

Two valuable resources for information in Arlington County

Arlington Alerts

<https://www.arlingtonva.us/alerts/>

eSubscriptions & eUpdates

<https://www.arlingtonva.us/subscribe/>

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:

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

55+ Pass Gold Registration Fees:

55+ Arlington County Residents:	
Individual	\$60
Household	\$90
Non-Arlington Resident:	
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 (search for "fee reduction"), please call 703-228-4744, or speak to a Senior Center staff member

Walter Reed 55+ Senior Center

December 2018

OFFICE OF SENIOR ADULT PROGRAMS

703-228-0955



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.

55+ Travel
(Arlington County
Residents only)
Mon., Dec. 10
10am - Noon

From LeeAnne...

I want to thank all those who helped with the Thanksgiving Luncheon – as I have said before and will say again – it could not happen without all of you – **thank you!** Every year the many new faces we see at programs like the luncheon confirms we are fulfilling our mission – being a place to socialize and form new friendships, experiences and memories.

OSAP's centers are very popular. With that popularity comes change such as space requests and program movement. If you participate in one of the programs that has been affected, I ask for your patience as we settle into new routines.

A reminder – Beginning January 2019, Arlington County residents with 55+ Memberships will be able to register a day earlier than 55+ Members who do not live in Arlington for all programs that require a fee such as classes, travel, and special events. This change is consistent with other Parks and Recreation registrations, which give residents a priority.

I just want to give a shout out to our very own **Malik Skinner** for his artwork contribution to our luncheon. Malik is the artist behind our beautiful sign – **Merry Everything and Happy Always – perfect sentiments to bring to a close a wonderful year of activities at here at Walter Reed!**

From Lucy...

This month we made holiday wreaths with Jim Halloran and crepe paper bowls with Michelle Frazier, shopped at Walmart, dined at Cracker Barrel, decorated fall sun catcher leaves and howled with laughter during our team corn hole game where the "Sweets" competed against the "Bulldogs". The Sweets (being sweet) were so far ahead that they donated 15 points to the losing Bulldogs, who ended up winning the game!

For December, we will visit Potomac Mills, make sock snowmen, and listen to the live music of the Evergreens during our holiday luncheon.

**Beginning in
March 2019!**

**The Walter Reed
Garden Group will
partner with the teens
to establish and
maintain an onsite
vegetable garden right
outside the
Arts & Crafts room.
Gardeners welcome!**

Holiday Celebration

Sponsored by the
Walter Reed Senior Advisory Committee

**Wed., Dec. 19, 2018
11:30-1:30PM**

*Sign up sheets are located in
the gym and senior lounge.*

Weekly Activities

Mondays

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

Fridays

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

Tuesdays

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

Saturdays

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

Sundays

Yarn Circle 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

Evening Programs

Canasta	Monday evenings	4:00-7:00pm
Ballroom Dance Classes	Monday evenings	6:30-7:30pm
Ukulele Strumming	Tuesday, Dec. 4, 18	4:30-5:30pm
Game Night	Thursdays, Dec. 6, 20	4:00-7:00pm
I Would Like to Buy a Vowel	Tuesday, Dec. 11	6:30-7:30pm
Acoustic Café	Tuesday, Dec. 18	7:00-8:30pm

Tech Corner

Learn Mac, iPad, iPhone	Wed., Dec. 12	9:30-11:45am
Computer Help	Fri., Dec. 14	4:00-5:30pm

Services

Blood Pressure Clinic First come, first served.	Thurs., Dec. 20	9:30-11:00am
DHS Services	Thurs., Dec. 27	10:00-11:00am

Sports

Pickleball

Mondays 10am-4:00 (1 court until 10:30)
Tuesdays 9am-4:00pm (1 court 11-noon)
Wednesdays 2-3:45pm
Thursdays 10:30am-4:00pm (1 court 11-noon)
Fridays 11:00am-4:00pm

Billiards

Mondays-Fridays 10am-Noon

Pickleball – Absolute Beginners

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

Ping Pong

Monday-Friday 10am-Noon

Badminton

Wednesdays 10am-Noon (1 court)

Basketball

Wednesdays 11:45-1:30pm