

THE VOICE OF THE HILLS

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

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

ONGOING PROGRAMS:

Gentle Hatha Yoga – \$35/7 sessions
Mondays, Jan. 14 - Mar. 4, 10-11am

Gentle Hatha Yoga – \$30/6 sessions
Wednesdays, Jan. 23 - Mar. 6, 10-11am

Comedy Club –
Wed., Jan. 16, 11:30am-12:30pm

The Play's the Thing –
Fridays, Jan. 18 and 25, 1:30-3pm

"Fast Forwards" Walking Group -
Jan 25, 9-10:30am

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

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

Line Dancing –
Fridays, 10:30-11:30am

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

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

Yarn Crafters –
Mondays, 10am-12:30pm

Learn Mac, iPhone, iPad –
Wednesday, Jan. 9 & 23, 10am-12:15pm

55+ Travel:

To sign up for a trip, please visit the Travel Office online or call 703-228-4748. More information can be found in the 55+ Guide.

Fee Reduction:

You may qualify for fee reductions based on household income and size. For information on eligibility and how to apply, search "fee reduction" at www.arlingtonva.us, call 703-228-4744, or speak to senior center staff.

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

NEXT ADVISORY COMMITTEE MEETING:

Monday, January 7, 2019
11:30-1pm

Transportation Options

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

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

55+ Center Director: Lila Paig

Front Desk Volunteers:

Bob Jones, Patricia Emerson,
Tricia Coxe and Diana Berry

Aurora Hills Advisory Committee

Chair: David Litman Vice Chair: Marge Corletti

Corresponding Secretary: Benece Leavitt

Treasurer: Marge Ginsberg

Recording Secretary: Eileen Garvin-Akers

Members: Fran DeLuca, Cathy Duthie

ARLINGTON COUNTY DEPARTMENT OF PARKS AND RECREATION

OFFICE OF SENIOR ADULT PROGRAMS parks.arlingtonva.us

Aurora Hills 55+ Center

735 S. 18th Street, Arlington, VA 22202 703-228-5722

Hours: Mon., Wed., Fri., 10am-3pm; (Tues./Thurs. as scheduled)

THE VOICE OF THE HILLS

Cozy Up with Crosswords & Puzzles- Fridays, Jan. 4-25, 10-11:30am
Drop in at Aurora Hills and cozy up with coffee, conversation, crosswords and other puzzles!

Movie & Popcorn- Friday, Jan. 4, 1-3pm
Enjoy the movies at Aurora Hills! Join us in watching Book Club starring Diane Keaton, Candice Bergen and Jane Fonda.

Mac, iPhone, iPad Basics- Wednesday, Jan. 9 and 23, 10am-12:15pm (**Must call to schedule individual appointment**). Lowell Nelson, experienced Apple products user, will teach you the basics and answer your questions.

Winter Skincare with Essential Oils- Wednesday, Jan. 9, 11:30-12:30
Marci Todd of doTERRA Essential Oils will discuss the many benefits of essential oils especially for the winter months and how to use them safely and effectively. Samples will be available to try. Call to register.

Warm Up with Soups and Stews – Friday, Jan. 11, 1-2pm
Join the VA Cooperative Extension for a cooking demo and taste, along with recipe and safety information for cooking soups & stews. Please call to register.

Intergenerational Story Time – Monday, Jan. 14, 1-1:30pm
The Aurora Hills Advisory Committee is seeking volunteers to share their love of reading with local preschoolers at the library for a wonderful intergenerational experience that's rewarding and fun. Please call to volunteer!

Three American Women Artists- Monday, Jan. 14, 1:30-3pm
Have you heard of Cecelia Beaux, Mary Cassatt and Elizabeth Nourse? Art historian 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. Must register- \$6/session (#919015-23)

Cinema Talk- Friday, Jan. 18, 12:30-3pm
In honor of MLK Day, please join us to watch the movie **Selma (PG-13)**. Afterward, we'll examine the broad issues and themes from the movie and enjoy a discussion.

The Play's the Thing- Fridays, Jan. 18 and 25 1:30-3pm
Join retired play reviewer and professor Michael Heinlein to read and discuss some of the great plays of classic, romantic and modern drama. Please call to register.

New Connections- Wednesday, Jan. 16, 1:30-3pm
Join Amanda Consovoy, licensed clinical social worker from Capital Caring, and Ron Wiersma of Friend to Friend, for a workshop to learn how to create meaningful connections in your life in new ways. Please call to register.

Living Well in Retirement: Deals & Discounts- Wednesday, Jan. 23, 1:30-2:30pm
Learn how to economize your spending and live well in retirement by taking advantage of senior deals and discounts. A volunteer with the Virginia Cooperative Extension's Financial Education Program will show you how. Please call to register.

Aurora Hills Book Club – Monday, Jan. 28, 12:15-1:30pm
If you like to read and talk about books, come join the fun with Aurora Hills' monthly book club. January's book is **Z: A Novel by Zelda Fitzgerald** by Therese Anne Fowler.

January 2019

UPCOMING FEBRUARY PROGRAMS

- **Cinema Talk: Mark Felt (PG-13)**, Fri., Feb. 1 12:30-3pm
- **Taking Flight- Yesterday & Today**, Wed., Feb. 27, 1:30-2:30pm
- **Monet- in Love with the Sea**, Mon., Feb. 25, 1:30-3pm
- **The Play's the Thing**, Fri., Feb. 8, 25 1:30pm-3pm
- **Intergenerational Story Time**, Mon., Feb. 11, 1-1:30pm
- **Book Club "Life After Life"**, Mon., Feb. 25, 12:15-1:30pm
- **The Importance of Diplomacy**, Fri., Feb. 15, 1-2:30pm

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

Please scan your 55+ pass at the front desk.