



FRIENDLY REMINDERS

FOR Social 60+Cafes:

- Sign yourself in on the attendance sheet daily. Make a meal and taxi reservation for the next week.
- Cancel your reservation by 8:00 a.m. on the morning of your cancellation.
- Put your daily contribution in the available envelope and then place it in the money box.

We cannot order a meal and/or send you a taxi if you have not made a reservation

Phone: 703-228-6300

Firmar la hoja de asistencia usted mismo todos los días. Hacer una reservación para comida o taxi para la siguiente semana.

Cancelar el taxi antes de las 8:00 a.m. del mismo día de La cancelación.

Depositar su diaria contribución en la caja.

No podemos ordenar una Comida o enviarle un taxi Si no ha hecho reservación Correspondiente.

Teléfono: 703-228-6300



Tai Chi Class*	Mons. & Weds.	2:45pm
Volleyball (drop-in)	Tuesday	1:30pm
Strength Training *	Mon, Fri & Wed.	11:00am-2:00pm 11:30am-2:30pm
Line Dancing (drop in)	Thursday	10:00am
Traditional Yoga*	Thursday	11:15am
Pilates	Thursday	1:15pm
Stretching	Thursday	2:30:00pm
Gentle Yoga *	Fridays	12:30pm
Chair Yoga*	Thursdays.	5:00pm
Women's Basketball* (Clinics & Games *)	Wednesdays	7:00pm

LANGUAGE GROUPS

Russian Language

Mondays 11:00am - noon

If you speak Russian and would like to join others in lively conversations - Please join us!

Spanish Dialogue

Tuesdays 1-2:30 pm

Meet people, learn a little vocabulary and help someone else learn. The group talks about various topics, and discuss various topics and current events.

French Conversation

Wednesdays 1- 3:00 pm

Practice French with a friendly group of people with advanced knowledge of the language. Interesting weekly dialogues will take place.

Italian Dialogue

Thursdays, 2-3pm

If you would like to converse in the world's most romantic language -join us for energetic and fun conversation.

German Language Conversation

Fridays 10-noon

If you speak German join this friendly group in a weekly discussion. These gatherings provide a chance to converse in German on various topics and of interesting to all.

We can provide reasonable modifications for people with disabilities upon request. *Podemos proveer modificaciones razonables conforme la Ley de Personas con Incapacidades (ADA) con previo aviso al 703-228-6300 or TTY 711.*

INCLEMENT WEATHER:

For information on cancellations and delayed openings, call our Inclement Weather Hotline at 703-228-4715 or phone your senior center. You can also check online to learn about county-wide closures and delays at <http://parks.arlingtonva.us/dpr-inclement-weather/>.

Langston-Brown Senior Center Staff 703-228-6300

Elizabeth Poole - Senior Center Director
703-228-5321

Cindy Leiva - Social 60 + Café Program Coordinator
703-228-5315

Mona Farah -Kitchen Assistant

Anne Peret - Programming Supervisor
703-228-4878



JULY 2018

LANGSTON-BROWN SENIOR CENTER
2121 N CULPEPER STREET ARLINGTON, VA.

703-228-6300

Monday – Friday - 9:00 a.m. - 3:00 p.m.

ARLINGTON COUNTY SENIOR CENTER MISSION STATEMENT

The Mission of Arlington Senior Centers is to enhance the physical and mental well-being of Arlington's diverse over 55+ populations through programs and activities fostering wellness, a sense of purpose and social involvement.

CLASSICAL MUSIC APPRECIATION

Join Serious listener, Davis Gray for a music session on Camille Saint Saens.

Monday, July 9, 1;00pm

SUMMER CINEMA

The Post – PG-13 (113 minutes)

Starring Meryl Steep as Katherine Graham and Tom Hanks as Ben Bradlee.

Wed., July 11, 2-4pm

UNDERSTANDING TRUSTS

Join Ed Zetlin, Elder Law Attorney, as he discusses how best to utilize a trust when considering your estate planning. He will explain the differences between wills and trusts.

Wed., July 18, 1-2pm

PREPAREDNESS FOR SENIORS

An emergency can happen at any time. Jennifer Meyers, Chief Watch Officer and Public Information Officer with the Office of Emergency Management, will discuss where to get information during an emergency, how to respond to specific situations and most importantly how to get started making an emergency plan for yourself.

Mon., July 23, 11am-noon

Langston-Brown, 703-228-6300

SENIOR GAMES AND MORE

Love to participate in sports? Love to travel? Consider combining these two to create a fun adventure. Join volunteer Linda Sholl in a discussion on traveling to various Senior Games, both locally and across the USA. Linda has traveled to the last 5 National Senior Games and has participated in 10 different State Senior Games creating her own fun road trips. To learn how to qualify for the 2019 National Senior Games in Albuquerque, NM. Find out what type of sports are offered. You may be surprised at what type of sports are available.

Wed., July 25, 1-2pm

LANGSTON-BROWN SENIOR CENTER WILL BE CLOSED ON WED., JULY 4TH



Want to volunteer? We are looking for new volunteers to serve on the Langston-Brown Advisory Committee for more information call 703-228-6300.

Langston-Brown Senior Center Advisory Committee

Vice Chair: Mary Cottrell

Secretary: Marlene Taylor

Treasurer: Kitty Collins