

Two valuable resources for information in Arlington County

Arlington Alerts

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

eSubscriptions & eUpdates

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

You can select what information you want to receive, what you do not want to receive and how you want to receive it – by either email or text.

Helpful tools for staying informed!



Let Us Know You're Coming.
Please register ahead!

Even when the programs are free, we ask that you call ahead to say you plan to attend. We need to know how many to expect in order to have sufficient materials prepared and to reserve the proper-size room for the activity. Also, this allows us to call you when a program is cancelled due to low enrollment or instructor illness. We welcome you to join us, but it is tremendously helpful if you assist us in planning by calling to reserve your space – 703-228-0955.

Arlington County Department of Parks and Recreation, in an effort to eliminate barriers, develop skills, and promote inclusion and positive attitudes, is committed to promoting participation by providing reasonable modifications for individuals with disabilities upon request. Two weeks advance notice is preferred. Please call: 703-228-0955 or TTY 711

55+ Pass Registration Fees:

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

55+ Pass Gold Registration Fees:

55+ Arlington County Residents:	
Individual	\$60
Household	\$90
Non-Arlington Resident:	
Individual	\$90
Household	\$135

You must be registered and have a current "55+ Pass" to be able to participate in our programs and classes.

Register at the front desk or online

Fee Reduction

You may qualify for fee reductions based on household income and size. Fee reductions on classes are available on a sliding scale. For information about eligibility and how to apply, see www.arlingtonva.us (search for "fee reduction"), please call 703-228-4744, or speak to a Senior Center staff member

Walter Reed 55+ Senior Center

January
2019

OFFICE OF SENIOR ADULT PROGRAMS

703-228-0955



2909 S. 16th Street
Arlington, VA 22204

<http://parks.arlingtonva.us>

Hello 2019!

From LeeAnne...

Another year begins and with it a couple of reminders –

- New non-county fee-based class and trip sign-up dates begin this month.
- When renewing your membership, be sure to update your emergency contact info.

The **restaurant guide** will be coming out shortly – if you contributed, be sure to stop by the senior office beginning January 14 to pick up your copy. Limited extra copies will be available.

On Friday, January 18 at 10am we will view **Martin Luther King, Jr.'s I have a Dream speech**. Be sure to sign a square for our freedom quilt before you leave!

If you play pickleball at Walter Reed, you don't want to miss **Pickleball Jeopardy** on Tuesday, January 22 at 1pm.

Paint, Build, Create takes place on **Saturday, January 12** at Fairlington Community Center from 11am to 2pm. This is a free event and all ages are welcome! There will be a fun paint and sip session available to adults – be sure to register when you arrive!

From Lucy...

December was full of holiday activities; we made mandala greeting cards, had a visitor from the North Pole during our Holiday Bingo, listened to seasonal music by the Evergreens during lunch, made wonderful tree decorations with Jim Halloran, and shopped at Potomac Mills. We had our blood pressure checked with the help of our amazing volunteer Honora Dent, and learned more about osteoarthritis with the Marymount Nursing Students.

For January, we'll continue our memory books, jeopardy and Wednesday Team games.

LeeAnne Kaniut
Director

Lucy Matzner
Social 60+ Program
Coordinator

Meaza Beraki
Kitchen Assistant

Main Line
703-228-0955

CENTER HOURS
Monday-Friday
9am – 3pm
Evening and
Weekend
programs as
Scheduled.

Arlington County Residents only
Fee-Based Class
Registration
begins Mon., Jan. 7
at 10am

55+ Travel Registration
Mon., Jan. 14
10am – Noon
On Site

Non-Arlington County Residents only
Fee-Based Class
Registration
begins Tues., Jan. 8
at 10am

55+ Travel Registration
Online only begins
Tues., Jan. 15, at Noon

Beginning in March 2019!

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

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!

**Friday, January 18
10-11am**

Weekly Activities

Mondays

Cranium Crunches 10:30-11:30am
Jeopardy 10:30-11:15am (Jan. 17, 28)
Mah Jongg Noon-2:00pm
Mexican Train Dominoes - 2-4pm

Fridays

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

Tuesdays

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

Saturdays

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

Sundays

Yarn Circle 1-3pm

Wednesdays

High Beginner Line Dancing 9:30-10:30am
Canasta 10am-Noon
Intermediate Line Dancing 10:30-12:00pm
Social Bridge 12:15-3pm (drop-in)

Thursdays

Mah Jongg 12:30-3pm

Evening Programs

Canasta	Monday evenings	4:00-7:00pm
Ballroom Dance Classes	Monday evenings	6:30-7:30pm
Ukulele Strumming	Tuesday, Jan. 15, 29	4:30-5:30pm
Game Night	Thursdays, Jan. 3, 17	4:00-7:00pm
Name That Tune	Tuesday, Jan. 29	6:30-7:30pm

Tech Corner

Learn Mac, iPad, iPhone	Wed., Jan. 16, 30	9:30-11:45am
Computer Help	Fri., Jan. 11, 25	4:00-5:30pm
iPhone, iPad Class	Fri., Jan. 25	10-11:30am

Services

Blood Pressure Clinic First come, first served.	Thurs., Jan. 17	9:30-11:00am
DHS Services	Thurs., Jan. 31	10:00-11:00am

Sports

Pickleball

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

Billiards

Mondays-Fridays	10am-Noon
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Pickleball – Absolute Beginners

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

Monday-Friday	10am-Noon
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Badminton

Wednesdays	10am-Noon (1 court)
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Basketball

Wednesdays	11:45-1:30pm
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