



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



JANAUARY 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.

SEEING ART AS ARTIST DO

Have you ever been to a museum and wondered what makes the artworks so special? Ever question the intent of the piece or why the artist made it? Painter and art educator Jen Droblyen from Creative Resources will lead an interactive exploration of several artworks throughout history; be prepared to engage in fun conversation.

Fridays, Jan. 4, 5-6pm (last of the Series)

PAPERS - SAVE OR SHRED?

Many of us are overwhelmed with all the information we are keeping in our heads, on our phones, and 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

HEALTH DIRECTIVES

Two-part series from the non-profit Coalition to Improve Advanced Care (CIAC) working to improve the quality of life for those facing advanced illness and the importance of health directives. First a overall discussion followed with one-on-one sessions with volunteers from CIAC to assist in filling out an advanced directives.

Tuesday, Jan. 15 11:00am Part 1

Tuesday, Jan. 22, 1:00-2:00pm Part 2

Date and time Change for Part 2

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

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, 11am-noon

Langston-Brown, 703-228-6300

Happy New Year!!!



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 .

Langston-Brown Senior Center Advisory Committee

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