

THE VOICE OF  
THE HILLS  
JULY 2018

ARLINGTON COUNTY DEPARTMENT OF PARKS AND RECREATION  
OFFICE OF SENIOR ADULT PROGRAMS parks.arlingtonva.us

**AURORA HILLS 55+ SENIOR CENTER**

735 S. 18<sup>th</sup> ST. ARLINGTON, VA 22202 (703) 228-5722

*Hours: Monday, Wednesday, Friday 10am – 3pm (Tuesday/Thursday as scheduled)*

**YOUR 55+ PASS: PLEASE SCAN IN AT THE NEW AURORA HILLS FRONT DESK!**

ALL SENIORS PARTICIPATING IN ARLINGTON COUNTY SENIOR ACTIVITIES MUST BE REGISTERED WITH THE OFFICE OF SENIOR ADULT PROGRAMS AND YOUR 55+ PASS MUST BE CURRENT.

PLEASE REGISTER AHEAD OF TIME FOR PROGRAMS AND CLASSES.

**SIGN UP FOR THE ARLINGTON PUBLIC LIBRARY/ 55+ SUMMER  
READING CHALLENGE! – JUNE 2-SEPTEMBER 2**

Great prizes for meeting your reading goals **AND** the winning 55+ center will get an ice cream party!!!

**NEW! AURORA HILLS BOOK CLUB – First meeting: Mon., July 23, 12:15-1:30pm**

July book selection: *The Human Stain* by Philip Roth

Next Meetings: Mondays, August 13 and September 17, 12:15-1:30pm and every 2<sup>nd</sup> Monday, unless otherwise noted

**NEW! FELDENKRAIS – Mondays, July 16-September 10, 2-3pm, \$25/5 sessions**

In this gentle movement class based on the Feldenkrais Method, you will improve balance, flexibility and comfort. The exercises can reduce pain, stiffness and symptoms of arthritis and aid in recovery from injury. They will be done lying on mats with instruction and guidance from the Guild-Certified Feldenkrais Practitioner Yulia Kriskovets.

**LEGAL DISCHARGE RIGHTS – Mon., July 9, 1:30-3pm**

Navigating hospitals and skilled nursing facilities is often overwhelming and stressful. Abigail Wolf, an attorney with the Elder and Disability Law Center, will discuss the key things to know about hospital discharges, rehabilitation and skilled nursing facilities, including patient rights, limitations and pitfalls to avoid.

**BOOK DISCUSSION: THE UNDERGROUND RAILROAD – Wed., July 11, 1:30-2:30pm**

Linda Blair, a Ph.D. in American literature with forty years of experience as a high school English teacher and department chairman, will lead a lively and interactive discussion of the Pulitzer Prize-winning novel *The Underground Railroad* by Colson Whitehead. There's no need to read the book in advance--Linda will use excerpts to stimulate reflection and discussion.

**50+ EMPLOYMENT SERVICES – Fri., July 20, 12:30-1:30pm [NOTE NEW DATE!]**

If you are interested in looking for a job, seeking opportunities to give back through volunteer work, or interested in short-term or part-time work, Arlington County has some wonderful, free resources for you. Fernando Delgado, Senior Employment Specialist with the Arlington Employment Center, will discuss the services his office provides. The Center can help you find employment and volunteer opportunities within Arlington County government and beyond.

**THREE ROCK MUSIC LEGENDS – Wed., July 18, 1-2:30pm**

Carl Gold will discuss and perform songs by three rock music icons: Bob Dylan, Neil Young and Bruce Springsteen. Playing guitar and harmonica, Carl will highlight the artists' unique styles, their influences on each other, and their legendary places in musical history.

**MOVIE: TRUTH (R) – Fri., July 27, 12:30-2:30pm**

A newsroom drama about the 2004 CBS *60 Minutes* report investigating then-President George W. Bush's military service and the subsequent firestorm of criticism that cost anchor Dan Rather and producer Mary Mapes their careers.

**UPCOMING AUGUST PROGRAMS**

**The Enola Gay -- Wednesday, Aug. 1, 1:30-2:30pm**

**Arlington Makes It Easy to Vote – Wed., Aug. 8, 1:15-2:45pm**

**Keep Calm and Color On (Adult Coloring) -- Mon., Aug. 13, 12:30-1:30pm**

**Jeopardy! – Wed., Aug. 29, 1-2pm**

**Movie – Concussion (PG) -- Fri., Aug. 24, 12:30-2:30pm**

## July Ongoing Events

### Gentle Hatha Yoga Classes

*Monday, July 2 last class of session; New session July 16-Aug. 27, 10-11am \$35/7 sessions, #919072-02*

*Wednesdays, July 18-Sept. 5, 10-11am \$35/7 sessions, #919072-03*

### Cardio Tone Exercise Classes Tuesdays, 9:30 -10:30am & Thursdays 11am-12pm \$60/15 classes

Tai Chi Practice Mondays, 2-3pm Fun practice for beginner and intermediate students. Participant self-lead. Free.

The “Fast Forwards” Walking Group Friday, July 27, 8-9:30am (departs from Aurora Hills parking lot)

Line Dancing Fridays, 10:30-11:30am. Learn the basics, improve your technique and learn new dances!

Learn Mac, iPad, iPhone Wednesday, July 18, 10am-12:15pm One-on-one appointments!

Duplicate Bridge Wednesdays, 10am-1:30 pm Call for details. \$50/10 games

Foursome Bridge Wednesdays, 10am-1:30pm It’s social!

Yarn Crafters Mondays, 10am-12:30pm Items are made for local charities.

Please bring your needles or hooks with you. Patterns and yarn are supplied.

The Play’s the Thing On break for the summer.

Comedy Club 3<sup>rd</sup> Wednesday, July 18, 11:30am-12:30pm Classic comedy led by Heff Munson!

Movie: Friday, July 27, 12:30-2:30pm – Truth (R)

Note: Every effort is made to show movies with Closed Captioning (CC) or other special features. However, there may be times when these features are not available for all movies. Please see staff for more details or to notify us of your special request (at least two weeks advance notice is preferred). TTY 711

\*\*\*\*\*

### Registration for fee-based programs

**Online:** Go to <https://registration.arlingtonva.us> **By phone:** Call 703-228-4747 **In person:** Stop by any Arlington Co. Sr. Center

**By mail:** Send check (payable to Arlington County Treasurer) to Registration Office: 3700 S. Four Mile Run, Arlington VA 22206

Let us know if you have questions about the refund process for fee-based classes.

Arlington County no longer accepts American Express as payment for classes. Return Check Fee \$50.

### 55+ Travel

The Office of Senior Adult Programs offers through their 55+ Travel Office trips throughout the year. To sign up for a trip, please visit <https://registration.arlingtonva.us> or call 703-228-4748. More information can be found in the 55+ Guide.

### Fee Reduction

You may qualify for fee reductions based on household income and size. Fee reductions on classes and travel 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”), call 703-228-4744, or speak to senior center staff.

### Transportation Options

**Take a Taxi:** Senior Adult Transportation (SCAT) is Arlington’s senior center transportation service for all residents 55+.

Through SCAT, you can take pre-arranged taxicabs to and from senior adult program locations for \$2.50 each way.

For an application call 703-892-8747.

**Public Transportation:** Metro Bus 10A Metro Blue & Yellow Lines @ Pentagon City (0.4 mile walk)

\*\*\*\*\*

### Aurora Hills Advisory Committee

**Chair:** David Litman **Vice Chair:** Marge Corletti **Corresponding Secretary:** Benece Leavitt

**Treasurer:** Cathy Duthie **Recording Secretary:** Eileen Garvin-Akers

**Members:** Fran DeLuca, Marge Ginsberg

*We are recruiting - join the Advisory Committee to help make the Aurora Hills Senior Center yours!*

**Advisory Committee Meeting: Mon., July 9, 11:30am – 1pm**

**Next Advisory Committee Meeting: Mon., Aug. 20, 11:30am – 1pm**

Meetings take place on the 1<sup>st</sup> Monday of each month (unless otherwise noted) and are open to the public, but please notify staff in advance if you wish to attend.



**Senior Center Staff:** Acting Director: *Sheila Budoff*

Arlington County is committed to providing open and accessible programs. We can provide reasonable modifications for people with disabilities upon request. Call 703-228-5722 to speak with senior center staff or TTY 711.