



### FRIENDLY REMINDERS

FOR Social 60+Cafes:

- Sign yourself in on the attendance sheet daily. Make a meal and taxi reservation for the next week.
- Cancel your reservation by 8:00 a.m. on the morning of your cancellation.
- Put your daily contribution in the available envelope and then place it in the money box.

We cannot order a meal and/or send you a taxi if you have not made a reservation

**Phone: 703-228-6300**

Firmar la hoja de asistencia usted mismo todos los días. Hacer una reservación para comida o taxi para la siguiente semana.

Cancelar el taxi antes de las 8:00 a.m. del mismo día de La cancelación.

Depositar su /diaria contribución en la caja.

No podemos ordenar una Comida o enviarle un taxi Si no ha hecho reservación Correspondiente.

Teléfono: 703-228-6300



Tai Chi Class*	Mons. & Weds.	2:45pm
Volleyball (drop-in)	Wed. & Fridays	1:30pm
Strength Training *	Mon, Fri & Wed.	11:00am-2:00pm 11:30am-2:30pm
Line Dancing (drop in)	Thursday	10:00am
Traditional Yoga*	Thursday	11:15am
Gentle Yoga *	Fridays	12:30pm
Chair Yoga*	Thursdays.	5:00pm
Women's Basketball* (Clinics & Games *)	Wednesdays	7:00pm

### LANGUAGE GROUPS

#### Spanish Dialogue

**Tuesdays 1-2:30 pm**

Meet people, learn a little vocabulary and help someone else learn. The group talks about various topics, and discuss various topics and current events.

#### French Conversation

**Wednesdays 1- 3:00 pm**

Practice French with a friendly group of people with advanced knowledge of the language. Interesting weekly dialogues will take place.

#### Italian Dialogue

**Thursdays, 2-3pm**

If you would like to converse in the world's most romantic language –join us for energetic and fun conversation.

#### German Language Conversation

**Fridays 10-noon**

If you speak German join this friendly group in a weekly discussion. These gatherings provide a chance to converse in German on various topics and of interesting to all.

**We can provide reasonable modifications for people with disabilities upon request. *Podemos proveer modificaciones razonables conforme la Ley de Personas con Incapacidades (ADA) con previo aviso al 703-228-6300 or TTY 711.***

### ***INCLEMENT WEATHER***

For information on cancellations and delayed openings, call our Inclement Weather Hotline at 703-228-4715 or phone your senior center. You can also check online to learn about county-wide closures and delays at <http://parks.arlingtonva.us/dpr-inclement-weather/>.

#### Langston-Brown Senior Center Staff 703-228-6300

**Elizabeth Poole - Senior Center Director**  
703-228-5321

**Cindy Leiva - Social 60 + Café Program Coordinator**  
703-228-5315

**Mona Farah –Kitchen Assistant**

**Anne Peret – Programming Supervisor**  
703-228-4878



# February 2019



**LANGSTON-BROWN SENIOR CENTER**  
2121 N CULPEPER STREET ARLINGTON, VA.

**703-228-6300**

**Monday – Friday - 9:00 a.m. - 3:00 p.m.**

#### ARLINGTON COUNTY SENIOR CENTER MISSION STATEMENT

**The Mission of Arlington Senior Centers is to enhance the physical and mental well-being of Arlington's diverse over 55+ populations through programs and activities fostering wellness, a sense of purpose and social involvement.**

#### **ESSENTIAL OILS FOR WINTER**

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.

**Mon., Feb. 11, 11am-noon**

#### **MAJESTIC NATIONAL PARKS**

International traveler and educator George McDonald shares his experiences at the most majestic National Parks in the United States including Yellowstone, Grand Teton, and Glacier National Parks. Enjoy a visual tour and share personal experiences.

**Tues., Feb. 11, 1-2pm**

#### **STROKES PREVENTION**

Dr. Edward Allcock, 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**

#### **BLACK HISTORY 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**

#### **DIGITAL BORROWING FROM 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 librarian staff will help you get started to downloading your favorite books!

**Mon., Feb. 25. 1-2pm**

#### **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, 11am-noon**



**Want to volunteer? We are looking for new Langston-Brown Advisory Committee Members**  
Call 703-228-6300 for more information or email [epoole@arlingtonva.us](mailto:epoole@arlingtonva.us).

#### Langston-Brown Senior Center Advisory Committee

Chairperson: Linda Sholl  
Vice Chair: Mary Cottrell  
Secretary: Marlene Taylor  
Treasurer: Kitty Collins