

# 55+ TRAVEL & VIRTUAL PROGRAMS NEWSLETTER

Arlington County, VA

703-228-4748

## 55+ Travel Office

Lubber Run Community Center  
300 N. Park Drive  
Arlington, VA

## 55+ Travel Program Information

703-228-4748  
[AC55plusTravel@arlingtonva.us](mailto:AC55plusTravel@arlingtonva.us)

## 55+ Travel Website

<https://www.arlingtonva.us/Government/Departments/Parks-Recreation/Programs/55-Membership/Seniors-Travel>

## Staff

**Sharleka Ashton**  
55+ Travel Supervisor  
[sashton@arlingtonva.us](mailto:sashton@arlingtonva.us)  
703-228-4713

**Sheila Budoff**  
55+ Travel Program Assistant  
[sbudoff@arlingtonva.us](mailto:sbudoff@arlingtonva.us)  
703-228-4718

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## A NOTE FROM SHARLEKA:

Good news! Covid-19 indicators have improved significantly in recent months and 55+ Travel Covid-19 protocols have been modified accordingly. Bus capacity for most trips will be increased to 40 passengers from the current 30. This increase should go a long way toward shortening our very lengthy waiting lists and will give more people an opportunity to travel with us. Masks will still be required on the bus. The revised guidelines appear on p. 7.

**Sun., Dec. 4—American Holiday Festival:** There will be two buses going to the annual holiday concert by the U.S. Army Band, “Pershing’s Own,” on Sunday, December 4 at Constitution Hall. This is a special opportunity, not to be missed! Further details are on p. 3 and at this link: <https://content.govdelivery.com/accounts/VAARLINGTON/bulletins/335c7a8> Registration closes on November 27.

Sign up to receive the eNews by entering your email address on the [55+ Website](#) (look for the 55+ eNews subscribe box on the lower right).

**Virtual Center for Active Adults (VCAA) Survey:** Arlington County’s 55+ Program has been sharing virtual programming with other Northern Virginia jurisdictions for several months through the VCAA platform. VCAA would appreciate your assistance with a brief survey to help evaluate the program. Here is the link to the survey: <https://bit.ly/VCAAsurvey22>

**All 55+ Centers will be closed on Monday, December 26.** Happy Holidays everyone! And all best wishes for good health and happiness in the new year. Enjoy!

**HAPPY HOLIDAYS!!!**

## HIGHLIGHTS OF DECEMBER 55+ VIRTUAL PROGRAMS

There are many excellent virtual programs coming up in December, but we only have space to highlight a few. Please refer to the 55+ Guide and the calendar (pp. 4-5) for a complete listing.

### Kenilworth Gardens Virtual Tour

Escape those winter doldrums with a virtual tour of Kenilworth Park and Aquatic Gardens, the only national park site devoted to cultivated water-loving plants. A hidden gem!

**Thurs., Dec. 1, 11:30 a.m.- 12:30 p.m., [#912400-22](#)**

### The British Royal Family: Who are the Windsors?

Library of Virginia's Ashley Craig will explore the members of the House of Windsor and their impact on the United Kingdom and the world.

**Thurs., Dec. 1, 2-3 p.m., [#912400-15](#)**

### Wake and Make

**Mon., Dec. 5, 9-10 a.m., [#912303-15](#)**

### Navigating Medicaid Waivers

Shalini Mikos with At Home Your Way will help navigate the process of obtaining Virginia Medicaid waivers and will provide resources.

**Tues., Dec. 6, 11:30 a.m.-12:30 p.m., [#912500-05](#)**

### Bessie Margolin: Fair Labor Advocate

Before there was a notorious RBG, Bessie Margolin made her mark as one of the first women to argue frequently before the Supreme Court, championing FDR's New Deal. Learn more about her!

**Thurs., Dec. 8, 1:30-2:30 p.m., [#912400-30](#)**

### Library of Virginia's Genealogy Series: *Virginia Colonial Records Project*

**Thurs., Dec. 8, 2-3 p.m., [#912400-34](#)**

### Google Drive 101

Learn how to use the Google Drive personal cloud storage service.

**Tues., Dec. 13, 6-7 p.m., [#912403-03](#)**

### Services for the Blind and Vision Impaired

Alexander Castillo from the Virginia Department for the Blind and Vision Impaired (DBVI) will discuss low vision and blindness, the services provided by DBVI and other tips to help with vision loss.

**Wed., Dec. 14, 1-2 p.m., [#912500-06](#)**

### Paint & Sip

**Thurs., Dec. 15, 10-11:30 a.m., [#912303-09](#)**

### Holiday Decorating with a Purpose

Lisa Meade, National Park Ranger with the First Ladies National Historic Site, will discuss how recent First Ladies have used the publicity of the White House Christmas tradition to promote their favorite causes.

**Thurs., Dec. 15, 1:30-2:30 p.m., [#912400-06](#)**

### Library of Virginia's Genealogy Series: *Virginia Government Records & Virginia History and Culture*

**Thurs., Dec. 15, 2-3 p.m., [#912400-35](#)**

### Winter Survivors

A naturalist will explain how local wildlife survives the winter.

**Thurs., Dec. 15, 7-8 p.m., [#912400-23](#)**

### Just Beneath the Surface

**Fri., Dec. 16, 10-11:30 a.m., [#912302-01](#)**

### Secrets Revealed

**Mon., Dec. 19, 10:30-11:30 a.m., [#912302-04](#)**



## Photo Gallery

### Conflict Along the Potomac Hike



*Photo Credit: David Young*

### Rose Garden Tour at Bon Air Park



## UPCOMING DECEMBER 55+ TRIPS

### Thurs., Dec. 1—Perry Belmont House Holiday Tour

**Washington, DC:** Enjoy the splendors of the “Gilded Age” with a guided tour of the Perry Belmont House, decorated for the holidays. Lunch on your own at District Wharf. Bring \$10 donation for the tour.  
BAR 8:40 a.m., MAD 9:10 a.m., return 3:00 p.m., [#902212-01](#)  
\$11 Arlington County/ \$13 Out-of-County

### Sat., Dec. 3—The Barnes Foundation

**Philadelphia, PA:** Discover one of the world’s greatest collections of impressionist, post-impressionist and early modern paintings with a docent-led tour. Dine on your own at the Garden Restaurant.  
WR 6:30 a.m., MAD 7:00 a.m., return 6:50 p.m., [#902212-02](#)  
\$54 Arlington County/ \$62 Out-of-County

### Sun., Dec. 4—American Holiday Festival

**Washington, DC:** Annual holiday concert by the U.S. Army Band, “Pershing’s Own,” at DAR Constitution Hall.  
Bus 1: MAD 1:00 p.m., WR 1:30 p.m., return 5:00 p.m., [#902212-09](#)  
Bus 2: MAD 1:00 p.m., BAR 1:30 p.m., return 5:00 p.m., [#902212-10](#)  
\$8 Arlington County/ \$9 Out-of-County

### Tues., Dec. 6—Jacqueline Kennedy and H.F. du Pont: From Winterthur to the White House

**Winterthur, DE:** Experience this behind-the-scenes collaboration to restore history and beauty to the White House. Lunch on your own at Winterthur.  
BAR 7:00 a.m., MAD 7:30 a.m., return 7:00 p.m., [#902212-03](#)  
\$33 Arlington County/ \$38 Out-of-County

### Thurs., Dec. 8—“Coming Attractions: The John Waters Collection” at Baltimore Museum of Art

**Baltimore, MD:** View this cutting-edge collection of paintings, sculptures and prints articulating American individualism, particularly as it relates to queer identity and freedom of expression.  
GUN 11:20 a.m., MAD 11:50 a.m., return 8:10 p.m., [#902212-04](#)  
\$11 Arlington County/ \$13 Out-of-County

### Sun., Dec. 11—Bull Run Festival of Lights

**Centreville, VA:** Follow the magical glow of 2.5 miles of illuminated holiday light displays. Prior to the tour, lunch on your own at Cracker Barrel.  
WR 2:30 p.m., MAD 3:00 p.m., return 8:45 p.m., [#902212-05](#)  
\$11 Arlington County/ \$13 Out-of-County

### Wed., Dec. 14—DEA Museum Tour

**Arlington, VA:** Explore stories of America’s connection to drugs. Lunch on your own at Pentagon Row. Valid photo ID required.  
MAD 9:35 a.m., WR 10:05 a.m., return 2:45 p.m., [#902212-06](#)  
\$7 Arlington County/ \$8 Out-of-County

### Sat., Dec. 17—“Matisse in the 1930s” at Philadelphia Museum of Art

**Philadelphia, PA:** A collection of the legendary artist’s work in a decade of artistic exploration with Philadelphia as a backdrop. Lunch on your own at the museum.  
WR 6:40 a.m., MAD 7:10 a.m., return 7:30 p.m., [#902212-07](#)  
\$44 Arlington County/ \$51 Out-of-County

### Tues., Dec. 20—“Vermeer’s Secrets” at National Gallery of Art

**Washington, DC:** Museum researchers reveal their findings of how 17<sup>th</sup> century Dutch artist Johannes Vermeer achieved his paintings’ compelling effects. Lunch on your own at the museum.  
MAD 10:45 a.m., GUN 11:15 a.m., return 5:00 p.m., [#902212-08](#)  
\$11 Arlington County/ \$13 Out-of-County

THANKS TO OUR  
WONDERFUL  
VOLUNTEERS!

### 55+ Travel Advisory Committee:

Mary Bacchus  
Ginger Bevard  
Sidney Bruce  
Dawn Edwards  
Cathy Knowles  
Jim Mason  
Judy Metcalf

### 55+ Travel Leaders:

Bobbi Curry  
Pamela Daragan  
June Gallagher  
Mort Glassberg  
Kathleen Harrison  
Carole Lieber  
Sandra MacPherson  
Jim Mason  
Mary Jane Nelson  
Annmarie Pittman  
Randolph Randall  
Benjamin Scott  
Sharon Sellers  
David Young

YOU ARE THE BEST!!!!

**Volunteer to be a 55+ Travel Leader!** We’re looking for a few more active, energetic and professional volunteers like these to lead trips. Some tickets and fees paid for. Register to volunteer online at <https://www.arlingtonva.us/Government/Departments/Parks-Recreation/About/Volunteer>.

## SUBSCRIBE TO THE 55+ ENEWS!

Keep up to date on 55+ programs and trips by subscribing to the 55+ eNews. The 55+ eNewsletter is emailed to subscribers once a month with highlights of upcoming programs and helpful information. Also, the 55+ Guide is emailed to subscribers in an eNewsletter. Sign up by entering your email address on the [55+ Website](#) (look for the 55+ eNews subscribe box on the lower right).

MONDAY	TUESDAY	WEDNESDAY
<p>5</p> <p><b>Wake and Make*</b> 9-10 a.m.</p>	<p>6</p> <p><b>Winterthur^^</b> BAR 7:00 a.m., MAD 7:30 a.m. Return 7:00 p.m.</p> <p><b>Navigating Medicaid Waivers*</b> 11:30 a.m.-12:30 p.m.</p>	<p>7</p>
<p>12</p> <p><b>Painting Demonstration*</b> 10:30 a.m.-12 p.m.</p>	<p>13</p> <p><b>Google Drive 101*</b> 6-7 p.m.</p>	<p>14</p> <p><b>DEA Museum Tour^^</b> MAD 9:35 a.m., WR 10:05 a.m. Return 2:45 p.m.</p> <p><b>Services for the Blind and Vision Impaired* 1-2 p.m.</b></p> <p><b>Study of Words*+ 10:30-11:45 a.m.</b></p> <p><b>History Roundtable*</b> 11:15 a.m.-12:30 p.m.</p>
<p>19</p> <p><b>Short Story Reading and Discussion*++</b> 1-2:30 p.m.</p> <p><b>Secrets Revealed*</b> 10:30-11:30 a.m.</p>	<p>20</p> <p><b>National Gallery of Art^^</b> MAD 10:45 a.m., GUN 11:15 a.m. Return 5:00 p.m.</p>	<p>21</p>
<p>26</p> <p><b>55+ CENTERS CLOSED</b></p> <p><i>Happy Holidays!!</i></p>	<p>27</p>	<p>28</p>

## Weather Watch:

- Trips with an umbrella symbol in the 55+ Guide are rain or shine.
- Otherwise, if your trip is cancelled due to inclement weather, you will receive a phone call and/or an email to let you know.
- You can also call the Inclement Weather Hotline at 703-228-4715 or go online to [arlingtonva.us](http://arlingtonva.us) Inclement Weather.

THURSDAY	FRIDAY
1 <b>Trivia*</b> , 11 a.m.-12:30 p.m. <b>Perry Belmont House Holiday Tour**</b> BAR 8:40 a.m., MAD 9:10 a.m. Return 3:00 p.m. <b>Who Are the Windsors?*</b> , 2-3 p.m. <b>12/1: Kenilworth Gardens Virtual Tour,* 11:30am-12:30pm</b>	2 <b>German Conversation*</b> 10 a.m.-12 p.m.  <b>Intergenerational Pen Pals*</b> 3:30-4:00 p.m.
8 <b>Baltimore Museum of Art**</b> GUN 11:20 a.m., MAD 11:50 a.m. Return 8:10 p.m.  <b>Bessie Margolin: Fair Labor Advocate,* 1:30-2:30 p.m.</b>  <b>Library of Virginia Genealogy: Virginia Colonial Records Project*</b> 2-3 p.m.	9 <b>German Conversation*</b> 10 a.m.-12 p.m.
15 <b>Paint &amp; Sip*</b> 10-11:30 a.m. <b>Holiday Decorating with a Purpose*</b> 1:30-2:30 p.m.  <b>Library of Virginia Genealogy: Virginia Government Records &amp; Virginia History and Culture*</b> 2-3 p.m. <b>Winter Survivors* 7-8 p.m.</b>	16 <b>German Conversation*</b> 10 a.m.-12 p.m.  <b>Just Beneath the Surface*</b> 10-11:30 a.m.
22	23 <b>German Conversation*</b> 10 a.m.-12 p.m.
29	30 <b>German Conversation*</b> 10 a.m.-12 p.m.

## TRAVEL & VIRTUAL ACTIVITY CALENDAR

DECEMBER 2022

### Key:

^ = fee required

\* = registration required

+ Hybrid; also at Lubber Run

++ Hybrid; also at Aurora Hills

+++ Hybrid; also at Arlington Mill

++++ Hybrid; also at Walter Reed

### Weekend Programming:

**Sat., Dec. 3—The Barnes Foundation Tour\*\***  
WR 6:30 a.m., MAD 7:00 a.m.  
Return 6:50 p.m.

**Sun., Dec. 11—Bull Run Festival of Lights\*\***  
WR 2:30 p.m., MAD 3:00 p.m.  
Return 8:45 p.m.

**Sat., Dec. 17—Philadelphia Museum of Art**  
WR 6:40 a.m., MAD 7:10 a.m.  
Return 7:30 p.m.



## LOOKING FOR A ZOOM LINK?

If you registered for a virtual program but haven't received a Zoom meeting link, here's what you can do:

- If the program is a discussion group or other program that meets regularly and you know who the programming staff member is, contact the staff member to request the link.
- If you don't know who the programming staff member is, contact Sheila Budoff at [sbudoff@arlingtonva.us](mailto:sbudoff@arlingtonva.us) to request the link.

PLEASE NOTE: Zoom links typically are emailed about two days before the program. This is because registration for virtual programs closes 48 hours in advance. For last-minute registration, call the Registration Office at 703-228-4747 and ask them to notify the programming staff member so they can send you the link.

**NEED TO CANCEL A TRIP?** Please call the 55+ Travel Office at 703-228-4748.

**PICK-UP LOCATION:** Check the bottom of your registration receipt (under "Special Questions") to confirm your bus pick-up location. It will be the same location you chose when you registered.

### REFUND POLICY FOR TRIPS:

- No refunds are granted for any trips that require meal reservations, tickets or chartered transportation unless staff is able to sell your reserved space.
- No refunds within 48 hours of trip departure time.
- Call Administrative Services at 703-228-4747 for refund requests.

## FIND VIRTUAL PROGRAMS ON ARLINGTON'S 55+ YOUTUBE CHANNEL

If you missed a virtual program, you may be able to view it on Arlington County's 55+ YouTube channel: <https://www.youtube.com/channel/UC8iQ7UX39JclKJZ3TEMb3cg>

Each month we record several selected programs and post them on the YouTube channel. Subscribe to the channel and watch past sessions of the *55+ Live! Talk Show*, exercise videos, history and other educational programs.

### Newly added:

No new programs added this month. Please check back next month.

## SCAT (Senior Center Adult Transportation) —TAKE A TAXI

Residents 55+ can take pre-arranged taxicabs to and from senior center locations for \$2.50 each way. Call 703-228-1900 or 703-228-4747 for an application.



# Travel things to know

**The 55+ Travel Program is committed to providing safe charter bus rides, even in these unprecedented times. To ensure participants' safety as much as possible aboard charter buses, several Covid-19 guidelines were put into place in March 2022 when 55+ Travel resumed. Now that the Covid-19 indicators have improved significantly, it is appropriate to modify the Covid-19 protocols, keeping in mind that older adults are more vulnerable to serious illness from Covid. The revised 55+ Travel Covid-19 bus protocols follow:**

1. Before each trip, buses will continue to be cleaned and disinfected using commercial-grade products by the charter company.
2. If you are sick with or have tested positive for Covid-19, please stay home for at least ten (10) days, isolate from others and do not travel.

If this means you will have to miss a 55+ trip you registered for, you may obtain a credit for the trip fee. Please email a photo of your positive Covid test or a note from your doctor to Sheila Budoff at [sbudoff@arlingtonva.us](mailto:sbudoff@arlingtonva.us) to request a credit.

3. If you were exposed to or cared for someone with Covid-19 within the past ten (10) days, please get tested and do not travel unless you are able to wear a face mask for the duration of the trip, not just the bus ride.
4. Capacity on most trips will be increased from 30 to 40 people.
5. Participants will be required to wear masks covering their nose and mouth when boarding, riding and exiting the bus. This is for the safety of the bus drivers and 55+ travelers.
6. If the trip venue (museum, theater, etc.) requires masks to be worn, you must comply with that requirement.
7. Participants will maintain social distancing while entering and exiting the bus.
8. Since there will still be limited capacity on the bus, we ask for family members to be seated next to each other. You are welcome to sit with a friend.
9. Participants are expected to keep the same seat throughout the trip.

## **IMPORTANT TRAVEL INFORMATION:**

- You must have a valid 55+ Pass, except for first-time guests.
- Bus leaves promptly at the specified time from each pick-up site. Arrive at least 15 minutes prior to bus departure. Upon arrival, check in with volunteer travel leader.
- Please note: The first bus departure will be the last drop-off on the return. Return times are estimated
- Meals: When a meal choice is advertised, indicate your choice when you register. A dollar sign means the lunch is on your own and a plate symbol means the meal is included in the stated price.
- Parking: At Barcroft, parking is in the garage and pick-up is in the front of the center. At Madison, parking is in the regular lots and pick-ups are in front of the center. At Gunston, pick-ups are on the sidewalk by the community center and school. Parking is near the Lang Street entrance and not by the community center.

# HOW TO REGISTER

## ONLINE ► [registration.arlingtonva.us](http://registration.arlingtonva.us)

Online registration is available 24/7 (after registration opens) through our WebTrac system.

### Connect through the digital 55+ Guide:

You can link directly to the online registration system when viewing the digital 55+ Guide. After registration has opened (see dates on calendar), click on the **blue registration number** for the program that you are interested in - and a page will open in your Internet browser where you can review the class and register.

## PHONE ► 703-228-4747

Call us to register: Monday - Friday, 8 a.m. --5 p.m.

## 55+ CENTERS

AM	<b>Arlington Mill</b> 909 S. Dinwiddle St., 22204 703-228-7369
AH	<b>Aurora Hills</b> 735 S. 18th Street., 22202 703-228-5722
LB	<b>Langston-Brown</b> 2121 N. Culpeper St., 22207 703-228-6300
LUBR	<b>Lubber Run</b> 300 N Park Dr., 22203 703-228-4767
WR	<b>Walter Reed</b> 2909 S. 16th St., 22204 703-228-0955

## ACTIVITY / PICK-UP SITES

BAR	<b>Barcroft</b> 4200 S. Four Mile Run Dr., 22204 703-228-0701
FAIR	<b>Fairlington</b> 3308 S. Stafford St., 22206 703-228-6588
GUN	<b>Gunston</b> 2700 S. Lang St., 22206 703-228-6980
LONB	<b>Long Bridge Aquatics &amp; Fitness Center</b> 333 Long Bridge Dr., 22202 703-228-3338
MAD	<b>Madison</b> 3829 N. Stafford St., 22207 703-228-5310
TJ	<b>Thomas Jefferson</b> 3501 S. Second St., 22204 703-228-5920

- 1 Go online to [registration.arlingtonva.us](http://registration.arlingtonva.us)
- 2 Enter your **Login ID** and **Password**.
  - A new page will appear after you login.
  - If this is your first time or you do not know your ID/password, call 703-228-4747.
- 3 Click on **"55 Plus"**, then click **"Register for Classes."**
- 4 Find the classes you are interested in - then click on the **green + sign** next to each class.
  - Your selections will appear in a green bar at the bottom of the page.
- 5 After selecting classes, click **"Add to Cart"** in the green bar at the bottom of the page. A new page will appear showing all the items in your cart.
  - For each class, select the person who you are registering.
- 6 Choose **"Continue Shopping"** or **"Checkout."**
  - Note: YOU MUST CHECKOUT in order to complete the registration process -- even when you register for free classes and owe nothing.

