

# 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](mailto:AC55plusTravel@arlingtonva.us)

## 55+ Travel Website

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

## Staff

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## TRAVEL AND VIRTUAL PROGRAMS NOTES:

Several of our summer trips filled to overflowing immediately with long waiting lists, but there are still a few spots left on these July trips:

- July 8 – Hagley Museum and Library
- July 10 – U.S. Naval Academy Tour and Tea
- July 12 – “One Life: Frederick Douglass” Exhibit at the National Portrait Gallery
- July 18 -- “Disney100: The Exhibition” at the Franklin Institute
- July 25 – “Secrets Revealed: Highlights from the Grant Verstandig Collection at the International Spy Museum

There is also space on several August trips. Registration is ongoing, but please don't delay—these trips will fill up quickly!

## INDEPENDENCE DAY:

All 55+ Centers will be closed on Tuesday, July 4 in observance of Independence Day

## JULY 55+ VIRTUAL PROGRAMS HIGHLIGHTS

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

### Jefferson's Virginia

Explore Thomas Jefferson's deep connections to Virginia with Laura Macaluso, author of *A Guide to Thomas Jefferson's Virginia*. The book mixes historical background with a how-to guide to visiting places in Virginia where Jefferson spent time.

**Thurs., July 6, 1:30-2:30 p.m., #914400-18**

### Baseball and the Supreme Court

Major League baseball player Curt Flood refused to be traded to the Philadelphia Phillies and sued, paving the way for free agency in professional sports. In a pre-recorded lecture for the Supreme Court Historical Society, Georgetown University Law Center Professor Brad Snyder discusses the Supreme Court's most famous baseball case.

**Mon., July 10, 11:30 a.m.-12:30 p.m., #914400-20**

### What are the Types of Trusts?

There are many different kinds of trusts, but the two basic types are revocable and irrevocable trusts. Join Ed Zetlin, elder law attorney, as he discusses the advantages to the various types of trusts.

**Wed., July 12, 11 a.m.-12 p.m., #914404-03**

### David Young: Our Man in Ghana

Retired diplomat David Young will report on his work in Ghana coordinating a regional initiative to stabilize conflict-afflicted areas, counter violent extremism and enhance governments' ability to manage these challenges.

**Mon., July 24, 1:30-2:30 p.m., #914400-16**

### Introduction to Basic Spanish

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.

**Thurs., July 13, 11:30 a.m.-12:30 p.m., #914650-03**

**Thurs., July 27, 11:30 a.m.-12:30 p.m., #914650-04**

### First Ladies: The True Story

Lisa Meade, park ranger at the First Ladies National Historical Site, will examine some controversial aspects of first lady history and get to the bottom of these mysteries.

**Tues., July 25, 1:30-2:30 p.m., #914400-19**

### Understanding Medicare Enrollment

Learn about the red flags to avoid when transitioning into Medicare and recent regulatory changes that may impact your Medicare enrollment from Margo Steinlage of Steinlage Insurance Agency.

**Wed., July 26, 11 a.m.-12 p.m., #914503-01**

### Discussion Groups:

#### History Roundtable

**Wed., July 12, 11:15 a.m.-12:30 p.m., #914402-05**

#### Current Events Discussion in Spanish

**Thurs., July 6, 11:30 a.m.-12:30 p.m., #914402-11**

**Thurs., July 20, 11:30 a.m.-12:30 p.m., #914402-12**

#### Short Story Reading and Discussion

**Mon., July 17, 1-2:30 p.m., #914402-21**



## Photo Gallery

### Hillwood Estate, Museum and Gardens



Photo credits: Carole Lieber

## UPCOMING JULY 55+ TRIPS

### Sat., July 1 – Mt. Cuba Center

**Hockessin, DE:** In this guided 2-hour tour, you'll take an in-depth look at the Mt. Cuba Center botanic gardens and find out how to apply sustainable gardening practices. Note: tours include walking over rolling terrain and mulched paths. Lunch is included: please indicate your selection when registering.

**BAR 7:00 a.m., MAD 7:30 a.m., return 8:30 p.m., #902307-01**  
**\$56 Arlington County/ \$64 Out-of-County**

### Thurs., July 6 – A Day in Berkeley Springs

**Berkeley Springs, WV:** Experience Berkeley Springs' one-of-a-kind shopping for handcrafted items, artwork by local artisans and items for health and well-being. Stroll its historic streets and dine on your own at one of the many unique locally owned restaurants and cafés.

**BAR 8:45 a.m., MAD 9:15 a.m., return 7:00 p.m., #902307-02**  
**\$13 Arlington County/ \$15 Out-of-County**

### Sat., July 8 – Hagley Museum and Library

**Wilmington, DE:** Take a guided tour through the historic DuPont Company's nineteenth-century black gunpowder yards and factory as well as the garden and grounds of the first DuPont family home in America.

**BAR 6:15 a.m., MAD 6:45 a.m., return 7:30 p.m., #902307-03**  
**\$32 Arlington County/ \$37 Out-of-County**

### Mon., July 10 – U.S. Naval Academy Tour and Tea

**Annapolis, MD:** Enjoy afternoon tea at the Naval Academy Club and a guided tour of must-see sights like the Main Chapel and the Crypt of John Paul Jones.

**MAD 11:15 a.m., TJ 11:45 a.m., return 6:30 p.m., #902307-04**  
**\$86 Arlington County/ \$99 Out-of-County**

### Wed., July 12 – “One Life: Frederick Douglass” Exhibit at the National Portrait Gallery

**Washington, DC:** “One Life: Frederick Douglass” illuminates the legacy of one of the 19th century's most influential writers, speakers and intellectuals through prints, photographs and ephemera. Tour and dine on your own.

**MAD 11:00 a.m., GUN 11:30 a.m., return 5:00 p.m., #902307-05**  
**\$11 Arlington County/ \$23 Out-of-County**

### Tues., July 18 – “Disney100: The Exhibition” at the Franklin Institute

**Philadelphia, PA:** Created for the 100-year celebration of The Walt Disney Company, this world premiere exhibition will immerse guests in the beloved stories that have been dazzling fans since 1923. Tour and dine on your own.

**BAR 7:00 a.m., MAD 7:30 a.m., return 8:30 p.m., #902307-06**  
**\$107 Arlington County/ \$123 Out-of-County**

### Tues., July 25 – “Secrets Revealed: Highlights from the Grant Verstandig Collection” at the International Spy Museum

**Washington, DC:** In this exhibit, you'll have the chance to see items from technology entrepreneur Grant Verstandig's private collection, on public display together for the first time. You'll also have the opportunity to view other exhibits relating to the tradecraft, history and contemporary role of espionage. Lunch on your own at the L'Enfant Plaza food court.

**MAD 10:00 a.m., WR 10:30 a.m., return 4:00 p.m., #902307-07**  
**\$37 Arlington County/ \$43 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
3	4 <b>Independence Day Centers Closed</b>	5
10 <b>Trip: U.S. Naval Academy Tour and Tea**</b> MAD 11:15 a.m., TJ 11:45 a.m. Return 6:30 p.m.  <b>Baseball and the Supreme Court*</b> 11:30 a.m.-12:30 p.m. Virtual	11	12 <b>Trip: "One Life: Frederick Douglass" Exhibit at the National Portrait Gallery**</b> MAD 11:00 a.m., GUN 11:30 a.m. Return 5:00 p.m.  <b>History Roundtable*</b> 11:15 a.m.-12:30 p.m. Virtual  <b>What are the Types of Trusts?*</b> 11 a.m.-12 p.m. Virtual
17 <b>Short Story Reading and Discussion***</b> 1-2:30 p.m. Hybrid	18 <b>Trip: "Disney100: The Exhibition" at the Franklin Institute**</b> BAR 7:00 a.m., MAD 7:30 a.m. Return 8:30 p.m.	19
24 <b>David Young: Our Man in Ghana*</b> 1:30-2:30 p.m. Virtual	25 <b>Trip: Highlights from the Grant Verstandig Collection at the International Spy Museum**</b> MAD 10:00 a.m., WR 10:30 a.m. Return 4:00 p.m.  <b>First Ladies: The True Story*</b> 1:30-2:30 p.m. Virtual	26 <b>Understanding Medicare Enrollment*</b> 11 a.m.-12 p.m. Virtual
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](http://arlingtonva.us/InclementWeather).

THURSDAY	FRIDAY
<p style="text-align: right;">6</p> <p><b>Trip: A Day in Berkeley Springs**</b> BAR 8:45 a.m., MAD 9:15 a.m. Return 7:00 p.m.</p> <p><b>Jefferson's Virginia* [VCAA]</b> 1:30-2:30 p.m. Virtual</p> <p><b>Current Events Discussion in Spanish* [VCAA]</b> 11:30 a.m.-12:30 p.m. Virtual</p>	<p style="text-align: right;">7</p> <p><b>German Conversation*</b> 10 a.m.-12 p.m. Virtual</p>
<p style="text-align: right;">13</p> <p><b>Introduction to Basic Spanish* [VCAA]</b> 11:30 a.m.-12:30 p.m. Virtual</p> <p><b>Continuum of Care/Panel Discussion [VCAA]</b> 1:30-2:45 p.m. Virtual</p>	<p style="text-align: right;">14</p> <p><b>German Conversation*</b> 10 a.m.-12 p.m. Virtual</p>
<p style="text-align: right;">20</p> <p><b>Current Events Discussion in Spanish* [VCAA]</b> 11:30 a.m.-12:30 p.m. Virtual</p> <p><b>Painting with Jen: Full Demonstration [VCAA]</b> 1:30-2:30 p.m. Virtual</p>	<p style="text-align: right;">21</p> <p><b>German Conversation*</b> 10 a.m.-12 p.m. Virtual</p>
<p style="text-align: right;">27</p> <p><b>Introduction to Basic Spanish* [VCAA]</b> 11:30 a.m.-12:30 p.m. Virtual</p> <p><b>Stretches and Strengths w/ Judi [VCAA]</b> 1:30-2:30 p.m. Virtual</p>	<p style="text-align: right;">28</p> <p><b>German Conversation*</b> 10 a.m.-12 p.m. Virtual</p>

## TRAVEL & VIRTUAL PROGRAM CALENDAR JULY 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., July 1: Trip to Mt. Cuba Center\*\*  
BAR 7:00 a.m., MAD 7:30 a.m.  
Return 8:30 p.m.

Sat., July 8: Trip to Hagley Museum and Library\*\*  
BAR 6:15 a.m., MAD 6:45 a.m.  
Return 7:30 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](mailto: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. "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:**

- [Women Artists in the White House Collection](#)



# Travel things to know

The 55+ Travel Program is committed to providing safe charter bus rides for our travelers, 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. As Covid-19 indicators improved, those guidelines were modified accordingly, keeping in mind that older adults are more vulnerable to serious illness from Covid.

On May 11, the federal Covid-19 public health emergency declaration officially ended for the U.S. And on May 5, the World Health Organization declared an end to the Covid-19 public health emergency globally. In light of these announcements, Arlington County 55+ Travel is updating its policy regarding face coverings on 55+ Trips. Effective immediately, face coverings will be strongly recommended, but not required, on the bus. As before, if the trip venue (museum, theater, etc.) requires masks to be worn, travelers must comply with that requirement. Although the public emergency declaration has concluded, people are still contracting Covid-19 with the potential of serious consequences for adults 55 and over. You are therefore encouraged to be courteous to your fellow travelers and wear a mask covering your nose and mouth when boarding, riding and exiting the bus.

The following requirements continue to remain in effect:

1. 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](mailto:sbudoff@arlingtonva.us) to request a credit.

2. 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.

Thank you in advance for your cooperation.

## 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](http://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	<b>Arlington Mill</b> 909 S. Dinwiddle St., 22204 703-228-7369
AH	<b>Aurora Hills</b> 735 S. 18th Street., 22202 703-228-5722
LB	<b>Langston-Brown</b> 2121 N. Culpeper St., 22207 703-228-6300
LUBR	<b>Lubber Run</b> 300 N Park Dr., 22203 703-228-4767
WR	<b>Walter Reed</b> 2909 S. 16th St., 22204 703-228-0955

## ACTIVITY / PICK-UP SITES

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

- 1 Go online to [registration.arlingtonva.us](http://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.

