

SEPTEMBER 2024

ARLINGTON MILL 55+ CENTER NEWSLETTER

909 S. Dinwiddie Street, Arlington VA 22204

703-228-7369

CENTER HOURS

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

IN THIS ISSUE

Registration Info – Pg. 2
Pickleball- Pg. 3
Calendar – Pg. 4-5



September Director's Note!

As we wrap up the summer and welcome the crisp days of fall, we are excited to celebrate the 70th anniversary of the Arlington 55+ Program! This September, we have lots of lectures, new drop-in programs, and special events scheduled at the Mill!

Highlights:

- Retro Fun n' Games Social*
- *Saving Claire* Documentary and Panel*
- Learn to Play Classic Chinese Mah Jongg*
- Drop-in Mah Jongg, American & Chinese Style
- Beginner Quilling*^
- Meet an Owl*
- Latin Dance Party*
- Tacos for Teens*
- Lectures: Foot Health*, Socializing as You Age, Humor & Your Health*, Bees Unveiled*
- NVSO events: Cornhole, Crossword Puzzle

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

Join us for a fun social event with a different theme each month! September's theme is the 70th anniversary with retro snacks and a silent auction – see below.

Retro Fun and Games Social

Fri., Sept. 6, 1-2 p.m. RM132

Join us as we celebrate the 70th Anniversary of the 55+ Program with a throwback celebration featuring snacks and games from the past!

Register: [#911899-03](tel:911899-03)

Questions? Want to volunteer?

Please email cconley1@arlingtonva.us

DROP-IN PICKLEBALL HOURS

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.

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

*No program 9/2, 11/11

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

*No program 11/5

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

*No program 9/2, 9/18

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

Thursday: 12-3 p.m.

*No program 9/19, 11/28

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

*No program 9/20, 11/29



NORTHERN VIRGINIA SENIOR OLYMPICS

SEPTEMBER 14-29, 2024

The Northern Virginia Senior Olympics (NVSO) will begin on Saturday, September 14 at 9:30 a.m. at Thomas Jefferson Community Center. The opening ceremonies will include a JROTC color guard and the national anthem performed by the Arlingtones.

Throughout the month, participants will compete in over 70 individual events at multiple venues throughout the region. A full schedule is available on the NVSO website, www.nvso.us, and all are welcome to attend and cheer on the competitors! Gold, silver and bronze medals will be awarded, and results will be posted on the website (www.nvso.us) throughout the events. A list of gold medal winners will be posted at each Arlington 55+ Center at the end of the competition.

For further information, email nvso1982@gmail.com or contact Arlington's representative on the NVSO committee, Sidney Reid, at sreid@arlingtonva.us.

NVSO Cornhole Event

September 20

9 a.m.-3 p.m.

Arlington Mill Gym

NVSO Crossword Puzzle Event

September 20

4-7 p.m.

Arlington Mill

RM527

MONDAY	TUESDAY	WEDNESDAY
<p style="text-align: right;">2</p> <p style="text-align: center;">Labor Day 55+ Centers Closed</p>	<p style="text-align: right;">3</p> <p>8am-12pm Social 60+ Café+* RM527 10am-12pm 55+ Game Room RM209 12-3pm Play Pickleball GYM 5-8:45pm Play Pickleball GYM</p>	<p style="text-align: right;">4</p> <p>8am-12pm Social 60+ Café+* RM527 10am-12pm Open Art Studio RM526 10am-3pm Play Pickleball GYM 10:30am-1pm 55+ Crafters RM404 2-5pm Train Dominoes RM205 5-7pm American Mah Jongg RM205 6-7pm Get to Know 55+ Programs* RM527</p>
<p style="text-align: right;">9</p> <p>8am-12pm Social 60+ Café+* RM527 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 RMTBD 3-4pm Gentle Hatha Yoga*^ RM527 5-6:15pm Hatha Yoga Basics*^ RM527</p>	<p style="text-align: right;">10</p> <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 1-2pm Healthy Feet* RM527 5-6pm Zumba Gold*^ RM527 5-8:45pm Play Pickleball GYM</p>	<p style="text-align: right;">11</p> <p>8am-12pm Social 60+ Café+* RM527 10am-12pm Open Art Studio RM526 10am-3pm Play Pickleball GYM 10:30am-1pm 55+ Crafters RM404 2-5pm Train Dominoes RM205 4-5pm Meet an Owl* RM205 5-7pm American Mah Jongg RM205 6-7pm Socializing as You Age* RM527</p>
<p style="text-align: right;">16</p> <p>8am-12pm Social 60+ Café+* RM527 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 2-3:30pm Beginner Quilling*^ RM404 3-4pm Gentle Hatha Yoga*^ RM527 5-6:15pm Hatha Yoga Basics*^ RM527</p>	<p style="text-align: right;">17</p> <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 1-2pm Humor & Your Health* RM527 5-6pm Zumba Gold*^ RM527 5-8:45pm Play Pickleball GYM</p>	<p style="text-align: right;">18</p> <p style="text-align: center;">Employee Safety Day 55+ Programs & Social 60+ Café Canceled</p>
<p style="text-align: right;">23</p> <p>8am-12pm Social 60+ Café+* RM527 10am-3pm Play Pickleball GYM 10-11:15am Line Dance RM421 10am-12pm Open Game Time RM205 11am-12pm Spanish Convo RM404 12-2pm Learn Chinese Mah Jongg* RM205 2-3:30pm Beginner Quilling*^ RM404 3-4pm Gentle Hatha Yoga*^ RM527 5-6:15pm Hatha Yoga Basics*^ RM527</p>	<p style="text-align: right;">24</p> <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 Bees Unveiled* RM527 5-6pm Zumba Gold*^ RM527 5-8:45pm Play Pickleball GYM</p>	<p style="text-align: right;">25</p> <p>8am-12pm Social 60+ Café+* RM527 10am-12pm Open Art Studio RM526 10am-12pm Play Pickleball GYM 10:30am-1pm 55+ Crafters RM404 2-5pm Train Dominoes RM205 5-7pm American Mah Jongg RM205 5:30-6:30pm Eight-Week Walking Challenge Kick-Off* PLAZA LEVEL</p>
<p style="text-align: right;">30</p> <p>8am-12pm Social 60+ Café+* RM527 10am-3pm Play Pickleball GYM 10-11:15am Line Dance RM421 10am-12pm Open Game Time RM205 11am-12pm Spanish Convo RM404 12-2pm Learn Chinese Mah Jongg* RM205 2-3:30pm Beginner Quilling*^ RM404 3-4pm Gentle Hatha Yoga*^ RM527 5-6:15pm Hatha Yoga Basics*^ RM527</p>		

THURSDAY	FRIDAY
<p style="text-align: right;">5</p> 8am-12pm Social 60+ Café+* RM527 10am-12pm 55+ Game Room RM209 12-2pm Mah Jongg RM205 12-3pm Play Pickleball GYM 1-2:15pm Line Dance RM421 2-4pm American Mah Jongg RM205	<p style="text-align: right;">6</p> 8am-12pm Social 60+ Café+* RM527 10am-12pm Open Art Studio RM526 10am-3pm Play Pickleball GYM 1-2pm 70th Celebration Retro Fun and Games Social* RM132
<p style="text-align: right;">12</p> 8am-12pm Social 60+ Café+* RM527 10am-12pm 55+ Game Room RM209 10:30-11:30am SAIL Exercise* GYM 12-2pm Mah Jongg RM205 12-3pm Play Pickleball GYM 1-2:15pm Line Dance RM421 2-4pm American Mah Jongg RM205	<p style="text-align: right;">13</p> 8am-12pm Social 60+ Café+* RM527 10-11:15am Saving Claire Documentary & Panel* RM527 10am-12pm Open Art Studio RM526 10am-3pm Play Pickleball GYM 12-1pm Pickleball for Beginners*^ GYM 1-2pm Pickleball II*^ GYM 2-3pm Pickleball III*^ GYM
<p style="text-align: right;">19</p> 8am-12pm Social 60+ Café+* RM527 10am-12pm 55+ Game Room RM209 10:30-11:30am SAIL Exercise* GYM 12-2pm Mah Jongg RM205 12-3pm Biking for Beginners* GYM 12-3pm Play Pickleball GYM 1-2:15pm Line Dance RM421 2-4pm American Mah Jongg RM205	<p style="text-align: right;">20</p> 8am-12pm Social 60+ Café+* RM527 9am-3pm NVSO Cornhole* GYM 10am-12pm Open Art Studio RM526 10am-3pm Play Pickleball GYM 12-1pm Pickleball for Beginners*^ GYM 1-2pm Pickleball II*^ GYM 2-3pm Pickleball III* GYM 4-7pm NVSO Crossword* RM527
<p style="text-align: right;">26</p> 8am-12pm Social 60+ Café+* RM527 10am-12pm 55+ Game Room RM209 10:30-11:30am SAIL Exercise* GYM 12-2pm Learn Chinese Mah Jongg* RM205 12-3pm Play Pickleball GYM 1-2:15pm Line Dance RM421 2-4pm American Mah Jongg RM205 2:30-5pm Tacos for Teens* RM132	<p style="text-align: right;">27</p> 8am-12pm Social 60+ Café+* RM527 9:30-10:30am Latin Dance Party* RM421 10am-12pm Open Art Studio RM526 10am-3pm Play Pickleball GYM 12-1pm Pickleball for Beginners*^ GYM 1-2pm Pickleball II*^ GYM 2-3pm Pickleball III* GYM

Arlington Mill 55+ Center Calendar

September 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.



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

Retro Fun & Games Social

Join us as we celebrate the 70th Anniversary of 55+ Programs with a throwback celebration featuring snacks and games from the past.

Friday, September 6, 1-2 p.m.

Arlington Mill 55+ Center, Room 132

Register: #911899-03

Eight-Week Walking Challenge Kickoff

Join us for a series of eight Wednesday evening walks along the scenic Four-Mile Run Trail. Kickoff walk on September 25 led by Mary Dallao of WalkArlington.

Wednesday, September 25, 5:30-6:30 p.m.

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

Register: #911106-19

Program questions or suggestions? Interested in volunteering?

Please email 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 Room

Mexican Train Dominoes

Wednesdays, 2-5 p.m.

Arlington Mill | Drop-in | RM 205

American Mah Jongg

Wednesdays, 5-7 p.m.

Thursdays, 2-4 p.m.

Arlington Mill | Drop-in | RM 205

Classic Chinese Mah Jongg

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.

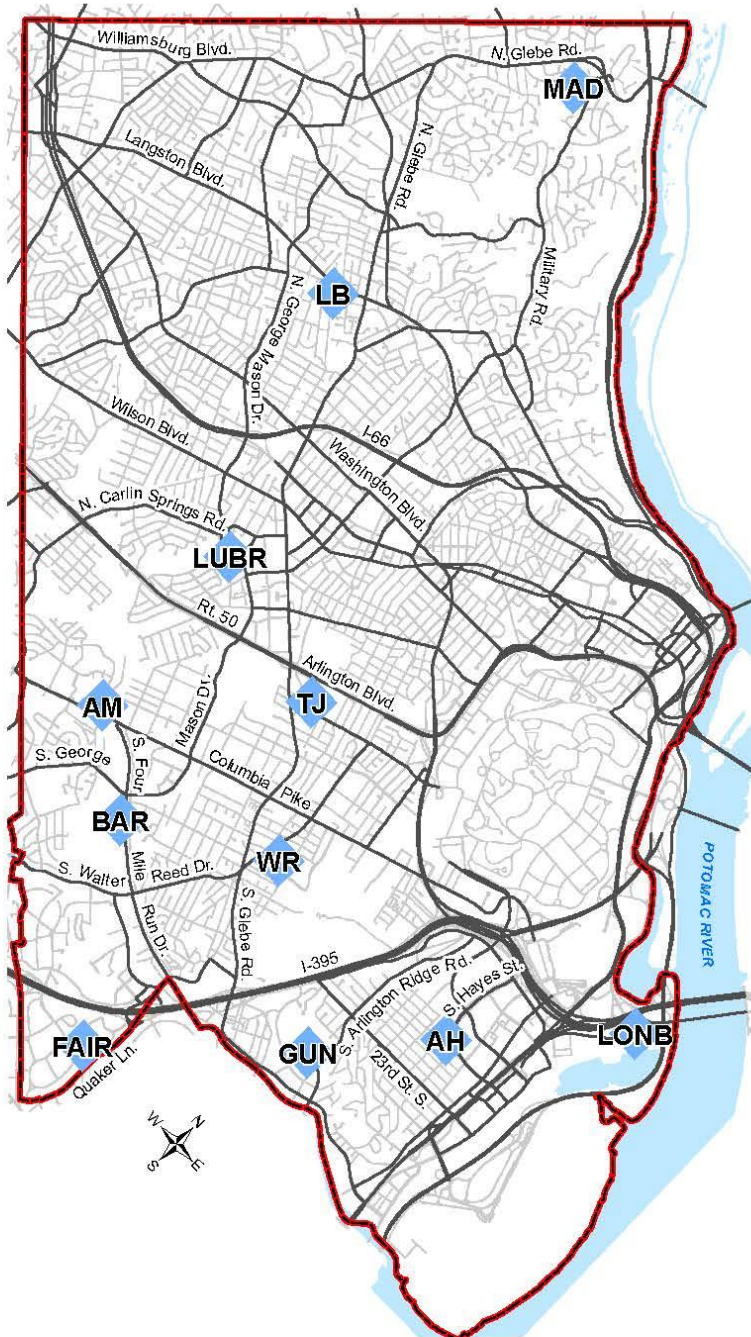
Arlington Mill | Drop-in | RM 526

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