

September 2024

AURORA HILLS 55+ CENTER NEWSLETTER

735 18th 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

Website:

arlingtonva.us/dpr

Cory Cox

**55+ Operations
Supervisor**

ccox1@arlingtonva.us

703-228-5722

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Director's Note

We hope you'll join us in celebrating the 70th Anniversary of Arlington's 55+ Program this month! We'll be celebrating at Aurora Hills with a special presentation on Arlington in the 1950s, plus many more fun events at the other 55+ Centers. Find out more on page 6 of the 55+ Guide, and make sure to sign up for the 70th Anniversary BBQ Picnic before registration closes on September 13!

See you there!

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 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")

SEPTEMBER PROGRAM HIGHLIGHTS AT AURORA HILLS

Travel Gurus: Mediterranean Cruise – Wed., Sept. 4, 1:30-2:30 p.m.

Mary Smolenski, a long-time 55+ volunteer at Aurora Hills, will share her experiences from a Mediterranean cruise to Greece, Turkey, Egypt and Israel. **Register: [#911400-26](#)**

Travel Gurus: Nepal – Fri., Sept. 6, 1:30-2:30 p.m.

55+ Volunteer Lowell Nelson will discuss his recent trip to Nepal, including pictures and stories of beautiful scenery, fascinating culture, exotic architecture, and the logistics and physical challenges of trekking! **Register: [#911400-27](#)**

Jeopardy – Mon., Sept. 9, 2-2:45 p.m.

Play America's favorite quiz game with monthly themes and test your knowledge. Have some fun with 55+ friends and try to win a prize! **Register: [#911600-10](#)**

Cooking with the Power Out – Wed., Sept. 11, 1:30-2:30 p.m.

Enjoy a fun cooking demonstration with Virginia Cooperative Extension Master Food Volunteers. **Register: [#911501-01](#)**

Welcome Back Bingo – Fri., Sept. 13, 1-2:30 p.m.

Play Bingo, win great prizes, have some light refreshments and enjoy the company of 55+ friends. Bring a guest to learn more about our great programs and they will have the opportunity to win a free 55+ Pass! **Register: [#911899-09](#)**

Movies at Aurora Hills - Fri., Sept. 20, 12:30-2:30 p.m.

Enjoy classic and modern movies at Aurora Hills with fellow 55+ friends. September's movie is *Nyad* (2023) (PG-13). **Register: [#911804-04](#)**

Arlington in the 1950s - Wed., Sept. 25, 3-4 p.m.

Learn about significant events that occurred in Arlington during the 1950s that have impacted the Arlington we know today. Presented by Arlington Historical Society Museum speaker Karl Van Newkirk. **Register: [#911400-16](#)**

Election 2024: What You Need to Know - Wed., Sept. 25, 1-2 p.m.

Be prepared to vote in the November 5 general election! This presentation will cover everything you need to know, including what will be on the ballot, registration and early voting deadlines, ID requirements, voting by mail, curbside voting and ranked choice voting for the County Board election. **Register: [#911400-11](#)**

Explore Mixed Media Art – Fri., Sept. 27, 1-2:30 p.m.

Join Community Arts Programmer Jennifer Droblyen for this interactive session and learn various techniques using unconventional materials to make your mixed media pieces pop! **Register: [#911303-05](#)**

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
<p style="text-align: right;">2</p> <p style="text-align: center;">55+ Centers Closed</p>	<p style="text-align: right;">3</p>	<p style="text-align: right;">4</p> <p>10am-12pm Foursome Bridge K 10am-12pm Hearts Club MR 10am-12:15pm Mac, iPhone, iPad* MR 1:30-2:30pm Travel Gurus: Mediterranean Cruise* MR</p>
<p style="text-align: right;">9</p> <p>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 2-2:45pm Tai Chi Practice MR 2-2:45pm Jeopardy* TR</p>	<p style="text-align: right;">10</p> <p>11am-12pm Gentle Hatha Yoga** TR</p>	<p style="text-align: right;">11</p> <p>10am-12pm Foursome Bridge K 10am-12pm Hearts Club MR 10am-12:15pm Mac, iPhone, iPad* MR 11am-12pm Traditional Hatha Yoga** TR 1:30-2:30pm Cooking with the Power Out* MR</p>
<p style="text-align: right;">16</p> <p>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 2-2:45pm Tai Chi Practice TR</p>	<p style="text-align: right;">17</p> <p>11am-12pm Gentle Hatha Yoga** TR</p>	<p style="text-align: right;">18</p> <p style="text-align: center;">Aurora Hills 55+ Center Closed</p>
<p style="text-align: right;">23</p> <p>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 2-2:45pm Tai Chi Practice TR</p>	<p style="text-align: right;">24</p> <p>11am-12pm Gentle Hatha Yoga** TR</p>	<p style="text-align: right;">25</p> <p>10am-12pm Foursome Bridge K 10am-12pm Hearts Club MR 10am-12:15pm Mac, iPhone, iPad* MR 11am-12pm Traditional Hatha Yoga** TR 1-2pm Election 2024: What You Need to Know* MR 3-4pm Arlington in the 1950s* MR</p>
<p style="text-align: right;">30</p> <p>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</p>		

THURSDAY	FRIDAY
5	6 10:15-11am Intro to Line Dance MR 11:05am-12:05pm Line Dance MR 11-11:30am Intergenerational Storytime* TR 1:30-2:30pm Travel Gurus: Nepal MR
12	13 9-10:30am Aurora Hills Walkers OS 10:15-11am Intro to Line Dance MR 11:05am-12:05pm Line Dance MR 1-2:30pm Welcome Back Bingo* MR
19	20 10:15-11am Intro to Line Dance MR 11:05am-12:05pm Line Dance MR 12:30-2:30pm Movies at Aurora Hills* MR
26	27 9-10:30am Aurora Hills Walkers OS 10:15-11am Intro to Line Dance MR 11:05am-12:05pm Line Dance MR 1-2:30pm Explore Mixed Media Art* TR

AURORA HILLS 55+ CENTER ACTIVITY CALENDAR

September 2024

735 18th 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

Election 2024: What You Need to Know



Wednesday, September 25
1-2 p.m.
Aurora Hills 55+ Center



Be prepared to vote in the November 5 general election! This presentation will cover everything you need to know, including what will be on the ballot, registration and early voting deadlines, ID requirements, voting by mail, curbside voting and ranked choice voting for the County Board election.

Register: [#911400-11](tel:91140011)

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, Sept. 30**. If you would like more information, please contact Marge Corletti at corletti@aol.com.
Next Book: *Babysitter* by Joyce Carol Oates.

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

Good To Know...

Celebrate 55+ Program's 70th Anniversary!



Come to the 70th 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

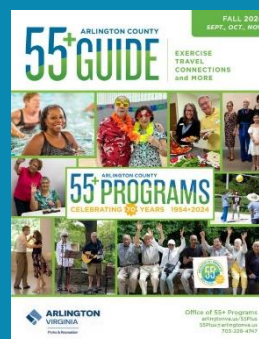
Please Note: Long Bridge Aquatics & Fitness Center senior memberships are not associated with the 55+ Program (including the 55+ Pass or 55+ Gold Pass).

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



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)

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

