

THE VOICE OF THE HILLS

Register online at <https://registration.arlingtonva.us>, by phone at 703-228-4747 or by mail. Send check (payable to Arlington County Treasurer) to Registration Office, 3700 S. Four Mile Run, Arlington, VA 22206. You may also register in person at any Arlington County Senior Center. Arlington County no longer accepts American Express. Return Check Fee: \$50.

We ask that you let us know if you are planning to attend a program, but drop-ins are always welcome!

ONGOING PROGRAMS:

Gentle Hatha Yoga – \$35/7 sessions
Mondays, Nov. 19-Dec. 31, 10-11am

Gentle Hatha Yoga – \$30/6 sessions
Wednesdays, Nov. 28-19-Jan. 2, 10-11am

Comedy Club –
Wed., Dec. 19, 11:30am-12:30pm

The Play's the Thing –
Friday, Dec. 14, 1:30-3pm

"Fast Forwards" Walking Group -
Dec. 28, 9-10:30am

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

Tai Chi Practice – Participant Self-Led
Mondays, 2-3pm

Line Dancing –
Fridays, 10:30-11:30am

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

Foursome Bridge – It's Social!
Wednesdays, 10am-1:30pm

Yarn Crafters –
Mondays, 10am-12:30pm

Learn Mac, iPhone, iPad –
Wednesday, Dec. 5 & 19, 10am-12:15pm

55+ Travel:

To sign up for a trip, please visit the Travel Office online 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. For information on eligibility and how to apply, search "fee reduction" at www.arlingtonva.us, call 703-228-4744, or speak to senior center staff.

Aurora Hills Advisory Committee is recruiting members! Meetings take place the first Monday of each month 11:30am-1pm and are open to the public. Notify a staff member if you wish to attend!

NEXT ADVISORY COMMITTEE MEETING:

Monday, December 3, 2018

11:30-1pm

Transportation Options

Taxi—Arlington County Senior Adult Transportation (SCAT) \$2.50 each way, call 703-892-8747 for an application

Metro Bus: 10A; **Metro:** Blue & Yellow Lines to Pentagon City (0.4 mile)

55+ Center Director: Lila Paig
Intern: Stephany Fry

Front Desk Volunteers:
Bob Jones, Patricia Emerson,
Tricia Coxe and Diana Berry

Aurora Hills Advisory Committee
Chair: David Litman **Vice Chair:** Marge Corletti
Corresponding Secretary: Benece Leavitt
Treasurer: Marge Ginsberg
Recording Secretary: Eileen Garvin-Akers
Members: Fran DeLuca, Cathy Duthie

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

Aurora Hills 55+ Center

735 S. 18th Street, Arlington, VA 22202 703-228-5722
Hours: Mon., Wed., Fri., 10am-3pm; (Tues./Thurs. as scheduled)

THE VOICE OF THE HILLS

55+ Interview Workshop- Wednesday, Dec. 5, 2-3pm
Sara Pappa, NV Falls Prevention Alliance Coordinator, will discuss causes of falls and strategies to prevent them. Please call to register.

Learn Mac, iPhone & iPad Basics: The Class- Friday, Dec. 5 and 19, 10-12:15pm
(Must call to schedule individual appointment). Lowell Nelson, experienced Apple products user, will teach you the basics and answer your questions.

How to Get More ZZZ's – Friday, Dec. 7, 2-3pm
Gerontologist Gwendolyn Beck will discuss practical strategies for developing better sleep habits. Please call to register.

iPhone & iPad Basics: The Class- Friday, Dec. 7 10-11am
Our Apple tech volunteer, Lowell Nelson, will teach a group class about how to use an iPad and iPhone. Call to register.

Aurora Hills Book Club – Monday, Dec. 10, 12:15-1:30pm
If you like to read and talk about books, come join the fun! Aurora Hills now has its own monthly book club. December's book is **Pushing Up Daisies** by M.C. Beaton

Intergenerational Story Time – Monday, Dec. 10, 1-1:30pm
The Aurora Hills Advisory Committee is seeking volunteers to share their love of reading with local preschoolers at the library for a wonderful intergenerational experience that's rewarding and fun. Please call to volunteer!

Nordic Impressions- Monday, Dec. 10, 1:30-3pm
Now at the Phillips Collection, Nordic Impressions opens up the world of Scandinavian Art to American viewers. Art Educator Joan Hart will take you on an armchair tour of its highlights. Must register- \$6/session (#919115-23)

Cinema Talk- Wednesday, Dec. 12, 12:30-3pm
Join us for our November movie **Doubt (PG-13)**. Afterward, we'll examine the broad issues and themes from the movie and enjoy a discussion.

The Play's the Thing- Friday, Dec. 14, 1:30-3pm
Join retired play reviewer and professor Michael Heinlein to read and discuss some of the great plays of classic, romantic and modern drama. Please call to register.

Book Discussion: The President Is Missing- Monday, Dec. 17, 1:30-2:30pm
Linda Blair returns to lead an interactive discussion of this highly-acclaimed novel by former President Bill Clinton and James Patterson. Please call to register.

Author Talk: Trouble in Lafayette Square- Wednesday, Dec. 19, 2-3pm
Author Gil Klein will discuss the fascinating historical events that took place at Lafayette Square, across from the White House. Copies of the book will be available for purchase and signing. Please call to register.

Author Talk and Line-Dance Demo- Friday, Dec. 21, 12-1pm
Susan Prats & Kitty Russell, authors of **Steppin' Lively: Line Dance for Beginners** will discuss their journey with line-dance and self-publishing; stay after the talk for a brief demo! Please call to register.

December 2018

UPCOMING JANUARY PROGRAMS

- **Fitness & Health Goals,** Wed., Jan. 9 2-3pm
- **Cozy Up with Crosswords** Fridays, 10-11:30am
- **Three American Artists,** Mon., Jan. 14, 1:30-3pm
- **The Play's the Thing, "As You Like It"** Wed., Jan. 18, 25 1:30pm-3pm
- **Intergenerational Story Time,** Mon., Jan. 14, 1-1:30pm
- **New Connections,** Wed., Jan. 16, 12:15-1:30pm
- **Living Well in Retirement,** Wed., Jan. 23, 1:30-2:30pm
- **Cinema Talk: Selma (PG),** Fri., Jan. 18, 12:30-3pm

You must be registered and have a current 55+ pass to participate in Arlington County 55+ programs.

Please scan your 55+ pass at the front desk.