

December 2024

LUBBER RUN 55+ CENTER NEWSLETTER

300 N. Park Drive, Arlington

703-228-4747

CENTER HOURS

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

CONTACT

55+ Office
55Plus@arlingtonva.us
Website: arlingtonva.us/dpr

Center Director
Ashley Gomez
Agomez1@arlingtonva.us
703-228-4767

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Director's Note:

As we embrace the winter season, our center remains a warm and welcoming hub for connection, learning, and fun. This winter, we're excited to offer a variety of activities and programs designed to keep you active, engaged, and inspired. We look forward to seeing you and sharing in the joy of the season!

For details on upcoming programs, please refer to our calendar on pages 4-5, and visit page 7 for registration codes. Thank you for being an essential part of our vibrant community!

-Ashley Gomez

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. Looking for an alternative way to pay? [Learn how to pay](#) by eCheck, in-person or by mail.

ABOUT THE CENTER

Featuring net-zero energy design and a landscape-focused approach to the surrounding park, Lubber Run Community Center offers a holistic response to an urban challenge – ultimately creating public space that is greater and greener for residents.



Lubber Run 55+
Center Director
Ashley Gomez



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”)

LUBBER RUN ADVISORY COMMITTEE

The Lubber Run Advisory Committee is a group of like-minded volunteers who set out to support and promote programs and events at the center while ensuring the interests of the 55+ community.

Elected Officers:

Chair - Dee Bivens
Vice-Chair - Carmen Melendez-Pastor
Secretary - Josephine Ma
Treasurer - (Vacant)
Assistant Treasurer - Jim Morris

Members at Large:

Sara DeWalt
Jane Sharp
Bob Kimmins
Barbara Mathes-Abaunza
Jill Buzby
Patricia Stroup
Richard Young
Alease Brooks

We need enthusiastic people to join our Lubber Run 55+ committee to be involved in planning and initiating new programs for the 55+ group at Lubber Run. We need you!! Please respond to Ashley or email Dee at deeb1941@comcast.net and we will get back to you ASAP!

Next meeting:

Wednesday, December 11, 2-3 p.m.
Lubber Run Senior Room (RM115)

Advisory Committee Sponsored Programs!

Coffee or Tea and Thee

Mondays & Wednesdays
9-10:15 a.m.
Drop-In

Join the Lubber Run 55+ Advisory Committee for coffee hour every Monday and Wednesday in the Senior Room. Enjoy a warm cup of coffee or tea while socializing with friends and meeting new people. This is a perfect opportunity to relax, chat and build a sense of community.

Cookie Swap Party!

Wednesday, December 11, 3-4:30 p.m.
Register: [#912801-04](#)

Join the Lubber Run 55+ Advisory Committee for a delightful Cookie Swap Party! Bring any amount of your favorite homemade cookies to share. It's a fun way to discover new recipes, indulge in sweet treats, and take home a variety of holiday cookies. Don't forget to bring a recipe card to share!

MONDAY	TUESDAY	WEDNESDAY
<p style="text-align: right;">2</p> <p>9-10:15am Coffee or Tea and Thee RM115 10-11am Total Body Fitness^ GYM 11am-12pm The National Federation of the Blind* RM115 11:30-12:30pm Tai Chi -Yang RM119 1-3pm Social Bridge RM115 1-2pm SAIL* RM119</p>	<p style="text-align: right;">3</p> <p>10-11am Full Fitness^ GYM 1-2:30pm Encore Chorale** RM119</p>	<p style="text-align: right;">4</p> <p>9-10:15am Coffee or Tea and Thee RM115 9-10am Strength Training^ GYMA 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 1:30-3:30pm Opera Appreciation* RM115</p>
<p style="text-align: right;">9</p> <p>9-10:15am Coffee or Tea and Thee RM115 10-11am Total Body Fitness^ GYM 10-10:30am Reading Buddies* RM115 11:30-12:30pm Tai Chi -Yang RM119 1-3pm Social Bridge RM115 1-2pm SAIL* RM119 1-2:30pm Traditional Hatha Yoga** RM116</p>	<p style="text-align: right;">10</p> <p>10-11am Full Fitness^ GYM 10-10:30am Reading Buddies* RM115 10am-3pm Hearing Screenings* RM115 10:30-11:30am Traditional Hatha Yoga** RM116 11:45-12:45pm Gentle Hatha Yoga** RM116 1-2:30pm Encore Chorale** RM119 2:15-3:15pm Zumba** RM116</p>	<p style="text-align: right;">11</p> <p>9-10:15am Coffee or Tea and Thee RM115 9-10am Strength Training^ GYMA 10:30-11:30am Tai Chi -Taoist RM119 10:30-11:45am Study of Words* RM126 11am-12pm The Angler's Corner RM115 11:30-12:30pm Tai Chi -Yang RM119 4-5:15pm Traditional Hatha Yoga** RM116 2-3pm Advisory Committee Meeting RM115 3-4:30pm Cookie Swap Party* RM115</p>
<p style="text-align: right;">16</p> <p>9-10:15am Coffee or Tea and Thee RM115 10-11am Total Body Fitness^ GYM 10-11:30am Explore Mixed Media Art* RM115 11:30-12:30pm Tai Chi -Yang RM119 1-3pm Social Bridge RM115 1-2pm SAIL* RM119 1-2:30pm Traditional Hatha Yoga** RM116</p>	<p style="text-align: right;">17</p> <p>10-11am Full Fitness^ GYM 10:30-11:30am Traditional Hatha Yoga** RM116 11:30am-12:30pm Name That Holiday Tune* RM115 11:30am-1pm Genealogy 101* RM115 11:45-12:45pm Gentle Hatha Yoga** RM116 2:15-3:15pm Zumba** RM116</p>	<p style="text-align: right;">18</p> <p>9-10:15am Coffee or Tea and Thee RM115 9-10am Strength Training^ GYMA 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 1:30-3:30pm Opera Appreciation* RM115 4-5:15pm Traditional Hatha Yoga** RM116 4-5:30pm Piano Lounge and Sing-Along* RM115</p>
<p style="text-align: right;">23</p> <p>9-10:15am Coffee or Tea and Thee RM115 10-11am Total Body Fitness^ GYM 11:30-12:30pm Tai Chi -Yang RM119 1-3pm Social Bridge RM115 1-2pm SAIL* RM119 1-2:30pm Traditional Hatha Yoga** RM116</p>	<p style="text-align: right;">24</p> <p>10-11am Full Fitness^ GYM 1-3pm Movie Matinee: The Holiday* RM115</p>	<p style="text-align: right;">25</p> <p style="text-align: center; font-size: 2em;">Center Closed</p>
<p style="text-align: right;">30</p> <p>9-10:15am Coffee or Tea and Thee RM115 10-11am Total Body Fitness^ GYM 11:30-12:30pm Tai Chi -Yang RM119 1-3pm Social Bridge RM115 1-2pm SAIL* RM119 1-2:30pm Traditional Hatha Yoga** RM116</p>	<p style="text-align: right;">31</p> <p>10-11am Full Fitness^ GYM 10:30-11:30am Traditional Hatha Yoga** RM116 11:45-12:45pm Gentle Hatha Yoga** RM116 2:15-3:15pm Zumba** RM116</p>	

THURSDAY	FRIDAY
5	6
8:30-9:30am Walk Fit LOBBY 10-11am Full Fitness^ GYM 1-2pm SAIL* RM119 1-3pm Sudoku RM115 2-4pm Drop in Volleyball GYM 4-5pm Coral Reef Crochet Project RM115 5-6:30pm Old-Time and String Band Jam* RM115	9-10am Strength Training^ GYMA 10:15-11:15am Total Body Fitness^ GYMA 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 1-3pm Social Bridge RM115 1:30-3pm Social Ballroom RM119 3-4:30pm Crafternoon Social Group RM115
12	13
8:30-9:30am Walk Fit LOBBY 10-11am Full Fitness^ GYM 1-2pm SAIL* RM119 1:30-3pm Beginner Quilling** RM115 2-4pm Drop in Volleyball GYMB 4-5pm Coral Reef Crochet Project RM115 5-6pm Pickleball for Beginners^^ GYM 6-7pm Spanish 101* RM115	8-9am Gyrokinesis**^ GYM 9-10am Strength Training^ GYMA 10:15-11:15am Total Body Fitness^ GYMA 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 1-3pm Social Bridge RM115 3-4:30pm Crafternoon Social Group RM115
19	20
8:30-9:30am Walk Fit LOBBY 10-11am Full Fitness^ GYM 1-2pm SAIL* RM119 1-3pm Sudoku RM115 2-4pm Drop in Volleyball GYMB 4-5pm Coral Reef Crochet Project RM115 5-6:30pm Old-Time and String Band Jam* RM115 5-6pm Pickleball for Beginners^^ GYM	8-9am Gyrokinesis**^ GYM 9-10am Strength Training^ GYMA 10:15-11:15am Total Body Fitness^ GYMA 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 1-3pm Social Bridge RM115 3-4:30pm Crafternoon Social Group RM115
26	27
8:30-9:30am Walk Fit LOBBY 10-11am Full Fitness^ GYM 1-2pm SAIL* RM119 2-4pm Drop in Volleyball GYMB 4-5pm Coral Reef Crochet Project RM115 5-6pm Pickleball for Beginners^^ GYM	8-9am Gyrokinesis**^ GYM 9-10am Strength Training^ GYMA 10:15-11:15am Total Body Fitness^ GYMA 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 1-3pm Social Bridge RM115 3-4:30pm Crafternoon Social Group RM115
	<p>Don't miss these special events at 55+ Centers in December!</p> <p>Walter Reed Holiday Party: Dec. 6, #912890-01</p> <p>Aurora Hills Jewelry Sale: Dec. 7, #912899-01</p> <p>Ugly Sweater Crafting Party: Arlington Mill, Dec. 11, #912310-03</p> <p>Holiday Social at Langston-Brown: Dec. 18, #912890-02</p>

Lubber Run 55+ Center Activity Calendar

December 2024

300 N. Park Drive,
Arlington, VA,
22203

KEY

* = registration required

^ = fee required

+ = Social 60+ Café

Bold = speakers/special events/etc.

RM115 - Magnolia

RM116 - Walnut

RM119 - Oak

RM121 - Hickory

RM126 - Beech

NOTE: Programs without a symbol are considered Drop-In and do not require registration.

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 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](#).

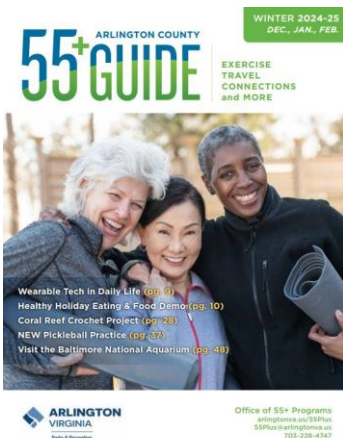


The Alliance for Arlington Senior Programs (AASP) supports 55+ Program activities such as 55+ Fitness Day, Acoustic Café and the new Internet Access for Arlington Seniors Project. Our fundraising has understandably fallen off during the COVID-19 pandemic. Now that we are starting to get back to our normal 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 to donate or send a check to: The Alliance for Arlington Senior Programs, P.O. Box 5184, Arlington, VA 22205

55+ GUIDE

ARLINGTON COUNTY

Winter Guide:



WAYS TO REGISTER:

ONLINE: registration.arlingtonva.us

Registration is available any time through our online WebTrac system. Note: You can link directly to the registration system when viewing the digital 55+ Guide. After registration has opened, just click on the blue registration number for the program that you are interested in.

PHONE: 703-228-4747

Available Monday-Friday, 8 a.m. – 5 p.m.

IN PERSON: Registration Office
Lubber Run: 300 N. Park Dr.

Register for December Programs at Lubber Run!

The National Federation of the Blind

Monday, December 2; 11 a.m.-12 p.m.

Register: [#912500-01](#)

Reading Buddies

Monday, December 9; 10-10:30 a.m.

Register: [#912301-18](#)

Tuesday, December 10; 10-10:30 a.m.

Register: [#912301-19](#)

Hearing Screenings

Tuesday, December 10

Register:

10-10:30 a.m. [#912900-25](#)

10:30-11 a.m. [#912900-26](#)

11-11:30 a.m. [#912900-27](#)

11:30 a.m.-12 p.m. [#912900-28](#)

1-1:30 p.m. [#912900-29](#)

1:30-2 p.m. [#912900-30](#)

2-2:30 p.m. [#912900-31](#)

2:30-3 p.m. [#912900-32](#)

Spanish 101

Thursday, December 12; 6-7 p.m.

Register: [#912650-07](#)

Explore Mixed Media Art

Monday, December 16; 10-11:30 a.m.

Register: [#912303-11](#)

Name that Holiday Tune

Tuesday, December 17; 11:30 a.m.-12:30 p.m.

Register: [#912304-24](#)

Piano Lounge and Sing-Along

Wednesday, December 18; 4-5:30 p.m.

Register: [#912304-25](#)

Movie Matinee: *The Holiday*

Tuesday, December 24; 1-3 p.m.

Register: [#912804-01](#)

Coral Reef Crochet Project

Thursdays; 4-5 p.m.

Drop-In

Old-Time and String Band Jam

Thursday, December 5; 5-6:30 p.m.

Register: [#912304-16](#)

Thursday, December 19; 5-6:30 p.m.

Register: [#912304-17](#)

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

