

September 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:

This month, we’re excited to introduce a variety of new programs and events designed to engage and inspire. Whether you’re interested in health and wellness activities, social gatherings, or educational workshops, there’s something for everyone. I encourage you to explore our offerings and take advantage of the many resources available to you.

I look forward to seeing you around the center!

Check out our calendar on pages 4-5 for specific dates and details.

-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, September 11, 2-3 p.m.
Lubber Run Senior Room (RM115)

55+ Gives Back!

Culpepper Garden Senior Food Drive

Monday - Friday, September 16-20
9 a.m. - 3 p.m.
Lubber Run

Contribute to the Culpepper Garden Food Drive! Culpepper Garden is a nonprofit retirement community in Arlington. This initiative aims to stock a local food pantry with essential non-perishable groceries to assist residents in need. Donations can include single meals, canned vegetables and fruit, canned meats, pasta, beans, rice, condiments and more. Items must be unexpired. Drop off your donations at Lubber Run Room 115, September 16-20, 9 a.m.-3 p.m.

Lubber Run Playground Clean-Up Community Project

Wednesday, September 4, 8:30 a.m. - 12:30 p.m.
Lubber Run
Register: [#911899-01](https://www.eventbrite.com/e/lubber-run-playground-clean-up-community-project-tickets-751189901)

We need volunteers to help with various tasks to refresh our playground, including cleaning the sandbox, wiping down the slide, scrubbing tables, and washing the poured-in-place surface. Additionally, we need a few experienced painters. Your participation will help create a cleaner, safer and more enjoyable play space for our community's children! This project is open to all ages: no 55+ Pass required. In partnership with the Arlington Department of Parks and Natural Resources.

MONDAY	TUESDAY	WEDNESDAY
<p style="text-align: right;">2</p> <p style="text-align: center;">Center Closed</p>	<p style="text-align: right;">3</p> <p>10-11am Full Fitness^ GYM 1-2:30pm Encore Chorale** RM119</p>	<p style="text-align: right;">4</p> <p>9-10am Strength Training^ GYMA 10-11am Common Cybersecurity Threats* RM115 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 1:30-3:30pm Opera Appreciation* RM115</p>
<p style="text-align: right;">9</p> <p>9-10:15am Coffee or Tea and Thee RM115 10-11am Total Body Fitness^ GYM 10-11:15am Advance Care Planning 101* 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;">10</p> <p>10-11am Full Fitness^ GYM 10:30-11:30am Traditional Hatha Yoga** RM116 11:15am-12:15pm Performance Parking 101* RM115 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;">11</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</p>
<p style="text-align: right;">16</p> <p>9-10:15am Coffee or Tea and Thee RM115 10-11am Total Body Fitness^ GYM 10-10:30am Reading Buddies* RM115 10-11:15am Advance Care Planning 101* RM121 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;">17</p> <p>10-11am Full Fitness^ GYM 10-10:30am Preschool Pinwheel Craft* RM115 10:30-11:30am Traditional Hatha Yoga** RM116 11:30am-1pm Genealogy 101* RM115 11:45-12:45pm Gentle Hatha Yoga** RM116 2-3pm Preparing for Emergencies* RM126 1-2:30pm Encore Chorale** RM115 2:15-3:15pm Zumba** RM116</p>	<p style="text-align: right;">18</p> <p style="text-align: center;">Center Closed</p>
<p style="text-align: right;">23</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;">24</p> <p>10-11am Full Fitness^ GYM 10am-12pm Safety Expo* RM119 10:30-11:30am Traditional Hatha Yoga** RM116 11:45-12:45pm Gentle Hatha Yoga** RM116 12-1pm Haiku for You* RM121 1-2:30pm Encore Chorale** RM119 1-3pm Movie Matinee: King Richard* RM115 2:15-3:15pm Zumba** RM116</p>	<p style="text-align: right;">25</p> <p>9-10:15am Coffee or Tea and Thee RM115 9-10am Strength Training^ GYMA 11am-12pm "Tapestry" Live* RM115 11am-12pm Tree Walk of Lubber Run Park* 10:30-11:30am Tai Chi -Taoist RM119 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;">30</p> <p>9-10:15am Coffee or Tea and Thee RM115 10-11am Total Body Fitness^ GYM 10-11:30am The Six Pillars of Brain Health* 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>		

THURSDAY	FRIDAY
<p style="text-align: right;">5</p> <p>8:30-9:30am Walk Fit* LOBBY 10-11am Full Fitness^ GYM 1-3pm Sudoku RM115 2-4pm Drop in Volleyball GYMB 2:30-3:30pm Pentagon 9/11 Memorial Virtual Tour* RM115</p>	<p style="text-align: right;">6</p> <p>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</p>
<p style="text-align: right;">12</p> <p>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 3-4pm Plant and Cutting Swap* RM115 5-6pm Pickleball for Beginners** GYM</p>	<p style="text-align: right;">13</p> <p>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</p>
<p style="text-align: right;">19</p> <p>8:30-9:30am Walk Fit* LOBBY 10-11am Full Fitness^ GYM 1-2pm SAIL* RM119 1-3pm Sudoku RM115 2:30-3:30pm 55+ Travel Open House* RM115 2-4pm Drop in Volleyball GYMB 5-6pm Pickleball for Beginners** GYM 6-7pm How to Use ParkMobile* RM115</p>	<p style="text-align: right;">20</p> <p>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</p>
<p style="text-align: right;">26</p> <p>8:30-9:30am Walk Fit* LOBBY 10-11am Full Fitness^ GYM 1-2pm SAIL* RM119 2-4pm Drop in Volleyball GYMB 2:30-3:30pm Election 2024: What You Need to Know* RM115 5-6pm Pickleball for Beginners** GYM 6-7pm Book Exchange* RM115</p>	<p style="text-align: right;">27</p> <p>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</p>

Lubber Run 55+ Center Activity Calendar

September 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](#).

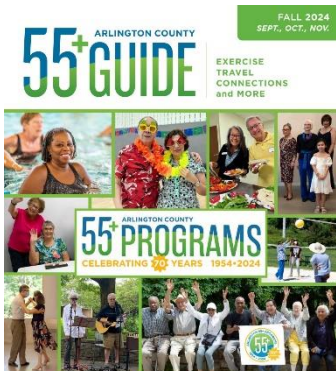


The Alliance for Arlington Senior Programs (AASP) supports 55+ Program activities such as 55+ Fitness Day, Acoustic Café and the new Internet Access for Arlington Seniors Project. Our fundraising has understandably fallen off during the COVID-19 pandemic. Now that we are starting to get back to our normal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



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

Tuesday, Sept. 17
Register: [#911402-01](#)
11:30 a.m.-1 p.m.

Opera Appreciation

Wednesday, Sept. 4
Register:
[#911300-01](#)
1:30-3:30 p.m.

Local History

Wednesday, Sept. 25
Register: [#911402-07](#)
1:30 - 2:45 p.m.

Senior Center Month

Fall Prevention Month: Safety Expo

Tuesday, September 24, 10 a.m. - 12 p.m.
Lubber Run
Register: [#911502-02](#)

Learn from experts about fall risks and prevention strategies. Informational booths, activities and screenings will be available, including fall risk assessments, balance and strength exercises, medication reviews with a pharmacist, home modification techniques and blood pressure and vision screenings. Expo is hosted in partnership with Virginia Hospital Center Health and the Northern Virginia Falls Prevention Alliance.

Preparing for Emergencies

Tuesday, September 17, 2-3 p.m.
Lubber Run
Register: [#911400-09](#)

Emergencies can happen at any time, and often with little notice. Join Arlington Community Emergency Response Team Volunteers and Arlington County Emergency Management Staff for a discussion on how to prepare yourself and your loved ones before a disaster or emergency.

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

