

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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TRAVEL AND VIRTUAL PROGRAMS NOTES:

LeeAnne Kaniut to Assist: While Sharleka is serving as Arlington County’s Acting Special Events Coordinator, we are very fortunate that LeeAnne Kaniut, retired director of the Walter Reed 55+ Center, is working with Sheila to administer virtual programs and trips. As Walter Reed’s 55+ Director, LeeAnne set a standard for excellence that is hard to match! We are delighted to have LeeAnne’s assistance while Sharleka is wowing everyone as Acting Special Events Coordinator.

Summer Registration: The new 55+ Guide, covering June, July and August programs and trips, will be available on or before **Wednesday, May 10**. Registration will begin on:

- **Wed., May 24 at 10 a.m. for Arlington residents**
- **Thurs., May 25 at 10 a.m. for out-of-county residents**

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

- 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

Trip Pick-up Locations and Parking Info: Registration receipts are being revised. Look for your pick-up location toward the bottom of the receipt under “Special Questions,” not “Class Location” at the top. 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.

Return Times: Trip return times listed in the Guide correspond to the **LAST** drop-off, which is always the first pick-up location.

THERE WILL BE NO TRIPS OR PROGRAMS ON MONDAY, MAY 29, IN OBSERVANCE OF MEMORIAL DAY

MAY 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.

Your Excel Questions Answered

Volunteer Benjamin Childers will answer your questions about Microsoft Excel. All levels of experience welcome.

Tues., May 2, 6-7 p.m., #913403-12

Around the World to... South Korea

In honor of Asian American and Pacific Islander Heritage Month, Adam Wojciechowicz with the Korean Cultural Center will provide an overview of South Korea and Korean culture, art, history, society, international relations and 140 years of U.S.-Korea ties.

Thurs., May 4, 1:30-2:30 p.m., #913400-28

Plan Your Estate, Protect Your Retirement Accounts

Ed Zetlin, elder law attorney, will discuss how to ensure your retirement accounts avoid probate and extra taxation and are distributed to your loved ones in accordance with your estate plan.

Wed., May 10, 11 a.m.-12 p.m., #913404-04

Google Sheets Q&A

Volunteer Benjamin Childers will answer your questions about Google Sheets.

Tues., May 9, 6-7 p.m., #913403-13

Jewish Settlement in Washington, DC

Explore the history of Jewish settlement in Washington, DC with Jonathan Edelman, curatorial associate for the new Capital Jewish Museum, opening in June.

Thurs., May 11, 11:30 a.m.-12:30 p.m., #913400-21

The Royal Family and the Commonwealth

Ashley Craig, community outreach specialist with the Library of Virginia, will discuss the former and current countries in the United Kingdom and how the British royal family has impacted them.

Thurs., May 11, 2-3 p.m., #913400-26

Library of Virginia's Genealogy Series: *State Hospital Medical Records*

Thurs., May 18, 2-3 p.m., #913400-34

Rock Music Legends: The Everly Brothers

55+ volunteer Carl Gold will play your favorite Everly Brothers songs and discuss the duo's influence on artists like the Beatles and Simon and Garfunkel.

Tues., May 23, 1:30-2:45 p.m., #913400-40 (Arlington Mill); #913400-41 (Zoom)

Discussion Groups:

History Roundtable

Wed., May 10, 11:15 a.m.-12:30 p.m.

[#913402-12](#)

Study of Words

Wed., May 10, 10:30-11:45 a.m., [#913402-27](#)

(Lubber Run); [#913402-28](#) (virtual)

History Discussion Group

Thurs., May 4, 1-2:30 p.m., [#913402-14](#)

Thurs., May 11, 1-2:30 p.m., [#913402-15](#)

Thurs., May 18, 1-2:30 p.m., [#913402-16](#)

Trivia, Thurs., May 4, 11 a.m.-12:30 p.m., [#913600-08](#)



Photo Gallery

Glen Echo Hike



Washington County Museum of Fine Arts



Pennsylvania State Capitol



Photo credits: Jim Mason

UPCOMING MAY 55+ TRIPS

Wed., May 3 – Chanticleer

Wayne, PA: Visit Chanticleer, called the most romantic, imaginative and exciting public garden in America. Tour and dine on your own.

BAR 6:15 a.m., MAD 6:45 a.m., return 7:30 p.m., #902305-01
\$86 Arlington County/ \$99 Out-of-County

Fri., May 5 – Flower Mart at the National Cathedral

Washington, DC: Delight in an irresistible array of festival foods, artisanal and boutique gifts and, of course, herbs and flowers filling the nave and grounds of the Cathedral.

MAD 9:45 a.m., GUN 10:15 a.m., return 3:00 p.m., #902305-02
\$10 Arlington County/ \$12 Out-of-County

Tues., May 9 – Lewis Ginter Botanical Garden

Henrico, VA: The Lewis Ginter Botanical Garden was voted one of the best botanical gardens in the nation. A parade of blooms unfurls as the weather warms, including daffodils, tulips, peonies, roses and many more. Dine on your own at the Garden Café.

MAD 8:00 a.m., WR 8:30 a.m., return 4:30 p.m., #902305-03
\$34 Arlington County/ \$39 Out-of-County

Sat., May 13 – Nationals vs. Mets

Washington, DC: Root for your home team favorite in this great rivalry at Nationals Park. (Please note: the stadium entrance is not located near the bus drop-off location. Some walking is required.)

TJ 2:30 p.m., return 8:00 p.m., #902305-04
\$75 Arlington County/ \$86 Out-of-County

Wed., May 17 – The Tea Cart

Berryville, VA: Known as the Shenandoah Valley's premiere British tearoom and event destination, The Tea Cart is sure to leave you delighted with their superb service.

BAR 9:45 a.m., MAD 10:15 a.m., return 4:40 p.m., #902305-05
\$80 Arlington County/ \$92 Out-of-County

Fri., May 19 – Kennedy Center Coffee Concert: Beethoven and American Masters

Washington, DC: Harlem Renaissance master composer William Grant Still's colorful Second Symphony combines African spiritual themes with Western classic music—showing his hope for an integrated American society. To close, Beethoven's "Pastoral" Symphony gently transports us to the Viennese countryside.

TJ 10:30 a.m., return 2:00 p.m., #902305-06
\$25 Arlington County/ \$29 Out-of-County

Wed., May 24 – Kennedy Center Open Rehearsal: Scottish Ballet

Washington, DC: Enjoy this unique opportunity to attend an open rehearsal of the Scottish Ballet Company's *The Crucible*, bringing Arthur Miller's classic play about the Salem witch trials to the ballet stage.

MAD 1:00 p.m., BAR 1:30 p.m., return 5:00 p.m., #902305-07
\$25 Arlington County/ \$29 Out-of-County

Fri., May 26 – A Day in Historic Annapolis

Annapolis, MD: Stroll through the city's charming colonial streets, shop and dine on your own at one of Annapolis' fabulous restaurants.

MAD 10:00 a.m., GUN 10:30 a.m., return 4:00 p.m., #902305-08
\$8 Arlington County/ \$9 Out-of-County

Tues., May 30 – Tanger Outlets

National Harbor, MD: Get great deals on brand names, enjoy the view and dine on your own at this premiere lifestyle destination.

MAD 11:00 a.m., WR 11:30 a.m., return 4:00 p.m., #902305-09
\$7 Arlington County/ \$8 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
1	2 History Along the Potomac Hike* 9:30 a.m.-12 p.m. Your Excel Questions Answered* 6-7 p.m.	3 Chanticleer**^ BAR 6:15 a.m., MAD 6:45 a.m. Return 7:30 p.m.
8	9 Google Sheets Q&A* 6-7 p.m. Lewis Ginter Botanical Garden**^ MAD 8:00 a.m., WR 8:30 a.m. Return 4:30 p.m.	10 History Roundtable* 11:15 a.m.-12:30 p.m. Study of Words*+ 10:30-11:45 a.m. Plan Your Estate, Protect Your Retirement Accounts* 11 a.m.-12 p.m.
15	16	17 The Tea Cart**^ BAR 9:45 a.m., MAD 10:15 a.m. Return 4:40 p.m.
22	23 Bootlegger's Guide to the Parks* 3-4 p.m. Rock Music Legends: The Everly Brothers*+++ 1:30-2:45 p.m.	24 Kennedy Center Open Rehearsal: Scottish Ballet**^ MAD 1:00 p.m., BAR 1:30 p.m. Return 5:00 p.m.
29 MEMORIAL DAY CENTERS CLOSED NO PROGRAMS OR TRIPS	30 Tanger Outlets**^ MAD 11:00 a.m., WR 11:30 a.m. Return 4:00 p.m.	31 Rose Garden Tour at Bon Air Park* 10-11:30 a.m.

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
4	5
Trivia* 11 a.m.-12:30 p.m. [VCAA] History Discussion Group* 1-2:30 p.m. Around the World to... South Korea* 1:30-2:30 p.m. [VCAA]	German Conversation* 10 a.m.-12 p.m. Flower Mart at National Cathedral*^ MAD 9:45 a.m., GUN 10:15 a.m. Return 3:00 p.m.
11	12
Jewish Settlement in Washington, DC* 11:30 a.m.-12:30 p.m. [VCAA] History Discussion Group* 1-2:30 p.m. The Royal Family & the Commonwealth* 2-3 p.m. [VCAA]	German Conversation* 10 a.m.-12 p.m.
18	19
Current Events Discussion in Spanish* 11:30-12:30 p.m. [VCAA] Library of Virginia's Genealogy Series: State Hospital Medical Records* [VCAA] 2-3 p.m. History Discussion Group* 1-2:30 p.m. Glencarlyn Park Wildlife Walk* 6-7 p.m.	German Conversation* 10 a.m.-12 p.m. Kennedy Center Coffee Concert: Beethoven and American Masters** TJ 10:30 a.m. Return 2:00 p.m.
25	26
Introduction to Basic Spanish* 11:30 a.m.-12:30 p.m. [VCAA] James Webb Space Telescope* 2:30-3:10 p.m. [VCAA, pre-recorded]	German Conversation* 10 a.m.-12 p.m. A Day in Historic Annapolis*^ MAD 10:00 a.m., GUN 10:30 p.m. Return 4:00 p.m.

TRAVEL & VIRTUAL PROGRAM CALENDAR MAY 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., May 6--History Along the Potomac Hike*
9:30 a.m.-12 p.m.

Sat., May 13--Nationals vs. Mets*^
TJ 2:30 p.m.
Return 8:00 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:

- [An Interview with Ashley Gomez Figueredo, Lubber Run 55+ Center Director](#)



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.

