

SUMMER 2022

55+⁺ ARLINGTON COUNTY GUIDE

EXERCISE
TRAVEL
CONNECTIONS
and MORE

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Sign Up and Get the Benefits!

Enjoy access to a world of fun, fitness, enrichment and social connection with the Arlington 55+ Pass.

STEP 1 ► Choose Your Pass

There are two 55+ Pass options for you to consider.

STEP 2 ► Sign Up

There are four ways to sign up:

- ONLINE: arlingtonva.us/DPR and search “55+ pass”
- MAIL: 300 N. Park Drive 22203
([Get the 55+ Pass registration form online](#))
- PHONE: 703-228-4747 (Mon.–Fri., 8 a.m. to 5 p.m.)
- IN PERSON: Visit one of our 55+ Centers that are open, 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 and activities (pre-registration not needed for a drop-in, but 55+ Pass is still required).

- See page 41 for information about registering online, in person, by phone or by mail.
- See registration start dates on page 3.

OPTION A

55+ Pass Benefits

- Opportunities to participate in engaging activities
- Discounted trips and classes

ANNUAL FEES

Arlington County resident	\$20	\$60
Arlington County household	\$30	\$90
Non-Arlington County resident	\$45	\$90
Non-Arlington County household	\$65	\$135

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+⁺ ARLINGTON COUNTY GUIDE

Hello, Everyone!

With each edition of the 55+ Guide, more of your favorite programs are coming back: this June, we are excited to see the return of popular ballroom dance programs (p. 6). Recently the beloved 55+ Travel program resumed, and while we are thrilled to be back out on day trips, we also have several travel presentations scheduled at the centers and virtually. Visit destinations around the world like Prague, Mexico and Thailand without ever leaving Arlington (p. 12-13).

Finally, I wanted to explain why we are currently not sending the 55+ Guide in the mail. In the last few years, the price of printing has risen significantly and made it cost prohibitive to do so. For anyone that would still like a hard copy of the 55+ Guide, black and white copies are available at the 55+ Centers. Please feel free to pick one up on your next visit.

Have a wonderful summer,

Jennifer Collins, CPRP
Office of 55+ Programs

Registration Opens:

- May 25 at 10 a.m. (Arlington County)
- May 26 at 10 a.m. (Out-of-County)

ONLINE ► registration.arlingtonva.us

Registration is available anytime through our online WebTrac system. For step-by-step instructions see page 41.

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.

THE SCOOP:

55+ Centers will be closed on:

- Monday, June 20, 2022
- Monday, July 4, 2022

Registration Info: page 41

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Can We Help?

Arlington County can provide, upon request, reasonable modifications for people with disabilities. Two weeks advance notice is preferred. Call 703-228-4747.

SOCIAL FUN

Social Dance Party

Join 55+ friends for a casual Friday afternoon dance party! The peppy music, lively atmosphere and fun company will help you feel confident, happy and fit.

- **July 29** **Friday** **2-3:30 p.m.**
Lubber Run [#914890-01](#) 1 session

From the Closet to the Runway

Do you have an outfit you bought for an event and never wore again? This is your opportunity to pull it out! Invite your fashionable friends to have some fun and enjoy music while showing off your threads.

- **Aug. 3** **Wednesday** **5-6:30 p.m.**
Arlington Mill [#914890-02](#) 1 session

Records and Rootbeer Floats

Sip a tasty treat while listening to your favorite music on vinyl. Bring some of your records to share with the group or simply show up with listening ears!

- **Aug. 4** **Thursday** **6-7 p.m.**
Lubber Run [#914890-03](#) 1 session

Karaoke

Calling all singers and stars in Arlington to come out and perform your favorite songs! Sing along as we project your song lyrics on our big screen.

- **Aug. 31** **Wednesday** **5-6:30 p.m.**
Arlington Mill [#914890-04](#) 1 session

ICE CREAM SOCIAL



Afternoon
of games,
music and
ice cream!

Ice Cream Social at Langston-Brown

Friday, July 22, 2-3:30 p.m.

Spend the afternoon enjoying ice cream and trivia with friends at our Ice Cream Social. Sponsored by the Langston-Brown Advisory Committee.

Langston-Brown [#914899-01](#)

Ice Cream Social in the Park

Friday, August 12, 1-2:30 p.m.

Spend a summer afternoon enjoying ice cream and listening to live music in the park with 55+ friends. Bring your own chair or blanket. Sponsored by the Aurora Hills Advisory Committee. In the event of inclement weather, this event will be held indoors at Aurora Hills 55+ Center.

Virginia Highlands Park [#914899-02](#)

Ice Cream Social at Lubber Run

Friday, August 26, 2-3 p.m.

Join us for an afternoon of ice cream and social fun! Sponsored by the Lubber Run Advisory Committee.

Lubber Run [#914899-03](#)

GET TOGETHERS

Morning Meetup

Start your week off right with great conversation and friends. BYOC – Bring Your Own Coffee – and enjoy! Meets weekly.

- **Mondays** 10-11 a.m.
Lubber Run [Drop-In](#)
- **Wednesdays** 9:30-10:30 a.m.
Langston-Brown [Drop-In](#)

DANCE

Introduction to Line Dance

Never line danced before but want to join the fun? Learn the basic steps from instructor Suzie Pratts. **No program 7/1.**

- **Fridays** 10:15-11 a.m.
Aurora Hills [Drop-In](#)

Line Dance

Kick up your heels with line dancing! Easy for beginners and lots of fun for all. No partner needed; line up and watch as the leader demonstrates the steps. You're sure to leave with a smile. Beginner level. **No program 7/1.**

Instructor: Suzie Pratts

- **Thursdays** 1-2 p.m.
Arlington Mill [Drop-In](#)
- **Fridays** 11:05 a.m.-12:05 p.m.
Aurora Hills [Drop-In](#)

Youthful Movement

No matter your level of dance experience, you can benefit from this fusion of ancient art and youthful movement that will help you gain balance, core strength and flexibility. Carmen Shippy, volunteer dance instructor, will lead you through these low-impact dance moves. Wear dance or tennis shoes and loose-fitting clothing. **No program 8/10.**

Instructor: Carmen Shippy

- **Wednesdays** 2-3:30 p.m.
Langston-Brown [Drop-In](#)

Join us in October
for Arlington's first ever

55+ CAMP!

Enjoy Five Fun-Filled
Days of Indoor and
Outdoor Adventures

There will be something for everyone in the week's exciting schedule of activities, including hiking, winery trip, arts and crafts, cooking and more!



Stay tuned for the registration
information coming in
the fall 55+ Guide.

Ballroom Bootcamp

NEW

Stop by this beginner ballroom dance class taught by Tom and Fran Sipusic and learn the common steps for a different dance each week, including the foxtrot, waltz, swing, tango, rumba, and cha-cha. Group will start meeting on 6/9. **No program 7/21.**

- **Thursdays** 2:30-3:30 p.m.
Lubber Run [Drop-In](#)

Social Ballroom Dance

Enjoy the company of friends old and new on a spacious dance floor. Dances vary between tango, waltz, foxtrot and swing. All will have the opportunity to dance and have fun. No instruction will be provided and no partners are needed. Meets the first and third Fridays of the month at Lubber Run and the fourth Friday of the month at Arlington Mill.

- **First & Third Fridays** 1:45-3:45 p.m.
Lubber Run [Drop-In](#)
- **Fourth Fridays** 1-3 p.m.
Arlington Mill [Drop-In](#)

THE MOVIES

Movie Matinee

Steal away and catch some great afternoon movie entertainment at Lubber Run. June: *Lucy and Desi* (2022) (PG). This film explores the partnership and legacy of one of the most prolific power couples in entertainment history. August: *Dune* (2021) (PG-13). In this Oscar winning sci-fi film, the son of a noble family travels to a dangerous planet.

- **June 24** Friday 1-3 p.m.
Lubber Run [#914804-01](#) 1 session
- **Aug. 18** Thursday 1-3:30 p.m.
Lubber Run [#914804-02](#) 1 session

SCAT-TAKE A TAXI

Senior Center Adult Transportation (SCAT) is Arlington's transportation service for all residents 55+. Through SCAT you 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.

Movie Night

Have a great time viewing top-quality movies with 55+ friends at Lubber Run's Movie Night. Steven Spielberg's dazzling take on the classic musical, *West Side Story* (2021) (PG-13), is about a forbidden love affair and rivalry between street gangs in 1957 New York.

- **July 14** Thursday 6-8 p.m.
Lubber Run [#914804-03](#) 1 session

Movies & Critics

Ever wanted to be a movie critic? Now you can. Movies & Critics is an interactive movie experience. Come just to enjoy the movie or join a critical discussion afterwards. Each month the group will create a review for the Arlington Mill Newsletter. June: *Westside Story* (2021) (PG-13); July: *The Tender Bar* (2022) (R); August: *Free Guy* (2021) (PG-13).

- **June 23** Thursday 1-3:30 p.m.
Arlington Mill [#914804-04](#) 1 session
- **July 21** Thursday 1-3:30 p.m.
Arlington Mill [#914804-05](#) 1 session
- **Aug. 18** Thursday 1-3:30 p.m.
Arlington Mill [#914804-06](#) 1 session

Movies at Aurora Hills

Enjoy classic and modern movies at Aurora Hills with fellow 55+ friends. June 24: *West Side Story* (2021) (PG-13); July 8: *Mamma Mia!* (2018) (PG-13); July 29: *Belfast* (2021) (PG-13); Aug. 26: *The Power of the Dog* (2021) (R).

- **June 24** Friday 12:30-2:30 p.m.
Aurora Hills [#914804-07](#) 1 session
- **July 8** Friday 12:30-2:30 p.m.
Aurora Hills [#914804-08](#) 1 session
- **July 29** Friday 12:30-2:30 p.m.
Aurora Hills [#914804-09](#) 1 session
- **Aug. 26** Friday 12:30-2:30 p.m.
Aurora Hills [#914804-10](#) 1 session

WELLNESS

Meditate and Create Relaxation

Reduce stress, lower your blood pressure and change lifestyle habits that sap your energy. Learn several experimental meditation techniques such as mindfulness, breath awareness and guided meditation. Class finishes with relaxation-focused crafts that will energize you.

Instructor: Ellen Sklaver

- **June 9 - July 14** **Thursdays** **6-7:30 p.m.**
Arlington Mill [#914500-01](#) 6 sessions: \$45

Mindfulness Meditation

Mindfulness practices help us to disengage from negative thoughts that can undermine our emotional and physical health. We will learn to calm the mind and integrate mindfulness into our daily lives. Everyone is welcome no matter your spiritual practice or physical ability. Bring a big towel or blanket.

Instructor: Nancy Miller

- **July 7 - Aug. 25** **Thursdays** **11 a.m.-12:30 p.m.**
Walter Reed [#914500-02](#) 8 sessions: \$48

Ten Warning Signs of Alzheimer's

Am I getting old or getting Alzheimer's? Is forgetfulness a natural part of aging? Dan Cronin, program manager of the Alzheimer's Association National Capital Area Chapter, provides an understanding of the difference between normal aging and when symptoms reveal a larger problem.

- **June 9** **Thursday** **12-1 p.m.**
Arlington Mill [#914500-03](#) 1 session

Keeping Your Brain Healthy

Doctors from the George Washington Brain Institute are back to provide some tips and skills to help you maintain your brain as you age. We'll explore diet and dietary supplements, exercise, sleep, and brain games and discuss what's actually good for your brain.

- **June 14** **Tuesday** **1-2 p.m.**
Lubber Run [#914500-04](#) 1 session

Healthy Living for Your Brain and Body

Join Dan Cronin, program manager of the Alzheimer's Association National Capital Area Chapter, to learn about the latest research into how to make lifestyle choices that may help you keep your brain and body healthy as you age.

- **June 21** **Tuesday** **1-2 p.m.**
Arlington Mill [#914500-05](#) 1 session

VIRGINIA INSURANCE COUNSELING & ASSISTANCE PROGRAM (VICAP)

To register for the following VICAP programs, send an email to MedicareHelp@arlingtonva.us or call VICAP's hotline at 703-228-1725. Meeting details will be sent to participants the Friday afternoon before the presentation.

JUNE'S VIRTUAL PRESENTATION:

ABC's of Medicare

Tuesday, June 14, 2022, 10 a.m. - 12 p.m.

Original Medicare, Medicare Advantage, Prescription Drug Coverage, and Medigap Policies are choices in the Medicare program. Join [Arlington County's Virginia Insurance Counseling and Assistance Program](#) (VICAP) to learn:

- Medicare Coverage Choices (Original Medicare, Medicare Advantage, Part D Prescription Drug Coverage, and Medigap Policies)
- What Medicare Does and Does Not Cover
- Programs for People with Limited Income

JULY'S VIRTUAL PRESENTATION:

A Caregivers Guide to Medicare

Monday, July 18, 2022, 10:30 a.m. - 12:30 p.m.

If you're caring for an elderly, ill, or disabled family member, you are one of about 44 million Americans who care for loved ones with a chronic illness, disability, or frailty. Family caregivers provide an average of 24 hours of care per week. Join [Arlington County's Virginia Insurance Counseling and Assistance Program](#) (VICAP) to learn:

- What Should Caregivers Know About Medicare
- Home Health Services Covered by Medicare
- Resources for Caregivers

55+ BBQ FUNDRAISER

Tuesday, June 14th
11:00 am - 9:30pm

★ **AT ROCKLANDS BARBEQUE** ★
3471 Washington Blvd.
Arlington, VA

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Support [Arlington 55+ Centers](#) by taking part in this annual fundraiser event. The event is sponsored by the [Alliance for Arlington Senior Programs](#) and Arlington 55+ Center Senior Advisory Committees.

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Plenty of outdoor patio seating.
Carryout orders count too!
Vegetarian options are available.

- Carpooling recommended •
- Virginia Square Metro 5-8 minute walk



For more information visit:
www.friendsofthealliance.org

Preventing or Delaying Dementia

It's never too soon to start thinking about your brain health. Dr. Melinda Power, director of the George Washington Institute for Brain Health and Dementia, will teach attendees what puts them at a higher risk for dementia and what they and their loved ones can do to reduce their risk.

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| • July 12
Lubber Run | Tuesday
#914500-07 | 11 a.m.-12 p.m.
1 session |
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Dementia 101

Kay Yong, education and outreach manager for Insight Memory Care Center, will discuss basic information about dementia including the latest progress in science and medicine. The talk will address some of the greatest challenges of caring for a loved one with dementia as their personality and behavior changes.

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| • July 27
Arlington Mill | Wednesday
#914500-08 | 1-2 p.m.
1 session |
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Brain Health As You Age

Learn about brain related changes in memory and learning from Kay Yong, education and outreach manager for Insight Memory Care Center. She will also give some tips for healthy practices to keep your brain sharp. Learn what to expect, what's normal and when to seek medical attention.

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| • Aug. 4
Arlington Mill | Thursday
#914500-09 | 11 a.m.-12 p.m.
1 session |
| • Aug. 31
Langston-Brown | Wednesday
#914500-10 | 11 a.m.-12 p.m.
1 session |

Oh, My Aging Eyes!

Learn about diseases of the eye that become more common as we age, such as cataracts, glaucoma, macular degeneration and presbyopia. Dr. Shazia Ahmed, board-certified ophthalmologist with Arlington Eye Center, will discuss these diseases and the latest treatment advances. Bring your questions!

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| • June 6
Virtual | Monday
#914500-11 | 1:30-2:30 p.m.
1 session |
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Normal Aging vs. Dementia

A discussion on changes that occur with age, warning signs of a memory problem and what to do if someone you love is experiencing symptoms. Presented by Kay Yong with Insight Memory Care Center.

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| • June 22
Aurora Hills | Wednesday
#914500-06 | 1-2 p.m.
1 session |
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Aging Skin

Explore several aging myths with a doctor from Arlington Dermatology and receive guidance on how to have a more in-depth discussion about your skin and healthy aging.

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| • Aug. 3 | Wednesday | 10-11 a.m. |
| Lubber Run | #914500-12 | 1 session |

Hearing Aids - Beware and Be Wise

Bonnie O'Leary, outreach manager for the Northern Virginia Resource Center for Deaf and Hard of Hearing Persons (NVRC), will discuss hearing loss, the hearing evaluation, how to interpret an audiogram, different types of hearing aids and useful apps for those who wear hearing aids and those who aren't quite ready for the hearing aid adventure yet.

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| • June 22 | Wednesday | 11 a.m.-12 p.m. |
| Langston-Brown | #914500-13 | 1 session |

Why Don't My Hearing Aids Work for Me?

If you wear hearing aids but still don't hear as well as you would like, you are not alone! Dr. Amy Bernstein, an audiologist with Lesner Hearing Center, will discuss common complaints about hearing aids and make suggestions on how to fix them.

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| • June 23 | Thursday | 1:30-2:30 p.m. |
| Virtual | #914500-14 | 1 session |

Common Hand Conditions

Michelle Elstein, an occupational therapist for Outpatient Hand Therapy at Virginia Hospital Center, will speak about common disabilities and conditions that affect hand function in older adults including Arthritis, Trigger Finger and Dupuytren's Contracture. She will address symptoms and treatment of these conditions.

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| • July 6 | Wednesday | 1-2 p.m. |
| Aurora Hills | #914500-15 | 1 session |

Breast Cancer Prevention

Join Mirian Campos Ed.D, CN-BA, patient navigator from Virginia Hospital Center's Cancer Resource Center, to learn simple strategies to lower your risk of cancer and share statistics. The presentation will be in both English and Spanish and there will be an opportunity to ask questions.

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| • July 19 | Tuesday | 10-11 a.m. |
| Lubber Run | #914500-16 | 1 session |

Understanding Hospice Care


Diana Dickson with Capital Caring will give an overview of hospice care and correct some common misconceptions. Please join in to learn what hospice care looks like today.

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| • July 7 | Thursday | 10-11 a.m. |
| Lubber Run | #914500-17 | 1 session |

Continuum of Care

Homecare, skilled nursing, assisted living, post-hospital rehab: there are so many options for help and for home life as you age. Professionals from Arlington Neighborhood Village, Synergy HomeCare, The Jefferson, Goodwin House at Home and Capital Caring will discuss services and answer questions about costs and how those might be covered.

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| • July 18 | Monday | 1-2:30 p.m. |
| Virtual | #914500-18 | 1 session |



CHRONIC DISEASE SELF-MANAGEMENT PROGRAM (CDSMP)

This free six-week program offers group interactive workshops for individuals and caregivers on a variety of interesting topics, including coping with difficult emotions, the importance of good quality sleep, the benefits of physical activity and how to make good nutrition choices.

Learn and share positive strategies to better manage overall health and improve the skills needed to take control of your health.

For more information, contact Gelareh Bassiry with [Arlington County Area on Aging](#) at gbassiry@arlingtonva.us or 703-228-1741.

Rest Easy: Getting a Good Night's Sleep

Still tired when you wake up in the morning? Join Kate Chutuape from Virginia Hospital Center to learn practical strategies for developing better sleep habits. Participants are taught how to identify behaviors that may signal a problem, the most common sleep problems, self-care skills for insomnia and professional resources when self-care isn't enough.

- **June 29** **Wednesday** **10-11 a.m.**
Lubber Run [#914500-19](#) 1 session

Natural Solutions Through Essential Oils

In today's world we are bombarded by toxins like stress, pollution, cleaning products, pesticides and more. DoTERRA representatives Rebecca Kaeslow and Marci Todd will discuss how essential oils can help decrease the toxic load in our bodies.

- **July 28** **Thursday** **11 a.m.-12 p.m.**
Langston-Brown [#914500-20](#) 1 session

What is ASMR?

You may have heard of ASMR on your social media recently, but have you ever wondered what it is and how it can help you? ASMR, or Autonomous Sensory Meridian Response, causes a tingling sensation in your head and neck after triggers like repetitive movements or whispering. Studies have shown that it can help with sleep and change your mood. 55+ Center Director Jennifer Weber will go in depth on what ASMR is and show examples of ASMR on YouTube.

- **Aug. 9** **Tuesday** **6:30-7:30 p.m.**
Walter Reed [#914500-21](#) 1 session

Health and Happiness: A Fit Home

Join Mike Sison, fitness guru and virtual personal trainer, as he teaches you fun ways to stay healthy in your home and neighborhood through simple but effective exercises. An exercise demonstration and Q+A will follow the presentation.

- **July 6** **Wednesday** **5-6 p.m.**
Arlington Mill [#914500-22](#) 1 session
- **Aug. 17** **Wednesday** **5-6 p.m.**
Arlington Mill [#914500-23](#) 1 session

Diabetes Discussion Group

Come together to share knowledge and experiences with others dealing with this common illness. Discussion topics include daily management, social and emotional support and available community resources. Meets second Mondays.

- **Second Mondays** **3-4 p.m.**
Langston-Brown [Drop-In](#)

Scale Down

A weight loss support group of warm and caring people. Monthly meetings include private weigh-ins and interesting programs. Meets second and fourth Mondays.

- **Second & Fourth Mondays** **1:30-2:30 p.m.**
Langston-Brown [Drop-In](#)

NUTRITIOUS AND DELICIOUS

Travelling While Veggie

Sometimes traveling to new places can be hard when you are trying to eat vegan or vegetarian or you are with family and friends with dietary limitations. Join Jennifer Weber, 55+ center director, to learn more about easy ways to find restaurants, cafés and grocery stores that fit everyone's food preference.

- **June 14** **Tuesday** **6:30-7:30 p.m.**
Walter Reed [#914501-08](#) 1 session

Add Protein to Your Dessert!

Join 55+ Center Director Jennifer Weber for a vegan cooking demonstration on how to add more protein and cut the cholesterol in your desserts with a few secret ingredients. Brownies will be on the menu and available for tasting.

- **Aug. 2** **Tuesday** **6:30-7:30 p.m.**
Walter Reed [#914501-10](#) 1 session

INCLEMENT WEATHER

To learn about delayed openings and cancellations, call our Inclement Weather Hotline at **703-228-4715** or go online to arlingtonva.us.

Virginia Cooperative Extension (VCE) Nutrition Programs: Nutritious and Delicious

Summertime means the return of some delicious seasonal fruits and vegetables, including strawberries, watermelon, squash, and much more to grocery stores and your local farmers market! Join Virginia Cooperative Extension Master Food volunteers to learn where to find some of your favorite summer ingredients and how to use them in tasty recipes.



Strawberry Fields Forever

June 7, Tuesday, 10-11 a.m.

Lubber Run (1 session)

[#914501-01](#)



Wild About Watermelon

July 12, Tuesday, 11 a.m.-12 p.m.

Walter Reed (1 session)

[#914501-05](#)



Cooking With the Grandkids

June 15, Wednesday, 1:30-2:30 p.m.

Walter Reed (1 session)

[#914501-02](#)



Summer Squash

August 17, Wednesday, 11 a.m.-12 p.m.

Aurora Hills (1 session)

[#914501-06](#)



All About Basil

June 16, Thursday, 12-1 p.m.

Arlington Mill (1 session)

[#914501-03](#)



Tasty Tomatoes

August 18, Thursday, 11 a.m.-12 p.m.

Langston-Brown (1 session)

[#914501-07](#)



Ways to Save at the Grocery Store

July 7, Thursday, 2-3 p.m.

Arlington Mill (1 session)

[#914501-04](#)



Navigating the Farmers Market

July 14, Thursday, 11 a.m.-12 p.m.

Langston-Brown (1 session)

[#914501-09](#)

LECTURES & LEARNING



PREVENTING FALLS

Stay Active and Independent for Life (SAIL)

Exercising to improve strength, balance and fitness is important to stay active and reduce the risk of falls. The SAIL curriculum includes aerobics, balance exercises, stretching routines and education. It is proven to improve balance, mobility, strength and flexibility and to reduce known risk factors for falls. Classes held twice a week. **No program 6/20, 7/4, 7/18, and 7/21.**

- **June 13 – Aug. 29** **Mondays & Thursdays** **1-2 p.m.**
Lubber Run [#914502-01](#) 19 sessions

MEDICARE

Understanding Medicare Enrollment

Learn about the red flags to avoid when transitioning into Medicare and recent regulatory changes that may impact your Medicare enrollment. Margo Steinlage of Steinlage Insurance Agency discusses the nuts and bolts of Medicare.

- **July 11** **Monday** **11 a.m.-12 p.m.**
Virtual [#914503-01](#) 1 session

History of Arlington

Join Karl VanNewkirk with the Arlington Historical Society for a brief overview of Arlington's history. He will cover topics such as colonial history, the Civil War, the water and rail transformation network, land developers and the infrastructure that has unified Arlington into what it is today.

- **June 8** **Wednesday** **2-3:30 p.m.**
Lubber Run [#914400-01](#) 1 session

Haunted Prague

Prague is an enchanting and historic capital, but it's also one of the most haunted cities in the world. Take a tour of cobblestone streets, where tales of magic and mystery are found at every turn. Presented by Michele Patrick, author of *Haunted Prague: Stories of Spirits, Sorcerers and the Supernatural*.

- **June 13** **Monday** **1-2 p.m.**
Langston-Brown [#914400-02](#) 1 session

Edgar Allan Poe's Haunting Afterlife

Edgar Allan Poe died in 1849, but since then there have been alleged sightings of his ghost and claims that he continued to write beyond his death. Christopher Semtner, author of *Haunting Poe: His Afterlife in Richmond and Beyond*, explores the ghost stories and hauntings that inspired Poe's writing and purportedly continued after his death.

- **Aug. 4** **Thursday** **1:30-2:30 p.m.**
Virtual [#914400-03](#) 1 session

Travel Gurus: Mexico

Are you interested in experiencing new places? Here is your opportunity to learn about destinations near and far from local "travel gurus" and start planning your next trip! 55+ volunteer Lowell Nelson will share his recent travel experiences in Oaxaca, Mexico, including delicious food, local history, traditional crafts and natural beauty.

- **June 15** **Wednesday** **1-2 p.m.**
Aurora Hills [#914400-04](#) 1 session

Around The World to... Trinidad and Tobago

The first of an occasional series showcasing some fascinating countries around the world. Joan Bremer, Public Affairs and Cultural Attaché with the Embassy of Trinidad and Tobago, will share that nation's rich history, diverse culture, annual Carnival, celebrated calypso music and spectacular biodiversity. The presenter will be appearing onscreen via Zoom at the center or you can watch the live broadcast at home - sign up based on your preference.

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| • June 23
Arlington Mill | Thursday
#914400-05 | 11:30 a.m.-12:30 p.m.
1 session |
| • June 23
Virtual | Thursday
#914400-06 | 11:30 a.m.-12:30 p.m.
1 session |

Wolves Are Wild: Changing the Narrative

As a result of conflict with humans and media portrayals of wolves as villains, wolves have been the target of hunting for many years. Molly Vorhaus, with a degree in Environmental Studies from Gettysburg College, will explore the important roles of wolves and what we can do to support their survival. Join us for an evening of honoring our wild, canine neighbors.

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| • June 28
Walter Reed | Tuesday
#914400-07 | 6:30-7:30 p.m.
1 session |
|---------------------------------|--|------------------------------------|

Appalachian Trail Stories

The Appalachian Trail is a 2200-mile footpath running from Georgia to Maine. Who built this trail, and why? How is it maintained? What interesting stories are told about the people who have hiked it? Arlington resident Tom Curtis will answer these questions and describe what it's like to trek along this world-famous path.

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| • July 25
Langston-Brown | Monday
#914400-08 | 11 a.m.-12 p.m.
1 session |
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Travel to Thailand

Arlington resident and international traveler George McDonald will take you on a visual tour of his experiences living and teaching children in the beautiful country of Thailand. He will show you some highlights of his adventure including the Thai village on the Mekong River where he and his wife lived and taught.

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| • Aug. 25
Langston-Brown | Thursday
#914400-09 | 1-2 p.m.
1 session |
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The Beauty - and Backbone - of Ukraine

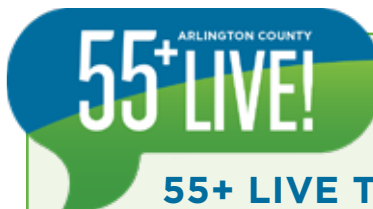
Retired U.S. Foreign Service officer and author Carol Stricker will discuss Ukrainian history, culture and her experiences with the wonderful Ukrainian people during her assignment there. She will also address the current war in Ukraine and her personal hopes for peace. This program will be offered simultaneously in-person and virtually - sign up based on your preference.

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| • June 10
Aurora Hills | Friday
#914400-10 | 1-2:15 p.m.
1 session |
| • June 10
Virtual | Friday
#914400-11 | 1-2:15 p.m.
1 session |

Colin Powell: General, Statesman, Hero

Colin Powell dedicated his life to public service, serving his country as a soldier, diplomat and advisor with honor and distinction. David Bame, a retired foreign service officer who worked with Secretary Powell at the State Department, will discuss this extraordinary hero and his leadership lessons that still resonate today. The presenter will be appearing onscreen via Zoom at the center or you can watch the live broadcast at home - sign up based on your preference.

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| • June 16
Walter Reed | Thursday
#914400-12 | 1:30-2:30 p.m.
1 session |
| • June 16
Virtual | Thursday
#914400-13 | 1:30-2:30 p.m.
1 session |



55+ LIVE TALK SHOW

Find recordings of your favorite programs and activities on the 55+ Virtual Programs YouTube channel! Art, music, exercise, food, history — there's a little bit of everything, and we're constantly adding more. On the third Tuesday of every month, a new episode of *55+ Live!* is posted which features a variety of 55+ related segments and updates.

Visit youtube.com/virtualprograms

The Rise of Vladimir Putin

Take a deep dive into how the fall of the Soviet Union helps explain the origins of Putinism and the popularity of Vladimir Putin in contemporary Russia. Steven Barnes, associate professor of Russian history and director of Russian and Eurasian Studies at George Mason University, will discuss. The presenter will be appearing onscreen via Zoom at the center or you can watch the live broadcast at home - sign up based on your preference.

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|------------|----------------------------|----------------|
| • July 21 | Thursday | 1:30-2:30 p.m. |
| Lubber Run | #914400-14 | 1 session |
| • July 21 | Thursday | 1:30-2:30 p.m. |
| Virtual | #914400-15 | 1 session |

Love, Sex and Marriage in the Civil War

Prior to the Civil War, the dramatic differences between North and South also resulted in separate rules for relationships. Chuck Mills, author of *Love, Sex and Marriage in the Civil War*, will discuss the divergent mores of the time and the impact of the Civil War on intimacy. The presenter will be appearing onscreen via Zoom at the center or you can watch the live broadcast at home - sign up based on your preference.

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|------------|----------------------------|----------------|
| • Aug. 11 | Thursday | 1:30-2:30 p.m. |
| Lubber Run | #914400-16 | 1 session |
| • Aug. 11 | Thursday | 1:30-2:30 p.m. |
| Virtual | #914400-17 | 1 session |

Great Books for the Summer

How do you search for great books and authors? Shirlington and Aurora Hills Adult Services Librarian Vicky McCaffrey will discuss adult summer reading programs, library staff book recommendations and ideas for how to pick out great books.

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|--------------|----------------------------|-----------|
| • June 29 | Wednesday | 1-2 p.m. |
| Aurora Hills | #914400-18 | 1 session |

SUBSCRIBE TO 55+ ENEWS!

Arlington offers art, nature, recreation and sports newsletters that keep you informed about upcoming events and provide great resources and timely information.

Subscribe to receive our 55+ eNews by visiting our [website](#) and entering your email (look for "55+ eNews" subscribe box on right).

Hand on Heart CPR: Learn Life Saving Skills!

Taught by a Community Emergency Response Team (CERT) volunteer, Hands on Heart CPR is an easy-to-learn technique that everyone should know. This practice can help someone having cardiac arrest or someone who stops breathing. Note: This program does not qualify as CPR certification. This is a two-part series: attend Part 1 on June 28 to learn life saving skills and return for Part 2 on July 25 to review techniques.

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|----------------------------------|---------------------------------------|
| • Tues., June 28 & Mon., July 25 | 10-11 a.m. |
| Walter Reed | #914400-19 2 sessions |

It Takes a Village - In Arlington

The village movement began in 2002 and 12 years later Arlington Neighborhood Village (ANV) was founded by community members to help adults stay in their homes as they age. ANV Executive Director Wendy Zenker will describe the village concept and share ways to get involved. This program is offered simultaneously in-person and virtually - sign up based on your preference.

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|--------------|----------------------------|-----------------------|
| • June 29 | Wednesday | 11:30 a.m.-12:30 p.m. |
| Aurora Hills | #914400-20 | 1 session |
| • June 29 | Wednesday | 11:30 a.m.-12:30 p.m. |
| Virtual | #914400-21 | 1 session |

Winning a Blue Ribbon at the County Fair

From jam and baked goods to flowers and vegetables to photos and crafts, this presentation from Kirsten Conrad with Virginia Cooperative Extension will answer your questions on what, how and when to submit your county fair entries to the competitive exhibits.

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|------------|----------------------------|-------------|
| • July 25 | Monday | 2-3:30 p.m. |
| Lubber Run | #914400-22 | 1 session |

Turn Your Hobby Into a Small Business

Do you have a hobby that friends and family have been telling you to turn into a business? Join Mike Sison, entrepreneur and CEO of Magellan Tutoring, as he instructs you on what is needed to start and maintain a small business.

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|----------------|----------------------------|-----------|
| • June 15 | Wednesday | 5-6 p.m. |
| Arlington Mill | #914400-23 | 1 session |

Identity Theft

Virginia Cooperative Extension Master Financial Education volunteers will discuss how to avoid becoming a victim of identity theft and what steps to take if you think you are a victim.

- **June 30** **Thursday** **6-7 p.m.**
Lubber Run [#914400-24](#) 1 session

Credit Scores and Credit Reports

Financial institutions never take a break and neither should older adults. Join a Virginia Cooperative Extension Master Financial Education volunteer to find out why credit scores and reports are important and how to improve your credit score.

- **Aug. 18** **Thursday** **1-2 p.m.**
Walter Reed [#914400-25](#) 1 session

Rock Music Legends: British Invasion, Part 2

Following the Beatles' tremendous success in the U.S., numerous other British groups followed suit, taking America by storm. Volunteer Carl Gold will discuss and perform music by two of these very popular groups: The Who and The Animals. This program will be offered simultaneously in-person and virtually – sign up based on your preference.

- **July 19** **Tuesday** **1:30-2:45 p.m.**
Arlington Mill [#914400-26](#) 1 session
- **July 19** **Tuesday** **1:30-2:45 p.m.**
Virtual [#914400-27](#) 1 session

Rock Music Legends: Songs of Summer

Celebrate some of summer's hottest songs by the Rascals, War, Donovan, Jim Croce and other all-time great rock artists. Volunteer Carl Gold will discuss and play top songs of summer for a sizzling good time. This program will be offered simultaneously in-person and virtually – sign up based on your preference.

- **Aug. 16** **Tuesday** **1:30-2:45 p.m.**
Arlington Mill [#914400-28](#) 1 session
- **Aug. 16** **Tuesday** **1:30-2:45 p.m.**
Virtual [#914400-29](#) 1 session

DISCUSSION GROUPS AND BOOK CLUBS

Documentary Discussions

View popular documentaries and discuss them with 55+ friends. June 3: *The History of Rome* (2019); July 1: *The World in 2050* (2016); Aug. 5: *A Closer Look at the Life of Princess Diana* (2020).

- **June 3** **Friday** **1:30-2:30 p.m.**
Virtual [#914402-01](#) 1 session
- **July 1** **Friday** **1:30-2:30 p.m.**
Virtual [#914402-02](#) 1 session
- **Aug. 5** **Friday** **1:30-2:30 p.m.**
Virtual [#914402-03](#) 1 session

Movie Discussions

We're calling all cinema lovers to meet and discuss a new film every month. June: *The Thin Red Line* (1998) (R) on Tubi; July: *The Peanut Butter Falcon* (2019) (PG-13) on Tubi; August: *Munich: The Edge of War* (2021) (PG-13) on Netflix. All films are available for you to watch on Tubi or Netflix as noted before the group meets to discuss.

- **June 9** **Thursday** **3-4 p.m.**
Virtual [#914402-04](#) 1 session
- **July 14** **Thursday** **3-4 p.m.**
Virtual [#914402-05](#) 1 session
- **Aug. 11** **Thursday** **3-4 p.m.**
Virtual [#914402-06](#) 1 session

Genealogy 101

Meet with other genealogy enthusiasts to learn about your family's roots. All done in a fun, friendly atmosphere for sharing information and tools. Meets on the third Tuesday of the month. Led by experienced genealogist Eileen Bogdanoff.

- **June 21** **Tuesday** **11:30 a.m.-1 p.m.**
Lubber Run [#914402-07](#) 1 session
- **July 19** **Tuesday** **11:30 a.m.-1 p.m.**
Lubber Run [#914402-08](#) 1 session
- **Aug. 16** **Tuesday** **11:30 a.m.-1 p.m.**
Lubber Run [#914402-09](#) 1 session

PLEASE NOTE: Programs and presentations offered at Arlington's 55+ Centers are intended to educate our participants and enrich their lives. We strive to present a balanced array of viewpoints on any particular topic and we are not promoting any particular service, opinion or cause. The views expressed by presenters are their own and are not necessarily endorsed by Arlington County or the Office of 55+ Programs.

History Roundtable

Take part in thought-provoking discussions about pivotal events in history. At your option, research and deliver a five-minute presentation on the month's topic or listen and learn from others. In June, we'll discuss the impact of the 14th and 15th century. In July, we'll discuss the impact of the 16th and 17th century and in August, the impact of the 18th and 19th century. Meets the second Wednesday of the month.

Second Wednesdays

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|-----------------------------|--|---|
| • June 8
Virtual | Wednesday
#914402-10 | 11:15 a.m.-12:30 p.m.
1 session |
| • July 13
Virtual | Wednesday
#914402-11 | 11:15 a.m.-12:30 p.m.
1 session |
| • Aug. 10
Virtual | Wednesday
#914402-12 | 11:15 a.m.-12:30 p.m.
1 session |

Current Events

Discussions on who, where and what events are taking place in current local and world news. Discussions are informal and volunteer led. Meets first and third Mondays.

First & Third Mondays

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|---------------------------------|---|-----------------------------------|
| • June 6
Walter Reed | Monday
#914402-13 | 10-11:30 a.m.
1 session |
| • July 18
Walter Reed | Monday
#914402-14 | 10-11:30 a.m.
1 session |
| • Aug. 1
Walter Reed | Monday
#914402-15 | 10-11:30 a.m.
1 session |
| • Aug. 15
Walter Reed | Monday
#914402-16 | 10-11:30 a.m.
1 session |

Magazine Article Discussion Group

Read and discuss current articles reported in the popular magazine *Harper's*. We will always read the cover story and one other piece to be determined each month. Join the conversation or just listen. The discussion will be facilitated by Shirlington and Aurora Hills Adult Services Librarian Vicky McCaffrey. A limited number of magazines will be available to borrow at Aurora Hills 55+ Center.

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| • June 22
Aurora Hills | Wednesday
#914402-17 | 11 a.m.-12 p.m.
1 session |
| • July 20
Aurora Hills | Wednesday
#914402-18 | 11 a.m.-12 p.m.
1 session |
| • Aug. 24
Aurora Hills | Wednesday
#914402-19 | 11 a.m.-12 p.m.
1 session |

Study of Words

Learn about the history of English and language as a whole. Have fun sharing individual words, phrases, expressions and other items of linguistic interest. This is a hybrid program: join facilitator Steve Shapiro in-person or on Zoom. Sign up based on your preference. Meets second Wednesdays.

Second Wednesdays

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|--------------------------------|--|--------------------------------------|
| • June 8
Lubber Run | Wednesday
#914402-20 | 10:30-11:45 a.m.
1 session |
| • June 8
Virtual | Wednesday
#914402-21 | 10:30-11:45 a.m.
1 session |
| • July 13
Lubber Run | Wednesday
#914402-22 | 10:30-11:45 a.m.
1 session |
| • July 13
Virtual | Wednesday
#914402-23 | 10:30-11:45 a.m.
1 session |
| • Aug. 10
Lubber Run | Wednesday
#914402-24 | 10:30-11:45 a.m.
1 session |
| • Aug. 10
Virtual | Wednesday
#914402-25 | 10:30-11:45 a.m.
1 session |

Aurora Hills Book Club

Monthly book club meets the last Monday of each month. June 27: *Heart of Darkness* by Joseph Conrad; July 25: *The Nightingale* by Kristin Hannah; Aug. 29: *The Silent Patient* by Alex Michaelides.

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| • Last Mondays
Aurora Hills | 11:30 a.m.-12:45 p.m.
Drop-In |
|---------------------------------------|---|

Book Club

Get together for great books and conversation. June: *The Lincoln Highway* by Amor Towles; August: *The Maid* by Nita Prose. Meets first Tuesday of the month. **No meeting in July.**

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| • First Tuesdays
Langston-Brown | 1:30-2:30 p.m.
Drop-In |
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AROUND THE HOUSE

Watering Your Plants

Most of us learn how and when to water by doing it, but there's a science to watering your plants to encourage better growth. Pete Jones, expert gardener, will discuss the best time to water, what to use and other important information you need to know about watering.

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| • June 13
Walter Reed | Monday
#914401-01 | 11:30 a.m.-12:30 p.m.
1 session |
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Spotting the Invasive Lanternfly

The lanternfly is a beautiful but invasive insect that is damaging Arlington's trees and vines. Join Kirsten Conrad with Virginia Cooperative Extension to learn what you need to know about this prolific insect and how to control it.

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|------------|----------------------------|-------------|
| • June 27 | Monday | 2-3:30 p.m. |
| Lubber Run | #914401-02 | 1 session |

Plant & Cutting Swap

Bring some cuttings (or whole plants if you'd like) and trade with others for plants you don't have yet. Meet new plant friends, learn about new-to-you plants, and grow your collection! Please ensure all cuttings and plants are pest-free and healthy.

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| • July 8 | Friday | 10-11 a.m. |
| Lubber Run | #914401-03 | 1 session |

Controlling Pests, Bugs and Fungus

As our flower gardens grow, so will pests, bugs, and fungus. To deal with these problems, one must first understand why they have developed. Join Pete Jones, self-taught expert gardener, for a discussion in the garden on some basic practices that can minimize unwanted problems.

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| • July 11 | Monday | 11:30 a.m.-12:30 p.m. |
| Walter Reed | #914401-04 | 1 session |

Home Fire Prevention and Management

Do you know how to recognize fire hazards in your home? What steps should you take to ensure a safe home environment? Fire Department/EMS personnel from Fire Station 5 in Crystal City will discuss what to do in a fire emergency and answer these questions and more.

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| • July 13 | Wednesday | 1-2 p.m. |
| Aurora Hills | #914401-05 | 1 session |

Container Gardens

Container gardens are an excellent way to grow flowers and vegetables with limited outdoor space. Master Gardener Lynn Berry with Virginia Cooperative Extension will discuss gardening options.

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| • July 19 | Tuesday | 11 a.m.-12 p.m. |
| Langston-Brown | #914401-06 | 1 session |

Prepare for Your Spring Garden Now

Mother Nature can be unpredictable, so planning ahead is essential. Late summer is the time to think about what would be best to have in spring. Learn from Pete Jones, self taught expert gardener, how to harvest seeds from your garden as well as how to keep your garden clean for future seasons.

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| • Aug. 1 | Monday | 11:30 a.m.-12:30 p.m. |
| Walter Reed | #914401-07 | 1 session |

Summer Garden Talk

Time for some garden talk with a Virginia Cooperative Extension Master Gardener who will give recommendations about what to plant during the summer for fall blooms and how to recognize and treat insect and plant problems in your garden.

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|--------------|----------------------------|-----------|
| • Aug. 10 | Wednesday | 1-2 p.m. |
| Aurora Hills | #914401-08 | 1 session |

PLANNING AHEAD

Estate Planning

Estate planning involves much more than simply drafting a will. The primary purpose of an estate plan is to examine your financial needs and assets and to create a plan for you and your family's future. Elder law attorney Ed Zetlin will discuss the details.

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| • June 8 | Wednesday | 11 a.m.-12 p.m. |
| Virtual | #914404-01 | 1 session |

Making Your Retirement Money Last

Are you anxious about making your retirement nest egg last when the stock market is so volatile? Shirley Luu, an award-winning financial advisor and educator with Shirley Luu & Associates Financial Services, will discuss retirement investment strategies in these uncertain times. The presenter will be appearing onscreen via Zoom at the center or you can watch the live broadcast at home - sign up based on your preference.

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| • June 9 | Thursday | 1:30-2:30 p.m. |
| Arlington Mill | #914404-02 | 1 session |
| • June 9 | Thursday | 1:30-2:30 p.m. |
| Virtual | #914404-03 | 1 session |

Building a Team for Your Loved Ones

Building a professional team to aid in managing your loved one's health needs, assets and finances could spare you from stress and errors. Ed Zetlin, elder law attorney, and Mark Friese, financial planner, will discuss the power of a professional team.

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| • July 13 | Wednesday | 11 a.m.-12 p.m. |
| Virtual | #914404-04 | 1 session |

A Caregiver's Guide to Finances

If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. Join Dan Cronin, program manager of the Alzheimer's Association National Capital Area Chapter, to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.

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| • July 14 | Thursday | 1-2 p.m. |
| Arlington Mill | #914404-05 | 1 session |

Is a Reverse Mortgage Loan Right for You?

Older homeowners may wonder if a reverse mortgage can be used to help them age in place or supplement their income. Cora Hume, 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.

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| • July 14 | Thursday | 3-4 p.m. |
| Virtual | #914404-06 | 1 session |

Financial Caregiving

Learn the essentials of financial caregiving, whether you are helping someone else manage their finances or planning for when you may need help with yours. Lisa Schifferle with the Consumer Financial Protection Bureau will share tips, factors to consider when choosing a caregiver, different legal instruments and how to recognize and avoid scams.

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| • July 28 | Thursday | 1:30-2:30 p.m. |
| Virtual | #914404-07 | 1 session |

Controlling Clutter

Join Virginia Cooperative Extension's Master Financial Education volunteers for a workshop about tackling clutter and becoming organized. Learn how to organize papers and what documents to keep or shred.

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| • Aug. 31 | Wednesday | 11 a.m.-12 p.m. |
| Aurora Hills | #914404-08 | 1 session |

DIGITAL LEARNING/ TECHNOLOGY

Online Travel Tips

Whether you are looking for flights, hotels or just a local destination, travel enthusiast Shettima Abdulmalik's tips will save you money when planning your vacation. Make sure you are getting the best deal for your dollar!

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| • June 10 | Friday | 5-6 p.m. |
| Arlington Mill | #914403-01 | 1 session |

Cutting The Cord

Tired of paying outrageous bills for cable, phone and Internet? Join Shettima Abdulmalik, tech guru, for a general overview on how to use today's technology to combine resources and possibly reduce costs. Q&A to follow.

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| • June 22 | Wednesday | 5-6 p.m. |
| Arlington Mill | #914403-02 | 1 session |

Calling All Future Filmmakers

Have you ever wanted to be part of film? Whether you want to write a script, operate a camera, edit sound, or star in your very own film, now is your chance! All levels of experience are welcome to join this interest group led by Nick Englund, fellow video enthusiast. Projects can range from helping film the 55+ Live talk show to producing a short film.

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| • June 29 | Wednesday | 10-11 a.m. |
| Walter Reed | #914403-03 | 1 session |

Using Your Phone's Wallet App

Did you know you can upload a SmarTrip card onto your phone? Join Shettima Abdulmalik and Jennifer Weber, 55+ center directors, for a discussion on how to use Apple Pay, SmarTrip, plane and train tickets and much more on your phone! Both Samsung devices and iPhones will be discussed. Bring your phone to use during class.

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|------------------|----------------------------|-----------------------|
| • July 13 | Wednesday | 6:30-7:30 p.m. |
| Walter Reed | #914403-04 | 1 session |

Smart Home

We can use technology in our houses to control lights, lock doors, play music and answer questions. Tech guru Nick Englund will present an overview of home automation devices such as Amazon Alexa and Google Home. This is a basic introduction and no prior experience is required.

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| • July 27 | Wednesday | 11 a.m.-12 p.m. |
| Lubber Run | #914403-05 | 1 session |

Fitness Mapping Apps

Learn how you can use mapping technology and equipment to better track workouts, walks, bike rides and beyond. Volunteer and avid runner Ben Childers will go through apps like Strava that you can use to supplement your exercise and keep you safe by identifying emergency contacts in your phone and other features.

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| • Aug. 23 | Tuesday | 6:30-7:30 p.m. |
| Walter Reed | #914403-06 | 1 session |

Uber and Lyft

Getting in a car with strangers seemed so taboo, but has become the standard for getting from A to B. Tech Guru Nick Englund will present an overview of several ride-sharing apps and share tips and tricks.

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| • Aug. 24 | Wednesday | 1-2:30 p.m. |
| Aurora Hills | #914403-07 | 1 session |

WhatsApp: What is it?

WhatsApp is a free messenger app for smartphones. The service is very similar to text messaging, but because WhatsApp uses the internet to send messages it costs significantly less than texting, especially while travelling internationally! Join Brittany Miller, 55+ center director, to learn the ins and outs of WhatsApp.

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| • Aug. 25 | Thursday | 6-6:45 p.m. |
| Lubber Run | #914403-08 | 1 session |

Smartphone Videography

Learn all about the video capabilities of a smartphone, from framing your shot and getting your lighting right to understanding the difference between HD and 4K. Taught by tech guru Nick Englund. Plus, get tips for other equipment like microphones and options for video editing and uploading. No experience needed.

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|------------------|----------------------------|--------------------|
| • July 19 | Tuesday | 2-3:30 p.m. |
| Arlington Mill | #914403-09 | 1 session |

GET INVOLVED WITH SENIOR ISSUES!

COMMISSION ON AGING

The Arlington County Commission on Aging aims to enhance the quality of life for older Arlingtonians by ensuring all planning and County activities address their specific needs.

Commission on Aging meetings:

Mon., June 20, 9-11 a.m.

Mon., July 18, 9-11 a.m.

No meeting in August

ARLINGTON STEERING COMMITTEE FOR SERVICES TO OLDER PERSONS

is an affiliation of private, non-profit, proprietary and government service providers and senior advocates who meet to discuss aging issues.

Steering Committee meeting:

Fri., July 15, 10-11 a.m. – PACE (Program of All-Inclusive Care for the Elderly)

All meetings are virtual.

Email arlaaa@arlingtonva.us for meeting links. For an updated and complete list of Commission on Aging meetings and other aging network activities, visit <https://www.arlingtonva.us/Government/Commissions-and-Advisory-Groups/COA/Meetings>

Smartphone Photography

Do you have a smartphone, tablet, or other mobile device but struggle with the camera features? Do you want to learn more about apps for photography and editing? Join Nick Englund, photography enthusiast, to learn how to maximize the use of your camera.



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| • Aug. 18 | Thursday | 1-2 p.m. |
| Langston-Brown | #914403-10 | 1 session |

ARTS

Opera Appreciation

For opera lovers and learners, enhance your appreciation of the magnificent art and drama of opera. Volunteer George Cecchetti will set the stage for each opera, providing the story line, composer and other interesting background. Musical selections from well-known operas will be played, professional commentary provided and group discussion will follow. 6/1: *Il Trovatore* by Verdi; 6/15: *Tosca* by Puccini; 7/6: *Die Walkure* by Wagner (second opera in his *Ring Cycle*); 7/20: *La Cenerentola* by Rossini (*Cinderella*); 8/3: *Don Giovanni* by Mozart; 8/17: *L'Elisir D'Amore* by Donizetti (*The Elixir of Love*).

• June 1	Wednesday	1:30-3:30 p.m.
Lubber Run	#914300-01	1 session
• June 15	Wednesday	1:30-3:30 p.m.
Lubber Run	#914300-02	1 session
• July 6	Wednesday	1:30-3:30 p.m.
Lubber Run	#914300-03	1 session
• July 20	Wednesday	1:30-3:30 p.m.
Lubber Run	#914300-04	1 session
• Aug. 3	Wednesday	1:30-3:30 p.m.
Lubber Run	#914300-05	1 session
• Aug. 17	Wednesday	1:30-3:30 p.m.
Lubber Run	#914300-06	1 session

Short Story Reading and Discussion

Short stories pack a lot in a few pages. Take turns reading the story aloud and discuss it afterward. Facilitated by 55+ volunteer Bill Turner. June 27: "Cathedral" by Raymond Carver; Aug. 15: "Leiningen Versus the Ants" by Carl Stephenson. This program will be offered simultaneously in-person and virtually – sign up based on your preference.

• June 27	Monday	1-2:30 p.m.
Aurora Hills	#914300-07	1 session
• June 27	Monday	1-2:30 p.m.
Virtual	#914300-08	1 session
• Aug. 15	Monday	1-2:30 p.m.
Aurora Hills	#914300-09	1 session
• Aug. 15	Monday	1-2:30 p.m.
Virtual	#914300-10	1 session

ARTS & CRAFTS SHOWCASE

Tuesday, August 23
11:30 a.m.-1:30 p.m.
at Langston-Brown

Join us for an amazing display of artwork from our 55+ community. Paintings, drawings, yarn creations and more will be on display.

If you are interested in submitting your artwork, please email Elizabeth Poole at epoole@arlingtonva.us for more information or an application – space is limited.

Deadline for submissions is July 29.

Writing Group

Informal monthly sessions featuring a variety of optional writing exercises to hone your skills. Participants are encouraged to bring works-in-progress to share with others. Meets second Tuesdays.

• Second Tuesdays	1:30-2:30 p.m.
Langston-Brown	Drop-In

Origami

Origami, the art of folding paper, has been practiced for generations. 55+ Center Director Shettima Abdulmalik will work with you to create your own pieces of origami to take home. We'll focus on using basic shapes to make animals and seasonal gifts for family and friends.

• Aug. 25	Thursday	2-3 p.m.
Arlington Mill	#914300-11	1 session

ART HISTORY

Chagall, Kandinsky and Their Muses

Russian artists Chagall and Kandinsky are considered giants of modern art. But what about the women who were instrumental in the development of these artists' visions? Art historian Joan Hart will focus on the painters' relationships with Bella Chagall and Gabriele Munter and the art that was inspired by them.

Instructor: Joan Hart

- **June 8** **Wednesday** **1-2:30 p.m.**
Aurora Hills [#914302-01](#) 1 session: \$6

Frida Kahlo and Diego Rivera: Story of Art, Love and Marriage

The personal and professional relationship between 20th century Mexican artists Frida Kahlo and Diego Rivera is legendary today. Art historian Joan Hart will provide new insights into their often tumultuous story through their remarkable artwork and photos taken of the couple by the media and friends.

Instructor: Joan Hart

- **June 13** **Monday** **1-2:30 p.m.**
Aurora Hills [#914302-02](#) 1 session: \$6

PERFORMANCES

Acoustic Café

Listen to live, unplugged music from the '50s to today! Meet and mingle as you listen to music from various local performers. Sponsored by the Walter Reed Advisory Committee and the Alliance for Arlington Senior Programs.

- **June 21** **Tuesday** **7-8:30 p.m.**
Walter Reed [#914301-01](#) 1 session



Acoustic Afternoon

Enjoy an afternoon of live acoustic music performed by Arlington residents featuring classic pop, folk and blues favorites from across the decades. June 16: Carl Gold (sing-along); July 20: Ed Girovasi and Phil Rosen (performance). Refreshments provided by the Langston-Brown Advisory Committee.

- **June 16** **Thursday** **2-3 p.m.**
Langston-Brown [#914301-02](#) 1 session
- **July 20** **Wednesday** **2-3 p.m.**
Langston-Brown [#914301-03](#) 1 session

Acoustic Hour in the Park

Relax and enjoy acoustic music, lemonade and fellowship with 55+ friends on the plaza at Virginia Highlands Park. July 22: Carl Gold; Aug. 19: Ed Girovasi and Phil Rosen. Bring your own blanket or chair. In the event of inclement weather, this event will be held indoors at Aurora Hills 55+ Center.

- **July 22** **Friday** **1-2:30 p.m.**
Virginia Highlands Park [#914301-04](#) 1 session
- **Aug. 19** **Friday** **1-2:30 p.m.**
Virginia Highlands Park [#914301-05](#) 1 session

Afternoon Piano Lounge

NEW

Beat the heat and chill out this summer with mocktails, 55+ friends and relaxing music by pianist Daniel Austin. Sponsored by the Aurora Hills Advisory Committee.

- **June 17** **Friday** **2-3 p.m.**
Aurora Hills [#914301-06](#) 1 session
- **July 15** **Friday** **2-3 p.m.**
Aurora Hills [#914301-07](#) 1 session

The Rocking Chairs

Do you love rock-n-roll? Join the open rehearsals of this grown-up garage band. The playlist includes hits from the 50s through the 70s.

- **Wednesdays** **11:30 a.m.-1:30 p.m.**
Madison [Drop-In](#)

Spellbinders

Do you love stories – folk tales, personal narratives, fables, legends? Arlington Spellbinders is a group of volunteer storytellers who engage listeners in the magical tradition of oral storytelling (rather than reading aloud). Meetings held the first Friday of each month provide continuing education, support and camaraderie.

- **First Fridays** **9:30-11 a.m.**
Langston-Brown [Drop-In](#)

Reading Buddies

Participate in a paired reading activity with Lubber Run's full-day preschool. Get "buddied up" and you and your younger buddy will both reap the many benefits of reading together.

- **July 28** **Thursday** **10-11 a.m.**
Lubber Run [#914301-08](#) 1 session

VISUAL ARTS

Lubber Run Senior Room Art Project

Looking to be a part of a community art project? Join 55+ friends in creating a mural in the Lubber Run senior room. All supplies will be provided. Drop in every fourth Tuesday of the month.

- **Fourth Tuesdays** **10 a.m.-12 p.m.**
Lubber Run [Drop-In](#)

Basic Drawing

Beginner/Intermediate drawing class with volunteer art instructor Ruth Kling. The class will focus on drawing a still life and keeping a sketchbook (5.5x8.5", unlined), which the student provides. Each session we will share progress with the sketchbooks and do various exercises to loosen up, experiment with different materials and learn different drawing techniques.

- **July 6 – Aug. 10** **Wednesdays** **1-2:30 p.m.**
Aurora Hills [#914303-01](#) 6 sessions

Open Art Studio

Open Art Studio accommodates artists who work at their own pace in a collaborative space to share thoughts and ideas. Please note: artists must bring their own materials. No instruction provided.

- **Wednesdays & Fridays** **10 a.m.-12 p.m.**
Arlington Mill [Drop-In](#)

HAND CRAFTS

DIY Marble Note Cards

Feeling creative? Learn the basics of marbling notecards with Brittany Miller, 55+ center director. You will need two simple household items: food coloring and shaving cream. Supplies will be provided.

- **July 28** **Thursday** **6-7 p.m.**
Lubber Run [#914310-01](#) 1 session

Crafting Connections

Get creative with one of Lubber Run's preschoolers and make a summertime craft. Fun for all ages! Supplies will be provided.

- **Aug. 5** **Friday** **11 a.m.-12 p.m.**
Lubber Run [#914310-02](#) 1 session

Metalpoint

Metalpoint, also known as silver point, is a way to draw using silver, copper, aluminum, or other wires to produce a delicate, fine lined image. Artist George Ziobro will teach you how to prepare paper for a metalpoint image and some of the secrets of drawing in metalpoint.

- **Aug. 17** **Wednesday** **1:30-3:30 p.m.**
Langston-Brown [#914310-03](#) 1 session

Yarn Crafters

The Yarn Crafters of Aurora Hills invite you for conversation and companionship while making hand-knit and crocheted items for Arlington charity organizations. This group will teach you how to knit or crochet if needed and will provide patterns, hooks, needles and yarn.

- **Mondays** **10 a.m.-12 p.m.**
Aurora Hills [Drop-In](#)

Yarn Creations

Do you like to crochet or knit? Are you looking to enjoy the company of others? Join our casual group of crafty individuals to share ideas and fellowship.

- **Tuesdays** 1-2:30 p.m.
Langston-Brown [Drop-In](#)

55+ Crafters

Bring your own small craft project and supplies and join us. A fun place to socialize and create the perfect gift or keepsake.

- **Wednesdays** 10:30 a.m.-1 p.m.
Arlington Mill [Drop-In](#)

Yarn Circle

Come by for a social, casual way to work on your knitting or crochet projects or learn something new. All skill levels are welcome: no instruction is provided, but group members are happy to help newcomers. Bring your own materials.

- **Sundays** 1-4 p.m.
Walter Reed [Drop-In](#)

Crochet

Meet other crochet enthusiasts, swap patterns and share techniques.

- **Mondays & Thursdays** 9-11 a.m.
Arlington Mill [Drop-In](#)

Rubber Stampers

Rubber Stampers learn new card-making techniques on third Tuesdays. These workshops are suitable for experienced card crafters familiar with die-cut and embossing machines. Stampers work on individual projects and cards at Thursday open studio. Newcomers welcome to stop by and learn more about this hobby and what it involves. **No program 6/23, 7/21, and 8/18.**

- **Third Tuesdays** 11:30 a.m.-3 p.m.
Madison [Drop-In](#)
- **Thursdays** 11:30 a.m.-3 p.m.
Madison [Drop-In](#)

Woodcarvers

Woodcarvers gather to enjoy camaraderie and pursue the craft. Carving techniques and tools turn wood into objects of beauty. Members of the group are available to provide instruction; some tools available.

- **Thursdays** 1-3 p.m.
Madison [Drop-In](#)

MUSIC

Ukulele

Strumming a ukulele is therapeutic and fun. Volunteer Sandy O'Shea will teach basic strumming. Limited ukuleles available or bring your own.

- | | | |
|---------------------------------|--|------------------------------------|
| • June 7
Walter Reed | Tuesday
#914304-01 | 4:30-5:30 p.m.
1 session |
| • July 19
Walter Reed | Tuesday
#914304-02 | 4:30-5:30 p.m.
1 session |
| • Aug. 2
Walter Reed | Tuesday
#914304-03 | 4:30-5:30 p.m.
1 session |

Summer Sing Along

Lift your voice and your spirit with Carl Gold during this summertime sing-along that offers fun, cheer and a whole lot of music for all.

- | | | |
|--------------------------------|--|------------------------------|
| • Aug. 23
Lubber Run | Tuesday
#914304-04 | 2-3 p.m.
1 session |
|--------------------------------|--|------------------------------|

Drumming Circle

Even if Ringo Starr wasn't your favorite Beatle, you may find that drumming circle is your new favorite activity. It gives an opportunity for self-expression and to share in an engaging group experience. Other benefits include increasing mental concentration, reducing stress and improving fine motor skills. Group will meet outside except in the event of inclement weather. Limited drums are available or bring your own.

- **Tuesdays** 2-3 p.m.
Langston-Brown [Drop-In](#)

FITNESS

Folk Music Sing-Along

Joan Baez, Bob Dylan and Joni Mitchell are a few of the inspirations. Sure to be a heartwarming experience. Program meets on these Mondays: 6/6, 7/11, and 8/1.

- **Mondays 6/6, 7/11, & 8/1** **1:30-3:30 p.m.**
Madison [Drop-In](#)

Just Play'n Country

Bring your instrument, sing along or just enjoy listening to this group play traditional mountain music with roots in Irish, folk and blues. Gathers first and third Fridays.

- **First & Third Fridays** **1-3 p.m.**
Madison [Drop-In](#)

Sunshine Gang

The band invites you to bring your instrument and musical talents and join the fun. Share your passion with others by playing rock and popular selections in a low-key, music-loving atmosphere.

- **Fridays** **1-3 p.m.**
Walter Reed [Drop-In](#)



55+ WEIGHT ROOM HOURS ARE BACK!

**No instruction provided.
55+ Gold Pass required.**

Langston-Brown:
Mondays, Wednesdays, and Fridays
11 a.m. – 2 p.m.

Madison:
Tuesdays and Thursdays
8 a.m. – 11 a.m.

Bootcamp

Bring enthusiasm, effort, and a positive mindset to this class. DMV Fitness Trainers 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.

Instructor: Brett Hysinger

- **June 7 – Aug. 16** **Tuesdays** **7:30-8:30 a.m.**
Lubber Run [#914100-01](#) 11 sessions: \$55
- **June 9 – Aug. 18** **Thursdays** **8:30-9:15 a.m.**
Aurora Hills [#914100-02](#) 11 sessions: \$55
- **June 10 – Aug. 19** **Fridays** **8:30-9:15 a.m.**
Walter Reed [#914100-03](#) 11 sessions: \$55

Kukuwa

A blend of African soukous and Caribbean soca rhythms add living flavor to your workout, nourishing both body and soul. Kukuwa Dance Workout is a low-impact/high-energy choreographed workout designed to target your cardiovascular system, improve your fitness level and pump fun through your veins.

Instructor: Divine Senyo

- **June 10 – Aug. 19** **Fridays** **8:45-9:45 a.m.**
Walter Reed [#914100-04](#) 11 sessions: \$55

Zumba

Inspired by Latin and international dance, Zumba is a fun cardio-dance class that suits all fitness levels. Zumba incorporates meringue, salsa, cumbia, hip hop and more.

Instructor: Ferdinanda Pattipeilophy

- **June 7 – Aug. 23** **Tuesdays** **2:15-3 p.m.**
Lubber Run [#914100-05](#) 12 sessions: \$60

Zumba Gold

Zumba Gold is a fun cardio-dance class for active adults looking for a lower intensity Zumba workout. Zumba incorporates meringue, salsa, cumbia, hip hop and more.

Instructor: Shettima Abdulmalik

- **July 11 – Aug. 1** **Mondays** **10:30-11:30 a.m.**
Arlington Mill [#914100-06](#) 4 sessions: \$20
- **July 11 – Aug. 1** **Mondays** **4-5 p.m.**
Arlington Mill [#914100-07](#) 4 sessions: \$20

Barre 1

Certified fitness instructor Brittany Miller will lead an eight week full body workout incorporating weight training, cardio, isometric holds, and mindfulness. Weights will be provided. Please bring your own yoga mat.

Instructor: Brittany Miller

- **July 11 – Aug. 29** **Mondays** **3-3:50 p.m.**
Lubber Run [#914100-08](#) 8 sessions: \$40

AQUA

55+ Aqua Exercise

Aqua exercise classes provide a safe and refreshing way to exercise. Water serves as the resistance in exercises that are easy on the joints. Work both your muscles and your cardiovascular system. **No class 6/13, 6/14, 6/17, 6/20, and 7/4.**

Instructor: Julia Dragun

- **June 6 – Aug. 22** **Mondays** **11 a.m.-12 p.m.**
Long Bridge Aquatics [#914102-01](#) 9 sessions: \$40
- **June 7 – Aug. 23** **Tuesdays** **11:10 a.m.-12:10 p.m.**
Long Bridge Aquatics [#914102-02](#) 11 sessions: \$44
- **June 10 – Aug. 26** **Fridays** **10-11 a.m.**
Long Bridge Aquatics [#914102-03](#) 11 sessions: \$44
- **June 10 – Aug. 26** **Fridays** **1-2 p.m.**
Long Bridge Aquatics [#914102-04](#) 11 sessions: \$44

FEE REDUCTIONS AVAILABLE

**Access for all:
Everyone, Everywhere, Every Day.**

Arlington County residents can apply to receive financial assistance for any fee-based programs, 55+ Pass & 55+ Gold pass and/or 55+ trips. Fee reductions are based on a sliding scale and household income and size. If you have already qualified for a fee reduction, income verification is only required annually.

Visit the Parks & Recreation [website](#) or call 703-228-4747 to find out more.

55+ Aqua Exercise - Deep Water Class

This class is all in deep water, putting zero impact on your joints while working against the water's resistance. You'll wear a buoyancy belt to hold the body vertical and chest-deep in the pool. You can't touch the bottom so you effectively weigh just 25 percent of your weight on land. You must be able to swim to take this class. Deep water classes are held in the competition pool which is on average 79 degrees. Pool configuration may vary for the summer from short to long course depending on day-to-day Long Bridge operations.

Instructor: Jody Katz

No class 8/10 and 8/17

- **June 15 – Aug. 24** **Wednesdays** **10-11 a.m.**
Long Bridge Aquatics [#914102-05](#) 9 sessions: \$44

Instructor: Julia Dragun

No class 6/15

- **June 8 – Aug. 24** **Wednesdays** **11 a.m.-12 p.m.**
Long Bridge Aquatics [#914102-06](#) 11 sessions: \$44

Instructor: Lynda McGuire

- **June 16 – Aug. 11** **Thursdays** **10-11 a.m.**
Long Bridge Aquatics [#914102-07](#) 9 sessions: \$36
- **June 21 – Aug. 9** **Tuesdays** **2:15-3:15 p.m.**
Long Bridge Aquatics [#914102-08](#) 8 sessions: \$32

Water Walking and Lap Swimming

Looking for a way to change up your walking routine? Water walking could be the answer. The added resistance of walking in water allows you to challenge and strengthen your muscles in ways you may not be able to with a land-based routine. Water walking is a low-impact cardio exercise and is gentler on your bones and joints. No instructor provided. There are also lanes open for lap swimming at the same time. **To participate, a Long Bridge Aquatics Center membership is required or payment of the daily admission fee. No program 6/20 and 7/4.**

- **Mondays** **8:30-10 a.m.**
Long Bridge Aquatics [Drop-In](#)
- **Wednesdays: June 1 – June 29** **2-3:30 p.m.**
Long Bridge Aquatics [Drop-In](#)

YOGA

Subtle Yoga

This class will include yoga practices designed to improve memory, balance the nervous system, increase vitality and steady your mind. Students will experience affirmation, visualization, deep relaxation, concentration techniques, mudra meditation, breath control, body awareness, chant, and gentle movement. Practices will be done seated or lying on the floor with chairs available as needed for longer periods of sitting. **No class 6/20 and 7/4.**

Instructor: Debbie Sheetz

- **June 6 – Aug. 15** **Mondays** **3-4 p.m.**
Langston-Brown [#914103-01](#) 9 sessions: \$50

Gentle Hatha Yoga

Taught in a quiet and meditative style, this class uses extensive warm-ups to prepare the body for adapted yoga poses to strengthen the body safely and effectively. Transitions between floor and standing positions are kept to a minimum for your comfort. Bring your own mat. **No class 6/20 and 7/4.**

Instructor: Andrea Kiss

- **June 6 – Aug. 15** **Mondays** **10-11 a.m.**
Aurora Hills [#914103-02](#) 9 sessions: \$50

Instructor: Ferdinanda Pattipeilophy

- **June 7 – Aug. 23** **Tuesdays** **11:45 a.m.-12:45 p.m.**
Lubber Run [#914103-03](#) 12 sessions: \$60

Gentle and Meditative Yoga

Beginner yoga students will learn safe and supportive ways of recognizing and relaxing long-held tensions that cause unease or pain in the body. This class is also suitable for students who wish to increase their flexibility and strength. There will be breathing exercises, guided relaxation and meditation periods to enhance clarity and peacefulness in mind, body and spirit. Students should be able to get down on the floor and back up again twice during the class. Chairs are available for support if needed. **No class 6/20, 7/4, and 8/8.**

Instructor: Debbie Sheetz

- **June 6 – Aug. 15** **Mondays** **1-2:30 p.m.**
Langston-Brown [#914103-04](#) 8 sessions: \$60

Chair Hatha Yoga

Senior adults, adults recovering from injury or surgery and adults with physical disabilities will increase energy, flexibility and a sense of well-being in this class. It adapts classic yoga poses in a safe and accessible manner. Work may be done seated, with the option of using the chair as a balance point for standing poses. Bring a yoga mat to place under the chair to use during standing poses.

No class 7/6 and 8/10.

Instructor: Debbie Sheetz

- **June 8 – Aug. 17** **Wednesdays** **11:45 a.m.-12:45 p.m.**
Walter Reed [#914103-05](#) 9 sessions: \$45



Traditional Hatha Yoga

Learn and practice classic yoga poses to stretch and strengthen the entire body. Warm-ups and props such as blocks and straps help students achieve results. There are multiple transitions between floor and standing positions. Previous experience with yoga is a plus. **No class 6/20, 7/4, 7/6, and 8/10.**

Instructor: Andrea Kiss

- **June 6 – Aug. 15** **Mondays** **1-2:30 p.m.**
Lubber Run [#914103-06](#) 9 sessions: \$67.50

Instructor: Ferdinanda Pattipeilophy

- **June 7 – Aug. 23** **Tuesdays** **10:30-11:30 a.m.**
Lubber Run [#914103-07](#) 12 sessions: \$60

Instructor: Debbie Sheetz

- **June 8 – Aug. 17** **Wednesdays** **4-5:15 p.m.**
Lubber Run [#914103-08](#) 9 sessions: \$56.25

Instructor: Jennifer Eubank

- **June 9 – Aug. 11** **Thursdays** **1-2:30 p.m.**
Madison [#914103-09](#) 10 sessions: \$75
- **June 10 – Aug. 12** **Fridays** **9:30-11 a.m.**
Madison [#914103-10](#) 10 sessions: \$75

WALKING GROUPS

55+ Walks

Stay active with friendly walking companions. We'll explore nearby trails and neighborhoods in a safe, socially distant manner. Destinations may be changed or excursions cancelled for inclement weather.

• June 1 High View Park	Wednesday #914106-01	9-10 a.m. 1 session
• June 8 Four Mile Run (South)	Wednesday #914106-02	9-10 a.m. 1 session
• June 15 Old Glebe	Wednesday #914106-03	9-10 a.m. 1 session
• June 22 Donaldson Park Trails	Wednesday #914106-04	9-10 a.m. 1 session
• June 29 Fairlington	Wednesday #914106-05	9-10 a.m. 1 session
• July 6 Bon Air	Wednesday #914106-06	9-10 a.m. 1 session
• July 13 Long Branch	Wednesday #914106-07	9-10 a.m. 1 session
• July 20 Lubber Run	Wednesday #914106-08	9-10 a.m. 1 session
• July 27 Cherrydale Loop	Wednesday #914106-09	9-10 a.m. 1 session
• Aug. 3 Donaldson Run	Wednesday #914106-10	9-10 a.m. 1 session
• Aug. 10 Fort Smith	Wednesday #914106-11	9-10 a.m. 1 session
• Aug. 17 Gulf Branch	Wednesday #914106-12	9-10 a.m. 1 session
• Aug. 24 National Landing	Wednesday #914106-13	9-10 a.m. 1 session
• Aug. 31 Potomac Overlook	Wednesday #914106-14	9-10 a.m. 1 session

Lubber Run Nature Hike

Join naturalist Bobbi Farley of Long Branch Nature Center on a leisurely walk along Lubber Run to learn about local animals, their springtime adaptations and how they survive in an urban environment like Arlington. Feel free to bring guidebooks and we'll provide binoculars.

• June 9 Lubber Run Park	Thursday #914106-15	1:30-2:30 p.m. 1 session
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Salamander Creek Hike

Join naturalist Jaron Winters as we hike and explore one of our many creeks to see the diverse organisms living within them, how they interact with each other and why creeks are such an important ecosystem.

• June 14 Long Branch Nature Center	Tuesday #914106-16	10-11:30 a.m. 1 session
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Summer Tree ID

Join Kirsten Conrad from Virginia Cooperative Extension for a walk around the grounds of Lubber Run Community Center to discuss woody plant identification and how to care for your shrubs and trees.

• Aug. 22 Lubber Run	Monday #914106-17	2-3:30 p.m. 1 session
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Dragonflies and Damselflies Up Close

Dragonflies and Damselflies (Odonates) are fierce aerial predators that catch other insects and eat them on the fly. Start inside with a brief introduction to Odonates and their aquatic adolescence, then adjourn to the pond to see both adults and nymphs up close and in action.

• Aug. 23 Gulf Branch Nature Center	Tuesday #914106-18	11 a.m.-12 p.m. 1 session
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Arlington Mill Trekkers

Join this group on adventures through easy-paced walks near the Arlington Mill 55+ Center, including the W & OD and Four Mile Run Trails. Meets at Arlington Mill on the second and fourth Thursdays of the month.

• Second & Fourth Thursdays Arlington Mill	9-10 a.m. Drop-In
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Fast Forwards

Join a morning walk with this faster-paced group that walks a two to five mile loop, including some hills. Walks held on the third and last Fridays of the month. Transportation not provided. Typically meets in front of Aurora Hills 55+ Center, but occasionally meets at other locations and may use Metro.

• Third & Last Fridays Aurora Hills	8-9:30 a.m. Drop-In
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TAI CHI

Beginner Tai Chi Ch'uan

Join us to begin your Tai Chi journey. Instructor David Cohen will guide you through the Yang 24 form. With slow, gentle movements, proper breathing and posture, Tai Chi can help relieve many physical ailments including arthritis, balance issues and stress. **No class 6/20 and 7/4.**

Instructor: David Cohen

- **June 6 – Aug. 22** **Mondays** **2-3 p.m.**
Walter Reed [#914105-01](#) 10 sessions: \$50

Tai Chi Ch'uan

With slow, gentle movements, proper breathing and posture, Tai Chi can help relieve many physical ailments including arthritis, balance issues and stress. This class examines the martial arts side of Tai Chi as well as the spiritual and healing benefits. Prior Tai Chi experience encouraged.

Instructor: David Cohen

- **June 9 – Aug. 18** **Thursdays** **2-3 p.m.**
Walter Reed [#914105-02](#) 11 sessions: \$55

Tai Chi Practice – Yang Style

Tai Chi is a gentle martial arts practice that stresses balance, weight shifting, and breathing to improve both mental and physical health. This group practices the 24 step simplified Yang style Tai Chi Ch'uan form with some basic warm up exercises. Yang style Tai Chi is the most commonly practiced Tai Chi style in the U.S. No instruction provided.

- **Mondays, Wednesdays, Fridays** **11:30 a.m.-12:30 p.m.**
Lubber Run [Drop-In](#)

Tai Chi Practice – Taoist Style

Come and practice the 108-movement Taoist Tai Chi form with experienced practitioners. Formal instruction is not provided, but group members are happy to share what they know.

- **Wednesdays & Fridays** **12:30-1:30 p.m.**
Lubber Run [Drop-In](#)

Tai Chi Practice

Tai Chi is a gentle and powerful exercise that improves balance, flexibility, coordination and overall movement. If you've taken a Tai Chi class, come by and practice with experienced volunteers. No instruction provided.

- **Mondays** **10-11 a.m.**
Virginia Highlands Park [Drop-In](#)
- **Tuesdays** **1-2:15 p.m.**
Walter Reed [Drop-In](#)
- **Fridays** **1-2:15 p.m.**
Walter Reed [Drop-In](#)

DROP-IN CLASSES

55+ Seated Exercise

This class concentrates on preserving and gaining muscular strength and flexibility and improving balance. Work all the major muscle groups, including abdominals, with a variety of weights. Some standing included, but not required. \$60/15-session punch pass or \$4 drop-in. **No program 6/20 and 7/4.**

Instructor: Judi Garth

- **Mondays, Wednesdays, Fridays** **9-10 a.m.**
Madison [Drop-In](#)

Full Fitness Exercise

A complete exercise program combining warm-up, stretching and strength work for all major muscles. Workout includes core stabilization, balance skills, 20 minutes of cardio to strengthen the heart/increase stamina and a final cool down. \$60/15-session punch pass or \$4 drop-in. **No program 8/23 and 8/25.**

Instructor: Andrea Baumann

- **Tuesdays & Thursdays** **10-11 a.m.**
Lubber Run [Drop-In](#)

Strength Training

Dedicated to preserving and gaining new muscular strength as well as flexibility and balance, this class works all major muscle groups, including abdominals, with weights. Each class achieves a full range of motion. \$60/15-session punch pass or \$4 drop-in. **No program 8/24 and 8/26.**

Instructor: Andrea Baumann

- **Wednesdays & Fridays** **9-9:55 a.m.**
Lubber Run [Drop-In](#)

SPORTS

Total Body Fitness

This class is a vigorous full-body fitness workout for 55+ participants that improves muscle strength, balance, and flexibility. The class is designed to change each time to target all major muscle groups in a variety of ways using weights and bands. Aerobic activity helps build cardiovascular fitness and improves endurance. Some exercises use a chair while the majority are standing. \$60/15-session punch pass or \$4 drop-in. **No program 6/20, 7/4, 8/22, and 8/26.**

Instructor: Gretchen Martin

- **Mondays** 10-11 a.m.
Lubber Run [Drop-In](#)
- **Fridays** 10:15-11:15 a.m.
Lubber Run [Drop-In](#)



Drop-in fitness classes are offered at both the [Lubber Run Community Center](#) and the [Madison Community Center](#). These classes are \$4/class or there is an option for a punch pass that is for \$60/15 classes. Punch passes can be purchased at the Administrative Services Office or front desk at Lubber Run or at Madison. These classes vary in their intensity.

55+ Seated Exercise

Mon., Wed., Fri., 9-10 a.m. at Madison

Full Fitness Exercise

Tues. and Thurs., 10-11 a.m. at Lubber Run

Strength Training

Wed. and Fri., 9-9:55 a.m. at Lubber Run

Total Body Fitness

Mondays, 10-11 a.m. at Lubber Run

Total Body Fitness

Fridays, 10:15-11:15 a.m. at Lubber Run

Pickleball for Beginners

Learn the basic skills of this popular court game including groundstrokes and how to volley and serve. Wear tennis or court shoes. Equipment provided.

Instructor: Alaric Radosh

- **June 9 – July 28** **Thursdays** **6-7 p.m.**
Lubber Run [#914200-01](#) 8 sessions: \$32

Pickleball II

Build on basic skills and learn doubles strategy. Prerequisite: Pickleball for Beginners or comparable experience. Wear tennis or court shoes. Balls are provided, but bring your own paddle. **No program 6/20 and 7/4.**

Instructor: Alaric Radosh

- **June 6 – July 25** **Mondays** **9-10 a.m.**
Walter Reed [#914200-02](#) 6 sessions: \$28

Pickleball III

Learn intermediate drills and doubles strategy. Prerequisite: Pickleball II or comparable. Wear tennis or court shoes. Balls are provided, but bring your own paddle.

Instructor: Alaric Radosh

- **June 8 – July 27** **Wednesdays** **9-10 a.m.**
Walter Reed [#914200-03](#) 8 sessions: \$32

Absolute Beginner Pickleball

If you're new to pickleball or you're hesitant about dropping in, this is your chance to try this sport in a judgement-free zone. A volunteer will be on hand to welcome newcomers and answer questions. Limited paddles and balls available.

- **Mondays** **10-11 a.m.**
Walter Reed [Drop-In](#)

Absolute Beginners Pickleball Welcome Hour

If you're new to pickleball or you're hesitant about dropping in, this is your chance to try this sport in a judgement-free zone. Limited paddles and balls available. No instruction provided.

- **Mondays** 9-10 a.m.
Arlington Mill [Drop-In](#)

Play Pickleball

Get exercise and have fun in friendly games of Pickleball, America's fastest growing sport for adults over 50! Players of all levels and abilities are welcome to participate. Hours are subject to change to accommodate special events and programs.

- **Mondays – Fridays** 11 a.m.-3:30 p.m.
Arlington Mill [Drop-In](#)
- **Mondays** 10-11 a.m.
Walter Reed [Drop-In](#)
**Note: Half Court Only*
- **Mondays & Fridays** 11 a.m.-4 p.m.
Walter Reed [Drop-In](#)
- **Tuesdays & Thursdays** 12-4 p.m.
Walter Reed [Drop-In](#)
- **Wednesdays** 2:15-4 p.m.
Walter Reed [Drop-In](#)

Cornhole

NEW

All skill levels are welcome to join in this fun lawn game. We will play in the gym and if weather permits we will move outside to Arlington Mill's courtyard.

- **Fridays** 2-4 p.m.
Arlington Mill [Drop-In](#)

DROP-INS & REGISTRATION

Drop-in classes are ongoing programs that participants can join anytime with a valid 55+ Pass. Any program listed as a drop-in does not require pre-registration. All programs have a capacity limit and may fill up. Unless designated as drop-in, all programs require pre-registration. Registration automatically closes two business days prior to the start of the program. For questions, contact the Administrative Services Office at 703-228-4747.

INDOOR

55+ Ice Skating

Senior hours held weekly at the MedStar Capitals Iceplex in Ballston. Plenty of parking (\$1) on roof level 8 of the Ballston Common Mall parking garage. Fee includes skates: \$1. Skate times subject to change; pre-registration is required. Please visit <https://www.medstarcapitalsiceplex.com> to register for Senior Public Skate.

- **Mondays** 8:10-9:10 a.m.
MedStar Capitals Iceplex [Drop-In](#)

Billiards

Join in on fun, casual games of billiards with 55+ friends. Players of all levels and abilities are welcome.

- **Mondays – Fridays** 10 a.m.-12 p.m.
Walter Reed [Drop-In](#)

Table Tennis

Players of all levels and abilities are welcome to participate in friendly games.

- **Mondays – Fridays** 10 a.m.-12 p.m.
Walter Reed [Drop-In](#)
- **Tuesdays** 10 a.m.-12 p.m.
Arlington Mill [Drop-In](#)

Volleyball

Friendly games of drop-in volleyball provide fun and exercise. Both beginners and experienced players are welcome. **No program 8/16 and 8/25.**

- **Tuesdays** 3-5 p.m.
Langston-Brown [Drop-In](#)
- **Thursdays** 2-4 p.m.
Lubber Run [Drop-In](#)

55+ Basketball

A pick-up game of basketball is just what the doctor ordered. Join us for some full court press with a group of welcoming and supportive players. All skill levels are welcome. No instruction provided.

- **Wednesdays** 12-2 p.m.
Walter Reed [Drop-In](#)

BRAIN PLAY

Women's Drop-In Basketball

Lace up your sneakers and play basketball with other women. Bring both white and dark shirts and a basketball.

- **Wednesdays** 7-9 p.m.
Langston-Brown [Drop-In](#)



OUTDOOR

55+ "Tour de Friends" Bike Club

Stay active with friendly biking companions. We'll explore nearby trails and neighborhoods in a safe, socially distant manner. Ride distances are between 10-25 miles; durations vary. Destinations may be changed or excursions cancelled for inclement weather.

- **June 9** **Thursday** 9 a.m.-12 p.m.
Bluemont to Vienna [#914206-01](#) 1 session
- **June 14** **Tuesday** 9 a.m.-12 p.m.
The View in Rosslyn & Arlington Loop [#914206-02](#) 1 session
- **June 23** **Thursday** 9 a.m.-12 p.m.
Meadowlark Botanical Gardens [#914206-03](#) 1 session
- **June 29** **Wednesday** 10 a.m.-1 p.m.
Nationals Park [#914206-04](#) 1 session
- **July 12** **Tuesday** 9 a.m.-12 p.m.
Old Town Alexandria [#914206-05](#) 1 session
- **July 22** **Friday** 9 a.m.-12 p.m.
Vienna to Leesburg [#914206-06](#) 1 session
- **July 29** **Friday** 9 a.m.-12 p.m.
Long Bridge Aquatic Center [#914206-07](#) 1 session
- **Aug. 6** **Saturday** 7:30-9:30 p.m.
DC Monuments at Night [#914206-08](#) 1 session
- **Aug. 12** **Friday** 9 a.m.-12 p.m.
Rock Creek Park [#914206-09](#) 1 session
- **Aug. 18** **Thursday** 9 a.m.-12 p.m.
Explore Del Rey [#914206-10](#) 1 session

Bilingual Bingo

NEW

Los invitamos a que nos acompañen de una mañana de Bingo mientras lanzamos el Primer Programa Hispano en el Centro Comunitario de Lubber Run. Venga y juegue Bingo mientras conversa con sus amigos y disfrute de refrigerios y fabulosos premios.

Please join us for a morning of bilingual BINGO.

Play BINGO, chat with friends and enjoy refreshments and prizes sponsored by the Lubber Run Advisory Committee.

- **June 15** **Wednesday** 10-11 a.m.
Lubber Run [#914600-01](#) 1 session
- **July 20** **Wednesday** 10-11 a.m.
Lubber Run [#914600-02](#) 1 session
- **Aug. 24** **Wednesday** 10-11 a.m.
Lubber Run [#914600-03](#) 1 session

Travel Trivia

Travel the far reaches of the globe with this stimulating trivia challenge. Connect with 55+ friends and meet new people along the way.

- **June 2** **Thursday** 11 a.m.-12:30 p.m.
Virtual [#914600-04](#) 1 session
- **July 7** **Thursday** 11 a.m.-12:30 p.m.
Virtual [#914600-05](#) 1 session
- **Aug. 4** **Thursday** 11 a.m.-12:30 p.m.
Virtual [#914600-06](#) 1 session

Canasta

Canasta is a fun and easy to learn card game. If you've never played or haven't played in years, these dedicated players will be glad to teach you or help brush up your skills.

- **Wednesdays** 10 a.m.-12 p.m.
Walter Reed [Drop-In](#)

Chess

Players of all levels and newcomers welcome. Join the camaraderie and enjoy the mental challenge. Chess Master Macon Shibut presents a discussion on strategies and famous moves. Games follow the lecture.

- **Mondays** 9:30 a.m.-2:30 p.m.
Madison [Drop-In](#)

Cribbage

Cribbage is a classic yet challenging game. Although it may seem intimidating at first, Cribbage is very easy to learn and play, especially in this supportive group environment. Instruction will be provided.

- **Fridays** 10 a.m.-12 p.m.
Walter Reed [Drop-In](#)

Jeopardy

Play America's favorite quiz game and test your knowledge. First Monday of the month: June 6, July 11 (date change due to July 4th holiday) and Aug. 1. Led by volunteer Jacquie Stead.

- **First Mondays** 2-3 p.m.
Aurora Hills [Drop-In](#)

Introduction to Mah Jongg

NEW

Learn how to play American Mah Jongg in this five-part series of classes taught by seasoned players David and Diane Litman. Mah Jongg cards will be provided for training purposes only. **Deadline to register is July 25.**

- **Aug. 1 - 29** Mondays 1-2:30 p.m.
Aurora Hills [#914600-07](#) 5 sessions

Mah Jongg

Mah Jongg, played with special tiles, depends on strategy and calculation and is surprisingly addictive. Beginners will master the basic principles easily and are soon devoted to honing skills with greater practice and enjoyment. There are two versions, American and Chinese, with several key differences: American style completes prescribed sets of hands as published yearly by the National Mah Jongg League; Chinese style follows ancient rules allowing more flexibility of tile combinations.

American Style

- **Mondays** 10 a.m.-12 p.m.
Aurora Hills [Drop-In](#)
- **Mondays** 12-4 p.m.
Walter Reed [Drop-In](#)
- **Tuesdays** 1:30-3:30 p.m.
Madison [Drop-In](#)
- **Thursdays** 12-4 p.m.
Walter Reed [Drop-In](#)
- **Saturdays** 12-4 p.m.
Walter Reed [Drop-In](#)

Chinese Style

- **Thursdays** 9:30-11:30 a.m.
Langston-Brown [Drop-In](#)

**CENTERS CLOSED:
MONDAY, JUNE 20
AND MONDAY, JULY 4
FOR HOLIDAYS**

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** 10 a.m.-12 p.m.
Walter Reed [Drop-In](#)
- **Wednesdays** 1:30-2:30 p.m.
Walter Reed [Drop-In](#)

Pinochle

Players score points by taking tricks and forming combinations from a special deck of cards. Enjoy strategizing, teamwork, counting and socializing.

- **Mondays & Fridays** 12:30-3 p.m.
Langston-Brown [Drop-In](#)



Rummikub

The original rummy tile-based game combines elements of gin rummy and Mah Jongg. **No program 6/14 and 8/23.**

- **Mondays – Fridays** 11 a.m.-1 p.m.
Arlington Mill [Drop-In](#)
- **Tuesdays** 9:30-11:30 a.m.
Langston-Brown [Drop-In](#)
- **Tuesdays** 1-3 p.m.
Lubber Run [Drop-In](#)
- **Saturdays** 10 a.m.-12 p.m.
Arlington Mill [Drop-In](#)

Scrabble

If you like words and can spell correctly most of the time, Scrabble is the game for you. The competition is friendly and coaching is available for new players or those that haven't played in a long time.

- **Wednesdays** 1-2 p.m.
Langston-Brown [Drop-In](#)
- **Fridays** 10 a.m.-3 p.m.
Walter Reed [Drop-In](#)

Skip-Bo Instruction and Open Play **NEW**

Skip-Bo is the ultimate sequencing card game! Join experienced player Brittany Miller to learn strategies to create sequencing stacks of cards while using Skip-Bo "wild" cards to keep the game interesting. Group will start meeting on 6/16. **No program 8/18.**

- **Thursdays** 1:30-3 p.m.
Lubber Run [Drop-In](#)

Spades **NEW**

Spades is a fun card game for all ages. Come socialize and play this game of strategy and teamwork. Instruction is provided; all skill levels are welcome.

- **Wednesdays** 2:30-4 p.m.
Arlington Mill [Drop-In](#)

Sudoku

Looking for new techniques and skills for solving Sudoku puzzles? Join us in solving challenging Sudoku puzzles in a group setting. Bring your own special methods and share favorite puzzles with others. We all benefit from each other's expertise. Meets first Thursdays.

- **First Thursdays** 1:30-3:30 p.m.
Lubber Run [Drop-In](#)

NVSO TO CELEBRATE 40TH ANNIVERSARY



2022 marks the 40th Anniversary of the Northern Virginia Senior Olympics (NVSO)

This year's competition will take place September 10-24. Online registration will open July 6 and close August 31. The registration fee is \$20, which covers an unlimited number of events. Visit www.nvso.us for a registration form, the full schedule of events, locations, rules, and eligibility information.

Volunteers are Needed to Assist with Events

Both participants and non-participants are eligible to volunteer. For more information, email nvso1982@gmail.com or contact Sidney Reid, Arlington's representative on the NVSO committee, at 703-228-4756 or sreid@arlingtonva.us.

NVSO is sponsored by the cities of Alexandria, Fairfax and Falls Church and the counties of Arlington, Fairfax, Loudoun, Fauquier and Prince William. To contact NVSO, email nvso@gmail.com.

Social Bridge

Bridge is highly regarded as a great way to keep the brain fine-tuned. Join like-minded people to sharpen your skills. Social Bridge features a group of congenial players who play contract bridge with different partners weekly.

- **Mondays & Fridays** 12-3 p.m.
Lubber Run [Drop-In](#)
- **Wednesdays** 12:30-3:30 p.m.
Walter Reed [Drop-In](#)
- **Thursdays** 10 a.m.-1 p.m.
Lubber Run [Drop-In](#)

Drop-in Bridge

Stop by for a game of bridge with friendly players. Instruction is not provided, but this is a great opportunity to practice! No partners are required and all skill levels are welcome to join in.

- **Tuesdays** 10 a.m.-12 p.m.
Madison [Drop-In](#)

Bridge Practice

Join volunteer instructors Linda and Steve Robinson for lessons on Bridge in a very friendly atmosphere to practice playing the game and get your questions answered.

- **Tuesdays** 2-4 p.m.
Walter Reed [Drop-In](#)

Escape Room

Escape rooms are games that comprise a series of puzzles you must solve. Discover clues and find answers as a team to “escape” in this adventure. Sign up on your own and join another group or gather some friends and sign up as a team.

- **July 26** Tuesday 5:30-6:30 p.m.
Walter Reed [#914601-01](#) 1 session
- **July 26** Tuesday 6:30-7:30 p.m.
Walter Reed [#914601-02](#) 1 session
- **July 26** Tuesday 7:30-8:30 p.m.
Walter Reed [#914601-03](#) 1 session
- **Aug. 30** Tuesday 5:30-6:30 p.m.
Walter Reed [#914601-04](#) 1 session
- **Aug. 30** Tuesday 6:30-7:30 p.m.
Walter Reed [#914601-05](#) 1 session
- **Aug. 30** Tuesday 7:30-8:30 p.m.
Walter Reed [#914601-06](#) 1 session

FOURSOME BRIDGE

A team of four is needed to begin a game. For more information contact the center at 703-228-5722.

- **Wednesdays** 10 a.m.-12 p.m.
Aurora Hills [Drop-In](#)

LANGUAGES

Spanish Conversation

This is a fun opportunity to meet people, practice vocabulary and speak Spanish. Enjoy different topics as you hone your skills and build confidence speaking Spanish. Some instruction is provided; beginners are welcome. Meets the first and third Mondays of the month. *No program 6/20 and 7/4.*

- **First & Third Mondays** 11:30 a.m.-1 p.m.
Arlington Mill [Drop-In](#)

French Conversation

Do you speak French, but want to hone your skills? This friendly group with knowledge of the language will welcome you to their weekly dialogues. These sociable gatherings provide a chance to participate in lively discussions in French on topics that are easy to discuss and of interest to all.

- **Wednesdays** 2-3 p.m.
Langston-Brown [Drop-In](#)

Italian Conversation

If you have spoken Italian before and want to continue with this romantic language, please consider joining this group.

- **Thursdays** 2-3 p.m.
Langston-Brown [Drop-In](#)

German Conversation

Sprechen Sie Deutsch? Join this cordial group of people with knowledge of the language in a weekly dialogue. Stimulating and sociable gatherings provide lively discussions in German on topics that are easy to discuss and of interest to all.

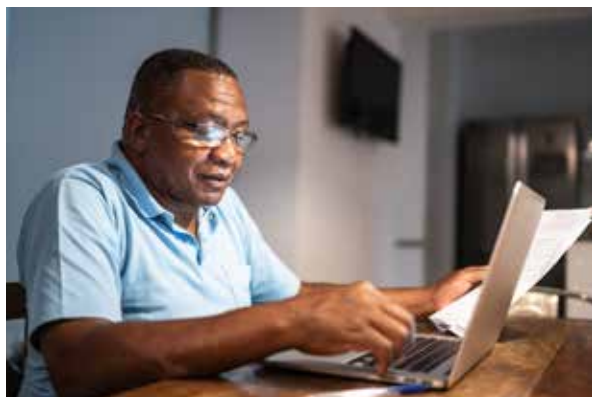
- **Fridays** 10 a.m.-12 p.m.
Langston-Brown [Drop-In](#)

SERVICES

Hearing Screening

Bonnie O'Leary, certified peer mentor and hearing loss support specialist from Northern Virginia Resource Center for Deaf and Hard of Hearing Persons, will conduct individual thirty minute hearing screenings. Must pre-register.

• Aug. 31	Wednesday	Walter Reed
10-10:30 a.m.	#914900-01	1 session
10:30-11 a.m.	#914900-02	1 session
11-11:30 a.m.	#914900-03	1 session
11:30 a.m.-12 p.m.	#914900-04	1 session
12-12:30 p.m.	#914900-05	1 session
12:30-1 p.m.	#914900-06	1 session
1-1:30 p.m.	#914900-07	1 session
1:30-2 p.m.	#914900-08	1 session



INTERNET ACCESS FOR ARLINGTON SENIORS!

If you need assistance paying for high-speed broadband, the [Alliance for Arlington Senior Programs](#) may be able to help. The Alliance has partnered with [Comcast Internet Essentials](#) to help with the cost of high-speed broadband Internet connection for Arlington seniors who qualify. Want to know if you are eligible? Send your name and phone number to The Alliance for Arlington Senior Programs, P.O. Box 5184, Arlington, Virginia 22205 or email FriendsOfTheAlliance@gmail.com. For more information, visit friendsofthealliance.org.

Mac, iPhone, iPad

Learn how to use your Apple products including Mac computers, iPad and iPhone or just get your questions answered. Must pre-register for an individual appointment with Lowell Nelson, volunteer and experienced Apple user.

• June 22	Wednesday	Aurora Hills
10-10:45 a.m.	#914900-09	1 session
10:45-11:30 a.m.	#914900-10	1 session
11:30 a.m.-12:15 p.m.	#914900-11	1 session
• June 29	Wednesday	Aurora Hills
10-10:45 a.m.	#914900-12	1 session
10:45-11:30 a.m.	#914900-13	1 session
11:30 a.m.-12:15 p.m.	#914900-14	1 session
• July 6	Wednesday	Aurora Hills
10-10:45 a.m.	#914900-15	1 session
10:45-11:30 a.m.	#914900-16	1 session
11:30 a.m.-12:15 p.m.	#914900-17	1 session
• July 13	Wednesday	Aurora Hills
10-10:45 a.m.	#914900-18	1 session
10:45-11:30 a.m.	#914900-19	1 session
11:30 a.m.-12:15 p.m.	#914900-20	1 session
• July 20	Wednesday	Aurora Hills
10-10:45 a.m.	#914900-21	1 session
10:45-11:30 a.m.	#914900-22	1 session
11:30 a.m.-12:15 p.m.	#914900-23	1 session
• July 27	Wednesday	Aurora Hills
10-10:45 a.m.	#914900-24	1 session
10:45-11:30 a.m.	#914900-25	1 session
11:30 a.m.-12:15 p.m.	#914900-26	1 session
• Aug. 3	Wednesday	Aurora Hills
10-10:45 a.m.	#914900-27	1 session
10:45-11:30 a.m.	#914900-28	1 session
11:30 a.m.-12:15 p.m.	#914900-29	1 session
• Aug. 10	Wednesday	Aurora Hills
10-10:45 a.m.	#914900-30	1 session
10:45-11:30 a.m.	#914900-31	1 session
11:30 a.m.-12:15 p.m.	#914900-32	1 session

Samsung Phone Help

Are you having issues with your Samsung Android-operated phone or device? Join Arlington Mill 55+ Center Director Shettima Abdulmalik for an insightful class on Samsung basics. Come prepared with device-specific questions as the session will be largely Q&A.

• June 8	Wednesday	5:30-6:30 p.m.
Arlington Mill	#914900-33	1 session
• July 12	Tuesday	1-2 p.m.
Arlington Mill	#914900-34	1 session



Steps or heavy walking;
wear comfortable shoes



Lunch or shopping on your own;
bring extra money



Activity is outdoors;
dress accordingly



Ticketed Event

JUNE 2022



Wed., June 1—Mormon Temple and Westfield Wheaton Shopping Center

Kensington, MD: Take advantage of this very special opportunity to view the inner sanctum of the Mormon Temple, open to the public for the first time in 50 years. The tallest Mormon temple in the world, this unique structure is a landmark most of us have seen only from the outside while driving on the Beltway. Experience this memorable, once-in-a-lifetime visit with a self-guided tour followed by lunch and shopping on your own at the Westfield Wheaton Shopping Center.

BAR 9:00 a.m., MAD 9:30 a.m., return 4:10 p.m.
#902206-01 **\$10 Arlington County**
\$12 Out-of-County



Fri., June 3—Mormon Temple and Westfield Wheaton Shopping Center

Kensington, MD: Take advantage of this very special opportunity to view the inner sanctum of the Mormon Temple, open to the public for the first time in 50 years. The tallest Mormon temple in the world, this unique structure is a landmark most of us have seen only from the outside while driving on the Beltway. Experience this memorable, once-in-a-lifetime visit with a self-guided tour followed by lunch and shopping on your own at the Westfield Shopping Center in Wheaton.

WR 9:00 a.m., MAD 9:30 a.m., return 4:10 p.m.
#902206-02 **\$10 Arlington County**
\$12 Out-of-County



Sun., June 5—Secret Garden Tour

Annapolis, MD: Enjoy a lovely, self-guided walking tour of sixteen private gardens in historic Murray Hill, the area between West Street and Spa Creek in Annapolis. This 130-year-old community has a beautiful collection of homes built in various periods and architectural styles and magnificent private gardens to explore. Tour and lunch on your own.

WR 10:25 a.m., MAD 10:55 a.m., return 6:30 p.m.
#902206-03 **\$54 Arlington County**
\$62 Out-of-County



Tues., June 7—Leesburg Premium Outlets

Leesburg, VA: Shop all your favorite brands and styles for less at Leesburg Premium Outlets. Shopping and lunch on your own.

BAR 9:30am, MAD 10:00am, return 4:30pm
#902206-04 **\$10 Arlington County**
\$12 Out-of-County



Fri., June 10—A Day in Annapolis

Annapolis, MD: Explore scenic, historic Annapolis, Maryland's state capital. Annapolis was the nation's first capital and boasts the oldest state capitol building in continuous use. Situated on the Severn River leading to the Chesapeake Bay, Annapolis is home to the U.S. Naval Academy and is a major center for boating and sailing. Saunter around the City Dock, shop, eat lunch on your own at one of Annapolis' fabulous restaurants, visit the city's historic homes and sites and venture through its charming colonial streets.

GUN 10:25 a.m., MAD 10:55 a.m., return 6:00 p.m.
#902206-05 **\$10 Arlington County**
\$12 Out-of-County



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 Walter Reed, parking is in the back lot behind the center and pick-up is in the front of the center. At Barcroft, parking is in the garage and pick-up is in the front of the center. At Gunston, parking is near the Lang Street entrance and not by the community center and pick-up is on the sidewalk by the community center and school. At Madison, parking is in regular lots and pick-up is in the front of the center.



Mon., July 11—National Museum of the Marine Corps

Triangle, VA: Explore over 200 years of Marine Corps history and the Marines' tremendous commitment, accomplishments and sacrifices starting with the American Revolutionary War. Tour and lunch on your own.

MAD 8:30 a.m., GUN 9:00 a.m., return 3:30 p.m.

#902207-02

\$10 Arlington County

\$12 Out-of-County



Tues., July 12—"The Woman in White: Joanna Hiffernan and James McNeill Whistler" Exhibit at the National Gallery of Art

Washington, DC: This exhibit explores James McNeill Whistler's 20-year association with Joanna Hiffernan, her influence on his life and work, and his images of her, including three famous "Symphony in White" paintings that are being shown together in the U.S. for the first time. Tour and lunch on your own.

MAD 9:30 a.m., BAR 10:00 a.m., return 3:30 p.m.

#902207-03

\$11 Arlington County

\$13 Out-of-County



Fri., July 15—"Whistler to Cassatt: American Painters in France" Exhibit at the Virginia Museum of Fine Arts

Richmond, VA: Tour the "Whistler to Cassatt: American Painters in France" exhibit, showcasing the work of late 19th and early 20th century painters who left the U.S. as expatriates and came back as some of the greatest influencers to shape the course of American art. Also explore the treasured Mellon Collection of French Impressionist and Post-Impressionist works which recently returned to the museum after traveling nationally and internationally for the past four years. Lunch at the museum's Best Café on your own.

MAD 6:30 a.m., BAR 7:00 a.m., return 6:00 p.m.

#902207-04

\$37 Arlington County

\$39 Out-of-County



Thurs., June 16—Philadelphia Flower Show

Philadelphia, PA: Refresh and recharge at the nation's largest and longest-running horticultural event. This year's theme, "In Full Bloom," focuses on the restorative and healing power of nature, plants and flowers. Surround yourself with the splendor of nature and explore how it can promote good health, well-being and passion for life. Tour and dine on your own.

BAR 8:00 a.m., MAD 8:30 a.m., return 8:45 p.m.

#902206-06

\$98 Arlington County

\$113 Out-of-County



Fri., June 24—Dutch Village Farmers Market

Upper Marlboro, MD: Shop an array of products from Lancaster County, Pennsylvania without the long trip! Choose from a fabulous selection of fresh produce, meats, cheeses, candies, baked goods, Amish crafts, furniture and more, brought to you directly from Pennsylvania Dutch Country.

MAD 7:50 a.m., GUN 8:20 a.m., return 12:40 p.m.

#902206-07

\$7 Arlington County

\$8 Out-of-County



Sat., June 25—Hollywood Casino

Charles Town, WV: Try your luck and have some fun at this Las Vegas-style casino with the latest slot machines, table games, live poker room and Sportsbook kiosks. Play and dine on your own.

WR 10:00 a.m., MAD 10:30 a.m., return 7:00 p.m.

#902206-08

\$11 Arlington County

\$13 Out-of-County

JULY 2022



Fri., July 8—National Aquarium and Baltimore's Inner Harbor

Baltimore, MD: Dive deeply into award-winning exhibits about unique aquatic habitats and animals bound together by water. After a morning of undersea adventures, enjoy strolling along Baltimore's Inner Harbor and shopping and dining on your own.

MAD 7:20 a.m., BAR 7:50 a.m., return 6:30 p.m.

#902207-01

\$45 Arlington County

\$52 Out-of-County

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 for 55+ trips.



Tues., July 19—Library of Virginia

Richmond, VA: The Library of Virginia, established in 1823, holds the largest collection of materials on Virginia government, history and culture. Tour the facility and exhibitions or conduct your own genealogical research using the Library's extensive records such as census, birth, death and marriage records. Tour on your own. Lunch on your own in Carytown, a vibrant, popular area for shopping, dining and entertainment in the heart of Richmond.

MAD 6:30 a.m., BAR 7:00 a.m., return 6:30 p.m.
#902207-05 **\$19 Arlington County**
\$22 Out-of-County



Thurs., July 21—"Majolica Mania" Exhibit at The Walters Art Museum

Baltimore, MD: Once the rage in Victorian England and American home décor, majolica, an exquisite type of decorative pottery, makes a comeback in this extensive exhibit. Originating in Italy during the Renaissance, this distinctive style featured vibrantly colored decorations painted on ceramic objects covered with an opaque white tin glaze. Tour and lunch on your own.

GUN 11:30 a.m., MAD 12:00 p.m., return 7:30 p.m.
#902207-06 **\$10 Arlington County**
\$12 Out-of-County



Mon., July 25—Potomac Mills

Woodbridge, VA: Bargains and discounts on your favorite brands await you at Potomac Mills outlet center. Shop and dine on your own.

MAD 10:15 a.m., WR 10:45 a.m., return 4:45 p.m.
#902207-07 **\$11 Arlington County**
\$13 Out-of-County



Fri., July 29—Museum of the Bible

Washington, DC: Immerse yourself in the Bible and its history through powerful interactive exhibits at the Museum of the Bible, which opened in 2017. Tour and lunch on your own.

MAD 9:20 a.m., BAR 9:50 a.m., return 3:30 p.m.
#902207-08 **\$22 Arlington County**
\$25 Out-of-County



AUGUST 2022

Fri., Aug. 5—"Block by Block: Naming Washington" and "Watergate: Portraiture and Intrigue" Exhibits at the National Portrait Gallery

Washington, DC: Portraits and images from the museum's collection bring history to life in these exhibits. In "Block by Block: Naming Washington," discover the historical figures for whom Washington, DC's most familiar streets, avenues, neighborhoods and other public spaces are named. And in "Watergate: Portraiture and Intrigue," revisit the scandal's key players and ponder critical questions about the limits of presidential power and the role of the media that still resonate today, fifty years later. Tour and lunch on your own.

MAD 11:00 a.m., GUN 11:30 a.m., return 5:00 p.m.
#902208-01 **\$9 Arlington County**
\$10 Out-of-County



Tues., Aug. 9—"Blacklist: The Hollywood Red Scare" Exhibit at the Jewish Museum of Maryland

Baltimore, MD: Through personal narratives of people in the film industry who were blacklisted, members of the House Un-American Committee and film executives of the time, this exhibit explores questions of fundamental First Amendment freedoms of artistic expression, speech, religion and assembly that are still relevant today. It also examines the definition then and now of what it means to be a patriotic American. After touring the exhibit on your own, enjoy time on your own at the scenic Inner Harbor, strolling, shopping and/or dining.

MAD 8:50 a.m., BAR 9:20 a.m., return 6:00 p.m.
#902208-02 **\$19 Arlington County**
\$22 Out-of-County



Fri., Aug. 12—Eastern Market and The Municipal Fish Market at the Wharf

Washington, DC: Visit the Eastern Market building, a National Historic Landmark, located in the heart of the historic Capitol Hill neighborhood. Shopping opportunities abound for fresh food, baked goods, fine meats, cheeses, produce and handmade arts and crafts in a vibrant, trendy setting. Follow up with shopping at another legendary market, The Municipal Fish Market at the Wharf, the oldest open-air fish market in continuous use in the U.S. Look for fresh fish, crabs and cooked seafood beyond compare. Dine on your own at The Wharf.

MAD 8:00 a.m., GUN 8:30 a.m., return 2:15 p.m.
#902208-03 **\$9 Arlington County**
\$10 Out-of-County



Mon., Aug. 15—Tanger Outlets

National Harbor, MD: Shop for your favorite name brands at the Tanger Outlet stores at National Harbor. Be sure to also take in the breathtaking waterfront views. Shop and lunch on your own.

MAD 10:40 a.m., WR 11:10 a.m., return 5:00 p.m.
#902208-04 **\$10 Arlington County**
\$13 Out-of-County



Fri., Aug. 19—Tour of the New Lucy Burns Museum

Lorton, VA: A turning point in the struggle for women's voting rights happened in our own backyard—at the Lorton Workhouse at Occoquan. The brutal treatment of Lucy Burns and other peaceful protesters at the prison turned the tide of public opinion, leading to passage of the Nineteenth Amendment. Discover the history of the women's suffrage movement and the Night of Terror through a guided tour of this new museum. Dine in historic Occoquan on your own.

MAD 10:40 a.m., GUN 11:10 a.m., return 6:00 p.m.
#902208-05 **\$22 Arlington County**
\$25 Out-of-County



Wed., Aug. 24—National Museum of the U.S. Army

Ft. Belvoir, VA: Tour this new museum, the first comprehensive national museum to capture, display and interpret over 245 years of Army history, as seen through the eyes of American soldiers. Lunch on your own at the Museum Café.

MAD 9:30 a.m., BAR 10:00 a.m., return 3:30 p.m.
#902208-06 **\$10 Arlington County**
\$13 Out-of-County



Sat., Aug. 27—Congressional Cemetery Civil War Walking Tour

Washington, DC: This guided walking tour of Congressional Cemetery on Capitol Hill focuses on the stories of prominent Civil War military and political leaders who are buried there. Lunch on your own at one of the many excellent restaurants in Shirlington.

MAD 9:50 a.m., WR 10:20 a.m., return 4:10 p.m.
#902208-07 **\$19 Arlington County**
\$22 Out-of-County

REGISTRATION FOR 55+ TRIPS:

The registration process for 55+ trips has been streamlined. It will now start on the same days and follow the same procedures as general registration for all 55+ programs. **Arlington residents** may begin to sign up on Wednesday, May 25 at 10 a.m. **Out-of-County residents** may begin on Thursday, May 26 at 10 a.m. There is no longer a separate registration process for trips.

You may register [online](#), by phone or in person beginning on the appropriate date. Detailed step-by-step instructions for registering online are provided on pg. 41 of the Guide. To register by phone, please call the Administrative Services at 703-228-4747. The 55+ Travel Program will no longer be handling phone registration. If you wish to register in person, you may do so at the Administrative Services, located at the Lubber Run Community Center, 300 N. Park Dr., Arlington.

COMMUNITY PARTNERS

THE ALLIANCE FOR ARLINGTON SENIOR PROGRAMS

The Alliance for Arlington Senior Adult Programs (AASP) continues to support 55+ Program activities, such as 55+ Fitness Day, the Variety Show, healthy cooking classes, Acoustic Café and the new Internet Access for Arlington Seniors Project.

We would like to thank the many 55+ Program members who have made donations to the Alliance since our last appeal for help. We have been able to provide Internet access to a number of needy Arlington seniors at no cost to them and have begun additional computer classes at the Arlington Mill and Langston-Brown Centers.

If you are a past supporter, we are asking you to help once again. If you have never given before, your help is especially important. Visit friendsofthealliance.org to donate or send a check to: The Alliance for Arlington Senior Programs, P.O. Box 5184, Arlington, VA 22205



IS ANV RIGHT FOR YOU?

Arlington Neighborhood Village (ANV) is a community-based non-profit organization that helps older adults stay in their homes and community as they age. ANV volunteers provide the extra help a member might need: a ride to a medical appointment, running an errand, help on the computer or someone to get up on a ladder to change a lightbulb! During the pandemic, these services have been even more important. To learn more about ANV, call 703-509- 8057, email info@arlnvil.org or visit www.arlnvil.org.

Everyone is invited to join ANV's weekly **Coffee and Conversation speaker series on Wednesdays at 10 a.m.** Go to www.arlnvil.org/calendar to learn more and get the Zoom link. You can also join us to learn more about volunteering with ANV or becoming a member on **Wednesday, June 29** at 11:30 a.m. at Aurora Hills; look in this guide on page 14 for registration information.



Arlington Neighborhood Village
Making Arlington your home for a lifetime

ENCORE LEARNING

Encore Learning provides people over age 50 with high-quality lifelong learning and social opportunities at a reasonable cost. Encore Learning offers daytime, college-level courses, clubs and special events.

We offer multiple [clubs](#) which run year round as well as free special events you can attend via Zoom. Some Encore Learning Presents events in the upcoming months include: Rob Boston on Separation of Church and State on June 13 and a Panel on Asian Art on July 7. All free special events are on Mondays from 3:00 to 4:30 pm. Want to find out more about events? Check out our [events page](#) for more details.

We are looking forward to the Fall 2022 semester which will offer more than 30 virtual, in-person, and outdoor classes. The Fall catalog will be online in early August.

Stay connected with us and learn about all of our activities by subscribing to our newsletter on the [Encore Learning website](#). Membership is \$65/year. For more information or to become a member, visit www.EncoreLearning.net or email us at info@encorelearning.net.



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 above), 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.

Refund Policy For Fee-Based Classes

Refunds must be requested through Administrative Services at 703-228-4747.

Full refunds for 55+ classes are made automatically when classes are canceled by 55+ due to insufficient enrollment or other unforeseen reasons, or upon request when schedule or location changes made by 55+ prohibit or limit attendance. Refunds for medical reasons must be accompanied by a physician's note and are considered on a case-by-case basis.

The 2.5% credit card surcharge is nonrefundable unless the program or reservation is canceled by the Department of Parks and Recreation (DPR). Any bank fees incurred as a result of an e-check, due to insufficient funds or incorrect account information, will not be refunded under any circumstance.

Customers who request a refund within 48 hours after the first class for any reason other than those stated above will receive a full refund minus a \$20 service charge. Credit card charges will be refunded directly to the credit card, by request. No refunds or credits will be given after the second class has started, or if a customer is unable to attend a one-session class or workshop. No refunds are given for fees less than \$20. 55+ Programs adheres to DPR policies..

Arlington County 55+ GUIDE is a publication of the Arlington County Department of Parks and Recreation Office of 55+ Programs serving adults ages 55 and over. Arlington County's Department of Parks and Recreation is one of the 145 agencies (of more than 8,000) in the U.S. to have received national accreditation from the Commission for Accreditation of Parks and Recreation Agencies (CAPRA) by meeting 151 standards.

Registration Opens:

- May 25 at 10 a.m. (Arlington County)
- May 26 at 10 a.m. (Out-of-County)

- 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.

We aim to please.

Our vision for Arlington is a happy and healthy place to live, learn, work and play. To make this a reality, our mission is to promote wellness and vitality through dynamic programs and attractive public spaces.

Jennifer Collins / 55+ Program Manager
jcollins@arlingtonva.us

Senior Adult Council Executive Committee

Vera Libeau / Chair

Sue Lang / Vice Chair

Sandi Steinberg / Secretary

Valerie Turner / Treasurer

Marilyn Marton / Past Chair

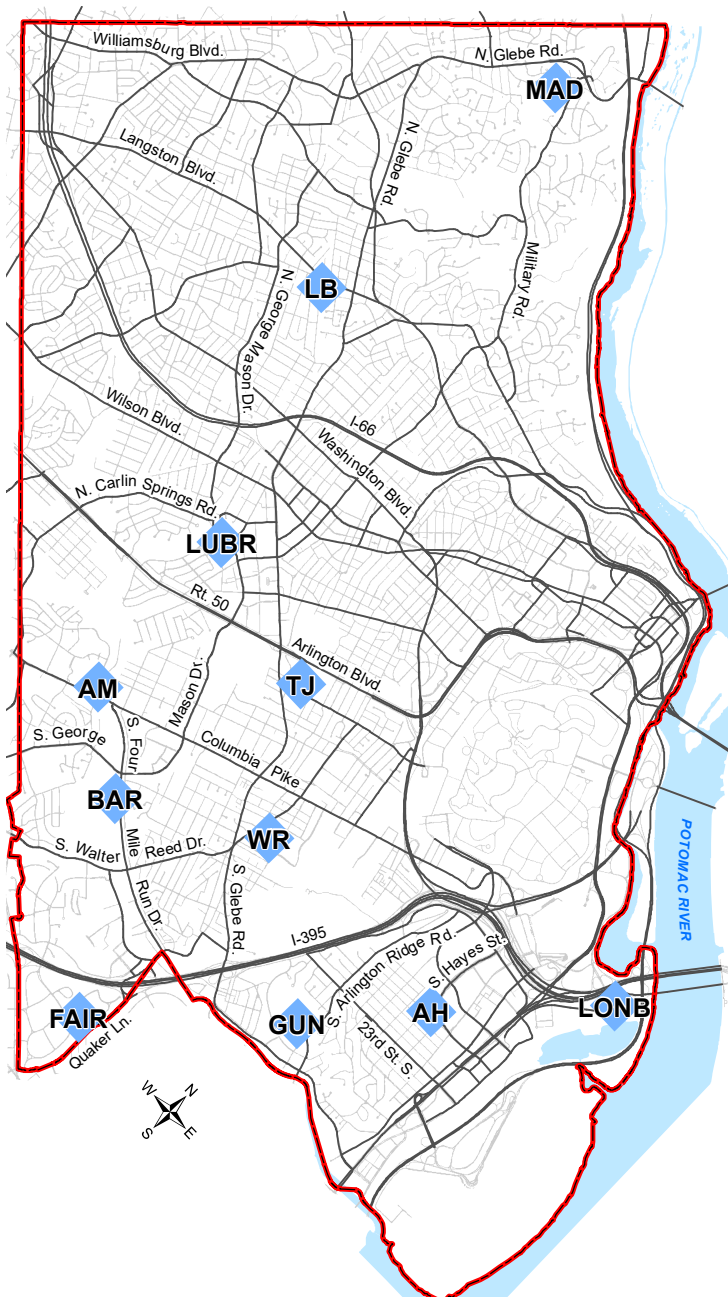


CONNECT & LOCATE

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
Shettima Abdulmalik: sabdulmalik@arlingtonva.us
M-F: 9-3, some nights/wknds
- AH Aurora Hills**
735 S. 18th Street., 22202
703-228-5722
Lila Paig: lpaig@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
Brittany Miller: bmiller1@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*

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