

ARLINGTON MILL 55+ CENTER NEWSLETTER

909 S. Dinwiddie Street, Arlington VA 22204 703-228-7369

CENTER HOURS

Monday – Friday 9 a.m.-3 p.m.
Evening and Weekends
as scheduled

CONTACT

**Arlington Mill 55+ Center
Director**

Cconley1@arlingtonva.us
703-228-7369

55+ Office

55Plus@arlingtonva.us
Website: arlingtonva.us/dpr
703-228-7320

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Hello everyone!

We're delighted to announce the arrival of our new Arlington Mill 55+ Center Director, Carrie Conley! Prior to coming to Arlington, Carrie developed the Seniors in Action program at McClean Community Center in Fairfax County. This exciting program included fitness classes, games, workshops, special events, and more, all in a welcoming atmosphere designed to create a strong sense of community and belonging. Carrie is looking forward to developing new programs here in Arlington, specially tailored to the interests of the 55+ community at Arlington Mill.

We hope you'll join us in giving Carrie a warm welcome!

- The 55+ Team

THE ARLINGTON MILL 55+ CENTER TEAM



Carrie Conley
Arlington Mill

55+ Center Director



Emma Valencia
Arlington Mill

Social 60+ Cafe Coordinator



Brenda Galloway
Arlington Mill

Program Assistant



Enjoy access to a world of fun, fitness, enrichment and social connection with the Arlington 55+ Pass.

STEP 1 ▶ Choose Your Pass

There are two 55+ Pass options for you to consider.

STEP 2 ▶ Sign Up

There are four ways to sign up:

- **ONLINE:** arlingtonva.us and search "55+ pass"
- **MAIL:** 300 N. Park Drive 22203
(get the registration form online)
- **PHONE:** 703-228-4747 (Mon.-Fri., 8 a.m.-5 p.m.)
- **IN PERSON:** Visit one of our 55+ Centers that are open, or Department of Parks & Recreation Administrative Services Office located at 300 N. Park Drive (Mon.-Fri. 8 a.m. to 5 p.m.).

STEP 3 ▶ Use Your Pass

With your 55+ Pass, you can register for programs and activities (registration not needed for a drop-in, but 55+ Pass is still required).

- See last page for information about registering online, in person, by phone or by mail.
- See registration start dates on calendar page.

OPTION B

55+ Pass Benefits

- Opportunities to participate in engaging activities
- Discounted trips and classes

ANNUAL FEES

Arlington County resident	\$20	\$60
Arlington County household	\$30	\$90
Non-Arlington County resident	\$45	\$90
Non-Arlington County household	\$65	\$135

OPTION A

55+ Gold Pass Benefits

Enjoy all the benefits of the regular pass - PLUS access to Arlington County's fitness facilities (except Long Bridge Aquatics & Fitness Center) any time during fitness facilities community hours.

Contact us for more information:

Call 703-228-4747 or visit arlingtonva.us (search for "55+ Pass")

MOVIES AT THE MILL

Thursday, November 16

1-3:30 p.m.

Register: [#911804-11](https://www.eventbrite.com/e/movies-at-the-mill-tickets-14180411)

This month's movie selection...

The Adam Project (2022) (PG-13)

After crash-landing in 2022, a time-traveling fighter pilot teams up with his younger self in order to save the future.

DROP-IN PICKLEBALL HOURS

Monday: 10 a.m.-3 p.m.

Tuesday: 12-3 p.m., 5-8:45 p.m.

Wednesday: n/a

Thursday: 12-3 p.m.

Friday: 10 a.m.-3 p.m.

Interested in a beginner pickleball session? Contact Carrie Conley at cconley1@arlingtonva.us for more information.

Let Your Voice be Heard!

Are you interested in seeing a new program at Arlington Mill? Would you like to see certain programs more frequently? Come join the Arlington Mill Senior Advisory Committee and let your voice be heard. Email 55Plus@arlingtonva.us for more information.

MONDAY	TUESDAY	WEDNESDAY
		<p style="text-align: right;">1</p> <p>8am-12pm Social 60+ Café+* RM527 10-11:15am Line Dance RM421 10am-12pm Open Art Studio RM526 10:30am-1pm 55+ Crafters RM404 11:30am-12pm Lunch (sign up ahead) Social 60+ Café +* 3-4:30pm Open Games RM205</p>
<p style="text-align: right;">6</p> <p>8am-12pm Social 60+ Café+* RM527 9-11am Crochet RM205 10am-3pm Play Pickleball GYM 10-11:15am Line Dance RM421 11:30am-12pm Lunch (sign up ahead) Social 60+ Café +* 5-6:15pm Hatha Yoga Basics*^ RM418</p>	<p style="text-align: right;">7</p> <p>8am-12pm Social 60+ Café+* RM527 10am-12pm Table Tennis RM217 11am-1pm Rummikub RM205 11:30am-12pm Lunch (sign up ahead) Social 60+ Café +* 12-3pm Play Pickleball GYM 5-8:45pm Play Pickleball GYM</p>	<p style="text-align: right;">8</p> <p>8am-12pm Social 60+ Café+* RM527 10-11:15am Line Dance RM421 10am-12pm Open Art Studio RM526 10:30am-1pm 55+ Crafters RM404 11:30am-12pm Lunch (sign up ahead) Social 60+ Café +*</p>
<p style="text-align: right;">13</p> <p>8am-12pm Social 60+ Café+* RM527 9-11am Crochet RM205 10am-3pm Play Pickleball GYM 10-11:15am Line Dance RM421 10:30-11:30am Cognitive Training* RM527 11:30am- 12pm Lunch (sign up ahead) Social 60+ Café +* 5-6:15pm Hatha Yoga Basics*^ RM418</p>	<p style="text-align: right;">14</p> <p>8am-12pm Social 60+ Café+* RM527 10am-12pm Table Tennis RM217 11am-1pm Rummikub RM205 11:30am- 12pm Lunch (sign up ahead) Social 60+ Café +* 12-3pm Play Pickleball GYM 5-8:45pm Play Pickleball GYM</p>	<p style="text-align: right;">15</p> <p>8am-12pm Social 60+ Café+* RM527 10-11:15am Line Dance RM421 10am-12pm Open Art Studio RM526 10:30am-1pm 55+ Crafters RM404 11:30am-12pm Lunch (sign up ahead) Social 60+ Café +* 3-4:30pm Open Games RM205</p>
<p style="text-align: right;">20</p> <p>8am-12pm Social 60+ Café+* RM527 9-11am Crochet RM205 10am-3pm Play Pickleball GYM 10-11:15am Line Dance RM421 11:30am- 12pm Lunch (sign up ahead) Social 60+ Café +* 5-6:15pm Hatha Yoga Basics*^ RM418</p>	<p style="text-align: right;">21</p> <p>8am-12pm Social 60+ Café+* RM527 10am-12pm Table Tennis RM217 11am-1pm Rummikub RM205 11:30am- 12pm Lunch (sign up ahead) Social 60+ Café +* 12-3pm Play Pickleball GYM 5-8:45pm Play Pickleball GYM</p>	<p style="text-align: right;">22</p> <p>8am-12pm Social 60+ Café+* RM527 10-11:15am Line Dance RM421 10am-12pm Open Art Studio RM526 10:30am-1pm 55+ Crafters RM404 11:30am-12pm Lunch (sign up ahead) Social 60+ Café +*</p>
<p style="text-align: right;">27</p> <p>8am-12pm Social 60+ Café+* RM527 9-11am Crochet RM205 10am-3pm Play Pickleball GYM 10-11:15am Line Dance RM421 11:30am- 12pm Lunch (sign up ahead) Social 60+ Café +*</p>	<p style="text-align: right;">28</p> <p>8am-12pm Social 60+ Café+* RM527 10am-12pm Table Tennis RM217 11am-1pm Rummikub RM205 11:30am- 12pm Lunch (sign up ahead) Social 60+ Café +* 12-3pm Play Pickleball GYM 1:30-2:45pm Rock Music Legends* RM404 5-8:45pm Play Pickleball GYM</p>	<p style="text-align: right;">29</p> <p>8am-12pm Social 60+ Café+* RM527 10-11:15am Line Dance RM421 10am-12pm Open Art Studio RM526 10:30am-1pm 55+ Crafters RM404 11:30am-12pm Lunch (sign up ahead) Social 60+ Café +* 3-4:30pm Open Games RM205</p>

ARLINGTON MILL 55+ CENTER CALENDAR

November 2023

909 S. Dinwiddie St., Arlington,
VA 22204
703-228-7369

Key

* = registration required

^ = fee required

+ = Social 60+ Café

Bold = speakers/special events/etc.

Weekend Programming:

Rummikub: RM 205

Saturdays, 10 a.m.-12 p.m.

Check out the
[weekly schedule](#) for Arlington Mill
Community Center's gymnasium
(updated as changes occur).

THURSDAY	FRIDAY
2	3
8am-12pm Social 60+ Café+* RM527 11am-1pm Rummikub RM205 11:30am- 12pm Lunch (sign up ahead) Social 60+ Café +* 12-3pm Play Pickleball GYM	8am-12pm Social 60+ Café+* RM527 10am-12pm Open Art Studio RM526 10am-3pm Play Pickleball GYM 11:30am-12pm Lunch (sign up ahead) Social 60+ Café +* 12-1pm First Friday Social RM132
9	10
8am-12pm Social 60+ Café+* RM527 9-10am Trekkers Outdoor 11am-1pm Rummikub RM205 11:30am- 12pm Lunch (sign up ahead) Social 60+ Café +* 12-3pm Play Pickleball GYM	Center Closed Veteran's Day
16	17
8am-12pm Social 60+ Café+* RM527 11am-1pm Rummikub RM205 11:30am- 12pm Lunch (sign up ahead) Social 60+ Café +* 12-3pm Play Pickleball GYM 1-3:30pm Movies at the Mill* RM525	8am-12pm Social 60+ Café+* RM527 10am-12pm Open Art Studio RM526 10am-3pm Play Pickleball GYM 10:30am-12pm Open Latin Dance RM421 11:30am-12pm Lunch (sign up ahead) Social 60+ Café +*
23	24
Center Closed Thanksgiving Holiday	Center Closed Thanksgiving Holiday
30	
8am-12pm Social 60+ Café+* RM527 11am-1pm Rummikub RM205 11:30am- 12pm Lunch (sign up ahead) Social 60+ Café +* 12-3pm Play Pickleball GYM	



55+⁺ ARLINGTON COUNTY VIRTUAL PROGRAMS

In addition to our extensive catalog of in-person programs, we are happy to announce that 55+ participants can now take part in our programs from the comfort of home! 55+ Virtual Programs offer a variety of activities that can be accessed from anywhere: all you need is internet access and a computer, smartphone, or tablet. To access these programs, just visit [youtube.com/virtualprograms](https://www.youtube.com/virtualprograms) and browse through hours of online content. Exercise videos, art classes, cooking, familiar faces and much more are waiting for you!



Access affordable meals, transportation, health promotion, nutritional education, community services, social events and more! The Social 60+ Café, formerly known as the Congregate Meal Program, is designed to help older individuals remain independent and involved in their community. The program presents opportunities for social engagement and meaningful volunteer roles, which contribute to overall health and well-being and help prevent more costly medical interventions. For more information, please read our Social 60+ Café [brochure](#).



The Alliance for Arlington Senior Programs (AASP) supports 55+ Program activities such as 55+ Fitness Day, Acoustic Café and the new Internet Access for Arlington Seniors Project. Our fundraising has understandably fallen off the COVID-19 pandemic. Now that we are starting to get back to our normal activities, we need your help more than ever. Whether you are a past donor or have never given before, we depend on your support. Visit [friendsofthealliance.org](https://www.friendsofthealliance.org) to donate or send a check to: The Alliance for Arlington Senior Programs, P.O. Box 5184, Arlington, VA 22205

First Friday Social

Join our new Arlington Mill 55+ Center Director, Carrie Conley, on the first Friday of every month for a fun social event! Meet Carrie, make new friends, and share your ideas for future programs. Light snacks and drinks will be provided.

Friday, November 3, 12-1 p.m.
Arlington Mill 55+ Center, Room 132
Drop-in

Open Games

Introduce Arlington Mill to your favorite game and share suggestions for future programs. Our new 55+ Center Director, Carrie Conley, would love to hear your ideas for future game-learning classes: do you want to learn to play Mah Jongg? Canasta? Samba? Something else? Come let us know!

Wednesday, November 1, 15 and 29, 3-4:30 p.m.
Arlington Mill 55+ Center, Room 205
Drop-in

Interested in Foreign Language Discussion?

Arlington Mill is in need of volunteers to lead 55+ foreign language discussion groups. If you speak another language and are interested in volunteering, contact Carrie Conley at cconley1@arlingtonva.us

Arlington Mill Trekkers

Join this group on easy-paced walks near Arlington Mill 55+ Center, including the W&OD and Four Mile Run trails.

Second & Fourth Thursdays, 9-10 a.m.
Arlington Mill | Drop-in

55+ Crafters

Bring your own small craft project and supplies and join us! A fun place to socialize and create the perfect gift or keepsake.

Wednesdays, 10:30 a.m.-1 p.m.
Arlington Mill | Drop-in

Open Art Studio

Open Art Studio accommodates artists who work at their own pace in a collaborative space to share thoughts and ideas. Please note: artists must bring their own materials. No instruction provided.

Wednesdays & Fridays, 10 a.m.-12 p.m.
Arlington Mill | Drop-in

CONNECT & LOCATE

General Information 703-228-4747
55Plus@arlingtonva.us

55+ Sports & Fitness Information
703-228-4771 (voicemail)

55+ Travel Program Information
703-228-4748 (voicemail)
AC55PlusTravel@arlingtonva.us



55+ CENTERS

- AM* Arlington Mill**
909 S. Dinwiddie St., 22204
703-228-7369
Carrie Conley: cconley1@arlingtonva.us
M-F: 9-3, some nights/wknds
- AH Aurora Hills**
735 S. 18th Street., 22202
703-228-5722
Lila Paig: lpaig@arlingtonva.us
MWF: 10-3; T/TH as scheduled
- LB* Langston-Brown**
2121 N. Culpeper St., 22207
703-228-6300
Elizabeth Poole: epoole@arlingtonva.us
M-F: 9-3, some nights/wknds
- LUBR Lubber Run**
300 N. Park Dr., 22203
703-228-4767
Ashley Gomez Figueredo: agomez1@arlingtonva.us
M-F: 9-3, some nights/wknds
- WR* Walter Reed**
2909 S. 16th St., 22204
703-228-0955
Jennifer Weber: jweber1@arlingtonva.us
M-F: 9-3, some nights/wknds

**Indicates hot lunch daily*

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