

DECEMBER 2024

WALTER REED 55+ CENTER NEWSLETTER

2909 16th Street S, Arlington, VA 22204

703-228-0955

CENTER HOURS

Monday – Friday 9am-3pm
Evening and Weekends as
scheduled

CONTACT

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

Jennifer Weber,
Walter Reed 55+ Center
Director

Jweber1@arlingtonva.us
703-228-0949

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DIRECTOR'S NOTE

Happy Holidays!

Please note 55+ Center closures:

Wednesday, December 25 (Christmas)

We look forward to celebrating the holidays at the Walter Reed Holiday Party on Friday, December 6 at 12 p.m. See below for details:

Walter Reed Holiday Party

Fri., Dec. 6, 12-2 p.m. at Walter Reed

Gather with friends and celebrate the season with holiday cheer and a tasty catered lunch! Sponsored by the Walter Reed 55+ Advisory Committee and the Alliance for Arlington Senior Programs. *Once you have registered for this program, please remember to pay the \$15 admission fee by visiting the Alliance [website](#) before the event.* There will also be an in-person payment option: details will be provided to registered participants via email.

Register: [#912890-01](#)



Happy holiday season to everyone and hope to see you soon!

ABOUT THE CENTER

Kitchen Assistant:
Meaza Beraki

Social 60+ Café
Program Coordinator:
Mona Farah

55+ Center Director:
Jennifer Weber



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”)

55+ HAPPENINGS AT WALTER REED

Acoustic Café

The shows are open to all ages; no 55+ Pass required.

December's Show: Veronneau and The Two Peas. The café is sponsored by the Walter Reed 55+ Advisory Committee and the Alliance for Arlington Senior Programs.

Let us know you are coming!

Tuesday, December 17, 7-8:30 p.m.

Register: [#912301-02](#)

Movies and Munchies at Walter Reed

Join us for award-winning movies, light refreshments and discussion at the conclusion. We'll show films that have won awards. This month's movie is *Thelma* (2024) (PG-13).

Thursday, December 12, 2-4 p.m.

Register: [#912804-11](#)

Bunco Bunch

Calling all 55+ friends who want to play a fun game in a social environment. Bunco is a dice game of luck where having a good time is the number one objective. Bunco is a great way to socialize with new and old friends. No prior experience is needed.

Friday, December 6, 2-4 p.m.

Register: [#912600-07](#)

Mexican Train Dominoes

This friendly group of dominoes players is looking for new participants to join the games. If you have never played it's fun and easy to learn!

Mondays, 9:30 a.m.-12 p.m.

Sundays, 1:30-4:30 p.m.

Drop-in

PICKLEBALL CORNER

55+ Drop-In Pickleball Hours

Monday - 8:30 - 11am (2 courts)
10-11am (1 court)
11am-4pm (2 courts)

Tuesday - 12:30-4pm

Wednesday - 2:15-4pm

Thursday - 12:30-4pm

Friday - 10am-4pm

| MONDAY | TUESDAY | WEDNESDAY |
|--|---|--|
| <p style="text-align: right;">2</p> 8:30-4pm Pickleball (2 courts) GYM 9:30-12:30 Mexican Train Dominoes CAFE 10-11am Abs. Beginner PB (1 court) GYM 10-11am Pickleball (1 court) GYM 10:45-12pm Mah Jongg Lessons* SL 11:30-12:30pm Bowling+ WELLR 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 1-2pm Table Games+ MPRBC 4-5pm Let's Play Easy Piano Duets* SL | <p style="text-align: right;">3</p> 10:30-11:30am English Class (REEP) MPRA 10:30-11:30am Table Games+ GYM 11am-1pm Five Crowns SL 11:30-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch+* MPRC 12:30-4pm Pickleball GYM 1:30-4:30pm Samba SL 1-2pm Bowling+ MPRBC 1-2:15pm Tai Chi Practice WELLR 2-4pm Bridge Practice CAFE 2:30-3:30pm Partner Dance Practice WELLR 4-5:30pm Intro & Intermediate Uke* ARTS&C 5:30-7pm Wildlife Rescue League* CONF | <p style="text-align: right;">4</p> 10am-12pm Canasta SL 10am-12pm 55+ Basketball GYM 10:15-11:15am Give Line Dance a Try 12:30pm Social 60+ Lunch+* MPRBC 1-2pm Baking w/ Joni MPRBC 1:30-3:30pm Social Bridge SL 2:15-4pm Pickleball GYM |
| <p style="text-align: right;">9</p> 8:30-4pm Pickleball (2 courts) GYM 9:30-12:30 Mexican Train Dominoes CAFE 10-11am Abs. Beginner PB (1 court) GYM 10-11am Pickleball (1 court) GYM 10:45-12pm Mah Jongg Lessons* SL 11:30-12:30pm Bowling+ WELLR 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 1-2pm Table Games+ MPRBC 3:45-4:45pm Mat Pilates*^ WELLR 4-5pm Let's Play Easy Piano Duets* SL | <p style="text-align: right;">10</p> 8:15-11:15am Pickleball Classes** GYM 9-10:15am Yoga Daily Living** WELLR 10:30-11:30am English Class (REEP) MPRA 10:30-11:30am Table Games+ GYM 11am-1pm Five Crowns SL 11:30-12:15pm Strength Training+ GYM 11:30-12:30pm Winter Tree ID & Folklore* 12:30pm Social 60+ Lunch+* MPRC 12:30-4pm Pickleball GYM 1:30-4:30pm Samba SL 1-2pm Bowling+ MPRBC 1-2:15pm Tai Chi Practice WELLR 2-4pm Bridge Practice CAFE 2:30-3:30pm Partner Dance Practice WELLR 4-5:30pm Intro & Intermediate Uke ARTS&C 5:30-6:30pm Reader's Theater* SL | <p style="text-align: right;">11</p> 10am-12pm Canasta SL 10:15-11:15am Give Line Dance a Try 12pm-2pm 55+ Basketball GYM 12:30pm Social 60+ Lunch+* MPRBC 1-2pm Bowling + MPRBC 1:30-3:30pm Social Bridge SL 2:15-4pm Pickleball GYM |
| <p style="text-align: right;">16</p> 8:30-4pm Pickleball (2 courts) GYM 9:30-12:30 Mexican Train Dominoes CAFE 10-11am Abs. Beginner PB (1 court) GYM 10-11am Pickleball (1 court) GYM 11:30-12:30pm Jewelry Craft+ ARTS&C 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 1-2pm Table Games+ MPRBC 3:45-4:45pm Mat Pilates**^ WELLR 4-5pm Let's Play Easy Piano Duets* SL | <p style="text-align: right;">17</p> 8:15-11:15am Pickleball Classes** GYM 9-10:15am Yoga Daily Living** WELLR 10:30-11:30am English Class (REEP) MPRA 10:30-11:30am Table Games+ GYM 11am-1pm Five Crowns SL 11:30-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch+* MPRC 12:30-4pm Pickleball GYM 1:30-4:30pm Samba SL 1-2pm Bowling+ MPRBC 1-2:15pm Tai Chi Practice WELLR 2-4pm Bridge Practice CAFE 2:30-3:30pm Partner Dance Practice WELLR 4-5:30pm Intro & Intermediate Uke* ARTS&C 7-8:30pm Acoustic Café* MPRABC | <p style="text-align: right;">18</p> 10am-12pm Canasta SL 10am-12pm 55+ Basketball GYM 10:15-11:15am Give Line Dance a Try 12-12:30pm Table Games+ MPRBC 12:30pm Social 60+ Lunch+* MPRBC 1-2pm Price is Right + MPRBC 1:30-3:30pm Social Bridge SL 2:15-4pm Pickleball GYM |
| <p style="text-align: right;">23</p> 8:30-4pm Pickleball (2 courts) GYM 9:30-12:30 Mexican Train Dominoes CAFE 10-11am Abs. Beginner PB (1 court) GYM 10-11am Pickleball (1 court) GYM 12-4pm Mah Jongg SL | <p style="text-align: right;">24</p> 11am-1pm Five Crowns SL 12:30-4pm Pickleball GYM 1:30-4:30pm Samba SL 1-2:15pm Tai Chi Practice WELLR 2-4pm Bridge Class MPRA 2:30-3:30pm Partner Dance Practice WELLR | <p style="text-align: right;">25</p> <p style="text-align: center;">Holiday 55+ Centers Closed</p> |
| <p style="text-align: right;">30</p> 8:30-4pm Pickleball (2 courts) GYM 9:30-12:30 Mexican Train Dominoes CAFÉ 10-11am Abs. Beginner PB (1 court) GYM 10-11am Pickleball (1 court) GYM 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 1-2pm Table Games+ MPRBC 3:45-4:45pm Mat Pilates **^ WELLR | <p style="text-align: right;">31</p> 9-10:15am Yoga Daily Living** WELLR 10:30-11:30am Table Games+ GYM 11am-1pm Five Crowns SL 11:30-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch+* MPRC 12:30-4pm Pickleball GYM 1-2pm Nutrition Jeopardy+ MPRBC 1:30-4:30pm Samba SL 1-2:15pm Tai Chi Practice WELLR 2-4pm Bridge Class MPRA 2:30-3:30pm Partner Dance Practice WELLR 4-5:30pm Intro & Intermediate Uke ARTS&C | |

| THURSDAY | FRIDAY |
|---|--|
| 5 | 6 |
| 10am-12pm Holiday Fairy Lighting* ARTS 10:30-11:30am English Class (REEP) MPRA 10:45-12pm Mah Jongg Lessons* SL 11:30-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 12:30-4pm Pickleball GYM 1-2pm Craft+ MPRBC | 10am-12pm Chinese Mah Jongg CAFÉ 10am-12pm Cribbage SL 10am-3pm Scrabble SL 11am-12pm Chair Dance+ MPRA 12:30pm Social 60+ Lunch+* MPRBC 12-2pm Holiday Party** GYM 1-2:15pm Tai Chi Practice WELLR 1-3pm Sunshine Gang MPRA 1:30-4:30pm Samba Cafe 2-4pm BUNCO Bunch* SL |
| 12 | 13 |
| 9-10am Bootcamp*^ GYM 10-11am Mat Pilates*^ WELLR 10:30-11:30am English Class (REEP) MPRA 10:45-12pm Mah Jongg Lessons* SL 11:30-12:30pm Become VCE Volunteer* MPRA 11:30-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 12:30-4pm Pickleball GYM 1-2pm Craft+ MPRBC 1:30-2:30pm Core Conditioning*^ WELLR 2-4pm Movies & Munchies* CONF | 8:30am-4pm Pickleball GYM 10am-12pm Chinese Mah Jongg CAFÉ 10am-12pm Cribbage SL 10am-3pm Scrabble SL 12:30pm Social 60+ Lunch+* MPRBC 1-2pm Jeopardy+ MPRBC 1-3pm Sunshine Gang MPRA 1-2:15pm Tai Chi Practice WELLR 1:30-4:30pm Samba SL |
| 19 | 20 |
| 9-10am Bootcamp*^ GYM 10-11am Mat Pilates*^ WELLR 10:30-11:30am English Class (REEP) MPRA 11:30-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 12:30-4pm Pickleball GYM 1-2pm Craft+ ARTS&C 1:30-2:30pm Core Conditioning*^ WELLR 2-3pm Accessories Swap* ARTS&C | 8:30am-4pm Pickleball GYM 10am-12pm Chinese Mah Jongg CAFÉ 10am-12pm Cribbage SL 10am-3pm Scrabble SL 12:30pm Social 60+ Lunch+* MPRBC 1-2pm Jeopardy+ MPRBC 1-3pm Sunshine Gang MPRA 1-2:15pm Tai Chi Practice WELLR 1:30-4:30pm Samba SL |
| 26 | 27 |
| 9-10am Bootcamp*^ GYM 10-11am Mat Pilates*^ WELLR 11:30-12:15pm Strength Training+ GYM 12-4pm Mah Jongg SL 12:30-4pm Pickleball GYM 1:30-2:30pm Core Conditioning*^ WELLR | 8:30am-4pm Pickleball GYM 10am-12pm Chinese Mah Jongg CAFÉ 10am-12pm Cribbage SL 10am-3pm Scrabble SL 1-3pm Sunshine Gang MPRA 1-2:15pm Tai Chi Practice WELLR 1:30-4:30pm Samba SL |
| Don't miss these special events at 55+ Centers in December! Aurora Hills Jewelry Sale: Dec. 7, #912899-01 Cookie Swap Party: Lubber Run, Dec. 11, #912801-05 Ugly Sweater Crafting Party: Arlington Mill, Dec. 11, #912310-03 Holiday Social at Langston-Brown: Dec. 18, #912890-02 | |

WALTER REED 55+ CENTER ACTIVITY CALENDAR

DECEMBER 2024
 2909 16th St. S.
 Arlington 22204

All programs are drop-in unless otherwise designated by the symbols below:

- ^ = fee required
- * = registration required
- + = Social 60+ Café Program
- ~~Strikethrough~~ = Program Cancelled
- Bold = Special Program**

Room Codes:

- SL = Senior Lounge
- GR = Game Room
- WELLR = Wellness Room
- MPRA = Multi-Purpose Room A
- MPRBC = Multi-Purpose Room B & C
- ARTS&C = Arts & Crafts Room
- QR = Quiet Room
- CONF = Conference Room

Daily Programming:

10am-12pm Ping Pong & Billiards GR

Weekend Programming:

Saturdays:
 10am-12pm Rummikub SL
 12-4pm Mah Jongg SL

Sundays:
 1:30pm-4:30pm **Mexican Train
 Dominoes SL

Contact Jennifer Weber to get added to the Sunday Mexican Train Dominoes listserv - jweber1@arlingtonva.us or 703-228-0949

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

Highlighted Programs at Walter Reed

Winter Tree ID and Folklore

Once the leaves fall down, most people have a hard time identifying the trees of Arlington. Dress warm for a short walk with Arlington Park Naturalist Rob Barnovsky in search of the many clues the trees leave behind for winter tree identification and learn some cool historic facts and folklore of these winter wonders.

Tuesday, Dec. 10, 11:30 a.m.-12:30 p.m. Register: [#912106-14](#)

Become a Volunteer with VCE

Virginia Cooperative Extension (VCE) is a partnership between Virginia Tech and Virginia State University dedicated to sharing knowledge and advancing the wellbeing of all Virginians. Join VCE volunteers to learn about the types of programs they offer and how to become a VCE Master Food Volunteer, Energy Master, or a Master Financial Education Volunteer.

Thursday, Dec. 12, 11:30 a.m.-12:30 p.m. Register: [#912400-03](#)

Accessories Swap

Looking to give a gift for the holidays that is good for the planet? Or maybe you would like to treat yourself to something new to you? Join 55+ Center Director Jennifer Weber for an accessories swap. Bring up to five accessories (think purse, jewelry, scarf) to swap. Each item gets you a ticket. Higher end accessories will be given a higher ticket value.

Thursday, Dec. 19, 2-3 p.m. Register: [#912801-05](#)

SPORTS & FITNESS CLASSES

Start in December!

Yoga for Daily Living

Learn how to tune in to your body through breathing skills and techniques to relieve worry and concentrate better. Bring your own mat. No class 12/24.

Tues., Dec. 10 – Feb. 25, 9-10:15 a.m.

11 sessions: \$68.75, Register: [#912103-01](#)

Core Conditioning and Strength

Strengthen the entire body with the use of dumbbells and exercise bands; special focus on deep core, including abs and back. Exercises are done standing and from the ground. Please bring your own mat. Instructor: Cassidy Ricalde

Thurs., Dec. 12 – Feb. 27, 1:30-2:30 p.m.

12 sessions: \$60, Register: [#912100-08](#)

Bootcamp

Bring enthusiasm, effort and a positive mindset to this class. Certified Personal Trainer Shanan Knox will offer a total body workout through circuit training, HIIT (High Intensity Interval Training), bodyweight exercises, resistance training and more. All fitness levels are welcome to attend.

Thurs., Dec. 12 – Feb. 27, 9-10 a.m.

12 sessions: \$60, Register: [#912100-01](#)

Mat Pilates

Mat Pilates is a strengthening and lengthening form of exercise that focuses on your core muscles while also training your arms and legs. Exercises can be modified to increase or decrease difficulty to adapt to all levels of ability. Bring your own mat. No program 12/24 and 1/20.

• **Mon., Dec. 9 – Feb. 24, 3:45-4:45 p.m.**

11 sessions: \$60.50, Register: [#912103-16](#)

• **Thurs., Dec. 12 – Feb. 27, 10-11 a.m.**

12 sessions: \$66, Register: [#912103-18](#)

Fun Every Month!

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 6 | | 4 | | | 9 | 7 |
| | 4 | | 7 | 3 | | | 1 | |
| | 1 | 7 | | 9 | 2 | | 3 | |
| 6 | | | | 7 | | | 8 | |
| 1 | | 5 | | 6 | | 9 | | 3 |
| | 2 | | | 1 | | | | 6 |
| | 5 | | 9 | 8 | | 1 | 6 | |
| | 9 | | | 5 | 6 | | 7 | |
| 8 | 6 | | | 2 | | 3 | | |

Train your brain – learn new games and have fun. If you are not familiar with Sudoku, you must complete the grid so each row, column, and 3-by-3 box (in bold borders) contains every digit 1 through 9. No row, column or 3-by-3 box can feature the same number twice.

Absolute Beginner Pickleball

Play Pickleball in a slow paced, supportive environment. Volunteers lead play and help players become more comfortable with the rules and moves of the game.

Mondays, 10-11 a.m.

Drop-in

Sunshine Gang

The band invites you to come and listen to their practice session. The Sunshine Gang plays rock and popular selections in a low-key, music-loving atmosphere.

Fridays, 1-3 p.m.

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

