November 15 at 10 a.m. (Arlington County)**
- **November 16 at 10 a.m. (Out-of-County)**

ONLINE ► registration.arlingtonva.us

Registration is available anytime through our online WebTrac system. For step-by-step instructions see [page 52](#).

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.

Credit and Debit Card Convenience Fee Update

Credit and debit card purchases through the Arlington County Department of Parks and Recreation [registration system](#) will include a 2.5% - 3% convenience fee paid directly to the credit card processor. Arlington County does not receive any portion of the fee.

THE SCOOP:

55+ Centers will be closed on:

- Monday, December 25
- Monday, January 1
- Monday, January 15
- Monday, February 19

Registration Info: page 52

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Please Note:

Arlington County can provide, upon request, reasonable modifications for people with disabilities. Two weeks advance notice is preferred. Call 703-228-4747.

SOCIAL FUN

Join 55+ Friends at Winter Holiday Parties!



55+ participants celebrating.

Holiday Party Featuring Ukulele Fever

Fri., Dec. 8, 12-2 p.m., Cost: \$10
Walter Reed Community Center



Gather with friends and celebrate the holiday season! Join us for a lightly catered lunch, games and fun, all sponsored by the Walter Reed 55+ Advisory Committee and the Alliance for Arlington Senior Programs. A holiday performance and sing-along will be led by Walter Reed's Ukulele Fever. Once you have registered for this program, please remember to pay the \$10 admission fee by visiting the [Alliance website](#) before the event.

Register: [#912890-03](#)



Members from the Aurora Hills 55+ Advisory Committee with coat donations made by the 55+ community in December 2021.

Aurora Hills Holiday Party

Fri., Dec. 15, 12:30-2:30 p.m.
Aurora Hills Community Center

Come and join us for some holiday cheer at Aurora Hills 55+ Center! Enjoy a light lunch, holiday sing-along, and prizes for the most festive holiday attire. We will also be collecting gently used coats and jackets for our coat drive in partnership with Burke and Herbert Bank - coats will be cleaned by Crest Advanced Dry Cleaners, then distributed by the Salvation Army to people in need. Sponsored by the Aurora Hills 55+ Advisory Committee.

Register: [#912890-06](#)



Valentine's Day Afternoon Soiree

Wed., Feb. 14, 1-2:30 p.m.
Aurora Hills Community Center

Celebrate Valentine's Day at Aurora Hills! Enjoy coffee, tea, an assortment of sweets and classic love songs by pianist Valerie Welsh. This event is sponsored by the Aurora Hills 55+ Advisory Committee.

Register: [#912890-10](#)

Celebrate the Holidays with Fun!

Holiday Recipe Exchange

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

- **Dec. 7** **Thursday** **6-7 p.m.**
Lubber Run [#912890-01](#) 1 session

Evergreen Wreath Making

Join Master Gardener of Northern Virginia Lynn Berry and 55+ Center Director Elizabeth Poole for a hands-on workshop on using natural materials to make holiday wreaths. All supplies will be available but please bring garden gloves, clippers and any other decorative touches you would like to add. This program is sponsored in part by the Alliance for Arlington Senior Programs.



- **Dec. 8** **Friday** **10:30 a.m.-12:30 p.m.**
Langston-Brown [#912890-02](#) 1 session

Holiday Bingo!

Play Bingo, win fun holiday prizes and enjoy the company! This event is sponsored by the Aurora Hills 55+ Advisory Committee.

- **Dec. 13** **Wednesday** **1:30-2:30 p.m.**
Aurora Hills [#912890-04](#) 1 session

Karaoke for the Holidays

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

- **Dec. 14** **Thursday** **6-7 p.m.**
Lubber Run [#912890-05](#) 1 session

Holiday Trivia and Social

Test your holiday trivia skills while enjoying holiday treats! Trivia is a great way to learn facts while having fun with friends. Snacks provided by the Langston-Brown 55+ Advisory Committee.



- **Dec. 15** **Friday** **1:30-2:30 p.m.**
Langston-Brown [#912890-07](#) 1 session

Holiday Cookie Recipe Swap

It's holiday baking time! Bring your favorite cookie recipe and share it with others. Leave with new recipes to bake at home. Facilitated by 55+ Center Director Lila Paig.

- **Dec. 20** **Wednesday** **1-2 p.m.**
Aurora Hills [#912890-08](#) 1 session

Cook Something New with the 55+ Community Cookbook!

In 2021, the Office of 55+ Programs collected favorite recipes from 55+ staff, volunteers, and participants to create a community cookbook full of delicious dishes for all occasions. From appetizers and drinks to desserts and main dishes, the home cooks of the 55+ community contributed some truly wonderful recipes! Click [here](#) to check out the 2021 Community Cookbook - maybe you'll find your new favorite food!

55+ Community Cookbook



Featuring Neta's Fried Chicken Po Boy, Creamy Chicken Tortilla Soup, Refrigerator Strawberry Pie, and many more recipes!



Welcome 2024!

NEW YEAR'S EVE LUNCHEON

Friday, December 29, 11:30 a.m.-1:30 p.m. | \$30
at the Celtic House Irish Pub & Restaurant

We're back! Ring in 2024 at our 55+ New Year's Eve Party at [The Celtic House](#) sponsored by the Senior Adult Council, the Alliance for Arlington Senior Programs and the Office of 55+ Program.

The celebration includes a delicious Irish buffet, a silent auction, music, champagne toast and entertainment. \$30 per person (nonrefundable) fee includes meal, tea or coffee, gratuity, entertainment and party favors. Transportation available by request. **Must pre-register by Dec. 15.**

Once you have registered for this program, please remember to pay the \$30 admission fee by visiting the [Alliance website](#) before the event.

Register: [#912890-09](#)



Event Schedule

- 11:30 a.m.
Welcome from Master of Ceremonies with Entertainment
- 11:45 a.m.
Silent Auction Opens
Irish Buffet Luncheon
Music, Singing & Dancing
- 1:00 p.m.
Silent Auction Closes
- 1:15 p.m.
Champagne Toast
Ball Drop
"Aud Lang Syne" Sing-along

GET TOGETHERS

Morning Meetup

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

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

Records and Root Beer Floats

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

- **Dec. 21** **Thursday** **6-7 p.m.**
Lubber Run [#912801-01](#) 1 session
- **Feb. 15** **Thursday** **6-7 p.m.**
Lubber Run [#912801-02](#) 1 session

Book Exchange

Are your shelves getting too full of books you've already read? Come to the book exchange at Lubber Run! Bring your old favorite books to pass along to fellow readers and take home some great new reading material and recommendations in exchange. Please make sure all books are in good condition.

- **Jan. 25** **Thursday** **6-7 p.m.**
Lubber Run [#912801-03](#) 1 session

Latte Lounge

Enjoy a latte made by volunteer barista Ben Childers. Both decaf and regular will be served.

- **Feb. 8** **Thursday** **9:30-10:30 a.m.**
Walter Reed [#912801-04](#) 1 session

HONORING BLACK HISTORY MONTH

Movies at Aurora Hills

Fri., Jan. 26, 12:30-2:30 p.m. at Aurora Hills

Enjoy classic and modern movies at Aurora Hills with fellow 55+ friends. In honor of Black History Month, January's movie will be *Till* (2022) (PG-13), which tells the true story of activist Mamie Till-Mobley and her pursuit of justice after the murder of her son, Emmett Till.

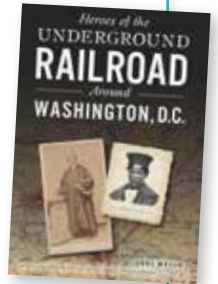
Register: [#912804-06](#)

Local Underground Railroad Heroes

Thurs., Feb. 1, 3-4 p.m. Virtual

Many unsung heroes of the Underground Railroad lived and worked in the Washington, D.C. area. Jenny Masur, anthropologist and author of *Heroes of the Underground Railroad Around Washington, D.C.*, will share intimate portraits of freedom seekers who passed through our area and African American leaders and white supporters who risked everything to help them.

Register: [#912400-31](#)



Movie Matinee

Tues., Feb. 6, 1-3 p.m. at Lubber Run

Steal away and catch some great afternoon movie entertainment at Lubber Run. February's movie will be *42* (PG-13) (2013), a biographical film about Jackie Robinson, the first Black baseball player in the Major League.

Register: [#912804-03](#)

Arlington's Halls Hill

Thurs., Feb. 29, 1:30-2:30 p.m. at Langston-Brown

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

Register: [#912400-30](#)

The 55+ Travel Program will also be taking trips throughout February on the topic of Black history, including a visit to the Martin Luther King Memorial Library, a Black history bus tour around Arlington, and more. See [page 50](#) for details.

DANCE

Give Line Dance a Try!

NEW

Interested in trying the fun and low impact exercise of line dancing for the first time? Come learn the basics from 55+ volunteer Hanni Cordes while enjoying music and camaraderie with other dancers. This introductory class will prepare you to join a beginner line dance class. No partner is required.

-
- **Wednesdays** **10:15-11 a.m.**
Walter Reed Drop-In

Introduction to Beginner Line Dance

Never line danced before but want to join the fun? Beginners are welcome to come learn steps like the box step, quarter turn and grapevine in a fun, friendly environment with an experienced instructor. You'll be ready to join the more experienced dancers at weekly Line Dance Practice sessions in no time, or just give a practice session a try. **No program 12/22 and 12/29.**

Instructor: Suzie Pratts.

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

Line Dance Practice

Kick up your heels with line dancing! No partners are needed, just bring your knowledge of basic line dance steps. We'll watch as the leader gives a quick demonstration of the sequence of steps and then dance along! You're sure to leave with a smile. No instruction is provided, but these practice sessions are available for dancers of all experience levels: sign up based on your preference. Need help determining which line dance practice session is right for you? Please stop by and talk with the volunteer line dance leader or check out the Center's monthly newsletter for more detailed information regarding line dancing levels.

Instructor: Suzie Pratts - Beginner Level.

No program 12/22, 12/27, and 12/29.

-
- **Wednesdays** **11 a.m.-12 p.m.**
Aurora Hills Drop-In
 - **Fridays** **11:05 a.m.-12:05 p.m.**
Aurora Hills Drop-In

Instructor: Kitty Russell - Intermediate Level.

No program 12/25, 1/1, 1/15, and 2/19.

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



Social Ballroom Dance

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

-
- **First & Third Thursdays** **2:10-3:30 p.m.**
Lubber Run Drop-In

Partner Dance Practice

Practice makes perfect, especially on the dance floor. Grab a partner and practice your ballroom dance moves at Walter Reed! Music will not be provided, so please bring your own device. Don't have a partner? Contact Jennifer Weber at jweber1@arlingtonva.us to find one. No instruction provided.

-
- **Tuesdays** **2:15-3:15 p.m.**
Walter Reed Drop-In

THE MOVIES

Movie Matinee

Steal away and catch some great afternoon movie entertainment at Lubber Run. December: *Elf* (PG) (2003). January: *Ratatouille* (G) (2007). February: *42* (PG-13) (2013).

- **Dec. 5** **Tuesday** **1-3 p.m.**
Lubber Run [#912804-01](#) 1 session
- **Jan. 2** **Tuesday** **1-3 p.m.**
Lubber Run [#912804-02](#) 1 session
- **Feb. 6** **Tuesday** **1-3 p.m.**
Lubber Run [#912804-03](#) 1 session

Movies at Aurora Hills

Enjoy classic and modern movies at Aurora Hills with fellow 55+ friends. Dec. 22, Holiday Classic: *Meet Me in St. Louis* (1945) (PG); Dec. 29, Science Fiction Fun: *Jules* (2023) (PG-13); Jan. 26, Black History Drama: *Till* (2022) (PG-13); Feb. 23, Valentine's Flick: *A Love Song* (2023) (PG).

- **Dec. 22** **Friday** **12:30-2:30 p.m.**
Aurora Hills [#912804-04](#) 1 session
- **Dec. 29** **Friday** **12:30-2:30 p.m.**
Aurora Hills [#912804-05](#) 1 session
- **Jan. 26** **Friday** **12:30-2:30 p.m.**
Aurora Hills [#912804-06](#) 1 session
- **Feb. 23** **Friday** **12:30-2:30 p.m.**
Aurora Hills [#912804-07](#) 1 session

Movies at the Mill

Come out to Arlington Mill and enjoy your favorite movie on our big screen. Enjoy new titles and old classics. After the movie stay behind to discuss your favorite scenes and performances. Thurs., Dec. 21: *A Man Called Otto* (2022) (PG-13); Jan. 18: *The Hundred-Foot Journey* (2014) (PG). Please see the Arlington Mill newsletter for the titles of movies being shown each month. Meets on third Thursdays.

- **Dec. 21** **Thursday** **1-3:30 p.m.**
Arlington Mill [#912804-08](#) 1 session
- **Jan. 18** **Thursday** **1-3:30 p.m.**
Arlington Mill [#912804-09](#) 1 session
- **Feb. 15** **Thursday** **1-3:30 p.m.**
Arlington Mill [#912804-10](#) 1 session

Movies and Munchies at Walter Reed

Join us for award-winning movies, light refreshments and discussion afterwards for those interested. We'll show films that have won an Oscar, Golden Globe, Film Festival or AARP Movies for Grownups award in a major category. December: *Barbie* (2023) (PG-13); January: *Oppenheimer* (2023) (R); February: *Woman in Gold* (2015) (PG-13). Meets on second Thursdays.

- **Dec. 14** **Thursday** **2-4 p.m.**
Walter Reed [#912804-11](#) 1 session
- **Jan. 11** **Thursday** **2-4 p.m.**
Walter Reed [#912804-12](#) 1 session
- **Feb. 8** **Thursday** **2-4 p.m.**
Walter Reed [#912804-13](#) 1 session



Above: The Aurora Hills 55+ Advisory Committee has some fun after a long meeting.

Thank You to All Who Participated in National Senior Center Month!

Thanks to the enthusiasm of the 55+ community, National Senior Center Month in September was a great success! Participants enjoyed games, musical performances, a photography contest and much more. We hope to see you again next year!

Below: Participants show off their wonderful costumes at Langston-Brown's first Whodunnit Mystery game.



Welcome Our New Arlington Mill 55+ Center Director!

Please welcome our newest team member, Carrie Conley, as the Arlington Mill 55+ Center Director!

Prior to joining Arlington, she developed the Seniors in Action Program (an independent recreation program for the 55+ community) at the McLean Community Center in Fairfax County. While there, she created an exciting program, instituting a strong core of fitness classes, weekly games and classes. She enriched the program by hosting a variety of speakers, workshops and special events, including garden and dance workshops, culinary and technology classes, and Metro travel training trips. She also formed partnerships with community organizations to provide exciting new programming and opportunities for fun. She strongly believes that by creating a welcoming atmosphere and hosting social opportunities we create a strong sense of community and belonging.

Carrie has lived in Northern Virginia for the past 9 years. Prior to settling in Virginia, she made multiple coast-to-coast moves with her family while her husband served in the U.S. Military. She is an avid gardener and actively volunteers with multiple garden and community projects.



Carrie is excited to be a part of Arlington County's 55+ team and looks forward to developing programs tailored to the interests of the Arlington Mill Community Center's 55+ program participants.



First Friday Social

Join our new Arlington Mill 55+ Center Director, Carrie Conley, on the first Friday of every month for a fun social event! Meet Carrie, make new friends, and share your ideas for future programs. Light snacks and drinks will be provided.

• **First Fridays**
Arlington Mill

Noon-1 p.m.
Drop-In

WELLNESS

Hearing Aids - Beware and Be Wise

Bonnie O'Leary, outreach manager for the Northern Virginia Resource Center for Deaf and Hard of Hearing Persons (NVRC), will discuss hearing loss, the hearing evaluation, how to interpret an audiogram, the differences between prescription and over-the-counter hearing aids, and useful apps. NVRC is a non-profit and no sales are involved.

-
- **Dec. 5** **Tuesday** **11 a.m.-12 p.m.**
Lubber Run [#912500-01](#) 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. 16** **Tuesday** **10-11 a.m.**
Lubber Run [#912500-02](#) 1 session

Brain Health - An Update

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

-
- **Jan. 23** **Tuesday** **11 a.m.-12 p.m.**
Lubber Run [#912500-03](#) 1 session

Boosting Brain Health as You Age

What lifestyle factors influence the health of our brains? Join Kay Yong, outreach specialist with Cherry Blossom PACE, as she discusses the factors to consider to maximize brain health, such as stress and sleep. She will also explore the concept of neuroplasticity and its role in a healthy brain.

-
- **Jan. 25** **Thursday** **10:30-11:30 a.m.**
Arlington Mill [#912500-04](#) 1 session

Understanding Dementia

This interactive workshop will provide an overview of the types of dementia, common changes, the difference between dementia and normal aging, and tips for providing care for someone living with dementia. Participants will also learn about the free RAFT Dementia Support Program. Presented by RAFT Dementia Outreach and Education Coordinator Sydney Palinkas.

-
- **Jan. 31** **Wednesday** **1-2 p.m.**
Aurora Hills [#912500-05](#) 1 session

Normal Aging vs. Dementia

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

-
- **Feb. 5** **Monday** **10:30-11:30 a.m.**
Arlington Mill [#912500-06](#) 1 session

Mood Disorders and Physical Health

Emma Stapp with the George Washington Institute for Brain Health and Dementia will discuss the connections between mental and physical health. She will especially focus on mood disorders and their relationship to health behaviors and other medical conditions.

-
- **Feb. 26** **Monday** **10-11 a.m.**
Lubber Run [#912500-07](#) 1 session

Rest Easy: Getting a Good Night's Sleep

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

-
- **Feb. 27** **Tuesday** **11 a.m.-12 p.m.**
Virtual [#912500-08](#) 1 session

Scale Down

A weight loss support group of warm and caring people. Monthly meetings include private weigh-ins and interesting programs. Meets second and fourth Mondays. **No program 12/25.**

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

NUTRITIOUS AND DELICIOUS

Vegetarian Summer Rolls

Learn how to make Gỏi Cuốn (Vietnamese summer rolls) with 55+ volunteer Sunny Thomas. Sunny will demonstrate how to make these delicious rolls with fresh ingredients.

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|-------------------------|---------------------------------------|-----------------------|
| • Feb. 6
Walter Reed | Tuesday
#912501-01 | 6-7 p.m.
1 session |
|-------------------------|---------------------------------------|-----------------------|

PREVENTING FALLS

Stay Active and Independent for Life (SAIL)

Exercising to improve strength, balance and fitness is important to stay active and reduce the risk of falls. The SAIL curriculum includes aerobics, balance exercises, stretching routines and education. It is proven to improve balance, mobility, strength and flexibility and to reduce known risk factors for falls. This is a series of classes held twice a week. To get the full benefits of this evidence-based curriculum, please attend all classes. Sponsored by the Northern Virginia Falls Prevention Alliance.

No program 12/15, 12/25, 12/26, 12/29, 1/1, 1/2, 1/15, and 2/19.

- | | | |
|-------------------------------------|--|-------------------------|
| • Dec. 4 - Feb. 29
Lubber Run | Monday & Thursdays
#912502-01 | 1-2 p.m.
22 sessions |
| • Dec. 12 - Feb. 27
Aurora Hills | Tuesday & Fridays
#912502-02 | 1-2 p.m.
19 sessions |

MEDICARE

Navigating Medicare

Navigating Medicare can be a daunting task. It's difficult to know what's covered, how much it costs, and what to sign up for. Dr. Salama Freed, assistant professor of health policy and management at George Washington University, will navigate the alphabet soup of Medicare and discuss enrollment options and the newest changes.

- | | | |
|-------------------------|---|------------------------------|
| • Feb. 21
Lubber Run | Wednesday
#912503-01 | 11 a.m.-12 p.m.
1 session |
|-------------------------|---|------------------------------|

VIRGINIA INSURANCE COUNSELING & ASSISTANCE PROGRAM (VICAP)



For both programs, register by calling VICAP'S hotline at 703-228-1725 or emailing MedicareHelp@arlingtonva.us

ORIGINAL MEDICARE VS. MEDICARE ADVANTAGE

Wed., Jan. 10, 10:30 a.m.-12 p.m.

Virtual

Original Medicare includes Part A (inpatient/hospital coverage) and Part B (outpatient/medical coverage). Most doctors in the country take that insurance. Medicare Part C, also known as Medicare Advantage, provides beneficiaries with a membership card to obtain health services.

Join Arlington County VICAP to 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

MEDICARE PREVENTIVE SERVICES

Wed., Feb. 14, 10:30 a.m.-12 p.m.

Virtual

Did you know that Preventive Services are free and available to help you prevent illness, detect medical conditions, and keep you healthy? Eligibility requirements and guidelines for preventive services apply.

Join Arlington County VICAP to 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.)
- Medicare's Summary Notices and how to read them

LECTURES & LEARNING

It Takes a Village - In Arlington

The village movement began in 2002 and 12 years later Arlington Neighborhood Village (ANV) was founded by community members to help adults stay in their homes as they age. ANV Executive Director Wendy Zenker will describe the village concept and share ways to get involved. The presenter will be appearing onscreen via Zoom at the center or you can watch the live broadcast at home - sign up based on your preference.

- **Feb. 27** **Tuesday** **11:30 a.m.-12:30 p.m.**
Lubber Run [#912400-01](#) 1 session
- **Feb. 27** **Tuesday** **11:30 a.m.-12:30 p.m.**
Virtual [#912400-02](#) 1 session

Community Outreach Services - Spanish and English Sessions

Connie Freeman, outreach specialist from the Arlington Department of Human Services, will discuss services and resources for Arlington County residents. Topics will include citizenship workshops, English classes, job training, health screenings, nutrition classes and more. The presentation at 1 p.m. will be in English and the presentation at 2 p.m. will be in Spanish.

- **Dec. 21** **Thursday** **1-1:45 p.m.**
Virtual [#912400-03](#) 1 session
- **Dec. 21** **Thursday** **2-2:45 p.m.**
Virtual [#912400-04](#) 1 session

Until Help Arrives Training

Attendees will learn to help themselves and others in life threatening emergencies like shootings, car crashes and workplace accidents while waiting for first responders. You'll be the help - until help arrives. Taught by a volunteer from Arlington County's CERT (Community Emergency Response Team).

- **Feb. 6** **Tuesday** **10 a.m.-12 p.m.**
Lubber Run [#912400-05](#) 1 session

55+ REGISTRATION HELP

Online Registration Tips and Tricks

Want to be able to register more efficiently for 55+ programs? Come learn tips and tricks for online registration, including how to sign up for classes and ways to sort the event offerings. All levels of experience are welcome: bring your questions or expertise to share. Led by members of the Langston-Brown 55+ Advisory Committee.

- **Jan. 31** **Wednesday** **Langston-Brown**
11 a.m.-12 p.m. [#912400-36](#) 1 session

Navigating the 55+ Guide

With the large array of offerings in the 55+ Guide, it can be hard to find the programs you might enjoy. From helping you read the Guide to suggesting programs based on your interests, these volunteers from the Langston-Brown 55+ Advisory Committee will be happy to help you get ready for registration day. Sign up for a time slot to get some one-on-one advice and get your questions answered!

- **Feb. 21** **Wednesday** **Langston-Brown**
1:30-3 p.m. [#912400-37](#) 1 session
3-4:30 p.m. [#912400-38](#) 1 session

Arlington Food Assistance Center

Did you know that the Arlington Food Assistance Center (AFAC) provides groceries to over 2,000 families in Arlington per week? In this presentation, a representative from AFAC will discuss the important services they provide for people living in Arlington. AFAC's mission is to feed people in need by providing dignified access to nutritious supplemental groceries.

- **Dec. 14** **Thursday** **2-3 p.m.**
Virtual [#912400-06](#) 1 session



NEW Payment Option for 55+ Advisory Committee Sponsored Events

We are happy to announce a new method to pay in advance to attend events sponsored by 55+ Advisory Committees. This system to pay by credit card online is convenient, fast and secure. To use the new system, you must first register for the event. Once you register for an event, advance payment can be completed online. To pay, follow the steps below:

1. First, register for the event using the standard 55+ programs registration system (click on blue registration link). For detailed instructions on how to register for 55+ programs, see [page 52](#) of this guide.
2. After you register with Arlington County to attend a 55+ Advisory Committee event, visit the Alliance website to pay the admission fee: friendsofthealliance.org
3. On the Alliance homepage, click the banner that reads "Purchase Tickets for all Events Here"
4. At the new page, click the name of the 55+ Center where the event for which you have registered will be held.
5. At this page, find the event you wish to attend, click "Pay with PayPal or Credit/Debit Card," and follow the payment instructions.
6. Online payment is not required to attend an event for which you have registered. Payment in cash or checks can be accepted on the day of the event.
7. Refunds will be determined at the discretion of the sponsoring 55+ Advisory Committee.

Please note that this payment system only applies to programs sponsored by a 55+ Center Advisory Committee with a fee. If this payment system is being used, it will be noted in the program description and marked by the icon:



For all other 55+ programs with a fee, pay using the standard registration system (click on blue registration link).

Thrifting Follow-Up

Last winter, a group of 55+ participants joined together to discuss the best local thrifting spots and create a digital guide to thrifting in the DC area. Join us again this year to share more thrifting tips and tricks to update our digital guide. Newcomers are welcome!

- Jan. 18 Thursday 1-2 p.m.
Walter Reed [#912400-08](#) 1 session

Fortunes in the Attic

Do you own an interesting object and want to find out more about it? Send in a photo to sashon@arlingtonva.us before this program and Community Arts Programmer Jennifer Droblyen will research it for you! During the virtual sessions, participants will learn about the art pieces and similar items, how to identify authentic antiques and how to rule out reproductions.

- Jan. 11 Thursday 8:30-9:30 a.m.
Virtual [#912400-09](#) 1 session
- Feb. 29 Thursday 8:30-9:30 a.m.
Virtual [#912400-10](#) 1 session

Fraud Prevention

Senior fraud prevention will be the focus of this discussion with Arlington County's Financial Crimes Unit, emphasizing strategies to thwart scams and protect older individuals from financial exploitation.

- Jan. 18 Thursday 11:30 a.m.-12:30 p.m.
Virtual [#912400-11](#) 1 session

How the Patent Process Works

Have you ever been curious about the patenting process? Staff from the U.S. Patent and Trademark Office (USPTO) will give an overview of the journey from idea to granted patent.

- Dec. 6 Wednesday 11 a.m.-12 p.m.
Virtual [#912400-12](#) 1 session

Arlington County can provide, upon request, reasonable modifications for people with disabilities. Two weeks advance notice is preferred. Call 703-228-4747.

Global Energy Update

Climate change and security concerns resulting from the war in Ukraine have brought global energy issues to the forefront. Mark Finley, an expert in energy and global oil at Rice University's Baker Institute, will address the intersection of energy, policy and economics in balancing energy sustainability, security, affordability and equity. The presenter will be appearing onscreen via Zoom at the center or you can watch the live broadcast at home – sign up based on your preference.

- **Jan. 18** **Thursday** **1:30-2:30 p.m.**
Lubber Run [#912400-13](#) 1 session
- **Jan. 18** **Thursday** **1:30-2:30 p.m.**
Virtual [#912400-14](#) 1 session

Travel Gurus: Iceland

Are you interested in experiencing new places? Here is your opportunity to learn about destinations near and far from local “travel gurus” and start planning your next trip! 55+ volunteer Fran Deluca will share her recent travel experiences in Iceland, the “land of fire and ice.”

- **Jan. 10** **Wednesday** **1:30-2:30 p.m.**
Aurora Hills [#912400-15](#) 1 session

Around the World to... Iceland

Discover Iceland, a wonderland of fire and ice, geysers, glaciers and volcanoes. Ragnhildur Arnórsdóttir, cultural counselor and public diplomacy officer with Iceland's embassy, will discuss this fascinating country of contrasts, its rich history and culture, and strong democratic tradition as the oldest democracy in the world.

- **Jan. 25** **Thursday** **3:30-4:30 p.m.**
Virtual [#912400-16](#) 1 session

Traveling with Grandchildren

Travel with your grandchildren and make memories they will treasure forever. Jacque Fallert with the Road Scholar Ambassador Program will discuss the best places to travel with children of all ages, what documents you will need, and tips for planning the perfect travel adventure. The presenter will be appearing onscreen via Zoom at the center or you can watch the live broadcast at home – sign up based on your preference.

- **Feb. 29** **Thursday** **11:30 a.m.-12:30 p.m.**
Lubber Run [#912400-17](#) 1 session
- **Feb. 29** **Thursday** **11:30 a.m.-12:30 p.m.**
Virtual [#912400-18](#) 1 session

American Vagabond

Join 55+ volunteer Tom Curtis for a reminiscence about his adventures hitchhiking around Central and South America. He'll share lots of pictures and good stories.

- **Jan. 26** **Friday** **10:30-11:30 a.m.**
Langston-Brown [#912400-19](#) 1 session

Hiking and Camping: Be Prepared!

Hiking and camping can be great fun. It can also help to maintain your health through exercise and experiencing fresh air, sunshine and nature's beauty. Carmen Shippy, hiking and camping enthusiast, will help you get started by sharing some important tips for preparing for your next outdoor adventure.

- **Feb. 15** **Thursday** **11 a.m.-12:30 p.m.**
Langston-Brown [#912400-20](#) 1 session

Hawks of Arlington County

With the leaves off the trees, it's easy to see the beautiful hawks that live year-round in Arlington County. Learn how to identify these majestic raptors in your backyard with Gabby Hrycyszyn, naturalist at Gulf Branch Nature Center.

- **Dec. 1** **Friday** **10-11 a.m.**
Lubber Run [#912400-21](#) 1 session

Birds Wintering in Arlington

What kinds of birds can you see at your backyard feeder? How about while you're walking through the woods? What can you do at home to support migratory birds? Join volunteers from Arlington Regional Master Naturalists to learn more about birds that can be seen locally throughout the winter.

- **Dec. 7** **Thursday** **2-3:30 p.m.**
Arlington Mill [#912400-22](#) 1 session

Backyard Birds in Winter

There are a great variety of birds here in Arlington County in the winter. Join Park Naturalist Gabby Hrycyszyn to learn more about the feathered friends you're likely to see at your feeder this winter.

- **Dec. 13** **Wednesday** **1-2 p.m.**
Virtual [#912400-23](#) 1 session

Virginia's Wild Mammals

Join Park Naturalist Bobbi Farley for a presentation on mammals that can be found in the mid-Atlantic and here in Virginia. We'll learn about how local species survive in the wild and even in urban environments.

- **Jan. 18** **Thursday** **7-8 p.m.**
Virtual [#912400-24](#) 1 session

Manatees in Virginia

Did you know manatees have been spotted off the coast of Virginia? This program with Park Naturalist Rachel Joffey will cover manatee biology, the magnificent migrations these gentle giants embark on, and how we can do our part to ensure these iconic marine mammals will be around for generations to come.

- **Feb. 21** **Wednesday** **2-2:45 p.m.**
Virtual [#912400-25](#) 1 session

Coexisting: Snakes and Humans

Although vital to the ecosystem, snakes are often harmed or killed by humans. This program will delve into the social sciences of why so many people are afraid of snakes and how we can coexist peacefully with them. Rachel Joffey, naturalist at Gulf Branch Nature Center, will lead the program.

- **Feb. 28** **Wednesday** **2-2:45 p.m.**
Langston-Brown [#912400-26](#) 1 session

Fighting Invasives in Winter

Join Arlington Regional Master Naturalists to learn which invasive plants are easy to identify in the winter and how to remove them from your garden. There will also be a discussion about harmful insects and pathogens such as the emerald ash borer and spotted lantern fly.

- **Dec. 5** **Tuesday** **6-7 p.m.**
Walter Reed [#912400-27](#) 1 session

Managing Trees and Forests

Arlington County is full of beautiful trees, but have you ever wondered what it takes to maintain them? Join Urban Forest Manager Vincent Verweij to take a tree-top view of Arlington County and learn how the trees and forests are managed.

- **Jan. 25** **Thursday** **2-3 p.m.**
Virtual [#912400-28](#) 1 session

Arlington's Car-Free Diet

No Car? No Problem! *Presentation in Spanish and English*

Wed., Dec. 6, 10-11 a.m.
Lubber Run

Don't miss this dynamic presentation with Ken Matthews, bilingual partnership manager with Car-Free Diet, as he discusses ways to get moving without a car. Learn how to save money and tips for planning your travels. Ken will discuss walking, Metro and bus options, plus how to use your smartphone to pay for fares. This presentation is bilingual in Spanish and English.

Español (Spanish): No se pierda esta presentación dinámica con Ken Matthews, el bilingüe administrador de asociación de Car-Free Diet, mientras analiza las formas de moverse sin un automóvil. Aprende a ahorrar dinero y consejos para planificar tus viajes. Ken hablará sobre las opciones a pie, en Metro y autobús, además de cómo usar su teléfono inteligente para pagar las tarifas. Esta presentación es bilingüe en español e inglés.

Register: [#912400-07](#)

Growing Fruit Trees in Arlington

Growing your own fresh fruit sounds great, but fruit trees can be tricky to care for when you've never done it before. Urban Forest Manager Vincent Verweij will discuss how to grow your own fruit trees in Arlington County.

- **Feb. 15** **Thursday** **2-3 p.m.**
Virtual [#912400-29](#) 1 session

Forbidden Love in Old Virginia

In 1880, Arthur Jordan paid with his life for falling in love with a white woman. Awaiting trial for his “offense,” he was dragged from the county jail in Warrenton and lynched. Jim Hall, author of *Condemned for Love in Old Virginia: The Lynching of Arthur Jordan*, will discuss this ugly chapter in Virginia history.

-
- **Dec. 7** **Thursday** **1-2 p.m.**
Virtual [#912400-32](#) 1 session

Understanding Antisemitism

Antisemitism is one of the world’s oldest hatreds, manifesting in different ways throughout the centuries. Rabbi Abbi Sharofsky, Director, Intergroup Relations for the Jewish Community Relations Council for Greater Washington, will discuss the different ways antisemitism shows up today and community responses to antisemitism. Bring questions and concerns to this interactive presentation.

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- **Jan. 11** **Thursday** **3-4 p.m.**
Virtual [#912400-33](#) 1 session

WE WANT TO HEAR FROM YOU!

The Office of 55+ Programs is in the process of redesigning our [website](#), and we want your feedback! Our goal is to make our website as easy to use, accessible, and helpful as possible. Is there information posted there that you wish was easier to find? Do you find the layout difficult to navigate? Is there anything missing or out of date? Let us know what we can do to improve your online experience by emailing 55plus@arlingtonva.us.

Barbie’s Adventures in Space

This summer, two Barbie dolls that flew on a real mission to the International Space Station debuted at the National Air and Space Museum’s Udvar-Hazy Center. Margaret Weitekamp, Ph.D., curator and department chair of the National Air and Space Museum, will discuss the history of astronaut Barbie dolls, which have been inspiring girls to pursue STEM careers since 1965, and the museum’s Barbie collection. The presenter will be appearing onscreen via Zoom at the center or you can watch the live broadcast at home – sign up based on your preference.

-
- **Jan. 4** **Thursday** **1:30-2:30 p.m.**
Lubber Run [#912400-34](#) 1 session
 - **Jan. 4** **Thursday** **1:30-2:30 p.m.**
Virtual [#912400-35](#) 1 session

Rock Music Legends: Love Songs

Just in time for Valentine’s Day, fall in love all over again with your favorite rock love songs. Volunteer musicians Carl Gold and Rob Sprouse will discuss and play popular rock music celebrating love and romance. The presenter will be appearing in person at the center or you can watch the live broadcast at home – sign up based on your preference.

-
- **Feb. 13** **Tuesday** **1:30-2:45 p.m.**
Arlington Mill [#912400-39](#) 1 session
 - **Feb. 13** **Tuesday** **1:30-2:45 p.m.**
Virtual [#912400-40](#) 1 session

PLEASE NOTE: Programs and presentations offered at Arlington’s 55+ Centers are intended to educate our participants and enrich their lives. We strive to present a balanced array of viewpoints on any particular topic and we are not promoting any particular service, opinion or cause. The views expressed by presenters are their own and are not necessarily endorsed by Arlington County or the Office of 55+ Programs.

DISCUSSION GROUPS AND BOOK CLUBS

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. For designated monthly topics, check the Lubber Run 55+ Center newsletter. Meets on the third Tuesday of the month. Led by experienced genealogist Eileen Bogdanoff.

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|-------------------------|--|---------------------------------------|
| • Dec. 19
Lubber Run | Tuesday
#912402-01 | 11:30 a.m.-1 p.m.
1 session |
| • Jan. 16
Lubber Run | Tuesday
#912402-02 | 11:30 a.m.-1 p.m.
1 session |
| • Feb. 20
Lubber Run | Tuesday
#912402-03 | 11:30 a.m.-1 p.m.
1 session |

History Roundtable

Take part in thought-provoking discussions about pivotal events in history. At your option, research and deliver a five-minute presentation on the month's topic or listen and learn from others. In December, we'll discuss the major impacts of WWII. In January, we'll discuss the impact of major weather events. In February, we'll discuss the impact of unsuccessful rebellions. Meets on second Wednesdays.

- | | | |
|----------------------|--|---|
| • Dec. 13
Virtual | Wednesday
#912402-04 | 11:15 a.m.-12:30 p.m.
1 session |
| • Jan. 10
Virtual | Wednesday
#912402-05 | 11:15 a.m.-12:30 p.m.
1 session |
| • Feb. 14
Virtual | Wednesday
#912402-06 | 11:15 a.m.-12:30 p.m.
1 session |

Local History Discussion

Have fun recollecting and learning about Arlington's rich past. In December, we'll discuss the historic preservation in Arlington. For more details on the monthly topics, check the Lubber Run 55+ Center newsletter. Meets on fourth Wednesdays.

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|-------------------------|--|------------------------------------|
| • Jan. 24
Lubber Run | Wednesday
#912402-07 | 1:30-2:45 p.m.
1 session |
| • Feb. 28
Lubber Run | Wednesday
#912402-08 | 1:30-2:45 p.m.
1 session |

History Discussion Group

Listen, contribute and reflect in this discussion group led by Dwight Rodgers of Encore Learning. Focus on cultural, economic, artistic and political history. For more details on the monthly topics, check the Walter Reed 55+ Center newsletter.

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|-------------------------|---|---------------------------------|
| • Jan. 18
Virtual | Thursday
#912402-09 | 1-2:30 p.m.
1 session |
| • Jan. 25
Virtual | Thursday
#912402-10 | 1-2:30 p.m.
1 session |
| • Feb. 1
Virtual | Thursday
#912402-11 | 1-2:30 p.m.
1 session |
| • Feb. 8
Walter Reed | Thursday
#912402-12 | 1-2:30 p.m.
1 session |

Magazine Article Discussion Group

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

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|---------------------------|--|-------------------------------------|
| • Dec. 20
Aurora Hills | Wednesday
#912402-19 | 11 a.m.-12 p.m.
1 session |
| • Jan. 24
Aurora Hills | Wednesday
#912402-20 | 11 a.m.-12 p.m.
1 session |
| • Feb. 28
Aurora Hills | Wednesday
#912402-21 | 11 a.m.-12 p.m.
1 session |

Short Story Reading and Discussion

Short stories pack a lot in a few pages. Take turns reading the story aloud and discuss it afterward. Facilitated by 55+ volunteer Bill Turner. A link to each story will be sent to registered participants prior to the program. Dec. 18: "A Christmas Memory" by Truman Capote; Jan. 22: "The Nine Billion Names of God" by Arthur C. Clarke; Feb. 26: "The Man Who Was Almost a Man" by Richard Wright.

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|---------------------------|---|---------------------------------|
| • Dec. 18
Aurora Hills | Monday
#912402-22 | 1-2:30 p.m.
1 session |
| • Dec. 18
Virtual | Monday
#912402-23 | 1-2:30 p.m.
1 session |
| • Jan. 22
Aurora Hills | Monday
#912402-24 | 1-2:30 p.m.
1 session |
| • Jan. 22
Virtual | Monday
#912402-25 | 1-2:30 p.m.
1 session |
| • Feb. 26
Aurora Hills | Monday
#912402-26 | 1-2:30 p.m.
1 session |
| • Feb. 26
Virtual | Monday
#912402-27 | 1-2:30 p.m.
1 session |



Current Events Discussion in Spanish

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

- **Dec. 13** **Wednesday** **11 a.m.-12 p.m.**
Lubber Run [#912402-13](#) 1 session
- **Dec. 27** **Wednesday** **11 a.m.-12 p.m.**
Lubber Run [#912402-14](#) 1 session
- **Jan. 10** **Wednesday** **11 a.m.-12 p.m.**
Lubber Run [#912402-15](#) 1 session
- **Jan. 24** **Wednesday** **11 a.m.-12 p.m.**
Lubber Run [#912402-16](#) 1 session
- **Feb. 14** **Wednesday** **11 a.m.-12 p.m.**
Lubber Run [#912402-17](#) 1 session
- **Feb. 28** **Wednesday** **11 a.m.-12 p.m.**
Lubber Run [#912402-18](#) 1 session

Study of Words

Learn about the history of English and language as a whole. Have fun sharing individual words, phrases, expressions and other items of linguistic interest. This is a hybrid program: join facilitator Steve Shapiro, 55+ volunteer, in person at the center or on Zoom. Sign up based on your preference. Meets on second Wednesdays.

- **Dec. 13** **Wednesday** **10:30-11:45 a.m.**
Lubber Run [#912402-28](#) 1 session
- **Dec. 13** **Wednesday** **10:30-11:45 a.m.**
Virtual [#912402-29](#) 1 session
- **Jan. 10** **Wednesday** **10:30-11:45 a.m.**
Lubber Run [#912402-30](#) 1 session
- **Jan. 10** **Wednesday** **10:30-11:45 a.m.**
Virtual [#912402-31](#) 1 session
- **Feb. 14** **Wednesday** **10:30-11:45 a.m.**
Lubber Run [#912402-32](#) 1 session
- **Feb. 14** **Wednesday** **10:30-11:45 a.m.**
Virtual [#912402-33](#) 1 session

Aurora Hills Book Club

Monthly book club meets the last Monday of each month. Dec. 18: *Kristin Lavansdatter* by Sigrid Undset; Jan. 29: *The Marriage Portrait* by Maggie O'Farrell; Feb. 26: *The Color of Water* by James McBride.

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

Book Club

Get together for great books and conversation. Dec.: *True Biz* by Sara Novic; Jan.: *Foster* by Claire Keegan; Feb.: *Raphael Painter In Rome* by Stephanie Storey. Meets first Tuesday of the month.

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

AROUND THE HOUSE

Winter Seed Sowing

Join Arlington Mill 55+ Center Director Carrie Conley for a brief introduction to winter seed sowing followed by a chance to plant your own seeds in containers to take home. For novice and experienced gardeners. Bring a clear plastic milk jug, a plastic bag and any seeds you'd like to plant. We will also have some seeds on hand, and all other supplies will be provided.

- **Jan 17** **Wednesday** **12:30-2 p.m.**
Arlington Mill [#912401-01](#) 1 session

PLANNING AHEAD

Social Security 101

This presentation with AARP volunteer Jim Morris will cover the history of social security and things you should know, including: is social security taxable? When do children get it? When can a divorced spouse make a claim on an ex's account? Sponsored by the Lubber Run 55+ Center Advisory Committee.

- **Dec. 13** **Wednesday** **3:15-4:15 p.m.**
Lubber Run [#912404-01](#) 1 session

Estate Planning 101

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

-
- **Jan. 4** **Thursday** **10:30-11:30 a.m.**
Arlington Mill [#912404-02](#) 1 session

Your Estate and Long-Term Care

Learn how your estate may be affected by your long-term care choices. Join Elder Law Attorney Ed Zetlin as he explains how to best manage long-term care.

-
- **Jan. 10** **Wednesday** **11 a.m.-12 p.m.**
Virtual [#912404-03](#) 1 session

Advance Care Planning

In this two-part series by the Coalition to Improve Advanced Care (CIAC), you will learn the process of identifying and communicating your healthcare wishes in an advance directive. Session one on January 17 focuses preparing the document. In the second session on January 24, you will have the opportunity to meet one-on-one with a certified volunteer to discuss it. You must attend the first session to participate in the second. This series is led by Kathleen Garces-Foley, Ph.D., director of CIAC.

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- **Jan. 17 and 24** **Wednesdays** **11 a.m.-12 p.m.**
Langston-Brown [#912404-04](#) 2 sessions

Avoiding Guardianship and Conservatorship

If you become incapacitated, who will handle your affairs? If you haven't chosen someone in advance, it's possible for a court to appoint a guardian or conservator. Ed Zetlin, elder law attorney, will discuss proper estate planning and how to avoid court-appointed guardianship of your estate.

-
- **Feb. 14** **Wednesday** **11 a.m.-12 p.m.**
Virtual [#912404-05](#) 1 session

Papers: Save or Shred

Many of us are overwhelmed with all the information kept in our heads, phones, file cabinets and safe deposit boxes. Which documents are important? How should they be organized? Kay Bransford, president and chief curator of MemoryBanc, will explain how to tackle piles of paper and discuss what to save and what to shred.

-
- **Feb. 22** **Thursday** **1-2:30 p.m.**
Langston-Brown [#912404-06](#) 1 session

DIGITAL LEARNING/ TECHNOLOGY

Virtual Reality Experience

Learn about virtual reality (VR) and take a turn interacting with a 3D virtual world. Guided by volunteer and VR enthusiast Dave Conley, participants will get an overview of this exciting technology and have a chance to experience a virtual kayak tour through the Antarctic or a tropical rainforest.

-
- **Dec. 6** **Wednesday** **3:30-5 p.m.**
Arlington Mill [#912403-01](#) 1 session

Finding Your Way With a Smartphone

Get lost easily? This class is especially for you! Join 55+ Center Director Jennifer Weber as she demonstrates how to use your mobile phone and apps like Google Maps to navigate. Weather permitting, we'll use our new knowledge to take a short walk to a spot in the area - wear comfortable walking shoes.

-
- **Dec. 15** **Friday** **1-2 p.m.**
Walter Reed [#912403-02](#) 1 session

Your Device Questions Answered

Having computer or phone issues? Stumped on how to navigate your new device? Join 55+ volunteer Ben Childers to get your questions answered! Bring your device, no matter the make or model.

-
- **Jan. 30** **Tuesday** **6-7 p.m.**
Walter Reed [#912403-03](#) 1 session

Introduction to Online Payments

Learn the ins and outs of Venmo, CashApp and PayPal, services that allow you to use your smartphone to split checks and send money to friends and family without needing cash or checks. Think of it as a social app for paying! Taught by 55+ Center Director Ashley Gomez Figueredo.

- **Feb. 1** **Thursday** **6-7 p.m.**
Lubber Run [#912403-04](#) 1 session

Artificial Intelligence Explained

Artificial intelligence, or AI, is the field of computer science that deals with creating machines and systems that can perform tasks that normally require human intelligence. Join 55+ volunteer Ben Childers for a talk on how to use AI, its benefits and the ethical concerns regarding the use of AI.

- **Feb. 13** **Tuesday** **6-7 p.m.**
Walter Reed [#912403-05](#) 1 session

Tips for Capturing Great Video

There's no need to buy an expensive video camera when you already have a camera in your pocket! Explore tips and techniques for capturing exceptional videos on your smartphone with Video Production Manager Jeremy Carpel. The presenter will be appearing in person at the center or you can watch the live broadcast at home - sign up based on your preference.

- **Feb. 15** **Thursday** **11 a.m.-12 p.m.**
Lubber Run [#912403-06](#) 1 session
- **Feb. 15** **Thursday** **11 a.m.-12 p.m.**
Virtual [#912403-07](#) 1 session

How to Use ParkMobile

No one likes to deal with the hassle of paying for parking, but the ParkMobile app makes it much easier! Join 55+ Center Director Ashley Gomez to learn how to download the app, how to use it to pay for parking, and get your questions answered. Bring your smartphone to practice accessing the app.

- **Feb. 22** **Thursday** **6-7 p.m.**
Lubber Run [#912403-08](#) 1 session



VIRTUAL CENTER FOR ACTIVE ADULTS (VCAA)

Arlington County is collaborating with other Northern Virginia jurisdictions to offer members of the 55+ community a wide variety of free virtual programs five days a week. All older adults and adults with disabilities living in Northern Virginia are welcome to participate in these free programs, including fitness classes, lifelong learning presentations and interactive games. For more information and to view the schedule of upcoming programs, visit the Virtual Center for Active Adults (VCAA) [website](#). To join any VCAA program, use the Zoom link or phone number below.

Join a class bit.ly/VCAAzoom2
(computer, smartphone, tablet)
To join by phone, call 1-301-715-8592
Meeting ID: 905 123 5932#;
Meeting password: 3636#



Evening and Weekend Programs

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

Tuesdays	Wednesdays	Thursdays	Weekends
<p>Fighting Invasives in Winter Tues., Dec. 5, 6-7 p.m. Walter Reed (Pg. 16)</p> <p>Introduction to Ukulele Tues., Dec. 12, Dec. 19, Jan. 2, Jan. 16, Feb. 6, Feb. 20, 4-4:30 p.m. Walter Reed (Pg. 29)</p> <p>Intermediate Ukulele Tues., Dec. 12, Dec. 19, Jan. 2, Jan. 16, Feb. 6, Feb. 20, 4:30-5:30 p.m. Walter Reed (Pg. 29)</p> <p>Playwright and Performers Collective Tues., Dec. 12, 5:30-6:30 p.m. Walter Reed (Pg. 23)</p> <p>Acoustic Café Tues., Dec. 19, 7-8:30 p.m. Walter Reed (Pg. 25)</p> <p>Evening Bunco Tues., Jan. 23, 6-7:30 p.m. Walter Reed (Pg. 39)</p> <p>Your Device Questions Answered Tues., Jan. 30, 6-7 p.m. Walter Reed (Pg. 20)</p> <p>Vegetarian Summer Rolls Tues., Feb. 6, 6-7 p.m. Walter Reed (Pg. 12)</p> <p>Artificial Intelligence Explained Tues., Feb. 13, 6-7 p.m. Walter Reed (Pg. 21)</p> <p>Escape Room Tues., Feb. 27, 6-7 p.m., 7:15-8:15 p.m. Walter Reed (Pg. 38)</p>	<p>Women's Drop-in Basketball Wednesdays, 7:15-8:45 p.m. Langston-Brown. Drop-in (Pg. 38)</p> <p>Piano Lounge and Sing-Along Wed., Dec. 20, Jan. 17, Feb. 21, 4-5 p.m. Lubber Run (Pg. 29)</p>	<p>Holiday Recipe Exchange Thurs., Dec. 7, 6-7 p.m. Lubber Run (Pg. 5)</p> <p>Karaoke for the Holidays Thurs., Dec. 14, 6-7 p.m. Lubber Run (Pg. 5)</p> <p>Records and Root Beer Floats Thurs., Dec. 21, Jan. 18, Feb. 15, 6-7 p.m. Lubber Run (Pg. 7)</p> <p>Trivia Night Thurs., Jan. 11, 6-7 p.m. Lubber Run (Pg. 39)</p> <p>Virginia's Wild Mammals Thurs., Jan. 18, 7-8 p.m. Virtual (Pg. 16)</p> <p>Book Exchange Thurs., Jan. 25, 6-7 p.m. Lubber Run (Pg. 7)</p> <p>Introduction to Online Payments Thurs., Feb. 1, 6-7 p.m. Lubber Run (Pg. 21)</p> <p>Pictionary Thurs., Feb. 8, 6-7 p.m. Lubber Run (Pg. 38)</p> <p>How to Use ParkMobile Thurs., Feb. 22, 6-7 p.m. Lubber Run (Pg. 21)</p>	<p>Rummikub Saturdays, 10 a.m.-12 p.m. Arlington Mill. Drop-in (Pg. 41)</p> <p>Rummikub Saturdays, 10 a.m.-12 p.m. Walter Reed. Drop-in (Pg. 41)</p> <p>Mah Jongg Saturdays, 12-4 p.m. Walter Reed. Drop-in (Pg. 40)</p> <p>Mexican Train Dominoes Sundays, 1:30-4:30 p.m. Walter Reed. Drop-in (Pg. 40)</p>



We also offer late afternoon fitness classes and other opportunities for you to reach your fitness goals. [Check out page 30 and on.](#)

ARTS

Playwright and Performers Collective

Calling all thespians and playwrights! Meet up with your fellow creatives for play readings and performance practice. The goal is to perform a play reading. No memorization or performance experience is necessary – newcomers are welcome!

-
- **Dec. 12** **Tuesday** **5:30-6:30 p.m.**
Walter Reed [#912300-01](#) 1 session

Opera Appreciation

For opera lovers and learners, enhance your appreciation of the magnificent art and drama of opera. Volunteer George Cecchetti will set the stage for each opera, providing the story line, composer, and other interesting background. Musical selections from well-known operas will be played, professional commentary provided, and group discussion will follow. 12/6: *Don Pasquale* by Gaetano Donizetti; 12/20: *Luisa Fernanda* by Federico Torroba; 1/3: *Manon Lescaut* by Giacomo Puccini; 1/17: *The Consul* by Gian Carlo Menotti; 2/7: *Salome* by Richard Strauss; 2/21: *Macbeth* by Giuseppe Verdi. As time permits after the opera commentaries, a video portion of *The Enchanted Island* by Handel and others will be shown. The plot of this Metropolitan Opera production is based on Shakespeare's *The Tempest*.

-
- **Dec. 6** **Wednesday** **1:30-3:30 p.m.**
Lubber Run [#912300-02](#) 1 session
 - **Dec. 20** **Wednesday** **1:30-3:30 p.m.**
Lubber Run [#912300-03](#) 1 session
 - **Jan. 3** **Wednesday** **1:30-3:30 p.m.**
Lubber Run [#912300-04](#) 1 session
 - **Jan. 17** **Wednesday** **1:30-3:30 p.m.**
Lubber Run [#912300-05](#) 1 session
 - **Feb. 7** **Wednesday** **1:30-3:30 p.m.**
Lubber Run [#912300-06](#) 1 session
 - **Feb. 21** **Wednesday** **1:30-3:30 p.m.**
Lubber Run [#912300-07](#) 1 session

Encore Chorale

Sing with this congenial chorus and learn proper breathing and vocal technique. Rehearsals culminate with the presentation of a professional concert free for the community. The 15 weeks of challenging and enjoyable classes are led by a professional conductor. No audition required; appropriate for beginners and experienced singers. For more information, visit encorecreativity.org or call 301-261-5747.

-
- **Jan. 9 – April 16** **Tuesdays** **1-2:30 p.m.**
Lubber Run [#912300-08](#) 15 sessions: \$165 + \$25 materials fee

ART HISTORY

Art Talk: Women Artists in Europe

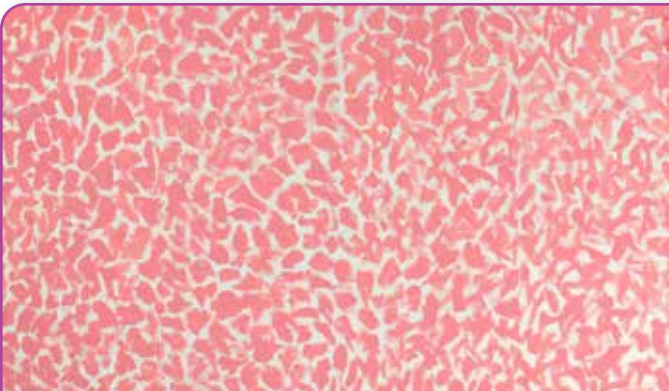
Art historian Joan Hart will prepare you for your visit to the *Making Her Mark: A History of Women Artists in Europe, 1400-1800* exhibit, whether you plan to go with 55+ Travel ([pg. 46](#)) or on your own. The presenter will be appearing in person at the center or you can watch the live broadcast at home.

-
- **Dec. 6** **Wednesday** **1-2 p.m.**
Aurora Hills [#912302-01](#) 1 session
 - **Dec. 6** **Wednesday** **1-2 p.m.**
Virtual [#912302-02](#) 1 session

Just Beneath the Surface

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

-
- **Dec. 15** **Friday** **10-11:30 a.m.**
Virtual [#912302-04](#) 1 session
 - **Jan. 19** **Friday** **10-11:30 a.m.**
Virtual [#912302-05](#) 1 session
 - **Feb. 23** **Friday** **10-11:30 a.m.**
Virtual [#912302-06](#) 1 session



Explore the Art of Alma Thomas

All About Alma

Thurs., Dec. 14, 9-10 a.m.
Virtual

Alma Woodsey Thomas was a famous 20th century artist and teacher best known for her bold abstract paintings. Jennifer Droblyen, community arts programmer, will provide a virtual introduction to Thomas' life and work in tandem with the Smithsonian American Art Museum's exhibition *Composing Color: Paintings by Alma Thomas*.

Register [#912302-03](#)

Composing Color: Paintings by Alma Thomas Exhibit Plus Sketching at Smithsonian American Art Museum



Sat., Dec. 16, Washington, DC

Join Community Arts Programmer Jennifer Droblyen for a fascinating tour of *Composing Color: Paintings by Alma Thomas* at the Smithsonian American Art Museum. This exhibition highlights the evolution of the artist's process of representational early works to creating vibrant abstract pieces after retiring from a 35-year career as a Washington DC public school teacher. Feel free to bring a sketchbook and some colored pencils: we will reflect and emulate her technique as we contemplate her beautiful work.

MAD	8:45 a.m.	\$11 Arlington County
TJ	9:15 a.m.	\$13 Out-of-County
returning	3:00 p.m.	#902312-09

Secrets Revealed

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

- | | | |
|-----------------------------|---|--------------------------------------|
| • Dec. 18
Virtual | Monday
#912302-07 | 10:30-11:30 a.m.
1 session |
| • Jan. 22
Virtual | Monday
#912302-08 | 10:30-11:30 a.m.
1 session |
| • Feb. 26
Virtual | Monday
#912302-09 | 10:30-11:30 a.m.
1 session |

Secret Lives of Famous Fakers

In this exciting virtual class, participants will delve into the biographies of several well known forgers, how they created their works and how they were eventually caught in the act. Presented by Community Arts Programmer Jennifer Droblyen.

- | | | |
|----------------------------|---|------------------------------------|
| • Feb. 1
Virtual | Thursday
#912302-10 | 8:30-9:15 a.m.
1 session |
|----------------------------|---|------------------------------------|

PERFORMANCES

Acoustic Hour at Aurora Hills

Relax and enjoy great acoustic music, coffee and fellowship with 55+ friends at Aurora Hills. Sponsored by the Aurora Hills 55+ Advisory Committee. Jan. 19: PhD Up with Phriends; Feb. 16: The Rockin' Chairs.

- | | | |
|----------------------------------|---|---------------------------------|
| • Jan. 19
Aurora Hills | Friday
#912301-02 | 1-2:30 p.m.
1 session |
| • Feb. 16
Aurora Hills | Friday
#912301-03 | 1-2:30 p.m.
1 session |

Acoustic Afternoon

Enjoy an afternoon of live acoustic music performed by Arlington residents Phil Rosen, Ed Girovasi and friends, better known as "PhEd-Up with Phriends." The event will feature classic pop, folk and blues favorites from across the decades. Refreshments provided by the Langston-Brown 55+ Advisory Committee.

- | | | |
|-----------------------------------|--|------------------------------|
| • Feb. 7
Langston-Brown | Wednesday
#912301-04 | 2-3 p.m.
1 session |
|-----------------------------------|--|------------------------------|

Intergenerational Storytime

In partnership with the Aurora Hills Branch Library, 55+ volunteers will share their love of reading and music with children on the first Friday of the month: Dec. 1, Jan. 5 and Feb. 2. If you are a 55+ participant interested in reading a story to the kids, please register; books are provided by the Aurora Hills Library. Questions? Please contact Lila Paig at 703-228-5722.

- | | | |
|--------------|----------------------------|----------------------|
| • Dec. 1 | Friday | 11-11:30 a.m. |
| Aurora Hills | #912301-05 | 1 session |
| • Jan. 5 | Friday | 11-11:30 a.m. |
| Aurora Hills | #912301-06 | 1 session |
| • Feb. 2 | Friday | 11-11:30 a.m. |
| Aurora Hills | #912301-07 | 1 session |

Reading Buddies

Get paired up with a preschool-aged child from our very own Lubber Run Creative Preschoolers Program! Enjoy reading stories to your buddies for 30 minutes twice a month. Registration is required. All books will be provided by the preschool teacher and are guaranteed to be a fun read!

- | | | |
|------------|----------------------------|----------------------|
| • Dec. 4 | Monday | 10-10:30 a.m. |
| Lubber Run | #912301-08 | 1 session |
| • Dec. 14 | Thursday | 10-10:30 a.m. |
| Lubber Run | #912301-09 | 1 session |
| • Jan. 8 | Monday | 10-10:30 a.m. |
| Lubber Run | #912301-10 | 1 session |
| • Jan. 11 | Thursday | 10-10:30 a.m. |
| Lubber Run | #912301-11 | 1 session |
| • Feb. 8 | Thursday | 10-10:30 a.m. |
| Lubber Run | #912301-12 | 1 session |
| • Feb. 12 | Monday | 10-10:30 a.m. |
| Lubber Run | #912301-13 | 1 session |

Spellbinders

From personal narratives and family stories to folk tales, fables and legends, the Arlington Spellbinders are a group of folks who just enjoy telling stories. They engage intergenerational listeners at schools, senior centers, nature centers and other venues in the magical tradition of oral storytelling (rather than reading aloud). Does that sound like you? Learn more at meetings on the first Friday of each month (Jan. 5 and Feb. 2) or check out the Spellbinders' stories on the 55+ YouTube channel. Explore this rewarding activity and join us!

No program 12/1.

- | | | |
|----------------|----------------------------|------------------------|
| • Jan. 5 | Friday | 9:30-11:30 a.m. |
| Langston-Brown | #912301-14 | 1 session |
| • Feb. 2 | Friday | 9:30-11:30 a.m. |
| Langston-Brown | #912301-14 | 1 session |

Acoustic Café



Mood Indigo

Tues., Dec. 19, 7-8:30 p.m.
at Walter Reed

Meet and mingle while you enjoy the vibe of a 1960s coffee house with live performances by local musicians. The shows are open to all ages. The 2023 season will come to a close with two wonderful performances: **Mood Indigo** will scratch your bossa-nova itch and offer smooth takes across many genres, and **Crooked Sparrow** will offer roots music fusing Americana with musical traditions from Texas and Latin America. The café is sponsored by the Walter Reed 55+ Advisory Committee and the Alliance for Arlington Senior Programs. Visit the Acoustic Café [Facebook page](#) for updates.

Register: [#912301-01](#)



Crooked Sparrow

Crooked Sparrow photo: ©Valerie Makepeace

VISUAL ARTS

Explore Art

Join Community Arts Programmer Jim Halloran to explore various media and unleash your inner artist! A variety of materials and techniques will be offered and there will be an opportunity to swap one another's work at the end of each class. Materials will be provided.

-
- **Dec. 11** **Monday** **10-11:30 a.m.**
Lubber Run [#912303-01](#) 1 session
 - **Jan. 22** **Monday** **10-11:30 a.m.**
Lubber Run [#912303-02](#) 1 session
 - **Feb. 5** **Monday** **10-11:30 a.m.**
Lubber Run [#912303-03](#) 1 session

Explore Painting

Community Arts Programmer Jim Halloran will guide you through an afternoon of painting. Improve your skills by learning various techniques. No experience is necessary, and all materials will be provided.

-
- **Dec. 8** **Friday** **1-2:30 p.m.**
Aurora Hills [#912303-04](#) 1 session
 - **Jan. 12** **Friday** **1-2:30 p.m.**
Aurora Hills [#912303-05](#) 1 session
 - **Feb. 9** **Friday** **1-2:30 p.m.**
Aurora Hills [#912303-06](#) 1 session

Intermediate Drawing and Painting

Take your artistic talents to the next level! Explore inspiring, beyond-the-basics painting and drawing techniques in this class series with Community Arts Programmer Jennifer Droblyen. Previous experience required. Painting and drawing materials are not included, but some supplies will be on hand to experiment with new media. Supply list will be provided at the first class.

Instructor: Jennifer Droblyen

-
- **Jan. 4 - Feb. 15** **Thursdays** **1-3 p.m.**
Langston-Brown [#912303-07](#) 7 sessions: \$52.50

Artist Cookbook

Community Arts Programmer Jennifer Droblyen will introduce participants to "recipes" for art materials that can be made from household items. Techniques and tricks on how to use the materials will be also explored. No supplies are needed: just watch as the presenter demonstrates these fun techniques.

-
- **Dec. 7** **Thursday** **8:30-9:30 a.m.**
Virtual [#912303-08](#) 1 session
 - **Jan. 4** **Thursday** **8:30-9:30 a.m.**
Virtual [#912303-09](#) 1 session
 - **Feb. 8** **Thursday** **8:30-9:30 a.m.**
Virtual [#912303-10](#) 1 session

Chinese Brush Painting


Have some fun with art enthusiast Suong "Sunny" Thomas and explore the ancient art of Chinese Brush Painting. Learn how to paint Chinese characters using watercolor. The Feb. 21 class will focus on the character orchid and the Feb. 28 class will focus on chrysanthemum. Supplies will be provided.

-
- **Feb. 21** **Wednesday** **1:30-2:45 p.m.**
Aurora Hills [#912303-11](#) 1 session
 - **Feb. 28** **Wednesday** **1:30-2:45 p.m.**
Aurora Hills [#912303-12](#) 1 session

Paint & Sip

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

-
- **Dec. 28** **Thursday** **10-11:30 a.m.**
Virtual [#912303-13](#) 1 session
 - **Jan. 25** **Thursday** **10-11:30 a.m.**
Virtual [#912303-14](#) 1 session
 - **Feb. 22** **Thursday** **10-11:30 a.m.**
Virtual [#912303-15](#) 1 session



55+ CENTERS WILL BE CLOSED ON:

- **MONDAY, DEC. 25**
- **MONDAY, JAN. 1**
- **MONDAY, JAN. 15**
- **MONDAY, FEB. 19**

A day of creative exploration!

SAVE THE DATE

**SAT., JAN. 13, 10 A.M.-1 P.M.
FAIRLINGTON COMMUNITY CENTER**

Paint, Build, Create is an annual Science, Technology, Engineering, Art, and Math (S.T.E.A.M.) special event brought to you by the Arlington County Department of Parks and Recreation.

Click [here](#) or scan the QR code with your smartphone camera for more information.



**Paint
Build
Create!**

ARLINGTON
VIRGINIA
Parks & Recreation

Painting Demonstration

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

Instructor: Jennifer Droblyen

- **Dec. 11** **Monday** **10:30 a.m.-12 p.m.**
Virtual [#912303-16](#) 1 session

Instructor: Jim Halloran

- **Jan. 29** **Monday** **10:30 a.m.-12 p.m.**
Virtual [#912303-17](#) 1 session

Instructor: Jennifer Droblyen

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

Wake and Make

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

- **Dec. 4** **Monday** **9-10 a.m.**
Virtual [#912303-19](#) 1 session
- **Feb. 5** **Monday** **9-10 a.m.**
Virtual [#912303-20](#) 1 session

Open Art Studio

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

- **Wednesdays** **10 a.m.-12 p.m.**
Arlington Mill Drop-In
- **Fridays** **10 a.m.-12 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 shapes to embellish note cards. Supplies will be provided.

Instructor: Joni Leonardo

- **Dec. 7** **Thursday** **1:30-3 p.m.**
Lubber Run [#912310-01](#) 1 session: \$18
- **Jan. 11** **Thursday** **1:30-3 p.m.**
Lubber Run [#912310-02](#) 1 session: \$18
- **Feb. 8** **Thursday** **1:30-3 p.m.**
Lubber Run [#912310-03](#) 1 session: \$18

Yarn Crafters

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

No program 12/25, 1/1, 1/15, and 2/19.

- **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. Bring your own supplies, but some yarn is available.

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

55+ Crafters

Bring your own small craft project and supplies and join us! This is a fun place to socialize and create the perfect gift or keepsake. No instruction provided.

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

Crafternoon Social Group

Make your Friday afternoons the highlight of your week with this friendly group of experienced yarn crafters! The group will meet every Friday for an afternoon of friendly conversation, sipping tea and working on knitting, crochet, and needlepoint projects followed by a stroll around the Lubber Run indoor track. All are welcome: just bring your yarn crafting project, walking shoes, and your favorite beverage to enjoy with new friends.

- **Fridays** **3-4:30 p.m.**
Lubber Run Drop-In

Cardmaking Workshop

Enjoy the camaraderie of a group workshop as you make your own personalized cards. If you are new to cardmaking, assistance will be available on the first Thursday of the month. On all other Thursdays, participants can work on their own projects. Beginners should come prepared with a pencil, ruler, scissors, glue sticks and a black ink pad for stamping. Cardmaking tools for cutting and scoring, as well as die cutting machines, punches, dies, stamps and embossing folders are provided.

- **Thursdays** **1-4 p.m.**
Langston-Brown Drop-In

Woodcarvers

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

- **Thursdays** **1-4 p.m.**
Langston-Brown Drop-In

SUBSCRIBE TO 55+ ENEWS!

Arlington offers art, nature, recreation and sports newsletters that keep you informed about upcoming events and provide great resources and timely information.

Subscribe to receive our 55+ eNews by visiting our [website](#) and entering your email (look for "55+ eNews" subscribe box on the right).

MUSIC

Introduction to Ukulele

Join volunteer Sandy O’Shea for an introductory lesson on the ukulele. No experience required, and you are welcome to stay for the intermediate class afterwards. Limited ukuleles available.

- **Dec. 12** **Tuesday** **4-4:30 p.m.**
Walter Reed [#912304-01](#) 1 session
- **Dec. 19** **Tuesday** **4-4:30 p.m.**
Walter Reed [#912304-02](#) 1 session
- **Jan. 2** **Tuesday** **4-4:30 p.m.**
Walter Reed [#912304-03](#) 1 session
- **Jan. 16** **Tuesday** **4-4:30 p.m.**
Walter Reed [#912304-04](#) 1 session
- **Feb. 6** **Tuesday** **4-4:30 p.m.**
Walter Reed [#912304-05](#) 1 session
- **Feb. 20** **Tuesday** **4-4:30 p.m.**
Walter Reed [#912304-06](#) 1 session

Intermediate Ukulele

Strumming a ukulele is therapeutic and fun. Volunteer Sandy O’Shea will provide instruction. Limited ukuleles available. Introduction to Ukulele required as a prerequisite.

- **Dec. 12** **Tuesday** **4:30-5:30 p.m.**
Walter Reed [#912304-07](#) 1 session
- **Dec. 19** **Tuesday** **4:30-5:30 p.m.**
Walter Reed [#912304-08](#) 1 session
- **Jan. 2** **Tuesday** **4:30-5:30 p.m.**
Walter Reed [#912304-09](#) 1 session
- **Jan. 16** **Tuesday** **4:30-5:30 p.m.**
Walter Reed [#912304-10](#) 1 session
- **Feb. 6** **Tuesday** **4:30-5:30 p.m.**
Walter Reed [#912304-11](#) 1 session
- **Feb. 20** **Tuesday** **4:30-5:30 p.m.**
Walter Reed [#912304-12](#) 1 session

Drumming Circle

Even if Ringo Starr wasn’t your favorite Beatle, you may find that playing the drums in a drumming circle is your new favorite activity. It gives an opportunity for self-expression and to share in an engaging group experience. Weather permitting, this program will be held outdoors; otherwise, it will meet in the Senior Room. Limited drums available.

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

Winter Piano Lounge

Cozy up with a hot beverage and enjoy good company while singing along with Valerie Welsh on piano. Sponsored by the Aurora Hills 55+ Advisory Committee.

- **Dec. 1** **Friday** **1-2:30 p.m.**
Aurora Hills [#912304-13](#) 1 session
- **Jan. 3** **Wednesday** **1-2:30 p.m.**
Aurora Hills [#912304-14](#) 1 session

Piano Lounge and Sing-Along

Sing along with Valerie Welsh at Piano Lounge! Lyrics will be provided for a variety of songs of a different theme every month: December: holiday music; January: folk, folk rock and soft rock; February: love songs.

- **Dec. 20** **Wednesday** **4-5 p.m.**
Lubber Run [#912304-15](#) 1 session
- **Jan. 17** **Wednesday** **4-5 p.m.**
Lubber Run [#912304-16](#) 1 session
- **Feb. 21** **Wednesday** **4-5 p.m.**
Lubber Run [#912304-17](#) 1 session

FEE REDUCTIONS AVAILABLE

**Access for all:
Everyone, Everywhere,
Every Day.**



Arlington County residents can apply to receive financial assistance for any fee-based programs, 55+ Pass and 55+ Gold Pass and/or 55+ trips. Fee reductions are based on a sliding scale and household income and size. If you have already qualified for a fee reduction, income verification is only required annually.

Visit the Parks & Recreation [website](#) or call 703-228-4747 to find out more.

FITNESS

Sing and Be Merry!

55+ volunteer and piano player Ken Schellenberg will lead a rousing sing-along full of holiday classics.

- **Dec. 19** **Tuesday** **11:30 a.m.-12:30 p.m.**
Walter Reed [#912304-18](#) 1 session

Carole King's "Tapestry"

"Tapestry" is the second studio album by American singer-songwriter Carole King, released in 1971. 55+ Volunteer Ken Schellenberg will perform the album straight through on piano. Singing and dancing is encouraged! Lyrics will be provided.

- **Jan. 24** **Wednesday** **1-2 p.m.**
Walter Reed [#912304-19](#) 1 session

Just Play'n Country

Bring your instrument, sing along or just enjoy listening to this group play music with roots in Irish, folk and blues. Gathers first and third Fridays.

- **First & Third Fridays** **1-3 p.m.**
Madison Drop-In

Sunshine Gang

The band invites you to bring your instrument and musical talents and join the fun. Share your passion with others by playing rock and popular selections in a low-key, music-loving atmosphere.

- **Fridays** **1-3 p.m.**
Walter Reed Drop-In

Off Our Rockers

Do you love rock-n-roll? Join the open rehearsal of this grown-up garage band formerly known as the Rocking Chairs. You are welcome to come sing along, dance or just listen to the playlist that includes hits from the 50s through the 70s.

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

55+ Cycling

Cycling is a great cardiovascular activity for all ages and ability levels. In these ongoing cycling classes, students warm up, climb, sprint, interval train and cool down. Beginners are welcome to go at their own pace with guidance from our experienced instructors. Our goal is to help you succeed! A 55+ Pass is required to participate.

Instructor: Lori Murphy

- **Dec. 12 - Feb. 27** **Tuesdays** **9:15-9:50 a.m.**
Thomas Jefferson [#912100-01](#) 12 sessions: \$60

Instructor: Myron Davis

- **Dec. 14 - Feb. 29** **Thursdays** **7-7:45 p.m.**
Thomas Jefferson [#912100-02](#) 12 sessions: \$60

Beginner Gyrokinesis

The Gyrokinesis™ Method is a movement method that addresses the entire body, opening energy pathways, stimulating the nervous system, increasing range of motion and creating functional strength through rhythmic, flowing movement sequences. It is an original and unique method which coordinates movement, breath and mental focus. Please bring a mat. **No class 12/25, 1/1, 1/8, and 1/15.**

Instructor: Michelle Silva

- **Dec. 11 - Feb. 26** **Mondays** **8-9 a.m.**
Lubber Run [#912100-03](#) 7 sessions: \$40

Advanced Gyrokinesis

NEW

This advanced class strengthens the concepts introduced in the beginner class. Participants build on the seated stool exercises and advance into exercises sitting or lying on the floor as well as standing exercises. The movements increase in intensity, rhythm and flow. Prior enrollment in Beginner Gyrokinesis™ is encouraged. Please bring a mat. **No class 1/5 and 1/12.**

Instructor: Michelle Silva

- **Dec. 15 - March 1** **Fridays** **8-9 a.m.**
Lubber Run [#912100-04](#) 9 sessions: \$45

AQUA

55+ Aqua Exercise

Aqua exercise classes provide a safe and refreshing way to exercise. Water serves as the resistance in exercises that are easy on the joints. Work both your muscles and your cardiovascular system.

Instructor: Lisa Stull

- **Dec. 12 – Feb. 27** **Tuesdays** **11:10 a.m.-12:10 p.m.**
Long Bridge Aquatics [#912102-01](#) 12 sessions: \$54
- **Dec. 15 – March 1** **Fridays** **10-11 a.m.**
Long Bridge Aquatics [#912102-02](#) 12 sessions: \$54
- **Dec. 15 – March 1** **Fridays** **1-2 p.m.**
Long Bridge Aquatics [#912102-03](#) 12 sessions: \$54

55+ Aqua Exercise - Deep Water Class

This class is all in deep water, putting zero impact on your joints while working against the water's resistance. You'll wear a buoyancy belt to hold the body vertical and chest-deep in the pool. You can't touch the bottom so you effectively weigh just 25 percent of your weight on land. You must be able to swim to take this class. Deep Water classes are held in the competition pool which is on average 79 degrees.

Instructor: Jody Katz

- **Dec. 12 – Feb. 27** **Tuesdays** **2:15-3:15 p.m.**
Long Bridge Aquatics [#912102-04](#) 12 sessions: \$54

Instructor: Lynda McGuire

No class 1/3.

- **Dec. 13 – Feb. 28** **Wednesdays** **10-11 a.m.**
Long Bridge Aquatics [#912102-05](#) 11 sessions:
\$49.50
- **Dec. 14 – Feb. 29** **Thursdays** **10-11 a.m.**
Long Bridge Aquatics [#912102-06](#) 12 sessions: \$54

Instructor: Jody Katz

- **Dec. 14 – Feb. 29** **Thursdays** **11:10 a.m.-12:10 p.m.**
Long Bridge Aquatics [#912102-07](#) 12 sessions: \$54

Aqua for Arthritis

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

Instructor: Cynthia Neu McCluskey

- **Dec. 13 – Feb. 28** **Wednesdays** **10-11 a.m.**
Long Bridge Aquatics [#912102-08](#) 12 sessions: \$54



Sports and High Intensity Fitness Instructors Needed!

Do you teach something that is not currently being offered? Contact sreid@arlingtonva.us for more information on becoming an instructor for Arlington County Parks and Recreation.

Barre

NEW

Barre is a low-impact, high-intensity workout that combines strength and cardio. While using small, repeated movements with bodyweight and occasional equipment, you can expect to tone your body and burn fat while improving your range of motion and flexibility. Please bring your own mat. **No class 12/25, 1/1, 1/15, and 2/19.**

Instructor: Elissa David

- **Dec. 11 – Feb. 26** **Mondays** **9:10-10:10 a.m.**
Walter Reed [#912100-05](#) 8 sessions: \$40

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. 12 – Feb. 27** **Tuesdays** **2:15-3:15 p.m.**
Lubber Run [#912100-06](#) 12 sessions: \$60

Instructor: Jessica Lengkong

- **Dec. 14 – Feb. 29** **Thursdays** **6-7 p.m.**
Langston-Brown [#912100-07](#) 12 sessions: \$55

Aqua Tabata

NEW

Tabata interval training is one of the most effective types of high-intensity interval training. Mixing this format with the properties of water through a variety of simple yet intense exercises allows each class to blast away the calories and provide noticeable results in a short amount of time.

Instructor: Tammi Gaffney

- **Dec. 14 – Feb. 29** **Thursdays** **10-11 a.m.**
Long Bridge Aquatics [#912102-09](#) 12 sessions: \$54

Water Walking and Lap Swimming

Looking for a way to change up your walking routine? Water walking could be the answer. The added resistance of walking in water allows you to challenge and strengthen your muscles in ways you may not be able to with a land-based routine. Water walking is a low-impact cardio exercise and is gentler on your bones and joints. No instructor provided. There are also lanes open for lap swimming at the same time. Long Bridge Aquatics Center membership is required or payment of the daily admission fee. **No program 12/25, 1/1, 1/15, and 2/19.**

- **Mondays** **8-9:30 a.m.**
Long Bridge Aquatics Drop-In
- **Wednesdays** **1-3 p.m.**
Long Bridge Aquatics Drop-In



FITNESS EQUIPMENT ORIENTATION

Free! Do you have fitness goals you still want to accomplish this year? Has it been a while since you've been in a fitness center? Are you new to fitness equipment? **There will be free orientations at Madison Fitness Center on Thursdays, Dec. 14, Jan. 11, Jan. 25, Feb. 15 and Feb. 29, 10-11 a.m.** Sign up by emailing Fitness Program Manager Michelle Atkin at matkin@arlingtonva.us.

YOGA AND PILATES

Yoga for Daily Living

How can yoga help when someone cuts you off in traffic or you're late for a doctor's appointment? This class will answer that question. Learn how to tune in to your body through breathing skills and techniques to relieve worry and concentrate better. Bring your own mat.

Instructor: Gayle Fleming

- **Dec. 12 – Feb. 27** **Tuesdays** **9-10:15 a.m.**
Walter Reed [#912103-01](#) 12 sessions: \$75

Gentle and Meditative Yoga

Beginner yoga students will learn safe and supportive ways of recognizing and relaxing long-held tensions that cause unease or pain in the body. This class is also suitable for students who wish to increase their flexibility and strength. There will be breathing exercises, guided relaxation and meditation periods to enhance clarity and peacefulness in mind, body and spirit. Students should be able to get down on the floor and back up again twice during the class. Chairs are available for support if needed. Bring your own mat.

Instructor: Debbie Sheetz

- **Dec. 13 – Feb. 28** **Wednesdays** **1:45-3:15 p.m.**
Langston-Brown [#912103-02](#) 12 sessions: \$90

Hatha Yoga Basics

New to yoga? This class is designed for those with little or no yoga experience. Students will learn the names of the poses, the best alignment for their bodies and how to safely do poses on their own at home. The class will also teach some basic breathing and relaxation techniques. Bring your own mat. **No class 12/25, 1/1, 1/15, and 2/19.**

Instructor: Gayle Fleming

- **Dec. 11 – Feb. 26** **Mondays** **5-6:15 p.m.**
Arlington Mill [#912103-03](#) 8 sessions: \$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

No class 12/25, 1/1, 1/15, and 2/19.

- **Dec. 11 – Feb. 26** **Mondays** **10-11 a.m.**
Aurora Hills [#912103-04](#) 8 sessions: \$40

Instructor: Jennifer Eubank

- **Dec. 12 – Feb. 27** **Tuesdays** **11 a.m.-12 p.m.**
Aurora Hills [#912103-05](#) 12 sessions: \$60

Instructor: Ferdinanda Pattipeilophy

- **Dec. 12 – Feb. 27** **Tuesdays** **11:45 a.m.-12:45 p.m.**
Lubber Run [#912103-06](#) 12 sessions: \$60

Chair Hatha Yoga

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

Instructor: Jennifer Eubank

- **Dec. 12 – Feb. 27** **Tuesdays** **12:15-1:15 p.m.**
Aurora Hills [#912103-07](#) 12 sessions: \$60

Instructor: Debbie Sheetz

- **Dec. 13 – Feb. 28** **Wednesdays** **12-1 p.m.**
Walter Reed [#912103-08](#) 12 sessions: \$60

Foundations of Traditional Hatha Yoga

A slower-paced class focused on the fundamentals of Traditional Hatha Yoga. Gain strength, balance and flexibility. This is the perfect class for you if you are new to yoga or your skills are rusty. Bring your own mat.

Instructor: Jennifer Eubank

- **Dec. 14 – Feb. 29** **Thursdays** **1-2:15 p.m.**
Madison [#912103-09](#) 12 sessions: \$75

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. Bring your own mat.

Instructor: Andrea Kiss

No program 12/25, 1/1, 1/15, and 2/19.

- **Dec. 11 – Feb. 26** **Mondays** **1-2:30 p.m.**
Lubber Run [#912103-10](#) 8 sessions: \$60

Instructor: Ferdinanda Pattipeilophy

- **Dec. 12 – Feb. 27** **Tuesdays** **10:30-11:30 a.m.**
Lubber Run [#912103-11](#) 12 sessions: \$60

Instructor: Debbie Sheetz

- **Dec. 13 – Feb. 28** **Wednesdays** **4-5:15 p.m.**
Lubber Run [#912103-12](#) 12 sessions: \$75

Instructor: Jennifer Eubank

- **Dec. 15 – March 1** **Fridays** **9:30-11 a.m.**
Madison [#912103-13](#) 12 sessions: \$90

Mat Pilates

Mat Pilates is a strengthening and lengthening form of exercise that focuses on your core muscles while also training your arms and legs. Exercises can be modified to increase or decrease difficulty to adapt to all levels of ability. Bring your own mat. **No class 12/25, 1/1, 1/15, and 2/19.**

Instructor: Connie Haeder

- **Dec. 11 – Feb. 26** **Mondays** **3:45-4:45 p.m.**
Walter Reed [#912103-14](#) 8 sessions: \$44
- **Dec. 12 – Feb. 27** **Tuesdays** **10-11 a.m.**
Long Bridge Aquatics [#912103-15](#) 12 sessions: \$66

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 canceled for inclement weather.

• Dec. 6 Donaldson Run	Wednesday #912106-01	9:30-10:30 a.m. 1 session
• Dec. 13 Bluemont and W&OD	Wednesday #912106-02	9:30-10:30 a.m. 1 session
• Dec. 20 Del Ray	Wednesday #912106-03	9:30-10:30 a.m. 1 session
• Dec. 27 Falls Church W&OD	Wednesday #912106-04	9:30-10:30 a.m. 1 session
• Jan. 3 Green Spring Gardens	Wednesday #912106-05	9:30-10:30 a.m. 1 session
• Jan. 10 Arlington Ridge North Loop	Wednesday #912106-06	9:30-10:30 a.m. 1 session
• Jan. 17 Ashton Heights	Wednesday #912106-07	9:30-10:30 a.m. 1 session
• Jan. 24 South Side of Langston Boulevard	Wednesday #912106-08	9:30-10:30 a.m. 1 session
• Jan. 31 Waverly Hills	Wednesday #912106-09	9:30-10:30 a.m. 1 session
• Feb. 7 Cherrydale	Wednesday #912106-10	9:30-10:30 a.m. 1 session
• Feb. 14 Johnson's Hill	Wednesday #912106-11	9:30-10:30 a.m. 1 session
• Feb. 21 Crystal City	Wednesday #912106-12	9:30-10:30 a.m. 1 session
• Feb. 28 Four Mile Run West	Wednesday #912106-13	9:30-10:30 a.m. 1 session

INCLEMENT WEATHER

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

Aurora Hills 55+ Walkers

Join a morning walk with this dedicated group that walks two to four miles. Walks held on the second 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. Make sure to get on our email distribution list for more details (call 703-228-5722).

• Fridays Aurora Hills	9-10:30 a.m. Drop-In
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Winter Nature Walk

Join Arlington Regional Master Naturalist Ginny McNair for a winter nature walk on the W&OD and Four Mile Run Trails. Ginny will talk about trees and nature and will identify whatever birds present themselves. Wear walking shoes and comfortable clothing for the weather. The walk will be an approximately one mile loop. Rain date: Friday, January 19.

• Jan. 12 Arlington Mill	Friday #912106-14	1-2 p.m. 1 session
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Drop-in fitness classes are offered at [Lubber Run Community Center](#). These classes are \$4/class or there is an option for a punch pass that is for \$60/15 classes. Punch passes can be purchased at the Administrative Services Office or front desk at Lubber Run. These classes vary in their intensity.

Full Fitness Exercise

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

Strength Training

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

Total Body Fitness

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

Total Body Fitness

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

The Folklore of Winter Trees

As early Americans explored Virginia, they had to survive the harsh winters with just the plants and animals that surrounded them. Come take a walk with Long Branch Nature Center's park naturalist Rob Barnovsky to discover many of the mysteries of survival and folklore to be found in the plants and trees of Arlington.

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- **Jan. 18** **Thursday** **1:30-3 p.m.**
Arlington Mill [#912106-15](#) 1 session

TAI CHI

Beginner Tai Chi Ch'uan

Join us to begin your Tai Chi journey. Instructor David Cohen will guide you through the Yang 24 form. With slow, gentle movements, proper breathing and posture, Tai Chi can help relieve many physical ailments including arthritis, balance issues and stress. **No class 12/25, 1/1, 1/15, and 2/19.**

Instructor: David Cohen

- **Dec. 11 – Feb. 26** **Mondays** **2-3 p.m.**
Walter Reed [#912105-01](#) 8 sessions: \$44

Tai Chi Ch'uan

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

Instructor: David Cohen

- **Dec. 14 – Feb. 29** **Thursdays** **2-3 p.m.**
Walter Reed [#912105-02](#) 12 sessions: \$66

Intermediate Tai Chi

This course works on perfecting the 24 simplified, Yang style forms of Tai Chi. The focus is on feeling the "chi" (energy, life force) and coordinating torso/hips/knees/feet and mind/body to create a graceful Tai Chi form.

Instructor: Karen Levitan

- **Jan. 10 – Feb. 28** **Wednesdays** **3:30-4:30 p.m.**
Langston-Brown [#912105-03](#) 8 sessions: \$44



Tai Chi Practice

Tai Chi is a gentle and powerful exercise that improves balance, flexibility, coordination and overall movement. If you've taken a Tai Chi class, come by and practice with experienced volunteers. No instruction provided.

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- **Tuesdays** **1-2:15 p.m.**
Walter Reed Drop-In
 - **Wednesdays** **2-2:45 p.m.**
Aurora Hills Drop-In
 - **Fridays** **1-2:15 p.m.**
Walter Reed Drop-In

Tai Chi Practice - Yang Style

Tai Chi is a gentle martial arts practice that stresses balance, weight shifting, and breathing to improve both mental and physical health. This group practices the 24 step simplified Yang Style Tai Chi Ch'uan form with some basic warm-up exercises. Yang Style Tai Chi is the most commonly practiced Tai Chi style in the U.S. No instruction provided. **No program 12/25, 1/1, 1/15, and 2/19.**

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

Tai Chi Practice - Taoist Style

Come and practice the 108-movement Taoist Tai Chi form with experienced practitioners. Formal instruction is not provided, but group members are happy to share what they know.

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- **Wednesdays & Fridays** **12:30-1:30 p.m.**
Lubber Run Drop-In



NORTHERN VIRGINIA SENIOR OLYMPICS (NVSO)

Once again Arlington participants in the Northern Virginia Senior Olympics (NVSO) “brought home the bacon,” earning 80 gold medals and a multitude of silver and bronze medals. Also, four of our fellow Arlingtonians set new records in field events, swimming and diving. All results and photos have been posted on the NVSO website, www.nvso.us.

Chairman Herb Levitan of Arlington reported the total number of registrants set a new record of 924 with participants from all eight sponsoring jurisdictions. Men and women from ages 50 to 100 competed in events from track and field to scrabble and jigsaw puzzles. The next Senior Olympics will be in September 2024. For more information, email nvso1982@gmail.com.

DROP-IN CLASSES

Full Fitness Exercise

A complete exercise program combining warm-up, stretching and strength work for all major muscles. Workout includes core stabilization, balance skills, 20 minutes of cardio to strengthen the heart/increase stamina and a final cool down. \$60/15-session punch pass or \$4 drop-in – punch passes can be purchased at the Administrative Services Office or front desk at Lubber Run.

Instructor: Andrea Baumann

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

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 – punch passes can be purchased at the Administrative Services Office or front desk at Lubber Run.

Instructor: Andrea Baumann

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

Total Body Fitness

This class is a vigorous full-body fitness workout for 55+ participants that improves muscle strength, balance and flexibility. The class is designed to change each time to target all major muscle groups in a variety of ways using weights and bands. Aerobic activity helps build cardiovascular fitness and improves endurance. Some exercises use a chair while the majority are standing. \$60/15-session punch pass or \$4 drop-in – punch passes can be purchased at the Administrative Services Office or front desk at Lubber Run. **No class 12/25, 1/1, 1/15, and 2/19.**

Instructor: Gretchen Martin

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

SPORTS

Absolute Beginner Pickleball

If you're new to pickleball or you're hesitant about dropping in, this is your chance to try this sport in a judgement-free zone. Volunteers will be on hand to answer questions. Limited paddles and balls available. **No program 12/25, 1/1, 1/15, and 2/19.**

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

Play Pickleball

Get exercise and have fun in friendly games of Pickleball, America's fastest growing sport for adults over 50! Players of all levels and abilities are welcome to participate. Hours are subject to change to accommodate special events and programs.

Walter Reed

No program 12/25, 1/1, 1/15 and 2/19.

- **Mondays** 8:30 a.m.- 4 p.m.* Drop-In
*10-11 a.m. half court
- **Tuesdays & Thursdays** 12:15-4 p.m. Drop-In
- **Wednesdays** 2:15-4 p.m. Drop-In
- **Fridays** 10 a.m.-4 p.m. Drop-In

Arlington Mill

No program 12/25, 1/1, 1/15 and 2/19.

- **Mon., Tues. & Thurs.** 12-3 p.m. Drop-In
- **Mondays & Fridays** 10 a.m.-3 p.m. Drop-In
- **Tuesdays** 5-8:45 p.m. Drop-In

INDOOR

Billiards

Join in on fun, casual games of billiards with 55+ friends. Players of all levels and abilities are welcome. Equipment is provided. **No program 12/25, 1/1, 1/15, and 2/19.**

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



ARLINGTON SENIOR GOLF CLUB General Meeting for Members Thurs., Jan. 18, 10 a.m.-2 p.m. at Lubber Run

The Arlington Senior Golf club welcomes men and women who enjoy playing with a fun group of people. This group plays 26+ different Northern Virginia courses from April through October. Greens fees (including carts) are very reasonable and vary each week depending on the course. For more information or if you are interested in joining, contact Membership Chairman Dennis Macdonald at dkmacdonald@att.net.

Table Tennis

Players of all levels and abilities are welcome to participate in friendly games. All equipment is provided. **No program 12/25, 1/1, 1/15, and 2/19.**

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

BRAIN PLAY

Cornhole Practice

Do you want to keep your skills sharp for next year's Northern Virginia Senior Olympics Cornhole Tournament? Or maybe you just want to enjoy the game in a fun and social environment. Join Jennifer Weber, 55+ center director, to practice your cornhole skills.

- **Dec. 20** **Wednesday** **9:30-11:30 a.m.**
Walter Reed [#912205-01](#) 1 session
- **Feb. 21** **Wednesday** **9:30-11:30 a.m.**
Walter Reed [#912205-02](#) 1 session

Volleyball

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

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

55+ Basketball

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

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

Women's Drop-in Basketball

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

- **Wednesdays** **7:15-8:45 p.m.**
Langston-Brown Drop-In

55+ Ice Skating

Senior hours held weekly at the MedStar Capitals Iceplex in Ballston. Plenty of parking (\$1) on roof level 8 of the Ballston Common Mall parking garage. Fee includes skates: \$1. Skate times subject to change; pre-registration is required. Please visit <https://www.medstarcapitalsiceplex.com> to register for Senior Public Skate. **No program 12/25, 1/1, 1/15, and 2/19.**

- **Mondays** **8:50-10 a.m.**
MedStar Capitals Iceplex Drop-In

Pictionary

Join 55+ Center Director Ashley Gomez for a fun evening of Pictionary! In this game, you'll take turns sketching a picture of a randomly assigned word while your teammates try to guess what it is. Enjoy drawing, teamwork and friendly competition. All are welcome - no Pictionary experience is needed.

- **Feb. 8** **Thursday** **6-7 p.m.**
Lubber Run [#912600-01](#) 1 session

Escape Room

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

- **Feb. 27** **Tuesday** **6-7 p.m.**
Walter Reed [#912600-02](#) 1 session
- **Feb. 27** **Tuesday** **7:15-8:15 p.m.**
Walter Reed [#912600-03](#) 1 session

Get Moving with Dance Bingo!

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

- **Dec. 22** **Friday** **11:15 a.m.-12:15 p.m.**
Walter Reed [#912600-04](#) 1 session
- **Jan. 26** **Friday** **11:15 a.m.-12:15 p.m.**
Walter Reed [#912600-05](#) 1 session
- **Feb. 23** **Friday** **11:15 a.m.-12:15 p.m.**
Walter Reed [#912600-06](#) 1 session

Pre-K Winter Bingo

Join our Lubber Run Creative Preschoolers for some winter bingo! Help them learn shapes, numbers and colors while enjoying this fun intergenerational game. The game on February 14 will be Valentine's Day themed.

- **Jan. 23** **Tuesday** **10-10:30 a.m.**
Lubber Run [#912600-07](#) 1 session
- **Feb. 14** **Wednesday** **10-10:30 a.m.**
Lubber Run [#912600-08](#) 1 session

Bunco Bunch

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

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| • Dec. 8 | Friday | 2:30-4 p.m. |
| Walter Reed | #912600-09 | 1 session |
| • Jan. 12 | Friday | 1:30-3:30 p.m. |
| Walter Reed | #912600-10 | 1 session |
| • Feb. 9 | Friday | 1:30-3:30 p.m. |
| Walter Reed | #912600-11 | 1 session |

Evening Bunco

Join us for the evening edition of Bunco Bunch where luck is tested in this fun dice game.

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| • Jan. 23 | Tuesday | 6-7:30 p.m. |
| Walter Reed | #912600-12 | 1 session |

Trivia

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

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| • Dec. 7 | Thursday | 11 a.m.-12:30 p.m. |
| Virtual | #912600-13 | 1 session |
| • Jan. 4 | Thursday | 11 a.m.-12:30 p.m. |
| Virtual | #912600-14 | 1 session |
| • Feb. 1 | Thursday | 11 a.m.-12:30 p.m. |
| Virtual | #912600-15 | 1 session |

Trivia Night

Come out to Lubber Run for some New Year's trivia! Test your knowledge of 2023 while learning new things and having fun with friends.

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| • Jan. 11 | Thursday | 6-7 p.m. |
| Lubber Run | #912600-16 | 1 session |

Bilingual Trivia in Spanish and English

Join us for some Spanish trivia! Whether you're already knowledgeable about Spanish-speaking countries or are curious to find out more, trivia is a great way to learn and have fun! At least a basic knowledge of the Spanish language is needed - beginners are welcome!

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| • Dec. 21 | Thursday | 3-4 p.m. |
| Virtual | #912600-17 | 1 session |
| • Feb. 29 | Thursday | 3-4 p.m. |
| Virtual | #912600-18 | 1 session |

Jeopardy!

Play America's favorite quiz game with monthly themes and test your knowledge. Have some fun with 55+ friends and try to win a prize! First Monday of the month: Dec. 4, Jan. 8 and Feb. 5. Led by volunteer Jacquie Stead.

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| • Dec. 4 | Monday | 2-3 p.m. |
| Aurora Hills | #912600-19 | 1 session |
| • Jan. 8 | Monday | 2-3 p.m. |
| Aurora Hills | #912600-20 | 1 session |
| • Feb. 5 | Monday | 2-3 p.m. |
| Aurora Hills | #912600-21 | 1 session |

Chess

Players of all levels and newcomers are welcome to play games of chess with 55+ friends. Join the camaraderie and enjoy the mental challenge. **No program 12/25, 1/1, 1/15, and 2/19.**

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

Canasta

Canasta is a fun and easy-to-learn card game. If you never played or haven't played in years, these dedicated players will be glad to teach you or help brush up your skills.

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

Learn to Play Canasta

Canasta is a fun card game where players try to form combinations of three or more cards of the same rank. If you've never played before, come learn the rules of the game with friendly instruction from 55+ volunteers. You'll be ready to play with your friends in no time!

-
- | | | |
|-------------|----------------------------|-----------------|
| • Dec. 6 | Wednesday | 10 a.m.-12 p.m. |
| Walter Reed | #912600-22 | 1 session |

Calling All Samba Players!

Samba is an intricate variation of canasta played with a partner using six decks of cards instead of two. Beginners are welcome!

-
- | | |
|-------------|----------------|
| • Tuesdays | 1-4 p.m. |
| Walter Reed | Drop-In |
| • Fridays | 1:30-4:30 p.m. |
| Walter Reed | Drop-In |

Hearts Club

Looking for an enjoyable, less complicated card game to play? Hearts is a strategic trick taking game that requires four players. Come play with 55+ friends at Aurora Hills on Wednesdays! No program on third Wednesdays. **No program 12/20, 1/17, and 2/21.**

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

Cribbage

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

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

Pinochle and Card Games

In games of Pinochle, players score points by taking tricks and forming combinations from a special deck of cards. Enjoy strategizing, teamwork, and socializing. Other games such as Rummikub and 5 Crowns will also be played, depending on the preference of the group.

- **Fridays** **1-3 p.m.**
Langston-Brown Drop-In

Mah Jongg

Mah Jongg, played with special tiles, depends on strategy and calculation and is surprisingly addictive. Beginners will master the basic principles easily and are soon devoted to honing skills with greater practice and enjoyment. There are two versions, American and Chinese, with several key differences: American style completes prescribed sets of hands as published yearly by the National Mah Jongg League; Chinese style follows ancient rules allowing more flexibility of tile combinations. **No program 12/25, 1/1, 1/15, and 2/19.**

American Style

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

Chinese Style

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

Introduction to Mah Jongg

Learn how to play American Mah Jongg in this four-part series of classes taught by seasoned player Susan Court. Mah Jongg cards are provided. **Registration deadline is Dec. 15. No program 1/31.**

Instructor: Susan Court

- **Jan. 17 – Feb. 14** **Wednesdays** **1-2:30 p.m.**
Aurora Hills [#912600-23](#) 4 sessions

Mexican Train Dominoes

This friendly group of dominoes players is looking for new participants to join the games. If you've never played before it's fun and easy to learn! **No program 12/25, 1/1, 1/15, and 2/19.**

- **Mondays** **9:30 a.m.-12:30 p.m.**
Walter Reed Drop-In
- **Sundays** **1:30-4:30 p.m.**
Walter Reed Drop-In

Learn Mexican Train Dominoes

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

- **Dec. 4** **Monday** **9:30 a.m.-12:30 p.m.**
Walter Reed [#912600-24](#) 1 session

Card Games and Rummikub

Enjoy playing a variety card games such as Five Crowns and Phase 10 as well as Rummikub. If you are flexible with what you play, come join your fellow players for an afternoon of fun. The games played on any given day will be based on the number of players and choice of those in attendance. Beginners are welcome. **No program 12/25, 1/1, 1/15, and 2/19.**

- **Mondays** **1-3 p.m.**
Langston-Brown Drop-In

DROP-INS & REGISTRATION

Drop-in classes are ongoing programs that participants can join any time with a valid 55+ Pass. Any program listed as a drop-in does not require pre-registration. All programs have a capacity limit and may fill up. Unless designated as drop-in, all programs require pre-registration. Registration automatically closes two business days prior to the start of the program. For questions, contact the Administrative Services Office at 703-228-4747.

Rummikub

The original rummy tile-based game combines elements of gin rummy and Mah Jongg. **No program 12/25, 1/1, 1/15, and 2/19.**

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

Scrabble

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

- **Wednesdays** 1-2:30 p.m.
Langston-Brown Drop-In
- **Fridays** 10 a.m.-3 p.m.
Walter Reed Drop-In

Sudoku

Looking for new techniques and skills for solving Sudoku puzzles? Join us in solving challenging Sudoku puzzles in a group setting. Bring your own special methods and share favorite puzzles with others. We all benefit from each other's expertise! Meets first and third Thursdays.

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

Puzzle Mondays

NEW

Bring a cup of coffee and join other puzzlers for a relaxing morning of puzzle fun! There will be lots of different puzzles to choose from, or bring your own puzzle to complete. **No program 12/25, 1/1, 1/15 and 2/19.**

- **Mondays** 10 a.m.-12 p.m.
Langston-Brown Drop-In

Social Bridge

Bridge is highly regarded as a great way to keep the brain fine-tuned. Join like-minded people to sharpen your skills. Social Bridge features a group of congenial players who play contract bridge with different partners weekly. **No program 12/25, 1/1, 1/15, and 2/19.**

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

Bridge Practice

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

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

Foursome Bridge

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

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

ALLIANCE WEBSITE - ONE-STOP-SHOP!



The Alliance for Arlington Senior Programs (AASP) is a nonprofit organization dedicated to improving the quality of life of older adults in Arlington. AASP works with Arlington's 55+ Programs to provide resources and services for the 55+ community. If you want to learn more about AASP and Arlington's 55+ Programs, the AASP website is a great place to start!

You can find monthly calendars, helpful links, information about AASP's programs, and purchase tickets for upcoming events. Click here to start exploring: friendsofthealliance.org

LANGUAGES

Introduction to Basic Spanish

If you've always wished you could speak Spanish, now is your chance to learn the basics! Lubber Run 55+ Center Director and fluent Spanish speaker Ashley Gomez Figueredo will introduce you to some basic Spanish vocabulary, grammar and conversational phrases to get you started. No previous experience necessary. This is a six-part series of classes that build on each other, but feel free to come to as many or as few as you like – must pre-register for each.

- **Dec. 14** **Thursday** **12:30-1:30 p.m.**
Virtual [#912650-01](#) 1 session
- **Dec. 28** **Thursday** **12:30-1:30 p.m.**
Virtual [#912650-02](#) 1 session
- **Jan. 11** **Thursday** **12:30-1:30 p.m.**
Virtual [#912650-03](#) 1 session
- **Jan. 25** **Thursday** **12:30-1:30 p.m.**
Virtual [#912650-04](#) 1 session
- **Feb. 8** **Thursday** **12:30-1:30 p.m.**
Virtual [#912650-05](#) 1 session
- **Feb. 22** **Thursday** **12:30-1:30 p.m.**
Virtual [#912650-06](#) 1 session

Spanish Conversation

Are you learning Spanish and need to find a group of like-minded people to practice with? Come join our social gatherings to meet people, practice vocabulary and participate in discussions in Spanish. Enjoy different topics as you hone your skills and build confidence speaking Spanish. No formal instruction is provided, but participants are happy to help newcomers and learn from each other; beginners are welcome. **No program 12/25, 1/1, 1/15, and 2/19.**

- **Mondays** **11 a.m.-12 p.m.**
Arlington Mill Drop-In

French Conversation

Do you speak French, but want to hone your skills? This friendly group with knowledge of the language will welcome you to their weekly dialogues. These sociable gatherings provide a chance to participate in lively discussions in French on topics that are easy to discuss and of interest to all. No instruction provided.

No program 12/25, 1/1, 1/15, and 2/19.

- **Mondays** **1-2 p.m.**
Aurora Hills Drop-In
- **Wednesdays** **1-2 p.m.**
Langston-Brown Drop-In



Italian Conversation

If you have spoken Italian before and want to continue with this romantic language, please consider joining this group. No instruction provided.

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

THE ARLINGTON MILL 55+ ADVISORY COMMITTEE NEEDS YOU!

Arlington's 55+ programs depend on the guidance and support of our wonderful advisory committees. Made up of dedicated 55+ volunteers, these committees help plan events, make suggestions to improve our programs, and advocate for the interests of the community.

Would you like to get involved in this essential part of Arlington's 55+ programs? The Arlington Mill Advisory Committee is currently looking for new members! This is a fun and rewarding volunteer activity with a flexible schedule and plenty of opportunities to do good in your community.

If you're interested in becoming an Arlington Mill 55+ Advisory Committee member, then contact the 55+ Director Carrie Conley at cconley1@arlingtonva.us or 703-228-7369.

For more information in general about 55+ Advisory Committees at other centers and how to join, email 55Plus@arlingtonva.us.

SERVICES

German Conversation

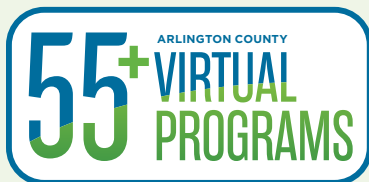
Sprechen Sie Deutsch? Join this cordial group of people with knowledge of the language in a weekly dialogue. Stimulating and sociable gatherings provide lively discussions in German on topics that are easy to discuss and of interest to all. No instruction provided.

• Dec. 1 Virtual	Friday #912650-07	10 a.m.-12 p.m. 1 session
• Dec. 8 Virtual	Friday #912650-08	10 a.m.-12 p.m. 1 session
• Dec. 15 Virtual	Friday #912650-09	10 a.m.-12 p.m. 1 session
• Dec. 22 Virtual	Friday #912650-10	10 a.m.-12 p.m. 1 session
• Dec. 29 Virtual	Friday #912650-11	10 a.m.-12 p.m. 1 session
• Jan. 5 Virtual	Friday #912650-12	10 a.m.-12 p.m. 1 session
• Jan. 12 Virtual	Friday #912650-13	10 a.m.-12 p.m. 1 session
• Jan. 19 Virtual	Friday #912650-14	10 a.m.-12 p.m. 1 session
• Jan. 26 Virtual	Friday #912650-15	10 a.m.-12 p.m. 1 session
• Feb. 2 Virtual	Friday #912650-16	10 a.m.-12 p.m. 1 session
• Feb. 9 Virtual	Friday #912650-17	10 a.m.-12 p.m. 1 session
• Feb. 16 Virtual	Friday #912650-18	10 a.m.-12 p.m. 1 session
• Feb. 23 Virtual	Friday #912650-19	10 a.m.-12 p.m. 1 session

Mac, iPhone, iPad

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

• Dec. 6 10-10:45 a.m. 10:45-11:30 a.m. 11:30 a.m.-12:15 p.m.	Wednesday #912900-01 #912900-02 #912900-03	Aurora Hills 1 session 1 session 1 session
• Dec. 13 10-10:45 a.m. 10:45-11:30 a.m. 11:30 a.m.-12:15 p.m.	Wednesday #912900-04 #912900-05 #912900-06	Aurora Hills 1 session 1 session 1 session
• Dec. 20 10-10:45 a.m. 10:45-11:30 a.m. 11:30 a.m.-12:15 p.m.	Wednesday #912900-07 #912900-08 #912900-09	Aurora Hills 1 session 1 session 1 session
• Jan. 10 10-10:45 a.m. 10:45-11:30 a.m. 11:30 a.m.-12:15 p.m.	Wednesday #912900-10 #912900-11 #912900-12	Aurora Hills 1 session 1 session 1 session
• Jan. 17 10-10:45 a.m. 10:45-11:30 a.m. 11:30 a.m.-12:15 p.m.	Wednesday #912900-13 #912900-14 #912900-15	Aurora Hills 1 session 1 session 1 session
• Jan. 24 10-10:45 a.m. 10:45-11:30 a.m. 11:30 a.m.-12:15 p.m.	Wednesday #912900-16 #912900-17 #912900-18	Aurora Hills 1 session 1 session 1 session
• Feb. 7 10-10:45 a.m. 10:45-11:30 a.m. 11:30 a.m.-12:15 p.m.	Wednesday #912900-19 #912900-20 #912900-21	Aurora Hills 1 session 1 session 1 session
• Feb. 14 10-10:45 a.m. 10:45-11:30 a.m. 11:30 a.m.-12:15 p.m.	Wednesday #912900-22 #912900-23 #912900-24	Aurora Hills 1 session 1 session 1 session
• Feb. 21 10-10:45 a.m. 10:45-11:30 a.m. 11:30 a.m.-12:15 p.m.	Wednesday #912900-25 #912900-26 #912900-27	Aurora Hills 1 session 1 session 1 session



Find recordings of your favorite programs and activities on the 55+ Virtual Programs YouTube channel! Art, music, exercise, food, history - there's a little bit of everything, and we're constantly adding more.

Visit youtube.com/virtualprograms



Teen Tech Tutoring

Do you need help using your iPhone or iPad? Bring your device and get your questions answered by tech-savvy high schoolers in the Arlington Mill Teen Program.

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|-----------------|---|-----------------------|
| • Dec. 6 | Wednesday | 4:30-5:30 p.m. |
| Arlington Mill | #912900-28 | 1 session |

Hearing Screenings

Bonnie O'Leary, certified peer mentor and hearing loss support specialist from Northern Virginia Resource Center for Deaf and Hard of Hearing Persons (NVRC), will conduct free individual thirty-minute hearing screenings to determine if an appointment with an audiologist is warranted. Must pre-register. NVRC is a non-profit and no sales are involved.

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|--------------------|---|--------------------|
| • Dec. 6 | Wednesday | Walter Reed |
| 10-10:30 a.m. | #912900-29 | 1 session |
| 10:30-11 a.m. | #912900-30 | 1 session |
| 11-11:30 a.m. | #912900-31 | 1 session |
| 11:30 a.m.-12 p.m. | #912900-32 | 1 session |
| 12:30-1 p.m. | #912900-33 | 1 session |
| 1-1:30 p.m. | #912900-34 | 1 session |
| 1:30-2 p.m. | #912900-35 | 1 session |
| 2-2:30 p.m. | #912900-36 | 1 session |
| 2:30-3 p.m. | #912900-37 | 1 session |

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|--------------------|---|-------------------|
| • Dec. 12 | Tuesday | Lubber Run |
| 10-10:30 a.m. | #912900-38 | 1 session |
| 10:30-11 a.m. | #912900-39 | 1 session |
| 11-11:30 a.m. | #912900-40 | 1 session |
| 11:30 a.m.-12 p.m. | #912900-41 | 1 session |
| 12-12:30 p.m. | #912900-42 | 1 session |
| 12:30-1 p.m. | #912900-43 | 1 session |
| 1-1:30 p.m. | #912900-44 | 1 session |
| 1:30-2 p.m. | #912900-45 | 1 session |
| 2-2:30 p.m. | #912900-46 | 1 session |
| 2:30-3 p.m. | #912900-47 | 1 session |

GET INVOLVED WITH SENIOR ISSUES!

COMMISSION ON AGING

The Arlington County Commission on Aging aims to enhance the quality of life for older Arlingtonians by ensuring all planning and County activities address their specific needs.

Commission on Aging meetings:

- **Dec. 18, 9 a.m.-11 a.m.** – Virtual
- **Jan. 22, 9 a.m.-11 a.m.** – Hybrid: DHS Sequoia 1, Lower Level Auditorium and virtual
- **Feb. 26, 9 a.m.-11 a.m.** – Virtual

Public comment is welcome at the beginning of the Commission on Aging meeting. If you wish to offer public comment, please sign up in advance by emailing arlaaa@arlingtonva.us with your name and the topic of your comment. For an updated and complete list of Commission on Aging meetings and other Aging Network activities, visit [https://www.arlingtonva.us/ Government/ Commissions-and-Advisory-Groups/COA/ Meetings](https://www.arlingtonva.us/Government/Commissions-and-Advisory-Groups/COA/Meetings).

ARLINGTON STEERING COMMITTEE FOR SERVICES TO OLDER PERSONS

Arlington Steering Committee for Services to Older Persons is an affiliation of private, non-profit, proprietary and government service providers and senior advocates who meet to discuss aging issues.

Steering Committee meetings:

- **Jan. 19, 10 a.m.-11 a.m.** – Lubber Run 55+ Center

SAVE THE DATE:

Community Engagement Forum on Aging Issues, Monday, March 18, 9:30a.m.-12:30 p.m. at the Lubber Run 55+ Center.

55+ TRAVEL



Steps or heavy walking; wear comfortable shoes



Lunch or shopping on your own; bring extra money



Charter Bus Trip



Activity is outdoors; dress accordingly



Meal is included in the price



Ticketed Event

DECEMBER

2023 Army Band American Holiday Festival

► Washington, DC

DECEMBER 2 • Saturday



Join the Soldiers of The U.S. Army Band “Pershing’s Own” as they ring in the holiday season at DAR Constitution Hall!

MAD	1:00 p.m.	\$9 Arlington County
TJ	1:30 p.m.	\$10 Out-of-County
returning	5:30 p.m.	#902312-01

DECEMBER 3 • Sunday



MAD	1:00 p.m.	\$9 Arlington County
BAR	1:30 p.m.	\$10 Out-of-County
returning	5:30 p.m.	#902312-02

Manet/Degas exhibit at the MET

► New York, NY

DECEMBER 5 • Tuesday



Step into the captivating world of one of the most significant artistic dialogues in modern art history through the Manet & Degas exhibit at the Metropolitan Museum of Art. This groundbreaking exhibition celebrates the revolutionary contributions of two iconic French artists, Édouard Manet and Edgar Degas, whose innovative approaches to painting transformed the course of art history. Lunch on your own at the museum.

TJ	4:30 a.m.	\$98 Arlington County
MAD	5:00 a.m.	\$113 Out-of-County
returning	11:00 p.m.	#902312-03



From left: Edouard Manet (French, Paris 1832-1883 Paris), *Young Lady in 1866, 1866*. Oil on canvas, 72 7/8 x 50 5/8 in. The Metropolitan Museum of Art. Gift of Erwin Davis, 1889.

Edgar Degas (French, Paris 1834-1917 Paris), *Young Woman with Ibis, 1857-58; reworked 1860-62*. Oil on canvas, 39 3/8 x 29 1/2 in. The Metropolitan Museum of Art. Gift of Stephen Mazoh and Purchase, Bequest of Gioconda King, by exchange, 2008.

Tea at The Elkridge Furnace Inn

► Elkridge, MD

DECEMBER 7 • Thursday



Join us for a delightful afternoon of tea at the historic Elkridge Furnace Inn, where time seems to stand still, and the world slows down to savor the simple pleasures of life. Nestled amidst the picturesque landscapes of Elkridge, Maryland, this enchanting venue offers an elegant and tranquil setting for tea enthusiasts and those seeking a charming escape.

GUN	9:45 a.m.	\$81 Arlington County
MAD	10:15 a.m.	\$93 Out-of-County
returning	4:00 p.m.	#902312-04

Season’s Greenings Exhibit at U.S. Botanic Gardens

► Washington, DC

DECEMBER 8 • Friday



The U.S. Botanic Garden (USBG) presents an expansive holiday exhibition known as *Season’s Greenings*. Amid the celebrations, G-gauge model trains traverse the enclosed outdoor gardens, while the Conservatory showcases poinsettias, festive decorations and D.C. landmarks intricately crafted from plant materials. Lunch on your own at the Wharf DC.

MAD	10:00 a.m.	\$11 Arlington County
BAR	10:30 a.m.	\$13 Out-of-County
returning	3:45 p.m.	#902312-05

19th Annual Downtown Holiday Market

► Washington, DC

DECEMBER 9 • Saturday



The 19th Annual Downtown Holiday Market is a festive extravaganza featuring live music, delectable food offerings and a diverse array of talented exhibitors. This beloved seasonal event transforms the heart of the city into a vibrant hub of holiday cheer, making it a must-visit for all.

MAD	11:00 a.m.	\$11 Arlington County
TJ	11:30 a.m.	\$13 Out-of-County
returning	5:00 p.m.	#902312-06



GardenFest Holiday Lights ▶ Henrico, VA

DECEMBER 12 • Tuesday   

Experience the enchanting GardenFest at Lewis Ginter Botanical Gardens with the theme “Rhythms of Nature.” Millions of mesmerizing lights illuminate winding garden paths and twinkle amidst the trees under the night sky. Marvel at intricate model trains and admire the creatively adorned trees, lovingly decorated by talented Henrico County Public Schools students. Early dinner at Lewis Ginter.

MAD 1:00 p.m. \$41 Arlington County
BAR 1:30 p.m. \$47 Out-of-County
 returning 11:30 p.m. [#902312-07](#)

Getting Dressed with Ann Lowe Exhibit at Winterthur ▶ Wintherthur, DE

DECEMBER 14 • Thursday   

This exhibition marks the most extensive showcase of Ann Lowe’s artistic legacy to date, showcasing a stunning collection of 40 iconic gowns. Many of these exquisite pieces have never before graced the public eye, offering a unique opportunity to witness the remarkable evolution of her design prowess from the 1920s through to the 1960s. In addition to Ann Lowe’s timeless creations, the exhibition will also shine a spotlight on contemporary couturiers and fashion designers whose current artistic practices, perspectives and career trajectories are deeply rooted in the rich legacy established by Lowe. Among these talented individuals are B Michael, Tracy Reese, Amsale Aberra and Bishme Cromartie, each of whom embodies the spirit of American fashion that owes its origins to Ann Lowe’s groundbreaking work. Lunch on your own at Winterthur.

BAR 7:00 a.m. \$48 Arlington County
MAD 7:30 a.m. \$55 Out-of-County
 returning 7:00 p.m. [#902312-08](#)

Composing Color: Paintings by Alma Thomas Exhibit Plus Sketching at Smithsonian American Art Museum

▶ Washington, DC

DECEMBER 16 • Saturday  

Join Community Arts Programmer Jennifer Droblyen for a fascinating tour of *Composing Color: Paintings by Alma Thomas* at the Smithsonian American Art Museum. This exhibition highlights the evolution of the artist’s process of representational early works to creating vibrant abstract pieces after retiring from a 35-year career as a Washington DC public school teacher. Feel free to bring a sketchbook and some colored pencils: we will reflect and emulate her technique as we contemplate her beautiful work. *See page 24 for details and more programs exploring the art of Alma Thomas.*

MAD 8:45 a.m. \$11 Arlington County
TJ 9:15 a.m. \$13 Out-of-County
 returning 3:00 p.m. [#902312-09](#)

Cirque Nutcracker at Baltimore Symphony Orchestra ▶ Baltimore, MD

DECEMBER 17 • Sunday   

Join us for the beloved holiday tradition, *Cirque Nutcracker*, featuring Troupe Vertigo’s mesmerizing acrobats, jugglers and aerialists. Together with the Baltimore Symphony Orchestra, they breathe new life into Tchaikovsky’s timeless classic.

GUN 12:15 p.m. \$66 Arlington County
MAD 12:45 p.m. \$76 Out-of-County
 returning 7:00 p.m. [#902312-10](#)

Making Her Mark: A History of Women Artists in Europe, 1400-1800 Exhibit at Baltimore Museum of Art ▶ Baltimore, MD

DECEMBER 20 • Wednesday  

Making Her Mark: A History of Women Artists in Europe, 1400-1800 at the Baltimore Museum of Art celebrates the overlooked contributions of women artists during this era, offering a captivating glimpse into their rich and diverse artistic legacies. Lunch on your own at the museum.

BAR 9:00 a.m. \$11 Arlington County
MAD 9:30 a.m. \$13 Out-of-County
 returning 5:00 p.m. [#902312-11](#)

JANUARY

Supreme Court Tour

► Washington, DC

JANUARY 9 • Tuesday



Join us for a self-guided tour of the Supreme Court. Learn the history of the court and building. Lunch on your own at the Court cafeteria. (Please note: The Supreme Court is not accessible by private vehicles. There are designated drop off locations which require additional walking).

MAD	8:00 a.m.	\$11 Arlington County
BAR	8:30 a.m.	\$13 Out-of-County
returning	2:00 p.m.	#902401-01

Kennedy Center Coffee Concert

► Washington, DC

JANUARY 12 • Friday



Experience a cultural delight with the Kennedy Center's Coffee Concert featuring the brilliant Fazil Say performing Stravinsky, conducted by Nosedá in a mesmerizing rendition of Haydn's masterpieces. A musical journey awaits!

MAD	10:00 a.m.	\$28 Arlington County
TJ	10:30 a.m.	\$32 Out-of-County
returning	3:00 p.m.	#902401-02

MGM Casino and Tanger Outlets

► National Harbor, MD

JANUARY 13 • Saturday



Enjoy a thrilling day out at Tanger Outlets for premium shopping or test your luck at the MGM Casino in scenic National Harbor. Unforgettable entertainment awaits just a short trip away!

GUN	10:00 a.m.	\$11 Arlington County
MAD	10:30 a.m.	\$13 Out-of-County
returning	4:30 p.m.	#902401-03

The Sky is the Limit Exhibit at National Museum of Women in the Arts

► Washington, DC

JANUARY 17 • Wednesday



After a closure lasting over two years, NMWA makes a grand reopening. In honor of women's groundbreaking contributions to large-scale sculpture, a collection of artworks by 12 artists will be suspended from the ceiling, gracefully adorning the walls in sweeping arcs and extending boldly from the corners of the space. Towering works on display incorporate diverse found objects like silver-plated vessels, hair combs, ostrich eggs and parasols, alongside essential materials spanning from aluminum to wool. Lunch on your own at the museum's café.

MAD	9:15 a.m.	\$45 Arlington County
BAR	9:45 a.m.	\$52 Out-of-County
returning	3:30 p.m.	#902401-04

Dorthea Lange, Seeing People Exhibit at National Gallery of Art

► Washington, DC

JANUARY 19 • Friday



Throughout her lengthy and pioneering career, American photographer Dorothea Lange crafted iconic 20th-century portraits. This exhibit reinterprets Lange's oeuvre, focusing on her exceptional talent for capturing and unveiling the essence and resilience of her subjects. Presenting around 100 photographs, the exhibition explores Lange's inventive techniques in portraying individuals and underscores her contributions to addressing societal challenges like economic inequality, migration, poverty and racism. Lunch on your own at the gallery's café.

MAD	10:00 a.m.	\$11 Arlington County
TJ	10:30 a.m.	\$13 Out-of-County
returning	4:00 p.m.	#902401-05

REFUND POLICY FOR TRIPS

- No refunds are granted for any trips that require meal reservations, tickets or chartered transportation, unless staff is able to sell your reserved space.
- No refunds within 48 hours of trip departure time.
- Call 55+ Travel at 703-228-4748 for cancellation requests for 55+ trips.

PLEASE NOTE:

- Destinations may be changed, or excursions canceled for inclement weather.
- Credit and debit card purchases through the Arlington County Department of Parks and Recreation [registration system](#) will include a 2.5% - 3% convenience fee paid directly to the credit card processor. Arlington County does not receive any portion of the fee.

TRAVEL

Perry Belmont House Tour ▶ Washington, DC

JANUARY 23 • Tuesday



Take a tour of the Perry Belmont House, an opulent stone mansion constructed in 1909 in the Beaux Arts style. Crafted by the stylish French architect Ernest Sanson under the watchful eye of Philadelphia's Horace Trumbauer, this house stands as a prime exemplar of early twentieth-century urban residences tailored for extravagant entertainment, catering to the affluent elite. Afterward, we'll tour the International Student House and then enjoy lunch. Please bring \$10 for Perry Belmont House Tour.

MAD 8:45 a.m. \$34 Arlington County
BAR 9:15 a.m. \$39 Out-of-County
returning 3:00 p.m. [#902401-06](#)

Crest Hill Tea ▶ The Plains, VA

JANUARY 24 • Wednesday



Indulge in an exquisite high tea experience at Crest Hill. Savor a delightful spread featuring house salad, assorted sandwiches, fresh fruit, assorted pastries and a selection of aromatic teas.

BAR 9:15 a.m. \$63 Arlington County
MAD 9:45 a.m. \$72 Out-of-County
returning 2:30 p.m. [#902401-07](#)

Broadway at The National Theatre: *Annie*

▶ Washington, DC

JANUARY 28 • Sunday



Holding onto hope during tough times demands immense determination, often packaged in the smallest forms. Little orphan Annie has long reminded theatergoers that brighter days are ahead, and now, the beloved musical returns in a faithful production, exactly as you recall it, precisely when it's needed most. Directed by Jenn Thompson, *Annie* showcases the iconic book and score by Tony Award-winners Thomas Meehan, Charles Strouse and Martin Charnin. This heartwarming tale celebrates family, optimism, and the indomitable American spirit—a timeless remedy for life's hardships.

MAD 12:30 p.m. \$137 Arlington County
TJ 1:00 p.m. \$158 Out-of-County
returning 5:30 p.m. [#902401-08](#)

Jersey Boys at Riverside Center for the Performing Arts ▶ Fredericksburg, VA

JANUARY 31 • Wednesday



With its exceptional music, unforgettable characters and compelling narrative, *Jersey Boys* traces the captivating journey of four working-class youths who transformed into pop music legends. This Tony Award and Olivier Award-winning Best Musical delves into the untold story of Frankie Valli and The Four Seasons, unveiling the secret behind their enduring 40-year bond. From the streets of New Jersey to the pinnacle of stardom, experience electrifying performances of chart-topping classics like "Sherry," "Big Girls Don't Cry," "Can't Take My Eyes Off You," "Dawn," and "My Eyes Adored You," songs that earned The Four Seasons their esteemed place in the Rock 'n' Roll Hall of Fame. A three-course, waiter-served lunch is included. Content Warning: *Jersey Boys* contains strong language.

MAD 9:30 a.m. \$112 Arlington County
BAR 10:00 a.m. \$129 Out-of-County
returning 6:15 p.m. [#902401-09](#)

FEBRUARY

Tours of the Library of Congress and U.S. Capitol Visitor Center

▶ Washington, DC

FEBRUARY 9 • Friday



Curated by the Annenberg Space for Photography in Los Angeles and sourced from the extensive photography archives of the Library of Congress, this exhibition offers a glimpse into the remarkable collection of over 14 million photographs held by the institution. The showcased images, captured between 1839 and the present day, serve as a visual journey through the history of photography, showcasing its evolution from early daguerreotypes and other primitive methods to the modern era of digital technology. Afterward, tour and dine on your own at the U.S. Capitol Visitor Center.

MAD 9:15 a.m. \$15 Arlington County
TJ 9:45 a.m. \$17 Out-of-County
returning 5:45 p.m. [#902402-03](#)

Maryland Live! Casino

▶ Hanover, MD

FEBRUARY 10 • Saturday

Embark on an exciting excursion to Maryland Live Casino, where entertainment and gaming excitement await. Lunch on your own at the casino.

MAD	8:30 a.m.	\$11 Arlington County
GUN	9:00 a.m.	\$13 Out-of-County
returning	3:00 p.m.	#902402-04

**Valentine's Day Tea at Miss Minerva's**

▶ Culpeper, VA

FEBRUARY 14 • Wednesday

Experience a delightful afternoon tea at Miss Minerva's, featuring a delightful array of offerings including tea sandwiches, savory treats, delectable desserts, the daily scone accompanied by rich cream and luscious jam, all served with a variety of teas.

MAD	8:45 a.m.	\$58 Arlington County
BAR	9:15 a.m.	\$67 Out-of-County
returning	4:30 p.m.	#902402-05

National Army Museum

▶ Fort Belvoir, VA

FEBRUARY 28 • Wednesday

The National Museum of the United States Army commemorates more than 245 years of Army history, paying tribute to our nation's soldiers—those from the past, present, and future—encompassing the Regular Army, the Army Reserve and the Army National Guard. Lunch on your own at the museum.

MAD	9:00 a.m.	\$11 Arlington County
TJ	9:30 a.m.	\$13 Out-of-County
returning	3:00 p.m.	#902402-08

REGISTRATION FOR 55+ TRIPS:

The registration process for 55+ trips has been streamlined. It will now start on the same days and follow the same procedures as general registration for all 55+ programs. **Arlington residents** may begin to sign up on Wed., Nov. 15 at 10 a.m. **Out-of-County residents** may begin on Thurs., Nov. 16 at 10 a.m. There is no longer a separate registration process for trips.

You may register [online](#), by phone or in person beginning on the appropriate date. Detailed step-by-step instructions for registering online are provided on [pg. 52](#) of the Guide. To register by phone, please call the Administrative Services at 703-228-4747. The 55+ Travel Program will no longer be handling phone registration. If you wish to register in person, you may do so at a 55+ Center or at the Administrative Services Office located at the [Lubber Run Community Center](#), 300 N. Park Dr., Arlington, 22203.

IMPORTANT TRAVEL INFORMATION:

- You must have a valid 55+ Pass, except for first-time guests (must be age 55 and older).
- Bus leaves promptly at the specified time from each pick-up site. Arrive at least 15 minutes prior to bus departure. Upon arrival, check in with the volunteer travel leader.
- Please note: the first bus departure will be the last drop-off on the return. The return time is the time we arrive at the last drop-off. Return times are estimated.
- Meals: when a meal choice is advertised, call 55+ Travel at (703) 228-4748 to indicate your choice. A dollar sign means the lunch is on your own and a plate symbol means the meal is included in the stated price.
- Parking: at **Barcroft**, parking is in the garage and pick-up is in the front of the center. At **Gunston**, parking and pickup are in the lower parking lot down the hill from the entrance to the school and just north of the tennis courts and soccer fields. At **Thomas Jefferson (TJ)**, parking and pick-up are in the parking lot to the right of the tennis courts, NOT in front of the community center. At **Walter Reed**, parking is in the back lot behind the center and pick-up is in the front of the center.

Black History Month Travel Programs

We Who Believe in Freedom: Black Feminist D.C. Exhibit at MLK Memorial Library ▶ Washington, DC

FEBRUARY 2 • Friday 

Expertly curated by acclaimed historians Sherie M. Randolph and Kendra T. Field, this exhibition spotlights the narratives and perspectives of Black feminist visionaries and scholars, including Anna Julia Cooper, Eleanor Holmes Norton, Mary Treadwell and Nkenge Touré. Their impactful efforts profoundly influenced the lives of Black women within Washington, DC communities and resonated across the United States. Operating at the crossroads of race, class and gender, Black feminists passionately advocated for a vision of freedom and emancipation that transcended their personal struggles—a mission that continues to demand our attention and action today. Prior to touring this exhibit, we will visit the Mary McLeod Bethune Council House National Historic Site. The Council House was the first headquarters of the National Council of Negro Women (NCNW) and was Bethune's last home in Washington, DC. From here, Bethune and the NCNW spearheaded strategies and developed programs that advanced the interests of African American women. (Please note: The Mary McLeod Bethune Council House is not handicap accessible. The second floor of the home can only be reached by climbing the stairs.)

MAD	9:00 a.m.	\$9 Arlington County
BAR	9:30 a.m.	\$10 Out-of-County
returning	12:40 p.m.	#902402-01

Black History Bus Tour ▶ Arlington, VA

FEBRUARY 6 • Tuesday

Join us on a one-of-a-kind bus tour of some of Arlington's Black historical sights. Don't forget to bring your lunch for the ride!

BAR	9:30 a.m.	\$11 Arlington County
MAD	10:00 a.m.	\$13 Out-of-County
returning	3:00 p.m.	#902402-02

Dawoud Bey: Elegy Exhibit at Virginia Museum of Fine Arts ▶ Richmond, VA

FEBRUARY 20 • Tuesday   

Captivating and thought-provoking, Dawoud Bey's collection features 42 photographs and two film installations offering poignant reflections on the arduous journeys and human stories entwined with the Virginia slave trail, Louisiana plantations and Ohio's Underground Railroad. *Dawoud Bey: Elegy* introduces the first installment of a trilogy, unveiling the artist's latest series, shot in Richmond exclusively for VMFA. Internationally celebrated for his Harlem street scenes and evocative portraits, Bey's focus shifts to landscapes, where he contemplates place as a profound repository of memory and a silent witness to American history. In this immersive exhibition, his art subtly suggests a human presence, enriching our comprehension of African American experiences often overlooked in the collective narrative of U.S. history. Lunch on your own at VMFA.

MAD	6:30 a.m.	\$30 Arlington County
TJ	7:00 a.m.	\$35 Out-of-County
returning	4:30 p.m.	#902402-06

Fights for Freedom Exhibit at Textile Museum ▶ Washington, DC

FEBRUARY 23 • Friday 

As the nation's capital, Washington, D.C. has consistently played a pivotal role in the ongoing pursuit of freedom, representation and equal rights. This exhibition, curated from GW's special collections, showcases key D.C. figures and historical moments that have influenced these endeavors, spanning from anti-slavery campaigns to the Civil Rights movement. **(Please bring \$8 donation.)**

MAD	11:45 a.m.	\$10 Arlington County
GUN	12:15 p.m.	\$12 Out-of-County
returning	5:00 p.m.	#902402-07

COMMUNITY PARTNERS

THE ALLIANCE FOR ARLINGTON SENIOR PROGRAMS (AASP)



The Alliance for Arlington Senior Adult Programs (AASP) continues to support 55+ Program activities, such as 55+ Fitness Day, the Variety Show, healthy cooking classes, Acoustic Café and the new Internet Access for Arlington Seniors Project.

We would like to thank the many 55+ Program members who have made donations to the Alliance since our last appeal for help. We have been able to provide Internet access to a number of needy Arlington seniors at no cost to them and have begun additional computer classes at the Arlington Mill, Langston-Brown and Walter Reed Centers.

If you are a past supporter, we are asking you to help once again. If you have never given before, your help is especially important. Visit friendsofthealliance.org to donate or send a check to: **The Alliance for Arlington Senior Programs, P.O. Box 5184, Arlington, VA 22205.**

ARLINGTON NEIGHBORHOOD VILLAGE (ANV)



Arlington Neighborhood Village (ANV) is a community-based non-profit organization that helps older adults stay in their homes and community as they age. ANV volunteers provide the extra help a member might need: a ride to a medical appointment, running an errand, help on the computer or someone to get up on a ladder to change a lightbulb! To learn more about ANV, call 703-509-8057, email info@ANVarlington.org or visit ANVarlington.org. Everyone is invited to join ANV's weekly Coffee and Conversation speaker series on Wednesdays at 10 a.m. Go to ANVarlington.org/events to learn more and get the Zoom link. You can also learn more about volunteering with ANV or becoming a member on Tues., Feb. 27 at 11:30 a.m.; look in this guide on [page 13](#) for registration information.

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

Take a moment to visit our website at ANVarlington.org to learn more about our work.

ENCORE LEARNING

Encore Learning provides college-level courses, nine active clubs and year-round special events for people ages 50+ who want to expand their world, learn new things and make new friends, all at a low price. Courses are offered virtually via Zoom or in-person at George Mason University's Arlington campus and other nearby locations. Membership is only \$65 for the entire year.

The spring course preview is Thursday, February 1 via Zoom and provides a great opportunity to meet the instructors and learn more about each course. Registration for the spring semester begins Monday, February 5 at 10:00 a.m. sharp, with more than 35 courses being offered from March to May. To see all of our special events and upcoming courses, click [here](#). You must be a member of Encore Learning to enroll in any course. For more information or to become a member, visit www.EncoreLearning.net or email us at info@encorelearning.net.



HOW TO REGISTER

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.

THERE ARE FOUR WAYS TO REGISTER:

ONLINE ► registration.arlingtonva.us

Online registration is available 24/7 (after registration opens) through our WebTrac system.

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

IN PERSON ► Visit one of our 55+ Centers that are open, or Department of Parks & Recreation Administrative Services Office located at 300 N. Park Drive (Mon.-Fri., 8 a.m. to 5 p.m.).

PHONE ► 703-228-4747

Call us to register: Monday – Friday, 8 a.m. – 5 p.m.

MAIL ► 300 N. Park Drive 22203

[\(Get the 55+ Pass registration form online\)](#)

Registration Opens:

- **November 15 at 10 a.m. (Arlington County)**
- **November 16 at 10 a.m. (Out of County)**

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.

Credit and debit card purchases through the Arlington County Department of Parks and Recreation [registration system](#) will include a 2.5% - 3% convenience fee paid directly to the credit card processor. Arlington County does not receive any portion of the fee. 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.

We aim to please.

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

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

Senior Adult Council Executive Committee

David Litman / Chair

Marilyn Marton / Vice Chair

Tom Curtis / Secretary

Valerie Turner / Treasurer

Vera Libeau / Past Chair

Arlington County 55+ GUIDE is a publication of the Arlington County Department of Parks and Recreation Office of 55+ Programs serving adults ages 55 and over. Arlington County's Department of Parks and Recreation is one of the 145 agencies (of more than 8,000) in the U.S. to have received national accreditation from the Commission for Accreditation of Parks and Recreation Agencies (CAPRA) by meeting 151 standards.



CONNECT & LOCATE

General Information 703-228-4747
55Plus@arlingtonva.us

55+ Sports & Fitness Information
703-228-4771 (voicemail)

55+ Travel Program Information
703-228-4748 (voicemail)
AC55PlusTravel@arlingtonva.us

55+ CENTERS

- AM*** **Arlington Mill**
909 S. Dinwiddie St., 22204
703-228-7369
Carrie Conley: cconley1@arlingtonva.us
M-F: 9-3, some nights/wknds
- AH** **Aurora Hills**
735 S. 18th Street., 22202
703-228-5722
Lila Paig: lpaig@arlingtonva.us
MWF: 10-3; T/TH as scheduled
- LB*** **Langston-Brown**
2121 N. Culpeper St., 22207
703-228-6300
Elizabeth Poole: epoole@arlingtonva.us
M-F: 9-3, some nights/wknds
- LUBR** **Lubber Run**
300 N. Park Dr., 22203
703-228-4767
Ashley Gomez Figueredo: agomez1@arlingtonva.us
M-F: 9-3, some nights/wknds
- WR*** **Walter Reed**
2909 S. 16th St., 22204
703-228-0955
Jennifer Weber: jweber1@arlingtonva.us
M-F: 9-3, some nights/wknds

**Indicates hot lunch daily*

ACTIVITY / PICK-UP SITES

- BAR** **Barcroft**
4200 S. Four Mile Run Dr., 22204
703-228-0701
- FAIR** **Fairlington**
3308 S. Stafford St., 22206
703-228-6588
- GUN** **Gunston**
2700 S. Lang St., 22206
703-228-6980
- LONB** **Long Bridge Aquatics & Fitness Center**
333 Long Bridge Dr., 22202
703-228-3338
- MAD** **Madison**
3829 N. Stafford St., 22207
703-228-5310
- TJ** **Thomas Jefferson**
3501 S. Second St., 22204
703-228-5920

