

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

55+ Travel Website

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

Staff

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A NOTE FROM SHARLEKA:

I'm delighted to see so many returning and new travelers signing up for trips. But I also understand that this has led to some frustration with long waiting lists and limited bus capacity. I hear you!

I had hoped to be able to get additional buses to accommodate everyone, but unfortunately, there is a shortage of bus drivers and buses which has made this impossible for the time being. In addition, in light of the continued uncertainty regarding covid, the reduced bus capacity will remain in place for now to safeguard everyone's health and wellbeing. In planning trips for the winter months, I've tried to include multiple trips to what I anticipate to be very popular destinations. Hopefully, this will help.

If you need to cancel, please let us know as soon as possible so we can find someone to take your place. Please be considerate of people on the waitlist who might like to go.

Just a reminder—pick-up times listed in the 55+ Guide are for bus **departures**. Please be at your pick-up location 15 minutes before departure time to check in with the volunteer travel leaders. Travel leaders will be outside in front of the pick-up location.

We mourn the loss of Ann Folb, valued friend and member of the 55+ Travel Advisory Committee.

Virtual Center for Active Adults: Arlington is partnering with other Northern Virginia jurisdictions to provide free virtual programming for older adults and adults with disabilities. These programs are offered five days a week and are available to all, without advance registration. They include a wide range of activities, including yoga, exercise workouts, art classes, genealogy, history and other educational topics. Arlington programs are featured on Thursdays, but you can participate any day of the week. This is a great benefit—I hope you will take advantage of it. For more information and the program schedule, go to <https://www.fairfaxcounty.gov/neighborhood-community-services/virtual-center-active-adults>.

HIGHLIGHTS OF OCTOBER 55+ VIRTUAL PROGRAMS

There are many excellent virtual programs coming up in October, 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.

HIPAA, Privacy and Security

Learn how the Health Insurance Portability and Accountability Act (HIPAA) protects the privacy and security of your health data.

Thurs., Oct. 6, 1:30-2:30 p.m., [#911500-04](#)

Library of Virginia's Genealogy Series

Thurs., Oct. 6, 2-3 p.m., topic: Virginia Historical Inventory, [#911400-39](#)

Thurs., Oct. 27, 2-3 p.m., topic: Cemetery Records, [#911400-40](#)

Virtual Tea

Thurs., Oct. 13, 1-2 p.m., [#911501-09](#)

Painting Demonstration

Paint along with a Community Arts Programmer.

Mon., Oct. 17, 10:30 a.m.-12 p.m., [#911303-15](#)

Short Story Reading and Discussion

Read and discuss "The Masque of the Red Death" by Edgar Allan Poe.

Mon., Oct. 17, 1-2:30 p.m., [#911300-11](#) (at Aurora Hills); [#911300-12](#) (on Zoom)

Is a Reverse Mortgage Loan Right for You?

An attorney with the Consumer Financial Protection Bureau will explain reverse mortgage loans, how they work and how to decide if one is right for you.

Wed., Oct. 19, 3-4 p.m. [#911404-05](#)

Paint & Sip

Recreate artworks on display at area museums with Community Arts Programmers.

Thurs., Oct. 20, 10-11:30 a.m., [#911303-12](#)

Madame Secretary: Madeleine Albright

Pay tribute to Secretary Albright's life and legacy.

Thurs., Oct. 20, 1:30-2:30 p.m., [#911400-14](#) (at Lubber Run); [#911400-15](#) (on Zoom)

Secrets Revealed

An exploration of famous artists and their distinctive, sometimes secretive, techniques with Community Arts Programmer Jen Droblyen.

Mon., Oct. 24, 10:30-11:30 a.m., [#911302-05](#)

Why are Health Directives Necessary?

Elder law attorney Ed Zetlin will discuss the importance of health directives regarding your medical care if you are unable to make decisions on your own.

Wed., Oct. 26, 11 a.m.-12 p.m., [#911404-06](#)

Reading Library Books on the Libby App

Learn how to borrow free eBooks or digital audiobooks from your public library using the free Libby app.

Wed., Oct. 26, 1:30-2:30 p.m., [#911403-07](#)

Around the World to... Portugal

Enjoy a virtual trip to Portugal, home to several World Heritage Sites and a unique culture.

Thurs., Oct. 27, 1:30-2:30 p.m., [#911400-28](#)

Just Beneath the Surface

Community Arts Programmer Jim Halloran will explain the context, history and techniques of artists with a short demo and discussion.

Fri., Oct. 28, 10-11:30 a.m., [#911302-02](#)



Photo Gallery

Congressional Cemetery Civil War Walking Tour



Photo credit: Mort Glassberg

Ladew Topiary Gardens



Photo credits: Jim Mason

UPCOMING OCTOBER 55+ TRIPS

Tues., Oct. 4—"Sargent and Spain" at the National Gallery of Art

Washington, DC: This exhibit reveals the depth of Sargent's captivation with Spain and its rich culture. Lunch on your own at the museum.

MAD 10:45 a.m., WR 11:15 a.m., return 5:00 p.m.

\$11 Arlington County/ \$13 Out-of-County, [#902210-01](#)

Sat., Oct. 8—Annual Waterford Fair

Waterford, VA: Celebrate Virginia's arts, culture and history. Shop, play and tour in the Village of Waterford. Lunch on your own.

WR: 9:15 a.m., MAD 9:45 a.m., return 4:30 p.m.

\$23 Arlington County/ \$27 Out-of-County, [#902210-02](#)

Sat., Oct. 15—Graves Mountain Apple Festival

Syria, VA: Enjoy good food (not included in price), entertainment, a variety of arts and crafts vendors and the stunning beauty of leaves changing color in the foothills of the Blue Ridge Mountains.

WR: 8:15 a.m., MAD 8:45 a.m., return 5:30 p.m.

\$18 Arlington County/ \$21 Out-of-County, [#902210-03](#)

Wed., Oct. 19—"Storied Strings: The Guitar in American Art" at the Virginia Museum of Fine Arts

Richmond, VA: This is the first exhibition to explore the instrument's symbolism in American art from the early 19th century to the present day. Lunch on your own at the museum.

MAD 7:15 a.m., BAR 7:45 a.m., return 5:00 p.m.

\$37 Arlington County/ \$43 Out-of-County, [#902210-04](#)

Fri., Oct. 21—Glenstone

Potomac, MD: Wear comfortable shoes to explore the 204,000-square-foot museum, the Pavilions and 130 acres of rolling meadows, woodlands and streams. Lunch on your own at one of the two cafes. Credit or debit cards only; no cash accepted.

GUN 8:30 a.m., MAD 9:00 a.m., return 2:45 p.m.

\$9 Arlington County/ \$10 Out-of-County, [#902210-05](#)

Tues., Oct. 25—"Beyond King Tut: The Immersive Experience" at the National Geographic Museum

Washington, DC: Be immersed in one of the greatest archaeological discoveries of all time. Explore the mysteries of King Tut's tomb and travel with this legendary pharaoh on his quest for immortality. Lunch on your own.

MAD 9:45 a.m., BAR 10:15 a.m., return 4:00 p.m.

\$24 Arlington County/ \$28 Out-of-County, [#902210-06](#)

Wed., Oct. 26—"Baseball: America's Home Run" at the Smithsonian National Postal Museum

Washington, DC: Explore the surprising ways that baseball and postal history have been deeply intertwined since the early 20th century. Lunch on your own at the museum.

MAD 10:45 a.m., WR 11:15 a.m., return 5:00 p.m.

\$11 Arlington County/ \$13 Out-of-County, [#902210-07](#)

Fri., Oct. 28—Dutch Country's Farmers Market

Laurel, MD: This market is full of the best fresh and delicious foods from Dutch Country.

GUN 8:15 a.m., MAD 8:45 a.m., return 2:00 p.m.

\$8 Arlington County/ \$9 Out-of-County, [#902210-08](#)

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
Sandra MacPherson
Jim Mason
Mary Jane Nelson
Anmarie 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>3</p> <p>Wake and Make* 9-10 a.m., #911303-17</p>	<p>4</p> <p>“Sargent and Spain” at the National Gallery of Art^* MAD 10:45 a.m., WR 11:15 a.m. Return 5:00 p.m., #902210-01 \$11 Arlington/ \$13 Out-of-County</p>	<p>5</p>
<p>10</p> <p>COLUMBUS DAY INDIGENOUS PEOPLE’S DAY</p> <p>Centers will be open. Programs will be held.</p>	<p>11</p>	<p>12</p> <p>Study of Words*+ 10:30-11:45 a.m., #911402-31 (Lubber Run); #911402-32 (Zoom)</p> <p>History Roundtable* 11:15 a.m.-12:30 p.m., #911402-16</p> <p>Genealogy Discussion* 3-4 p.m., #911402-10</p>
<p>17</p> <p>Short Story Reading and Discussion*++ 1-2:30 p.m., #911300-11 (Aurora Hills); #911300-12 (Zoom)</p> <p>Painting Demonstration* 10:30 a.m.-12 p.m., #911303-15</p>	<p>18</p> <p>Rock Music Legends: Crosby, Stills, Nash & Young*+++ 1:30-2:45 p.m., #911400-44 (Arlington Mill); #911400-45 (Zoom)</p>	<p>19</p> <p>“Storyed Strings: The Guitar in American Art” at Virginia Museum of Fine Arts^* MAD 7:15 a.m., BAR 7:45 a.m. Return 5:00 p.m., #902210-04 \$37 Arlington/ \$43 Out-of-County</p> <p>Is a Reverse Mortgage Loan Right for You?* 3-4 p.m., #911404-05</p>
<p>24</p> <p>Secrets Revealed* 10:30-11:30 a.m., #911302-05</p>	<p>25</p> <p>“Beyond King Tut” at National Geographic Museum^* MAD 9:45 a.m., BAR 10:15 a.m. Return 4:00 p.m., #902210-06 \$24 Arlington/ \$28 Out-of-County</p>	<p>26</p> <p>National Postal Museum^* MAD 10:45 a.m., WR 11:15 a.m. Return 5:00 p.m., #902210-07 \$11 Arlington/ \$13 Out-of-County</p> <p>Why are Health Directives Necessary?* 11 a.m.-12 p.m., #911404-06</p> <p>Reading Library Books on the Libby App* 1:30-2:30 p.m., #911403-07</p>
<p>31</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 Inclement Weather.

THURSDAY	FRIDAY
6	7
Trivia* 11 a.m.-12:30 p.m., #911600-03 HIPPA, Privacy and Security* 1:30-2:30 p.m., #911500-04 Library of VA Genealogy* 2-3 p.m., #911400-39	German Conversation* 10 a.m.-12 p.m., #911650-06 Documentary Discussions* 1:30-2:30 p.m., #911402-02
13	14
Virtual Tea* 1-2 p.m., #911501-09 Movie Discussions* 3-4 p.m., #911402-04	German Conversation* 10 a.m.-12 p.m., #911650-07
20	21
Madame Secretary: Madeleine Albright*+ 1:30-2:30 p.m., #911400-14 (Lubber Run); #911400-15 (Zoom) Paint & Sip* 10-11:30 a.m., #911303-12	German Conversation* 10 a.m.-12 p.m., #911650-08 Glenstone^* GUN 8:30 a.m., MAD 9:00 a.m. Return 2:45 p.m., #902210-05 \$9 Arlington/ \$10 Out-of-County
27	28
Around the World to...Portugal* 1:30-2:30 p.m., #911400-28 Library of VA Genealogy * 2-3 p.m., #911400-40	German Conversation* 10 a.m.-12 p.m., #911650-09 Just Beneath the Surface* 10-11:30 a.m., #911302-02 Dutch Country's Farmers Mkt.^* GUN 8:15 a.m., MAD 8:45 a.m. Return 2:00 p.m., #902210-08

TRAVEL & VIRTUAL ACTIVITY CALENDAR

OCTOBER 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., Oct. 8—Annual Waterford Fair^*

WR 9:15 a.m., MAD 9:45 a.m., return 4:30 p.m., [#902210-02](#)
 \$23 Arlington County/ \$27 Out-of-County

Sat., Oct. 15—Graves Mountain Apple Festival^*

WR 8:15 a.m., MAD 8:45 a.m., Return 5:30 p.m., [#902210-03](#)
 \$18 Arlington County/ \$21 Out-of-County

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 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:

- [*Why Don't My Hearing Aids Work for Me?*](#)

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. Several guidelines have been put into place to ensure participants are as safe as possible aboard charter buses:

1. Before each trip, buses will be cleaned and disinfected using commercial grade products and all seats and high-touch surfaces will be wiped down thoroughly throughout each trip by the charter company.
2. Before leaving home, please ensure that you show no signs of symptoms or fever (a fever of 100.4 or higher, difficulty breathing, cough, sore throat, stuffy nose, runny nose, feeling nauseated or vomited recently, muscle aches or chills, exceptionally tired or fatigued) and have not been in contact with or cared for someone with COVID-19 in the last 14 days.
3. There will be limited capacity on each trip to allow space for social distancing. If possible, a second bus will be used to accommodate overflow passengers.
4. Participants will be required to wear masks over their nose and mouth when boarding, riding, and exiting the bus (this is for the safety of both operators and 55+ travelers).
5. Participants will maintain social distancing while entering and exiting the bus.
6. Participants will board the bus and proceed towards the back of the bus. Participants will unload the bus beginning with the seats closest to the front and proceed to the back one seat at a time.
7. Due to limited capacity, we ask for family members to be seated next to each other. You are welcome to sit with a friend.
8. 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 school. Parking is near the Lang Street entrance and not by the community center.

HOW TO REGISTER

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

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

- 1 Go online to 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.

