

WALTER REED 55+ CENTER NEWSLETTER

2909 16th Street S, Arlington, VA 22204

703-228-0955

CENTER HOURS

Monday – Friday 9am-3pm
Evening and Weekends as
scheduled

CONTACT

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

Jennifer Weber,
Walter Reed 55+ Center
Director

Jweber1@arlingtonva.us
703-228-0949

IN THIS ISSUE

Registration info – Pg. 2
Highlights – Pg. 3
Center calendar – Pg. 4, 5



DIRECTOR'S NOTE

Welcome to Walter Reed 55+ Center and hello summer! The 70th Anniversary of the 55+ Program celebrations continue – check out page 6 of the 55+ Guide.

Nostalgic Tunes and Trivia

Thurs., Sept. 26, 1-3 p.m. at Walter Reed

It's party time! Celebrate the 70th anniversary of the 55+ Program with a musical journey from the 1950s to the 1970s. Dance along to music by the Sunshine Gang followed by trivia from the 1950s, 60s and 70s.

Light refreshments will be served. Sponsored by the Walter Reed 55+ Advisory Committee.

Register: [#911899-06](#)

70TH ANNIVERSARY BBQ PICNIC Wed., Oct. 2, 12-3 p.m. at Lubber Run

Join us in celebrating a milestone anniversary for Arlington County's 55+ Program!

For 70 years, this remarkable program has provided a vibrant and supportive community for older adults. To honor this special occasion, we're hosting an unforgettable BBQ picnic filled with delicious food, music by the DC Starlight Orchestra, exciting games, VIP guests and more! Reconnect with friends, make new ones, and celebrate the incredible community that has flourished through the 55+ Program. Whether you're a long-time member or new to the program, we invite you to join us for a day of joy, reflection and community spirit. Sponsored by the Alliance for Arlington Senior Programs.



Register by September 13
Once you have registered for this program, please remember to pay the \$10 admission fee by visiting the Alliance website before the event.

You may also pay in person on one of the following dates: 8/22, 1:15 p.m. at the Arlington Cinema and Drafthouse; 9/5, 2-3:30 p.m. at Langston-Brown; 9/9, 9-10:15 a.m. at Lubber Run; or 9/13, 11 a.m.-3 p.m. at Aurora Hills.

Register: [#911899-10](#)



ABOUT THE CENTER

Kitchen Assistant:
Meaza Beraki



Social 60+ Café
Program Coordinator:
Mona Farah



55+ Center Director:
Jennifer Weber



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 AT WALTER REED

Acoustic Café

The shows are open to all ages; no 55+ Pass required.

- **September:** Rick Franklin, Esther Haynes and Tom Mindte
- **October:** Swingology and Michelle Swan
- **November:** The String Mamas and The Mandoleers
- **Sneak Peek for December's Show:** Veronneau and The Two Peas

The café is sponsored by the Walter Reed 55+ Advisory Committee and the Alliance for Arlington Senior Programs.

Let us know you are coming!

Tues., Sept. 17, 7-8:30 p.m. Register: [#911301-01](#)

Movies and Munchies

Join us for award-winning movies, light refreshments and discussion at the conclusion. We'll show films that have won awards. This month's movie is "American Fiction" (2023) (R)

Thursday, September 12, 2-4:30 p.m.

Register: [#911804-10](#)

Bunco Bunch

Calling all 55+ friends who want to play a fun game in a social environment. Bunco is a dice game of luck where having a good time is the number one objective. Bunco is a great way to socialize with new and old friends. No prior experience is needed.

Friday, September 13, 1:30-3:30 p.m.

Register: [#911600-03](#)

Mexican Train Dominoes

This friendly group of dominoes players is looking for new participants to join the games. If you have never played it's fun and easy to learn!

Mondays, 9:30 a.m.-12 p.m.

Sundays, 1:30-4:30 p.m.

Drop-in

PICKLEBALL CORNER

55+ Drop-In Pickleball Hours

Monday – 8:30 – 11am (2 courts)
10-11am (1 court)
11am-4pm (2 courts)

Tuesday – 12:30-4pm

Wednesday - 2:15-4pm

Thursday - 12:30-4pm

Friday – 10am-4pm

MONDAY	TUESDAY	WEDNESDAY
2	3	4
<h1>55+ Centers Closed for Labor Day</h1>	10:30-11:30am English Class (REEP) MPRA 10:30-11:30am Olympic Games+ GYM 11:30-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch+* MPRC 12:30-4pm Pickleball GYM 1-2:15pm Tai Chi Practice WELLR 1-2pm Make Your Own Medal+ ARTS&C 1:30-4:30pm Samba SL 1-2pm Latte Lounge w/ Adv. Committee* ART&C 2-3pm Adv. Committee ARTS&C 2-4pm Bridge Practice CAFE 2:30-3:30pm Partner Dance Practice WELLR	10am-12pm Canasta SL 10:15-11:15 Give Line Dance a Try WELLR 10:30-11:45am Chair Dance Yoga+ MPRA 12-12:30pm Table Games+ MPRBC 12-2pm Jolly Hearts CONF 12pm-2pm 55+ Basketball GYM 12:30pm Social 60+ Lunch+* MPRBC 1-2pm Olympic Games+ MPRBC 1:30-3:30pm Social Bridge SL 2:15-4pm Pickleball GYM
9	10	11
8:30-4pm Pickleball (2 courts) GYM 9:30-12:30 Mexican Train Dominoes CAFE 10-11am Abs. Beginner PB (1 court) GYM 10-11am Pickleball (1 court) GYM 11:30-12:30pm Chair Zumba+ WELLR 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 1-2pm Table Games+ MPRBC 3:45-4:45pm Mat Pilates** WELLR	9-10:15am Yoga Daily Living** WELLR 10:30-11:30am English Class (REEP) MPRA 10:30-11:30am Olympic Games+ GYM 11:30-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch+* MPRC 12:30-4pm Pickleball GYM 1-2:15pm Tai Chi Practice WELLR 1-2pm Make Your Own Medal+ ARTS&C 1:30-4:30pm Samba SL 2-3pm Adv. Committee ARTS&C 2-4pm Bridge Practice CAFE 2:30-3:30pm Partner Dance Practice WELLR 4-5:30pm Intro & Intermediate Uke* ARTS&C 5:30-6:30pm Reader's Theater* SL 7-8pm Mosquito&Tick Management* Virtual	10am-12pm Canasta SL 10:15-11:15 Give Line Dance a Try WELLR 10:30-11:45am Chair Dance Yoga+ MPRA 12-12:30pm Table Games+ MPRBC 12-2pm Jolly Hearts CONF 12pm-2pm 55+ Basketball GYM 12:30pm Social 60+ Lunch+* MPRBC 1-2pm Olympic Games+ MPRBC 1:30-3:30pm Social Bridge SL 2:15-4pm Pickleball GYM
16	17	18
8:30-4pm Pickleball (2 courts) GYM 9:30-12:30 Mexican Train Dominoes CAFE 10-11am Abs. Beginner PB (1 court) GYM 10-11am Pickleball (1 court) GYM 11:30-12:30pm Game Day Snacks*ARTS&C 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 1-2pm Gardening+ 3:45-4:45pm Mat Pilates** WELLR	9-10:15am Yoga Daily Living** WELLR 10:30-11:30am English Class (REEP) MPRA 10:30-11:30am Olympic Games+ GYM 11:30-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch+* MPRC 12:30-4pm Pickleball GYM 1:30-4:30pm Samba SL 1-2pm BINGO+ MPRBC 1-2:15pm Tai Chi Practice WELLR 2-4pm Bridge Practice CAFE 2:30-3:30pm Partner Dance Practice WELLR 4:30-5:30pm Ukulele Practice ARTS&C 7-8:30pm Acoustic Café* MPRABC	<h1>All Programs Cancelled Due to All Staff Meeting</h1>
23	24	25
8:30-4pm Pickleball (2 courts) GYM 9:30-12:30 Mexican Train Dominoes CAFE 10-11am Abs. Beginner PB (1 court) GYM 10-11am Pickleball (1 court) GYM 11:30-12:30pm Chair Zumba+ WELLR 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 1-2pm Table Games+ MPRBC 3:45-4:45pm Mat Pilates** WELLR	9-10:15am Yoga Daily Living** WELLR 10:30-11:30am BP Clinic CONF&QR 10:30-11:30am Olympic Games+ GYM 10:30-11:30am English Class (REEP) MPRA 11:30-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch+* MPRC 12:30-4pm Pickleball GYM 1-2pm Art+ MPRBC 1:30-4:30pm Samba SL 1-2:15pm Tai Chi Practice WELLR 2-4pm Bridge Class CAFE 2:30-3:30pm Partner Dance Practice WELLR 4-5:30pm Intro & Intermediate Uke* ARTS&C	10am-12pm Canasta SL 10:15am Give Line Dance a Try WELLR 10:30-11:45am Chair Dance Yoga+ MPRA 12-12:30pm Table Games+ MPRBC 12pm-2pm 55+ Basketball GYM 12:30pm Social 60+ Lunch+* MPRBC 1-2pm The Price is Right!+ MPRBC 1:30-3:30pm Social Bridge SL 2:15-4pm Pickleball GYM
30		
8:30-4pm Pickleball (2 courts) GYM 9:30-12:30 Mexican Train Dominoes CAFE 10-11am Abs. Beginner PB (1 court) GYM 10-11am Pickleball (1 court) GYM 11am-12pm Baking w/ Joni+ MPRBC 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 1-2pm Gardening+ 3:45-4:45pm Mat Pilates** WELLR		

WALTER REED 55+ CENTER ACTIVITY CALENDAR

SEPTEMBER 2024
2909 16th St. S.
Arlington 22204

All programs are drop-in unless otherwise designated by the symbols below:

- ^ = fee required
- * = registration required
- + = Social 60+ Café Program
- ~~Strikethrough~~ = Program Cancelled
- Bold** = Special Program

- Room Codes:
 SL = Senior Lounge
 GR = Game Room
 WELLR = Wellness Room
 MPRA = Multi-Purpose Room A
 MPRBC = Multi-Purpose Room B & C
 ARTS&C = Arts & Crafts Room
 QR = Quiet Room
 CONF = Conference Room

Daily Programming:
 10am-12pm Ping Pong & Billiards GR

Weekend Programming:
 Saturdays:
 10am-12pm Rummikub SL
 12-4pm Mah Jongg SL
 Sundays:
 1:30pm-4:30pm Mexican Train
 Dominoes** SL

Contact Jennifer Weber to get added to the Sunday Mexican Train Dominoes listserv - jweber1@arlingtonva.us or 703-228-0949

THURSDAY	FRIDAY
5	6
10:30-11:30am English Class (REEP) MPRA 11:30-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 12:30-4pm Pickleball GYM	10am-12pm Chinese Mah Jongg CAFÉ 10am-12pm Cribbage SL 10am-3pm Scrabble SL 10am-4pm Pickleball GYM 11am-12pm Chair Dance+ MPRA 12:30pm Social 60+ Lunch+* MPRBC 1-2pm Table Games+ MPRBC 1-3pm Sunshine Gang MPRA 1-2:15pm Tai Chi Practice WELLR 1:30-4:30pm Samba SL
12	13
9-10am Bootcamp*^ GYM 10-11am Mat Pilates** WELLR 10:30-11:30am English Class (REEP) MPRA 11:30-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 12:30-4pm Pickleball GYM 1-2pm Olympic Games+ MPRBC 1:30-2:30pm Core Conditioning*^ WELLR 2-4pm Movies & Munchies* CONF	10am-12pm Chinese Mah Jongg CAFÉ 10am-12pm Cribbage SL 10am-3pm Scrabble SL 10am-4pm Pickleball GYM 11am-12pm NVSO Pep Rally* MPRA 12:30pm Social 60+ Lunch+* MPRBC 1-2pm Olympic Closing Ceremony+ 1-3pm Sunshine Gang MPRA 1-2:15pm Tai Chi Practice WELLR 1:30-3:30pm BUNCO Bunch* SL 1:30-4:30pm Samba CAFÉ
19	20
10-11am Mat Pilates** WELLR 10:30-11:30am English Class (REEP) MPRA 11:30-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch+* MPRC 12-4pm Mah Jongg SL 12:30-4pm Pickleball GYM 1-2pm Bowling+ MPRBC 1:30-2:30pm Core Conditioning*^ WELLR	10am-12pm Chinese Mah Jongg CAFÉ 10am-12pm Cribbage SL 10am-3pm Scrabble SL 10am-4pm Pickleball GYM 11am-12pm Chair Dance+ MPRA 12:30pm Social 60+ Lunch+* MPRBC 1-2pm Jeopardy+ MPRBC 1-3pm Sunshine Gang MPRA 1-2:15pm Tai Chi Practice WELLR 1:30-4:30pm Samba SL
26	27
9-10am Bootcamp*^ GYM 10-11am Mat Pilates** WELLR 10:30-11:30am English Class (REEP) MPRA 11:30-12:15pm Strength Training+ GYM 12:30pm Social 60+ Lunch+* MPRC 12:30-4pm Pickleball GYM 12-4pm Mah Jongg SL 1-3pm Nostalgic Tunes & Trivia* MPRABC 1:30-2:30pm Core Conditioning*^ WELLR	10am-4pm Pickleball GYM 10am-12pm Chinese Mah Jongg CAFÉ 10am-12pm Cribbage SL 10am-3pm Scrabble SL 11am-12pm Chair Dance+ MPRA 12:30pm Social 60+ Lunch+* MPRBC 1-3pm Sunshine Gang MPRA 1-2pm Table Games+ MPRBC 1-2:15pm Tai Chi Practice WELLR 1:30-4:30pm Samba SL

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

Highlighted Programs at Walter Reed

Senior Center Month: Latte Lounge with the Advisory Committee

Join your Walter Reed 55+ Advisory Committee to learn more about the many programs offered at your center with a cup of coffee or tea in hand. This is also a great opportunity to make suggestions for new programs: we welcome your ideas! Barista Ben Childers will be making drinks to order.

Tues., Sept. 3, 1-2 p.m. Register: [#911801-01](#)

Mosquito and Tick Management

Join Arlington Regional Master Naturalist Kasha Helget as she discusses the most common mosquitoes in Virginia and their lifecycles. We'll discuss the most effective ways to reduce mosquito populations and protect yourself against mosquito bites while protecting pollinators. Kasha will also discuss the safest ways to avoid and repel ticks.

Tues., Sept. 10, 7-8 p.m. Virtual. Register: [#911400-39](#)

Senior Olympics Social and Pep Rally

Whether you are an athlete or spectator, get excited for the Northern Virginia Senior Olympics! Wear medals from past wins, meet fellow athletes, or show support by cheerleading friends to hopeful victory. Open to all ages: no 55+ Pass required.

Fri., Sept. 13, 11 a.m.-12 p.m. Register: [#911899-04](#)

**SPORTS & FITNESS CLASSES
AT WALTER REED
Start in September!**

Yoga for Daily Living

Learn how to tune in to your body through breathing skills and techniques to relieve worry and concentrate better. Bring your own mat.

**Sept. 10 – Nov. 26 | Tuesdays | 9-10:15 a.m.
#911103-01 | 11 sessions: \$68.75**

New! Core Conditioning and Strength

Strengthen the entire body with the use of dumbbells and exercise bands; special focus on deep core, including abs and back. Exercises are done standing and from the ground. Please bring your own mat.

Instructor: Cassidy Ricalde

**Sept. 12–Nov. 21 | Thursdays | 1:30-2:30pm
#911100-10 | 11 sessions: \$55**

Bootcamp

Bring enthusiasm, effort and a positive mindset to this class. Certified Personal Trainer Shanan Knox will offer a total body workout through circuit training, HIIT (High Intensity Interval Training), bodyweight exercises, resistance training and more. All fitness levels are welcome to attend.

**Sept. 12 – Nov. 21 | Thursdays | 9-10 a.m.
#911100-01 | 10 sessions: \$50**

Mat Pilates

Mat Pilates is a strengthening and lengthening form of exercise that focuses on your core muscles while also training your arms and legs. Exercises can be modified to increase or decrease difficulty to adapt to all levels of ability. Bring your own mat.

• **Sept. 9–Nov. 25 | Mondays | 3:45-4:45pm
#911103-17 | 11 sessions: \$60.50**

• **Sept. 12–Nov. 21 | Thursdays | 10-11 a.m.
#911103-19 | 11 sessions: \$60.50**

Fun Every Month!

		6		4			9	7
	4		7	3			1	
	1	7		9	2		3	
6				7			8	
1		5		6		9		3
	2			1				6
	5		9	8		1	6	
	9			5	6		7	
8	6			2		3		

Train your brain – learn new games and have fun. If you are not familiar with Sudoku, you must complete the grid so each row, column, and 3-by-3 box (in bold borders) contains every digit 1 through 9. No row, column or 3-by-3 box can feature the same number twice.

Absolute Beginner Pickleball

Play Pickleball in a slow paced, supportive environment. Volunteers lead play and help players become more comfortable with the rules and moves of the game.

Mondays, 10-11 a.m.

Drop-in

Sunshine Gang

The Band invites you to come listen to their practice sessions. The Sunshine Gang plays rock and popular selections in a low-key, music loving atmosphere.

Fridays, 1-3 p.m.

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

