

55+ TRAVEL & VIRTUAL PROGRAMS NEWSLETTER

Arlington County, VA

703-228-4748

55+ Travel Office

Lubber Run Community Center
300 N. Park Drive
Arlington, VA

55+ Travel Program Information

703-228-4748
AC55plusTravel@arlingtonva.us

55+ Travel Website

<https://www.arlingtonva.us/Government/Departments/Parks-Recreation/Programs/55-Membership/Seniors-Travel>

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A NOTE FROM SHARLEKA:

Happy New Year! Warmest wishes for good health and happiness in 2023! At this bright, festive season of promise and hope, 55+ Travel staff and our wonderful volunteer travel leaders remain thoroughly committed to providing you the best travel experiences possible in the new year and always. Enjoy!

Increased Bus Capacity: 55+ Travel has issued revised Covid-19 guidelines (see p. 7) which include increased bus capacity to accommodate more travelers. For your safety and the drivers', masks will still be required on the bus.

55+ YouTube Channel: Several new recorded programs have been added to the 55+ YouTube channel. Please see p. 6 for a list of the new programs.

Inclement Weather Alert: Trips with an umbrella symbol in the Guide will take place rain or shine. Otherwise, if a trip is canceled due to inclement weather you will be notified by phone and/or email. You can also call the Inclement Weather Hotline at 703-228-4715 or check online for closings and delays at [Arlingtonva.us Inclement Weather](https://www.arlingtonva.us/InclementWeather).

eNews: Sign up to receive the eNews by entering your email address on the [55+ Website](https://www.arlingtonva.us/55plus) (look for the 55+ eNews subscribe box on the lower right).

All 55+ Centers will be closed on Monday, January 2 (for New Year's) and Monday, January 16 (Martin Luther King Jr. Day).

HIGHLIGHTS OF JANUARY 55+ VIRTUAL PROGRAMS

There are many excellent virtual programs coming up in January, but we only have space to highlight a few. Please refer to the 55+ Guide and the calendar (pp. 4-5) for a complete listing.

Some Drugs Don't Mix!

Find out which common over-the-counter medicines can be harmful if taken with certain prescription medications.

Thurs., Jan. 5, 11:30 a.m.-12:30 p.m., [#912500-17](#)

New Year, New Recipes

Bring a recipe to share and learn a new one from a Master Food Volunteer. Also learn traditional New Year's Day recipes featuring beans and greens.

Tues., Jan. 10, 11:30 a.m.-12:30 p.m., [#912890-10](#)

Papers: Save or Shred

Learn how to manage, prioritize, organize and save or shred the paper piles in your life.

Wed., Jan. 11, 11 a.m.-12 p.m., [#912404-01](#)

New Year, New Budget

Get tips on how to budget better in the new year and reach your financial goals.

Thurs., Jan. 12, 11 a.m.-12 p.m., [#912400-07](#)

Library of Virginia's Genealogy Series: Voting and Election Records at the Library and Federal Pension Records, 1814-1842

Thurs., Jan. 12, 2-3 p.m., [#912400-36](#)

MLK's "I Have a Dream" Speech

A retired George Mason communications professor will explain why this is still one of the greatest speeches in U.S. history.

Thurs., Jan. 12, 1:30-2:30 p.m., [#912899-03](#)

What's Contained in a Will?

Elder law attorney Ed Zetlin will discuss what should be contained in your will.

Wed., Jan. 18, 11 a.m.-12 p.m., [#912404-02](#)

Lost City of Jackson

Nature center staff will introduce one of Arlington's most enigmatic histories.

Wed., Jan. 18, 5-5:45 p.m., [#912400-31](#)

Around the World to—Morocco

Explore the splendors of beautiful, exotic Morocco with the Embassy of Morocco's Cultural Attaché.

Thurs., Jan. 19, 11:30 a.m.-12:30 p.m., [#912400-13](#)

Dwight D. Eisenhower Memorial

A National Park Ranger will explain the symbolism of this new memorial on the National Mall.

Thurs., Jan. 19, 1:30-2:30 p.m., [#912400-32](#)

Library of Virginia's Genealogy Series: Estate & Inventory Records, Deeds and Unclaimed Personal Property Records

Thurs., Jan. 19, 2-3 p.m., [#912400-37](#)

China's Increasing Threat

U.S. Army War College's Lt. Col. Christopher Wilson will detail the challenges posed by China's drive to expand its global influence.

Thurs., Jan. 26, 1:30-2:30 p.m., [#912400-18](#)

The British Royal Family: The Life of Queen Elizabeth II

Library of Virginia's Ashley Craig will delve into how Queen Elizabeth II became the British monarch and her long-lasting global impact.

Thurs., Jan. 26, 2-3 p.m., [#912400-16](#)



Photo Gallery

Perry Belmont House Holiday Tour



Photo credits: Jim Mason

UPCOMING JANUARY 55+ TRIPS

Thurs., Jan. 5—National Museum of the Marine Corps Triangle, VA: Investigate over 200 years of Marine Corps history and the Marines' tremendous commitment, accomplishments and sacrifices. Tour and lunch on your own.
MAD 8:30 a.m., GUN 9:00 a.m., return 3:30 p.m., #902301-01
\$10 Arlington County/ \$12 Out-of-County

Wed., Jan. 11—National Air and Space Museum Washington, DC: Discover the wonders of air and space at one of the eight new galleries at the recently reopened museum. Tour and lunch on your own.
MAD 9:40 a.m., BAR 10:10 a.m., return 4:00 p.m., #902301-02
\$9 Arlington County/ \$10 Out-of-County

Sat., Jan. 14—The Barnes Foundation Tour Philadelphia, PA: View one of the world's greatest collections of impressionist, post-impressionist and early modern paintings with a docent-led tour. Dine on your own at the Garden Restaurant.
WR 6:30 a.m., MAD 7:00 a.m., return 6:50 p.m., #902301-03
\$54 Arlington County/ \$62 Out-of-County

Tues., Jan. 17—DEA Museum Tour Arlington, VA: Explore stories of America's connection to drugs. Lunch on your own at Pentagon Row. Valid photo ID required.
MAD 9:35 a.m., WR 10:05 a.m., return 2:45 p.m., #902301-04
\$7 Arlington County/ \$8 Out-of-County

Fri., Jan. 20—Lunch at Peking Gourmet Inn Falls Church, VA: Enjoy a memorable lunch at this iconic Chinese restaurant.
MAD 10:00 a.m., GUN 10:30 a.m., return 2:00 p.m., #902301-05
\$48 Arlington County/ \$55 Out-of-County

Wed., Jan. 25—National Cryptologic Museum Annapolis Junction, MD: Participate in two tours: 1) American Cryptologic History Tour and 2) Advancing Technology Tour. Dine afterwards at Arundel Mills Mall.
BAR 9:30 a.m., MAD 10:00 a.m., return 6:30 p.m., #902301-06
\$11 Arlington County/ \$13 Out-of-County

Sat., Jan. 28—"Matisse in the 1930s" at the Philadelphia Museum of Art Philadelphia, PA: A collection of the legendary artist's work in a decade of artistic exploration with Philadelphia as a backdrop. Lunch on your own at the museum.
WR 6:40 a.m., MAD 7:10 a.m., return 7:30 p.m., #902301-07
\$44 Arlington County/ \$51 Out-of-County

Sun., Jan. 29—Sketching at the National Gallery of Art Washington, DC: Follow the lead of 55+ Community Arts Programmer Jennifer Droblyen and draw from famous artwork at the National Gallery. Supply list provided. Lunch on your own at NGA.
MAD: 9:00 a.m., WR 9:30 a.m., return 3:00 p.m., #902301-08
\$11 Arlington County/ \$13 Out-of-County

THANKS TO OUR WONDERFUL VOLUNTEERS!

55+ Travel Advisory Committee:

Mary Bacchus
Ginger Bevard
Sidney Bruce
Dawn Edwards
Cathy Knowles
Jim Mason
Judy Metcalf

55+ Travel Leaders:

Bobbi Curry
Pamela Daragan
June Gallagher
Mort Glassberg
Kathleen Harrison
Carole Lieber
Sandra MacPherson
Jim Mason
Mary Jane Nelson
Annmarie Pittman
Randolph Randall
Benjamin Scott
Sharon Sellers
David Young

YOU ARE THE BEST!!!!

Volunteer to be a 55+ Travel Leader! We're looking for a few more active, energetic and professional volunteers like these to lead trips. Some tickets and fees paid for. Register to volunteer online at <https://www.arlingtonva.us/Government/Departments/Parks-Recreation/About/Volunteer>.

SUBSCRIBE TO THE 55+ ENEWS!

Keep up to date on 55+ programs and trips by subscribing to the 55+ eNews. The 55+ eNewsletter is emailed to subscribers once a month with highlights of upcoming programs and helpful information. Also, the 55+ Guide is emailed to subscribers in an eNewsletter. Sign up by entering your email address on the [55+ Website](#) (look for the 55+ eNews subscribe box on the lower right).

MONDAY	TUESDAY	WEDNESDAY
2	3	4
HAPPY NEW YEAR!		
55+ Centers Closed		
9	10	11
Wake and Make* 9-10 a.m. Painting Demonstration* 10:30 a.m.-12 p.m.	New Year, New Recipes* 11:30 a.m.-12:30 p.m.	Study of Words*+ 10:30-11:45 a.m. History Roundtable* 11:15 a.m.-12:30 p.m. Papers: Save or Shred* 11 a.m.-12 p.m. National Air & Space Museum^^ MAD 9:40 a.m., BAR 10:10 a.m. Return 2:00 p.m.
16	17	18
MARTIN LUTHER KING JR. DAY		
55+ Centers Closed		
Rock Music Legends: New Year Soul*+ 1:30-2:45 p.m. DEA Museum Tour^^ MAD 9:35 a.m., WR 10:05 a.m. Return 2:45 p.m.	What's Contained in a Will?* 11 a.m.-12 p.m. Lost City of Jackson* 5-5:45 p.m.	
23	24	25
Short Story Reading and Discussion*+++ 1-2:30 p.m. Secrets Revealed* 10:30-11:30 a.m.		National Cryptologic Museum^^* BAR 9:30 a.m., MAD 10:00 a.m., Return 6:30 p.m.
30	31	

Weather Watch:

- Trips with an umbrella symbol in the 55+ Guide are rain or shine.
- Otherwise, if your trip is cancelled due to inclement weather, you will receive a phone call and/or an email to let you know.
- You can also call the Inclement Weather Hotline at 703-228-4715 or go online to arlingtonva.us/Inclement_Weather.

THURSDAY	FRIDAY
<p style="text-align: right;">5</p> <p>Trivia,* 11 a.m.-12:30 p.m.</p> <p>Some Drugs Don't Mix!* 11:30 a.m.-12:30 p.m.</p> <p>Nat'l Museum of the Marine Corps^^* MAD 8:30 a.m., GUN 9:00 a.m. Return 3:30 p.m.</p>	<p style="text-align: right;">6</p> <p>German Conversation* 10 a.m.-12 p.m.</p> <p>Documentary Discussions* 1:30-2:30 p.m.</p>
<p style="text-align: right;">12</p> <p>New Year, New Budget* 11 a.m.-12 p.m.</p> <p>MLK's "I Have a Dream" Speech* 1:30-2:30 p.m.</p> <p>Library of Virginia Genealogy: Voting, Election & Federal Pension Records* 2-3 p.m.</p>	<p style="text-align: right;">13</p>
<p style="text-align: right;">19</p> <p>Paint & Sip,* 10-11:30 a.m.</p> <p>Around the World to—Morocco* 11:30 a.m.-12:30 p.m.</p> <p>Dwight D. Eisenhower Memorial* 1:30-2:30 p.m.</p> <p>Library of Virginia Genealogy: Estate & Inventory, Deeds & Unclaimed Property Records,* 2-3 p.m.</p>	<p style="text-align: right;">20</p> <p>German Conversation* 10 a.m.-12 p.m.</p> <p>Just Beneath the Surface* 10-11:30 a.m.</p> <p>Lunch at Peking Gourmet Inn^^* MAD 10:00 a.m., GUN 10:30 a.m. Return 2:00 p.m.</p>
<p style="text-align: right;">26</p> <p>British Royal Family: Queen Elizabeth II* 2-3 p.m.</p> <p>China's Increasing Threat* 1:30-2:30 p.m.</p>	<p style="text-align: right;">27</p> <p>German Conversation* 10 a.m.-12 p.m.</p>

TRAVEL & VIRTUAL PROGRAM CALENDAR JANUARY 2023

Key:

^ = fee required

* = registration required

+ Hybrid; also at Lubber Run

++ Hybrid; also at Aurora Hills

+++ Hybrid; also at Arlington Mill

++++ Hybrid; also at Walter Reed

Weekend Programming:

Sat., Jan. 14—The Barnes Foundation Tour^^*
WR 6:30 a.m., MAD 7:00 a.m.
Return 6:50 p.m.

Sat., Jan. 28—Philadelphia Museum of Art^^*
WR 6:40 a.m., MAD 7:10 a.m.
Return 7:30 p.m.

Sun., Jan. 29—Sketching at the National Gallery of Art^^*
MAD 9:00 a.m., WR 9:30 a.m.
Return 3:00 p.m.

LOOKING FOR A ZOOM LINK?

If you registered for a virtual program but haven't received a Zoom meeting link, here's what you can do:

- If the program is a discussion group or other program that meets regularly and you know who the programming staff member is, contact the staff member to request the link.
- If you don't know who the programming staff member is, contact Sheila Budoff at sbudoff@arlingtonva.us to request the link.

PLEASE NOTE: Zoom links typically are emailed about two days before the program. This is because registration for virtual programs closes 48 hours in advance. For last-minute registration, call the Registration Office at 703-228-4747 and ask them to notify the programming staff member so they can send you the link.

NEED TO CANCEL A TRIP? Please call the 55+ Travel Office at 703-228-4748.

PICK-UP LOCATION: Check the bottom of your registration receipt (under "Special Questions") to confirm your bus pick-up location. It will be the same location you chose when you registered.

REFUND POLICY FOR TRIPS:

- No refunds are granted for any trips that require meal reservations, tickets or chartered transportation unless staff is able to sell your reserved space.
- No refunds within 48 hours of trip departure time.
- Call Administrative Services at 703-228-4747 for refund requests.

FIND VIRTUAL PROGRAMS ON ARLINGTON'S 55+ YOUTUBE CHANNEL

If you missed a virtual program, you may be able to view it on Arlington County's 55+ YouTube channel: <https://www.youtube.com/channel/UC8iQ7UX39JclKJZ3TEMb3cg>
Each month we record several selected programs and post them on the YouTube channel. Subscribe to the channel and watch past sessions of the *55+ Live!* Talk Show, exercise videos, history and other educational programs.

*****Newly added:**

- [The Rise of Vladimir Putin](#)
- [Renée Scott: An Extraordinary Life](#)
- [Bonsai en Español](#)
- [Artist Secrets Revealed: 18th Century Romanticism](#)

The SCAT (Senior Center Adult Transportation) program will be ending on Dec. 31, 2022. An information session on transportation alternatives, including the STAR program, will be held in January. Frequent SCAT users will be notified of the date for the information session when it is scheduled.



Travel things to know

The 55+ Travel Program is committed to providing safe charter bus rides, even in these unprecedented times. To ensure participants' safety as much as possible aboard charter buses, several Covid-19 guidelines were put into place in March 2022 when 55+ Travel resumed. Now that the Covid-19 indicators have improved significantly, it is appropriate to modify the Covid-19 protocols, keeping in mind that older adults are more vulnerable to serious illness from Covid. The revised 55+ Travel Covid-19 bus protocols follow:

1. Before each trip, buses will continue to be cleaned and disinfected using commercial-grade products by the charter company.
2. If you are sick with or have tested positive for Covid-19, please stay home for at least ten (10) days, isolate from others and do not travel.

If this means you will have to miss a 55+ trip you registered for, you may obtain a credit for the trip fee. Please email a photo of your positive Covid test or a note from your doctor to Sheila Budoff at sbudoff@arlingtonva.us to request a credit.

3. If you were exposed to or cared for someone with Covid-19 within the past ten (10) days, please get tested and do not travel unless you are able to wear a face mask for the duration of the trip, not just the bus ride.
4. Capacity on most trips will be increased from 30 to 40 people.
5. Participants will be required to wear masks covering their nose and mouth when boarding, riding and exiting the bus. This is for the safety of the bus drivers and 55+ travelers.
6. If the trip venue (museum, theater, etc.) requires masks to be worn, you must comply with that requirement.
7. Participants will maintain social distancing while entering and exiting the bus.
8. Since there will still be limited capacity on the bus, we ask for family members to be seated next to each other. You are welcome to sit with a friend.
9. Participants are expected to keep the same seat throughout the trip.

IMPORTANT TRAVEL INFORMATION:

- You must have a valid 55+ Pass, except for first-time guests.
- Bus leaves promptly at the specified time from each pick-up site. Arrive at least 15 minutes prior to bus departure. Upon arrival, check in with volunteer travel leader.
- Please note: The first bus departure will be the last drop-off on the return. Return times are estimated
- Meals: When a meal choice is advertised, indicate your choice when you register. A dollar sign means the lunch is on your own and a plate symbol means the meal is included in the stated price.
- Parking: At Barcroft, parking is in the garage and pick-up is in the front of the center. At Madison, parking is in the regular lots and pick-ups are in front of the center. At Gunston, pick-ups are on the sidewalk by the community center and school. Parking is near the Lang Street entrance and not by the community center.

HOW TO REGISTER

ONLINE ► registration.arlingtonva.us

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

Connect through the digital 55+ Guide:

You can link directly to the online registration system when viewing the digital 55+ Guide. After registration has opened (see dates on calendar), click on the [blue registration number](#) for the program that you are interested in - and a page will open in your Internet browser where you can review the class and register.

PHONE ► 703-228-4747

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

55+ CENTERS

AM	Arlington Mill 909 S. Dinwiddie St., 22204 703-228-7369
AH	Aurora Hills 735 S. 18th Street., 22202 703-228-5722
LB	Langston-Brown 2121 N. Culpeper St., 22207 703-228-6300
LUBR	Lubber Run 300 N Park Dr., 22203 703-228-4767
WR	Walter Reed 2909 S. 16th St., 22204 703-228-0955

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

- 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.

