

October 2024

# AURORA HILLS 55+ CENTER NEWSLETTER

735 18<sup>th</sup> St. S., Arlington, VA 22202

703-228-5722

## CENTER HOURS

Monday, Wednesday,  
Friday  
10 a.m.-3 p.m.

## CONTACT

**55+ Office**  
[55Plus@arlingtonva.us](mailto:55Plus@arlingtonva.us)  
Website:  
[arlingtonva.us/dpr](http://arlingtonva.us/dpr)

**Cory Cox**  
**55+ Operations**  
**Supervisor**  
[ccox1@arlingtonva.us](mailto:ccox1@arlingtonva.us)  
703-228-5722

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## *Director's Note*

October is here and it looks that the heat of this summer is finally behind us! We are excited to celebrate the season of cool weather, colorful leaves and of course Halloween candy! Aurora Hills has a lot of great options to get you ready for Autumn. During this season of change you might be interested in making some changes of your own: please join us on October 16 for a presentation on Preparing to Sell Your Home! With all the changes going on around us, it's important to take time to enjoy beauty that is everywhere. We will be hosting a wonderful Piano Recital by Thomas Pandolfi on October 4 as well as a series on the Origins of French Impressionism on October 7, 14, and 21. Finally, it's not fall without pumpkin carving on October 23.

We are looking forward to seeing you and hope to have an amazing October!

# Aurora Hills 55+ Advisory Committee

Chair: Marge Ginsberg  
 Vice Chair: Marge Corletti  
 Treasurer: Benece Leavitt  
 Secretary: Eileen Garvin-Akers  
 Members: Fran DeLuca, Cathy Duthie,  
 David Litman, Phil Akers, Maura Bouillot  
 Joanne Kormos



Interested in becoming more involved with the Aurora Hills 55+ community? Please join us at one of our Advisory Committee meetings on the first Monday of each month.



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](http://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](http://arlingtonva.us/DPR) (search for "55+ Pass")



# OCTOBER PROGRAM HIGHLIGHTS AT AURORA HILLS

## 70<sup>th</sup> Anniversary BBQ – Wed., Oct. 2

The center will be closed as all staff will be on site at Lubber Run to set up and run the 70<sup>th</sup> anniversary BBQ Picnic.

## Thomas Pandolfi Piano Recital – Fri., Oct. 4, 1:30-2:30 p.m.

Enjoy an incredible piano performance by Thomas Pandolfi, one of the leading pianists of our time. Coffee and beverages will be served. Register: [#911301-04](#)

## Paris 1874: The Origins of French Impressionism – Mondays, Oct. 7, Oct. 14, and Oct. 21, 1-2:30 p.m.

This three-part series with art historian Joan Hart will illuminate the historic exhibition at the National Gallery, *Paris 1874: The Impressionist Moment*. Register: [#911302-08](#) (Oct. 7), [#911302-10](#) (Oct. 14), [#911302-12](#) (Oct. 21)

## Explore Painting – Wed., Oct. 9, 1-2:30 p.m.

Community Arts Programmer Jim Halloran will guide you through an afternoon of painting. Improve your skills by learning various techniques. Register: [#911303-10](#)

## Calico Cloggers – Fri., Oct. 11, 1:30-2:30 p.m.

Sit back and enjoy a performance by the Calico Cloggers, a percussive dance group based in Northern Virginia. Register: [#911301-08](#)

## Preparing to Sell Your Home – Wed., Oct. 16, 1-2 p.m.

Join licensed realtor Philippa Main for a session about what to expect when selling your home. She will review the home selling process and share valuable tips. Register: [#911404-06](#)

## Explore Mixed Media Art – Fri., Oct. 18, 1-2:30 p.m.

Join a Community Arts Programmer for this interactive session and learn various techniques using unconventional materials to make your mixed media pieces pop! Register: [#911303-06](#)

## Pumpkin Carving and Painting – Wed., Oct. 23, 1-2:30 p.m.

Help us decorate the center for Halloween! Pumpkins will be provided for 55+ friends to carve and paint together. Register: [#911310-09](#)

## Popular Bridge Conventions – Wednesdays, Oct. 23 – Nov. 13, 1-2:30 p.m.

Join volunteer Susan Court to learn about popular bridge conventions such as Stayman, Jacoby Transfer, Michael's and other Cuebids, Negative Doubles, Unusual Notrump, Jacoby Two-Notrump, Blackwood and Roman Key Card. Register: [#911602-14](#)

## Movies at Aurora Hills – Wed., Oct. 30, 12:30-2:30 p.m.

Enjoy a screening of Ghostbusters (1984) (PG) with 55+ friends! Register: [#911804-05](#)

## July Happenings at Aurora Hills!



### Flavorful Fruits, July 10

*A master food volunteer from VA Cooperative Extension gave participants some great hydration tips and a refreshing food demo with melon, oranges, and basil.*



### Six Pillars of Brain Health July 17

*Suba Saty from AARP gave us some great information to keep our minds engaged and healthy.*



### Chinese/English Conversation, Mondays

*Thank you to Tomoko Rong who is facilitating the Chinese-English Conversation group that meets on Mondays at 1pm. Learn some basics with Tomoko!*

MONDAY	TUESDAY	WEDNESDAY
	1 11am-12pm Gentle Hatha Yoga** TR	2 Center Closed for 70 <sup>th</sup> Anniversary event at Lubber Run!
7 10am-12pm Yarn Crafters MR 10am-12pm Mah Jongg K 10-11am Gentle Hatha Yoga** TR 12:30-1:30pm Learn How to Play Rummikub K 1-2pm French Conversation MR <b>1-2:30pm Paris 1874: The Origins of French Impressionism* MR</b> 2-2:45pm Tai Chi Practice TR	8 11am-12pm Gentle Hatha Yoga** TR	9 10am-12pm Foursome Bridge K 10am-12pm Hearts Club MR 10am-12:15pm Mac, iPhone, iPad* MR 11am-12pm Traditional Hatha Yoga** TR <b>1-2:30pm Explore Painting MR</b>
14 10am-12pm Yarn Crafters MR 10am-12pm Mah Jongg K 10-11am Gentle Hatha Yoga** TR 12:30-1:30pm Learn How to Play Rummikub K 1-2pm French Conversation MR <b>1-2:30pm Paris 1874: The Origins of French Impressionism* MR</b> 2-2:45pm Tai Chi Practice TR	15 11am-12pm Gentle Hatha Yoga** TR	16 10am-12pm Foursome Bridge K 10am-12pm Hearts Club MR 10am-12:15pm Mac, iPhone, iPad* MR 11am-12pm Traditional Hatha Yoga** TR <b>1-2pm Preparing to Sell Your Home* MR</b>
21 10am-12pm Yarn Crafters MR 10am-12pm Mah Jongg K 10-11am Gentle Hatha Yoga** TR 12:30-1:30pm Learn How to Play Rummikub K 1-2pm French Conversation MR <b>1-2:30pm Paris 1874: The Origins of French Impressionism* MR</b> 2-2:45pm Tai Chi Practice TR	22 11am-12pm Gentle Hatha Yoga** TR	23 10am-12pm Foursome Bridge K 10am-12pm Hearts Club MR 11am-12pm Traditional Hatha Yoga** TR <b>1-2:30pm Pumpkin Carving and Painting* MR</b> <b>1-2:30pm Popular Bridge Conventions* TR</b>
28 10am-12pm Yarn Crafters MR 10am-12pm Mah Jongg K 10-11am Gentle Hatha Yoga** TR 11:30am-12:45pm Book Club TR 12:30-1:30pm Learn How to Play Rummikub K 1-2pm French Conversation MR 2-2:45pm Tai Chi Practice TR	29 11am-12pm Gentle Hatha Yoga** TR	30 10am-12pm Foursome Bridge K 10am-12pm Hearts Club MR 11am-12pm Traditional Hatha Yoga** TR 12:30-2:30pm Movies at Aurora Hills* MR <b>1-2:30pm Popular Bridge Conventions* TR</b>

THURSDAY	FRIDAY
3	4 10:15-11am Intro to Line Dance MR 11-11:30am Intergenerational Storytime* TR 11:05am-12:05pm Line Dance MR <b>1:30-2:30pm Thomas Pandolfi Piano Recital*</b> MR
10	11 9-10:30am Aurora Hills Walkers OS 10:15-11am Intro to Line Dance MR 11:05am-12:05pm Line Dance MR <b>1:30-2:30pm Calico Cloggers*</b> MR
17	18 10:15-11am Intro to Line Dance MR 11:05am-12:05pm Line Dance MR <b>1-2:30pm Explore Mixed Media Art*</b> TR
24	25 9-10:30am Aurora Hills Walkers OS 10:15-11am Intro to Line Dance MR 11:05am-12:05pm Line Dance MR
31	

# AURORA HILLS 55+ CENTER ACTIVITY CALENDAR

October 2024

735 18<sup>th</sup> St. S  
Arlington, VA 22202  
703-228-5722

## Calendar Key

\* = registration required  
^ = fee required

**Bold** = speakers/special events/etc.

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

TR = Training/Meeting Room  
MR = Main Room  
OS = Outside  
K = Kitchen

## 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 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](https://www.friendsofthealliance.org) to donate or send a check to: The Alliance for Arlington Senior Programs, P.O. Box 5184, Arlington, VA 22205

## Paris 1874: The Origins of French Impressionism

Explore the origins of French Impressionism with art historian Joan Hart. This three-part series will illuminate the historic exhibition at the National Gallery, *Paris 1874: The Impressionist Moment*. Oct. 7: Monet, Pissarro and Sisley; Oct. 14: Renoir and Morisot; Oct. 21: Degas and Cassatt. The presenter will be appearing in person at the center or you can watch the live broadcast at home – sign up based on your preference.

**Monday, Oct. 7, 1-2:30 p.m. Aurora Hills [#911302-08](#)**

**Monday, Oct. 7, 1-2:30 p.m. Virtual [#911302-09](#)**

**Monday, Oct. 14, 1-2:30 p.m. Aurora Hills [#911302-10](#)**

**Monday, Oct. 14, 1-2:30 p.m. Virtual [#911302-11](#)**

**Monday, Oct. 21, 1-2:30 p.m. Aurora Hills [#911302-12](#)**

**Monday, Oct. 21, 1-2:30 p.m. Virtual [#911302-13](#)**

# AURORA HILLS DROP-IN PROGRAMS

- **Mondays** - Yarn Crafters (10 a.m.-12 p.m.), Mah Jongg (10 a.m.-12 p.m.), Book Club (last Mondays, 11:30 a.m.-12:45 p.m.), French Conversation (1-2 p.m.), Tai Chi Practice (2-2:45 p.m.)
- **Wednesdays** - Foursome Bridge (10 a.m.-12 p.m.), Hearts Club (10 a.m.-12 p.m.)
- **Fridays** - Aurora Hills 55+ Walkers (second and last Fridays, 9-10:30 a.m.), Intro to Beginner Line Dance (10:15-11 a.m.), Line Dance Practice (11:05 a.m.-12:05 p.m.)

## The Aurora Hills Book Club

Meets on the last Monday of the month from 11:30 a.m.-12:45 p.m. The next meeting will be on **Monday, Oct. 28**. If you would like more information, please contact Marge Corletti at [corletti@aol.com](mailto:corletti@aol.com).  
Next Book: *The Love of a Good Woman* by Alice Munro

## Foursome Bridge, Hearts Club and Rummikub

Get a foursome together and play at Aurora Hills on Wednesdays from 10 a.m.-12 p.m. Hearts Club can have 3 or more players. **Learn how to play Rummikub on Mondays, 12:30-1:30 p.m.!** Call 703-228-5722 if interested in learning or playing Rummikub.

## Calling all Mah Jongg players...

If you are interested in playing Mah Jongg on Mondays at Aurora Hills with other 55+ friends, Susan Court has graciously volunteered to help coordinate this group. Please contact Susan at [susanjcourt@gmail.com](mailto:susanjcourt@gmail.com)

## Good To Know...

### Celebrate 55+ Program's 70<sup>th</sup> Anniversary!



Come to the 70<sup>th</sup> Anniversary BBQ Picnic to close out the celebrations with games, music, food and fun!  
Register: [#911899-10](tel:91189910)

Wed., Oct. 2, 12-3 p.m.  
at Lubber Run

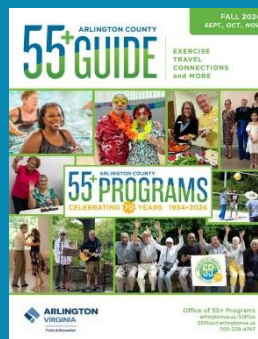
Please Note: Long Bridge Aquatics & Fitness Center senior memberships are not associated with the 55+ Program (including the 55+ Pass or 55+ Gold Pass).

Learn the difference between Long Bridge memberships and other Parks & Recreation memberships.



Would you like to volunteer to do a presentation, lead a discussion or special interest group, teach a hobby/skill or start a new program? Have you traveled to interesting places and would like to share your travel experiences with fellow 55+ participants in our Travel Gurus program?

If so, please email [55plus@arlingtonva.us](mailto:55plus@arlingtonva.us)



**Fall 55+ Guide:** Register for Fall 55+ classes and programs today! For more information, go to: Senior Activities – Official Website of Arlington County Virginia Government ([arlingtonva.us](http://arlingtonva.us))



# 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

