

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>

Staff

Sharleka Ashton
55+ Travel Supervisor
sashton@arlingtonva.us
703-228-4713

Sheila Budoff
55+ Travel Program Assistant
sbudoff@arlingtonva.us
703-228-4718

Contents

Calendar	4-5
April 55+ Trips	3
Virtual Program Highlights	2



TRAVEL AND VIRTUAL PROGRAMS NOTES:

An Announcement: Sharleka Ashton, our wonderful 55+ Travel Supervisor, has accepted a temporary promotion to serve as Arlington County’s Acting Special Events Coordinator in DPR’s Public Relations Unit. This is a wonderful opportunity for Sharleka to apply her amazing creativity, passion and talents for the benefit of the entire county. We wish Sharleka well and look forward to her return to 55+ Travel (hopefully!) in June.

Openings on Spring 2023 Trips: There are still a few spots available on the following trips:

- Harrisburg, PA State Capitol—Tues., April 4
- Nationals vs. Orioles—Tues., April 18
- Hollywood Casino—Fri., April 21
- Sketching at the National Gallery of Art—Sun., April 30
- Chanticleer—Wed., May 3
- The Tea Cart—Wed., May 17
- Tanger Outlets—Tues., May 30

It’s not too late to register, but please act quickly because they’re filling up fast!

Registration Receipts: The current RecTrac system registration receipts have caused a great deal of confusion regarding bus pickup times and locations. Your correct pick-up location will be listed toward the bottom under “Special Questions,” not “Class Location” at the top. We are in the process of revising the receipts to make them clearer. We apologize for any confusion in the meantime.

Parking and Pick-Up Locations: If you have questions about where to park and where the bus will pick you up for a trip, please see pages 6 and 7.

APRIL 55+ VIRTUAL PROGRAMS HIGHLIGHTS

There are many excellent virtual programs coming up in April, 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.

Library of Virginia Virtual Tour

Community Outreach Specialist Ashley Craig will give a virtual tour of the Library of Virginia, one of the oldest agencies of the Virginia government and the most comprehensive resource in the world for the study of Virginia history, culture and government.

Thurs., April 6, 2-3 p.m., [#913400-36](#)

What Happens Without an Estate Plan?

Ed Zetlin, elder law attorney, will discuss the importance of having an estate plan.

Wed., April 12, 11 a.m.-12 p.m., [#913404-03](#)

Iran's Global Threat

Lt. Col. Zacharay Cole, U.S. Army War College, will discuss Iran's growing threat to the international community.

Thurs., April 13, 11:30 a.m.-12:30 p.m., [#913400-22](#)

The Life of Queen Elizabeth II

Delve into how Queen Elizabeth II became the United Kingdom's monarch and her lasting impact on the world with Ashley Craig, Outreach Specialist with the Library of Virginia.

Thurs., April 13, 2-3 p.m., [#913400-25](#)

Tour Through Time

Rebecca Wiewel, archaeologist with the Midwest Archeological Center, will share real artifacts excavated from various national parks, what we can learn from them and how these items are preserved.

Thurs., April 20, 1:30-2:30 p.m., [#913400-17](#)

Rock Music Legends: Rock and Roll Founders

55+ volunteer Carl Gold will discuss and perform music by Little Richard and Jerry Lee Lewis and some of the many artists they influenced, including Creedence Clearwater Revival.

Tues., April 25, 1:30-2:45 p.m., [#913400-38](#) (Arlington Mill); [#913400-39](#) (Virtual)

Origins of Russia's War on Ukraine

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

Thurs., April 27, 1:30-2:30 p.m., [#913400-23](#)

Library of Virginia's Genealogy Series: Kentucky and West Virginia Records

Thurs., April 27, 2-3 p.m., [#913400-33](#)

Art Programs:

Wake and Make, Mon., April 3, 9-10 a.m., [#913303-15](#)

Painting Demonstration, Mon., April 10, 10:30 a.m.-12 p.m., [#913303-13](#)

Secrets Revealed, Mon., April 17, 10:30-11:30 a.m., [#913302-05](#)

Paint & Sip, Thurs., April 20, 10-11:30 a.m., [#913303-11](#)

Just Beneath the Surface, Fri., April 28, 10-11:30 a.m., [#913302-03](#)



Photo Gallery

Philadelphia Flower Show



*Top: 55+ Travel Leader Randy Randall
Bottom: Stunning floral displays at the Show*

Discussion Groups:

History Roundtable

Wed., April 12, 11:15 a.m.-12:30 p.m.
[#913402-11](#)

Study of Words

Wed., April 12, 10:30-11:45 a.m.

[#913402-25](#) (Lubber Run); [#913402-26](#) (virtual)

History Discussion Group

Thurs., April 27, 1-2:30 p.m.

[#913402-13](#)

Trivia, Thurs., April 6, 11 a.m.-12:30 p.m., [#913600-07](#)

UPCOMING APRIL 55+ TRIPS

Tues., April 4 - Harrisburg, PA State Capitol

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

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

Fri., April 7 - A Day in Middleburg

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

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

Sat., April 15 - Leesburg Flower and Garden Festival

Leesburg, VA: The Leesburg Flower and Garden Festival boasts 125+ vendors including landscapers, gardening suppliers, plant sellers, outdoor living businesses, furniture makers and more. Dine on your own at the festival.

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

Tues., April 18 - Nationals vs. Orioles

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

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

Wed., April 19 - Historic West Avenue

Richmond, VA: This urban walking tour of the historic Fan District features beautifully renovated interiors and eclectic pocket-sized gardens. Dine on your own in Richmond.

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

Fri., April 21 - Hollywood Casino

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

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

Fri., April 28 - Kennedy Center Coffee Concert

Washington, DC: This concert spotlights outstanding NSO musicians in one of Schumann's most unique works: the Konzertstück for Four Horns. Conductor Gianandrea Noseda closes the program with Schubert's Third.

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

Sun., April 30 - Sketching at the National Gallery of Art

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

TJ 9:30 a.m., return 3:00 p.m., #902304-09
\$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
Linda Harper
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! Register 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
<p style="text-align: right;">3</p> <p>Wake and Make* 9-10 a.m.</p>	<p style="text-align: right;">4</p> <p>Harrisburg, PA State Capitol** BAR 6:30 a.m., MAD 7:00 a.m. Return 5:45 p.m.</p>	<p style="text-align: right;">5</p>
<p style="text-align: right;">10</p> <p>Painting Demonstration* 10:30 a.m.-12:00 p.m.</p>	<p style="text-align: right;">11</p>	<p style="text-align: right;">12</p> <p>History Roundtable* 11:15 a.m.-12:30 p.m.</p> <p>Study of Words** 10:30-11:45 a.m.</p> <p>What Happens Without an Estate Plan?* 11 a.m.-12 p.m.</p>
<p style="text-align: right;">17</p> <p>Secrets Revealed* 10:30-11:30 a.m.</p>	<p style="text-align: right;">18</p> <p>Nationals vs. Orioles** TJ 5:30 p.m. Return 11:00 p.m.</p>	<p style="text-align: right;">19</p> <p>Historic Garden Week in Richmond: Historic West Avenue** MAD 7:00 a.m., BAR 7:30 a.m. Return 6:15 p.m.</p>
<p style="text-align: right;">24</p>	<p style="text-align: right;">25</p> <p>Rock Music Legends: Rock and Roll Founders*** 1:30-2:45 p.m.</p> <p>Medicare and Retirement Planning* 10:30 a.m.-12:30 p.m.</p>	<p style="text-align: right;">26</p>

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](http://arlingtonva.us/InclementWeather).

THURSDAY	FRIDAY
6	7
Library of Virginia Virtual Tour* 2-3 p.m. [VCAA] Trivia* 11 a.m.-12:30 p.m. [VCAA]	A Day in Middleburg**^ GUN 11:30 a.m., MAD 12:00 p.m. Return 4:40 p.m. German Conversation* 10 a.m.-12 p.m.
13	14
Iran's Global Threat* 11:30 a.m.-12:30 p.m. Current Events Discussion in Spanish* 11:30 a.m.-12:30 p.m. [VCAA] The Life of Queen Elizabeth II* 2-3 p.m. [VCAA]	German Conversation* 10 a.m.-12 p.m.
20	21
Tour Through Time* 1:30-2:30 p.m. [VCAA] Paint & Sip* 10-11:30 a.m. [VCAA]	Hollywood Casino**^ GUN 9:45 a.m., MAD 10:15 a.m. Return 5:30 p.m. German Conversation* 10 a.m.-12 p.m.
27	28
Introduction to Basic Spanish* 11:30 a.m.-12:30 p.m. [VCAA] Origins of Russia's War on Ukraine* 1:30-2:30 p.m. Library of Virginia's Genealogy Series: KY & WV Records* 2-3 p.m. [VCAA] History Discussion Group* 1-2:30 p.m.	Kennedy Center Coffee Concert: NSO - Schubert and Mendelssohn**^ TJ 10:30 a.m. Return 2:00 p.m. Just Beneath the Surface* 10-11:30 a.m. German Conversation* 10 a.m.-12 p.m.

TRAVEL & VIRTUAL PROGRAM CALENDAR APRIL 2023

Key:

^ = fee required

* = registration required

+ Hybrid; virtual and at Lubber Run

++ Hybrid; virtual and at Aurora Hills

+++ Hybrid; virtual and at Arlington Mill

++++ Hybrid; virtual and at Walter Reed

VCAA=Virtual Center for Active Adults

Weekend Programming:

Sat., April 15 - Leesburg Flower and Garden Festival^**
 WR 9:05 a.m., MAD 9:35 a.m.
 Return 4:25 p.m.

Sun., April 30 - Sketching at the National Gallery of Art^**
 TJ 9:30 a.m.
 Return 3:00 p.m.

LOOKING FOR A 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.

PICK-UP LOCATION: Check the bottom of your registration receipt (under "Special Questions") to confirm your bus pick-up location. "Class Location" at the top is not necessarily where you will be picked up.

Parking and Pick-up:

At Gunston—Parking and pick-up are in the lower parking lot, down the hill from the entrance to the school (the first building on your right when you enter from Lang Street), and just north of the tennis courts and soccer fields.

At TJ—Parking and pick-up are in the parking lot to the right of the tennis courts, not in front of the community center.

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/UC8iQ7UX39JcIKJZ3TEMb3cg>. 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:

- [Through an Irish Emigrant's Eyes](#)
- [Narratives of Enslaved Virginians](#)
- [The James Webb Space Telescope](#)



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-up is in front of the center. At **Gunston**, parking and pick-up 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 **TJ**, parking and pick-up are in the parking lot to the right of the tennis courts, NOT in front of 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. Dinwiddle 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.

