

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

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A NOTE FROM SHARLEKA:

March 20th is the first day of spring and 55+ Travel has you covered! We're offering a wide array of fabulous opportunities to enjoy spring flower and garden shows; nature and history hikes; outings to historic Fredericksburg, Annapolis and Middleburg; Nationals baseball games, and more! And there are wonderful Kennedy Center Coffee Concerts and Open Rehearsals, a theater trip to Fredericksburg for Ragtime the Musical, outlet shopping and casino trips. There's something for everyone!

Openings on Spring 2023 Trips: Registration for 55+ trips was brisk and most spring trips are already full, but there are still **a few** openings for these:

- American Visionary Art Museum—Wed., March 1;
- Philadelphia Flower Show—Sat., March 4;
- Pre-St. Patrick's Day at the Celtic House Irish Pub—Wed., March 15;
- 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;
- Nationals vs. Mets—Sat., May 13 ;
- The Tea Cart—Wed., May 17;
- Tanger Outlets—Tues., May 30.

Register soon, though, before they're gone!

Parking at TJ: Several spring trips will be departing from TJ. Please note that parking and pickup from TJ are in the parking lot to the right of the tennis courts, NOT in front of the community center. Thank you!

HIGHLIGHTS OF MARCH 55+ VIRTUAL PROGRAMS

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

Climate Change and Water

A ranger from Grand Canyon National Park will discuss causes of the historic low water levels at Lake Mead and Lake Powell, their impact and strategies for dealing with the crisis.

Thurs., March 2, 11:30 a.m.-12:30 p.m., #913400-08

Arlington Philharmonic Concert Talk with Scott Woods

A preview of the Arlington Philharmonic's March 5 concert with conductor Scott Woods.

Thurs., March 2, 1-2 p.m., #913300-01

Wake and Make, Mon., March 6, 9-10 a.m., #913303-14

Library of Virginia Virtual Tour

Tour the Library of Virginia, one of the oldest agencies of the Virginia government and the most comprehensive resource in the world for studying Virginia history, culture and government.

Thurs., March 9, 2-3 p.m., #913400-35

Paint & Sip, Thurs., March 9, 10-11:30 a.m., #913303-10

Elsie Parrish: Making the Minimum Wage

Explore the untold story of hotel chambermaid Elsie Parrish, who paved the way for a federal minimum wage law at the height of the Great Depression. (Pre-recorded for Supreme Court Historical Society.)

Thurs., March 9, 11:30 a.m.-12:30 p.m., #913400-18

Painting Demonstration, Mon., March 13, 10:30 a.m.-12 p.m., #913303-12

Medicare Fraud: Protecting Older Adults from Scams, Fraud & Abuse

Learn from experts about measures the community is taking to tackle these issues and tools to avoid becoming a victim.

Tues., Mar. 14, 11 a.m.- 12:30 p.m., #913503-01 (Walter Reed); #913503-02 (Virtual)

Understanding Forms of Ownership

Ed Zetlin, elder law attorney, will discuss how different types of ownership can affect who will inherit your property.

Wed., March 15, 11 a.m.-12 p.m., #913404-02

Irish in America

Wear your green for this fun St. Patrick's Day celebration with greetings from the Embassy of Ireland, snacks, pre-recorded cultural performances and a talk about the history of the Irish in America.

Thurs., March 16, 11:30 a.m.- 12:45 p.m., #913890-01 (Lubber Run); #913890-02 (Virtual)

Who are the Windsors?

The Library of Virginia's Ashley Craig will explore the members of the house of Windsor and their impact on the UK and the world.

Thurs., March. 16, 2-3 p.m., #913400-24

Secrets Revealed, Mon., March 20, 10:30-11:30 a.m., #913302-04

Enslaved Virginian Emily Winfree

Dr. Jan Meck, author of *The Life and Legacy of Enslaved Virginian Emily Winfree*, will share this remarkable story.

Thurs., March 23, 1:30-2:30 p.m., #913400-19

Library of Virginia's Genealogy Series: *Virginia Women in WWI & II*

Thurs., March 30, 2-3 p.m., #913400-32

The Hello Girls

A historian from the National Museum of the U.S. Army will pay tribute to these brave women who connected calls from the front lines to headquarters during World War I.

Thurs., March 30, 1:30-2:30 p.m., #913400-20

Just Beneath the Surface, Fri., March 31, 10-11:30 a.m., #913302-02



Photo Gallery

55+ Community Arts Project: Fan Mural



*Top: Some of the very talented artists who contributed to the project
Bottom: Sharleka Ashton, 55+ Travel Supervisor, who coordinated the project*

Discussion Groups:

Trivia

Thurs., March 2, 11 a.m.-12:30 p.m., #913600-06

Study of Words

Wed., March 8, 10:30-11:45 a.m., #913402-23 (Lubber Run); #913402-24 (Virtual)

History Roundtable

Wed., March 8, 11:15 a.m.-12:30 p.m., #913402-10

UPCOMING MARCH 55+ TRIPS

Wed., March 1—"Esther and the Dream of One Loving Human Family" Exhibit at the American Visionary Art Museum

Baltimore, MD: Features Esther Krinitz's Holocaust survival story told through 36 hand-embroidered works and South African Truth and Reconciliation embroidered testimonies by Rwandan Tutsi genocide survivors. Tour and dine on your own in Baltimore.

BAR 9:00 a.m., MAD 9:30 a.m., return 5:30 p.m., #902303-01
\$24 Arlington County/ \$28 Out-of-County

Sat., March 4—Philadelphia Flower Show

Philadelphia, PA: Back at the Pennsylvania Convention Center, the Philadelphia Flower Show has bold exhibits, world-class shopping, education, music and fun. Dine on your own at Reading Market.

WR 8:30 a.m., MAD 9:00 a.m., return 7:30 p.m., #902303-02
\$97 Arlington County/ \$112 Out-of-County

Tues., March 7—Washington County Museum of Fine Arts

Hagerstown, MD: Explore one of the best small fine arts museums in the nation and the neighboring historic Hagerstown City Park. Lunch and shopping on your own at Hagerstown Premium Outlets.

GUN 8:40 a.m., MAD 9:10 a.m., return 4:35 p.m., #902303-03
\$9 Arlington County/ \$10 Out-of-County

Fri., March 10—Rubell Museum

Washington, DC: View the Rubell family's extensive contemporary art collection at this new museum. Dine afterward at the D.C. Wharf.

MAD 12:00 p.m., BAR 12:30 p.m., return 5:45 p.m., #902303-04
\$25 Arlington County/ \$29 Out-of-County

Wed., March 15—Pre-St. Patrick's Day at Celtic House Irish Pub

Arlington, VA: Enjoy a scrumptious lunch and early celebration of St. Patrick's Day. (Limited menu.)

MAD 10:15 a.m., GUN 10:45 a.m., return 1:45 p.m., #902303-05
\$60 Arlington County/ \$69 Out-of-County

Sat., March 18—Glen Echo Hike with a National Park Ranger

Glen Echo, MD: A guided 2-1/2 hour hike to learn the history of the former amusement park and the Clara Barton National Historic Site.

TJ 9:00 a.m., return 12:00 p.m., #902303-06
\$6 Arlington County/ \$7 Out-of-County

Tues., March 21—Birding Trip with Park Naturalist Ken Rosenthal

Cambridge, MD: Enjoy a guided tour of the Underground Railroad's connections to the Eastern Shore and birding at Blackwater National Wildlife Refuge. Bring your lunch.

MAD 7:00 a.m., BAR 7:30 a.m., return 5:30 p.m., #902303-07
\$15 Arlington County/ \$17 Out-of-County

Wed., March 22—A Day in Historic Fredericksburg

Fredericksburg, VA: Dine, tour and shop in historic Fredericksburg.

MAD: 10:15 a.m., GUN 10:45 a.m., return 4:40 p.m., #902303-08
\$9 Arlington County/ \$10 Out-of-County

Fri., March 24—Kennedy Center Coffee Concert: NSO—Rachmaninoff's Piano Concerto No. 3 and Tchaikovsky's "Pathétique"

Washington, DC: An amazing opportunity to hear a fabulous concert!

TJ 10:30 a.m., return 2:00 p.m., #902303-09
\$25 Arlington County/ \$29 Out-of-County

Wed., March 29--*Ragtime the Musical* at Riverside Center for Performing Arts

Fredericksburg, VA: Set in the volatile melting pot of turn-of-the-twentieth century New York, three distinctly American tales are woven together, united by their courage, compassion and belief in the promise of the future. (Lunch and show included.)

MAD 9:30 a.m., BAR 10:00 a.m., return 5:00 p.m., #902303-10
\$87 Arlington County/ \$100 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;">1</p> <p>American Visionary Art Museum^{^*} BAR 9:00 a.m., MAD 9:30 a.m. Return 5:30 p.m.</p> <p>Library of Virginia's Genealogy Series: African American Records[*] 2-3pm</p>
<p style="text-align: right;">6</p> <p>Wake and Make[*] 9-10 a.m.</p>	<p style="text-align: right;">7</p> <p>Washington County Museum of Fine Arts^{**} GUN 8:40 a.m., MAD 9:10 a.m. Return 4:35 p.m.</p>	<p style="text-align: right;">8</p> <p>Study of Words^{*+} 10:30-11:45 a.m.</p> <p>History Roundtable[*] 11:15 a.m.-12:30 p.m.</p>
<p style="text-align: right;">13</p> <p>Painting Demonstration[*] 10:30 a.m.-12 p.m.</p>	<p style="text-align: right;">14</p> <p>Medicare Fraud: Protecting Older Adults from Scams, Fraud & Abuse^{*+****} 11 a.m.-12:30 p.m.</p>	<p style="text-align: right;">15</p> <p>Pre-St. Patrick's Day at the Celtic House Irish Pub^{^*} MAD 10:15 a.m., WR 10:45 a.m. Return 1:45 p.m.</p> <p>Understanding Forms of Ownership[*] 11 a.m.-12 p.m.</p>
<p style="text-align: right;">20</p> <p>Secrets Revealed[*] 10:30-11:30 a.m.</p>	<p style="text-align: right;">21</p> <p>Birding Trip with Park Naturalist Ken Rosenthal^{^*} MAD 7:00 a.m., BAR 7:30 a.m. Return 5:30 p.m.</p>	<p style="text-align: right;">22</p> <p>A Day in Historic Fredericksburg^{^*} MAD 10:15 a.m., GUN 10:45 a.m. Return 4:40 p.m.</p>
<p style="text-align: right;">27</p>	<p style="text-align: right;">28</p>	<p style="text-align: right;">29</p> <p>Ragtime at Riverside Center for Performing Arts^{^*} MAD 9:30 a.m., BAR 10:00 a.m. Return 5:00 p.m.</p> <p>It Takes a Village—In Arlington[*] 11:30 a.m.-12:30 p.m.</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
<p style="text-align: right;">2</p> <p>Trivia* 11 a.m.-12:30 p.m.</p> <p>Climate Change and Water* [VCAA] 11:30 a.m.-12:30 p.m.</p> <p>Concert Talk with Scott Woods* 1-2 p.m. [VCAA]</p>	<p style="text-align: right;">3</p> <p>Staff Retreat—No Programs</p>
<p style="text-align: right;">9</p> <p>Paint & Sip* 10-11:30 a.m.</p> <p>Elsie Parrish: Making the Minimum Wage* [VCAA] 11:30 a.m.-12:30 p.m.</p> <p>Library of Virginia Virtual Tour* 2-3 p.m. [VCAA]</p>	<p style="text-align: right;">10</p> <p>German Conversation* 10 a.m.-12 p.m.</p> <p>Rubell Museum^* MAD 12:00 p.m., BAR 12:30 p.m. Return 5:45 p.m.</p>
<p style="text-align: right;">16</p> <p>Irish in America*+ [VCAA] 11:30 a.m.-12:45 p.m.</p> <p>Who are the Windsors?* [VCAA] 2-3 p.m.</p>	<p style="text-align: right;">17</p> <p>German Conversation* 10 a.m.-12 p.m.</p> <p>Just Beneath the Surface* 10-11:30 a.m.</p>
<p style="text-align: right;">23</p> <p>Current Events Discussion in Spanish* [VCAA] 11:30 a.m.-12:30 p.m.</p> <p>Enslaved Virginia Emily Winfree* 1:30-2:30 p.m. [VCAA]</p>	<p style="text-align: right;">24</p> <p>German Conversation* 10 a.m.-12 p.m.</p> <p>Kennedy Center Coffee Concert: NSO** TJ 10:30 a.m. Return 2:00 p.m.</p>
<p style="text-align: right;">30</p> <p>Intro to Basic Spanish* [VCAA] 11:30 a.m.-12:30 p.m.</p> <p>The Hello Girls* 1:30-2:30 p.m.</p> <p>Library of Virginia Genealogy Series: Virginia Women in WWI and WWII* [VCAA] 2-3 p.m.</p>	<p style="text-align: right;">31</p> <p>Just Beneath the Surface* 10-11:30 a.m.</p> <p>German Conversation* 10 a.m.-12 p.m.</p>

TRAVEL & VIRTUAL PROGRAM CALENDAR MARCH 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

VCAA=Virtual Center for Active Adults

Weekend Programming:

Sat., March 4—Philadelphia Flower Show*^
WR 8:30 a.m., MAD 9:00 a.m.
Return 7:30 p.m.

Sat., March 18—Glen Echo Hike*^
TJ 9:00 a.m.
Return 12:00 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. 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/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:

- [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.

