

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>

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TRAVEL AND VIRTUAL PROGRAMS NOTES:

Winter is coming! The new Winter 55+ Program Guide will be available online the first week of November. If you subscribe to the 55+ eNews, you will receive a link to the Guide in an eNews sent in early November. If you are not yet signed up to receive the eNews, you can do so here: [55+ Website](#).

REGISTRATION FOR WINTER 2023-24 55+ TRIPS AND PROGRAMS WILL BEGIN ON:

- Wed., Nov. 15 at 10 a.m. for Arlington residents; and
- Thurs., Nov. 16 at 10 a.m. for out-of-county

OPENINGS ON UPCOMING TRIPS: There are still a few openings on the following November trips:

- *Composing Color: Paintings by Alma Thomas* Exhibit at the Smithsonian American Art Museum – Thurs., Nov. 9
- *Art and Ideals: President John F. Kennedy* Exhibit at the Kennedy Center – Fri., Nov. 17
- Dutch’s Daughter Thanksgiving – Thurs., Nov. 23
- *Miracle on 34th Street* – Wed., Nov. 29

******DON'T MISS THIS VERY SPECIAL PROGRAM******

INVISIBLE WARRIORS: DOCUMENTARY SCREENING **Wed., Nov. 1, 11:30 a.m.-1:30 p.m. at the Central Library Auditorium (In Person) and Virtual (On Zoom) -- FREE**

Discover the untold story of the 600,000 African American Rosie the Riveters who worked in factories, shipyards and government offices during World War II through this documentary film. Filmmaker, historian and retired professor Gregory S. Cooke will introduce the film and take questions afterward. Light refreshments provided.

Register (Central Library): #911400-23
Register (Virtual): #911400-24

Sponsored by the Alliance for Arlington Senior Programs and Friends of the Arlington Public Library

NOVEMBER 55+ VIRTUAL PROGRAMS HIGHLIGHTS

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

The Military Women's Memorial

Lt. Col. (Ret.) Marilla Cushman will pay tribute to the more than 3 million women who have served in the U.S. military and discuss the history and symbolism of the Military Women's Memorial.

Mon., Nov. 6, 1:30-2:30 p.m., #911400-22

What is a Living Trust?

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

Wed., Nov. 8, 11 a.m.-12 p.m., #911404-10

Google Drive 101

Volunteer Benjamin Childers will discuss how to use and access the Google Drive free personal cloud storage service.

Tues., Nov. 14, 6:30-7:30 p.m., #911403-05

Hiawatha in History and Legend

Professor Mary McCutcheon of George Mason University will discuss Longfellow's selection of Hiawatha, a legendary chief of the Onandoga Nation, as the subject of his long poem, *The Song of Hiawatha*.

Thurs., Nov. 16, 11:30 a.m.-12:30 p.m., #911400-27

Walk Your Way to Brain Health

Award-winning AARP author Martha Murphy will discuss walking's many benefits and scientific studies showing how it works.

Thurs., Nov. 16, 1:30-2:30 p.m., #911500-13

Rock Music Legends: The Year in Review

55+ volunteers and musicians Carl Gold and Rob Sprouse will play a highlights tour of the best songs they've performed for us this year.

Tues., Nov. 28, 1:30-2:45 p.m., #911400-33 (Arlington Mill); #911400-34 (Zoom)

Virtual Art Classes:

Secrets Revealed, Mon., Nov. 6, 10:30-11:30 a.m., #911302-02

Painting Demonstration, Mon., Nov. 13, 10:30 a.m.-12 p.m., #911303-16

Wake and Make, Mon., Nov. 13, 9-10 a.m., #911303-18

Paint & Sip, Thurs., Nov. 16, 10-11:30 a.m., #911303-14

Just Beneath the Surface, Fri., Nov. 17, 10-11:30 a.m., #911302-

Discussion Groups:

Trivia

Thurs., Nov. 2, 11 a.m.-12:30 p.m., #911600-12

Study of Words

Wed., Nov. 8, 10:30-11:45 a.m., #911402-27 (Lubber Run)

Wed., Nov. 8, 10:30-11:45 a.m., #911402-28 (Virtual)

History Discussion Group

Thurs., Nov. 2, 1-2:30 p.m., #911402-11

Thurs., Nov. 9, 1-2:30 p.m., #911402-12

Thurs., Nov. 16, 1-2:30 p.m., #911402-13

History Roundtable

Wed., Nov. 8, 11:15 a.m.-12:30 p.m., #911402-09

Short Story Reading and Discussion

Mon., Nov. 20, 1-2:30 p.m., #911402-21 (Aurora Hills)

Mon., Nov. 20, 1-2:30 p.m., #911402-22 (Virtual)



Photo Gallery

Capital Jewish Museum



Photo credits: Jim Mason

The Tea Cart at Old Water Street Inn



Photo credit: Carole Lieber

UPCOMING NOVEMBER 55+ TRIPS

Thurs., Nov. 2 – DC History Center

Washington, DC: Explore DC's diverse and complex history with a guided tour of the DC History Center.

MAD 12:45 p.m., BAR 1:15 p.m., return 4:45 p.m., #902311-01
\$20 Arlington County/ \$22 Out-of-County

Mon., Nov. 6 – Leesburg Premium Outlets

Leesburg, VA: Find great bargains at this outdoor outlet shopping mall. Lunch on your own at the food court.

GUN 10 a.m., MAD 10:30 a.m., return 5:00 p.m., #902311-02
\$9 Arlington County/ \$11 Out-of-County

Thurs., Nov. 9 – *Composing Color: Paintings by Alma Thomas* Exhibit at the Smithsonian American Art Museum

Washington, DC: Immerse yourself in an intimate view of Alma Thomas' evolving practice during her most prolific period, 1959-1978. Tour and dine on your own at the museum.

MAD 10:30 a.m., GUN 11:00 a.m., return 4:30 p.m., #902311-03
\$8 Arlington County/ \$10 Out-of-County

Sun., Nov. 12 – Northern Virginia Christmas Market at Dulles Expo Center

Chantilly, VA: Shop for unique handcrafted holiday gifts at this spectacular, award-winning market. **Note: There is an \$8 entrance fee upon arrival.** Lunch on your own at the market.

BAR 8:45 a.m., MAD 9:15 a.m., return 3:30 p.m., #902311-04
\$9 Arlington County/ \$11 Out-of-County

Fri., Nov. 17 – *Art and Ideals: President John F. Kennedy Exhibit at the Kennedy Center*

Washington, DC: Enjoy a guided tour of this wonderful new exhibit that explores President Kennedy's appreciation and promotion of the arts and why the Kennedy Center came to be a living memorial to him and his ideals.

MAD 9:30 a.m., WR 10:00 a.m., return 4:00 p.m., #902311-05
\$9 Arlington County/ \$11 Out-of-County

Thurs., Nov. 23 – Dutch's Daughter Thanksgiving

Frederick, MD: Celebrate Thanksgiving with a delicious Thanksgiving buffet at the lovely Dutch's Daughter restaurant with your fellow travelers.

WR 10:15 a.m., MAD 10:45 a.m., return 3:45 p.m., #902311-06
\$71 Arlington County/ \$82 Out-of-County

Wed., Nov. 29 – *Miracle on 34th Street* at Riverside Center for the Performing Arts

Fredericksburg, VA: Meredith Wilson's *Miracle on 34th Street* follows Kris Kringle as he takes on the cynics in this beloved holiday classic. Filled with humor, spectacle and beloved songs, this joyous, heartwarming musical is pure family entertainment. A three-course, waiter-served lunch is included.

MAD 9:30 a.m., BAR 10:00 a.m., return 6:15 p.m., #902311-07
\$87 Arlington County/ \$100 Out-of-County

THANKS TO OUR WONDERFUL VOLUNTEERS!

55+ Travel Advisory Committee:

Mary Bacchus
Ginger Bevard
Sidney Bruce
Dawn Edwards
Linda Harper
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
Anmarie 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 Trip: Leesburg Premium Outlets** GUN 10:00 a.m., MAD 10:30 a.m. Return 5:00 p.m. The Military Women's Memorial* 1:30-2:30 p.m. Virtual Secrets Revealed* 10:30-11:30 a.m. Virtual	7	8 History Roundtable* 11:15 a.m.-12:30 p.m. Virtual Study of Words*+ 10:30-11:45 a.m. Virtual/Hybrid What is a Living Trust* 11 a.m.-12 p.m. Virtual
13 Wake and Make* 9-10 a.m. Virtual Painting Demonstration* 10:30-12 p.m. Virtual	14 Google Drive 101* 6:30-7:30 p.m. Virtual	15
20 Short Story Reading and Discussion*** 1-2:30 p.m. Virtual/Hybrid	21	22
27	28 Rock Music Legends: The Year in Review**** 1:30-2:45 p.m. Virtual/Hybrid	29 Trip: <i>Miracle on 34th Street</i> at Riverside Center for the Performing Arts** MAD 9:30 a.m., BAR 10:00 a.m. Return 6:15 p.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
<p style="text-align: right;">2</p> <p>Trip: DC History Center** MAD 12:45 p.m., BAR 1:15 p.m. Return 4:45 p.m.</p> <p>Trivia* 11 a.m.-12:30 p.m. Virtual, VCAA</p> <p>History Discussion Group* 1-2:30 p.m. Virtual, VCAA</p>	<p style="text-align: right;">3</p> <p>German Conversation* 10 a.m.-12 p.m. Virtual</p> <p>Trip: NSO Concert at the Kennedy Center: Brahms' Fourth Symphony** MAD 10:00 a.m., BAR 10:30 a.m. Return 3:00 p.m.</p>
<p style="text-align: right;">9</p> <p>Trip: <i>Composing Color: Paintings by Alma Thomas</i> Exhibit at the Smithsonian American Art Museum** MAD 10:30 a.m., GUN 11:00 a.m. Return 4:30 p.m.</p> <p>History Discussion Group* 1-2:30 p.m. Virtual, VCAA</p>	<p style="text-align: right;">10</p> <p>German Conversation* 10 a.m.-12 p.m. Virtual</p>
<p style="text-align: right;">16</p> <p>Paint & Sip* 10-11:30 a.m. Virtual</p> <p>Walk Your Way to Brain Health* 1:30-2:30 p.m. Virtual</p> <p>Hiawatha in History and Legend* 11:30 a.m.-12:30 p.m. Virtual, VCAA</p> <p>History Discussion Group* 1-2:30 p.m. Virtual, VCAA</p>	<p style="text-align: right;">17</p> <p>German Conversation* 10 a.m.-12 p.m. Virtual</p> <p>Art and Ideals: President John F. Kennedy Exhibit at the Kennedy Center** MAD 9:30 a.m., WR 10:00 a.m. Return 4:00 p.m.</p> <p>Just Beneath the Surface* 10-11:30 a.m. Virtual</p>
<p style="text-align: right;">23</p> <p>Trip: Dutch's Daughter Thanksgiving** WR 10:15 a.m., MAD 10:45 a.m. Return 3:45 p.m.</p>	<p style="text-align: right;">24</p> <p>German Conversation* 10 a.m.-12 p.m. Virtual</p>
<p style="text-align: right;">30</p> <p>Just Beneath the Surface* 10-11:15 a.m. Virtual, VCAA</p>	

TRAVEL & VIRTUAL PROGRAM CALENDAR NOVEMBER 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:

Sun., Nov. 12 : Trip to the Northern Virginia Christmas Market at Dulles Expo Center^**
BAR 8:45 a.m., MAD 9:15 a.m.
Return 3:30 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 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.

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.

Recently added:

- [Civil Rights Activist Barbara Johns](#)
- [Just Beneath the Surface](#)
- [Love, Sex and Marriage in the Civil War](#)
- [Senior Discounts](#)



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 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

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.

