

October 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 October arrives, I'm excited to share a variety of programs. From fitness and wellness to social activities and learning opportunities, there's something for everyone to enjoy. The goal is to keep you active, engaged, and connected with others here at the center.

I look forward to seeing you at our events and around the center! For more information on dates and specific offerings, please refer to our calendar on pages 4-5.

Thank you for being 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, October 9, 2-3 p.m.
Lubber Run Senior Room (RM115)

Coffee or Tea and Thee

Mondays & Wednesdays
9-10:15 a.m.
Lubber Run, 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.

Learn!

Around the World to... Scotland

Thursday, October 24, 11:30 a.m. - 12:30 p.m.
Register: [#911400-36](#) (In-Person at Lubber Run)
[#911400-37](#) (Virtual)

Becky Norris, project and events manager with the Scottish Government USA/British Embassy, will discuss and show videos of Scotland's stunning landscapes, castles, cities and vibrant culture. Wear your favorite tartan plaid to show your Highlander spirit! The presenter will be appearing onscreen via Zoom at the center or you can watch the live broadcast at home - sign up based on your preference.

MONDAY	TUESDAY	WEDNESDAY
	<p style="text-align: right;">1</p> <p>10-11am Full Fitness^ GYM 10:30-11:30am Traditional Hatha Yoga** RM116</p> <p>11:30am-1pm How to Get Your Affairs in Order* RM115</p> <p>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;">2</p> <p style="text-align: center;">70th Anniversary BBQ Picnic 12-3pm</p>
<p style="text-align: right;">7</p> <p>9-10:15am Coffee or Tea and Thee RM115 10-11am Total Body Fitness^ GYM 10am-12pm Leaves in Fall Nature Walk* 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;">8</p> <p>10-11am Full Fitness^ GYM 10:30-11:30am Traditional Hatha Yoga** RM116</p> <p>11:45-12:45pm Gentle Hatha Yoga** RM116 12-1pm Haiku for You* RM126 1-2:30pm Encore Chorale** RM115 2:15-3:15pm Zumba** RM116</p>	<p style="text-align: right;">9</p> <p>9-10:15am Coffee or Tea and Thee RM115 9-10am Strength Training^ GYMA 10:30-11:45am Study of Words* RM126 11am-12pm The Fishing Forum RM115 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 2-3pm Advisory Committee Meeting RM115 4-5:15pm Traditional Hatha Yoga** RM116</p>
<p style="text-align: right;">14</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;">15</p> <p>10-11am Full Fitness^ GYM 10:30-11:30am Traditional Hatha Yoga** RM116</p> <p>11:30am-1pm Genealogy 101* RM115 11:45-12:45pm Gentle Hatha Yoga** RM116 1-2:30pm Encore Chorale** RM119 1:30-2:30pm Crypto Currency Scams* RM115 2:15-3:15pm Zumba** RM116</p>	<p style="text-align: right;">16</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;">21</p> <p>9-10:15am Coffee or Tea and Thee RM115 10-11am Total Body Fitness^ GYM 10-10:30am Generations Game Time* 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;">22</p> <p>10-11am Full Fitness^ GYM 10-10:30am Reading Buddies* RM115 10:30-11:30am Traditional Hatha Yoga** RM116</p> <p>11:30am-12:30pm It Takes a Village* RM115 11:45-12:45pm Gentle Hatha Yoga** RM116 12-1pm Haiku for You* RM126 1-2:30pm Encore Chorale** RM119 1-3pm Movie Matinee: Selena* RM115 2:15-3:15pm Zumba** RM116</p>	<p style="text-align: right;">23</p> <p>9-10:15am Coffee or Tea and Thee RM115 9-10am Strength Training^ GYMA 10:30-11:30am Tai Chi -Taoist RM119 11am-12pm Name That Tune Live!* RM115 11:30-12:30pm Tai Chi -Yang RM119 1:30-2:45pm Local History* RM115 4-5:15pm Traditional Hatha Yoga** RM116</p>
<p style="text-align: right;">28</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;">29</p> <p>10-11am Full Fitness^ GYM 10:30-11:30am Traditional Hatha Yoga** RM116</p> <p>11:30am-1pm Grieving to Thriving & Moving On* RM121 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;">30</p> <p>9-10:15am Coffee or Tea and Thee RM115 9-10am Strength Training^ GYMA 10-11:30am Death Cafe* RM121 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi Practice-Yang RM119 4-5:15pm Traditional Hatha Yoga** RM116</p>

THURSDAY	FRIDAY
3	4
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 3:30-5:30pm Story Frames: Celebrating Retable Art* RM115 5-6pm Pickleball for Beginners** GYM 6-7:30pm How to Get Your Affairs in Order* RM115	8-9am Intermediate Gyrokinesis** GYM 9-10am Strength Training^ GYMA 9-11:30am Games at Lubber Run! RM115 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
10	11
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 5-6pm Pickleball for Beginners** GYM 6-7pm Streaming Devices* RM115	8-9am Intermediate Gyrokinesis** GYM 9-10am Strength Training^ GYMA 9-11:30am Games at Lubber Run! RM115 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
17	18
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 5-6pm Pickleball for Beginners** GYM 6-7:30pm Retirement: More Than the Numbers* RM115	8-9am Intermediate Gyrokinesis** GYM 9-10am Strength Training^ GYMA 9-11:30am Games at Lubber Run! RM115 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
24	25
8:30-9:30am Walk Fit* LOBBY 10-11am Full Fitness^ GYM 11:30am-12:30pm Around the World to Scotland* RM115 1-2pm SAIL* RM119 2-4pm Drop in Volleyball GYMB 5-6pm Pickleball for Beginners** GYM 6-7:30pm End of Life Wishes* RM115	8-9am Intermediate Gyrokinesis** GYM 9-10am Strength Training^ GYMA 9-11:30am Games at Lubber Run! RM115 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
31	
8:30-9:30am Walk Fit* LOBBY 10-11am Full Fitness^ GYM 1-2pm SAIL* RM119 2-4pm Drop in Volleyball GYMB 5-6pm Pickleball for Beginners** GYM	

Lubber Run 55+ Center Activity Calendar

October 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](#).

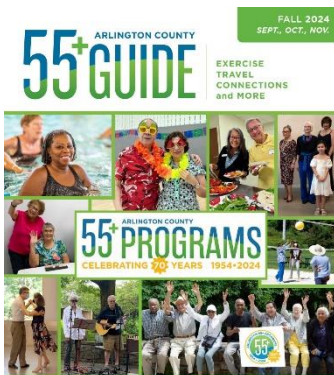


The Alliance for Arlington Senior Programs (AASP) supports 55+ Program activities such as 55+ Fitness Day, Acoustic Café and the new Internet Access for Arlington Seniors Project. Our fundraising has understandably fallen off during the COVID-19 pandemic. Now that we are starting to get back to our normal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

Fall Guide:



Office of 55+ Programs
arlingtonva.us/55Plus
55plus@arlingtonva.us
703-228-4747

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.

VOLUNTEER LED PROGRAMS AT LUBBER RUN

Social Ballroom

First Fridays
Drop-In
1:30-3 p.m.

Crafternoon Social Group

Fridays
Drop-In
3-4:30 p.m.

Sudoku

First and Third Thursdays
Drop-In
1-3 p.m.

Social Bridge

Mondays and Fridays
Drop-In
1-3 p.m.

Fishing Forum

Second Wednesdays
Drop-In
11 a.m. -12 p.m.

Genealogy 101

Tues., Oct. 15
Register: [#911402-02](#)
11:30 a.m.-1 p.m.

Opera Appreciation

Wed., Oct. 16
Register: [#911300-02](#)
1:30-3:30 p.m.

Local History

Wed., Oct. 23
Register: [#911402-08](#)
1:30 - 2:45 p.m.

Music!

Piano Lounge and Sing-Along

Wednesday, October 16; 4-5:30 p.m.
Lubber Run
Register: [#911304-16](#)

Sing along with Valerie Welsh at Piano Lounge! Lyrics will be provided for a variety of songs on a different theme every month. October: Singing the Rainbow; November: Yesterday, Today & Tomorrow.

Name That Tune Live!

Wednesday, October 23; 11 a.m.-12 p.m.
Lubber Run
Register: [#911304-18](#)

Arlington Forest local pianist Ken Schellenberg will play tunes from the 50s and 60s live on the piano. See how many you can name!

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

