

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

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A NOTE FROM SHARLEKA:

Spring 55+ Program Guide: Check out the fabulous trips and programs coming up in March, April and May 2023! The Spring 55+ Program Guide will be available around February 8 on our website ([55+ Website](#)), in the eNews, and at all 55+ Centers.

eNews: To ensure that you receive the link to the new Guide, sign up for the eNews by entering your email address on our [55+ Website](#) (look for the 55+ eNews subscribe box on the lower right, enter your email and click “Submit”).

Registration for spring programs will begin:

- **Wednesday, February 15 at 10 a.m. for Arlington County residents**
- **Thursday, February 16 at 10 a.m. for out-of-county residents.**

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

Inclement Weather: 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](#).

All 55+ Centers will be closed on Monday, February 20 in observance of Presidents’ Day

HIGHLIGHTS OF FEBRUARY 55+ VIRTUAL PROGRAMS

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

Artemis: To the Moon and Beyond

Find out more about the new Artemis program's mission.

Thurs., Feb. 2, 1:30-2:30 p.m., [#912400-26](#) (Lubber Run);

[#912400-27](#) (Virtual)

Lovely Desserts, Tues., Feb. 7, 11:30 a.m.-12:30 p.m., [#912890-11](#)

Paint & Sip, Thurs., Feb. 9, 10-11:30 a.m., [#912303-11](#)

The Magic of Yellowstone

Discover the history, geology and wildlife of Yellowstone National Park with a ranger broadcasting from the park.

Thurs., Feb. 9, 1:30-2:30 p.m., [#912400-19](#) (Walter Reed);

[#912400-20](#) (Virtual)

Painting Demonstration, Mon., Feb. 13, 10:30 a.m.-12 p.m.,

[#912303-14](#)

What is a Living Trust?

Elder law attorney Ed Zetlin will explain the different types of trusts and their benefits.

Wed., Feb. 15, 11 a.m.-12 p.m., [#912404-06](#)

Heart Healthy Recipes

Virginia Cooperative Extension Master Food Volunteers will demonstrate how eating for heart health can be easy and delicious.

Thurs., Feb. 16, 11 a.m.-12 p.m., [#912501-05](#)

The Royal Family and the Commonwealth

Discover how the royal family has impacted the former and current countries of the Commonwealth.

Thurs., Feb. 16, 2-3 p.m., [#912400-17](#)

Lincoln Memorial at 100

A National Park Ranger will describe the memorial's dedication and meaning as well as Lincoln's life and legacy.

Thurs., Feb. 16, 1:30-2:30 p.m., [#912400-33](#)

Library of Virginia's Genealogy Series: African American Records

Thurs., Feb. 16, 2-3 p.m., [#912400-38](#)

Just Beneath the Surface, Fri., Feb. 17, 10-11:30 a.m., [#912302-03](#)

Over-the-Counter Hearing Aids

Clinical audiologist Amy Bernstein with Lesner Hearing Services will discuss the benefits and drawbacks of OTC hearing aids.

Fri., Feb. 17, 1-2 p.m., [#912500-15](#)

Rock Music Legends: Folk Rocking It

Tues., Feb. 21, 1:30-2:45 p.m. [#912400-42](#) (Lubber Run), [#912400-43](#) (Virtual)

Library of Virginia's Genealogy Series: Photographs and Other Historical Images from the Library of Virginia

Thurs., Feb. 23, 2-3 p.m., [#912400-39](#)

Secrets Revealed, Mon., Feb. 27, 10:30-11:30 a.m., [#912302-06](#)

Rest Easy: Getting a Good Night's Sleep

Learn practical strategies for developing better sleep habits with Kate Chutuape from Virginia Hospital Center.

Tues., Feb. 28, 11 a.m.-12 p.m., [#912500-19](#)



Photo Gallery

The Barnes Foundation



Photo credit: Jim Mason

Discussion Groups:

Documentary Discussions

Fri., Feb. 3, 1:30-2:30 p.m., [#912402-02](#)

Study of Words

Wed., Feb. 8, 10:30-11:45 a.m., [#912402-30](#) (Lubber Run); [#912402-31](#) (Zoom)

History Roundtable

Wed., Feb. 8, 11:15 a.m.-12:30 p.m., [#912402-12](#)

Short Story Reading and Discussion

Mon., Feb. 27, 1-2:30 p.m., [#912402-24](#) (Aurora Hills), [#912402-25](#) (Zoom)

UPCOMING FEBRUARY 55+ TRIPS

Thurs., Feb. 2—"Crafting a Better World" Exhibit at the Renwick Gallery

Washington, DC: The exhibit highlights artists' role in sparking essential conversations, stories of resilience and methods of activism—showing us a more relational and empathetic world. Tour and lunch on your own.

MAD 9:00 a.m., GUN 9:30 a.m., return 2:00 p.m., #902302-01
\$7 Arlington County/ \$8 Out-of-County

Mon., Feb. 6—National Museum of the U.S. Army

Ft. Belvoir, VA: Explore over 245 years of Army history, as seen through the eyes of American soldiers. Lunch on your own at the Museum Café.

MAD 9:30 a.m., BAR 10:00 a.m., return 3:30 p.m., #902302-02
\$10 Arlington County/ \$13 Out-of-County

Thurs., Feb. 9—"Storyed Strings: The Guitar in American Art" at the Virginia Museum of Fine Arts

Richmond, VA: Explore the guitar's symbolism in American art. Lunch on your own at the museum.

MAD 7:15 a.m., BAR 7:45 a.m., return 5:00 p.m., #902302-03
\$37 Arlington County/ \$43 Out-of-County

Sat., Feb. 11—National Air and Space Museum

Washington, DC: Visit the museum's eight new galleries inviting you to explore air and space in new ways. Tour and dine on your own at the museum.

MAD 9:40 a.m., BAR 10:10 a.m., return 4:00 p.m., #902302-04
\$9 Arlington County/ \$10 Out-of-County

Mon. Feb. 13—"I Dream a World: Selections from Brian Lanker's Portraits of Remarkable Black Women" Exhibit at the National Portrait Gallery

Washington, DC: The exhibit features portraits of remarkable female African American writers, entertainers, athletes, activists and politicians whose legacies were documented by the photojournalist Brian Lanker in the late 1980s.

MAD 10:45 a.m., GUN 11:15 a.m., return 5:00 p.m., #902302-05
\$9 Arlington County/ \$10 Out-of-County

Wed., Feb. 15—American Ballet Theatre's Open Rehearsal at the Kennedy Center

Washington, DC: Attend an open rehearsal of the American Ballet Theatre's production of *Romeo and Juliet*.

MAD 12:00 p.m., WR 12:30 p.m., return 5:30 p.m., #902302-06
\$25 Arlington County/ \$29 Out-of-County

Fri., Feb. 17—White House Visitor Center Tour

Washington, DC: The Visitor Center offers a window into the president's iconic home.

MAD 8:00 a.m., GUN 8:30 a.m., return 1:00 p.m., #902302-07
\$7 Arlington County/ \$8 Out-of-County

Wed., Feb. 22—Arlington Black History Bus Tour

Arlington, VA: Enjoy a one-of-a kind guided bus tour of some of Arlington's Black historical sites. Lunch on your own in Shirlington.

MAD: 9:30 a.m., BAR 9:45 a.m., return 2:45 p.m., #902302-09
\$10 Arlington County/ \$12 Out-of-County

Tues., Feb. 28—Supreme Court Tour

Washington, DC: Tour on your own the public portions of the Supreme Court building and take advantage of a variety of educational programs. Lunch on your own at the cafeteria.

MAD 8:00 a.m., GUN 8:30 a.m., return 2:00 p.m., #902302-08

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! 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
		1
6 Nat'l Museum of the U.S. Army^{^*} MAD 9:30 a.m., BAR 10:00 a.m. Return 3:30 p.m.	7 Lovely Desserts[*] 11:30 a.m.-12:30 p.m.	8 Study of Words⁺⁺ 10:30-11:45 a.m. History Roundtable[*] 11:15 a.m.-12:30 p.m.
13 National Portrait Gallery^{^*} MAD 10:45 a.m., GUN 11:15 a.m. Return 5:00 p.m. Painting Demonstration[*] 10:30 a.m.-12 p.m.	14 VALENTINE'S DAY	15 American Ballet Theatre's Open Rehearsal of <i>Romeo and Juliet</i> at the Kennedy Center^{^*} MAD 12:00 p.m., WR 12:30 p.m. Return 5:30 p.m. What is a Living Trust?[*] 11 a.m.-12 p.m.
20 PRESIDENTS' DAY 55+ CENTERS CLOSED	21 Rock Music Legends: Folk Rocking It⁺⁺ 1:30-2:45 p.m.	22 Arlington Black History Bus Tour^{^*} MAD 9:30 a.m., BAR 9:45 a.m. Return 2:45 p.m.
27 Short Story Reading and Discussion⁺⁺⁺ 1-2:30 p.m. Secrets Revealed[*] 10:30-11:30 a.m.	28 Supreme Court Tour^{^*} MAD 8:00 a.m., GUN 8:30 a.m. Return 2:00 p.m. Rest Easy: Getting a Good Night's Sleep[*] 11 a.m.-12 p.m.	29

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
<p>Trivia,* 11 a.m.-12:30 p.m. 2</p> <p>The Renwick Gallery^^ MAD 9:00 a.m., GUN 9:30 a.m. Return 2:00 p.m.</p> <p>Artemis: To the Moon and Beyond** 1:30-2:30 p.m.</p>	<p>German Conversation* 3 10 a.m.-12 p.m.</p> <p>Documentary Discussions* 1:30-2:30 p.m.</p>
<p>Narratives of Enslaved Virginians* 9 11:30 a.m.-12:30 p.m.</p> <p>The Magic of Yellowstone*++++ 1:30-2:30 p.m.</p> <p>Virginia Museum of Fine Arts^^ MAD 7:15 a.m., BAR 7:45 a.m., Return 5:00 p.m.</p> <p>Paint & Sip,* 10-11:30 a.m.</p>	<p>German Conversation* 10 10 a.m.-12 p.m.</p>
<p>Heart Healthy Recipes* 16 11 a.m.-12 p.m.</p> <p>Lincoln Memorial at 100* 1:30-2:30 p.m.</p> <p>Library of Virginia Genealogy: African American Records,* 2-3 p.m.</p> <p>The Royal Family and the Commonwealth* 2-3 p.m.</p>	<p>German Conversation* 17 10 a.m.-12 p.m.</p> <p>Just Beneath the Surface* 10-11:30 a.m.</p> <p>White House Visitor Center Tour^^ MAD 8:00 a.m., GUN 8:30 a.m. Return 1:00 p.m.</p> <p>Over-the-Counter Hearing Aids* 1-2 p.m.</p>
<p>America's First Black Senators*++++ 23 1:30-2:30 p.m.</p> <p>Library of Virginia Genealogy: Photographs & Other Historical Images from the Library of Virginia* 2-3 p.m.</p>	<p>German Conversation* 24 10 a.m.-12 p.m.</p>
<p>30</p>	<p>31</p>

TRAVEL & VIRTUAL PROGRAM CALENDAR FEBRUARY 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., Feb. 11—National Air and
Space Museum, Washington,
DC^***
MAD 9:40 a.m., BAR 10:10 a.m.
Return 4:00 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.

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:

- **Edgar Allan Poe's Haunting Afterlife**



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.

