

LANGSTON-BROWN 55+ CENTER NEWSLETTER

2121 N Culpeper St., Arlington, VA 22207

703-228-6300

CENTER HOURS

Monday-Friday 9am-3pm
Evenings and Weekends as
scheduled

CONTACT

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

Elizabeth Poole,
Langston-Brown 55+
Center Director

epoole@arlingtonva.us
703-228-6300

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DIRECTOR'S NOTE

Fall is here !

Thank you for everyone who participated in our 55+ Gives Back Cereal Drive for AFAC. If you were unable to donate there is still time to donate to our online fundraiser: <https://givebutter.com/55-Gives-Back>

Don't miss our New Fall Book Review and Treats on Thursday, Oct. 3 from 1-2 p.m. and our 55+ Art Exhibit on Thursday, Oct. 24 from 10:30 a.m.-2:30 p.m. – just drop by to see the creative works of our 55+ Community.

Check out all the great programs Langston-Brown 55+ Center is offering this month on page 3.

If you need a printed copy of our 55+ Guide please ask a 55+ Staff person and they will be happy to supply you with one.

When entering the building, remember to push the silver button on the right hand side of the door to have a staff member unlock the door. If you need assistance with opening the door please don't hesitate to ask.





Elizabeth Poole
55+ Center Director



Cindy Leiva
Social 60+ Café
Program Coordinator



Beatriz Izcue
Kitchen Assistant

ARLINGTON COUNTY 55+ CENTER MISSION STATEMENT

The Mission of Arlington 55+ Centers is to enhance the physical and mental well-being of Arlington’s diverse over 55+ populations through programs and activities fostering wellness, a sense of purpose and social involvement.



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 IN OCTOBER AT LANGSTON-BROWN

New Fall Books and Treats

Thursday, Oct. 3, 1-2 p.m. Register: [#911400-50](https://www.facebook.com/91140050)

Secrets Revealed

Monday, Oct. 7, 10:30-11:30 a.m. [#911302-02](https://www.facebook.com/91130202)

Memoir Writing

Mondays, Sept. 9-Nov. 18, 10:15 a.m.-12:15 p.m. [#911300-06](https://www.facebook.com/91130006)

Understanding Probate

Wednesday, Oct. 16, 11 a.m.-12 p.m. [#911400-07](https://www.facebook.com/91140007)

Halloween Treats

Thursday, Oct. 17, 11 a.m.-12 p.m. [#911501-04](https://www.facebook.com/91150104)

Hawks of Arlington

Thursday, Oct. 17, 5-6 p.m. [#911400-43](https://www.facebook.com/91140043)

Painting Demonstration: Virtual

Monday, Oct. 21, 10:30 a.m.-12 p.m. [#911303-12](https://www.facebook.com/91130312)

Hospice and Palliative Care 101

Wednesday, Oct. 23, 11 a.m.-12 p.m. [#911404-09](https://www.facebook.com/91140409)

Acoustic Afternoon

Wednesday, Oct. 23, 2-3 p.m. [#911301-05](https://www.facebook.com/91130105)

55+ Art Exhibit

Thursday, Oct. 24, 10:30 a.m.-2:30 p.m. Drop-in

Spooky Trivia and Social

Thursday, Oct. 31, 11 a.m.-12:30 p.m. [#911600-09](https://www.facebook.com/91160009)

DROP-IN PROGRAMS TO ENJOY AT LANGSTON-BROWN

- Rummikub: Mondays, 1-3 p.m.
- Scale Down: 2nd & 4th Mondays, 1:30-2:30 p.m.
- Book Club: 1st Tuesdays, 1:30-2:30 p.m.
- Rummikub: Tuesdays, 9:30-11:30 a.m.
- Yarn Creations: Tuesdays, 1-3 p.m.
- Drumming: Tuesdays, 2-3 p.m.
- Volleyball: Tuesdays, 3:30-5:30 p.m.
- Morning Meetup: Wednesdays, 9:30-11 a.m.
- Scrabble: Wednesdays, 1-2:30 p.m.
- Mah Jongg (Modified Chinese Style): Thursdays, 9:30-11:30 a.m.
- Cardmaking Workshop: Thursdays, 1-4:30 p.m.
- Woodcarvers: Thursdays, 1-4:30 p.m.
- Afternoon Meetup: Fridays, 1:30-3 p.m.

Friendly Reminders for Social 60+ Café

- Make a meal and transportation reservation for the next week.
- Cancel your reservation by 8:00 a.m. on the morning of your cancellation.
- Put your daily contribution in the available envelope and then place it in the money box.
- We cannot order a meal and/or have transportation for if you have not made a reservation.
- Phone: 703-228-6300

Spanish (Español)

- Firmar la hoja de asistencia usted mismo todos los días. Hacer una reservación para comida o taxi para la siguiente semana.
- Cancelar el taxi antes de las 8:00 a.m. del mismo día de La cancelación.
- Depositar su /diaria contribución en la caja.
- No podemos ordenar una Comida o enviarle un taxi Si no ha hecho reservación

MONDAY



TUESDAY

WEDNESDAY

7
10:15am-12:15pm Memoir Writing* Rm103
10:30-11:30am Secrets Revealed*VIRTUAL
 10:30-11:30am Social 60+ Art w/ Jim SR
 11am-12pm Social 60+ Spellbinders SR
 11am-2pm 55+ Fitness hrs.^ RM202
 12-12:45pm Social 60+ Café + RM113
 1:00-3pm Rummikub RM108
 3:30-4:30pm Tai Chi for Beginners** Rm113

14
 11am-2pm 55+ Fitness hrs.^ RM202
 11:30am Social 60+ PAL SR
 12-12:45pm Social 60+ Café + RM113
 1:00-3pm Rummikub RM 108
 1:30-2:30pm Scale Down RM 125
 3:30-4:30pm Tai Chi for Beginners** Rm113

21
 10:15-11am Social 60+ Latin Dance Rm113
 11am-2pm 55+ Fitness hrs.^ RM202
10:15am-12:15pm Memoir Writing* Rm103
10:30am-12pm Painting Demo* Virtual
 12-12:45pm Social 60+ Café + RM113
 1:00-3pm Rummikub RM 108
 3:30-4:30pm Tai Chi for Beginners** Rm113

28
 11am-2pm 55+ Fitness hrs.^ RM202
 10:30-11:15am Social 60+ Baking w/Joni SR
 12-12:45pm Social 60+ Café + RM113
 1:00-3pm Rummikub RM 108
 1:30-2:30pm Scale Down RM 125
 3:30-4:30pm Tai Chi for Beginners** Rm113

1
 9:30-11:30am Rummikub RM108
 10:30-11:30am Social 60+ Multiculture SR
 12-12:30pm Social 60+ Café + RM113
 1-3pm Yarn Creations RM 108
 1:30-2:30pm Book Club Rm 103
 2-3pm Drumming Outside or SR
 3:30-5:30pm Volleyball Gym

15
 9:30-11:30am Rummikub RM108
 11am-12pm Social 60+ BINGO SR
 12pm Social 60+ Café + RM 113
 1-3pm Yarn Creations RM108
 1:30-4:30pm Cardmaking-Advanced Techniques not for beginners RM113
 2-3pm Drumming Outside or SR
 3:30-5:30pm Volleyball Gym

22
 9:30-11:30am Rummikub RM108
 12-12:30pm Social 60+ Café + RM113
 1-3pm Yarn Creations Rm113
 2-3pm Drumming Outside or SR
 3:30-5:30pm Volleyball Gym

29
 9:30-11:30am Rummikub RM108
 11am-12pm Social 60+ Spellbinders SR
 12pm Social 60+ Café + RM 113
 1-3pm Yarn Creations RM108
 2-3pm Drumming Outside or SR
 3:30-5:30pm Volleyball Gym

2
No Social 60+ Café
 9:30-11am Morning Meet-Up RM108
 11am-2pm 55+ Fitness hrs.^ RM202
 12-1pm Chair Yoga ** RM 108
 1-2:30pm Scrabble RM125
 1-2pm French Conversation RM103
 1:30-3pm Gentle & Med Yoga** RM 108
 3:30-4:30pm Tai Chi for Beginners** Rm113
 7:15-8:45pm Women's Basketball Gym

16
 9:30-11am Morning Meet-Up RM108
 10:30-11:15am Exercise w/ Jill + RM113
 11am-2pm 55+ Fitness hrs.^ RM202
 12-1pm Chair Yoga ** RM 108
 12-12:45pm Social 60+ Café + RM113
 1-2:30pm Scrabble RM125
 1-2pm French Conversation RM103
 1:30-3pm Gentle & Med Yoga** RM 108
 3:30-4:30pm Tai Chi for Beginners** Rm113
 7:15-8:45pm Women's Basketball Gym


23
 9:30-11am Morning Meet-Up RM108
 10:30-11:15am Exercise w/ Jill + RM113
11am-12pm Hospice & Palliative Care* RM113
 11am-2pm 55+ Fitness hrs.^ RM202
 12-1pm Chair Yoga ** RM 108
 12-12:45pm Social 60+ Café + RM113
 1-2:30pm Scrabble RM125
 1-2pm French Conversation RM103
 1:30-3pm Gentle & Med Yoga** RM 108
2-3pm Acoustic Afternoon* SR
 3:30-4:30pm Tai Chi for Beginners** Rm113
 7:15-8:45pm Women's Basketball Gym

30
 9:30-11am Morning Meet-Up RM108
 10:30-11:15am Exercise w/ Jill + RM113
 11am-2pm 55+ Fitness hrs.^ RM202
 12-1pm Chair Yoga ** RM 108
 12-12:45pm Social 60+ Café + RM113
 1-2:30pm Scrabble RM125
 1-2pm French Conversation RM103
 1:30-3pm Gentle & Med Yoga** RM 108
 3:30-4:30pm Tai Chi for Beginners** Rm113
 7:15-8:45pm Women's Basketball Gym

LANGSTON-BROWN 55+ CENTER ACTIVITY CALENDAR

OCTOBER 2024

2121 Culpeper St. N.,
Arlington, VA 22207
703-228-6300

THURSDAY	FRIDAY
<p style="text-align: right;">3</p> <p>9:30-11:30am Mah Jongg RM 108 10:30 - 11am Social 60+ Latin Dance RM113 1:00-4:30pm Cardmaking Group RM 125 1:00-4:30pm Woodcarvers Rm125 1-2 pm New Fall Books* RM108 1:30-3:30pm Intermediate Drawing & Painting*^ RM113 2-3pm Italian Language RM 103 6-7pm Zumba Class*^ RM 113</p>	<p style="text-align: right;">4</p> <p>9:30-11:30am Spellbinders Meeting RM 108 10am-12pm German Conversation* Virtual 10:30-11:15am Exercise w/ Jill + RM 108 11am-2pm 55+ Fitness Room RM202 12-12:30pm Social 60+ Café+ RM 113 1:30-3pm Afternoon Meetup RM 108</p>
<p style="text-align: right;">10</p> <p>9:30-11:30am Mah Jongg RM 108 1:00-4:30pm Cardmaking Group RM 125 1:00-4:30pm Woodcarvers Rm125 1:30-3:30pm Intermediate Drawing & Painting*^ RM113 2-3pm Italian Language RM 103 6-7pm Zumba Class*^ RM 113</p>	<p style="text-align: right;">11</p> <p>10am-12pm German Conversation* Virtual 10:30-11:15am Exercise w/ Jill + RM 108 11am-2pm 55+ Fitness Room RM202 12-12:30pm Social 60+ Café+ RM 113 1:30-3pm Afternoon Meetup RM 108</p>
<p style="text-align: right;">17</p> <p>9:30-11:30am Mah Jongg RM 103 11:30am- 12pm Spellbinders SR 11am-12pm Halloween Treats* RM 108 1:00-4:30pm Cardmaking Group RM 125 1:00-4:30pm Woodcarvers Rm125 1:30-3:30pm Intermediate Drawing & Painting*^ RM113 2-3pm Italian Language RM 103 5-6pm Hawks of Arlington* SR 6-7pm Zumba Class*^ RM 113</p>	<p style="text-align: right;">18</p> <p>10am-12pm German Conversation* Virtual 10:30-11:15am Exercise w/ Jill + RM 113 11am-2pm 55+ Fitness Room RM202 12-12:30pm Social 60+ Café+ RM 113 1-3pm Neighbor's Corner RM 113 1:30-3pm Afternoon Meetup RM 108</p>
<p style="text-align: right;">24</p> <p>9:30-11:30am Mah Jongg RM 103 10-11:30am Social 60+ Movie Day SR 10:30am-2:30pm 55+ Art Exhibit RM 108 12pm Social 60+ Cafe Rm 113 1:00-4:30pm Cardmaking Group RM 125 1:00-4:30pm Woodcarvers Rm 125 1:30-3:30pm Intermediate Drawing & Painting*^ RM113 2-3pm Italian Language RM 103 6-7pm Zumba Class*^ RM 113</p>	<p style="text-align: right;">25</p> <p>10am-12pm German Conversation* Virtual 10:30-11:15am Exercise w/ Jill + RM 113 11am-2pm 55+ Fitness Room RM202 12-12:30pm Social 60+ Café+ RM 113 1:30-3pm Afternoon Meetup RM 108</p>
<p style="text-align: right;">31</p> <p>9:30-11:30am Mah Jongg RM 103 11am-12pm Spooky Trivia & Social* RM 108 12pm Social 60+ Cafe Rm 113 1:00-4:30pm Cardmaking Group RM 125 1:00-4:30pm Woodcarvers Rm 125 1:30-3:30pm Intermediate Drawing & Painting*^ RM113 2-3pm Italian Language RM 103 6-7pm Zumba Class*^ RM 113</p>	

Key:

* = registration required

^ = fee required

+ = Social 60+ Café

Bold = speakers/ special events/ etc.

Note: Programs without a symbol are considered drop-in and do not require registration.

Programs with + symbol are Social 60+ Café activities. You must complete an application prior to attending these activities and lunch. Lunch is served M-F at noon for those registered for the program.

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

55+ Pass Registration Fees:

55+ Pass (Annual)	55+Pass	55+ Gold Pass
Arlington County resident	\$20	\$60
Arlington County household	\$30	\$90
Non-Arlington County resident	\$45	\$90
Non-Arlington County household	\$65	\$135

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.](#)

Hyperlink for Long Bridge Aquatics & Fitness Center:
<https://parks.arlingtonva.us/long-bridge-aquatics-and-fitness-center/>

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.



For more information on our 55+ programs visit

<https://parks.arlingtonva.us/programs/adults-55/seniors-activities/>

We can provide reasonable modifications for people with disabilities upon request.

Podemos proveer modificaciones razonables conforme la Ley de Personas con Incapacidades (ADA) con previo aviso al 703-228-6300 or TTY 711.

Langston-Brown 55+ Center Advisory Committee

Chairperson: Linda Sholl

Vice Chair: Vacant

Secretary: Denise Massaro

Treasurer: Kitty Collins

We are looking for new Langston-Brown Advisory Committee Members. Call 703-228-6300 for more information or email epoole@arlingtonva.us

French Conversation

Practice French with a friendly group of people with advanced knowledge of the language. Interesting weekly dialogues will take place.

Wednesdays, 1-2 p.m. | Langston-Brown Drop-in

German Conversation

If you speak German, join this friendly group in a weekly discussion. These gatherings provide a chance to converse in German on various topics of interest to all.

Fridays, 10 a.m.-12 p.m. | Virtual Register: [#911650-12](https://www.meetup.com/join/?id=911650-12)

Italian Conversation

If you would like to converse in the world's most romantic language, join us for energetic and fun conversation.

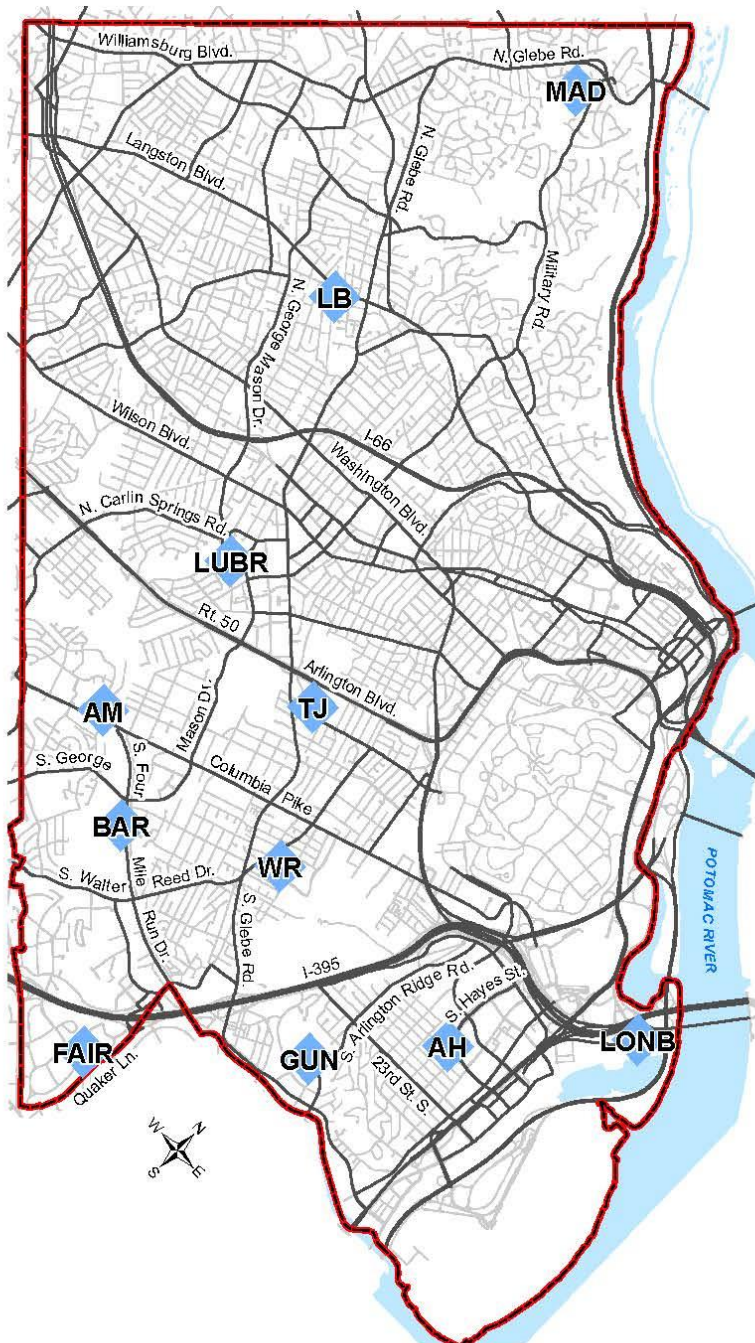
Thursdays, 2-3 p.m. | Langston-Brown Drop-in

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