

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:**

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

**55+ Pass Gold Registration Fees:**

<b>55+ Arlington County Residents:</b>	
Individual	\$60
Household	\$90
<b>Non-Arlington Resident:</b>	
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](http://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*

OFFICE OF SENIOR ADULT PROGRAMS

703-228-0955

**February 2019**



2909 S. 16th Street  
Arlington, VA 22204

<http://parks.arlingtonva.us>

**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**  
55+ Travel  
Registration  
Mon., Feb. 11  
10am – Noon On Site  
Noon Online

**Non-Arlington County Residents only**  
55+ Travel  
Registration  
Online only begins  
Tues., Feb. 12, at  
Noon

**From LeeAnne...**

Once again the winter weather is causing delays and even closings which impacts the center and our programs. If you're unsure of a program cancellation, do not hesitate to call our main line at 703-228-0955 and listen to the message. Lucy and I update the message as soon as we receive word of program cancellations.

Programs that I would like to highlight that have either been added, rescheduled or changed to February include the following:

- February 4 11am Our Rides (Rescheduled this time from ???)
- February 8 10am Celebrating King (Rescheduled from Jan. 19)
- February 11 10am Chinese Brush Painting (Rescheduled from Nov. 19)
- February 14 3pm Movie – *First Man* (Different from published in guide)
- February 15 1:30pm Advisory Committee Valentine's Day Party (Always fun!)
- February 25 10am ESL classes (Brand new!)
- February 25 1pm WR Garden Group dba Intergenerational Green Thumbs (Brand new focus!)
- February 26 10am Ping Pong Tournament (Need players!)

If you would like more information about any of the above programs or any of the many other programs happening this month, do not hesitate to ask!

**From Lucy...**

January was filled with programs such as Art with the Arts Unit , Easy Tai Chi, Bingo, Jeopardy, and snow days!

In February all participants from the three Social 60+Café sites are invited to attend our annual Valentine's Day event at Langston Brown Senior Center. This group loves to dance! We'll be hosting a new Motown style singing duo, "ChypAndi".

**The Walter Reed  
Garden Group is now  
doing business as  
Intergenerational  
Green Thumbs**

**Gardener volunteers  
welcome!**

**Join us Monday,  
February 25 at 1pm to  
learn more!**

**New this Month!  
ESL classes here at  
Walter Reed  
Taught by  
REEP volunteers!**

**Mondays and  
Wednesdays at 10am  
Beginning Monday,  
February 25, 2019**

**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	Tuesdays, Feb. 5, 19	4:30-5:30pm
Game Night	Thursdays, Feb. 21	4:00-7:00pm
Name That Tune	Tuesday, Feb. 26	6:30-7:30pm

**Tech Corner**

Learn Mac, iPad, iPhone	Wed., Feb. 13, 27	9:30-11:45am
Computer Help	Fri., Feb. 8	4:00-5:30pm

**Services**

Blood Pressure Clinic First come, first served.	Thurs., Feb. 21	9:30-11:00am
DHS Services	Thurs., Feb. 28	10:00-11:00am

**Sports**

**Pickleball**

Mondays 10am-4pm (1 court until 10:30)  
Tuesdays 9am-4pm (1 court 11-noon)  
Thursdays 10:30am-4pm (1 court 11-noon)  
Fridays 11am-4pm

**Billiards**

Mondays-Fridays 10am-Noon

**Pickleball – Absolute Beginners**

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

**Ping Pong**

Monday-Friday 10am-Noon

**Badminton**

Wednesdays 10am-Noon (1 court)

**Basketball**

Wednesdays 11:45-1:30pm