

Two valuable resources for information in Arlington County

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You can select what information you want to receive, what you do not want to receive and how you want to receive it – by either email or text.

**Helpful tools for staying informed!**



**Let Us Know You're Coming. Please register ahead!**

Even when the programs are free, we ask that you call ahead to say you plan to attend. We need to know how many to expect in order to have sufficient materials prepared and to reserve the proper-size room for the activity. Also, this allows us to call you when a program is cancelled due to low enrollment or instructor illness. We welcome you to join us, but it is tremendously helpful if you assist us in planning by calling to reserve your space – 703-228-0955.

Arlington County Department of Parks and Recreation, in an effort to eliminate barriers, develop skills, and promote inclusion and positive attitudes, is committed to promoting participation by providing reasonable modifications for individuals with disabilities upon request. Two weeks advance notice is preferred. Please call: 703-228-0955 or TTY 711

#### 55+ Pass Registration Fees:

<b>55+ Arlington County Residents:</b>	
Individual	\$20
Household	\$30
<b>Non-Arlington Resident:</b>	
Individual	\$45
Household	\$65

#### 55+ Pass Gold Registration Fees:

<b>55+ Arlington County Residents:</b>	
Individual	\$60
Household	\$90
<b>Non-Arlington Resident:</b>	
Individual	\$90
Household	\$135

You must be registered and have a current "55+ Pass" to be able to participate in our programs and classes.

Register at the front desk or online

#### Fee Reduction

You may qualify for fee reductions based on household income and size. Fee reductions on classes are available on a sliding scale. For information about eligibility and how to apply, see [www.arlingtonva.us](http://www.arlingtonva.us) (search for "fee reduction"), please call 703-228-4744, or speak to a Senior Center staff member

# Walter Reed 55+ Senior Center

OFFICE OF SENIOR ADULT PROGRAMS

703-228-0955

July 2018



2909 S. 16th Street  
Arlington, VA 22204

<http://parks.arlingtonva.us>

**LeeAnne Kaniut**  
Director

**Lucy Matzner**  
Social 60+ Program  
Coordinator

**Meaza Beraki**  
Kitchen Assistant

**Main Line**  
703-228-0955

**CENTER HOURS**  
Monday-Friday  
9am – 3pm  
Evening and  
Weekend  
programs as  
Scheduled.

**Class  
Registration  
Sign-up**  
Mon., July 2  
begins at 10am

**55+ Travel  
(In-Person) Sign-up**  
Mon., July 9  
10am-Noon

#### **From LeeAnne...**

Join me in congratulating our very own Wayne Southard, the recipient of the 55+ Leadership Award. I am sure you have seen Wayne around the center wearing one of his many hats - Advisory Committee member, Sports Sub-Committee Chair, sensory garden volunteer, croquet facilitator, beginning pickleball leader, indoor plant assistant and all-around help-out-with-whenever-there-is-a-need volunteer. Congratulations, Wayne!

Our Open House held in late May was a huge success. Many people became aware of our Social 60+ Café program. Lucy has received many calls inquiring about the program! Thank you to all those who volunteered to help!

On June 29 DHS hosted its annual Centenarian Celebration here at Walter Reed recognizing Arlington County residents over the age of 100. Here's to a Long and Happy Life Arlington County Centenarians!

Don't forget to sign up at the front desk for our Burgers and Bocce night on Tuesday, July 24, 2018 at 5pm! Fee is \$6.

#### **From Lucy...**

A huge thank you to the ladies from Arlington Adult Day Program for entertaining us in June with surprise impersonations and songs from some Motown legends such as "The Supremes" and "Patti Labelle"!!! Katrina, Winona, Jessica and Becca kept us happy and dancing all morning. Also, thank you to Michael DiGeronimo, Program Director of AADP, for sharing her staff with us that morning!

Other June highlights: summer smoothies every Friday, a Father's Day Luau and a trip to the Marine Corps Museum.

For July, Red White and Blue cupcake decorating, a trip to the Renwick Art Museum and chair volleyball with camp visitors.

## Programs

Current Events	Monday, July 2 and 16, 10-11:30am
Ukulele Strumming	Wednesday, July 18, 11am-Noon
Walk Off the Pounds	Friday, July 6, 13, 20, 27, 1:30-2:30pm
Fisherman's Forum	Monday, July 9, 10-11am
Making Smart Decisions	Tuesday, July 10, 10-11am
Funeral Costs Reviewed	Wednesday, July 11, 10-11am
Create Your Own EBay Account	Thurs., July 12, 10am-12pm
Home Improvement Basics	Thursday, July 12, 10-11am
Movie – <i>Shape of Water</i> (R)	Thursday, July 12, 3-5pm
Ukulele Strumming	Wednesday, July 18, 11am-Noon
Indoor Shuffleboard	Thursday, July 19, 3-5pm
Walter Reed Book Club	Frida, July 20, 10-11am
iPhone Basics The Class	Friday, July 20, 10-11:30am
Walter Reed Garden Group	Monday, July 30, 1-2:30pm

## Evening Programs

Ballroom Dance Blast	Monday, July 9	6:30-7:30pm
Ballroom Dance Classes	Monday evenings (beginning 16 <sup>th</sup> )	6:30-7:30pm
Bocce	Tuesday evenings	6:30-7:30pm
Ukulele Strumming	Tuesday, July 3	4:30-5:30pm
Game Night	Thursdays, July 5, 19	4:00-7:00pm
Firehouse Jam	Thursday, July 19	7:00-9:00pm

## Tech Corner

Learn Mac, iPad, iPhone	Wed., July 11, 25	9:30-11:45am
PC and iPad/iPhone Support	Thursdays	9:30-11:00am
Computer Help	Fri., July 13	4:00-5:15pm

## Services

Blood Pressure Clinic First come, first served.	Thurs., July 19	10:00-11:00am
Legal Services of Northern Virginia	Tues., July 31	10:00-11:00am

## Weekly Activities

### Mondays

Cranium Crunches	10:30-11:30am
Jeopardy	10:30-11:15am
Mah Jongg	Noon-2:00pm
Mexican Train Dominoes	- 2-4pm
Canasta	10am-Noon

### Tuesdays

Sudoku	10-10:45am
The Merrymakers	10-2pm
Bridge Practice	2-4pm
Tai Chi Practice	1-3pm

### Wednesdays

High Beginner Line Dancing	- 9:30-10:30am
Canasta	10am-Noon
Intermediate Line Dancing	- 10:30-12:00pm
Social Bridge	12:15-3pm (drop-in)

### Thursdays

Mah Jongg	12:30-3pm
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### Fridays

Cribbage	10am-Noon
Scrabble	10:15-3pm
Intermediate Line Dancing	- 1:15-3:15pm
Sunshine Gang	1-3pm
Tai Chi Practice	11:15-1pm

### Saturdays

Rummikub	10am-Noon
Mah Jongg	Noon-3:45pm

### Sundays

Yarn Circle	1-3pm
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## Sports

### Pickleball

Mondays	10am-1:15 (1 court until 10:30)
Tuesdays	10am-4:00pm
Thursdays	10:30am-4:00pm (1 court 10:30-11:30am)
Fridays	11:30am-1:15pm

### Pickleball – Absolute Beginners

Mondays	9:45-10:30am (1 court)
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### Badminton

Wednesdays	10am-Noon (1 court)
Thursdays	10:30-11:30am (1 court)

### Basketball

Wednesdays	11:45-1:30pm
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### Billiards

Mondays-Fridays	10am-Noon
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### Ping Pong

Monday-Friday	10am-Noon
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### Croquet

Fridays	10:30-Noon
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### Bocce

Tuesdays	6:30-7:30pm
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Do you love to garden? Are you looking for new ways to get your hands dirty? The Office of Senior Adults is piloting a new handicap-accessible vertical garden project at Lang Street Community Garden (off of S. Glebe Road near Gunston Middle School). If interested please reach out to Lauren Brooks: [lbrooks@arlingtonva.us](mailto:lbrooks@arlingtonva.us)