SIGN UP FOR YOUR 55+ PASS TODAY & TAKE ADVANTAGE OF MEMBER BENEFITS!
Arlington’s 55+ Pass gives you access to a world of fun, fitness, enrichment and social connections.

For as little as $20 a year, you’ll enjoy...
- Home delivery of this 55+ Guide filled with programs and resources
- Opportunities to participate in activities including discounted trips and classes

STEP 1
Choose your 55+ Pass
There are two 55+ Pass options for you to consider. Visit parks.arlingtonva.us and search 55+Pass to learn more.

<table>
<thead>
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55+ Gold Pass gives you all the benefits of the regular pass plus access to Arlington County’s fitness centers any time during fitness center community hours.

<table>
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STEP 2
Sign up for a 55+ Pass at one of these locations
- In person at a senior center, at the Office of Senior Adult Programs at 3829 N. Stafford Street or at the Customer Service Desk at your local community center
- Online at parks.arlingtonva.us and search “55+ pass”
- By mail to 3700 South Four Mile Run Drive, 22206 (get the registration form online or at a senior center)
- By phone to 703-228-4747 and press 3 (Mon.-Fri., 8am-5pm)

STEP 3
Use Your Pass!
Once you have your 55+ Pass, you can register for programs including trips and classes with fees.
- See page 5 to register for a fee-based program online, in person, by phone or by mail. **Registration for classes with fees begins, Mon., Jan. 7 for Arlington residents and Tues., Jan. 8 for out-of-county residents.**
- Want to take a trip? See page 35 for instructions.
- Interested in attending a free program? Call the senior center listed to put your name on the list.

For more information or additional questions contact 703-228-4747 or visit parks.arlingtonva.us and search 55+ Pass
Hello Everyone!

The County's 55+ senior centers are invested in providing diverse programs. While they are well-known for their fitness classes, they offer a lot more in a welcoming environment. As 55+ members you receive this bi-monthly magazine listing all of the programs and activities available at each center. I counted them once for a presentation and discovered over 250 programs are offered during one week's time. Most programs are free, but a few will have a small fee. So, take a closer look at what all is available. Need help with your computer skills or taking pictures on your smartphone? Want to brush up on painting or other meaningful hobbies? Looking for opportunities to for an evening dance or want to learn to ballroom dance? How about healthy cooking demos and educational presentations on topics from diplomacy to holistic wellness? And, of course, our fabulous travel office which offers on average 15 trips a month. We're planning on making sure your 55+ senior centers are THE place to be in 2019. Come see us!

Happy New Year!

Jennifer Collins, CPRP
Office of Senior Adult Programs
THE ARTIST’S WAY SERIES
This ongoing group continues to pursue the inward journey of creativity through the books of Julia Cameron. This session, we will follow her book It’s Never Too Late to Begin Again and engage in the practice of creativity through writing, painting, drawing and other pursuits in a spirit of openness and fun. Call 703-228-4878 for details.
Wednesdays, Jan. 9-Apr. 3, 10am-noon
Madison, 703-228-5310

SMART PHONE PHOTOGRAPHY
Do you have a smartphone, tablet or other device but struggle with the camera feature? Do you want to learn more about apps for photography and editing? Join Nick Englund, Center Director and photography enthusiast, to learn how to maximize the camera you already have.
Wed., Jan. 9, 6:30-7:30pm
Arlington Mill, 703-228-7369

DESIGN YOUR IDEAL YEAR
January is a great time to plan the next chapter in your life. Danielle Droitsch, a Gallup-trained strength finder coach, will help participants get clear on what comes next in their lives based on their life priorities. Learn about the power of intention and how that is a foundation for setting goals to design the next life chapter and feel more fulfilled.
Participants will create a set of intentions to guide and create a foundation for a great 2019.
Thurs., Jan. 17, 11am-noon
Arlington Mill, 703-228-7369

SOCIAL DANCE NIGHT
Enjoy an evening of Salsa, Bachata, Merengue, and other Latin dances with fellow seniors and music by DJ Jeff Carr. Dance demonstration by Orlando from the Salsa Room followed by an hour of open dance.
Wed., Jan. 23, 7-9pm
Arlington Mill, 703-228-7369

BALLROOM DANCE INSTRUCTION
Have you learned how to waltz, fox trot, rumba or cha-cha? If you want to improve your skills, join Arturo Perez, two-time ambassador Award Winner of Lincoln Center’s Midsummer Night Swing. This class in ballroom dance will enhance your moves as you smoothly swirl and spin around the dance floor. No partner necessary; must register.
Mondays, Jan. 28-Mar. 4, 6:30-7:30pm
$35/5 sessions, #919016-09
Walter Reed, 703-228-0955

MAJESTIC NATIONAL PARKS
International traveler and educator George McDonald will share his experiences from majestic U.S. National Parks including Yellowstone, Grand Teton, and Glacier National Parks. Enjoy a visual tour and share personal experiences.
Tues., Feb. 11, 1-2pm
Langston-Brown, 703-228-6300

THE EATON WOMAN
This historically-based two-act dramedy by Anthony E. Gallo is all about morals, adultery, lies, deception, women’s roles in Washington Society, the quasi downfall of the Jackson Administration and the most beautiful woman in Washington history. Performed by the Seventh Street Players.
Wed., Feb. 13, 8-9:30pm
Arlington Mill, 703-228-7369

TRAVEL PHOTOGRAPHY
Interested in chronicling your next adventure with visual images? Volunteer Jess Moss will share travel photography tips.
Tues., Feb. 19, 6:30-7:30pm
Walter Reed, 703-228-0955

EVENING & WEEKEND PROGRAMS

Walter Reed, 703-228-0955
Ballroom Dance - Monday evenings, 6:30-7:30
Game Night - Jan. 3, 17 and Feb. 7, 21, 4-7pm
Firehouse Jam – Jan. 17 and Feb. 21, 7-9pm
Ukulele – Jan. 15, 29 and Feb. 5, 19, 4:30-5:30pm
Name that Tune – Jan. 29, 6:30-7:30pm
Sweets & Sweethearts – Feb. 12, 6:30-7:30pm
Travel Photography – Feb. 19, 6:30-7:30pm

Saturdays
Rummikub, 10am-noon
Mah Jongg, 12-3:45pm

Sundays
Yarn Circle, 1-3pm

Langston-Brown, 703-228-6300

Saturdays
Tai Chi Practice, 9:15-10am

Arlington Mill, 703-228-7369

Smartphone Photography – Jan. 9, 6:30-7:30pm
Social Dance Night – Jan. 23, 7-9pm
Plant Protein Power – Feb. 6, 6:30-7:30pm
The Eaton Woman – Feb. 13, 8-9:30pm
Valentine Trivia Night – Feb. 20, 7-8pm
Smart Home – Feb. 27, 7-8pm

Sundays
55+ Social Art Swap – Jan. 27 & Feb. 24, 3-4:30pm
Refund Policy for Fee-based Classes

Refunds must be requested through the Registration Office at 703-228-4747.

Full refunds for OSAP classes are made automatically when classes are canceled by OSAP due to insufficient enrollment or other unforeseen reasons, or upon request when schedule or location changes made by OSAP prohibit or limit attendance. Refunds for medical reasons must be accompanied by a physician's note and are considered on a case-by-case basis.

The 2.5% credit card surcharge is nonrefundable unless the program or reservation is canceled by DPR. Any “bank” fees incurred as a result of an e-check, due to insufficient funds or incorrect account information, will not be refunded under any circumstance.

Customers who request a refund within 48 hours after the first class for any reason other than those stated above will receive a full refund within 30 days of request minus a $20 service charge. Credit card charges will be refunded directly to the credit card. No refunds or credits will be given after the second class has started, or if a customer is unable to attend a one-session class or workshop. No refunds are given for fees less than $20. The Office of Senior Adult Programs adheres to Arlington County’s Department of Parks and Recreation policies.
**55+ AQUA EXERCISE**
Enjoy a safe and refreshing way to exercise. Aqua exercise classes utilize water as the resistance in exercises designed to work both your muscles and your cardiovascular system. Classes are very popular, and space is limited!

Instructor: Marion McKinney  
**Mondays, Jan. 28-Apr. 8, 8:10-9am**  
$40/10 sessions, #919013-02  
Washington-Lee Pool, 703-228-4771

Instructor: Julia Dragun  
**Tuesdays, Jan. 22-Apr. 9, 8:15-9:05am**  
$48/12 sessions, #919013-08  
Wakefield Pool, 703-228-4771

Instructor: Julia Dragun  
**Tuesdays, Jan. 22-Apr. 9, 11:15am-noon**  
$48/12 sessions, #919013-06  
Wakefield Pool, 703-228-4771

Instructor: Jody Katz  
**Wednesdays, Jan. 16-Mar. 6, 10:30-11:30am**  
$40/8 sessions, #919011-75  
Lee, 703-228-055

Instructor: Julia Dragun  
**Fridays, Jan. 25-Apr. 12, 8:45-9:30am**  
$48/12 sessions, #919013-10  
Yorktown Pool, 703-228-4771

Instructor: Randi Cohen  
**Wednesdays, Jan. 16-Mar. 6, 10:30-11:30am**  
$40/8 sessions; #919011-75  
Lee, 703-228-055

**55+ AQUA EXERCISE - DEEP WATER CLASS**
Most of this class is in deep water, putting zero impact on your joints while working against the water’s resistance. You’ll wear a buoyancy belt to hold the body vertical and chest-deep in the pool. You can’t touch the bottom, so you effectively weigh just 25 percent of your weight on land. You must be able to swim to take this class.

Instructor: Jody Katz  
**Mondays, Jan. 28-Apr. 8, 12:10-12:55pm**  
$40/10 sessions, #919013-01  
Yorktown Pool, 703-228-4771

Instructor: Julia Dragun  
**Thursdays, Jan. 24-Apr. 11, 7:10-8am**  
$48/12 sessions, #919013-11  
Wakefield Pool, 703-228-4771

**AGELESS GRACE**
This fun wellness program consists of simple exercises based on everyday movements that are natural and organic which focus on the healthy longevity of the body and mind. There are also mind-body directions that allow the brain to consciously choose and direct the movement of the body in either a random or specific sequence. This class is designed to make you laugh, keep you engaged and have fun. Instructor: Randi Cohen  
**Wednesdays, Jan. 16-Mar. 6, 10:30-11:30am**  
$40/8 sessions; #919011-75  
Lee, 703-228-055

**SELDOM SEATED CHAIR EXERCISE**
Formerly 55+ Seated Exercise, this class has approximately 15 minutes of stand-up cardio, 30 minutes of full body strength seated and standing exercise and 15 minutes of mixed breathing and cool down exercise. Modifications are given for each exercise according to the participant’s fitness level. Instructor: Jean Perry  
**Mondays, Jan. 14-Mar. 4, 10-11am**  
$24/6 sessions, #919011-65  
Fairlington, 703-228-4771

**LET’S GET FIT**
This fun-filled, low-impact dance and sculpting exercise class is designed for beginners. Great music and a variety of exercises make the workout fly by. Instructor: Jean Perry  
**Wednesdays, Jan. 16-Mar. 6, 10-11am**  
$32/8 sessions, #919011-66  
Fairlington, 703-228-4771

**SENIOR BOOT CAMP**
A safe and fun 45-minute class with cardio and strength techniques that target the total body. Designed especially for mature adults who want a good workout without harsh stress on the joints and muscles! Classes will be a combination of indoor and outdoor workouts. Instructor: Angel McNamara  
**Mondays, Jan. 14-Mar. 4, 8:30-9:15am**  
$30/6 sessions, #919011-62  
Walter Reed, 703-228-0955

**Instructor: Sheila Darby**  
**Thursdays, Jan. 17-Mar. 7, 8:30-9:15am**  
$40/8 sessions, #919011-63  
Walter Reed, 703-228-0955
CARDIO BOXING AND MORE
Cardio boxing is a great total-body workout, even for a beginner. Learn the four basic punches: jab, cross, hook and uppercut, as well as the proper fighting stances and footwork used by professional boxers. Participants build stamina and strength, and most importantly, have fun! Wear comfortable clothing and tennis shoes. Instructor: Angel McNamara
Tuesdays, Jan. 15-Mar. 5, 9-9:50am
$40/8 sessions, #919011-64
Arlington Mill, 703-228-4771

Thursdays, Jan. 17-Mar. 7, 1-2pm
$40/8 sessions, #919011-67
Barcroft, 703-228-4771

New! Fridays, Jan. 18-Mar. 8, 8:55-9:45am
$40/8 sessions, #919011-69
Barcroft, 703-228-4771

SENIOR SEGMENTS IN SIXTY
Zoom into a full-body workout which includes a variety of cardio and strength exercise segments using tabata (15 second work/10 second rest). There is also low-impact floor work, free weight routines for upper and lower body muscles as well as core exercises. Instructor: Sheila Darby
Wednesdays, Jan. 16-Mar. 6, 9-10am
$40/8 sessions, #919011-61
Arlington Mill, 703-228-7369

AGILITY AND FITNESS
Focus on agility, balance and strength with this full body workout. Equipment such as dyna-bands, rope ladders, weights and more will be used to increase endurance and work your cardio. Instructor: Andre Ashley
Saturdays, Jan. 19-Mar. 9, 10:15-11:15am
$40/8 sessions, #919011-68
Madison, 703-228-4771

DANCE FUSION & RHYTHMS
Enjoy this unique dance fitness class that combines hip hop, ballet, Latin and Afro-Brazilian moves. It will keep you on your toes from beginning to end. Instructor: Jean Perry
Mondays, Jan. 14-Mar. 4, 9-9:45am
$27/6 sessions, #919011-44
Fairlington, 703-228-4771

Thursdays, Jan. 17-Mar. 7, 9:30-10:15am
$36/8 sessions, #919011-43
Walter Reed, 703-228-0955

ZUMBA
Inspired by Latin and international dance, Zumba is a fun cardio-dance class that suits all fitness levels. Zumba incorporates meringue, salsa, cambia, hip hop and more. Instructor Ferry Pattipeilohy
Tuesdays, Jan. 15-Mar. 5, 2:15-3pm
$36/8 sessions, #919011-42;
Lee, 703-228-0555

KUKUWA AFRICAN DANCE WORKOUT
A blend of African soukous and Caribbean soca rhythms add living flavor to your workout, nourishing both body and soul. KDW® is a low-impact/high-energy choreographed workout designed to target your cardiovascular system, improve your fitness level and pump fun through your veins! Instructor: Divine Senyo
Fridays, Jan. 18-Mar. 8, 8:45-9:45am
$40/8 sessions, #919011-45
Walter Reed, 703-228-0955

CORE CONDITIONING & STRENGTH
Work your core! Work on strengthening the entire body with the use of dumbbells and exercise bands with a special focus on deep core, including abs and back. Exercises are done standing and from the ground on the mat. Instructor: Mira Gross
Mondays, Jan. 14-Mar. 11, 10:10-11:10am
$31.50/7 sessions, #919011-24
Arlington Mill, 703-228-7369

Thursdays, Jan. 17-Mar. 7, 11:45am-12:45pm
$36/8 sessions, #919011-28
Madison, 703-228-4771

Fridays, Jan. 18-Mar. 8, 8:30-9:30am
$36/8 sessions, #919011-25
Walter Reed, 703-228-0955

STRETCHING
This flexibility and mobility class helps to improve the well-being of muscles and joints. We start with a gentle warm-up followed by stretches of all the main muscle groups in the body. Stretching is done by breathing deeply in and out focusing on deepening the stretch on an exhalation. Stretching exercises are done standing and from the ground on the mat. Instructor: Mira Gross
Mondays, Jan. 14-Mar. 11, 11:25am-12:15pm
$31.50/7 sessions, #919011-26
Arlington Mill, 703-228-7369

Thursdays, Jan. 17-Mar. 7, 2:15-3:15pm
$36/8 sessions, #919011-27
Madison, 703-228-4771

HEALTHY HIPS AND SHOULDERS
The older we become, the more important it is to keep hips and shoulders in good shape. This is one of the keys to independent living as we age. Class will focus on mobilizing and strengthening both the shoulder and hip area/legs. Balance exercises are part of the class. Exercises are done standing, seated and from the ground on the mat. Instructor: Mira Gross
Mondays, Jan. 14-Mar. 11, 12:30-1:30pm
$31.50/7 sessions, #919011-22
Arlington Mill, 703-228-7369

Fridays, Jan. 18-Mar. 8, 11am-noon
$36/8 sessions, #919011-23
Arlington Mill, 703-228-7369
STRONG FEET, ANKLES & LEGS
Weak ankle and foot muscles are often related to the multiple unpleasant and painful conditions which many people suffer. This class will focus on foot health, both mobilizing and strengthening the muscles in the feet in order to build strong feet and ankles. Exercises are done bare feet, standing/seated/sitting on a mat as well as using flex band and golf ball as props. Instructor: Mira Gross
Mondays, Jan. 14-Mar. 11, 8:50-9:50am
$31.50/7 sessions, #919011-21
Arlington Mill, 703-228-7369

55+ PILATES
Improve overall strength, posture, flexibility and balance. Learn to bring mind and body awareness to your center and deep core. Exercises are performed on a minimum of five different body postures, both standing and on the mat. This class is a beginner/intermediate level Pilates class. Instructor: Mira Gross
Mondays, Jan. 14-Mar. 11, 1:45-2:45pm
$31.50/7 sessions, #919011-03
Arlington Mill, 703-228-7369
Tuesdays, Jan. 15-Mar. 5, 10:30-11:30am
$36/8 sessions, #919011-01
Madison, 703-228-4771

Thursdays, Jan. 17-Mar. 7, 10:30-11:30am
$36/8 sessions, #919011-02
Madison, 703-228-4771

Thursdays, Jan. 17-Mar. 7, 1-2pm
$36/8 sessions, #919011-07
Madison, 703-228-4771

Fridays, Jan. 18-Mar. 8, 10-11am
$36/8 sessions, #919011-04
Arlington Mill, 703-228-7369

POWER PILATES
Improve overall strength, posture, flexibility and balance. Learn to bring mind and body awareness to your center and deep core. Exercises are performed on a minimum of five different body postures, both standing and from the ground on the mat. This is an intermediate/advanced level class. Instructor: Cindi Shore
Fridays, Jan. 18-Mar. 8, 2-3pm
$36/8 sessions, #919011-08
Langston-Brown, 703-228-6300

ADVANCED 55+ PILATES
Improve overall strength, posture, flexibility and balance. Exercises are done flowing, moving from one move to the next smoothly, focusing on the breathing and deep core. Emphasis on Power Pilates using dumbbells, bands and balls on Tuesday; mat Pilates without props on Thursday/Friday. Exercises are performed on a minimum of five different body postures, both standing and from the ground on a mat. Prerequisite: Two semesters in 55+ Pilates. Instructor: Mira Gross
Tuesdays and Thursdays, Jan. 15-May 9, 9:15-10:15am
$130.50/29 sessions, #919011-05
Madison, 703-228-4771

Tuesdays and Fridays, Jan. 15-May 10, 1:45-2:45pm
(Tues) & 12:15-1:15pm (Fri)
$130.50/29 sessions, #919011-06
Arlington Mill, 703-228-7369

TRADITIONAL HATHA YOGA
Learn and practice classic yoga poses to stretch and strengthen the entire body. Warm-ups and props such as blocks and straps help students achieve results. There are multiple transitions between floor and standing positions. Previous experience with yoga is a plus. Instructor: Andrea Kiss
Mondays, Jan. 14-Mar. 4, 1-2:30pm
$45/6 sessions, #919012-22
Lee, 703-228-0555
Instructor: Ferry Pattipeilohy
Tuesdays, Jan. 15-Mar. 5, 10:30-11:30am
$40/8 sessions, #919012-21
Madison, 703-228-4771

Instructor: Debbie Sheetz
Wednesdays, Jan. 16-Mar. 6, 3:45-5:15pm
$60/8 sessions, #919012-24
Lee, 703-228-0555

Instructor: Kathleen Stemplinski
Thursdays, Jan. 17-Mar. 7, 11:15am-12:15pm, No class 2/7
$35/7 sessions, #919012-23
Langston-Brown, 703-228-6300

Instructor: Jayne Shontell
Fridays, Jan. 18-Mar. 8, 9:30-11am
$60/8 sessions, #919012-25
Madison, 703-228-4771

GENTLE HATHA YOGA
Taught in a quiet and meditative style, this class uses extensive warm-ups to prepare the body for adapted yoga poses to strengthen the body safely and effectively. Props such as blocks and straps help students of varying abilities achieve results. Transitions between floor and standing positions are kept to a minimum for your comfort. Instructor: Andrea Kiss
Mondays, Jan. 14-Mar. 4, 10-11am
$30/6 sessions, #919012-02
Aurora Hills, 703-228-5722

Instructor: Ferry Pattipeilohy
Tuesdays, Jan. 15-Mar. 5, 11:45am-12:45pm
$40/8 sessions, #919012-01
Barcroft, 703-228-4771

Instructor: Peggy Finn
Fridays, Jan. 25-Mar. 8, 12:30-1:30pm
$30/6 sessions, #919012-04, No class 2/1
Langston-Brown, 703-228-6300
CHAIR HATHA YOGA
Senior adults, adults recovering from injury or surgery, and adults with physical disabilities will increase energy, flexibility and a sense of well-being in this class. It addresses all major muscle groups and joints, and adapts classic yoga poses in a safe and accessible manner. Work may be done seated with the option of using the chair as a balance point for standing poses. Offered in partnership with the Arlington Therapeutic Recreation Office.
Instructor: Debbie Sheetz
Wednesdays, Jan. 16-Mar. 6, 1-2pm
$40/8 sessions, #919012-42
Walter Reed, 703-228-0955

GENTLE AND MEDITATIVE YOGA
Beginner yoga students will learn safe and supportive ways of recognizing and relaxing long-held tensions that cause unease or pain in body. This class is also suitable for students who wish to increase their flexibility and strength. There will be breathing exercises, guided relaxation and meditation periods to enhance clarity and peacefulness in mind, body and spirit.
Instructor: Camille Danzi
Mondays, Jan. 14-Mar. 4, 3:30-5pm
$45/6 sessions, #919012-05
Arlington Mill, 703-228-7369

New! CHAIR HATHA YOGA
Senior adults, adults recovering from injury or surgery, and adults with physical disabilities will increase energy, flexibility and a sense of well-being in this class. It addresses all major muscle groups and joints, and adapts classic yoga poses in a safe and accessible manner. Work may be done seated with the option of using the chair as a balance point for standing poses. Offered in partnership with the Arlington Therapeutic Recreation Office.
Instructor: Debbie Sheetz
Wednesdays, Jan. 16-Mar. 6, 1-2pm
$40/8 sessions, #919012-42
Walter Reed, 703-228-0955

New! YOGA NIDRA
Yoga Nidra is the advanced practice of deep relaxation. After preparing the body with selected yoga postures and breathing exercises, you lie down comfortably. The voice of the instructor draws your awareness through layers of body, energy and mind to deep levels of consciousness. Learn how to maintain awareness while relaxed. Each session is an introduction to the practice, not a series.
Instructor: Debbie Sheetz
New! Thursdays, Jan. 17-Mar. 7, 4:30-6pm
$60/8 sessions, #919012-07
Langston-Brown, 703-228-6300

MINDFULNESS MEDITATION
Mindfulness practice helps us to become less reactive and disengage from thoughts, feelings and behaviors that can undermine well-being and increase stress. We will practice mindfulness seated meditation, meditative body scan, simple energy clearing and building movements to integrate key mind-body connections. Handouts provided. Everyone is welcome no matter your spiritual practice or physical ability. Bring a big towel/blanket. Instructor: Nancy Miller
Fridays, Jan. 18-Mar. 8, 11am-12:30pm
$48/8 sessions, #919012-52
Walter Reed, 703-228-0955

TAI CHI FOR BEGINNERS
Tai Chi is a gentle and powerful exercise that improves balance and coordination as well as creates a peaceful, mindful attitude. This class teaches the Yang Style Tai Chi. It consists of 24 postures that flow together with 24 transitions. Class will focus on feeling the “chi” (energy, life force) and coordinating torso/hips/knees/feet and mind/body to create a graceful Tai Chi form.
Instructor: Karen Levitan
Mondays and Wednesdays, Jan. 23-April 10, 3:30-4:30pm
$80/20 sessions, #919012-60; No class 2/4, 2/6
Langston Brown, 703-228-6300

INTERMEDIATE TAI CHI
Prerequisite: Tai Chi for Beginners. This class is for students who know the 24 postures and their transitions and want to improve their understanding of tai chi principles and techniques. Classes will focus on awareness and use of the waist, shifting of weight, rooting, balance and posture. Tai Chi for Beginners is a prerequisite.
Instructor: Karen Levitan
Tuesdays, Jan. 29-April 9, 3:30-4:30pm
$40/10 sessions, #919012-61; No class 2/5
Langston Brown, 703-228-6300

TAI CHI CH‘UAN
With slow gentle movements, proper breathing and posture, Tai Chi can help relieve physical ailments including arthritis, balance issues and stress. We will also look at the martial side of Tai Chi as well as the spiritual. Whatever side of this art you seek it can be found here.
Instructor: David Cohen
Mondays, Jan. 14-Mar. 4, 2-3pm
$33/6 sessions, #919012-62

New! TAI CHI FOR BEGINNERS
Taught by Certified Feldenkrais Practitioner Yulia Kriskovets. This class focuses on awareness and use of the waist, shifting of weight, rooting, balance and posture. Class will focus on feeling the “chi” (energy, life force) and coordinating torso/hips/knees/feet and mind/body to create a graceful Tai Chi form.
Instructor: David Cohen
Mondays and Wednesdays, Jan. 23-April 10, 3:30-4:30pm
$40/10 sessions, #919012-61; No class 2/5
Langston Brown, 703-228-6300

NEW! INTERMEDIATE TAI CHI
Prerequisite: Tai Chi for Beginners. This class is for students who know the 24 postures and their transitions and want to improve their understanding of tai chi principles and techniques. Classes will focus on awareness and use of the waist, shifting of weight, rooting, balance and posture. Tai Chi for Beginners is a prerequisite.
Instructor: Karen Levitan
Tuesdays, Jan. 29-April 9, 3:30-4:30pm
$40/10 sessions, #919012-61; No class 2/5
Langston Brown, 703-228-6300

CHAIR FELDENKRAIS
Rediscover balance and safety. In this gentle movement class based on Feldenkrais Method you will improve balance, flexibility and comfort. Motions in class are stress-free and can reduce pain, stiffness, symptoms of arthritis and aids in recovery from injury. Exercises will be done in a chair with instruction and guidance from Guild Certified Feldenkrais Practitioner Yulia Kriskovets.
Wednesdays, Jan. 16-Mar. 6, 1:30-2:30pm
$40/8 sessions, #919011-72
Barcroft Sports and Fitness Center, 703-228-4771

FELDENKRAIS
Rediscover balance and safety. In this gentle movement class based on Feldenkrais Method you will be improving balance, flexibility and comfort. Motions in class are stress-free and can reduce pain, stiffness, symptoms of arthritis and aids in recovery from injury. Exercises will be done lying on mats with instruction and guidance from Guild Certified Feldenkrais Practitioner Yulia Kriskovets.
Thursdays, Jan. 17-Mar. 7, 10:30-11:30am
$40/8 sessions, #919011-71
Madison, 703-228-4771

BAROCCH SPORTS AND FITNESS CENTER
GUIDE

PUT YOUR NAME ON THE LIST!
Some of our fitness classes fill very quickly. If you want to register for one of these programs and find that it is filled, please put your name on the wait list for that class. We use the wait lists to judge whether we can add a section and fit you in if instructor and facility resources are available. If space opens up in a class or another section is added, we will contact you and you will be charged for the class at the time your name is moved from the wait list to the enrolled list.

DROP-IN FITNESS CLASSES
These drop-in classes are ongoing and participants can join anytime with a valid 55+ pass and the fee, punch pass or tickets listed.

55+ SEATED EXERCISE
Focus on stretching, strength and balance! This class concentrates on preserving and gaining muscular strength, flexibility and improving balance. We work all the major muscular groups including abdominals with a variety of weights. Some standing, but not required.
Instructor: Judi Garth
Mondays, Wednesdays and Fridays, 9-10am
$60/15-session punch pass
Madison, 703-228-0555

FULL FITNESS EXERCISE
A complete exercise program combining warm-up, stretching and strength work for all major muscles. Work out includes core stabilization, balance skills, 20 minutes of cardio to strengthen the heart/increase stamina and a final cool down.
Instructor: Andrea Baumann
Tuesdays and Thursdays, 10-11am
$60/15-session punch pass or $4 drop-in
Lee, 703-228-0555

Instructors: Gretchen Martin (Mondays); Andrea Baumann (Wednesdays and Fridays)
Mondays, Wednesdays and Fridays, 10:05-11am
$60/15-session punch pass or $4 drop-in
Thomas Jefferson, 703-228-5920

STRENGTH TRAINING EXERCISE
Dedicated to preserving and gaining new muscular strength as well as flexibility and balance, this class works all major muscle groups, including abdominals, with weights. A full range of motion is achieved in each class. Extra emphasis is given to the upper body on Mondays; core strengthening mat work on Wednesdays; and lower body, including balance skills, on Fridays.
Instructors: Various (Mondays); Andrea Baumann (Wednesdays and Fridays)
Mondays, Wednesdays and Fridays, 9-9:55am
$60/15-session punch pass or $4 drop-in
Thomas Jefferson, 703-228-5920

CARDIO TONE
A modern approach to low-impact aerobics, dance and strength training. Balanced exercises work your whole body. Thursdays, mat work for abdominal toning (you can also use a chair if need be). Classes are designed to improve health, flexibility and strength and put you in a good mood! Pre-purchase your punch pass by phoning the center before you drop in for a class.
Instructor: Jean Perry
Tuesdays, 9:30-10:30am
Thursdays, 11am-noon
$60/15-session punch pass
Aurora Hills, 703-228-5722

WORKOUT WITH A FITNESS COACH
Learn how to use exercise machines from certified fitness professionals. Train on cardio equipment including treadmills, exercise bikes, elliptical machines and rowing machines as well as weight machines and free weights for total-body fitness. Work out at your own pace with assistance from the trainer.
$60/15 tickets
Mondays and Fridays, 11am-2pm
Wednesdays, 11:30am-2:30pm
Langston-Brown, 703-228-4771
Tuesdays and Thursdays, 7-11am
Saturdays, 7-10am
Madison, 703-228-4771

THE FOLLOWING CLASSES ARE FREE TO ALL 55+ MEMBERS

TAI CHI PRACTICE
If you’ve taken a Tai Chi class, come by and practice Tai Chi with experienced volunteers. Instruction is not provided.
Mondays and Wednesdays, 12:30-1:30pm
Langston Brown, 703-228-6300
Mondays, 2-3pm
Aurora Hills, 703-228-5722
Tuesdays and Fridays, 1-3pm
Walter Reed, 703-228-0955
Wednesdays and Fridays, 10:30-11:30am
Thomas Jefferson, 703-228-4771
Saturdays, 9:15-10am
Langston-Brown, 703-228-6300

ANCIENT ART DANCE
Learn the basic movements of this beautiful and graceful art form with roots in middle eastern dance. This great workout improves your posture and strengthens your core. Led by experienced dancer Carmen Shippy. Open to all dance levels.
Tuesdays, 12:15-1:30pm (On break until Jan. 21)
Lee, 703-228-0555
Thursdays, 4-4:45pm (On break until Jan. 17)
Langston-Brown, 703-228-6300

PUT YOUR NAME ON THE LIST!
Some of our fitness classes fill very quickly. If you want to register for one of these programs and find that it is filled, please put your name on the wait list for that class. We use the wait lists to judge whether we can add a section and fit you in if instructor and facility resources are available. If space opens up in a class or another section is added, we will contact you and you will be charged for the class at the time your name is moved from the wait list to the enrolled list.
WALKING CLUBS
STAY LIVELY ALL YEAR

Stay active with friendly walking companions. We walk indoors or out, depending on conditions. Destinations may be changed or excursions cancelled for inclement weather or code red days.

ARLINGTON WALKING CLUB

Join us for a two to three mile walk. No reservation needed but come early as space on the van is limited.

Jan. 2  Cherrydale Urban Trail, Arlington
Jan. 9  Mason District Park, Annandale
Jan. 16  Nats Park/Buzzards Point, DC
Jan. 23  National Memorial Park, Falls Church
Jan. 30  National Zoo, DC
Feb. 6  Tenleytown/American University, DC
Feb. 13  Americana Park, Annandale
Feb. 2  Mt. Vernon Ave./Del Ray, Alexandria
Feb. 27  Brightwood Urban Trail, DC

Wednesdays, 9:30am (van departs)-noon (van returns)
$4/walk, Madison, 703-228-4771

LEE WALKERS

For over 15 years the Lee Walkers have enjoyed great walks of two to three miles. No reservation needed but come early as space on the van is limited.

Jan. 4  Georgetown, DC
Jan. 11  Mt. Vernon Ave, Del Ray, VA
Jan. 18  National Zoo, DC
Jan. 25  Palisades area, DC
Feb. 1  Cherrydale Loop, VA
Feb. 8  Capital Crescent Trail, MD
Feb. 15  Chinatown/Centner City, DC
Feb. 22  Alexandria, VA

Fridays, 10am (van departs)-noon (van returns)
$4/walk, Lee, 703-228-0555

AURORA HILLS FAST FORWARDS

Fast-paced group walks a three- to four-mile loop in the vicinity of Aurora Hills, including some hills. At times we will carpool or take transit to other walk locations (transportation is not provided).

Fridays, Jan. 25 and Feb. 22, 9-10:30am
Free, Aurora Hills, 703-228-5722

ARLINGTON MILL TREKKERS

Join this group of walkers on ventures around the center including the W & OD and Four Mile Run Trails. Walkers meet at the center.

Thursdays, 9-10am
Free, Arlington Mill, 703-228-7369

THE ALLIANCE WANTS TO KNOW!
GIVE US YOUR IDEAS

The Alliance for Arlington Senior Programs has had a busy and, we think, successful year. The Alliance supported programs for music appreciation, gardening and healthy cooking at Arlington Senior Centers. The Alliance also provided lunch at 55+ Fitness Day and underwrote the highly successful BBQ Bash held this September.

Let us know how you think we are doing—both good and bad. Let us know if you are unfamiliar with the Alliance for Arlington Senior Programs and would like to learn more about what we do. Let us know how we can support the 55+ programs you care about.

Email us at: friendsofthealliance@gmail.com
Write us at: The Alliance for Arlington Senior Programs
P.O. Box 5184
Arlington VA 22205

The Alliance for Arlington Senior Programs provides financial support for events and activities presented by the County’s Office of Senior Adult Programs. As a non-profit, the Alliance can apply for grants, plan fundraisers and accept tax-exempt donations. Let us know your suggestions for using these funds.

friendsofthealliance.org
**Pickleball Level II**  
Build on basic skills and learn doubles strategy. Prerequisite: Pickleball for Beginners or comparable experience. Please wear tennis or court shoes. Instructor: Alaric Radosh  
**Wednesdays, Jan. 23-Feb. 13, 9-10am**  
$24/4 sessions, #919014-02  
Walter Reed, 703-228-0955  

**Pickleball for Beginners**  
Learn the basic skills of this popular court game including groundstrokes and how to volley and serve. Please wear tennis or court shoes. Equipment provided. Instructor: Alaric Radosh  
**Fridays, Jan. 25-Feb. 15, 9-10am**  
$24/4 sessions, #919014-01  
Arlington Mill, 703-228-7369  

**Play Pickleball**  
America's fastest growing sport for adults 50+. Hours may change to accommodate special events and programs.  
**Walter Reed Hours**  
**Mondays, 10am-4pm** (one court 10-10:30am)  
**Tuesdays, 9am-4pm** (one court 11am-noon)  
**Wednesdays, 2-3:45pm** (Jan 2, 9 only)  
**Thursdays, 10:30-4pm** (one court 11am-noon)  
**Fridays, 11am-4pm**  
Walter Reed, 703-228-0955  

**Thomas Jefferson Hours**  
Monday-Friday, 7:30am-2:30pm  
Thomas Jefferson, 703-228-5920  
*Special note: A 55+ Gold Pass is required for play.*  

**Arlington Mill Hours**  
**Mondays: 12:30-3pm**  
**Tuesdays and Thursdays: 12:30-3pm**  
**Wednesdays and Fridays: 11am-3pm**  
Arlington Mill, 703-228-7369  

**Absolute Beginners: Welcome to Pickleball**  
If you're new to pickleball and want to learn more or you're hesitant about jumping in, this is your chance to try this sport in a judgment-free zone. A volunteer will be on hand to welcome newcomers and answer questions. Limited paddles and balls available.  
**Mondays, 9-10am (one court)**  
Arlington Mill, 703-228-7369  

**Mondays, 9:45-10:30am (one court)**  
Walter Reed, 703-228-0955  

**55+ Volleyball**  
Friendly games of drop-in volleyball provide fun and exercise. Both beginners and experienced players are welcome.  
**Wednesdays and Fridays, 1:30-3pm**  
Langston-Brown, 703-228-6300  

**Badminton**  
Drop-in badminton. Join us for fun and fitness.  
**Wednesdays 10am-noon (one court)**  
Walter Reed, 703-228-0955  

**Billiards**  
Calling all billiards players!  
**Mondays-Fridays, 10am-noon**  
Walter Reed, 703-228-0955  

**Seeking Table Tennis Players**  
Players of all levels of ability are welcome to participate in friendly competition.  
**Mondays-Fridays, 10am-noon**  
Walter Reed, 703-228-0955  

**Indoor Shuffleboard**  
Shuffleboard is as fun indoors as on the deck of a cruise ship. Players use cues to push weighted discs down a narrow court into a marked scoring area nearly 40 feet away. All equipment provided. Instructor: Volunteer Linda Sholl.  
**Thurs., Jan. 10, 17 and Feb. 7, 21, 3-5pm**  
Walter Reed, 703-228-0955  

**Men's 55+ Basketball**  
Perfect your shot or join a pick-up game during senior drop-in hours.  
**Wednesdays, 11:45-1:30pm**  
Walter Reed, 703-228-0955  

**55+ Drop-in Basketball for Women**  
Lace up your sneakers and play drop-in basketball with other women ages 50+. Bring both white and dark shirts and a basketball.  
**Wednesdays, 7-9pm**  
Langston-Brown, 703-228-4771  

**55+ Biking Group**  
Join in the fun and ride along with the 55+ Biking Group. Our congenial group rides throughout the year, sometimes to new destinations and sometimes old favorites. Ride leaders announce outings as they are scheduled. To stay informed, put your name on the 55+ Biking Group email list. Contact us at 55plusbikinggroup@arlingtonva.us or call 703-228-4771.  

**Senior Ice Skating**  
Senior ice skating is held weekly at the MedStar Capitals Iceplex in Ballston. Plenty of parking ($1) on Level 8 (roof level) of the Ballston Common Mall parking garage. Fee $1 includes skates.  
**Wednesdays, 8:10-9:20am**  
**Wednesdays, 7:30-8:30am**  
MedStar Capitals Iceplex at Ballston, 703-228-4771
ARLINGTON SENIORS GOLF CLUB
The Arlington Seniors Golf Club is always looking for men and women who enjoy the sport and playing with a fun group of people. This group plays 26 different Northern Virginia golf courses from April through October. Greens fees (including carts) are very reasonable and vary each week depending on the course. If you are interested in joining or more information, contact Membership Chairman Dennis Macdonald at dkmacdonald@att.net. Visit https://sites.google.com/site/arlingtoncountyseniorsgolfclub/

General Meeting for members:
Wed., Jan. 16, 11:30-1:30pm
Walter Reed, 703-228-4771

INCLEMENT WEATHER CLOSINGS
For information on delayed openings and cancellations, call our Inclement Weather Hotline at 703-228-4715 or phone your senior center.

FITNESS, HEALTH & WELLNESS GOALS FOR 2019
This series promotes creating a fitness plan for 2019 and provides support to reach your full potential. Learn how to create and achieve goals as well as find creative and fun ways to make your resolutions fresh and attainable. Registration is required. Please call 703-228-4771 to get your name on the list.

Making fitness goals for 2019 and don’t know where to start? Looking for some motivation to push you closer to achieving your health and wellness goals? Learn from Jennifer Weber, 55+ County Wide Specialist, about fitness programs in the 55+ Guide that can get you started on your journey. Also meet and make friends with similar goals.
Fri., Jan. 4, 2-3pm at Walter Reed

Agility & Fitness Demo
Put your plan to action and enjoy a free fitness class demonstration taught by a staff instructor and Fitness Coach Andre Ashley. Focus on agility, balance and strength with this full body workout. All fitness levels invited.
Fri., Jan. 11, 2-3pm at Arlington Mill
Classical Music Appreciation is taking winter break for Jan. and Feb. and will return in March.

THREE AMERICAN WOMEN ARTISTS
Have you heard of Cecilia Beaux? Elizabeth Nourse? Like their fellow artist Mary Cassatt, they were admired and recognized as leading artists. Each created a considerable body of work in the late 19th and early 20th centuries. Art educator Joan Hart will compare and contrast the paintings of this trio of American artists who are memorable for their creativity and role in advancing the status of women in the arts.
Mon., Jan. 14, 1:30-3pm
$6/1 Session, #919015-24
Aurora Hills, 703-228-5722

ENCORE CHORALE
Retired? What are you doing for an Encore? Sing with this congenial chorus under the baton of professional conductor Jeanne Kelly. If you sang sometime in your life and want to return to singing or if you’ve never sung outside the shower, join other music enthusiasts to learn proper breathing and vocal technique in a repertoire of four-part singing. Weekly rehearsals culminate with the presentation of a professional concert for the community in May. Classes (specially-designed for older adults) are instructive as well as enjoyable. No audition required. For more information, go to www.encorecreativity.org or call 301-261-5747.
Tuesdays, Jan. 22-May 7, 1:45-3:15pm
No rehearsal 4/16
$150/15 sessions + $25 materials fee, #919015-41
Langston-Brown, 703-228-6300

INTERMEDIATE DRAWING AND PAINTING
Continue to develop personal artistic talents while learning painting and drawing techniques to create beautiful works of art. Explore the color wheel and take on more challenging assignments. Previous experience required. Painting and drawing materials are not included but some supplies will be on hand to experiment with new media. Instructor: Jennifer Droblyen.
Fri., Jan. 11-March 1, 1-3pm
$56/8 Sessions, #919015-03
Langston-Brown, 703-228-6300

ART CIRCLE
What do you know about art? What is it? What role does it play in your life? Art historian Joan Hart leads you through a five-part workshop designed to develop your inner creativity and find meaning in life through art and the individual visions of artists.
Tuesdays, Jan. 8-Feb. 5, 1:30-3pm
$30/5 sessions, #919015-25
Lee, 703-228-0555

PAINTING STUDIO WITH PERSONAL INSTRUCTION
Join longtime art teacher Blanche Kirchner in this informal painting class. If you are a new aspiring artist, you will receive guidance on what materials to bring, options of different media and help with your creative expression. If you have painted before, this is an opportunity to learn something new.
Mondays, Jan. 14-Feb. 25, 10am-noon
$35/ 5 sessions, #919015-01
Lee, 703-228-0555
Wednesdays, Jan. 16-Mar. 6, 10am-noon
$56/8 sessions, #919015-02
Walter Reed, 703-228-0955

55+ SOCIAL ART SWAP
Bring your own artwork or art supplies to create a piece onsite to swap. We’ll have art supplies you can use too! Each finished gets be traded for a raffle ticket. Raffle numbers are drawn at the end of the event, artwork is selected from the created pieces. Trade and network amongst other local artists!
Sun., Jan. 27 and Sun., Feb. 24, 3-4:30pm
Arlington Mill, 703-228-7369

MONET IN NORMANDY- IN LOVE WITH THE SEA
Although born in Paris, Impressionist master Claude Monet grew up along the Normandy Coast and always loved the sea, returning to it regularly for inspiration throughout his life. Joan Hart will discuss Monet’s numerous paintings of this theme, particularly focusing on the 1880’s when Monet embarked on several painting campaigns. Constantly trying to capture the power of the ocean itself using vivid Impressionist color and brushstrokes, Monet once even risked drowning to convey his vision to posterity.
Mon., Feb. 25, 1:30-3pm
$6/1 session, #919015-22
Aurora Hills, 703-228-5722
Tues., Feb. 26, 1:30-3pm
$6/1 session, # 919015-23
Lee, 703-228-0555

SOUNDS OF MUSIC
Like great classical music? Learn about some of the famous and not-so famous works. Listen and discuss with other classical music enthusiasts. Led by Joe Suchomel.
Fridays, 1-3pm
Madison, 703-228-4878
OPEN ART STUDIOS
Open Art Studios accommodate artists who work at their own pace in a collaborative space with others to share thoughts and ideas. Please note: artists must bring their own materials. No instruction provided. Space is limited; must pre-register.
Watercolor
Wednesdays, 10am-noon
Mixed Media
Fridays, 11am-1pm
Arlington Mill, 703-228-7369
Fridays, 1-3pm (Starting in March)
Langston-Brown, 703-228-6300

PHOTOGRAPHY INTEREST GROUP
Meet the group at local area landmarks to improve your photography skills with enthusiast Didem Lenz. From lessons on basics to passionate conversations about the hobby, you'll enjoy exploring new areas as well as taking photos with friends. Members meet at destination; transportation is not provided. Wear comfortable shoes as you will do a lot of walking. Please email photosundays2016@yahoo.com for additional details.
Sundays, 3-5pm
Arlington Mill, 703-228-7369

SPELLBINDING STORYTELLERS
Arlington Spellbinders is a group of volunteer storytellers who engage young people in the magic of tales in the classroom, library and recreation settings. Meetings held first Friday mornings each month provide continuing education, support and camaraderie.
Fri., Jan. 4 and Feb. 1, 9:30-11am
Langston-Brown, 703-228-4878

THE PLAY’S THE THING
The experience of reading a play should be both enjoyable and rewarding. Join theater educator Michael Heinlein as he explores and discusses some of the great plays of Classic, Romantic, and Modern drama - works that continue to thrill with their passion and understanding.
Jan. 18 - William Shakespeare’s As You Like It
Jan. 25 - Bernard Shaw’s Major Barbara
Feb. 8 - Maria Irene Fornes’s Fefu and Her Friends
Feb. 22 - August Wilson’s Joe Turner’s Come and Gone
Fridays, Jan. 18, 25 and Feb. 8, 22, 1:30-3pm
Aurora Hills, 703-228-5722

A Day of Creative Exploration!
Saturday, January 12, 2019
Fairlington Community Center
11 a.m. – 2 p.m.
THE IMPORTANCE OF DIPLOMACY
Carol Stricker, retired foreign service officer and former Diplomatic Security Counterterrorist Intelligence Analyst, will be speaking about the importance of diplomacy and how “soft” power benefits America. Ms. Stricker will share her experiences while serving in a variety of positions over her career, including as Deputy Director of the Regional Support Center in Frankfurt, Germany that helped set up new embassies in the former Soviet Union and as an Economic Policy Analyst in the Bureau of Economic and Business Affairs, and as Associate Dean of the Foreign Service Institute’s School of Language Studies.
Fri., Feb. 15, 1-2:30pm
Aurora Hills, 703-228-5722

TAKING FLIGHT: YESTERDAY AND TODAY
Col. Scott Willey (U.S.A.F. Ret), head docent with the National Air and Space Museum, returns to discuss the development of commercial airline flight, from the early days of the biplane to today’s huge jet airliners, using artifacts displayed at the museum. Learn about the growth of the airline industry, how technological advances revolutionized air travel and how the flying experience has changed.
Wed., Feb. 27, 1:30-2:30pm
Aurora Hills, 703-228-5722

GHANA "THE GOLD COAST"
Did you know that Ghana was the first sub-Saharan African country to gain independence from Great Britain in 1957? Learn more about the history and culture of this beautiful country and enjoy the story of Ghana native Maxwell Osei Anokye.
Wed., Feb. 6, 1-2:30pm
Aurora Hills, 703-228-5722

DIGITAL BORROWING @ ARLINGTON LIBRARY
Did you know you can get eBooks and audio books from Arlington County Public Library for free? Sarah Campany, Arlington County Librarian, will show how to download eBooks and audio books. Bring your library card and your favorite digital device (e-reader, iPad, laptop or smart phone) and library staff will help you learn to download your favorite books!
Mon., Feb. 25, 1-2pm
Langston-Brown, 703-228-6300

LIVING WELL IN RETIREMENT: DEALS AND DISCOUNTS
Learn how to economize your spending and live well in retirement by taking advantage of senior deals and discounts. A volunteer from Virginia Cooperative Extension’s Financial Education Program will show you how.
Wed., Jan. 23, 1:30-2:30pm
Aurora Hills, 703-228-5722

PRINT ONLINE
Shutterfly, Vistaprint, Minted… there are several choices online to create and print photo books, invitations, and more. Emily Thrasher, DPR Programmer has lots of experience creating these types of printed materials online and will demonstrate how to create and order.
Tues., Jan. 22, 2-3pm
Arlington Mill, 703-228-7369

CLASS REGISTRATION 101
Puzzled about how to register for fee-based OSAP classes? Fitness Supervisor Jennifer Weber will share tips for using Arlington’s digital registration system as well as avenues such as the mail and in person.
Fri., Jan. 4, 10-11am
Walter Reed, 703-228-0955

PLANNING
HEALTH DIRECTIVES
Two-part series from the non-profit Coalition to Improve Advanced Care (CIAC) that works to improve the quality of life for those facing advanced illness. First a discussion of the importance of health directives followed by one-on-one sessions with volunteers from CIAC to assist in filling out an advanced directive.
Tues., Jan. 15 and Thurs., Jan. 17, 11am-noon
Langston-Brown, 703-228-6300

PAPERS - SAVE OR SHRED?
Many of us are overwhelmed with all the information we are keeping in our heads, on our phones, in file cabinets and safe deposit boxes. Kay Bransford President and Chief Curator of MemoryBanc will discuss which documents are important, how they should be organized, when to share this information with loved ones and how to clean out unneeded documents.
Mon., Jan. 14, 1-2pm
Langston-Brown, 703-228-6300

IMPORTANT DOCUMENTS
Are your important documents complete and easily transportable? A representative of Virginia Cooperative Extension will discuss desirable documents to include and ways to organize.
Tues., Feb. 12, 10-11am
Walter Reed, 703-228-0955

TAMING THE FINANCIAL PAPERTIGER
Organizing your important papers is key to clearly seeing your present situation and planning for the future. A representative from the Virginia Cooperative Extension will present this informative session with plenty of advice.
Thurs., Jan. 24, 11:30am-12:30pm
Lee, 703-228-0555
WHAT WE DO AT LSNV
Legal Services of Northern Virginia is a legal assistance resource available to qualifying residents. A representative will share things they can assist with and how to get that help.
Fri., Jan. 25, 10-11am
Walter Reed, 703-228-0955

BOOK CLUBS AND DISCUSSION GROUPS

HISTORY ROUNDTABLE
Take part in thought-provoking and informative discussions about pivotal events in our world’s history. Meets second Tuesdays. In January, we’ll discuss creation narratives and February’s topic is ancient civilizations.
Tues., Jan. 8 and Feb. 12, 11:15am-12:30pm
Lee, 703-228-0555

HISTORY DISCUSSION GROUP
Listen, contribute and reflect in this discussion group led by Dwight Rodgers of Encore Learning. Focus on cultural, economic, artistic and political history. Register by calling the center or email lkaniut@arlingtonva.us for a copy of the week’s talking points.
Thurs., Jan. 17 to Feb. 14, 1-2:30pm
Walter Reed, 703-228-0955

LOCAL HISTORY DISCUSSION GROUP
Northern Virginia has seen a lot change. Meet first Wednesdays each month to discuss transformations of the area we call home. In January, we’ll discuss the canal system in the area and February’s topic is haunted homes and buildings.
Wed., Jan. 2 and Feb. 6, 12:30-1:45pm
Lee, 703-228-0555

LEE BOOK CLUB
Get together for great books and good conversation. This group will not meet in January. February’s book is *Pachinko* by Min Jin Lee. First Tuesday each month.
Tues., Feb. 5, 11:15am-12:30pm
Lee, 703-228-0555

New! AURORA HILLS BOOK CLUB
Aurora Hills now has its own monthly book club. The book for January is *Z: A Novel* by Zelda Fitzgerald by Therese Anne Fowler. The book for February is *Life After Life* by Kate Atkinson.
Mon., Jan. 28 and Feb. 25, 12:15-1:30PM
Aurora Hills, 703-228-5722

WALTER REED BOOK CLUB KICKOFF
Volunteer Marilyn Geary will kick off her bi-monthly book club with a discussion on Diana Gabaldon’s *The Outlander*, the book and the movie. Light refreshments served. Call to register.
Fri., Feb. 22, 10-11:30am
Walter Reed, 703-228-0955

55+ BOOK CLUB
Enjoy good conversation about books and expand your reading selections in discussions led by an Arlington County Library volunteer. First Fridays at Central Library. The book for January is *My Beloved World* by Sonia Sotomayor. February’s book is *Interpreter of Maladies* by Jhumpa Lahiri.
Fri., Jan. 4 and Feb. 1, noon-1pm
Central Library, 703-228-4403

@HOME

HOUSING OPTIONS
Where do I start? When do I begin? A representative of the Department of Human Services will discuss affordable senior housing in Arlington County.
Tues., Jan. 22, 10-11am
Walter Reed, 703-228-0955

ENERGY SAVINGS
Bill Copeland of Home Depot will share many ways to save energy and money! Discussion will include water heaters, windows, insulation, and more!
Thurs., Jan. 10, 10-11am
Walter Reed, 703-228-0955

RECYCLING IN ARLINGTON
We separate, we toss and it’s hauled away - then what? A representative of American Disposal Services will provide insight on what happens to recyclables at this first stop in their processing.
Wed., Jan. 16, 10-11am
Walter Reed, 703-228-0955

REBUILDING TOGETHER
Rebuilding Together staff representative Daphne Lathouras will discuss how to qualify for repairs and upgrades to your home at no cost to the homeowner. The results help seniors stay in their homes safely and increase independence. Also learn how you can volunteer with this non-profit organization and make a difference in someone’s life.
Thurs., Jan. 24, 11am-noon
Langston-Brown, 703-228-6300

HOUSEHOLD PLUMBING
From leaky faucets and snaking drains to toilets that won’t flush - Bill Copeland of Home Depot will share simple how-to’s to get household plumbing flowing smoothly.
Thurs., Feb. 14, 10-11am
Walter Reed, 703-228-0955

SMART HOME
We have the capability of using technology in our houses to control lights, lock doors, play music and answer questions. Nick Englund, Tech Guru will present an overview of home automation devices such as Amazon Alexa and Google Home. This is a basic introduction and no prior experience is required.
Wed., Feb. 27, 7-8pm
Arlington Mill, 703-228-7369
PODCAST FOLLOWERS
Join this new group of podcast followers - veteran listeners and newbies will download and listen to various programs of interest, then discuss them together. Like a book club, but you listen instead of reading the agreed-upon selection. Call or email epoole@arlingtonva.us for the pre-selected podcast.
Mon., Jan. 28 and Feb. 25, 1-2pm
Langston-Brown, 703-228-6300

CURRENT EVENTS
Discussions on who, where and what events are taking place in current local and world news. Discussions are informal and volunteer-led. Meets first and third Mondays.
Mon., Jan. 7 and Feb. 4, 10-11:30am
Walter Reed, 703-228-0955

BLUNDERS: EYE-OPENING MISTAKES IN HISTORY AND WHAT WENT WRONG
Professor and Veteran Dr. Charles Toftoy will share excerpts from his latest book, Blunders: Eye-Opening Mistakes in History and What Went Wrong. Each chapter covers a historical blunder that occurred due to mistakes that should never have been made.
Fri., Feb. 1, 1-2pm
Walter Reed, 703-228-0955

WALTER REED GARDEN GROUP
As we partner with Virginia Cooperative and teens, we are switching gears this year from an ornamental focus to a vegetable garden focus. Find out about the year of education and hands-on activities.
Mon., Feb. 25, 1-2pm
Walter Reed, 703-228-0955

THE STUDY OF WORDS
The story of words is simultaneously the history of our culture, with contributions from Old English, Latin, French and Native American dialects. Share fun and knowledge deconstructing American English. Meets second Wednesdays; facilitated by volunteer Steven Wertime.
Wed., Jan. 9 and Feb. 13, 10:30-11:45am
Lee, 703-228-0555

FISHERMAN’S FORUM
Do you love to fish? Have great fishing stories? Share closely-guarded secrets – your best lures, bait and local fishing spots. Whether a newbie or a seasoned fisherman, everyone is invited to be a part of this new group.
Mon., Jan. 14 and Feb. 11, 10-11am
Walter Reed, 703-228-0955

MY CAREER IN A NUTSHELL
How would you describe your career in five sentences or less? Join us for this workshop that is a fun twist on the classic elevator pitch. Facilitated by the senior center staff.
Thurs., Feb. 28, 1-2:30pm
Lee, 703-228-0555

DIGITAL LEARNING

IPHONE AND IPAD BASICS CLASS
This class, taught by volunteer Lowell Nelson, will cover app installation, security, settings, navigation tips, notifications and accessibility options. You must have the most recent operating system and know your Apple ID and password. For instructions on how to download the operating system, email lkaniut@arlingtonva.us.
Fri., Jan. 25, 10-11:30am
Walter Reed, 703-228-0955

MAC, IPAD, IPHONE TUTORING
Lowell Nelson, volunteer and experienced Apple user, will answer your questions one-on-one. Must call to schedule individual appointment.
Wed., Jan. 9, 23 and Feb. 6 and 20, 10am-12:15pm
Aurora Hills, 703-228-5722
Wed., Jan. 16, 30 and Feb. 13, 27, 9:30-11:45am
Walter Reed, 703-228-0955

SAVVY TEEN TECH HELP
Need help with your tech devices? Knowledgeable high school and middle school students answer individual questions in helpful one-on-one sessions. Call for dates and times; must phone to schedule individual appointment.
Thurs., Jan. 10, 24 and Feb. 7, 21
Langston-Brown, 703-228-6300

COMPUTER HELP
One-on-one computer, tablet and smart phone instruction. Our volunteers can help you with email, Internet access, Google searches, Microsoft Office and more. Must call to schedule individual appointment.
Volunteer Instructor: Jim Morris
Mondays, Fridays, 10-11am
Lee, 703-228-0555
Volunteer Instructor: Akemi Yamashiro
Fri., Jan. 11 and Feb. 8, 4-5:30pm
Walter Reed, 703-228-0955

INCLEMENT WEATHER CLOSINGS
For information on delayed openings and cancellations, call our Inclement Weather Hotline at 703-228-4715 or phone your senior center.

All Senior Centers will be closed
January 1, 21
February 18
Please Note
Programs and presentations offered at Arlington’s Senior Centers are intended to educate our participants and enrich their lives. We strive to present a balanced array of viewpoints on any particular topic and we are not promoting any particular service, opinion or cause. The views expressed by presenters are their own and are not necessarily endorsed by Arlington County or the Office of Senior Adult Programs.

Let Us Know You’re Coming
Even when 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. This also allows us to call you when a program is cancelled due to low enrollment or instructor illness. We welcome you to join us, and it is tremendously helpful if you assist us in planning by calling to reserve your space.

Find the 55+ Guide Online
You can find the newest issue of the 55+ Guide online before a copy reaches your mailbox. Here’s how: Go to parks.arlingtonva.us and enter “55+ Guide” in the search box on the opening page. Click on the result, and you’ll see the cover of the new issue.

Modern Bridge - offered through Enjoy Arlington/Arlington Parks and Recreation
Short lessons followed by supervised play. Modern changes to the Standard American bidding system. The conventions everyone should know. Defensive signals. Some homework. There will be a field trip to play in a sanctioned duplicate game. This class is not for beginners. The ideal student will be committed to improving his/her game and will have a sense of humor. Led by a Gold Life Master. Questions? Email the instructor at nmckinne@cox.net. Classes will be held on Saturdays from 10 - 11:30am at Madison beginning Jan. 26. Register online at registration.arlingtonva.us using Activity Code 240701. Cost is $136 - Arlington residents 55 and older receive a 30% discount.

Fee Reductions!
The Arlington County Fee Reduction Policy bases discounts on total household income and size relative to current HUD Section 8 income limits. If your household income is below the threshold, many of your park and recreation fees could be reduced. All Arlington County Park and Recreation programs, fees and services are eligible for fee reduction except for personal training, private swim classes for adults, adult leagues and facility rentals. Other exclusions may apply.

Fee reductions are available to persons who live in or own property in Arlington County, Virginia and members of their household, and employees of Arlington County Government and members of their household. Fee reductions are not retroactive.

How to Apply
Call 703-228-4747 for additional assistance or to make an appointment to apply.
• A verification document that qualifies you to receive reduced fees. These include: your most recent tax return; Medicaid, Supplemental Security Income (SSI) or Social Security Disability Insurance (SSDI) certifications; and certain other documents.
• Photo ID
• Application form that you can download and complete found at parks.arlingtonva.us, search “fee reduction”
All fee reductions must be renewed annually.

Seeking Volunteers
Do you love to garden? Are you looking for new ways to get your hands dirty? The Office of Senior Adult Programs is piloting a 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; 703-228-4406
NEW! COZY UP WITH CROSSWORDS
Cozy up with coffee, conversation, crosswords and other puzzles!
Fridays, 10-11:30am
Aurora Hills, 703-228-5722

MEXICAN TRAIN DOMINOES
This friendly group of dominoes players is looking for new participants to play Mexican Train dominoes. If you have never played, it’s easy to learn.
Mondays, 2-4pm
Walter Reed, 703-228-0955

PINOCCHLE
Players score points by taking tricks and forming combinations from a special deck of cards. Enjoy strategizing, teamwork, counting and socializing.
Mondays and Fridays, 12:30-3pm
Langston-Brown, 703-228-6300

CANASTA
Easy to learn and fun to play. If you never played or haven’t played in years, these dedicated players will be glad to teach you or help brush up your skills.
Mondays, 4-7pm
Wednesdays, 10am-noon
Walter Reed, 703-228-0955

RUMMIKUB
The original rummy tile-based game combines elements of gin rummy and Mah Jongg. Drop in and play.
Mondays-Fridays, 10-11am
Arlington Mill, 703-228-7369

SCRAMBLE
New faces are always welcome at weekly Scrabble sessions. If you enjoy words, know English fairly well and can spell correctly most of the time, Scrabble is the game for you. The competition is friendly and coaching is available for new players or those who haven’t played in a long time.
Wednesdays, 1-2:30pm
Langston-Brown, 703-228-6300

FRIDAYS, 10:15am-3pm
Walter Reed, 703-228-0955

SUDOKU
Looking for new techniques and skills for solving Sudoku puzzles? Join us in solving challenging Sudoku puzzles in a group setting. Bring your own special methods and share favorite puzzles with others. We’ll all benefit from each other’s expertise.
Thursdays, 1-3pm
Lee, 703-228-0555

Beginner
Tuesdays, 10-10:45am
Walter Reed, 703-228-0955

CRIBBAGE
Cribbage is great fun and is even an event in Senior Olympics. Learn the game, meet people and compete with us. Coaching is provided for newcomers to the game or those who just need to brush up.
Fridays, 10am-noon
Walter Reed, 703-228-0955

CHESS PLAYERS NEEDED!
The Madison Chess Club is seeking players of all levels for tournament play. Newcomers welcome; join the camaraderie and enjoy the mental challenge. Chess Master Macon Shibut presents a discussion on strategies and famous moves. Games start at 10:30 following the lecture; bring a bag lunch and play through the afternoon. Call 703-228-4878 for more information.
Mondays, 9:30am-2:30pm
Madison, 703-228-5310

MAH JONGG
Mah Jongg depends on strategy and calculation, and is surprisingly addictive. Beginners find they master the basic principles easily and are soon devoted to honing skills with greater practice and enjoyment. American games complete prescribed sets of hands as published yearly by the National Mah Jongg League. Chinese-style follows ancient rules allowing more flexibility of tile combinations. Call for more information.
Thursdays, 9:30am-1pm
Langston-Brown, 703-228-6300

Mondays, noon-2pm
Thursdays, 12:30-3pm
Saturdays, noon-3:45pm
Walter Reed, 703-228-0955

Mondays, noon-2pm
Aurora Hills, 703-228-5722

TRIVIAL PURSUIT
Everyone loves trivia. Whether it’s at the local bar, neighborhood senior center or at home with friends, showing off your mastery of fun facts is invigorating. Meet the second and fourth Mondays to play the game that started the craze: Trivial Pursuit.
Mon., Jan. 14, 28 and Feb. 11, 25, 10:30-12pm
Lee, 703-228-0555

GAME NIGHT
Enjoy one of the many games available here or bring your own favorite game to play! Stop by after work, running errands, or head to the center specifically to play and socialize; first and third Thursdays.
Thurs., Jan. 3, 17 and Feb. 7, 21, 4-7pm
Walter Reed, 703-228-0955
JEOPARDY
An interactive game to play as a group. Staff or volunteers will supply the answers; will you know the questions?
Mondays, 10:30-11:15am
Walter Reed, 703-228-0955

LANGUAGES
ITALIAN LANGUAGE GROUP
Italian is spoken by over 66,000,000 people worldwide. If you have spoken Italian before and want to continue with this romantic language, please consider joining this group. Call for more information - Grazie!
Thursdays, 2-3pm
Langston-Brown, 703-228-6300

FRENCH CONVERSATION
Do you speak French but want to hone your skills? This friendly group with advanced knowledge of the language will welcome you to their weekly dialogues. These sociable gatherings provide a chance to participate in lively discussions in French on topics that are easy to discuss and of interest to all.
Wednesdays, 1-3pm
Langston-Brown, 703-228-6300

EASY INTERMEDIATE SPANISH
Looking to further your knowledge of the Spanish language? This ongoing class is designed for those who have studied Spanish and would like to continue learning. The class includes review of Spanish grammar, and has a focus on listening and reading skills as well as vocabulary expansion and verb conjugation. Speaking is encouraged.
Tuesdays, 9:30-11am
Arlington Mill, 703-228-7369

BRIDGE
Bridge is highly regarded as a great way to keep the brain fine-tuned. Join like-minded people to sharpen your skills. Social bridge features a group of congenial players who play contract bridge with different partners weekly. We also offer opportunities for Foursome bridge groups to play with a partner and another pair.

SOCIAL BRIDGE
Tuesdays, 10am-noon
Contact Cynthia Baskin (703-644-2399) or email madisonsocialbridge@gmail.com for information.
Madison, 703-228-5310
Mondays and Fridays, 12-3pm
Lee, 703-228-0555
Thursdays, 10am-2pm
Call Gwen Foxall at 703-892-4838 in advance to register.
Lee, 703-228-0555

FOURSOME BRIDGE
Mondays, 12:30-3pm
Fridays, 10am-noon
Madison, 703-228-5310
Wednesdays, 10am-1:30pm
Aurora Hills, 703-228-5722

BRIDGE PRACTICE
Instruction with Steve Robinson Tues., Jan. 8 and Feb. 5
Tuesdays, 2-4pm
Walter Reed, 703-228-0955

DUPLICATE BRIDGE
If you enjoy bridge, you have a lot in common with Bill Gates and Warren Buffett. If you can play contract bridge, you can play duplicate, the thinking man's game. New players (solo or not) are welcome. Come to the check-in table and our duplicate bridge director will get you started. Please note these are not ABCL-sanctioned games. Call 703-228-5722 or 703-228-4878 for more info.
Wednesdays, 10am-1:30pm
Cost: $50/10 session pass
Aurora Hills, 703-228-5722

RUBBER BRIDGE
Wednesdays, 12:15-3pm
Walter Reed, 703-228-0955

Fridays, 10am-2pm
Cost: $50/10 session pass
Madison, 703-228-5310

SPANISH DIALOGUE
This is a fun opportunity to meet people, practice vocabulary and speak Spanish. Talk about a favorite topic, tell a story or discuss current events. Meet every week for conversation en Español.
Tuesdays, 1-3pm
Langston-Brown, 703-228-6300

Mondays, 11:45am-1pm
Arlington Mill, 703-228-7369

GERMAN CONVERSATION
Sprechen Sie Deutsch? Would you like to practice your German while having fun? Join this cordial group of people with knowledge of the language in a weekly dialogue. Stimulating and sociable gatherings provide lively discussions in German on topics that are easy to discuss and of interest to all.
Fridays, 10am-noon
Langston-Brown, 703-228-6300

ARABIC FOR BEGINNERS
Arabic is the fifth most common spoken language in the world. Learn to speak and understand it by joining this class for beginners. Volunteer Malak Kadri will assist you in understanding the basics of communicating in Arabic.
Thursdays, 11:15am-12:30pm
Arlington Mill, 703-228-7369

ENGLISH CONVERSATION FOR NON-NATIVE SPEAKERS
Would you like to speak English confidently and comfortably? Join us to improve your English through conversations centered around what you need to know and use in common situations of everyday life. Classes meet 1st and 3rd Thursdays. Instructor: Peter Laugesen
Thurs., Jan. 3, 17 and Feb. 7, 21, 10-11am
Walter Reed, 703-228-0955
INTERGENERATIONAL STORY TIME
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.
Mon., Jan. 14 and Feb. 11, 1-1:30pm
Aurora Hills, 703-228-5722

PING PONG TOURNAMENT
Extremely casual and friendly singles table tennis tournament. Sign-ups will determine single or double elimination. If more time is needed, play will continue next day at 10am.
Tues., Feb. 26, 10am-noon
Walter Reed, 703-228-0955

KICKBALL GAME
Join us for a one-time kickball game at Arlington Mill. A popular social sport, this will be a fun opportunity to try something new. The game will take place indoors in the Gym, so weather will not be an issue. No experience needed!
Fri., Jan. 25, 1-3pm
Arlington Mill, 703-228-7369

COMEDY CLUB
Good comedy never fails to delight – these are classics for a reason. Enjoy video and audio selections of The Honeymooners, I Love Lucy, Sid Caesar, Milton Berle, Bill Dana and Bob and Ray, Andy Griffith – just to name a few! Laugh together and share your own funny stories with Heff Munson, Arlington Independent Media producer.
Wed., Jan. 16 and Feb. 20, 11:30am-12:30pm
Aurora Hills, 703-228-5722

GENEALOGY 101
Time Magazine calls it the “second most popular hobby in America.” Meet fourth Tuesdays with other ancestry enthusiasts to learn about the people who make up your family tree. It requires some detective work and basic research, but it’s a pursuit that can take you to unexpected places with surprising results.
Tues., Jan. 22 and Feb. 26, 11:30am-1:30pm
Lee, 703-228-0555

UKULELE
Strumming a ukulele is therapeutic and fun. Volunteers Sandy O’Shea and Francis Luong will teach basic strumming. Must pre-register; limited ukuleles and seats available.
Tues., Jan. 15, 29 and Feb. 5, 19, 4:30-5:30pm
Wed., Jan 9, 23 and Feb. 13, 27, 11am-Noon
Walter Reed, 703-228-0955

JUST PLAY’N COUNTRY
Get a feel for the camaraderie and joy of traditional mountain music. With roots in Irish, folk and blues, you will have a hard time sitting still. The group plays on the first and third Mondays (holidays excluded) as well as every Friday.
Mon., Jan. 7, and Feb. 4, 11:15am - 1:15pm
Fridays, 1-3
Lee, 703-228-0555

FIREHOUSE JAM
Firehouse Jam is a group of musicians of all ages and skill levels who play acoustic music together. Jam participants play guitar, banjo, fiddle, mandolin, bass, hammer dulcimer, lap dulcimer, rhythm stick, accordion and harmonica. Participants range from interested beginners to expert musicians trying out new instruments. It’s a welcoming, low-key, music-loving atmosphere. Join to play or drop by to listen.
Thurs., Jan. 17 and Feb. 21, 7-9pm
Walter Reed, 703-228-0955

SUNSHINE GANG
This newly-formed band invites you to bring your instrument and musical talents and join the fun. Share your passion with others by playing rock and popular selections.
Fridays, 1-3pm
Lee, 703-228-0555

THE MERRYMAKERS
Put some joy and fun in your life! Come sing, dance, play an instrument or just tap your toes to selections from the Great American Songbook. Just drop in - audience participation and fun is encouraged.
Tues., Jan. 8, 22 and Feb. 12, 26, 10am-2pm
Walter Reed, 703-228-0955

CAROLEERS WEEKLY SING-A-LONG
The Caroleers have been meeting every Friday for 40 years to sing popular songs from the ’20s through the ’60s. This is a very informal sing-along group. Come join us.
Fridays, 10am-noon
Lee, 703-228-0555

MUSIC
DO YOU LOVE ROCK-N-ROLL? Join the open rehearsals of this grown-up garage band. The playlist includes hits from the 50s through the 70s.
Wednesdays, noon-2pm No meeting 1/16
Lee, 703-228-0555

FOLK MUSIC SING-ALONG
Joan Baez, Bob Dylan and Joni Mitchell are a few of the inspirations for this event. We may not have a campfire and cozy ponchos, but the experience is just as heartwarming.
Mon., Jan. 7 and Feb. 4, 1:30-3:30pm
Lee, 703-228-0555
HANDWORK & CRAFTING

GLASS BEAD PENDANTS
Need something new to accessorize or create a personalized gift? Using a variety of techniques, volunteer Carolyn Bainer will lead this workshop and demonstrate the process to create attractive and unique pendants. All supplies provided, but space is limited. Call to register.
Wed., Feb. 6, 1:30-3:30pm
Walter Reed, 703-228-0955

CREATIVE AGING FELTING WORKSHOP
Separating fibers then pressing them together again creates an entirely different textile. Jennifer Biehl from Arlington Arts leads a session on working with this unique material. Space is limited; registration required.
Thurs., Feb. 14, 10am-1pm
Lee, 703-228-0555

YARN CREATIONS
Do you like to crochet or knit? Are you looking to enjoy the company of others? Langston-Brown invites interested seniors to join our casual group of crafty individuals to share ideas and fellowship. If interested, please call for more details. Yarn donations are appreciated.
Tuesdays, 1-2:30pm
Langston-Brown, 703-228-6300

YARN CRAFTERS
The award-winning Yarn Crafters of Aurora Hills invite you for conversation, companionship and shared satisfaction in making hand-knit and crocheted items for the less fortunate in Arlington County. Help us keep babies, children and the elderly warm in winter. This multicultural group will teach you to knit or crochet, if needed, and will provide patterns, hooks, needles and yarn. Donations of Washable yarn are always appreciated. Come when you can, leave when you must!
Mondays, 10am-12:30pm
Aurora Hills, 703-228-5722

YARN CIRCLE
Come by for a social, casual way to work on your knitting and crochet projects or learn something new. All skill levels are welcome.
Sundays, 1-3pm
Walter Reed, 703-228-0955

A HAVEN FOR HANDWORK
Bring your hand-sewing, embroidery or yarn-based crafts and enjoy one another's company. No need to register, just drop-in.
Thursdays, 10:30am-12:30pm
Walter Reed, 703-228-0955

RUBBER STAMPERS
The Rubber Stampers learn new card-making techniques on third Tuesdays. These workshops are suitable for experienced card crafters familiar with die-cut and embossing machines. Stampers work on individual projects and cards on Thursday afternoons. Newcomers welcome to stop by and learn more about this hobby and what it involves.
Tues., Jan. 15 and Feb. 19, 11:30am-3pm
Lee, 703-228-0555

BEADING BUNCH
Get together once a month to make new baubles from old costume jewelry. Bring items you would like to repurpose. You can even swap some while you're here.
Thurs., Jan. 17 and Feb. 21, 1-2:30pm
Lee, 703-228-0555

LEE WOODCARVERS
For over 20 years woodworkers have gathered to enjoy their craft. Working together we each take a piece of wood and convert it into something beautiful and inspired. Members of the group are available to provide instruction. Loaner tools and wood are available.
Thursdays, 1-3pm
Lee, 703-228-0555

55+ CRAFTERS
Bring your own small craft project and supplies and join us. A fun place to socialize and create the perfect gift or keepsake.
Wednesdays, 10:30am-1pm
Arlington Mill, 703-228-7369

DANCE

LINE DANCING
Kick up your heels with line dancing! Easy for beginners, lots of fun for all. No partner needed; line up and watch as the leader demonstrates the steps. You're sure to leave with a smile.
Absolute Beginner
Instructor: Janey Brauninger
Mondays, 10:30-11:00am
Thomas Jefferson, 703-228-4771

Beginner
Instructor: Janey Brauninger
Mondays, 11:00-noon
Thomas Jefferson, 703-228-4771

Beginner
Instructor: Joan Silverman
Thursdays, 10-11am
Langston-Brown, 703-228-6300

Beginner
Instructor: Suzie Pratts
Fridays, 10:30-11:30am
Aurora Hills, 703-228-5722

Beginner
Instructor: Janey Brauninger
Fridays, 10:30-11:00am
Lee, 703-228-0555
High Beginner
Instructors: Janey Brauninger and Linda Lamatrice
Wednesdays, 9:30-10:30am
Walter Reed, 703-228-0955

Intermediate
Instructor: Kathy Fanelli
Thursdays, 1:30-3pm
Lee, 703-228-0555

Intermediate
Instructor: Carolyn Bainer
Wednesdays, 10:30-noon
Walter Reed, 703-228-0955

SOCIAL BALLROOM DANCE
Enjoy the company of friends old and new on a spacious dance floor. Held first and third Fridays at Lee and second and fourth Fridays at Arlington Mill. Dances vary between tango, waltz, foxtrot and swing. All will have the opportunity to dance and have fun.
Volunteer DJs: Tom Sipusic and Jon Ross
Fri., Jan. 4, 18 and Feb. 1, 15, 1-3pm
Lee, 703-228-0555
Volunteer DJ: Julie Carr
Fri., Jan. 23 & Feb. 22, 1-3pm
Arlington Mill, 703-228-7369

THE MOVIES

CINEMA TALK
Join us for a variety of entertaining and enlightening films, ranging from classics and old favorites to new releases and documentaries. The selections will examine broad issues and themes that we’ll discuss afterward.
Fri., Jan. 18, 12:30-3pm  Selma (PG-13)
Fri., Feb. 1, 12:30-3pm  Mark Felt: The Man Who Brought Down the White House (PG-13)
Aurora Hills, 703-228-5722

MOVIES AND CRITICS
Ever wanted to be a movie critic? Now you can. Movies & Critics is an interactive movie experience. Come just to enjoy the movie or take notes during the film for a critical discussion afterwards. Each month the group will create a review to be submitted to the Arlington Mill Newsletter.
Thurs., Jan. 17, 1-3:30pm  A Star is Born (R)
Tues., Jan. 22, 1-3:30pm  The Favourite (R)
Thurs., Feb. 21, 1-3:30pm  First Man (PG-13)
Arlington Mill, 703-228-7369

MOVIES @ WALTER REED
Join us for award-winning movies. We’ll show films that have won an Oscar, Golden Globe, Film Festival or AARP Movies for Grownups award for best picture or a significant acting or directing role. Movie and light refreshments are free. There will be a chance to discuss the movie at the conclusion.
Thurs., Jan 10, 3-5pm  Crazy Rich Asians (PG-13)
Thurs., Feb. 14, 3-5pm  A Star is Born (R)
Walter Reed, 703-228-0955

REEL PAGE TURNERS MOVIE BOOK CLUB
In partnership with our colleagues at the Westover Library, we are proud to present Reel Page Turners Movie Book Club. This program is a movie-themed book club that will meet monthly. Book selections will be adult fiction and non-fiction novels that have later been made into a feature film. After meeting to discuss the novel, we’ll enjoy a film screening and discussion the following week. Peg Owen, Library Associate, facilitates both discussions. January’s book and movie is 1984 by George Orwell and February’s book and movie is Unbroken by Laura Hillenbrand. Books will be provided by the library and are available on first come, first served basis. Registration required. For more information, please visit the library events page at https://library.arlingtonva.us/events, and click “book clubs” or call Peg at the Westover branch at 703-228-6327.

Book Discussion: Wed., Jan 23, 1:30-2:30pm at Lee, 703-228-0555
Film Screening and Discussion: Wed., Jan. 30, 1-3:30 pm at Westover Library

Book Discussion: Wed., Feb. 20, 1:30-2:30pm at Lee, 703-228-0555
Film Screening and Discussion Wed., Feb. 27, 1-3:30pm at Westover Library

We Want to Make Reasonable Modifications!
We are committed to providing reasonable modifications. 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. Two weeks’ advance notice is welcome. Call the center listed or TTY 711.

OPEN LATIN DANCE
Salsa, bachata, rumba, cha-cha-cha, merengue – dance to popular Latino music on 3rd Friday mornings. Come on your own or bring a partner.
Fri., Jan. 18 & Feb. 15, 10am-noon
Arlington Mill, 703-228-7369

PARTNER DANCE LESSONS
Learn popular partner dances such as foxtrot, Texas Two-step, West Coast swing and salsa. Leave each class knowing one or more steps that can be used in a social setting. Classes are taught by Fran Field and Tom Sipusic.
Wednesdays, 2-2:45pm Beginner
2:45-3:30pm Intermediate/Advanced
Lee, 703-228-0555

SUBSCRIBE TO PARKS & RECREATION ENEWS!
Arlington offers art, nature, recreation and sports newsletters that keep you informed on upcoming events and provide great resources as well as timely information.
SUBSCRIBE @ PARKS.ARLINGTONVA.US
wellness

OUR RESOLUTIONS
Did you make resolutions a year ago? Whether they fell off your radar, kept for a while or through to the end of the year, share with others your tips, tricks, or even what not to do. Then make some new ones!

Wed., Jan. 2, 1-2pm
Walter Reed, 703-228-0955

UNDERSTANDING HOLISTIC WELLNESS
Interested in learning about natural approaches to health and wellness? Sandra Friedman, Certified Holistic Health Practitioner and Nutrition Consultant, will share an informational overview of holistic wellness, taking into account mental, spiritual, emotional and physical aspects to health.

Mon., Jan. 7, 10-11am
Arlington Mill, 703-228-7369

NEW CONNECTIONS
Finding opportunities and events to socialize is not as challenging these days as it once was. However, cultivating meaningful friendships and building relationships is not as easy. Join Amanda Consovoy, licensed clinical social worker from Capital Caring, and Ron Wiersma, of Friend to Friend, to learn more about how common it is to feel isolated and how to create connections in your life in new ways.

Wed., Jan. 16, 1:30-3pm
Aurora Hills, 703-228-5722

MINDFULNESS: THE SCIENCE OF HAPPINESS
Explore how to tune into your body, lessen stress and be ‘in the moment’ of your life. These techniques are thought to lead to a healthier, happier lifestyle, and promote longevity and successful aging. Gwendolyn Beck, Gerontologist, and Manager of Senior Health at Virginia Hospital Center will cover ‘being there’, lifestyle choices (you may be better off with beer and pizza), movement, faith and gratitude.

Tues., Jan. 29, 11am-noon
Walter Reed, 703-228-0955

HOSPICE 101
Jared Wyma-Bradley of New Century Hospice will share the basics of hospice care and how you can benefit from these services.

Tues., Jan. 29, 11:30am-12:30pm
Lee, 703-228-0555

HAND-N-HAND THERAPY
The benefits of handheld devices and sports participation are numerous, but sometimes result in overuse and pain in hands and wrists. Occupational therapist/Certified Hand Specialist Dr. Roshanak Hassanzadeh, OTD, OTR/L, MS, CHT will share strategies, activity modifications and preventative options commonly utilized in hand therapy.

Fri., Jan. 11, 10-11am
Walter Reed, 703-228-0955

WINTER SKINCARE WITH ESSENTIAL OILS
Essential oils have been around for years, yet they are now getting more attention due to their healing benefits. Marci Todd of DoTerra Essential Oils will discuss the many benefits of essential oils for winter and how to use them safely and effectively. Samples will be available to try.

Wed., Jan. 9, 11:30am-12:30pm
Aurora Hills, 703-228-5722

Tues., Feb. 11, 11am-noon
Langston-Brown, 703-228-6300

HEARING AIDS
Bonnie O’Leary from the Northern Virginia Resource Center for Deaf and Hard of Hearing Persons will discuss hearing aids from the wearer’s perspective. She will explain the differences between a hearing aid specialist and an audiologist, styles, types and costs of different types of hearing aids, including personal amplifiers as an alternative.

Tues., Jan. 29, 10-11am
Walter Reed, 703-228-0955

STROKES: PREVENTION, SYMPTOMS & CAUSES
Stroke is the fourth leading cause of death in the U.S. Dr. Edward Alcock, DO, medical director from Virginia Hospital Center Inpatient Rehabilitation Center, will discuss stroke prevention, symptoms and causes. Learn simple lifestyle changes that can help safeguard against having a stroke.

Tues., Feb. 12, 11am-noon
Langston-Brown, 703-228-6300

RESOURCES
Did you know Arlington County has a department devoted to Aging and Disability Services? Rachel Coates and Helen King, representatives of Aging and Disability Services will share how to access services.

Tues., Feb. 19, 10-11am
Walter Reed, 703-228-0955

FUERZA CONTRA ALZHEIMER’S
Alzheimer’s is a disease that knows no language barriers. Join Carmen Pastor, president of Fuerza Contra Alzheimer’s, for an informative discussion on the fight against Alzheimer’s disease. Program is in both Spanish and English.

Wed., Jan. 16 & Feb. 20, 7-8pm
Arlington Mill, 703-228-7369

New! DIABETES PEER SUPPORT GROUP
Peer support group to meet concerning diabetes disease. This new group brings together people dealing with this common illness to share knowledge and experiences. Likely discussion topics include daily management, social and emotional support and the sharing of care and community resources. Please call for more information.

Mon., Jan. 14, and Feb. 11, 11:00am-noon
Langston-Brown, 703-228-6300

SCALE DOWN
A weight loss support group of warm and caring people. Weekly meetings include private weigh-ins and interesting programs.

Mondays, 10-11am
Lee, 703-228-0555
SNOW DAY COOKING
Keep your kitchen open even when the roads are closed. Cook wholesome and healthful meals using the food you have on-hand. Virginia Cooperative Extension demonstrates a tasty recipe and offers tips for the best pantry and freezer foods to keep on hand this winter.
**Tues., Jan. 29, 11 am-noon**
Langston-Brown, 703-228-6300

SEAFOOD IN A SNAP
Celebrate heart health month with healthy, affordable seafood. Learn tricks and techniques to make seafood part of your weekly routine. Virginia Cooperative Extension cooks up some finfish favorites for you to taste.
**Wed., Feb. 6, 11 am-noon**
Arlington Mill, 703-228-7369

WARM UP THE NEW YEAR WITH SOUPS & STEWS
Warm up your kitchen with delicious, healthy food. Learn tips for making soups, stews, and more. Join Virginia Cooperative Extension for a cooking demonstration and taste, along with recipe and safety information for cooking and storing soups.
**Fri., Jan. 11, 1-2pm**
Aurora Hills, 703-228-5722

PLANT PROTEIN POWER
Plant-based proteins are both nutritious and delicious. Come learn and sample different plant proteins with Jennifer Weber, 55+ Programmer. You will be surprised!
**Wed., Feb. 6, 6:30-7:30pm**
Arlington Mill, 703-228-7369

TASTY RECIPES WITH FIVE INGREDIENTS OR FEWER
Healthy, delicious meals don’t need to be complicated. With just a few simple ingredients, create a satisfying meal to wow your taste buds. Food and nutrition experts from Virginia Cooperative Extension will prepare recipes with five ingredients or fewer. Come see and taste for yourself!
**Tues., Feb. 26, 11 am-noon**
Langston-Brown, 703-228-6300

COMFORT FOOD CAN BE HEALTHY
Heart health takes center-stage in February, and we learn nutritious versions of favorite comfort foods. Revamp recipes and start new, healthful traditions. Come and taste for yourself, at Virginia Cooperative Extension’s cooking demonstration.
**Wed., Jan. 23, 11 am-noon**
Walter Reed, 703-228-0955

OSAP collaborates with the Northern Virginia Falls Prevention Alliance to present programs that reduce the risk of falls and fall-related injuries in older adults, maximizing independence and improving quality of life. You can lower your risk of falling, maintain mobility and reduce your fear of falls and resulting health consequences through evidence-based balance programs such as SAIL and A Matter of Balance.

STAY ACTIVE & INDEPENDENT FOR LIFE (SAIL)
Exercising to improve strength, balance and fitness is important to stay active and reduce the risk of falls. The SAIL curriculum includes aerobics, balance exercises, strength training with wrist and ankle weights and stretching routines. It is proven to improve balance, mobility, strength, flexibility and to reduce known risk factors for falls. Must pre-register. Instructors: Beverly Cannizaro, Roslyn Rubin and Sue Arnold
**Mondays and Thursdays, Jan. 14-Mar. 14, 1:30-2:30pm**
Walter Reed, 703-228-0955

IMPROVE YOUR BALANCE AND COORDINATION
Learn the difference between balance, coordination and agility to help protect your health. Physical Therapist Mike O’Connor of Source PT will identify intrinsic and extrinsic factors that affect balance and coordination. He’ll discuss types and progressions of exercise, falls prevention and tips for avoiding injury.
**Tues., Jan. 22, 11am-noon**
Langston-Brown, 703-228-6300

A MATTER OF BALANCE SERIES
If you worry about taking a fall, A Matter of Balance is for you. This program emphasizes practical strategies to reduce fear of falling and increase activity levels. You’ll learn to view falls as controllable, set realistic goals to increase activity, change your environment to reduce fall factors and exercise to increase strength and balance. Must pre-register. Instructors are students in Marymount’s School of Public Health. Must pre-register. **FREE**
**Fridays, Feb. 1-Mar. 22, 12:30-2:30pm**
Arlington Mill, 703-228-7369
**Fridays, Feb. 1-Mar. 22, 12:30-2:30pm**
Walter Reed, 703-228-0955
**Saturdays, Feb. 2-March 23, 10am-noon**
Langston-Brown, 703-228-6300

FALL PREVENTION
Jennifer Stahl, Doctor of Physical Therapy at Brookdale Arlington, will present an informative and interactive session on how to take precautions to avoid falls. This class will help you to identify controllable factors that cause falls, determine your risk of falling and discuss action you can take to reduce your risk.
**Thurs., Feb. 7, 1-2pm**
Arlington Mill, 703-228-7369
MEDICARE

MEDICARE IN 2019
There are multiple changes to the Medicare landscape this year. Are you making the most of your Medicare benefit? Join Carma Ryan and John Glowacky, certified Medicare Counselors with the Virginia Insurance Counseling and Assistance Program of Arlington County for a brief presentation about benefits and 2019 changes followed by a question and answer session.
Wed., Jan. 23, 10-11am
Walter Reed, 703-228-0955

MEDICARE MADE SIMPLE
If you are newly eligible for Medicare or just want to know more, attend our free presentation to learn about Medicare coverage and choices. A certified Medicare counselor from the Virginia Insurance Counseling and Assistance Program, will lead this interactive session. Space is limited; pre-registration required. 703-228-1700, 703-228-1788 (TTY).
Tues., Jan. 15 and Wed., Feb. 20, 2-4pm
Human Services Center, 2100 Washington Blvd.

All Senior Centers will be closed
January 1, 21
February 18

GET INVOLVED IN SENIOR ISSUES!

The Arlington County Commission on Aging advises the County Board and the Arlington Agency on Aging on aging issues. For more information, go to www.arlingtonva.us and search Commission on Aging.
Commission on Aging Meeting:
Mon., Jan. 14 and Feb. 11, 9-11am
2100 Washington Blvd

Arlington Steering Committee for Services to Older Persons is an affiliation of private, non-profit, proprietary and government service providers and senior advocates who meet to discuss aging issues.
Steering Committee Meeting:
“Homelessness and Older Adults”
Fri., Jan. 18, 9:30-11am
Human Services Center
2100 Washington Blvd., 703-228-1700

AGE IN PLACE WITH ARLINGTON NEIGHBORHOOD VILLAGE
Everyone is invited to participate in these activities:

CONTINUUM OF CARE
A panel of experts from Synergy Home Care, Arlington Neighborhood Village, Capital Caring, The Jefferson and Goodwin House at Home will share information on aging-in-place and assistance available as you or your loved one age in our community. By preparing for the possibility of needing some type of assistance as you age, you can remain in control of where you live, receive care, the quality of care you receive, who will provide your care and how you pay for your care.
Wed., Feb. 13, 1-2:30pm
Aurora Hills, 703-228-5722

Join Arlington Neighborhood Village’s “Coffee and Conversation” series. Bring your own coffee, learn about aging in place and hear a speaker on an interesting topic.

WEDNESDAYS, JAN. 2-30, 10-11AM
APAH, 4318 N. Carlin Springs Rd., 22203
Jan. 2: Pat Velander, RN, BS, MS, CLTC will provide the latest information on Long Term Care Insurance.
Jan. 9: Bob Sinclair, ANV member & volunteer, will share his adventurous commute to & from work as a member of the CIA Canoe Pool.
Jan. 16: Neville Welch, a Major in the United States Marine Corp, will highlight the extraordinary 129-year history and activities of Masonic Lodge #58, its African-American roots and visionaries.
Jan. 23: Ben Aiken, Arlington’s new Resident Ombudsman & Director of Constituent Services in the County Manager’s Office will discuss outreach to the Arlington community.
Jan. 30: A representative from the Mongolian School of the National Capital Area will discuss their schools and the Mongolian community in Northern Virginia.

To learn more about the benefits of becoming a member and/or volunteer with Arlington Neighborhood Village, call the ANV office at 703- 509-8057 or visit www.arlnvil.org.
COFFEE KLATCH
Start your week off right with coffee, conversation and delicious sweets. Sponsored by the Lee-Madison Advisory Committee. Get to know your neighbors.
Mondays, 10-11am
Lee, 228-0555

LEE LUNCH BUNCH
Meets the first Thursday of every month (excluding holidays) at a local restaurant. Newcomers are welcome and restaurant suggestions appreciated.
Thurs., Jan. 3 and Feb. 7, 1-3pm
Lee, 703-228-0555

55+ FOODIES
Not only do we meet and talk about interesting cuisines and favorite dining experiences, we eat together at convenient local restaurants the group wants to try. Third Thursdays. Call 703-228-4878 for more information.
Thurs., Jan. 17 and Feb. 21, 6:30-8pm

MEET & GREET
Interested in becoming a more active member at your 55+ Senior Center? Join the Arlington Mill Senior Center Advisory Committee for a social meet and greet. Mingle over light refreshments and learn about the committee’s role and goals for the year.
Tues., Jan. 15, 1-2pm
Arlington Mill, 703-228-7369

NAME THAT TUNE
How many musical notes will you need to identify a song? Join Volunteer Carl Gold for fun naming Top 40 songs from the 60’s and 70’s. Light refreshments will be served.
Tues., Jan. 29, 6:30-7:30pm
Walter Reed, 703-228-0955

HOLIDAY GATHERINGS

CELEBRATING KING
Come together as a community and view Martin Luther King’s contribution to living up to our country’s ideals by viewing his “I Have a Dream” speech. Then, contribute to our freedom quilt by signing a square.
Fri., Jan. 18, 10-11am
Walter Reed, 703-228-0955

SWEETS AND SWEETHEARTS
From Elizabeth Taylor and Richard Burton to Harry and Meghan and all other love stories we’ve watched unfold. Enjoy dessert and enjoy the challenge of identifying faces that made their story famous!
Tues., Feb. 12, 6:30-7:30pm
Walter Reed, 703-228-0955

VALENTINE’S TRIVIA NIGHT
Test your knowledge of all topics ranging from sports, history and pop culture to science and medicine. This Trivia Challenge will be played in the three-round pub style with a question round, picture round and a mystery round. Bring a team or form one on the spot. All ages are welcome so bring the whole family. Registration is essential.
Wed., Feb. 20, 7-8pm
Arlington Mill, 703-228-7369

BLACK HISTORY CELEBRATION AND LUNCHEON
Join us to celebrate Black History Month with The Lovejoy Group performing jazz, blues and more, plus a lunch of traditional Southern foods. Register by February 11.
Fri., Feb. 22, 11am-1pm
Cost: $6, #919017-02
Langston-Brown, 703-228-6300

Joan Trumpauer Mulholland: A Real-Life Hero
Meet a civil rights activist from Arlington: A young white woman who joined the Freedom Riders, participated in countless sit-ins, demonstrations and marches for racial equality in the 1960s. She was disowned by her family, shot at, hunted by the Ku Klux Klan and imprisoned. We'll view An Ordinary Hero: The True Story of Joan Trumpauer Mulholland, a documentary about her amazing life. Ms. Mulholland will take questions after the film. Sponsored by the Lee/Madison Advisory Committee.
Thurs., Jan. 17, 11:30am-1pm
Lee, 703-228-0555

50TH ANNUAL TRIBUTE TO
Rev. Dr. Martin Luther King, Jr.
Sun., Jan. 20, 5-6:30pm
Wakefield High School Auditorium
Arlington’s annual tribute to Dr. King celebrates 50 years in 2019. This beloved community event is a celebration of Dr. King’s life and legacy and a call to action for residents to stand up for social justice. The program features live music, dance and spoken word. Details @ mlktribute.org
FREE!
LEGAL SERVICES OF NORTHERN VIRGINIA
Legal Services of Northern Virginia (LSNV) provides free, confidential legal assistance on a variety of issues. Social Security, Medicare and Medicaid, consumer and housing law and insurance are just some of the areas LSNV can help with. There is a pre-screening to determine if you are eligible for LSNV services, so confidential information will be asked. Must call LSNV directly at 703-778-6800 to schedule an appointment and complete pre-screening.

Thurs, Jan. 3 and Feb. 14, 9:30 - 11:30 am
Langston-Brown, 703-228-6300

Tues, Jan. 29, 10 - 11 am
Walter Reed, 703-228-0955

LEGAL SERVICES OF NORTHERN VIRGINIA

OBJECTIVE SOUND AND HEARING LOSS INFORMATION & SCREENINGS
Get your hearing checked for free by the Northern Virginia Resource Center, the area’s leading non-profit for people with hearing loss. They provide information on hearing loss and help with various hearing assistive technology; they do not sell hearing aids or assistive devices. Must call to schedule individual appointment.

Wed., Feb. 20, 10 am - 2 pm
Walter Reed, 703-228-0955

AARP DRIVER SAFETY CLASS
Why take a Smart Driver course? Because driving has changed since you first got your license and doing so could save you money! Learn current rules of the road, defensive driving techniques and how to operate a vehicle more safely in today’s increasingly challenging environment. AARP Certificate of completion may qualify for discounts on your auto insurance policy. Call 703-228-0556 to pre-register and for payment information; space is limited.

$15 AARP members; $20 nonmembers
Wed. Jan. 16, 10 am - 6 pm
Lee, 703-228-0556

Tues. and Wed., Feb. 5 and 6, 9 am - 1:30 pm
Walter Reed, 703-228-0556

BLOOD PRESSURE CLINIC
A retired Register Nurse volunteer will be available for complimentary blood pressure testing. First come, first served.

Volunteer: Honora Dent
Thurs., Jan. 17 and Feb. 21, 9:30 - 11 am
Walter Reed, 703-228-0955

Volunteer: Carolyn Francis
Thurs., Jan. 24 and Feb. 21, 11 am - noon
Arlington Mill, 703-228-7369

DHS OUTREACH
Zineb Mourchid from Arlington County’s Department of Human Services will answer questions about services provided by the county. For assistance applying for services such as affordable housing or citizenship, come on fourth Thursdays. First come, first served.

Thurs., Jan. 31 and Feb. 28, 10 - 11 am
Walter Reed, 703-228-0955

BLOOD PRESSURE CLINIC

SCAT-TAKE A TAXI!
Senior Center Adult Transportation (SCAT) is Arlington’s transportation service for all residents 55+. Through SCAT you can take pre-arranged taxicabs to and from senior center locations for $2.50 each way. Call 703-892-8747 for an application.

In Memoriam
Veronica Carcamo
Sally Lloyd
Jim McCaskill

NARFE INVITES YOU
Chapter 7 of National Active and Retired Federal Employees (NARFE) invites you to attend their monthly meetings. January’s meeting features Victoria Stark, Mid-Atlantic Office Director of the American Automobile Association (AAA); she will explain how best to plan and execute leisure and business travel. February’s meeting features Sean O’Connell, CPA and partner at P B Mares; he will discuss the new tax laws and their impact.

Wed. Jan. 9 and Feb. 13, 12:30 - 2 pm
Walter Reed, 703-228-0955

NARFE INVITES YOU

In Memoriam

community bulletin board
### January Events

#### Wednesday, January 2
- Local History Discussion Group, 12:30-1:45pm, LEE, p. 17
- Our Resolutions, 1-2pm, WR, p. 25

#### Thursday, January 3
- Legal Services of Northern VA, 9:30-11:30am, LB, p. 29
- English Conversation for Non-Native Speakers, 10-11am, WR, p. 21
- Design Your Ideal Year, 11am-noon, AM, p. 4
- Health Directives, 11am-noon, LB, p. 16
- History Discussion Group, 1-2:30pm, WR, p. 17
- Beading Bunch, 1-2:30pm, LEE, p. 23
- Indoor Shuffleboard, 3-5pm, WR, p. 12
- Game Night, 4-7pm, WR, p. 20
- Firehouse Jam, 7-9pm, WR, p. 22

#### Friday, January 4
- Spellbinding’s Storytellers, 9:30-11am, LB, p. 15
- Class Registration 101, 10-11am, WR, p. 16
- Social Ballroom Dance, 1-3pm, LEE, p. 24
- Print Online, 2-3pm, AM, p. 16
- Fitness, Health & Wellness Goals for 2019, 2-3pm, WR, p. 13

#### Monday, January 7
- Understanding Holistic Wellness, 10-11am, p. 25
- Current Events, 10-11:30am, WR, p. 18
- Just Play’N Country, 11:15am-1:15pm, LEE, p. 22
- Folk Music Sing-Along, 1:30-3:30pm, LEE, p. 22

#### Tuesday, January 8
- The Merrymakers, 10am-2pm, WR, p. 22
- History Roundtable, 11:15am-12:30pm, LEE, p. 17

#### Wednesday, January 9
- The Artist’s Way Series, 10am-noon, MAD, p. 4
- MAC, IPAD, IPHONE Tutoring, 10am-12:15pm, AH, p. 18
- The Study of Words, 10:30-11:45am, LEE, p. 18
- Winter Skincare with Essential Oils, 11:30am-12:30pm, AH, p. 25
- NARFE Invites You, 12:30-2pm, WR, p. 29
- Smart Phone Photography, 6:30-7:30pm, AM, p. 4

#### Thursday, January 10
- Energy Savings, 10-11am, WR, p. 17
- Movie — Crazy Rich Asians, 3-5pm, WR, p. 24

#### Friday, January 11
- Hand-N-Hand Therapy, 10-11am, WR, p. 25
- Warm Up the New Year with Soups & Stews, 1-2pm, AH, p. 26
- Computer Help, 4-5:30pm, WR, p. 18

#### Saturday, January 12
- Paint Build Create! 11am-2pm, FAIR, p. 15

#### Monday, January 14
- Fisherman’s Forum, 10-11am, WR, p. 18
- Trivial Pursuit, 10:30am-12pm, LEE, p. 20
- New! Diabetes Peer Support Group, 11am-noon, LB, p. 25
- Papers-Save or Shred?, 1-2pm, LB, p. 16
- Intergenerational Storytime, 1-1:30pm, AH, p. 22

#### Tuesday, January 15
- Health Directives, 11am-noon, LB, p. 16
- Rubber Stampers, 11:30am-3pm, LEE, p. 23
- Meet & Greet, 1-2pm, AM, p. 28
- Medicare Made Simple, 2-4pm, Human Services, p. 27

#### Wednesday, January 16
- MAC, IPAD, IPHONE Tutoring, 9:30-11:45am, WR, p. 18
- Recycling in Arlington, 10-11am, WR, p. 17
- Arlington Seniors Golf, 11:30-1:30pm, WR, p. 13
- Comedy Club, 11:30am-12:30pm, AH, p. 22
- New Connections, 1:30-3pm, AH, p. 25
- Fuerza Contra Alzheimer’s, 7-8pm, AM, p. 25

#### Thursday, January 17
- Blood Pressure Clinic, 9:30-11am, WR, p. 29
- English Conversation for Non-Native Speakers, 10-11am, WR, p. 21
- Design Your Ideal Year, 11am-noon, AM, p. 4
- Health Directives, 11am-noon, LB, p. 16
- History Discussion Group, 1-2:30pm, WR, p. 17
- Beading Bunch, 1-2:30pm, LEE, p. 23
- Indoor Shuffleboard, 3-5pm, WR, p. 12
- Game Night, 4-7pm, WR, p. 20
- The Play’s the Thing, 1:30-3pm, AH, p. 15

#### Sunday, January 20
- 50th MLK Tribute 5-6:30pm, Wakefield High, p. 28

#### Tuesday, January 22
- Housing Options, 10-11am, WR, p. 17
- The Merrymakers, 10am-2pm, WR, p. 22
- Improve Your Balance and Coordination, 11am-noon, LB, p. 26
- Genealogy 101, 11:30am-1:30pm, LEE, p. 22
- Print Online, 2-3pm, AM, p. 16

#### Wednesday, January 23
- Medicare in 2019, 10-11am, WR, p. 27
- MAC, IPAD, IPHONE Tutoring, 10am-12:15pm, AH, p. 18
- Comfort Food Can Be Healthy, 11am-noon, WR, p. 26
- Social Ballroom Dance, 1-3pm, AM, p. 24
- Retirement: Deals and Discounts, 1:30-2:30pm, AH, p. 16
- Social Dance Night, 7-9pm, AM, p. 4

#### Thursday, January 24
- Rebuilding Together, 10-11am, WR, p. 17
- Blood Pressure Clinic, 11am-noon, AM, p. 29
- Taming the Financial Paper Tiger, 11:30am-12:30pm, LEE, p. 16

#### Friday, January 25
- What We Do at LSNV, 10-11am, WR, p. 17
- IPHONE and IPAD Basics Class, 10-11:30am, WR, p. 18
- Kickball Game, 1-3pm, AP, p. 22
- The Play’s the Thing, 1:30-3pm, AH, p. 15

#### Sunday, January 27
- 55+ Social Art Swap, 3-4:30pm, AM, p. 14

#### Monday, January 28
- Trivial Pursuit, 10:30am-12pm, LEE, p. 20
- New Book Club, 12:15-1:30pm, AH, p. 17
- Podcast Followers, 1-2pm, LB, p. 18

#### Tuesday, January 29
- Hearing Aids, 10-11am, WR, p. 25
- Legal Services of Northern VA, 10-11am, WR, p. 29
- Mindfulness: The Science of Happiness, 11am-noon, AM, p. 25
- Snow Day Cooking, 11am-noon, LB, p. 26
- Hospice 101, 11:30am-12:30pm, LEE, p. 25
- Name That Tune, 6:30-7:30pm, WR, p. 28

#### Wednesday, January 30
- MAC, IPAD, IPHONE Tutoring, 9:30-11:45am, WR, p. 18

#### Thursday, January 31
- DHS Outreach, 10-11am, WR, p. 29
Friday, February 1
- Spellbinding's Storytellers, 9:30-11am, LB, p. 15
- Blunders: Eye-Opening Mistakes in History and What Went Wrong, 1-2pm, WR, p. 18
- Social Ballroom Dance, 1-3pm, LEE, p. 24

Monday, February 4
- Current Events, 10-11:30am, WR, p. 18
- Just Play’N Country, 11:15am-1:15pm, LEE, p. 22
- Folk Music Sing-Along, 1:30-3:30pm, LEE, p. 22

Tuesday, February 5
- Book Club, 11:15am-12:30pm, LEE, p. 17
- AARP, 9am-1:30pm, WR, p. 29

Wednesday, February 6
- MAC, IPAD, IPHONE Tutoring, 10am-12:15pm, AH, p. 18
- Seafood in A Snap, 11am-noon, AM, p. 26
- Local History Discussion Group, 12:30-1:45pm, LEE, p. 17
- Ghana “The Gold Coast”, 1:20-3pm, AH, p. 16
- Glass Bead Pendants, 1:30-3:30pm, WR, p. 23
- Plant Protein Power, 6:30-7:30pm, AM, p. 26

Thursday, February 7
- English Conversation for Non-Native Speakers, 10-11am, WR, p. 21
- Fall Prevention, 1-2pm, AM, p. 26
- Indoor Shuffleboard, 3-5pm, WR, p. 12
- Game Night, 4-7pm, WR, p. 20

Friday, February 8
- The Play’s the Thing, 1:30-3pm, AH, p. 15
- Computer Help, 4-5:30pm, WR, p. 18

Monday, February 11
- Fisherman’s Forum, 10-11am, WR, p. 18
- Trivial Pursuit, 10:30am-12pm, LEE, p. 20
- Winter Skincare with Essential Oils, 11am-noon, LB, p. 25
- New! Diabetes Peer Support Group, 11am-noon, LB, p. 25
- Majestic National Parks, 1-2pm, LB, p. 4
- Intergenerational Storytime, 1-1:30pm, AH, p. 22

Tuesday, February 12
- Important Documents, 10-11am, WR, p. 16
- The Merrymakers, 10am-2pm, WR, p. 22
- Strokes: Prevention, Symptoms & Causes, 11am-noon, LB, p. 25
- History Roundtable, 11:15am-12:30pm, LEE, p. 17
- Sweets and Sweethearts, 6:30-7:30pm, WR, p. 28

Wednesday, February 13
- MAC, IPAD, IPHONE Tutoring, 9:30-11:45am, WR, p. 18
- The Study of Words, 10:30-11:45am, LEE, p. 18
- The Eaton Woman 8-9pm, AM, p. 4
- Genealogy 101, 11:30am-1:30pm, LEE, p. 22

Thursday, February 14
- Legal Services of Northern VA, 9:30-11:30am, LB, p. 29
- Household Plumbing, 10-11am, WR, p. 17
- Creative Aging Felting Workshop, 10am-1pm, LEE, p. 23
- History Discussion Group, 1-2:30pm, WR, p. 17
- Movie – A Star is Born, 3-5pm, WR, p. 24

Friday, February 15
- Open Latin Dance, 10am-noon, AM, p. 24
- The Importance of Diplomacy, 1-2:30pm, AH, p. 16
- Social Ballroom Dance, 1-3pm, LEE, p. 24

Tuesday, February 19
- Resources, 10-11am, WR, p. 25
- Rubber Stampers, 11:30am-3pm, LEE, p. 23
- Travel Photography, 6:30-7:30pm, WR, p. 4

Wednesday, February 20
- MAC, IPAD, IPHONE Tutoring, 10am-12:15pm, AH, p. 18
- Objective Sound and Hearing Loss Information & Screenings, 10am-2pm, WR, p. 29
- Comedy Club, 11:30am-12:30pm, AH, p. 22
- Fuerza Contra Alzheimer's, 7-8pm, AM, p. 25
- Valentine’s Trivia Night, 7-8pm, AM, p. 28

Thursday, February 21
- Blood Pressure Clinic, 9:30-11am, WR, p. 29
- English Conversation for Non-Native Speakers, 10-11am, WR, p. 21
- Blood Pressure Clinic, 11am-noon, AM, p. 29
- Beading Bunch, 1-2:30pm, LEE, p. 23

Sunday, February 24
- 55+ Social Art Swap, 3-4:30pm, AM, p. 14

Monday, February 25
- Trivial Pursuit, 10:30am-12pm, LEE, p. 20
- New Book Club, 12:15-1:30pm, AH, p. 17
- Digital Borrowing @Arlington Library, 1-2pm, LB, p. 16
- Podcast Followers, 1-2pm, LB, p. 18
- Garden Group, 1-2pm, WR, p. 18

Tuesday, February 26
- Ping Pong Tournament, 10am-noon, WR, p. 22
- The Merrymakers, 10am-2pm, WR, p. 22
- Tasty Recipes with Five Ingredients or Fewer, 11am-noon, LB, p. 26
- Genealogy 101, 11:30am-1:30pm, LEE, p. 22

Wednesday, February 27
- MAC, IPAD, IPHONE Tutoring, 9:30-11:45am, WR, p. 18
- Taking Flight – Yesterday and Today, 1:30-2:30pm, AH, p. 16
- Smart Home, 7-8pm, AM, p. 17

Thursday, February 28
- DHS Outreach, 10-11am, WR, p. 29
- My Career in A Nutshell, 1-2:30pm, LEE, p. 18
- Digital Borrowing @Arlington Library, 1-2pm, LB, p. 16
- Podcast Followers, 1-2pm, LB, p. 18
- Garden Group, 1-2pm, WR, p. 18
FEBRUARY TRIPS

Sat., Feb. 2 – MetLive: Carmen at AMC
Hoffman Center 22
Alexandria, VA: The Met: Live in HD presents a broadcast of Bizet’s Carmen live at the Hoffman movie theater. Mezzo-soprano Clémentine Margaine reprises her remarkable portrayal of opera’s ultimate seductress, with impassioned tenors Yonghoon Lee and Roberto Alagna as her lover, Don José. Omer Meir Wellber and Louis Langrée share conducting duties for Sir Richard Eyre’s powerful production, a Met favorite since its 2009 premiere. (Early Registration)
LEE 11:40 am, WR 12:00 pm, return 5:30 pm
$39 resident, $44 non-resident, #901902-01

Sun., Feb. 3 – Brunch at Arties’s
Fairfax, VA: Enjoy an a la carte brunch at one of Fairfax City’s most popular restaurants since 1978. Please note: There will be one check per table.
MAD 9:00 am, BAR 9:25 am, return 12:45 pm
$5 resident, $6 non-resident, #901902-02

Wed., Feb. 6 – Peking Gourmet Inn, Post Chinese New Year
Falls Church, VA: Have a relaxing lunch at Peking Gourmet Inn, renowned for its Peking Duck. Meal is included in the price.
MAD 10:00 am, GUN 10:40 am, return 1:45 pm
$28 resident, $32 non-resident, #901902-03

Thurs., Feb. 7 – National Museum of African American History and Culture Tour
Washington, DC: The National Museum of African American History and Culture is the only national museum devoted exclusively to the documentation of African American life, history and culture. Lunch on your own at the museum's café.
MAD 9:05 am, BAR 9:30 am, return 2:45 pm
$6 resident, $7 non-resident, #901902-04

Fri., Feb. 8 – “Gordon Parks: The New Tide, Early Work 1940-50” at National Gallery of Art
Washington, DC: Gordon Parks grew from a self-taught photographer of everyday life in the Midwest to a visionary professional shooting for Ebony, Vogue, Fortune, and Life. For the first time, the formative decade of Parks’s 60-year career is the focus of an exhibition, which brings together 150 photographs and ephemera. Lunch on your own at the museum’s café.
MAD 9:15 am, GUN 9:40 am, return 2:40 pm
$6 resident, $7 non-resident, #901902-05

Washington, DC: What makes great music great? Through his concert presentations, commentaries on NPR’s Performance Today, and CD series, Rob Kapilow takes listeners inside the music to answer that question. (Early Registration)
MAD 4:20 pm, BAR 4:45 pm, return 9:10 pm
(subject to change)
$35 resident, $40 non-resident, #901902-06

Thurs., Feb. 14 – Queen of Hearts tea at the Tea Cart
Berryville, VA: Enjoy a special tea this Valentine’s Day at the charming Tea Cart.
WR 11:25 am, LEE 11:45 am, return 4:45 pm
$58 resident, $67 non-resident, #901902-07

Sat., Feb. 16 – Maryland Live! Casino
Hanover, MD: Enjoy favorite casino games and great dining (on your own) for a full day of fun.
MAD 10:35 am, BAR 11:00 am, return 6:30 pm
$8 resident, $9 non-resident, #901902-08

Sun., Feb. 17 – “Living the dream…Singing the dream” at The Kennedy Center
Washington, DC: The Choral Arts Chorus and the Washington Performing Arts Gospel Choirs come together in a concert showcasing the powerful music that has given voice to the voiceless for generations in its annual choral tribute to Dr. Martin Luther King, Jr. The collaboration provides a moving performance that will inspire the spirit. (Early Registration)
LEE 5:40 pm, WR 6:00 pm, return 9:40 pm
(subject to change)
$32 resident, $37 non-resident, #901902-09

Tues., Feb. 19 – “Congo Masks: Masterpieces from Central Africa” at VMFA
Richmond, VA: In the vast and culturally diverse Congolese region of Central Africa, masks function as performance objects in rituals, ceremonies, worship, and entertainment. At the Virginia Museum of Fine Arts, the masterpieces in this exhibition—more than 130 striking Congolese masks—form an innovative and visually compelling display of artistry and cultures. Lunch on your own at the museum’s café.
MAD 7:35 am, BAR 8:00 am, return 6:30 pm
$31 resident, $35 non-resident, #901902-10
**MARCH TRIPS**

**Fri., March 1 – “Sea Monsters Unearthed, Life in Angola’s Ancient Seas”**

**Washington, DC:** Explore modern Angola’s fossil-filled cliffs, dive into Cretaceous Angola’s cool coastal waters, and learn about the evolutionary, geological and environmental forces that shaped life in the ocean then and now at the National Museum of Natural History. Featuring real fossils and full-scale reconstructions as well as panoramic murals, animations, and interviews with scientists, this exhibition explores how these marine reptiles lived and immerses visitors in an ancient ocean ecosystem that’s both strange and surprisingly familiar. Lunch on your own at the museum’s cafeteria.

**MAD 10:35 am, BAR 11:00 am, return 5:45 pm**

$7 resident, $8 non-resident, #901903-01

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**Sun., March 3 – “Christina Bianco” Woman of a Thousand Voices at Meyerhoff Symphony Hall**

**Baltimore, MD:** You’ll think you’re at a concert featuring Celine Dion, Julie Andrews, Bernadette Peters and more as actress, singer and impressionist Christina Bianco takes center stage with Jack Everly and the BSO SuperPops. Bianco captured international acclaim as a YouTube sensation with her diva impression videos, and has performed on major television programs such as The Ellen Degeneres Show and The Today Show. (Early Registration)

**MAD 12:15 pm, BAR 12:40 pm, return 7:00 pm**

(subject to change)

$35 resident, $40 non-resident, #901903-02

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**Fri., March 8 – Guided Rehearsal: Faust at The Kennedy Center**

**Washington, DC:** Get a behind-the-scenes glimpse of a world-class opera production as it comes together through this unique open rehearsal experience. (Early Registration)

**LEE 10:40 am, WR 11:00 am, return 7:00 pm**

$8 resident, $9 non-resident, #901903-04

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**Sun., March 10 – Maple Sugar Festival**

**Frederick, MD:** Join us for the annual Maple Sugar Festival at the Houck Lake Area of Cunningham Falls State Park, featuring food, live music and demos. Food will be served including pancakes, sausage, sausage sandwiches, hot dogs and other items. A variety of maple syrup products will be sold and a maple syrup making demonstration will start every 30 minutes. Please bring a $3 donation. Please note: This festival is cash only.

**LEE 8:25 am, LEE 8:45 am, return 3:30 pm**

$7 resident, $8 non-resident, #901903-06
**Tues., March 12 – National Archives Tour**
Washington, DC: The National Archives is home to more than three billion records, including the three most important documents in American history: the Declaration of Independence, the U.S. Constitution and the Bill of Rights. These can be viewed in the building's Rotunda for the Charters of Freedom.
LEE 1:40 pm, WR 2:00 pm, return 5:45 pm
$7 resident, $8 non-resident, #901903-07

Washington, DC: Through artifacts, images and historic print publications, “Rise Up” explores key moments of gay rights history. Rise Up” also looks at popular culture’s role in influencing attitudes about the LGBTQ community through film, television and music and explore how the gay rights movement harnessed the power of public protest and demonstration to change laws and shatter stereotypes.
MAD 9:05 am, GUN 9:30 am, return 4:15 pm
$27 resident, $31 non-resident, #901903-08

**Thurs., March 14 – Ireland’s Four Provinces St. Patrick’s Day Lunch**
Falls Church, VA: The 4Ps has universal appeal that transcends nationality. It exemplifies the charm and relaxed lifestyle of the Irish people. (Please note: There will be a limited menu and one check per table)
LEE 10:40 am, WR 11:00 am, return 2:00 pm
$40 resident, $46 non-resident, #901903-09

**Fri., March 15 – NSO Coffee Concert: Baroque & Beyond at Kennedy Center**
Washington, DC: Baroque master Ton Koopman returns to the Concert Hall leading a program of colorful works by Rebel, Rameau, Bach, Mozart, and Haydn. A la carte breakfast items will be available for purchase in the café prior to the concert.
MAD 8:35 am, GUN 9:00 am, return 1:30 pm
$40 resident, $46 non-resident, #901903-10

**Sun., March 17 – St. Patrick’s Day Celebration with the Washington Chorus**
Washington, DC: What better way to celebrate St. Patrick’s Day than with The Washington Chorus and Irish conductor Christopher Bell? The celebration will feature an Irish band, fiddlers, dancers, pipe players and choral arrangements of Irish classics in a one-of-a-kind concert. (Early Registration)
MAD 1:35 pm, BAR 2:00 pm, return 5:45 pm
$74 resident, $85 non-resident, #901903-11

**Tues., March 19 – DEA Museum**
Arlington, VA: Discover the role and impact of federal drug law enforcement on the changing trends of licit and illicit drug use in American history. Lunch on your own at Pentagon City after the tour.
MAD 10:20 am, GUN 10:45 am, return 3:15 pm
$6 resident, $7 non-resident, #901903-12

**Thurs., March 21 – Aylesbury Tea**
Leesburg, VA: Join us for a Full Afternoon English tea which includes traditional English Tea served with an assortment of savory finger sandwiches, homemade scones with Double Devon cream and strawberry preserves, a selection of sweet treats and fresh fruit.
WR 10:40 am, LEE 11:00 am, return 3:00 pm
$45 resident, $52 non-resident, #901903-13

**Sat., March 23 – Harrington Casino**
Harrington, DE: Enjoy over 1,700 slots, over 30 tables and pull up a seat in the 100-seat poker room. Lunch on your own at the casino.
MAD 8:35 am, BAR 9:00 am, return 8:00 pm
$11 resident, $13 non-resident, #901903-14

**Mon., March 25 – Heebeen Restaurant Lunch**
Alexandria, VA: Korean barbecue meets Japanese fare at this eatery featuring tabletop grilling plus buffet spreads. Price does not include meal.
MAD 10:35 am, GUN 11:00 am, return 1:30 pm
$5 resident, $6 non-resident, #901903-15

**Thurs., March 28 – “Once: The Musical” at Fulton Regional Theatre**
Lancaster, PA: Two thirty-somethings from Dublin, with music in their souls, meet by chance in a local bar. He is ready to walk away from the melody that has left him heartbroken, until she gets a hold of his music and his heart. This touching musical captivates audiences and will sweep you away with its timeless romantic score, including the Academy Award®-winning song “Falling Slowly.” Lunch (included in price) at Plain and Fancy known for their Traditional Amish food.
MAD 7:35 am, BAR 8:00 am, return 7:40 pm
$97 resident, $112 non-resident, #901903-16

Washington, DC: The exhibition addresses each city’s development since the conclusion of the Manhattan Project. Secret Cities examines the innovative design and construction of Oak Ridge, Hanford and Los Alamos, tracing their precedents in the Bauhaus and other early modern schools of architectural thought. It looks at daily life within the cities and how it was shaped by their physical form, illuminating the social stratification and segregation that were still evident in these cities despite the high-minded principles underlying their design. Lunch on your own at the museum’s café.
MAD 9:35 am, GUN 10:00 am, return 3:45 pm
$16 resident, $18 non-resident, #901903-17
Refund Policy for Trips

- No refunds are granted on any trips that require meal reservations, tickets or chartered transportation unless staff is able to sell your reserved space.
- No refunds within 48 hours of trip departure time.
- Phone 703-228-4748 (voice mail) and leave a detailed message for requests for refunds for 55+ trips.

IMPORTANT DETAILS

- You must have a 55+ Pass - except for first-time guests.
- Bus leaves promptly at the specified time from each pick-up site.
- Return times are estimated.
- Returned Check Fee is $50.
- Meals – when the meal choice is advertised, indicate your choice when you register. A dollar sign means the lunch is on your own and a plate symbol means the meal is included in the stated price.
- Parking – At Lee, parking and pick-up are on N. Kentucky St. At Walter Reed, parking is in the back lot behind the center and pick-up is in the front of the center. At Barcroft, parking is in the garage and pick up is in the front of the center.
- Payment must be received within 3 working days or space will be released.
Class registration begins Mon., Jan. 7 for Arlington residents and Tues., Jan. 8 for Out-of-County residents.