

DECEMBER 2024

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
703-228-4747

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December is here with a festive lineup of programs to celebrate the season! Here's what we have planned:

- **Area 2 Farms** (Dec. 3) – Learn about this urban farm in South Arlington and sample microgreens.
- **Monthly Social: Holiday Fun** (Dec. 6) – Join us for holiday cheer, conversation and community connection.
- **Holiday Tunes & Name That Holiday Tune** (Dec. 4 & 10) – Enjoy live tunes with pianist Ken Schellenberg on Dec. 4, and test your holiday music knowledge on Dec. 10.
- **Ugly Sweater Crafting Party** (Dec. 11) – Bring your own sweater to upcycle with festive embellishments and enjoy hot cocoa and laughs.
- **Fitness Equipment Orientation** (Dec. 12) – Get ready for the new year with a fitness equipment orientation.
- **Movies at the Mill: "It's a Wonderful Life"** (Dec. 17) – Cozy up with this holiday classic and popcorn.
- **Holiday Charcuterie** (Dec. 18) – Learn how to create a festive charcuterie spread.
- **Healthy Holiday Eating & Food Demo** (Dec. 18, evening) – Tips for keeping your holiday meals light and nutritious.

We're excited to celebrate with you all this month!

– Carrie Conley
Arlington Mill 55+ Center Director, Cconley1@arlingtonva.us

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, travel and social connection with the Arlington 55+ Pass.

STEP 1 ▶ Choose Your Pass

There are two 55+ Pass options for you to consider: the 55+ Pass or the 55+ Gold Pass. See the chart on the right for detailed benefits and pricing information.

STEP 2 ▶ Sign Up

There are four ways to sign up:

- ONLINE: arlingtonva.us/DPR and search "55+ pass"
- PHONE: 703-228-4747 (Mon.-Fri., 8 a.m. to 5 p.m.)
- MAIL: 300 N. Park Drive 22203
(Get the 55+ Pass registration form online)
- IN PERSON: Visit one of the 55+ Centers during operating hours, 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, trips, and events. You must have a 55+ Pass to participate unless otherwise noted. Registration is not needed for a drop-in programs, but a 55+ Pass is still required.

OPTION A

55+ Pass Benefits

- Opportunities to participate in engaging activities
- Discounted 55+ trips and classes

ANNUAL FEES*

	55+ Pass	55+ Gold Pass
Arlington County resident	\$25	\$65
Arlington County household	\$35	\$95
Non-Arlington County resident	\$50	\$95
Non-Arlington County household	\$70	\$140

OPTION B

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/DPR (search for "55+ Pass")

Monthly Social at the Mill

Friday, December 4, 1-2 p.m., RM132

Join us for a fun social event with a different theme the first Friday of each month! December's theme is holiday fun!

Register: [#912801-01](#)

For more information or to volunteer, please email: cconley1@arlingtonva.us

Drop-in Pickleball Hours

Get exercise and have fun in friendly games of Pickleball, America's fastest growing sport for adults over 50! Players of all levels and abilities are welcome to participate. A 55+ Pass is required. Hours are subject to change to accommodate special events, 55+ classes (including pickleball classes) and other programs: check with the center.

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

*No program 12/23, 12/30

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

*No program 12/24, 12/31

Wednesday: 12-3 p.m.

*No program 12/25, 1/1,

Thursday: 12-3 p.m.

*No program 12/26, 1/2

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

*No program 12/27, 1/3

***No program: December 22-January 5
Gym closed for floor maintenance.***

Wednesday Hours Change: For the month of December, Pickleball begins at 12 p.m. on Wednesdays due to lighting maintenance.

Movies at the Mill

Tuesday, December 17, 1-3 p.m.

Come out to Arlington Mill and enjoy your favorite movies on our big screen. Join us for new titles and old classics. Registration required.

December's movie is:

It's a Wonderful Life (1946) (PG)

Register: [#912804-08](#)

December Programs of Interest:

Area 2 Farms

Join Marissa Bale, Area 2 Farms community outreach and program manager, to learn about their urban farm located on Oxford Street in South Arlington. Learn about their innovative indoor gardening practices which are helping to bring more nutrient dense food to the community and enjoy samples of microgreens and specialty herbs.

• Dec. 3 Arlington Mill	Tuesday #912501-07	1-2 p.m. 1 session
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Ugly Sweater Crafting Party

Wed., Dec. 11, 4-5 p.m. at Arlington Mill

Who doesn't love a holiday sweater? Bring your own t-shirt, sweatshirt, or sweater to upcycle along with any extra desired embellishments to decorate it for the holidays. We'll have sequins and pompoms on hand. Instruction provided by 55+ Director Carrie Conley.

Register: [#912310-03](#)

FITNESS EQUIPMENT ORIENTATION

Do you have fitness goals? Has it been a while since you've been in a fitness center? Are you new to fitness equipment? Join fitness staff for free orientations in Arlington community centers to learn how to use fitness equipment.

Dec. 12 Arlington Mill	Thursday #912100-09	1-2 p.m. 1 session
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Letter Writing

Who doesn't love getting a letter in the mail? Volunteer and letter writing enthusiast Frances Wolfson will lead this activity. Bring your favorite pen, a self-addressed, stamped envelope, and a willingness to write a letter to someone in the group.

• Dec. 17 Arlington Mill	Tuesday #912402-15	3-4 p.m. 1 session
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MONDAY	TUESDAY	WEDNESDAY
<p style="text-align: right;">2</p> <p>8am-12pm Social 60+ Café+* RM527 10am-3pm Play Pickleball GYM 10-11:15am Line Dance RM421 10am-12pm Open Game Time RM205 11am-12pm Spanish Convo RM404 12-2pm Chinese Mah Jongg RM205</p>	<p style="text-align: right;">3</p> <p>8am-12pm Social 60+ Café+* RM527 10am-12pm 55+ Game Room RM209 12-3pm Play Pickleball GYM 1-2pm Area 2 Farms* RM527 2-4pm American Mah Jongg RM205 5-8:45pm Play Pickleball GYM</p>	<p style="text-align: right;">4</p> <p>8am-12pm Social 60+ Café+* RM527 10am-12pm Open Art Studio RM526 12-3pm Play Pickleball GYM 10:30am-1pm 55+ Crafters RM404 2-5pm Mexican Train Dominoes RM205 4-5pm Holiday Tunes* RM527 5-7pm American Mah Jongg RM205</p>
<p style="text-align: right;">9</p> <p>8am-12pm Social 60+ Café+* RM527 10am-3pm Play Pickleball GYM 10-11:15am Line Dance RM421 10am-12pm Open Game Time RM205 11am-12pm Spanish Convo RM404 12-2pm Chinese Mah Jongg RM205 1-2pm Advisory Meeting RM205 5-6:15pm Hatha Yoga Basics^^ RM527</p>	<p style="text-align: right;">10</p> <p>8am-12pm Social 60+ Café+* RM527 10am-12pm 55+ Game Room RM209 12-3pm Play Pickleball GYM 1-2pm Name That Holiday Tune* RM527 2-4pm American Mah Jongg RM205 5-8:45pm Play Pickleball GYM</p>	<p style="text-align: right;">11</p> <p>8am-12pm Social 60+ Café+* RM527 10am-12pm Open Art Studio RM526 12-3pm Play Pickleball GYM 10:30am-1pm 55+ Crafters RM404 2-5pm Mexican Train Dominoes RM205 4-5pm Ugly Sweater Crafting Party* RM205 5-7pm American Mah Jongg RMTBD</p>
<p style="text-align: right;">16</p> <p>8am-12pm Social 60+ Café+* RM527 10am-3pm Play Pickleball GYM 10-11:15am Line Dance RM421 10am-12pm Open Game Time RM205 11am-12pm Spanish Convo RM404 12-2pm Chinese Mah Jongg RM205 5-6:15pm Hatha Yoga Basics^^ RM527</p>	<p style="text-align: right;">17</p> <p>8am-12pm Social 60+ Café+* RM527 10am-12pm 55+ Game Room RM209 12-3pm Play Pickleball GYM 1-3pm Movies at the Mill: It's a Wonderful Life* RM527 2-4pm American Mah Jongg RM205 3-4pm Letter Writing* RM527 5-8:45pm Play Pickleball GYM</p>	<p style="text-align: right;">18</p> <p>8am-12pm Social 60+ Café+* RM527 10-11am Holiday Charcuterie* RM205 10am-12pm Open Art Studio RM526 12-3pm Play Pickleball GYM 10:30am-1pm 55+ Crafters RM404 2-5pm Mexican Train Dominoes RM205 5:30-6:30pm Healthy Holiday Eating & Food Demo* RM205 5-7pm American Mah Jongg RMTBD</p>
<p style="text-align: right;">23</p> <p>8am-12pm Social 60+ Café+* RM527 10am-3pm Play Pickleball GYM 10-11:15am Line Dance RM421 10am-12pm Open Game Time RM205 11am-12pm Spanish Convo RM404 12-2pm Chinese Mah Jongg RM205 5-6:15pm Hatha Yoga Basics^^ RM527</p>	<p style="text-align: right;">24</p> <p>8am-12pm Social 60+ Café+* RM527 10am-12pm 55+ Game Room RM209 12-3pm Play Pickleball GYM 2-4pm American Mah Jongg RM205 5-8:45pm Play Pickleball GYM</p>	<p style="text-align: center;">Holiday Center Closed</p>
<p style="text-align: right;">30</p> <p>8am-12pm Social 60+ Café+* RM527 10am-3pm Play Pickleball GYM 10-11:15am Line Dance RM421 10am-12pm Open Game Time RM205 11am-12pm Spanish Convo RM404 12-2pm Chinese Mah Jongg RM205 5-6:15pm Hatha Yoga Basics^^ RM527</p>	<p style="text-align: right;">31</p> <p>8am-12pm Social 60+ Café+* RM527 10am-12pm 55+ Game Room RM209 11:30am-1:30pm NYE Luncheon** Celtic House (off-site) 12-3pm Play Pickleball GYM 2-4pm American Mah Jongg RM205 5-8:45pm Play Pickleball GYM</p>	

Arlington Mill 55+ Center Calendar

December 2024

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

Key

* = registration required

^ = fee required

† = Social 60+ Café

Bold = speakers/special events/etc.

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

Credit and debit card payments made through the Arlington County Department of Parks and Recreation [registration system](#) include a convenience fee of up to 3% paid directly to the credit card processor. Arlington County does not receive any portion of the fee.

THURSDAY	FRIDAY
5	6
8am-12pm Social 60+ Café+* RM527 10am-12pm 55+ Game Room RM209 12-2pm Chinese Mah Jongg RM205 12-3pm Play Pickleball GYM 1-2:15pm Line Dance RM527 2-3pm Pickleball Practice GYM 2-4pm American Mah Jongg RM205	8am-12pm Social 60+ Café+* RM527 10am-12pm Open Art Studio RM526 10am-3pm Drop-in Pickleball GYM 1-2pm Monthly Social* RM132
12	13
8am-12pm Social 60+ Café+* RM527 10am-12pm 55+ Game Room RM209 12-2pm Chinese Mah Jongg RM205 12-3pm Play Pickleball GYM 1-2pm Fitness Equipment Orientation* 5th Floor 1-2:15pm Line Dance RM527 2-3pm Pickleball Practice GYM 2-4pm American Mah Jongg RM205	8am-12pm Social 60+ Café+* RM527 10am-12pm Open Art Studio RM526 10am-3pm Drop-in Pickleball GYM
19	20
8am-12pm Social 60+ Café+* RM527 10am-12pm 55+ Game Room RM209 12-2pm Chinese Mah Jongg RM205 12-3pm Play Pickleball GYM 1-2:15pm Line Dance RM527 2-3pm Pickleball Practice GYM 2-4pm American Mah Jongg RM205	8am-12pm Social 60+ Café+* RM527 10am-12pm Open Art Studio RM526 10am-3pm Drop-in Pickleball GYM
26	27
8am-12pm Social 60+ Café+* RM527 10am-12pm 55+ Game Room RM209 12-2pm Chinese Mah Jongg RM205 12-3pm Play Pickleball GYM 1-2:15pm Line Dance RM527 2-3pm Pickleball Practice GYM 2-4pm American Mah Jongg RM205	8am-12pm Social 60+ Café+* RM527 10am-12pm Open Art Studio RM526 10am-3pm Drop-in Pickleball GYM
	<p>Don't miss these special events at 55+ Centers in December!</p> <p>Walter Reed Holiday Party: Dec. 6, #912890-01 Aurora Hills Jewelry Sale: Dec. 7, #912899-01 Cookie Swap Party: Lubber Run, Dec. 11, #912801-05 Holiday Social at Langston-Brown: Dec. 18, #912890-02</p>



55+⁺ VIRTUAL PROGRAMS

ARLINGTON COUNTY

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

Holiday Music Programs

Holiday Tunes: Wednesday, December 4, 4-5 p.m. at Arlington Mill

Pianist Ken Schellenberg and his friends will play familiar seasonal tunes. Come and listen, or feel free to join us in a sing-along!

Register: #912304-14

Name That Holiday Tune: Tuesday, December 10, 1-2 p.m. at Arlington Mill

Join pianist Ken Schellenberg for a live version of Name That Tune focused on lesser-known seasonal ditties. How many of these second-tier holiday tunes do you know?

Register: #912304-22

Holiday Cooking Demos

Holiday Charcuterie: Wed., Dec. 18, 10-11 a.m. at Arlington Mill

Join Virginia Cooperative Extension volunteers to learn how to make a healthy, delicious and festive charcuterie board for this holiday season.

Register: #912501-01

Healthy Holiday Eating & Food Demo: Wed., Dec. 18, 5:30-6:30 p.m. at Arlington Mill

Learn how to stay healthy while enjoying your holidays with nutritionist Isa Carrizales, RD, LDN, with the Giant grocery store Healthy Living Team. She will also demonstrate how to make a hummus Christmas tree and provide samples!

Register: #912501-08

Drop-in Games

Open Game Time

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

Arlington Mill | Drop-in | RM 205

55+ Game Room at the Mill

Tuesdays & Thursdays, 10 a.m.-12 p.m.

Arlington Mill | Drop-in | 2nd floor game rm

Mexican Train Dominoes

Wednesdays, 2-5 p.m.

Arlington Mill | Drop-in | RM 205

American Mah Jongg

NEW

Tuesdays & Thursdays, 2-4 p.m.

Wednesdays, 5-7 p.m.

Arlington Mill | Drop-in | RM 205

Classic Chinese Mah Jongg

NEW

Mondays & Thursdays, 12-2 p.m.

Arlington Mill | Drop-in | RM 205

Spanish Conversation

Practice speaking Spanish, no formal instruction. Beginners welcome.

Mondays, 11 a.m.-12 p.m.

Arlington Mill RM 404 | 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 RM 404 | 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 RM 526 | 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
Cory Cox: ccox1@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 (Mon.-Fri.)*

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

