

OCTOBER 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
703-228-7320

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October Director's Note!

October is here, and with it comes a season of change and fun. We've lined up some great activities this month, including Crafts Through the Decades, Wednesday evening walks, an Oktoberfest Social, and a Halloween Dance. Check out the newsletter for details on what's happening and how you can get involved.

Thank you for being such an active part of our community. Enjoy the fall season and all the exciting events we have planned!

-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: Oktoberfest

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

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

Registration required: [#911801-03](#)

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

Play Pickleball

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.

No program 9/2, 9/18, 9/19, 9/20, 9/27, 11/5, 11/11, 11/28, and 11/29.

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

*No program 11/11

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

*No program 11/5

***Wednesday: 10 a.m.-3 p.m.**

*Note: Last Wed. of month, hours are: 10 a.m.-12 p.m. only

Thursday: 12-3 p.m.

*No program 11/28

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

*Note: No program 11/29

Building Community!

Tacos for Teens

Thurs., Sept. 26, 2:30-5 p.m. at Arlington Mill

Join the Arlington Mill 55+ Advisory Committee and Virginia Cooperative Extension Master Food Volunteers for an afternoon of cooking tacos for the Arlington Mill Teen Program.

Afterwards, enjoy tacos and table games with the teens! A fun and tasty event that brings generations together.

Register: [#911899-07](#)



55+ Gratitude Book

Be part of our 70th anniversary memorabilia by contributing to our first ever 55+ Gratitude Book! We would be honored to hear how the 55+ Program has made a positive impact in your life. What has been your favorite 55+ experience, trip, or program? What connections and friendships have you made? What was your most memorable moment being part of this 55+ family? We will be collecting everyone's feedback and creating a book for the 55+ community to enjoy. If you've already submitted your reply, THANK YOU! We've already received some wonderful responses and are looking forward to hearing from even more of you. To submit a response and/or a photo, please click [here](#) or scan the QR code with your smartphone camera. Questions? Contact Sharleka Ashton at sashton@arlingtonva.us.



MONDAY	TUESDAY	WEDNESDAY
	<p style="text-align: right;">1</p> 8am-12pm Social 60+ Café+* RM527 10am-12pm 55+ Game Room RM209 10:30-11:30am SAIL Exercise* GYM 12-3pm Play Pickleball GYM 5-6pm Zumba Gold**^ RM527 5-8:45pm Play Pickleball GYM	<p style="text-align: right;">2</p> 8am-12pm Social 60+ Café+* RM527 10am-12pm Open Art Studio RM526 10am-3pm Play Pickleball GYM 10:30am-1pm 55+ Crafters RM404 12-3pm 70th Anniversary BBQ**^ Lubber Run 2-5pm Mexican Train Dominoes RM205 5-7pm American Mah Jongg RM205 5:30-6:30pm Walking Challenge* Check-in Table PLAZA LEVEL
<p style="text-align: right;">7</p> 8am-12pm Social 60+ Café+* RM527 9:30-11am Crafts Through the Decades* RM205 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 RM TBD 3-4pm Gentle Hatha Yoga**^ RM527 5-6:15pm Hatha Yoga Basics**^ RM527	<p style="text-align: right;">8</p> 8am-12pm Social 60+ Café+* RM527 10am-12pm 55+ Game Room RM209 10:30-11:30am SAIL Exercise* GYM 12-3pm Play Pickleball GYM 1:30-2:45pm Rock Music Legends* RM527 5-6pm Zumba Gold**^ RM527 5-8:45pm Play Pickleball GYM	<p style="text-align: right;">9</p> 8am-12pm Social 60+ Café+* RM527 10-11am Fall Produce Finds* RMTBD 10am-12pm Open Art Studio RM526 10am-3pm Play Pickleball GYM 10:30am-1pm 55+ Crafters RM404 2-5pm Mexican Train Dominoes RM205 5-7pm American Mah Jongg RM205 5:30-6:30pm Walking Challenge* Check-in Table PLAZA LEVEL
<p style="text-align: right;">14</p> 8am-12pm Social 60+ Café+* RM527 9:30-11am Crafts Through the Decades* RM205 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 3-4pm Gentle Hatha Yoga**^ RM527 5-6:15pm Hatha Yoga Basics**^ RM527	<p style="text-align: right;">15</p> 8am-12pm Social 60+ Café+* RM527 10am-12pm 55+ Game Room RM209 10:30-11:30am SAIL Exercise* GYM 12-3pm Play Pickleball GYM 5-6pm Zumba Gold**^ RM527 5-8:45pm Play Pickleball GYM	<p style="text-align: right;">16</p> 8am-12pm Social 60+ Café+* RM527 10-11am Budgeting for the Holidays* RMTBD 10am-12pm Open Art Studio RM526 10am-3pm Play Pickleball GYM 10:30am-1pm 55+ Crafters RM404 2-5pm Mexican Train Dominoes RM205 5-7pm American Mah Jongg RM205 5:30-6:30pm Walking Challenge* Check-in Table PLAZA LEVEL
<p style="text-align: right;">21</p> 8am-12pm Social 60+ Café+* RM527 9:30-11am Crafts Through the Decades* RM205 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 3-4pm Gentle Hatha Yoga**^ RM527 5-6:15pm Hatha Yoga Basics**^ RM527	<p style="text-align: right;">22</p> 8am-12pm Social 60+ Café+* RM527 10am-12pm 55+ Game Room RM209 10:30-11:30am SAIL Exercise* GYM 12-3pm Play Pickleball GYM 5-6pm Zumba Gold**^ RM527 5-8:45pm Play Pickleball GYM	<p style="text-align: right;">23</p> 8am-12pm Social 60+ Café+* RM527 10-11am HIV/AIDS in 2024* RM205 10am-12pm Open Art Studio RM526 10am-12pm Play Pickleball GYM 10:30am-1pm 55+ Crafters RM404 2-5pm Mexican Train Dominoes RM205 5-7pm American Mah Jongg RM205 5:30-6:30pm Walking Challenge* Check-in Table PLAZA LEVEL
<p style="text-align: right;">28</p> 8am-12pm Social 60+ Café+* RM527 9:30-11am Crafts Through the Decades* RM205 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 3-4pm Gentle Hatha Yoga**^ RM527 5-6:15pm Hatha Yoga Basics**^ RM527	<p style="text-align: right;">29</p> 8am-12pm Social 60+ Café+* RM527 10am-12pm 55+ Game Room RM209 10:30-11:30am SAIL Exercise* GYM 12-3pm Play Pickleball GYM 1-2:30pm Skull Stories* RM527 5-6pm Zumba Gold**^ RM527 5-8:45pm Play Pickleball GYM	<p style="text-align: right;">30</p> 8am-12pm Social 60+ Café+* RM527 9:30-11am Halloween Dance* RM421 10am-12pm Open Art Studio RM526 10am-12pm Play Pickleball GYM 10:30am-1pm 55+ Crafters RM404 2-5pm Mexican Train Dominoes RM205 5-7pm American Mah Jongg RM205 5:30-6:30pm Walking Challenge* Check-in Table PLAZA LEVEL

Arlington Mill 55+ Center Calendar

October 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
3	4
8am-12pm Social 60+ Café+* RM527 10am-12pm 55+ Game Room RM209 10:30-11:30am SAIL Exercise* GYM 12-2pm Chinese Mah Jongg RM205 12-3pm Play Pickleball GYM 1-2:15pm Line Dance RM421 1-2:30pm Fall Nature Walk* PL/Outdoors 2-4pm American Mah Jongg RM205	8am-12pm Social 60+ Café+* RM527 10am-12pm Open Art Studio RM526 10am-12pm Matter of Balance* 10am-3pm Play Pickleball GYM 12-1pm Pickleball for Beginners*^ GYM 1-2pm Pickleball II*^ GYM 2-3pm Pickleball III*^ GYM 1-2pm Monthly Social: Oktoberfest* RM132
10	11
8am-12pm Social 60+ Café+* RM527 10am-12pm 55+ Game Room RM209 10:30-11:30am SAIL Exercise* GYM 12-2pm Chinese Mah Jongg RM205 12-3pm Play Pickleball GYM 1-2:15pm Line Dance RM421 2-4pm American Mah Jongg RM205	8am-12pm Social 60+ Café+* RM527 10am-12pm Open Art Studio RM526 10am-12pm Matter of Balance* 12:30-2:30pm Games Every Era RM205 10am-3pm Play Pickleball GYM 12-1pm Pickleball for Beginners*^ GYM 1-2pm Pickleball II*^ GYM 2-3pm Pickleball III*^ GYM
17	18
8am-12pm Social 60+ Café+* RM527 10am-12pm 55+ Game Room RM209 10:30-11:30am SAIL Exercise* GYM 12-2pm Chinese Mah Jongg RM205 12-3pm Play Pickleball GYM 1-2:15pm Line Dance RM421 2-4pm American Mah Jongg RM205	8am-12pm Social 60+ Café+* RM527 10am-12pm Open Art Studio RM526 10am-12pm Matter of Balance* 12:30-2:30pm Games Every Era RM205 10am-3pm Play Pickleball GYM 12-1pm Pickleball for Beginners*^ GYM 1-2pm Pickleball II*^ GYM 2-3pm Pickleball III*^ GYM
24	25
8am-12pm Social 60+ Café+* RM527 10am-12pm 55+ Game Room RM209 10:30-11:30am SAIL Exercise* GYM 12-2pm Chinese Mah Jongg RM205 12-3pm Play Pickleball GYM 1-2:15pm Line Dance RM421 2-4pm American Mah Jongg RM205	8am-12pm Social 60+ Café+* RM527 10am-12pm Open Art Studio RM526 10am-12pm Matter of Balance* 12:30-2:30pm Games Every Era RM205 10am-3pm Play Pickleball GYM 12-1pm Pickleball for Beginners*^ GYM 1-2pm Pickleball II*^ GYM 2-3pm Pickleball III*^ GYM
31	
8am-12pm Social 60+ Café+* RM527 10am-12pm 55+ Game Room RM209 10:30-11:30am SAIL Exercise* GYM 12-2pm Chinese Mah Jongg RM205 12-3pm Play Pickleball GYM 1-2:15pm Line Dance RM421 2-4pm American Mah Jongg RM205	



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

Monthly Social at the Mill

Friday, October 4, 1-2 p.m.

Arlington Mill 55+ Center, Room 132

Registration required, [#911801-03](#)

Eight-Week Walking Challenge Kick-off

Join us for a series of eight Wednesday evening walks along the scenic Four-Mile Run Trail. Kick-off walk on September 25 led by Mary Dallao of WalkArlington. Registration and check-in required.

Wednesdays, September 25 – November 13, 5:30-6:30 p.m.

Arlington Mill 55+ Center, Plaza Level (check-in)

Registration required, [#911106-19](#)

Program Questions or Suggestions? Interested in Volunteering?

Please email Carrie Conley at: cconley1@arlingtonva.us

Drop-in Games

Open Game Time

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

Arlington Mill | Drop-in | RM 205

55+ Game Room

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

Wednesdays, 5-7 p.m.

Thursdays, 2-4 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 | Drop-in | RM 404

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 | RM 404

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.

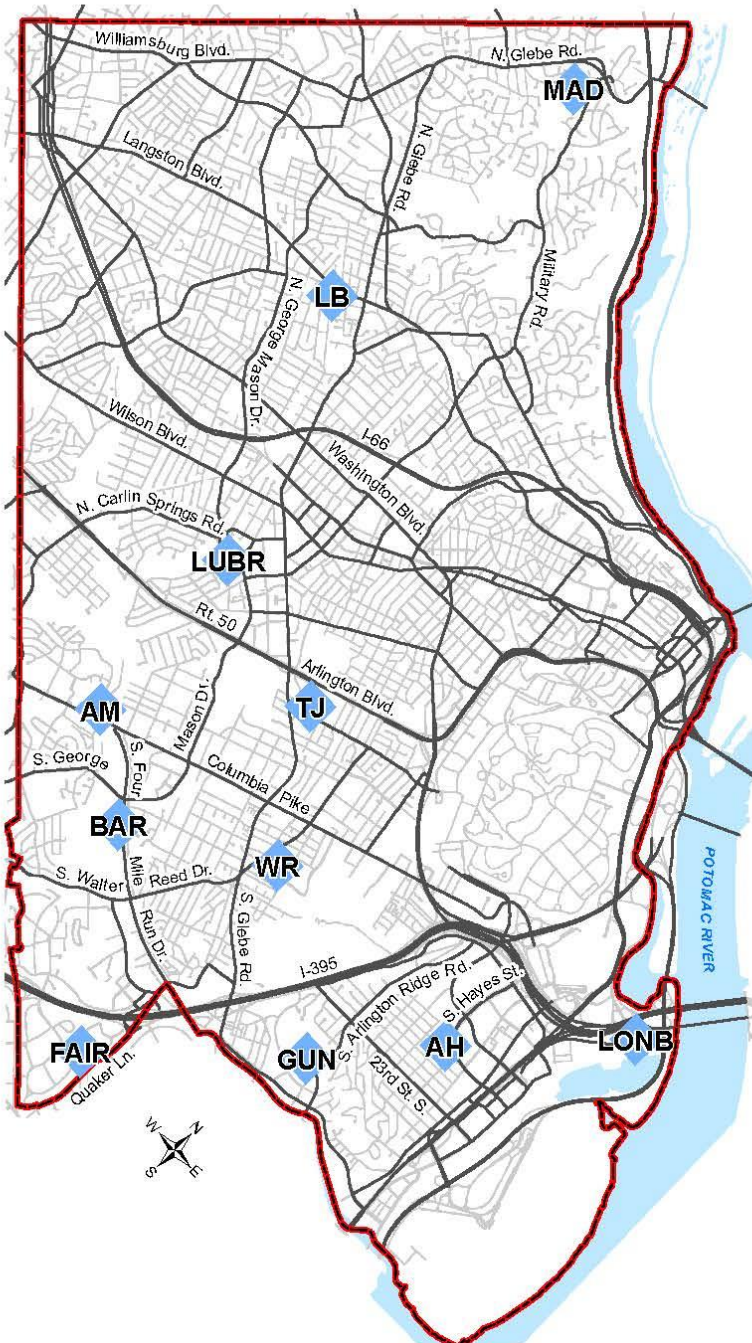
Arlington Mill | Drop-in | RM 526

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