SIGN UP FOR YOUR 55+ PASS TODAY & TAKE ADVANTAGE OF MEMBER BENEFITS!

Arlington’s 55+ Pass gives you access to a world of fun, fitness, enrichment and social connections.

For as little as $20 a year, you’ll enjoy...
• Home delivery of this 55+ Guide filled with programs and resources
• Opportunities to participate in activities including discounted trips and classes

STEP 1
Choose your 55+ Pass
There are two 55+ Pass options for you to consider. Visit parks.arlingtonva.us and search 55+ Pass to learn more.

55+ Pass includes bimonthly issues of the 55+ GUIDE and access engaging programs, classes and trips.

<table>
<thead>
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<th>Annual fee</th>
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55+ Gold Pass gives you all the benefits of the regular pass plus access to Arlington County’s fitness centers any time during fitness center community hours.

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STEP 2
Sign up for a 55+ Pass at one of these locations
• In person at a senior center, at the Office of Senior Adult Programs at 3829 N. Stafford Street or at the Customer Service Desk at your local community center
• Online at parks.arlingtonva.us and search “55+ pass”
• By mail to 3700 South Four Mile Run Drive, 22206 (get the registration form online or at a senior center)
• By phone to 703-228-4747 and press 3 (Mon.-Fri., 8am-5pm)

STEP 3
Use Your Pass!
Once you have your 55+ Pass, you can register for programs including trips and classes with fees.
• See page 5 to register for a fee-based program online, in person, by phone or by mail. Registration for classes with fees begins, Wed., Sept. 4 for Arlington residents and Thurs., Sept. 5 for out-of-county residents.
• Want to take a trip? See page 35 for instructions.
• Interested in attending a free program? Call the senior center listed to put your name on the list.

For more information or additional questions contact 703-228-4747 or visit parks.arlingtonva.us and search 55+ Pass
Hello Everyone!

Every September, we recognize the importance of senior centers by celebrating National Senior Center Month. This year’s theme is “The Key to Aging Well” and we have highlighted some special programs for you this month. Learning, socializing and exercising mind and body are all keys to aging well. Remember, it’s not just in September that we present these activities which contribute to successful aging – we do it all year long.

Age well by participating in a special workshop, “Crafting Your Next Chapter” on Saturday afternoon, September 14 (page 14). Discussion and exercises will help you plan your life and refine your goals to include what is most important to you. Recognize your talents, gifts and values and make the most of them to create the life you want.

Celebrate our senior centers in September and take advantage of their wonderful offerings all year long to Age Well.

Jennifer Collins, CPRP
Office of Senior Adult Programs

WE AIM TO PLEASE!

Our vision for Arlington is a happy and healthy place to live, learn, work and play. To make this a reality, our mission is to promote wellness and vitality through dynamic programs and attractive public spaces.

Arlington County’s Department of Parks and Recreation is one of the 145 agencies (of more than 8,000) in the U.S. to have received national accreditation from the Commission for Accreditation of Parks and Recreation Agencies (CAPRA) by meeting 151 standards.

HOW CAN WE HELP?

Arlington County can provide, upon request, reasonable modifications for people with disabilities. Two weeks advance notice is preferred. Call 703-228-4747 and press 3 from the menu.

CREDIT CARD SURCHARGE

A 2.5% fee is charged by our credit card processor. Customers using credit cards pay the convenience fee directly to the credit card processor. Debit cards are processed as credit cards. Arlington County does not receive any portion of the fee.

SCAT-TAKE A TAXI!

Senior Center Adult Transportation (SCAT) is Arlington’s transportation service for all residents 55+. Through SCAT you can take pre-arranged taxicabs to and from senior center locations for $2.50 each way. Call 703-892-8747 for an application.
EVENING IN THE GARDEN
Enjoy a relaxing evening listening to the musical talents of Windward Passage and enjoying the beauty of the Walter Reed Sensory Garden. Light refreshments. Sponsored by the Walter Reed Advisory Committee and the Alliance for Arlington Senior Programs. Must pre-register.
Wed., Sept. 4, 6:30-7:30pm
Walter Reed, 703-228-0955

NUTRITION FOR BONE HEALTH
Registered Dietitian Nutritionist Tori Gwilliam will explain how nutrition can protect bone health as we age. Sample delicious bone-building foods to include into your everyday diet. We have many more nutrition programs on page 25.
Tues., Sept. 17, 6:30-7:30pm
Langston-Brown, 703-228-6300

CIVIL WAR FORTS HIKE
Defensive forts were built around Washington during the Civil War and you can still see the vestiges of earthworks and batteries. Ranger Kevin Patti from the National Park Service will lead a two-mile hike from Fort Ethan Allen to Fort Marcy. Appropriate for experienced hikers; unpaved trail has some uneven places, includes stream crossing and hills. Must pre-register.
Wed., Oct. 16 and Sat., Oct. 19, 9:30am-noon
Madison, 703-228-4771

COFFEE HOUSE LIVE!
An evening with DEMZ band celebrating the end of summer with selections of acoustic classic rock, folk, and pop tunes, from the ‘60s and ‘70s, featuring such artists as Bob Dylan, Beatles, Stones, Van Morrison, Jackson Browne, Grateful Dead, Stephen Stills and others. Refreshments provided by Langston-Brown Advisory Committee. Please call to RSVP by Sept. 16.
Sat., Sept. 21, 7-9pm
Langston-Brown, 703-228-6300

DATING IN 2019
Bumble, Tinder, Hinge, oh my! Interested in learning about the new dating applications? Looking for a safe, low-pressure opportunity to meet singles in the Arlington area? Look no further than the Safe Dating in 2019 program. Sidney Reid, Center Director, will provide insight to various phone applications to make dating safe and fun! Smart phones encouraged, but not required.
Tues., Oct. 8, 5-6pm
Walter Reed, 703-228-0955

SECRETS REVEALED: FAMOUS ARTISTS’ TECHNIQUES
Interactive exploration of famous artists and their unique and sometimes secretive techniques. Jen Droblyen, Community Arts Programmer, will discuss artists’ methods and give you a chance to experience these unique techniques with a hands-on activity.
Wednesdays, Oct. 23-Nov. 13, 4:30-5:30pm
Langston-Brown, 703-228-6300

SMART PHONE PHOTOGRAPHY
Do you have a smartphone, tablet or other device but struggle with the camera feature? Do you want to learn more about apps for photography and editing? Join Nick Englund, Center Director and photography enthusiast, to learn how to maximize the use of the camera you already have.
Wed., Oct. 23, 6:30-7:30pm
Arlington Mill, 703-228-7369

LEARN TO RIDE
Staff from BikeArlington will lead a 3-hour class, designed to teach adults how to ride a bike. Start by learning balance, then each rider proceeds at his or her own pace through starting/stoping, pedaling and turning. The technique is fun, intuitive and very successful, but it takes hard work! Wear comfortable clothes and bring a water bottle and snack. Bikes and helmets are provided. Event takes place indoors. Pre-register by Oct. 18
Fri., Oct. 25, 8-11am
Arlington Mill, 703-228-7369

EVENING & WEEKEND PROGRAMS
Walter Reed, 703-228-0955
Saturdays
Rummikub, 10am-noon
Mah Jongg, noon-4pm
Sundays
Yarn Circle, 1-3pm

Langston-Brown, 703-228-6300
Bone Nutrition, Tues., Sept.17, 6:30-7:30pm
Coffee House Live, Sat. Sept. 21, 7-9pm
Secrets Revealed, Wednesdays, Oct. 23-Nov.13
4:30-5:30pm
Saturdays
Tai Chi Practice, 9:15-10am

Arlington Mill, 703-228-7369
Downsizing Recipes, Sept. 25, 6:30-7:30pm
Cornhole and Cookout, Sept. 18, 5-7pm
Fuerza Contra Alzheimer’s, Oct. 16, 7-8pm
Payment Apps, Oct.16, 6:30-7:30pm
Smartphone Photography, Oct. 23, 6:30-7:30pm
Sundays
Photography Interest Group, 3-5pm

Fairlington, 703-228-4747, option 3
Crafting Your Next Chapter, Sat., Sept. 14, 1-4pm
HOW TO REGISTER ONLINE

- Go to https://registration.arlingtonva.us
- Enter your login ID and password. (If this is your first time and you do not know your ID /password, call 703-228-4747) A new page will appear.
- Click on the “55 Plus” menu then “Register for Classes.” If desired, click on a Location then Search to narrow the results.
- Find the class(es) you are interested in and click on the Green Plus sign next to each. The classes you select will be shown in a green bar at the bottom of the page. Once you have selected all the classes, click “Add to Cart” in the green bar at the bottom of the page. For each class, select the person who you are registering. A page will display showing all items in your shopping cart.
- You will have the option to “Continue Shopping or Checkout.” Pay by credit card for online registration.

HOW TO REGISTER IN PERSON, BY PHONE OR BY MAIL

In person at a senior center, at the Office of Senior Adult Programs: 3829 N. Stafford St., Arlington, 22207 or at the Customer Service Desk at your local community center.
By phone by calling 703-228-4747, press option 3.
By mail to 3700 South Four Mile Run Drive, 22206 (include class # on the check). Make checks payable to Treasurer, Arlington County.

Returned Check Fee is $50.

FEE REDUCTIONS

The Arlington County Fee Reduction Policy bases discounts on total household income and size relative to current HUD Section 8 income limits. If your household income is below the threshold, many of your park and recreation fees could be reduced. All Arlington County Park and Recreation programs, fees and services are eligible for fee reduction except for personal training, private swim classes for adults, adult leagues and facility rentals. Other exclusions may apply.

Fee reductions are available to persons who live in or own property in Arlington County and members of their household, and employees of Arlington County Government and members of their household. Fee reductions are not retroactive.

How to Apply

Call 703-228-4747 for additional assistance or to make an appointment to apply.
- A verification document that qualifies you to receive reduced fees. These include: your most recent tax return; Medicaid, Supplemental Security Income (SSI) or Social Security Disability Insurance (SSDI) certifications; and certain other documents.
- Photo ID
- Application form that you can download and complete found at parks.arlingtonva.us, search “fee reduction”

All fee reductions must be renewed annually.

CREDIT CARD SURCHARGE

A 2.5% fee is charged by our credit card processor. Customers using credit cards pay the convenience fee directly to the credit card processor. This fee appears separately on your billing or bank statement. Debit cards are processed as credit cards. Arlington County does not receive any portion of the fee.

The 2.5% credit card surcharge is nonrefundable unless the program or reservation is canceled by DPR.

To avoid paying the surcharge, you may pay by check or cash. Options include:
1. Pay online using e-check (bank account)
2. Mail a check, payable to: Treasurer, Arlington County, 3700 S. Four Mile Run Dr., Arlington, VA 22206
3. Pay in person at these locations:
   - DPR Registration Office, 3700. S Four Mile Run Dr.
   - Arlington Mill Community Center, 909 S. Dinwiddie St.
   - Madison Community Center, 3829 N. Stafford St.

REFUND POLICY FOR FEE-BASED CLASSES

Refunds must be requested through the Registration Office at 703-228-4747.

Full refunds for OSAP classes are made automatically when classes are canceled by OSAP due to insufficient enrollment or other unforeseen reasons, or upon request when schedule or location changes made by OSAP prohibit or limit attendance. Refunds for medical reasons must be accompanied by a physician’s note and are considered on a case by case basis.

The 2.5% credit card surcharge is nonrefundable unless the program or reservation is canceled by DPR. Any “bank” fees incurred as a result of an e-check, due to insufficient funds or incorrect account information, will not be refunded under any circumstance.

Customers who request a refund within 48 hours after the first class for any reason other than those stated above will receive a full refund within 30 days of request minus a $20 service charge. Credit card charges will be refunded directly to the credit card. No refunds or credits will be given after the second class has started, or if a customer is unable to attend a one-session class or workshop. No refunds are given for fees less than $20. The Office of Senior Adult Programs adheres to Arlington County’s Department of Parks and Recreation policies.
55+ AQUA EXERCISE A non-refundable Pool Use Fee of $10 is included in the cost of the class. Aqua exercise provides a safe and refreshing way to exercise. Water serves as the resistance in exercises that are easy on the joints. Work both your muscles and your cardiovascular system.

Instructor: Marion McKinney
Mondays, Sept. 16-Dec.16, 8:10-9am (no class 10/14)
$58/12 sessions, #920093-02
Washington-Liberty Pool, 703-228-4771

Instructor: Julia Dragun
Tuesdays, Sept. 17-Dec. 17, 8:15-9:05am
$66/14 sessions, #920093-08
Wakefield Pool, 703-228-4771

Instructor: Julia Dragun
Tuesdays, Sept. 17-Dec.17, 11:15am-noon
$66/14 sessions, #920093-06
Washington-Liberty Pool, 703-228-4771

Instructor: Julia Dragun
Wednesdays, Sept. 18-Dec. 18, 8:10-9am
$66/14 sessions, #920093-09
Wakefield Pool, 703-228-4771

Instructor: Cindi Shore
Wednesdays, Sept. 18-Dec. 18, 12:15-1pm
$66/14 sessions, #920093-04
Yorktown Pool, 703-228-4771

Instructor: Julia Dragun
Thursdays, Sept. 19-Dec. 19, 8:15-9:05am
$62/13 sessions, #920093-07
Wakefield Pool, 703-228-4771

Instructor: Jody Katz
Thursdays, Sept. 19-Dec.19, 11:15am-noon
$62/13 sessions, #920093-07
Wakefield Pool, 703-228-4771

Instructor: Marion McKinney
Fridays, Sept. 20-Dec. 13, 8:10-9am
$54/11 sessions, #920093-05
Washington-Liberty Pool, 703-228-4771

55+ AQUA EXERCISE - DEEP WATER CLASS A non-refundable Pool Use Fee of $10 is included in the cost of the class. Most of this class is in deep water, putting zero impact on your joints while working against the water’s resistance. You’ll wear a buoyancy belt to hold the body vertical and chest-deep in the pool. You can’t touch the bottom, so you effectively weigh 25% of your weight on land. You must be able to swim to take this class.

Instructor: Jody Katz
Mondays, Sept. 16-Dec. 16, 12:10-12:55pm (no class 10/14)
$58/12 sessions, #920093-01
Yorktown Pool, 703-228-4771

Instructor: Julia Dragun
Thursdays, Sept. 19-Dec. 19, 7:10-8am
$62/13 sessions, #920093-11
Wakefield Pool, 703-228-4771

PILATES
Improve overall strength, posture, flexibility and balance. Learn to bring mind and body awareness to your center and deep core.

55+ PILATES
Beginner/Intermediate
Instructor: Mira Gross
Mondays, Sept. 16-Nov. 4, 1:45-2:45pm
$40/8 sessions, #920091-03
Arlington Mill, 703-228-7369

Tuesdays, Sept. 17-Nov. 5, 10:30-11:30am
$40/8 sessions, #920091-02
Madison, 703-228-4771

Thursdays, Sept. 19-Nov. 7, 10:30-11:30am
$40/8 sessions, #920091-07
Madison, 703-228-4771

Fridays, Sept. 20-Nov. 8, 10-11am
$40/8 sessions, #920091-04
Arlington Mill, 703-228-7369

ADVANCED 55+ PILATES
Emphasis on exercising smoothly and flowingly, focusing on breathing and deep core. Tuesday classes use dumbbells, bands and balls; mat Pilates without props on Thursdays/Fridays. Prerequisite: Two semesters in 55+ Pilates. Instructor: Mira Gross
Tuesdays and Thursdays, Sept. 17-Jan. 9, 9:15-10:15am
$155/31 sessions, #920091-05
Madison, 703-228-4771

Tuesdays and Fridays, Sept. 17-Jan. 10, 1:45-2:45pm (Tues.) and 12:15-1:15pm (Fri.) (no class 10/22)
$150/30 sessions, #920091-06
Arlington Mill, 703-228-7369

STRONG FEET, ANKLES & LEGS
Class features exercises designed to mobilize and strengthen muscles to build strong feet and ankles. Exercises are done barefoot, use props and incorporate standing/floor transitions. Instructor: Mira Gross
Mondays, Sept. 16-Nov. 4, 8:50-9:50am
$40/8 sessions, #920091-21
Arlington Mill, 703-228-7369

55+ GUIDE
STRETCHING
Stretching improves flexibility and mobility and may help prevent injury. Start with a gentle warm-up followed by stretches of all the main muscle groups in the body. Exercises are done standing and from the ground on the mat. Instructor: Mira Gross
Mondays, Sept. 16-Nov. 4, 10:10-11:10am
$40/8 sessions, #920091-24
Arlington Mill, 703-228-7369

Fridays, Sept. 20-Nov. 8, 8:30-9:30am
$40/8 sessions, #920091-25
Walter Reed, 703-228-0955

Thursdays, Sept. 19-Nov. 7, 11:45am-12:45pm
$40/8 sessions, #920091-28
Madison, 703-228-4771

HEALTHY HIPS AND SHOULDERS
Mobilize and strengthen both the shoulder and hip area/legs. Balance exercises are part of the class. Exercises are done standing, seated and from the ground on the mat. Instructor: Mira Gross
Mondays, Sept. 16-Nov. 4, 12:30-1:30pm
$40/8 sessions, #920091-22
Arlington Mill, 703-228-7369

Fridays, Sept. 20-Nov. 8, 11am-noon
$40/8 sessions, #920091-23
Arlington Mill, 703-228-7369

GENTLE AND MEDITATIVE YOGA
Beginner yoga students will learn safe and supportive ways of recognizing and relaxing long-held tensions that cause unease or pain in body. This class is also suitable for students who wish to increase their flexibility and strength. There will be breathing exercises, guided relaxation and meditation periods to enhance clarity and peacefulness in mind, body and spirit. Instructor: Camille Danzi
Mondays, Sept. 16-Nov. 4, 3:30-5pm (no class 10/14)
$52.50/7 sessions, #920092-05
Arlington Mill, 703-228-7369

Wednesdays, Sept. 18-Nov. 6, 4:30-6pm
$60/8 sessions, #920092-06
Arlington Mill, 703-228-7369

Instructor: Debbie Sheetz
Thursdays, Sept. 19-Nov. 7, 4:30-6pm (no class 10/24)
$52.50/7 sessions, #920092-07
Langston-Brown, 703-228-6300

GENTLE HATHA YOGA
Taught in a quiet and meditative style, this class uses extensive warm-ups to prepare the body for adapted yoga poses to strengthen the body safely and effectively. Props such as blocks or straps help students of varying abilities achieve results. Transitions between floor and standing positions are kept to a minimum for your comfort. Instructor: Andrea Kiss
Mondays, Sept. 16-Nov. 4, 1-2:30pm
$40/8 sessions, #920092-22
Lee, 703-228-0555

Instructor: Jennifer Eubank
Mondays, Sept. 16-Nov. 4, 1-2:30pm
$40/8 sessions, #920092-23
Langston-Brown, 703-228-6300

Instructor: Andrea Kiss
Mondays, Sept. 16-Nov. 4, 10-11am
$40/8 sessions, #920092-24
Aurora Hills, 703-228-5722
Instructor: Ferry Pattipeilohy

Tuesdays, Sept. 17-Nov. 5, 11:45am-12:45pm
$40/8 sessions, #920092-01
Madison, 703-228-4771

Instructor: Peggy Finn
Wednesdays, Sept. 18-Nov. 6, 10-11am
$40/8 sessions, #920092-03
Aurora Hills, 703-228-5722
Instructor: Peggy Finn

Fridays, Sept. 20-Nov. 8, 12:30-1:30pm (no class 10/4)
$35/7 sessions, #920092-04
Langston-Brown, 703-228-6300

TRADITIONAL HATHA YOGA
Learn and practice classic yoga poses to stretch and strengthen the entire body. Warm-ups and props help students achieve results. There are multiple transitions between floor and standing positions. Previous experience with yoga is a plus.
Instructor: Ferry Pattipeilohy

Tuesdays, September 17-November 5, 10:30-11:30am
$40/8 sessions, #920092-21
Madison, 703-228-4771

Instructor: Kathleen Stemplinski

Thursdays, Sept. 19-Nov. 7, 11:15am-12:15pm
$40/8 sessions, #920092-23
Langston-Brown, 703-228-6300

Instructor: Jennifer Eubank

Fridays, Sept. 20-Nov. 8, 9:30-11am
$60/8 sessions, #920092-25
Madison, 703-228-4771

Instructor: Andrea Kiss

Mondays, Sept. 16-Nov. 4, 10-11am
$40/8 sessions, #920092-02
Aurora Hills, 703-228-5722

Instructor: Ferry Pattipeilohy

Tuesdays, Sept. 17-Nov. 5, 11:45am-12:45pm
$40/8 sessions, #920092-01
Madison, 703-228-4771

Instructor: Peggy Finn

Wednesdays, Sept. 18-Nov. 6, 10-11am
$40/8 sessions, #920092-03
Aurora Hills, 703-228-5722
Instructor: Peggy Finn

Fridays, Sept. 20-Nov. 8, 12:30-1:30pm (no class 10/4)
$35/7 sessions, #920092-04
Langston-Brown, 703-228-6300

AGELESS GRACE
This fun wellness program consists of simple exercises based on everyday movements which focus on the healthy longevity of the body and mind. There are also mind-body directions that allow the brain to consciously choose and direct the movement of the body. This class is designed to make
you laugh, keep you engaged and have fun. Instructor: Randi Cohen
Wednesdays, Sept. 25-Nov. 6, 10:30-11:30am (no class 10/23)
$30/6 sessions, #920091-75
Lee, 703-228-0555

SELDOM SEATED CHAIR EXERCISE
This class has approximately 15 minutes of stand-up cardio, 30 minutes of full body strength seated and standing exercise and 15 minutes of mixed breathing and cool down exercise. Modifications are given for each exercise according to the participant’s fitness level. Instructor: Jean Perry.
Mondays, Sept. 16-Nov. 4, 10-11am (no class 10/14)
$28/7 sessions, #920091-65
Fairlington, 703-228-4771
Fridays, Sept. 20-Nov. 8, 10-11am
$32/8 sessions, #920091-66
Fairlington, 703-228-4771

FELDENKRAIS
In this gentle movement class based on Feldenkrais Method you will improve balance, flexibility and comfort. Motions in class are stress-free and can reduce pain, stiffness, symptoms of arthritis and aide in recovery from injury. Exercises will be done lying on mats with instruction and guidance from Guild Certified Feldenkrais Practitioner Yulia Kriskovets. Please note new location/times.
Mondays, Sept. 16-Nov. 4, 12:45-1:45pm (no class 10/14)
$35/7 sessions, #920091-71
Walter Reed, 703-228-0955
Wednesdays, Sept. 18-Nov. 6, 2:15-3:15pm
$40/8 sessions, #920091-72
Walter Reed, 703-228-0955
Fridays, Sept. 20-Nov. 8, 2-3pm
$40/8 sessions, #920091-70
Arlington Mill, 703-228-7369

INTRO TO MINDFULNESS MEDITATION
Mindfulness practice helps disengage from thoughts, feelings and behaviors that undermine well-being and increase stress. Seated meditation, meditative body scan, simple energy clearing and building movements help experience and integrate key mind-body connections. Handouts provided. All welcome regardless of spiritual practice or physical ability. Bring a big towel/blanket. Instructor: Nancy Miller
Tuesdays, Sept. 17-Oct. 29, 11am-12:30pm (no class 10/8)
$36/6 sessions, #920092-53
Walter Reed, 703-228-0955

DEEPEN YOUR MINDFULNESS MEDITATION
Designed for those who want to engage more deeply in meditation. Practice patience, trust, acceptance and letting go. Expect interactions using JohKabat-Zinn’s Wherever You Go, There You Are and Mindfulness for Beginners. Pre-requisite: Intro to Mindfulness Meditation or those with ongoing practice. Instructor: Nancy Miller
Fridays, Sept. 20-Nov. 1, 11am-12:30pm (no class 10/11)
$36/6 sessions, #920092-52
Walter Reed, 703-228-0955

TAI CHI CH’UAN
With slow gentle movements, proper breathing and posture, Tai Chi can help relieve many physical ailments including arthritis, trouble with balance issues and stress. Class examines the martial side of Tai Chi as well as the spiritual. Instructor: David Cohen
Mondays, Sept. 16-Nov. 4, 2-3pm
$44/8 sessions, #920092-62
Walter Reed, 703-228-0955
Thursdays, Sept. 19-Nov. 7, 2-3pm
$44/8 sessions, #920092-63
Walter Reed, 703-228-0955

TAI CHI FOR BEGINNERS
This class teaches the 24 simplified, Yang style positions and focuses on feeling the “chi” (energy, life force) and coordinating torso/hips/knees/feet and mind/body to create a graceful Tai Chi form. Instructor: Karen Levitan
Mondays and Wednesdays, Sept. 16-Dec. 2, 3:30-4:30pm (no class 9/30, 10/9)
$95/19 sessions, #920092-60
Langston-Brown, 703-228-6300

INTERMEDIATE TAI CHI
Prerequisite: Tai Chi for Beginners. This class is for students who know the 24 postures and their transitions and want to improve their understanding of tai chi principles and techniques. Classes will focus on awareness and use of the waist, shifting of weight, feeling, balance and posture. Tai Chi for Beginners is a prerequisite. Instructor: Karen Levitan
Tuesdays, Sept. 17-Dec. 3, 3:30-4:30pm (no class 10/29)
$55/11 sessions, #920092-61
Langston-Brown, 703-228-6300

SENIOR BOOT CAMP
A safe and fun 45-minute class with cardio and strength techniques that target the total body. Designed especially for mature adults who want a good workout without harsh stress on the joints and muscles. Classes include a combination of indoor and outdoor workouts.
Instructor: Angel McNamara
Mondays, Sept. 16-Nov. 4, 8:30-9:15am
$40/8 sessions, #920091-62
Walter Reed, 703-228-0955
Instructor: Sheila Darby
Wednesdays, Sept. 18-Nov. 6, 9-10am
$40/8 sessions, #920091-61
Arlington Mill, 703-228-7369
Thursdays, Sept. 19-Nov. 7, 8:30-9:15am
$40/8 sessions, #920091-63
Walter Reed, 703-228-0955

ZUMBA
Inspired by Latin and international dance, Zumba is a fun cardio-dance class that suits all fitness levels. Zumba incorporates merengue, salsa, cambia, hip hop and more.
Instructor: Ferry Pattipeilohy
Tuesdays, Sept. 17-Oct. 29, 2:15-3pm
$31.50/7 sessions, #920091-42
Lee, 703-228-0555
DANCE FUSION & RHYTHMS
This unique dance fitness class combines hip hop, ballet, Latin and Afro-Brazilian moves. It will keep you on your toes from beginning to end. Instructor: Jean Perry
Mondays, Sept. 16-Nov. 4, 9-9:45am (no class 10/14)
$31.50/7 sessions, #920091-44
Fairlington, 703-228-4771

Thursdays, Sept. 19-Nov. 7, 9:30-10:15am
$36/8 sessions, #920091-43
Walter Reed, 703-228-0955

KUKUWA AFRICAN DANCE WORKOUT
A blend of African soukous and Caribbean soca rhythms add living flavor to your workout, nourishing both body and soul. Kukuwa Dance Workout is a low-impact/high-energy choreographed workout designed to target your cardiovascular system, improve your fitness level and pump fun through your veins. Instructor: Divine Senyo
Fridays, Sept. 20-Nov. 8, 8:45-9:45am
$40/8 sessions, #920091-45
Walter Reed, 703-228-0955

LET’S GET FIT
This fun-filled, low-impact dance and sculpting exercise class is designed for beginners. Great music and a variety of exercises make the workout fly by. Instructor: Jean Perry
Wednesdays, Sept. 18-Nov. 6, 10-11am
$32/8 sessions, #920091-41
Fairlington, 703-228-4771

AGILITY AND FITNESS
Focus on agility, balance and strength with this full body workout. Equipment such as dyna-bands, rope ladders, weights and more will be used to increase endurance and work your cardio. This class is geared towards men; however, everyone is welcome. Instructor: Andre Ashley
Saturdays, Sept. 21-Nov. 9, 10:15-11:15am
$40/8 sessions, #920091-68
Madison, 703-228-4771

CARDIO BOXING AND MORE
Cardio boxing is a great total-body workout, even for a beginner. Build stamina and strength learning the four basic punches (jab, cross, hook and uppercut) and proper fighting stances and footwork. Instructor: Angel McNamara
Tuesdays, Sept. 17-Nov. 5, 9-9:50am
$40/8 sessions, #920091-64
Barcroft, 703-228-4771

Thursdays, Sept. 19-Nov. 7, 1-2pm
$40/8 sessions, #920091-67
Barcroft, 703-228-4771

BALANCE, BOXING AND BIG
Improve posture, gait, balance, dexterity and mental focus through boxing. Class consists of training and boxing drills as well as stretching to help with flexibility. Instructor: Angel McNamara
Fridays, Sept. 20-Nov. 8, 9-9:50am
$40/8 sessions, #920091-69
Barcroft, 703-228-4771

DROP-IN FITNESS: These classes are ongoing. Participants can join anytime with a valid 55+ pass and the fee, punch pass or tickets:

55+ SEATED EXERCISE
This class concentrates on preserving and gaining muscular strength and flexibility and improving balance. Work all the major muscle groups including abdominals with a variety of weights. Some standing included but not required. Instructor: Judi Garth
Mondays, Wednesdays and Fridays, 9-10am
$60/15-session punch pass
Madison, 703-228-0555

FULL FITNESS EXERCISE
A complete exercise program combining warm-up, stretching and strength work for all major muscles. Workout includes core stabilization, balance skills, cardio and a final cool down. Instructor: Andrea Baumann
Tuesdays and Thursdays, 10-11am
$60/15-session punch pass or $4 drop-in
Lee, 703-228-0555

Instructors: Gretchen Martin (Mon.); Various (Wed. & Fridays)
Mondays, Wednesdays and Fridays, 10:05-11am
$60/15-session punch pass or $4 drop-in
Thomas Jefferson, 703-228-5920

STRENGTH TRAINING EXERCISE
Dedicated to preserving and gaining new muscular strength as well as flexibility and balance, this class works all major muscle groups with weights. Each class achieves a full range of motion. Extra emphasis is given to the upper body on Mondays; core strengthening mat work on Wednesdays; and lower body, including balance skills, on Fridays.
Instructors: Various (Mon.); Andrea Baumann (Wed. & Fri.)
Mondays, Wednesdays and Fridays, 9-9:55am
$60/15-session punch pass or $4 drop-in
Thomas Jefferson, 703-228-5920

CARDIO TONE
A modern approach to low-impact aerobics, dance and strength training. Balanced exercises work your whole body. Thursdays, mat work for abdominal toning (you can also use a chair if need be). Pre-purchase your punch pass by phoning the center before you drop in for a class. Instructor: Jean Perry
Tuesdays, 9:30-10:30am
Thursdays, 11am-noon (no class 10/15)
$60/15-session punch pass
Aurora Hills, 703-228-5722

WORKOUT WITH A FITNESS COACH
Learn how to use exercise machines from certified fitness professionals. Train on cardio equipment including treadmills, exercise bikes, elliptical machines and rowing machines. Use weight machines and free weights for total-body fitness. Work out at your own pace with assistance from the trainer.
$60/15 tickets
Mondays and Fridays, 11am-2pm
Wednesdays, 11:30am-2:30pm
Langston-Brown, 703-228-4771

Tuesdays and Thursdays, 7-11am
Saturdays, 7-10am
Madison, 703-228-4771
WALKING CLUBS STAY LIVELY ALL YEAR

Stay active with friendly walking companions. We walk indoors or out, depending on conditions. Destinations may change, or excursions cancelled for inclement weather or code red days. Must pre-register by calling 703-228-4771 to reserve your spot; space on the van is limited.

ARLINGTON WALKING CLUB
Sept. 4  Palisades/Georgetown, DC
Sept. 11  Mt. Vernon Trail/River Farm, Alexandria
Sept. 18  Adams Morgan/ Mt. Pleasant, DC
Sept. 25  Lake Mercer, Fairfax
Oct. 2  Great Falls/Va., Fairfax
Oct. 9  Cleveland Park/Tregaron Conservancy, DC
Oct. 16  Dominion Hills/Upton Park, Arlington
Oct. 23  Eastern Market/Capitol Hill, DC
Oct. 30  Lyon Park/Jackson St., Arlington
Wednesdays, 9:30am (van departs)-noon (van returns)
$4/walk, Madison, 703-228-4771

LEE WALKERS
Sept. 6  C&O Canal, Widewater Lagoon, Maryland
Sept. 13  Donaldson Run, Arlington
Sept. 20  Turkey Run, McLean
Sept. 27  Meridian Hill, DC
Oct. 4  Air Force/Pentagon Memorials, Arlington
Oct. 11  Wildwood Trail, Vienna
Oct. 18  Woodrow Wilson Bridge, Maryland
Oct. 25  Lyon Park/Columbia Gardens Cemetery, Arlington
Fridays, 10am (van departs)-noon (van returns)
$4/walk, Lee, 703-228-4771

ARLINGTON MILL TREKKERS
Join this group of walkers on ventures around the center featuring the W&OD and Four Mile Run Trails. Meet at the center.
Thursdays, 9-10am
Free, Arlington Mill, 703-228-7369

ARLINGTON HILLS FAST FORWARDS
Fast-paced group walks a three- to four-mile loop near Aurora Hills, including some hills. At times the Fast Forwards will carpool or take transit to other walk locations (transportation is not provided).
Fridays, Sept. 13, 20, 27 and Oct. 11, 18, 25 9-10:30am
Free, Aurora Hills, 703-228-5722

TAI CHI PRACTICE
If you’ve taken a Tai Chi class, come by and practice with experienced volunteers. Instruction is not provided.
Mondays and Wednesdays, 12:30-1:30pm
Langston Brown, 703-228-6300

Mondays, 2-3pm
Aurora Hills, 703-228-5722

Tuesdays, 1-3pm
Fridays, 1-2:15pm
Walter Reed, 703-228-0955

Wednesdays and Fridays, 11am-noon
Thomas Jefferson, 703-228-4771

Saturdays, 9:15-10am
Langston-Brown, 703-228-6300

ANCIENT ART DANCE
Learn the basic movements of this beautiful and graceful art form with roots in middle eastern dance. This great workout improves your posture and strengthens your core. Led by experienced dancer Carmen Shippy. Open to all dance levels.
Tuesdays, 12:15-1:30pm
Lee, 703-228-0555

Thursdays, 4:45pm
Langston-Brown, 703-228-6300

September is National Senior Center Month and this year’s theme is “The Key to Aging Well.” Central to aging well are opportunities for growing, learning and connecting along with staying physically and mentally active. Arlington Senior Centers offer programs to provide these experiences all year long and in September we highlight a few of them to celebrate successful aging.
Look for this key and these programs:
• Coffee House Live at Langston-Brown, p.4
• Evening in the Garden at Walter Reed, p.4
• Indoor Picnic & Activity Showcase at Aurora Hills, p.27
• International Dessert Party at Lee, p.27
• Learn to Ride at Arlington Mill, p.4

The Key to Aging Well

The following classes are free to all 55+ members

The Key to Aging Well

The Key to Aging Well

The Key to Aging Well
PICKLEBALL

PICKLEBALL FOR BEGINNERS
Learn the basic skills of this popular court game including groundstrokes and how to volley and serve. Please wear tennis or court shoes. Equipment provided. Instructor: Alaric Radosh
Mondays, Sept. 23 - Oct. 14, 11-12pm
$24/4 sessions, #920094-03
Arlington Mill, 703-228-7369

Fridays, Sept. 27 - Oct. 18, 9-10am
$24/4 sessions, #920094-01
Arlington Mill, 703-228-7369

PICKLEBALL LEVEL II
Build on basic skills and learn doubles strategy. Prerequisite: Pickleball for Beginners or comparable experience. Please wear tennis or court shoes. Instructor: Alaric Radosh
Wednesdays, Sept. 25 - Oct. 16, 9-10am
$24/4 sessions, #920094-02
Walter Reed, 703-228-0955

ABSOLUTE BEGINNERS: WELCOME TO PICKLEBALL
If you’re new to pickleball and want to learn more, this is your chance to try this sport in a judgment-free zone. A volunteer will be on hand to welcome newcomers and answer questions. Limited paddles and balls available.
Mondays, 9-10am (one court)
Arlington Mill, 703-228-7369

Mondays, 9:45-10:30am (one court)
Walter Reed, 703-228-0955

PLAY PICKLEBALL
America’s fastest growing sport for adults over 50. Hours are subject to change to accommodate special events and programs.

Walter Reed Hours
Mondays, 10am-4pm
Tuesdays, 9am-4pm (one court 11am-noon)
Wednesdays, 2:15-4pm
Thursdays, 10:30-4pm (one court 10:30-11:45am)
Fridays, 11:30am-4pm
Walter Reed, 703-228-0955

Thomas Jefferson Hours
Monday-Friday, 7:30am-2:30pm
Thomas Jefferson, 703-228-5920
Special note to TJ Pickleball players: A 55+ Gold Pass is required for play.

Arlington Mill Hours
Mondays, 12:30-3pm
Tuesdays and Thursdays, 12:30-3pm
Wednesdays and Fridays, 11am-3pm
Arlington Mill, 703-228-7369
The Gymnasium will be closed Sept. 2-13, and Sept. 20

BADMINTON
Join drop-in games for fun and fitness.
Wednesdays 10am-noon (one court)
Walter Reed, 703-228-0955

BOCCE
Enjoy an early evening game of bocce with friends.
Tuesdays, 6:30-7:30pm
Walter Reed, 703-228-0955

CROQUET
A morning game of croquet is just what the doctor ordered.
Fridays, 10:30am-noon
Walter Reed, 703-228-0955

BILLIARDS
Calling all billiards players!
Mondays-Fridays, 10am-noon
Walter Reed, 703-228-0955

TABLE TENNIS
Players of all levels of ability are welcome to participate in friendly games.
Mondays-Fridays, 10am-noon
Walter Reed, 703-228-0955

Tuesdays, 10am-2pm
Arlington Mill, 703-228-7369

INDOOR SHUFFLEBOARD
Shuffleboard is as fun indoors as on the deck of a cruise ship. Instructor: Volunteer Linda Scholl.
Tues., Sept. 17, 24, 2-4pm
Walter Reed, 703-228-0955

55+ VOLLEYBALL
Friendly games of drop-in volleyball provide fun and exercise. Beginner and experienced players are welcome.
Wednesdays and Fridays, 1:30-3pm
Langston-Brown, 703-228-6300
PUT YOUR NAME ON THE LIST!
Some of our fitness classes fill very quickly. If you want to register for one of these programs and find that it is filled, please put your name on the wait list for that class. We use the wait lists to judge whether we can add a section and fit you in if instructor and facility resources are available. If space opens up in a class or another section is added, we will contact you and you will be charged for the class at the time your name is moved from the wait list to the enrolled list.

PLEASE NOTE
Programs and presentations offered at Arlington's Senior Centers are intended to educate our participants and enrich their lives. We strive to present a balanced array of viewpoints on any particular topic and we are not promoting any particular service, opinion or cause. The views expressed by presenters are their own and are not necessarily endorsed by Arlington County or the Office of Senior Adult Programs.

INCLEMENT WEATHER CLOSINGS
For information on delayed openings and cancellations, call our Inclement Weather Hotline at 703-228-4715 or phone your senior center.

LET US KNOW YOU'RE COMING
Even when 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. This also allows us to call you when a program is cancelled due to low enrollment or instructor illness. We welcome you to join us, and it is tremendously helpful if you assist us in planning by calling to reserve your space.
MUSIC

ENCORE CHORALE - Registration is Already Open
Sing with this congenial chorus. Appropriate for beginners and experienced singers. Join other music enthusiasts to learn proper breathing and vocal technique in a repertoire of four-part singing. Weekly rehearsals of classical and secular holiday music culminate with the presentation of a professional concert for the community in December. Classes specially-designed for older adult are instructive and enjoyable. No audition required. For more information, phone 301-261-5747 or go to encorecreativity.org.

Tuesdays, Sept. 3-Dec. 10, 1:45-3:15pm
$150/15 sessions + $25 materials fee, #920095-41
Langston-Brown, 703-228-6300

SOUNDS OF MUSIC
Like great classical music? Learn about some of the famous and not-so famous works. Listen and discuss with other classical music enthusiasts. Led by Joe Suchomel.

Fridays, 1-3pm
Madison, 703-228-4878

CLASSICAL MUSIC APPRECIATION
Explore some of the most popular and important pieces in classical music. Monthly sessions include listening, discussion and historical background. Led by David Gray. In September discuss Joseph Canteloube and in October Antonin Dvorak.

Mon., Sept. 9 and Oct. 14, 1-2:30pm
Langston-Brown, 703-228-6300

ART

ARTVENTURES
Express your creative side with an art project led by programmers from Arlington’s Office of Community Arts. Space limited; must call to pre-register.

Sept. 13 - Oil Pastel Ink Transfers; Oct. 4 - Paint a Bowl
Fridays, Sept. 13 and Oct. 4, 1-3pm
Aurora Hills, 703-228-5722

Sept. 20 - Oil Pastel Ink Transfers
Fri., Sept. 20, 1-3pm
Walter Reed, 703-228-0955

VAN GOGH AND JAPAN - A CREATIVE JOURNEY
Van Gogh’s sojourn in Arles is often considered his most creative period. This is when his love of Japan and its art inspired hundreds of works. Presented by art historian Joan Hart.

Thurs., Sept. 26, 1:30-3pm
$6/1 session, #920095-21
Lee, 703-228-0555

INTERMEDIATE DRAWING AND PAINTING
Develop personal artistic talents while learning painting and drawing techniques. Explore the color wheel and take on more challenging assignments. Previous experience required. Painting and drawing materials are not included, but some supplies will be on hand to experiment with new media. Instructor: Jennifer Droblyen.

Fridays, Sept. 27-Nov. 8, 1-3pm
$49/7 sessions, #920095-03
Langston-Brown, 703-228-6300

ART CIRCLE WITH JOAN HART
What do you know about art? What role does it play in your life? Art historian Joan Hart leads a 5-part workshop designed to develop your inner creativity, find meaning in life through art and the individual visions of artists.

Mondays, Sept. 30-Oct. 28, 1:30-3pm
$30/5 sessions, #920095-22
Aurora Hills, 703-228-5722

MANET AND MODERN BEAUTY
Introduction to the artist’s late creative period from the 1870s to his death in 1883. Manet’s painting was inspired by the rich palette and luminous light of his French Impressionist contemporaries Monet, Renoir and Degas. Presented by art historian Joan Hart.

Thurs., Oct. 10, 1:30-3pm
$6/1 session, #920095-23
Lee, 703-228-0555

55+ SOCIAL ART SWAP
Bring your own artwork or art supplies to create a piece onsite to swap. We’ll have art supplies you can use too! Each finished piece gets traded for a raffle ticket. Raffle numbers are drawn at the end of the event, artwork is selected from the created pieces. Trade and network amongst other local artists!

Fri., Oct. 25, 1:30-3:30pm
Arlington Mill, 703-228-7369

PAINTING STUDIO WITH PERSONAL INSTRUCTION
Informal painting class with longtime art teacher Blanche Kirchner. If you are a new aspiring artist, you will receive guidance on what materials to bring, options of different media and help with your creative expression. If you have painted before, this is an opportunity to learn something new.

Mondays, Sept. 16-Oct. 28, 10am-noon
$49/7 sessions, #920095-01
Lee, 703-228-0555

Wednesdays, Sept. 18-Oct. 30, 10am-noon
$49/7 sessions, #920095-02
Walter Reed, 703-228-0955
OPEN ART STUDIOS
Open Art Studios accommodate artists who work at their own pace in a collaborative space with others to share thoughts and ideas. Please note, artists must bring their own materials. No instruction provided. Space is limited; must pre-register.

Watercolor
Wednesdays, 10am-noon

Mixed Media
Fridays, 11am-1pm
Arlington Mill, 703-228-7369

Fridays, 1-3pm On break until Nov.15
Langston-Brown, 703-228-6300

ORIGAMI GROUP
Origami, the art of folding paper, has been practiced for generations. Practice weekly in the company of likeminded artists. Yoshi Hazen, an experienced origami artist, will assist newcomers to the art.

Tuesdays, 10am-noon
Arlington Mill, 703-228-7369

PHOTOGRAPHY INTEREST GROUP
From lessons on basics to passionate conversations. Enjoy exploring new areas as well as taking photos with friends. Meet at local area landmarks to improve photography skills with enthusiast Didem Lenz; transportation is not provided. Wear comfortable shoes; much walking required. Email photosundays2016@yahoo.com for more information and location details.

Sundays, 3-5pm
Arlington Mill, 703-228-7369

SPELLBINDING STORYTELLERS
Arlington Spellbinders is a group of volunteer storytellers who engage young people in the magic of oral storytelling in the classroom, library and recreation settings. Meetings held first Fridays each month provide continuing education, support and camaraderie.

Fri., Sept. 6 and Oct. 4, 9:30-11am
Langston-Brown, 703-228-4878

THE PLAY’S THE THING
The experience of reading a play is both enjoyable and rewarding. Join theater educator Michael Bertin Heinlein to explore and discuss some of the great plays of Classic, Romantic, and Modern drama - drama that continues to thrill with passion and understanding. This series features some of Shakespeare’s more problematic plays; call for reading list.

Fridays, Sept. 6, 13 and Oct. 4, 18, 1:30-3pm
Aurora Hills, 703-228-5722

Crafting Your Next Chapter
This is the time to honor what is important in your life, do what you enjoy and be who you want to be. Control your narrative and create your legacy.

Join us for a half-day workshop on life planning for your retirement years with Meg Newhouse, Ph.D., a nationally-known pioneer in Second-half LifeCrafting and author of Legacies of the Heart : Living a Life That Matters.

Sat., Sept. 14, 1- 4pm
Fairlington Community Center
3308 S. Stafford St., 22206
call 703-228-4747, option 3
or 703-228-4878
Free of Charge

Register by Sept.12 at registration. Arlingtonva.us using Activity Code #920099-01
TRAVEL GURUS: GHANA
Learn about destinations near and far from local "travel gurus". Maxwell Osei Anokye will share his recent travel experiences in Ghana and its popular tourist attractions.
Wed., Sept. 11, 1-2:30pm
Aurora Hills, 703-228-5722

SHARING TRAVEL EXPERIENCES
Our members have traveled far and wide and we welcome them to share experiences. Member Mike Marrone recently traveled to California making stops in San Francisco, Los Angeles and Yosemite. Join him to hear more about his first trip in 20 years! We invite you to be our next presenter!
Fri., Sept. 13, 1-2pm
Walter Reed, 703-228-0955

MIRACULOUS MONARCH
The Monarch butterfly has an amazing story of metamorphoses and unparalleled migration. Teresa Lim and Cindy Wackerbarth, certified teachers of the Monarch Teachers Network, will discuss this insect’s life cycle, North American migration and butterfly gardening. Feel the flutter!
Thurs., Sept. 12, 11am-noon
Langston-Brown, 703-228-6300

REMODELING FOR RETIREMENT
If you’d like to stay in your home for several more years, a few changes might make your house easier and safer to live in. Simple fixes like adding grab bars in the tub or more involved changes such as installing a curbless shower can make all the difference. Or maybe you’d like to turn your family home (now empty nest) into a retirement retreat with a spa-like master bath and re-designed kitchen. The design team from FA Design Build will discuss improvements from practical updates to full remodels that will keep you in your current home.
Fri., Sept. 20, 10-11am
Walter Reed, 703-228-0955

AUTHOR TALK: EMERGENCY MANAGEMENT IN THE US
Emergency Management: The American Experience describes many of the history-making disasters of the past century and the emergence of the field of emergency management. It covers U.S. disasters from major to catastrophic, raising questions about where and why they happened. Author Claire Rubin will also discuss disaster events that have affected this metro area and how to prepare for the future.
Fri., Sept. 20, 1:30-3pm
Aurora Hills, 703-228-5722

ENERGY AND WATER EFFICIENCY
Learn low-cost and easy ways to reduce energy use! Volunteers from VCE-Energy Masters will share simple tips that both home owners and renters can use to decrease energy and water usage, lower bills and feel more comfortable in their homes. Games and prizes included.
Mon., Sept. 23, 1-2:30pm
Lee, 703-228-0555

ABOUT ARLINGTON
A DAY IN THE LIFE OF AN ARLINGTON POLICE OFFICER
Each day Arlington County Police officers serve the community with duty, honor and commitment to the safety and security of Arlington County’s residents and visitors. Corporal Beth Lennon discusses some aspects of a typical day.
Thurs., Sept. 26, 11:30am-12:30pm
Lee, 703-228-0555

GET MOVING WITH ART BUS
Have you wanted to try the bus, but too afraid to do so on your own? Maybe you already ride the bus, but aren’t taking advantage of all the tips, secrets and savings available to you. Either way, you’ll get insider details with Car-Free Diet’s Ken Matthews from Arlington County Commuter Services. Come take a complimentary ART Bus tour and learn the route, points of interest plus tips for being a pro at using public transit. Se habla español.
Thurs., Sept. 26, 11am-noon
Arlington Mill, 703-228-7369
ARLINGTON HISTORICAL MUSEUM
Karl Van Newkirk will discuss the history of the Arlington Historical Museum and its transformation from the Hume school into a museum. He will follow up with a “show and tell” of some of the museum’s artifacts and maps and a Q&A opportunity.

Wed., Oct. 9, 2-3pm
Aurora Hills, 703-228-5722

HOW THE LIBRARY CAN HELP YOU
Like the 55+ Senior Centers, The Arlington County Public Library system is a great resource to supplement the wonderful programs available at Lee. Learn about the interesting events that take place at Westover Library. Presented by Westover Librarian Peg Owen.

Thurs., Oct. 17, 11:30am-12:30pm
Lee, 703-228-0555

WHERE DOES IT GO?
What happens to your recyclable plastic, paper and cardboard once the truck takes them away? Attend a virtual tour of a local recycling plant to find out. Learn about some surprising things that are made from recycled materials. Facilitated by center staff.

Tues., Oct. 29, 1-2pm
Lee, 703-228-0555

PLANNING
BURIAL AND FINAL EXPENSE INSURANCE
If you are considering getting final expense or life insurance, make your wisest choice as an educated consumer. Learn what benefits you need and how to compare the different types of policies. Insurance broker David Bychkov will review guides to buying life insurance put out by Virginia’s Bureau of Insurance and the National Association of Insurance Commissioners.

Fri., Sept. 27, 11am-noon
Walter Reed, 703-228-0955

KEEP THE BEST AND GET RID OF THE REST
Matthew Quinn, Quinn’s Auction Galleries, has been a guest appraiser for Antiques Roadshow since 2010 working in pottery and porcelain and the decorative arts area. He will discuss what to keep for the family versus what to give away or sell. Get information on how estate sales and auctions work. Plenty of time for questions.

Wed., Oct. 9, 1:30-3pm
Langston-Brown, 703-228-6300

OPTIONS FOR SENIOR LIVING
Advisors from Custom Senior Living Search will discuss options for senior living ranging from independent retirement communities, to home care, assisted living and memory care.

Thurs., Oct. 10, 1-2pm
Arlington Mill, 703-228-7369

ESTATE PLANNING 101
Estate planning helps protect your family and loved ones by allowing them to know and execute your wishes in a simple manner. Estate planning now can provide huge savings down the road. Attorney Alison Mathey Lambeth will highlight the main parts to an estate plan and the critical importance of each document.

Tues., Oct. 15, 10-11am
Walter Reed, 703-228-0955

WHAT IS PROBATE
Understanding probate can be confusing. Edward Zetlin, Elder Law Attorney will uncover the mystery of probate. Learn what probate is, the pros and cons and the factors one should consider regarding probate.

Wed., Oct. 16, 1-2pm
Langston-Brown, 703-228-6300

BOOK CLUBS AND DISCUSSION GROUPS
REEL PAGE TURNERS MOVIE BOOK CLUB
Movie-themed book club examines adult fiction novels made into feature films. Read and discuss the book then watch the film and compare. Facilitated by Peg Owen, library associate. In September we’ll discuss Ready Player One by Ernest Cline. October’s book/movie is Age of Innocence by Edith Wharton. Registration required; go to https://library.arlingtonva.us/events or call Peg at 703-228-6327.

Book Discussions: Wed., Sept. 18 and Oct. 23, 1:30-2:30pm
Lee, 703-228-0555

Film Screening/Discussion, Sept. 25 and Oct. 30, 1-3:30pm
Westover Library, 703-228-6327

LEE BOOK CLUB
Get together for great books and good conversation. September’s book is Americanah by Chimamanda Ngozi Adichie and October’s selection is A Confederacy of Dunces by John Kennedy Toole. First Tuesdays each month.

Tues., Sept. 3 and Oct. 1, 11:15am-12:30pm
Lee, 703-228-0555

AURORA HILLS BOOK CLUB

Mon., Sept. 23 and Oct. 28, 12:15-1:30pm
Aurora Hills, 703-228-5722

55+ BOOK CLUB
Enjoy good conversation about books and expand your reading selections with discussions led by an Arlington County Library volunteer. First Fridays at Central Library. The book for September is For Whom the Bell Tolls by Ernest Hemingway. October’s book is The Absolutely True Diary of a Part Time Indian by Sherman Alexie.

Fri., Sept. 6 and Oct. 4, noon-1pm
Central Library, 703-228-5960
LEE POETS SOCIETY
If you love poetry, join us for a discussion of selected poems. There will also be an opportunity to develop original works. Led by volunteer Carl Gold. Make an afternoon of it and stay for the sing-along that follows. Meets first Mondays.
Mon., Oct. 7, 12-1:15pm
Lee, 703-228-0555

PODCAST FOLLOWERS
Veteran listeners and newbies will download and listen to various programs of interest, then discuss together. Like a book club, but you listen instead of reading the agreed-upon selection. Call 703-228-6300 or email epoole@arlingtonva.us for the pre-selected podcast.
Mon., Sept. 23 and Oct. 28, 10-11:30am
Langston-Brown, 703-228-6300

HISTORY ROUNDTABLE
Take part in thought-provoking and informative discussions about pivotal events in our world's history. Meets second Tuesdays. In September we'll discuss Impacts of “What Ifs” in History and October's topic is Impact of Historical Concepts No Longer Believed.
Tues., Sept. 10 and Oct. 8, 11:15am-12:30pm
Lee, 703-228-0555

HISTORY DISCUSSION GROUP
Listen, contribute and reflect in this discussion group that focuses on cultural, economic, artistic and political history. Led by Dwight Rodgers of Encore Learning. Call the center for a copy of the week’s talking points.
Thurs., Sept. 26 and Oct. 3, 10-1:30pm
Walter Reed, 703-228-0955

LOCAL HISTORY DISCUSSION GROUP
Meet first Wednesdays each month to discuss the area we call home. In September we'll discuss the life and career of local educator Sally Loving. In October join us for a review of The Center for Local History’s photo collection on Flikr.
Wed., Sept. 4 and Oct. 2, 12:30-1:45pm
Lee, 703-228-0555

CURRENT EVENTS
Discussions on who, where and what events are taking place in current local and world news. Discussions are informal and volunteer-led. Meets first and third Mondays.
Mon, Sept. 16 and Oct. 7, 21, 10-11:30am
Walter Reed, 703-228-0955

THE STUDY OF WORDS
The story of words is simultaneously the history of our culture, with contributions from Old English, Latin, French and Native American dialects. Share fun and knowledge deconstructing American English. Meets second Wednesdays; facilitated by volunteer Steven Wertime.
Wed., Sept. 11 and Oct. 9, 10:30-11:45am
Lee, 703-228-0555

WRITERS SESSIONS
Informal monthly sessions featuring a variety of optional writing exercises to hone your skills. Participants are encouraged to bring works-in-progress to share with others. Meets second Tuesdays. Drop-ins are welcome.
Tues., Sept. 10 and Oct. 8, 11am-12:30pm
Lee, 703-228-0555

FISHERMAN'S FORUM
Do you love to fish? Have great fishing stories? Share closely-guarded secrets — your best lures, bait and local fishing spots. Whether a newbie or a seasoned fisherman, everyone is invited to be a part of this group.
Mon., Sept. 9 and Oct. 7 10-11am
Walter Reed, 703-228-0955

WALTER REED 55+ GARDEN GROUP
Share your knowledge and experiences, learn with others who understand the challenges, rewards and wonder of gardening. Join Virginia Cooperative Extension horticulturalist, Kirsten Conrad and Master Gardeners. Email sreid@arlingtonva.us for the monthly topic.
Mon., Sept. 23, Oct. 21, 1-2:30pm
Walter Reed, 703-228-0955

TECHNOLOGY

ALL ABOUT AMAZON
Learn about all the features Amazon offers for consumers including shopping, music, videos, eBooks, devices like kindle and Fire TV, and much more. Presented by tech guru Nick Englund.
Tues., Sept. 17, 1-2:30pm
Arlington Mill, 703-228-7369

JUST GOOGLE IT
Everyone knows how to Google search to find things on the internet, but what about other services google offers such as Gmail, Google docs, Google Play, and more? Join tech guru Nick Englund to learn how Google is integrated into today’s technology.
Tues., Oct. 8, 1-2:30pm
Arlington Mill, 703-228-7369

GOOGLE DOCS
Did you know that Google offers a free word processor, presentation, and spreadsheet program that can be used from almost any computer? Tech guru Nick Englund will provide a classroom demonstration on how to get started using the applications. Optional: Bring your computer and attend ‘Just Google it’ beforehand.
Wed., Oct. 9, 1-2:30pm
Arlington Mill, 703-228-7369

RIDE SHARING OPTIONS FOR SENIORS
Safe and reliable transportation is a key aspect to maintaining independence. Learn the basics of using modern technology to take advantage of ride-
Bridge is highly regarded as a great way to keep the brain fine-tuned. Join like-minded people to sharpen your skills. Social bridge features a group of congenial players who play contract bridge with different partners weekly. We also offer opportunities for Foursome bridge groups to play with a partner and another pair.

SOCIAL BRIDGE
Tuesdays, 10am-noon
Contact Cynthia Baskin (703-644-2399) or email madiensocialbridge@gmail.com for information.
Madison, 703-228-5310

Mondays and Fridays, noon-3pm
Lee, 703-228-0555

Thursdays, 10am-2pm
Call Gwen Foxall at 703-892-4838 in advance to register
Lee, 703-228-0555

Wednesdays, 12:30-3:30pm
Walter Reed, 703-228-0955

FOURSOME BRIDGE
Mondays, 12:30-3pm
Fridays, 10am-noon
Madison, 703-228-5310

Wednesdays, 10am-1:30pm
Aurora Hills, 703-228-5722

BRIDGE PRACTICE
Instruction with Steve Robinson Tues., Oct. 8
Tuesdays, 2-4pm
Walter Reed, 703-228-0955

DUPLICATE BRIDGE
If you play contract bridge, you can play duplicate — challenge yourself. New players (solo or not) are welcome. Come to the check-in table and duplicate bridge director Mike Zane will get you started. Please note: these games are now sanctioned by ABCL. Call 703-228-5722 or 703-228-4878 for more info.

Wednesdays, 10am-1:30pm
Cost: $60/10 session pass
Aurora Hills, 703-228-5722

BRIDGE INSTRUCTION
Appropriate for beginning and novice players. Learn the basics of the game, how to bid, how to take tricks and strategies for opening leads and defense. Class combines instruction and supervised practice. Playing bridge provides lifelong challenge and enjoyment. Instructor: Mike Zane

Fridays, Sept. 20-Nov. 8, 3-4:30pm
$40/8 sessions, #920098-01
Madison, 703-228-5310

PAYMENT APPS
PayPal and its recently popular mobile payment service Venmo, are changing the way we make monetary transactions. Learn how these apps work with volunteer and tech enthusiast Russ Miller.
Wed., Oct. 16, 6:30-7:30pm
Arlington Mill, 703-228-7369

MAC, IPAD, IPHONE TUTORING
Learn how to use your Apple products including Mac computers, iPad and iPhone or get your questions answered. Must call to schedule appointment with Lowell Nelson, volunteer and experienced Apple user.
Wed, Sept. 11, 25 and Oct. 9, 23, 9:30-11:45am
Walter Reed, 703-228-0955

Wed, Sept. 4, 18 and Oct. 2, 16 10am-12:15pm
Aurora Hills, 703-228-5722

SAVVY TEEN TECH HELP
Need help with your tech devices? Knowledgeable high school students answer individual questions in helpful one-on-one sessions. Must call to schedule individual appointment.
Langston-Brown, 703-228-6300
Walter Reed, 703-228-0955

COMPUTER HELP
One-on-one computer, tablet and smart phone instruction. Our volunteers can help you with email, Internet access, Google searches, Microsoft Office and more. Must call to schedule individual appointment.
Volunteer Instructor: Jim Morris
Mondays, Fridays, 10-11am
Lee, 703-228-0555

Volunteer Instructor: Akemi Yamashiro
Fri., Sept. 13 and Oct. 11, 4-5:30pm
Walter Reed, 703-228-0955

SMART HOME
We have the capability of using technology in our houses to control lights, lock doors, play music and answer questions. Nick Englund, tech guru will present an overview of home automation devices such as Amazon Alexa and Google Home. This is a basic introduction and no prior experience is required.
Fri., Oct. 11, 1-2pm
Arlington Mill, 703-228-7369

SHARE SERVICES
Sharing services to get to medical appointments, social engagements, visit family and friends and run errands.
Presented by Brett Sanders of Assisting Hands Home Care.
Thurs., Oct. 3, 11:30am-12:30pm
Lee, 703-228-0555

SHARE HOME
We have the capability of using technology in our houses to control lights, lock doors, play music and answer questions. Nick Englund, tech guru will present an overview of home automation devices such as Amazon Alexa and Google Home. This is a basic introduction and no prior experience is required.
mental workouts

MEXICAN TRAIN DOMINOES
This friendly group of dominoes players is looking for new participants to join the games. If you have never played, it’s easy to learn.
Mondays, 1:30-3:30pm
Walter Reed, 703-228-0955

PINOCHLE
Players score points by taking tricks and forming combinations from a special deck of cards. Enjoy strategizing, teamwork, counting and socializing.
Mondays and Fridays, 12:30-3pm
Langston-Brown, 703-228-6300

CANASTA
Easy to learn and fun to play. If you never played or haven’t played in years, these dedicated players will be glad to teach you or help brush up your skills.
Mondays, 4-7pm
Wednesdays, 10am-noon
Walter Reed, 703-228-0955

RUMMIKUB
The original tile-based rummy game combines elements of gin rummy and Mah Jongg. Drop in and play.
Mondays-Fridays, 10-11am
Arlington Mill, 703-228-7369

SCRABBLE
If you like words, know English well and can spell correctly most of the time, Scrabble is the game for you. The competition is friendly, and coaching is available for new players or those who haven’t played in a while.
Mon., Sept. 16 and Oct. 7, 21, 11am-1pm
Lee, 703-228-0555

Wednesdays, 1-2:30pm
Langston-Brown, 703-228-6300

Fridays, 10:15am-11:15am
Walter Reed, 703-228-0955

CHESS PLAYERS NEEDED
Players of all levels and newcomers welcome; join the camaraderie and enjoy the mental challenge. Chess Master Macon Shibut presents a discussion on strategies and famous moves. Games start at 10:30 following the lecture; bring a bag lunch and play through the afternoon. Call 703-228-4878 for more information.
Mondays, 9:30am-2:30pm
Madison, 703-228-5310

SUDOKU
Looking for new techniques and skills for solving Sudoku puzzles? Join us in solving challenging Sudoku puzzles in a group setting. Bring your own special methods and share favorite puzzles with others. We’ll all benefit from each other’s expertise.
Thursdays, 1-3pm
Lee, 703-228-0555

Beginner
Tuesdays, 10-11am
Walter Reed, 703-228-0955

CRIBBAGE
Cribbage is great fun and is even an event in Senior Olympics. Coaching is provided for newcomers to the game or those who just need to brush up.
Fridays, 10am-noon
Walter Reed, 703-228-0955

MAH JONGG
Mah Jongg depends on strategy and calculation and is surprisingly addictive. Beginners will master the basic principles easily and are soon devoted to honing skills with greater practice and enjoyment.
Thursdays, 9:30am-1pm
Langston-Brown, 703-228-6300

Mondays, 10:30am-12:30pm
Aurora Hills, 703-228-5722

Tuesdays, noon-4pm
Wednesdays, noon-4pm
Saturdays, noon-4pm
Walter Reed, 703-228-0955

TRIVIAL PURSUIT
Everyone loves trivia - showing off your mastery of fun facts is invigorating. Meet the second and fourth Mondays to play the game that started the craze: Trivial Pursuit.
Mon., Sept. 9, 23 and Oct. 14, 28, 11am-1pm
Lee, 703-228-0555

GAME NIGHT
Enjoy one of the many games available here or bring your own favorite game to play! Stop by to play and socialize; first and third Thursdays.
Thurs., Sept. 5, 19, 4-7pm
Walter Reed, 703-228-0955

JEOPARDY
An interactive game to play as a group. If given the answers; will you know the questions?
Mon., Sept. 16, 30 and Oct. 14, 28, 10:30-11:15am
Walter Reed, 703-228-0955
ITALIAN LANGUAGE GROUP
If you have spoken Italian before and want to continue with this romantic language, please consider joining this group.
Grazie!
Thursdays, 2-3pm
Langston-Brown, 703-228-6300

FRENCH CONVERSATION
Do you speak French but want to hone your skills? This friendly group with knowledge of the language will welcome you to their weekly dialogues. These sociable gatherings provide a chance to participate in lively discussions in French on topics that are easy to discuss and of interest to all.
Wednesdays, 1-3pm
Langston-Brown, 703-228-6300

NEW! BEGINNER SPANISH
This course will introduce you to the basic Spanish phrases and vocabulary and could prepare you for a trip or just as a start to learning Spanish. Led by native Spanish speaking volunteer. Classes are sequential not drop-in.
Mondays, Sept.16-Dec. 30, 2-3pm (no class 12/23)
Langston-Brown, 703-228-6300

EASY INTERMEDIATE SPANISH
This ongoing class is designed for those who have studied Spanish and would like to continue learning. The class includes review of Spanish grammar and has a focus on listening and reading skills as well as vocabulary expansion and verb conjugation. Speaking is encouraged.
Tuesdays, 9:30-11am
Arlington Mill, 703-228-7369

SPANISH DIALOGUE
This is a fun opportunity to meet people, practice vocabulary and speak Spanish. Talk about a favorite topic, tell a story or discuss current events. Weekly conversation en Español.
Tuesdays, 1-3pm
Langston-Brown, 703-228-6300
Mondays, 11:45am-1pm
Arlington Mill, 703-228-7369

GERMAN CONVERSATION
Sprechen Sie Deutsch? Join this cordial group of people with knowledge of the language in a weekly dialogue. Stimulating and sociable gatherings provide lively discussions in German on topics that are easy to discuss and of interest to all.
Fridays, 10am-noon
Langston-Brown, 703-228-6300

ARABIC FOR BEGINNERS
Learn to speak and understand Arabic, the 5th most common spoken language in the world. Volunteer Malak Kadri will assist you in understanding the basics of communicating in Arabic.
Thursdays, 11:45am-1pm
Arlington Mill, 703-228-7369

ENGLISH CONVERSATION & SOCIAL COMMUNICATION
Would you like to speak English confidently and comfortably? Practice the language through conversations that include idioms and real-life vocabulary for use in everyday situations. Instructor Peter Laugesen also discusses American customs and social norms. Meets first and third Thursdays.
Thurs., Sept. 5, 19 and Oct. 3, 17, 9:45-10:45am
Walter Reed, 703-228-0955

ENGLISH FOR NON-NATIVE SPEAKERS
Drop-in English language classes for beginners and advanced beginners. Practice conversation and vocabulary, improve grammar, learn the language with new friends. Taught by Arlington Education and Employment Program (REEP) instructors.
Tuesdays, 9:50-10:50am
Wednesdays, 10-11am
Walter Reed, 703-228-0955

STAY SENIOR STRONG!
WIN A 55+ GOLD PASS (A $60 VALUE)
WE’RE GIVING THEM AWAY
GO TO FRIENDSOFTHEALLIANCE.ORG FOR DETAILS
THE ALLIANCE FOR ARLINGTON SENIOR PROGRAMS
CORNHOLE PRACTICE
Cornhole, or bean bag toss, is a lawn game in which players take turns throwing bags or corn (bean bags) at a raised platform with a hole at the far end. It's a sport in the Northern Virginia Senior Olympics. All levels welcome!
Tues., Sept. 10 & Oct. 22, 1-3pm

COMEDY CLUB
Good comedy never fails to delight – these are classics for a reason. Enjoy video and audio selections of *The Honeymooners*, *I Love Lucy*, Sid Caesar, Milton Berle, Andy Griffith – just to name a few! Laugh together and share your own funny stories with Heff Munson, Arlington Independent Media producer.
Wed., Sept. 18 and Oct. 16, 11:30am-12:30pm
Aurora Hills, 703-228-5722

MUSIC
FOLK MUSIC SING-ALONG
Joan Baez, Bob Dylan and Joni Mitchell are a few of the inspirations. We may not have a campfire and cozy ponchos but the experience is just as heartwarming.
Mon., Sept. 16 and Oct. 7, 1:30-3:30pm
Lee, 703-228-0555

UKULELE
Strumming a ukulele is therapeutic and fun. Volunteers Sandy O’Shea and Francis Luong will teach basic strumming. Must pre-register; limited ukuleles and seats available.
Tues., Sept. 3 and Oct. 1, 15, 4:30-5:30pm
Wed., Sept. 4, 18 and Oct. 2, 16, 30, 11am-noon
Walter Reed, 703-228-0955

JUST PLAY’N COUNTRY
Get a feel for the camaraderie and joy of traditional mountain music. With roots in Irish, folk and blues, you will have a hard time sitting still. The group plays on the first and third Mondays as well as every Friday.
Mon., Sept. 16 and Oct. 7, 21 11:15am – 1:15pm
Fridays, 1-3
Lee, 703-228-0555

THE ROCKING CHAIRS
Do you love rock-n-roll? Join the open rehearsals of this grown-up garage band. The playlist includes hits from the 50s through the 70s.
Wednesdays, noon-2pm
Lee, 703-228-0555

THE MERRYMAKERS
Sing, dance, play an instrument or just tap your toes to selections from the Great American Songbook. Just drop in - audience participation is encouraged with an emphasis on fun. Second and fourth Tuesdays.
Tues., Sept. 10, 24 and Oct. 8, 22, 10am-2pm
Walter Reed, 703-228-0955

CAROLEERS WEEKLY SING-ALONG
The Caroleers have been meeting every Friday for 40 years to sing popular songs from the ‘20s through the ‘60s. This is a very informal sing-along group. Come join us.
Fridays, 10am-noon
Lee, 703-228-0555

DRUMMING CIRCLE
Even if Ringo Starr wasn’t your favorite Beatle, you may find that playing the drums in a drumming circle is your new favorite activity. It gives an opportunity for self-expression and to share in an engaging group experience. Other benefits include increasing mental concentration, reducing stress and improving fine motor skills.
Tuesdays, 11:30am-1pm
Lee, 703-228-0555

HAND WORK
YARN CREATIONS
Do you like to crochet or knit? Are you looking to enjoy the company of others? Join our casual group of crafty individuals to share ideas and fellowship. Yarn donations are appreciated.
Tuesdays, 1-2:30pm
Langston-Brown, 703-228-6300

YARN CRAFTERS
The award-winning Yarn Crafters of Aurora Hills invite you for conversation, companionship and shared satisfaction in making hand-knit and crocheted items for the less fortunate in Arlington. Help us keep babies, children and the elderly warm in winter. This multicultural group will teach you to knit or crochet, if needed, and will provide patterns, hooks, needles and yarn.
Mondays, 10am-12:30pm
Aurora Hills, 703-228-5722
YARN CIRCLE
Come by for a social, casual way to work on your knitting and crochet projects or learn something new. All skill levels are welcome.
Sundays, 1-3pm
Walter Reed, 703-228-0955

RUBBER STAMPERS
The Rubber Stampers learn new card-making techniques on third Tuesdays. These workshops are suitable for experienced card crafters familiar with die-cut and embossing machines. Stampers work on individual projects and cards at the Thursday afternoon open studio. Newcomers welcome to stop by and learn more about this hobby and what it involves.
Thursdays, 11:30am-3pm
Tues., Sept. 17 and Oct. 15, 11:30am-3pm
Lee, 703-228-0555

BEADING BUNCH
Get together to make new baubles from old costume jewelry. Bring items you would like to re-purpose; you can even swap some while you’re here. First and third Thursday.
Thurs., Sept. 5, 19 and Oct. 3, 17, 1-2:30pm
Lee, 703-228-0555

LEE WOODCARVERS
For over 20 years woodworkers have gathered to enjoy their craft. This craft involves taking a piece of wood and carving it into something beautiful and inspired. Members of the group can provide instruction. Loaner tools and wood are available.
Thursdays, 1-3pm
Lee, 703-228-0555

55+ CRAFTERS
Bring your own small craft project and supplies and join us. A fun place to socialize and create the perfect gift or keepsake.
Wednesdays, 10:30am-1pm
Arlington Mill, 703-228-7369

DANCE
LINE DANCING
Kick up your heels with line dancing! Easy for beginners, lots of fun for all. No partner needed- line up and watch as the leader demonstrates the steps. You’re sure to leave with a smile.
Absolute Beginner
Instructor: Janey Brauninger
Mondays, 10:30-11:00am
Thomas Jefferson, 703-228-4771

Beginner
Instructor: Janey Brauninger
Mondays, 11:00-noon
Thomas Jefferson, 703-228-4771

Beginner
Instructor: Joan Silverman
Thursdays, 10-11am
Langston-Brown, 703-228-6300

Beginner
Instructor: Suzie Prats
Thursdays, 1-2pm
Arlington Mill, 703-228-7369

Beginner
Instructor: Suzie Prats
Fridays, 10:30-11:30am
Aurora Hills, 703-228-5722

High Beginner
Instructor: Janey Brauninger
Mondays, noon-1pm
Thomas Jefferson, 703-228-4771

High Beginner
Instructors: Janey Brauninger and Linda Lamatrice
Wednesdays, 9:30-10:30am
Walter Reed, 703-228-0955

Intermediate
Instructor: Kathy Fanelli
Thursdays, 1:30-3pm
Lee, 703-228-0555

Intermediate
Instructor: Carolyn Bainer
Wednesdays, 10:30-noon
Walter Reed, 703-228-0955

SOCIAL BALLROOM DANCE
Enjoy the company of friends old and new on a spacious dance floor. Held first and third Fridays at Lee and fourth Fridays at Arlington Mill. Dances vary between tango, waltz, foxtrot and swing. All will have the opportunity to dance and have fun.
Volunteer DJs: Tom Sipusic and Jon Ross
Fri., Sept. 6, 20 and Oct. 4, 18, 1-3pm
Lee, 703-228-0555

Volunteer DJ: Julie Carr
Fri., Sept. 27 & Oct. 25, 1-3pm
Arlington Mill, 703-228-7369

OPEN LATIN DANCE
Salsa, bachata, rumba, cha-cha-cha, merengue – dance to popular Latino music on third Friday mornings. Come on your own or bring a partner.
Fri., Sept. 20 and Oct. 18, 10am-noon
Arlington Mill, 703-228-7369

PARTNER DANCE LESSONS
Learn popular partner dances such as foxtrot, Texas Two-step, West Coast swing and salsa. Leave each class knowing one or more steps that can be used in a social setting.
Instructors: Fran Field and Tom Sipusic.
Wednesdays,
2-2:45pm Beginner
2:45-3:30pm Intermediate/Advanced
Lee, 703-228-0555
CONTRA DANCE
Contra Dancing has many similarities to square dancing. Both are danced to folk music. Both have a caller who might ask the dancers to do a do-si-do or an allemande. A workshop for beginners will precede the dance proper. You don’t need to come with a partner.
Fri., Sept. 13 and Oct. 11, 1-3pm
Lee, 703-228-0555

BALLROOM DANCE INSTRUCTION
Have you learned how to waltz, fox trot, rumba or cha-cha-cha? If you want to improve your skills, join Arturo Perez, two-time ambassador Award Winner of Lincoln Center’s Midsummer Night Swing. Swirl and spin smoothly around the dance floor. No partner necessary; must pre-register by Sept. 13.
Mondays, Sept. 16 – Nov. 4, 6:30-7:30pm (no class 9/23)
$49/7 sessions, #920097-01
Walter Reed, 703-228-0955

BACHATA DANCE INSTRUCTION
Beginner class covers basic steps and turns, lead and follow techniques, Bachata patterns, rhythm and musicality. Instructor: Salsa with Silvia.
Mon., Sept. 23, 7-8:30pm
Aurora Hills, 703-228-5722

The Movies

CINEMA TALK
Join us for a variety of entertaining and enlightening films, ranging from classics and old favorites to new releases and documentaries. The selections will examine broad issues and themes that we’ll discuss afterward.
Fri., Sept. 6, 12:30-3pm 5 Flights Up (PG-13) (2014)
Fri., Oct. 25, 12:30-3pm LBJ (R) (2016)
Aurora Hills, 703-228-5722

MOVIES AND CRITICS
Ever wanted to be a movie critic? Now you can. Movies & Critics is an interactive movie experience. Come just to enjoy the movie or take notes during the film for a critical discussion afterwards. Each month the group will create a review to be submitted to the Arlington Mill Newsletter.
Thurs., Sept. 19, 1-3:30pm The Biggest Little Farm (PG) (2018)
Tues., Sept. 24, 1-3:30pm Amazing Grace (G) (2018)
Thurs., Oct. 17, 1-3:30pm Rocketman (R) (2019)
Tues., Oct. 29, 1-3:30pm Yesterday (PG-13) (2019)
Arlington Mill, 703-228-7369

MOVIES @ WALTER REED
Join us for award-winning movies. We’ll show films that have won an Oscar, Golden Globe, Film Festival or AARP Movies for Grownups award for best picture or a significant acting or directing role. Light refreshments; discuss the movie at the conclusion.
Thurs., Sept. 12, 3-5pm Can You Ever Forgive Me? (R) (2018)
Thurs., Oct. 10, 3-5:15pm Vice (R) (2018)
Walter Reed, 703-228-0955

FIND THE 55+ GUIDE ONLINE
You can find the newest issue of the 55+ Guide online before a copy reaches your mailbox.
Here’s how: Go to parks.arlingtonva.us and enter “55+ Guide” in the search box on the opening page. Click on the result, and you’ll see the cover of the new issue.
to your vision. Presented by Dr. Dodge Perry, Doctor of Ophthalmology from NOVA Vision Center.
Fri., Oct. 4, 11am-noon
Walter Reed, 703-228-0955

DO’S AND DON’T OF CANCER PREVENTION
Statistics concerning cancer reveal factors and behaviors that contribute to your risk of disease. Julie Pierce and Mirian Campos, patient Navigators from Virginia Hospital Center’s Cancer Resource Center, will discuss cancer facts and share simple strategies to reduce your risk of cancer. Presentation will be in English and Spanish and will be open for questions.
Tues., Oct. 8, 11am-noon
Langston-Brown, 703-228-6300

SLEEP WELL = FEEL WELL HOW TO GET MORE ZZZZ'S
Still tired when you wake up in the morning? When did you last get a good 8 hours of sleep? Learn how to identify behaviors that may signal a problem and practical strategies for developing better sleep habits. Gwendolyn Sutton of Virginia Hospital Center will discuss the most common sleep problems, self-care skills for insomnia and professional resources when self-care isn’t enough.
Fri., Oct. 11, 11am-noon
Walter Reed, 703-228-0955

SCALE DOWN
A weight loss support group of warm and caring people. Weekly meetings include private weigh-ins and interesting programs.
Mondays, 10-11am
Lee, 703-228-0555

DIABETES PEER SUPPORT GROUP
Come together to share knowledge and experiences with others dealing with this common illness. Discussion topics include daily management, social and emotional support and available community resources.
Mon., Sept. 9 and Oct. 14, 11am-noon
Langston-Brown, 703-228-6300

FREE FLU SHOT CLINIC
Older adults are susceptible to complications from the flu virus; be sure to get your annual flu shot. The Virginia Department of Health will provide 200 free flu vaccinations on a first come, first served basis. Part of the County’s required Public Health Emergency Preparedness exercise.
Thurs., Oct. 24, 10am-noon
Langston-Brown, 703-228-6300

MEMORY
SUCCESSFUL CARE FOR PERSONS WITH DEMENTIA
People with dementia slowly become less able to take care of themselves and personality behavioral traits may change. Peggy R. Breda, President, A Family Tie, LLC, will discuss the best ways to handle changes that may occur from this devastating disease.
Tues., Oct. 15, 11am-noon
Langston-Brown, 703-228-6300
LEARN THE 10 WARNING SIGNS OF ALZHEIMER’S
Early detection matters. Memory loss that disrupts daily life may mean it is time to consult a healthcare provider. Presented by Karen Fagan, Physician Outreach Specialist for the Alzheimer’s Association.
Wed., Sept. 11, 11am-noon
Langston-Brown, 703-228-6300
Wed., Sept. 25, 1-2pm
Lee, 703-228-0555

SUCCESSFUL TRANSITIONS
Learn how to successfully transition an individual with dementia into a long-term care setting. Learn important communication tips and reassuring approaches to help ensure a stress-free adjustment. Presented by Lindsey Vajpeyi of Insight Memory Care.
Tues., Sept. 17, 1:30-2:30pm
Lee, 703-228-0555

FUERZA CONTRA ALZHEIMER’S
Alzheimer’s is a disease that knows no language barriers. Join Carmen Pastor, president of Fuerza Contra Alzheimer’s, for an informative discussion on the fight against Alzheimer’s disease. This program is in both Spanish and English.
Wed., Oct. 16, 7-8pm
Arlington Mill, 703-228-7369

HEALTHY FOODS
EATING RIGHT ON A BUDGET
It is challenging to navigate how to consume nutritious foods without breaking the bank. Registered Dietitian Nutritionist Tori Gwilliam will show you how to eat nutritiously on any budget and provide budget friendly recipes.
Tues., Sept. 10, 6:30-7:30pm
Walter Reed, 703-228-0955

SIMPLE STEPS TO CONTROLLING & PREVENTING DIABETES
Figuring out what you should and should not eat to manage blood sugars can be confusing. Join Registered Dietitian Nutritionist Tori Gwilliam as she demystifies diabetes friendly foods.
Tues., Oct. 8, 6:30-7:30pm
Langston-Brown, 703-228-6300

ADDING CALCIUM TO YOUR DIET
Calcium is important for bone health. Join the Virginia Cooperative Extension volunteers or representatives to learn new ways to incorporate calcium into your meals and snacks.
Mon., Sept. 9, 11am-noon
Walter Reed, 703-228-0955

PUMPKIN BEYOND PIE
Pumpkin is an excellent source of Vitamin A and antioxidants, but many of us eat it only in pie. Join a representative from the Virginia Cooperative Extension to learn other healthy ways to cook with pumpkin.
Wed., Sept. 18, 11am-noon
Arlington Mill, 703-228-7369

DIFFERENT COOKING OILS AND HOW TO USE THEM
Confused about all the different oils and when to use them? Join a Master Food Volunteer from Virginia Cooperative Extension in this informative session and get tips on making the best use of your different oils.
Mon., Sept. 23, 1:30-2:30pm
Aurora Hills, 703-228-5722

DELISH FALL FRUIT
It’s apple and pear season, and these versatile fruits can be the star of many dishes. Volunteers from Virginia Cooperative Extension will demonstrate new recipes that will show you how to eat more of these delicious seasonal fruits.
Tues., Sept. 24, 11am-noon
Langston-Brown, 703-228-6300

DOWNSIZING RECIPES
Many recipes serve large groups, but maybe you only need to make one to two servings. Well now you can. Learn tips and tricks with Registered Dietitian Tori Gwilliam to easily downsize your favorite recipes.
Wed., Sept. 25, 6:30-7:30pm
Arlington Mill, 703-228-7369

FALL FRUIT FRENZY
Fall is full of delicious sweet flavors. Registered Dietitian Nutritionist Tori Gwilliam will demonstrate festive fall recipes.
Tues., Oct. 1, 6:30-7:30pm
Walter Reed, 703-228-0955

FALL SOUPS
As the weather gets chilly, let’s make soup! Join a Master Food Volunteer from the Virginia Cooperative Extension to get new recipes for healthy soups using fall produce.
Fri., Oct. 11, 1-2pm
Aurora Hills, 703-228-5722

WHAT THE HECK DO YOU DO WITH KOHLRABI?
You may walk past vegetables such as kohlrabi, rutabaga and parsnips because you just don’t know what to do with them. Join the Virginia Cooperative Extension representatives as we demystify these tasty and nutritious vegetables.
Wed., Oct. 16, 11am-noon
Arlington Mill, 703-228-7369

HIGH AND LOW POTASSIUM FOODS
Whether you’re on a low potassium diet or want to consume more, there are foods to enjoy and some to avoid. Join a representative from the Virginia Cooperative Extension to learn more about which foods fall in which category, and to substitute foods in your recipes.
Mon., Oct. 21, 11am-noon
Walter Reed, 703-228-0955

QUINOA
This high-protein food can be used as a grain substitute in many recipes. Volunteers from Virginia Cooperative Extension will demonstrate how to pronounce and use quinoa.
Tues., Oct. 22, 11am-noon
Langston-Brown, 703-228-6300
GUIDE

AGE IN PLACE WITH ARLINGTON NEIGHBORHOOD VILLAGE

COFFEE AND CONVERSATION series. Everyone is invited to join the conversation. Bring your own coffee, learn interesting things about our community and hear from the speakers listed below.

Wednesdays, Sept. 4-25, 10-11am
Arlington Mill, 703-228-7369

Sept. 4: ANV Volunteer Beverly Cannizzaro will talk about the Northern Virginia Falls Prevention Alliance and her leadership role in providing the balance program, Stay Active and Independent for Life (SAIL) to Arlington residents.

Sept. 11: Barbara Wien, American University School of International Service, will discuss peace studies and peace-making efforts in more than 50.

Sept. 18: Our Travels and Tales: Share your recent travel stories as we travel around the globe.

Sept. 25: Wanda Pierce, radio host of “Philanthropy Matters,” will explain how everyone can make an impact with their contributions and gifts.

CONTINUUM OF CARE
A panel of experts from Arlington Neighborhood Village, Synergy Home Care, The Jefferson, Goodwin House at Home and Capital Caring will share information on aging-in-place and assistance available as you or your loved ones age in our community. Learn about different services available, costs and insurance coverage.

Tues., Oct. 8, 1-2:30pm
Walter Reed, 703-228-0955

VOLUNTEER with Arlington neighborhood Village: ANV welcomes volunteers of all ages and interests to help us provide services and support to older adults who want to age in their own homes and community. We do our best to provide service opportunities that offer a personally enriching and meaningful volunteer experience. If you want to learn more, visit our website at www.arlnvil.org/volunteer or email us at volunteer@arlnvil.org

For more information or to learn more about the benefits of becoming a member of Arlington Neighborhood Village, call the ANV office at (703) 509-8057 or visit www.arlnvil.org.

GET INVOLVED IN SENIOR ISSUES

The Arlington County Commission on Aging advises the County Board and the Arlington Agency on Aging on aging issues. For more information, go to www. arlingtonva.us and search Commission on Aging.

Arlington Steering Committee for Services to Older Persons is an affiliation of private, non-profit, proprietary and government service providers and senior advocates who meet to discuss aging issues.

Steering Committee Meeting:
“Medicaid Eligibility and Benefits”
Fri., Sept. 20, 9:30-11am
Human Services Center, 2100 Washington Blvd., 703-228-1700

MEDICARE

OPEN ENROLLMENT OCT. 15 - DEC. 7
Open Enrollment for Medicare Part D Prescription Drug Plans and Part C Medicare Advantage Plans runs Oct. 15 - Dec. 7. This is your opportunity to make changes to your plans. Virginia Insurance Counseling and Assistance program, VICAP, is here to help. Call 703-228-1725 to make an appointment with a trained, certified VICAP Medicare counselor.

MAKING THE MOST OF MEDICARE OPEN ENROLLMENT
Concerned that prescription costs have increased as health needs change? Have new prescriptions or some not covered by your current Part D plan? Medicare Open Enrollment for Part D Prescription Drug Plans and Part C Medicare Advantage Plans runs October 15 through December 7. Medicare plans can make changes every year to their costs and formulary (lists of drugs covered). Join a representative from the Virginia Insurance Counseling and Assistance Program (VICAP) to provide information on Medicare Open Enrollment and how to effectively use the Medicare Planfinder and other tools to maximize savings!

Thurs., Oct. 3, 10-11am
Walter Reed, 703-228-0955

Wed., Sept. 18 and Tues., Oct. 15, 2-4pm
Human Services Center, 2100 Washington Blvd.

MEDICARE MADE SIMPLE and more Medicare education programs coming in November.

MEDICARE MADE SIMPLE

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MEDICARE MADE SIMPLE
INTERNATIONAL DESSERT PARTY
September is Hispanic and German Heritage Month. However, Arlington is one of the most diverse jurisdictions in the state! We can’t possibly narrow down the celebration to one or two cultural groups. We want to celebrate them all. Join us for an international dessert feast. If you so choose, come in your cultural traditional dress and get ready to share.

Wed., Sept. 18, 1-2:30pm
Lee, 703-228-0555

NAME THAT TUNE
How many musical notes do you need to identify a song? Join Volunteer Carl Gold for fun naming Top 40 songs from the ’60s and ’70s. Light refreshments will be served.

Tues., Sept. 24, 6:30-7:30pm
Walter Reed, 703-228-0955

INDOOR PICNIC AND ACTIVITY SHOWCASE
Join us for a fabulous free indoor picnic to celebrate Senior Center Month! Food and beverages provided. Representatives from a variety of Aurora Hills activity groups will be showcasing their activities and answering questions. Best of all — bring a friend who might be interested in becoming an Arlington County 55+ member. They can sign up for October’s Sneak Peek of Aurora Hills’ programs and become eligible to win a one-year 55+ membership. Three (3) memberships will be given away at this event. Sponsored by the Aurora Hills Advisory Committee.

Fri., Sept. 27, 11am-2pm
Aurora Hills, 703-228-5722

CORNHOLE AND COOKOUT
Celebrate early fall with a traditional cookout. We’ll set up the grill and the cornhole games on the courtyard, so you can enjoy a casual supper outside with friends. Menu includes grilled hamburgers, hot dogs, veggie burgers and favorite sides. Must pre-register by Sept. 16; rain date Oct. 2

Wed., Sept. 18, 5-7pm
$8/1 session #920097-04
Arlington Mill, 703-228-7369

PUMPKIN DECORATING
Get ready for Halloween with pumpkin carving and painting. Work individually or in teams of 2 or 3 people. Fellow participants can vote for the best creations and pumpkins will be displayed for all to admire.

Mon., Oct. 1, 12:30-2:30pm
Langston-Brown, 703-228-6300

Tues., Oct. 22, 1:30-3pm
Lee, 703-228-0555

Tues., Oct. 22, 5-7pm
Walter Reed, 703-228-0955

Wed., Oct. 23, 12:30-3pm
Aurora Hills, 703-228-5722

Thurs., Oct. 24, 11am-noon
Arlington Mill, 703-228-7369

COZY UP WITH COFFEE, CROSSWORDS AND PUZZLES
Drop in for coffee, conversation and fun! Enjoy fellowship with other 55+ members while working together on a variety of puzzles and games.

Fridays, 10-11:30am
Aurora Hills, 703-228-5722

COFFEE KLATCH
Start your week off right with coffee and conversation. Sponsored by the Lee-Madison Advisory Committee. Get to know your neighbors.

Mondays, 10-11am
Lee, 228-0555

55+ FOODIES
Eat together at convenient local restaurants as we discuss interesting cuisines and favorite dining experiences. Third Thursdays. Call 703-228-4878 for information and to meet the group for dinner.

Thurs., Sept. 19 and Oct. 17, 7-8:30pm
Aurora Hills, 703-228-5722

LEE LUNCH BUNCH
Meets the first Thursday of every month (excluding holidays) at a local restaurant. Newcomers are welcome and restaurant suggestions are appreciated.

Thurs., Sept. 5 and Oct. 3, 1-3pm
Lee, 703-228-0555

PERFORMANCES

AURORA HILLS ACOUSTIC HOUR
Enjoy fellowship and music from the ’50s and beyond with other 55+ members! Sept. 13: Ed Girovasi and Bobby Lake are back again to lead a musical journey of acoustic folk, pop, and rock songs across the decades. Feel free to bring your lunch. Oct. 18: Carl Gold will be performing songs from the ’40s and ’50s: great rock and roll, ballads, folk and the blues.

Fridays, Sept. 13 and Oct. 18, 11:30am-12:30pm
Aurora Hills, 703-228-5722

HARMONY HERITAGE SINGERS
Join us for a special performance by the Mt. Vernon Chapter Harmony Heritage Singers, singing in classic barbershop quartet style.

Tues., Sept. 17 and Oct. 15, 7-8:30pm
Arlington Mill, 703-228-7369

JACKS ARE WILD HOWL-O-WEEN SPECTACULAR
Bella, Mario and Reggie are pups who perform awesome stunts in costume with their owner, Marian DeAngelo. These talented Terriers do tricks that will amaze! Join in on the fun and wear a costume.

Tues., Sept. 29, 11am-noon
Arlington Mill, 703-228-7369

ACOUSTIC CAFÉ
Enjoy music from the ’50s to today on third Tuesdays. Meet and mingle as you listen to live unplugged music from various performers who have a love for music. Light refreshments available. Sponsored by the Walter Reed Advisory Committee and the Alliance for Arlington Senior Programs.

Tues., Sept. 17 and Oct. 15, 7-8:30pm
Walter Reed, 703-228-0955

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Tues., Sept. 17 and Oct. 15, 7-8:30pm
Walter Reed, 703-228-0955
LEGAL SERVICES OF NORTHERN VIRGINIA
Legal Services of Northern Virginia (LSNV) provides free, confidential legal assistance on a variety of issues including Social Security, Medicare and Medicaid, consumer and housing law and insurance. Must complete pre-screening to determine if you are eligible for LSNV services, so confidential information will be asked. **Call LSNV directly at 703-778-6800 to schedule appointment and complete pre-screening.**

Thurs, Sept. 12 and Oct. 24, 9:30-11:30am
Langston-Brown, 703-228-6300

Tues, Oct. 8, 10-11am
Walter Reed, 703-228-0955

DHS OUTREACH
Zineb Mourchid from Arlington County’s Department of Human Services will answer questions about services available with the County. She can help apply for services such as affordable housing or citizenship. Must call for individual appointment; fourth Thursdays.

Thurs., Sept. 26 and Oct. 31, 9:30-11am
Walter Reed, 703-228-0955

BLOOD PRESSURE CLINIC
Complimentary blood pressure screenings provided by retired Registered Nurses. First come, first served.
Volunteer: Honora Dent
Thurs., Sept. 19 and Oct. 17, 10-11am
Walter Reed, 703-228-0955

OBJECTIVE SOUND AND HEARING LOSS INFORMATION & SCREENINGS
Get your hearing checked for free by the Northern Virginia Resource Center, the area’s leading non-profit for people with hearing loss. They provide information on hearing loss and help with various hearing assistive technology— they do not sell hearing aids or assistive devices. Must call to schedule individual appointment.

**Tues., Oct. 1, 10am-1pm**
Langston-Brown, 703-228-6300

AARP DRIVER SAFETY CLASS
Why take a Smart Driver course? Because driving has changed since you first got your license and doing so could save you money! Learn current rules of the road, defensive driving techniques and how to operate a vehicle more safely in today’s increasingly challenging environment. AARP Certificate of completion may qualify for discounts on your auto insurance policy. Call 703-228-0556 to pre-register and for payment information; space limited. $15 AARP members; $20 nonmembers
**Tues., Sept. 10 and Thurs., Sept. 12, 5:30pm-9:30pm**
Langston-Brown, 703-228-0556

Friday, Oct. 11, 9am-5pm
Aurora Hills, 703-228-0556

Thanks to Rocklands and All Our Supporters
On June 4, Rocklands Barbecue and Grilling Company donated 15% of the day’s proceeds to the Alliance for Arlington Senior Programs. The funds raised were divided among the Advisory Committees of each senior center and will be used to enhance 55+ programs.

Free Flu Shot Clinic
Older adults are susceptible to complications from the flu virus; be sure to get your annual flu shot.

The Virginia Department of Health with provide 200 free flu vaccinations on a first come, first served basis. Part of the County’s required Public Health Emergency Preparedness exercise.

**Thurs., Oct. 24, 10am - noon**
Langston-Brown, 703-228-6300
NARFE INVITES YOU
Chapter 7 of National Active and Retired Federal Employees (NARFE) invites you to attend their monthly meetings. September’s topic is Lost Farms and Estates of Washington, D.C. with architectural historian Kim Prothro Williams. In October, a representative of Blue Cross-Blue Shield will discuss the Federal Employees Health Benefit Plan 2020.
Wed., Sept. 11 and Oct. 9, 12:30pm-2pm
Walter Reed, 703-228-0955

ENCORE LEARNING COURSE PREVIEW
Encore Learning offers two semesters of academic courses and other activities. Courses provide lecture and discussion, meet weekly during the day at convenient Arlington locations but are non-credit and do not require exams or term papers. They cover topics in social sciences, history, arts and humanities, law, politics and public affairs, science and engineering and health and wellness. For information or a course catalog go to www.encorelearning.net
Sat., Sept. 7, 9:15am-noon
National Rural Electric Cooperative Association, 4301 Wilson Blvd., 703-228-2144

BEACON 50+ EXPO
The Beacon Newspapers and Arlington County agencies present health screenings, flu shots, exhibits and materials on issues related to older adults, giveaways, door prizes. Keynote address: “What you need to know about Medical cannabis and CBD oil” presented by Dr. Matthew Mintz. For more information go to www.theBeaconNewspapers.com or call 301-949-9799.
Sun., Sept. 22, noon-4pm
Springfield Town Center, 6500 Springfield Mall, 22150

IN MEMORIAM
Valerie Crotty
David Kassing
John Leroy Leininger Sr.
Chung Xuan Trinh, “Tony”
Beth Vick

AC Works!
A month-long job and financial literacy series focused on experienced workers. The series culminates in a job fair for workers aged 50+. Visit library.arlingtonva.us/ac-works/

OLDER WORKERS AND THE SCSEP
The Senior Community Service Employment Program provides part-time community service training positions to persons 55 and older. SCSEP Project Director Linda Siam will describe how you can gain job skills and experience to be ready for your next career.
Wed., Sept. 18, noon-1pm
Lee, 703-228-0555
Mon., Sept. 23, 2-3pm
Aurora Hills, 703-228-5722

JOB FAIR
Connect with employers seeking workers aged 50+ and learn about new skills and resources to advance your career.
Mon., Sept. 23 from 10am-1pm
Central Library, 703-228-5959

ARLINGTON FARMERS MARKETS
FRESH DELIGHTS AROUND ARLINGTON
Learn about each markets’ days, location and hours @ parks.arlingtonva.us, search Farmers Market

parks.arlingtonva.us
SEPTEMBER EVENTS

Tuesday, September 3
• Book Club, 11:15am-12:30pm, LEE, p. 16

Wednesday, September 4
• MAC, IPAD, IPHONE Tutoring, 10am-12:15pm, AH, p. 18
• Ukulele, 11 am-noon, WR, p. 21
• Local History Discussion Group, 12:30-1:45pm, LEE, p. 17
• Dental Care for Older Adults, 1-2pm, AH, p. 24
• Evening in the Garden, 6:30-7:30pm, WR, p. 4

Thursday, September 5
• Beading Bunch, 1-2:30pm, LEE, p. 22
• Lunch Bunch, 1-3pm, LEE, p. 27
• Game Night, 4-7pm, WR, p. 19

Friday, September 6
• Spellbinding Storytellers, 9:30-11am, LB, p. 14
• Social Ballroom Dance, 1-3pm, WR, p. 22
• The Play’s the Thing, 1:30-3pm, AH, p. 14

Saturday, September 7
• Encore Learning Course Preview, 9:15am-noon, p. 29

Monday, September 9
• Fisherman’s Forum, 10-11am, WR, p. 17
• Diabetes Peer Support Group, 11am-noon, LB, p. 24
• Adding Calcium to Your Diet, 11am-noon, WR, p. 25
• Classical Music Appreciation, 1-2:30pm, LB, p. 13

Tuesday, September 10
• The Merrymakers, 10am-2pm, WR, p. 21
• Writers Sessions, 11am-12:30pm, LEE, p. 17
• History Roundtable, 11:15am-12:30pm, LEE, p. 17
• Eating Right On A Budget, 6:30-7:30pm, WR, p. 25

Wednesday, September 11
• MAC, IPAD, IPHONE Tutoring, 9:30-11:45am, WR, p. 18
• The Study of Words, 10:30-11:45am, LEE, p. 17
• 10 Warning Signs of Alzheimer’s, 11am-noon, LB, p. 25
• NARFE Invites You, 12:30-2pm, WR, p. 29
• Travel Gurus: Ghana, 1-2:30pm, AH, p. 15

Thursday, September 12
• Miraculous Monarchs, 11am-noon, LB, p. 15

Friday, September 13
• Acoustic Hour, 11:30am-12:30pm, AH, p. 27
• Sharing Travel Experiences, 1-2pm, WR, p. 15
• Contra Dance, 1-3pm, LEE, p. 23
• Artventures, 1-3pm, AH, p. 13
• The Play’s the Thing, 1:30-3pm, AH, p. 14

Saturday, September 14
• NVSO Opening Ceremonies, 9-9:30am, TJ, p. 12
• Crafting Your Next Chapter, 1-4pm, Fairlington, p. 14

Monday, September 16
• Current Events, 10-11:30am, WR, p. 17
• Just Play’N Country, 11:15am-1:15pm, LEE, p. 21
• Folk Music Sing-Along, 1:30-3:30pm, LEE, p. 21

Tuesday, September 17
• Falls Prevention, 11 am-noon, LB, p. 24
• Rubber Stampers, 11:30am-3pm, LEE, p. 22
• All About Amazon, 1-2:30pm, AM, p. 17
• Successful Transitions, 1:30-2:30pm, LEE, p. 25
• Nutrition for Bone Health, 6:30-7:30pm, LANG, p. 4
• Acoustic Café, 7-8:30pm, WR, p. 27

Wednesday, September 18
• MAC, IPAD, IPHONE Tutoring, 10am-12:15pm, AH, p. 18
• Ukulele, 11am-noon, WR, p. 21
• Pumpkin Beyond Pie, 11am-noon, AM, p. 25
• Comedy Club, 11:30am-12:30pm, AH, p. 21
• Older Workers and the SCSEP, noon-1pm, LEE, p. 29
• International Dessert Party, 1-2:30pm, LEE, p. 27
• Medicare Open Enrollment, 2-4pm, Human Services Ctr, p. 26

Thursday, September 19
• Blood Pressure Clinic, 9-11am, WR, p. 28, p. 28
• Falls Prevention, 11am-noon, AM, p. 24
• Beading Bunch, 1-2:30pm, LEE, p. 22
• 55+ Foodies, 7-8:30pm, p. 27
• Firehouse Jam, 7-7:30pm, WR, p. 21

Friday, September 20
• Remodeling for Retirement, 10-11am, WR, p. 15
• Open Latin Dance, 10am-noon, AM, p. 22
• Artventures – Oil Pastel Ink Transfers, 1-3pm, WR, p. 13
• Social Ballroom Dance, 1-3pm, LEE, p. 22
• Emergency Management In the US, 1:30-3pm, AH, p. 15

Saturday, September 21
• Coffee House Live!, 7-7:30pm, LB, p. 4

Sunday, September 22
• Beacon 50+ Expo, noon-4pm, Springfield Town Ctr, p. 29

Monday, September 23
• Podcast Followers, 10-11:30am, LB, p. 17
• Job Fair, 10am-1pm, Central Library, p. 29
• Book Club, 12:15-1:30pm, AH, p. 16
• Energy and Water Efficiency, 1-2:30pm, LEE, p. 15
• 55+ Garden Group, 1-2:30pm, WR, p. 17
• Different Cooking Oils 1:30-2:30pm, AH, p. 25
• Older Workers and the SCSEP, 2-3pm, AH, p. 29
• Bachata Dance Instruction, 7-8:30pm, AH, p. 23

Tuesday, September 24
• The Merrymakers, 10am-2pm, WR, p. 21
• Delish Fall Fruit, 11am-noon, LB, p. 25
• Harmony Heritage Singers, 11am-noon, AM, p. 27
• Acoustic Hour, 11:30am-12:30pm, AH, p. 27
• Genealogy 101, 11:30am-1pm, LEE, p. 15
• Name that Tune, 6:30-7:30pm, WR, p. 27

Wednesday, September 25
• MAC, IPAD, IPHONE Tutoring, 9:30-11:45am, WR, p. 18
• Hearing Aids Basics, 11am-noon, LB, p. 24
• 10 Warning Signs of Alzheimer’s, 1-2 pm, LEE, p. 25
• Genealogy Workshop, 1-3pm, AH, p. 15
• Downsizing Recipes, 6:30-7:30pm, AM, p. 27

Thursday, September 26
• DHS Outreach, 9:30-11am, WR, p. 28
• Get Moving With Art Bus, 11am-noon, AM, p. 15
• A Day In the Life -Arlington Police, 11:30am-12:30pm, LEE, p. 25
• History Discussion Group, 1-2:30pm, LEE, p. 15

Friday, September 27
• Burial and Final Expense Insurance, 11am-noon, WR, p. 16
• Indoor Picnic and Activity Showcase, 11am-2pm, AH, p. 27
• Social Ballroom Dance, 1-3pm, AM, p. 22
## OCTOBER EVENTS

**Tuesday, October 1**
- Objective Hearing Loss Info Screenings, 10am-1pm, LB, p. 28
- Book Club, 11:15am-12:30pm, LEE, p. 16
- Ukulele, 4:30-5:30pm, WR, p. 21
- Fall Fruit Frenzy, 6:30-7:30pm, WR, p. 25

**Wednesday, October 2**
- Intro to Genealogy, 10am-noon, LB, p. 15
- MAC, IPAD, IPHONE Tutoring, 10am-12:15pm, LB, p. 18
- Ukulele, 11am-noon, WR, p. 21
- Local History Discussion Group, 12:30-1:45pm, LEE, p. 17

**Thursday, October 3**
- Medicare Open Enrollment, 10-11am, WR, p. 26
- Ride Sharing Options for Seniors, 11:30am-1:230pm, LEE, p. 18
- History Discussion Group, 1-2:30pm, WR, p. 17
- Beading Bunch, 1-2:30pm, LEE, p. 22
- Lunch Bunch, 1-3pm, LEE, p. 27

**Friday, October 4**
- Spellbinding Storytellers, 9:30-11am, LB, p. 14
- Vision and Aging, 11am-noon, WR, p. 24
- Artventures, 1-3pm, AH, p. 13
- The Play’s the Thing, 1:30-3pm, AH, p. 14

**Monday, October 7**
- Fisherman’s Forum, 10-11am, WR, p. 17
- Current Events, 10-11:30pm, WR, p. 17
- Just Play’n Country, 11:15am-1:15pm, LEE, p. 21
- Poets Society, 12-1:15pm, LEE, p. 17
- Folk Music Sing-Along, 1:30-3:30pm, LEE, p. 21

**Tuesday, October 8**
- The Merrymakers, 10am-2pm, WR, p. 21
- Do’s and Don’ts of Cancer Prevention, 11am-noon, LB, p. 24
- Writers Sessions, 11am-12:30pm, LEE, p. 17
- History Roundtable, 11:15am-12:30pm, LEE, p. 17
- Just Google It, 1:20pm, AM, p. 17
- Dating In 2019, 5-6pm, WR, p. 4
- Controlling & Preventing Diabetes, 6:30-7:30pm, LB, p. 25

**Wednesday, October 9**
- MAC, IPAD, IPHONE Tutoring, 9:30-11:45am, WR, p. 18
- Intro to Genealogy, 10am-noon, LB, p. 15
- The Study of Words, 10:30-11:45am, LEE, p. 17
- NARFE Invites You, 12:30-2pm, WR, p. 29
- Google Docs, 1:230pm, AM, p. 17
- Keep the Best and Get Rid of the Rest, 1:30-3:30pm, LB, p. 16
- Arlington Historical Museum, 2-3pm, AH, p. 16

**Thursday, October 10**
- Options for Senior Living, 1-2pm, AM, p. 16
- History Discussion Group, 1-2:30pm, WR, p. 17

**Friday, October 11**
- Sleep Well = Feel Well, 11am-noon, WR, p. 24
- Smart Home, 1-2pm, AM, p. 18
- Fall Soups, 1-2pm, AH, p. 25
- Contra Dance, 1-3pm, LEE, p. 23

**Monday, October 14**
- Diabetes Peer Support Group, 11am-noon, LB, p. 24
- Classical Music Appreciation, 1-2:30pm, LB, p. 13

**Tuesday, October 15**
- Estate Planning 101, 10-11am, WR, p. 16
- Successful Care for Persons with Dementia, 11am-noon, LB, p. 24
- Rubber Stampers, 11:30am-3pm, LEE, p. 22
- Medicare Open Enrollment, 2-4pm, Human Services Ctr. p. 26
- Ukulele, 4:30-5:30pm, WR, p. 21
- Acoustic Café, 7-8:30pm, WR, p. 27

**Wednesday, October 16**
- Civil War Forts Hike, 9:30am-Noon, MAD, p. 4
- MAC, IPAD, IPHONE Tutoring, 10am-12:15pm, AH, p. 18
- Ukulele, 11am-noon, WR, p. 21
- Kohlrabi!, 11am-noon, AM, p. 25
- Comedy Club, 11:30am-12:30pm, AH, p. 21
- What is Probate, 1-2pm, LB, p. 16
- Famous Artist’s Techniques 4:30-5:30pm, LB, p. 4
- Payment Apps, 6:30-7:30pm, AM, p. 18
- Fuerza Cibra Alzheimer’s, 7-8pm, AM, p. 25
- 55+ Foodies, 7-8:30pm, p. 27

**Thursday, October 17**
- Blood Pressure Clinic, 9-11am, WR, p. 28, p. 28
- How the Library Can Help You, 11:30am-12:30pm, LEE, p. 16
- Beading Bunch, 1-2:30pm, LEE, p. 22
- Firehouse Jam, 7-9pm, WR, p. 21

**Friday, October 18**
- Open Latin Dance, 10am-noon, AM, p. 22
- Acoustic Hour, 11:30am-12:30pm, AH, p. 27
- The Play’s the Thing, 1:30-3pm, AH, p. 14

**Saturday, October 19**
- Civil War Forts Hike, 9:30am-Noon, MAD, p. 4

**Monday, October 21**
- Current Events, 10-11:30am, WR, p. 17
- High and Low Potassium Foods, 11am-noon, WR, p. 25
- Just Play’N Country, 11:15am-1:15pm, LEE, p. 21
- Pumpkin Decorating, 12:30-2:30pm, LB, p. 27
- 55+ Garden Group, 1-2:30pm, WR, p. 17

**Tuesday, October 22**
- The Merrymakers, 10am-2pm, WR, p. 21
- Quinoa, 11am-noon, LB, p. 25
- Genealogy 101, 11:30am-1pm, LEE, p. 15
- Pumpkin Decorating, 1:30-3pm, LEE, p. 27
- Pumpkin Decorating, 5-7pm, WR, p. 27
- Pumpkin Decorating, 12:30-2:30pm, LB, p. 27

**Wednesday, October 23**
- MAC, IPAD, IPHONE Tutoring, 9:30-11:45am, WR, p. 18
- Intro to Genealogy, 10am-noon, LB, p. 15
- The Study of Words, 10:30-11:45am, LEE, p. 17
- NARFE Invites You, 12:30-2pm, WR, p. 29
- Google Docs, 1-2:30pm, AM, p. 17
- Keep the Best and Get Rid of the Rest, 1:30-3:30pm, LB, p. 16
- Arlington Historical Museum, 2-3pm, AH, p. 16

**Thursday, October 24**
- Free Flu Shot Clinic, 10am-noon, LB, p. 24
- Pumpkin Decorating, 11am-noon, AM, p. 27

**Friday, October 25**
- Learn to Ride, 8-11am, AM, p. 4
- 55+ Social Art Swap 1:30-3:30pm, AM, p. 13

**Monday, October 28**
- Podcast Followers, 10-11:30am, LB, p. 17
- Book Club, 12:15-1:30pm, AH, p. 16

**Tuesday, October 29**
- Howl-O-Ween Spectacular, 11am-noon, AM, p. 27
- Where Does It Go? 1-2pm, LEE, p. 16

**Wednesday, October 30**
- Ukulele, 11am-noon, WR, p. 21

**Thursday, October 31**
55+ Adventure Travel: Looking for opportunities to be more active and do things you have never done before? We are bringing those ventures to you! To get on an email distribution list or to suggest adventures contact sashton@arlingtonva.us. Explore our third trip on page 34.

**OCTOBER TRIPS** See page 35 for registration & details.

**Thurs., Oct. 3 – National Museum of African American History and Culture Tour**
Washington, DC: Explore 85,000 square feet of exhibition space, nearly 3000 objects, 12 exhibitions, 13 different interactives and 183 videos housed on five floors covering the history and culture of African Americans. Lunch on your own in the museum’s café.
LEE 10:40 am, WR 11:00 am, return 5:45 pm
$6 resident/ $7 non-resident, 901910-01

**Fri., Oct. 4 – 75th Annual Waterford Fair**
Waterford, VA: Enjoy touring historic homes, walking the National Landmark village and explore the wealth of traditional arts, foods (purchased on your own) and entertainment.
BAR 10:35 am, MAD 11:00 am, return 7:30 pm
$21 resident/ $24 non-resident, 901910-02

**Sat., Oct. 5 – “CATS” at The Kennedy Center**
Washington, DC: Cats is finally heading out on tour, bringing the feline frolics to the Kennedy Center! Full of musical theatre classics, spectacular and instantly recognizable costumes, and dance numbers and bursting with cat-itude, this iconic show is purrfect for newcomers and old-timers. (Early Registration)
LEE 12:10 pm, WR 12:30 pm, return 4:30 pm (subject to change)
$131 resident/ $151 non-resident, 901910-03

**Sun., Oct. 6 – 55th Annual National Apple Harvest Festival**
Biglerville, PA: This festival has something for everyone with hundreds of arts and crafts dealers, demonstrations, contests, food stands (purchased on your own) and entertainment. Some walk areas have uneven pavement.
BAR 8:05 am, MAD 8:30 am, return 7:30 pm
$21 resident/ $24 non-resident, 901910-04

** Tues., Oct. 8 – Open Rehearsal: Mariinsky Ballet at The Kennedy Center**
Washington, DC: Join dance scholars for an insider’s look with commentary, via wireless headsets, about the choreography, dancers, and history of the form as the companies rehearse on stage. Some steps.
LEE 11:10 am, WR 11:30 am, return 5:45 pm (subject to change)
$22 resident/ $25 non-resident, 901910-05

**Wed., Oct. 9 – “Annie” at Riverside Center**
Fredricksburg, VA: Little orphan Annie believes that her parents are still alive and will one day return. Billionaire Oliver Warbucks offers to adopt her, she asks him to help find her real mom and dad instead. This classic family musical has a happy ending for Annie, Daddy Warbucks and the whole gang. Price includes meal. (Early Registration)
MAD 9:50 am, BAR 10:15 am, return 5:15 pm (subject to change)
$72 resident/ $83 non-resident, 901910-06

**Fri., Oct. 11 – NSO Coffee Concert: Janowski/ Steinbacher**
Washington, DC: Violinist Arabella Steinbacher returns in a performance of Mozart’s demanding Violin Concerto No. 4. Conductor Marek Janowski leads the program, which also includes Bruckner’s most celebrated symphony. A la carte breakfast available for purchase prior to the performance.
LEE 8:40 am, WR 9:00 am, return 2:00 pm (subject to change)
$29 resident/ $33 non-resident, 901910-07

**Sat., Oct. 12 – 45th Annual Apple Butter Festival**
Berkeley Springs, WV: This traditional harvest festival offers family-friendly games and contests, music, country food (purchase on your own), fine arts and local crafts. Undisputed star of the festival is the spicy apple butter stirred in giant copper kettles in the middle of the square.
WR 8:40 am, LEE 9:00 am, return 6:45 pm
$10 resident/ $12 non-resident, 901910-08

**Sun., Oct. 13 – Living History at Harper’s Ferry**
Harper’s Ferry, WV: John Brown and his small band of men attacked Harpers Ferry on Oct. 16, 1859, and he was captured two days later by the US Marines. Volunteers of the USMC Historical Company relive the scene and the all-important reactions to the raid. Tour and dine on your own in the Historic Harper’s Ferry.
WR 9:15 am, LEE 9:35 am, return 5:30 pm
$15 resident/ $17 non-resident, 901910-09

**Wed., Oct. 16 – 911 Memorial & Museum**
New York, NY: The National September 11th Memorial & Museum commemorates the 2001 attacks, which killed 2,977 people, and the 1993 World Trade Center bombing, which killed six. Lunch on your own at the Museum Café.
BAR 5:50 am, MAD 6:10 am, return 10:30 pm
$74 resident/ $85 non-resident, 901910-10

**Fri., Oct. 18 – The Amish Market**
Annapolis, MD: The Pennsylvania Dutch Farmer’s Market offers a large quality selection of foods including fresh produce, a variety of salads, a candy store, homemade snacks, desserts and many more!
MAD 9:35 am, GUN 10:00 am, return 2:15 pm
$6 resident/ $7 non-resident, 901910-11
**Sat., Oct. 19 – Fall Foliage Bay Lighthouse Cruise**
Annapolis, MD: Take a fall foliage cruise aboard a custom built yacht where a costumed lighthouse keeper will take you back to a time when lighthouses were manned in the Chesapeake Bay to keep the vessels warned of danger. Please call the office at (703) 228-4748 with your meal choice: 1. Craisin Chicken Salad on Wheat 2. Roast Beef & Cheddar on Knot Roll 3. Turkey & Provolone on Croissant or 4. Fire Roasted Veggie Vegan on Foccacia.
LEE 8:55 am, WR 9:15 am, return 3:45 pm
$67 resident/ $77 non-resident, 901910-12

**Thurs., Oct. 24 – Skyline Drive Bus Tour Fall Tour**
Luray, VA: Take in the spectacular views along Skyline Drive with photo opportunities along the way! Enjoy lunch at Big Meadow Lodge Restaurant. Bring your camera.
BAR 7:55 am, MAD 8:20 am, return 4:15 pm
$37 resident/ $43 non-resident, 901910-13

**Fri., Oct. 25 – Sweet Simplici-Tea**
Sykesville, MD: Simplici-Tea prides itself on being a place where their guests can come and relax in a lovely Victorian setting, enjoy delectable foods and tea steeped to perfection.
LEE 9:00 am, WR 9:20 am, return 3:15 pm
$47 resident/ $54 non-resident, 901910-14

**Sat., Oct. 26 – Oyster Fest at St. Michaels**
St. Michaels, MD: Thousands of tasty oysters are lifted from Chesapeake Bay for the annual OysterFest. Your seafood cravings will finally be satisfied as you sort through dozens of oysters and their inspired dishes for the perfect meal.
LEE 7:10 am, WR 7:30 am, return 7:30 pm
$115 resident/ $132 non-resident, 901910-15

**Mon., Oct. 28 – Potomac Eagle Scenic Rail**
Romney, WV: The Trough excursion is a 3-hour trip that goes southbound through the Trough to Sycamore Bridge and back. Spot American bald eagles and enjoy a narrated tour aboard historic passenger car. Please call the office at (703) 228-4748 with your menu choice: 1. Ham, 2. Turkey, or 3. Vegetarian.
BAR 8:25 am, MAD 8:50 am, return 7:00 pm
$93 resident/ $107 non-resident, 901910-16

**Wed., Oct. 31 – Atlantic City**
Atlantic City, NJ: You are free to roam through the various casinos and shops. Enjoy lunch on your own at one of the many fine restaurants.
MAD 7:15 am, BAR 7:40 am, return 9:30 pm
$43 resident/ $50 non-resident, 901910-17

**NOVEMBER TRIPS See page 35 for details.**

**Fri., Nov. 1 – NSO Concert Urbanski conducts Tchaikovsky’s Forth/ De la Salle plays Chopin**
Washington, DC: Chopin’s Piano Concerto No. 2 is performed by Lise de la Salle, whose playing inspired a Washington Post critic to write, “For much of the concert, the audience had to remember to breathe...the exhilaration didn’t let up for a second until her hands came off the keyboard.” ’A la carte breakfast available for purchase on your own prior to the performance.
LEE 8:40 am, WR 9:00 am, return 1:45 pm (subject to change)
$28 resident/ $32 non-resident, 901911-01

**Sat., Nov. 2 – Sultana’s Downrigging Festival**
Chesterstown, MD: Sultana Downrigging has become one of the largest Tall Ship gatherings in the country. This year, it will be combined with a large bluegrass festival. You can expect to see a waterfront packed with ships and wooden boats; performances by the region’s best bluegrass musicians; great food in the festival’s new waterfront village; lectures by nationally recognized authors; and opportunities to sail on the visiting Tall Ships (for additional fees). Don’t miss it!
MAD 10:05 am, BAR 10:30 am, return 8:45 pm
$30 resident/ $35 non-resident, 901911-02

**Mon., Nov. 4 –Hagerstown Prime Outlets**
Hagerstown, MD: Enjoy savings of 25% to 65% every day at over 100 designer and name brand outlet stores. Lunch on your own at the outlets.
GUN 8:15 am, MAD 8:40 am, return 4:30 pm
$9 resident/ $10 non-resident, 901911-03

**Tues., Nov. 5 – Dover Downs Casino**
Dover, DE: Smoke-free gaming from the more than 2,300 slot machines to 41 gaming tables and the 18-table Poker Room. Lunch on your own at the casino.
MAD 8:55 am, BAR 9:20 am, return 8:00 pm
$9 resident/ $10 non-resident, 901911-04

**Wed., Nov. 6 – John Phillip Sousa’s Birthday Celebration at The Congressional Cemetery**
Washington, DC: “The President’s Own” will pay homage to its 17th Director John Philip Sousa. This annual musical tribute will include Sousa’s “The Stars and Stripes Forever,” and “Semper Fidelis,” the grave site ceremony and traditional wreath-laying. Lunch on your own at Union Market.
MAD 8:50 am, GUN 9:15 am, return 4:15 pm
$7 resident/ $8 non-resident, 901911-05

**Fri., Nov. 8 – Annual Northern VA Christmas Market**
Chantilly, VA: This award-winning holiday show features more than 250 fine artisans offering fine arts, pottery, jewelry, stained glass, wood, photography, fiber arts, vintage re-creations as well as thousands of one-of-kind Christmas collectibles. Bring $8 for entry and save $1 by bringing a canned food donation for the Capitol Area Food Bank. Prior to event lunch on your own at Wegmans.
WR 10:10 am, LEE 10:30 am, return 7:00 pm
$9 resident/ $10 non-resident, 901911-06

**Sat., Nov. 9 – Western Maryland Scenic Railroad Fall Foliage Tour**
Cumberland, MD: Why change something that isn’t broken? This classic journey lasts three hours and travels from Cumberland to Frostburg where you will have the opportunity to watch the train turn around on the turntable and explore the area. Please call the office at (703) 228-4748 with your meal choice: 1. Grilled Cheese & Tomato Bisque, 2. Bacon Cheeseburger, 3. Turkey Wrap, or 4. Chef Salad.
BAR 6:40 am, MAD 7:10 am, return 6:00 pm
$70 resident/ $81 non-resident, 901911-07
Sun., Nov. 10 – Maryland Irish Festival
Timonium, MD: This annual celebration of Irish culture features local, regional and international Irish music, Irish Dancers, traditional cuisine; cultural exhibits and workshops, and a wide variety of quality vendors of Irish goods.
WR 10:20 am, LEE 10:40 am, return 6:45 pm
$23 resident/ $27 non-resident, 901911-08

Wed., Nov. 13 – “Singing in the Rain” at The Olney Theater Center
Olney, MD: One of the greatest movie musicals of all time comes to life and, for once, rain during the holidays is guaranteed to make you smile. Comden and Green’s ingenious tale of Hollywood’s transition from the silent era is buoyed by the thrill of live singing and dancing to some of the greatest songs in the American canon including “Good Mornin’,” “Make ‘em Laugh,” and “Moses Supposes.” Some steps. (Early Registration)
BAR 11:35 am, MAD 12:00 pm, return 5:15 pm (subject to change)
$55 resident/ $64 non-resident, 901911-09

Thurs., Nov. 14 – Royal Tea at Serenity Tearoom
Fredrick, MD: An elegant and professional Royal Tea, with tasty food, hospitable service and fond memories.
GUN 9:50 am, MAD 10:15 am, return 3:45 pm
$66 resident/ $76 non-resident, 901911-10

Fri., Nov. 15 – Dutch Village Farmers Market
Upper Marlboro, MD: This Farmers Market has 13 vendors from Lancaster County, PA and takes great pride in its fresh foods and natural products. Find seasonal produce, freshly made fruit drinks, and an array of prepared foods and fresh locally sourced meats, poultry, cheeses, and so much more!
MAD 9:35 am, BAR 10:00 am, return 4:15 pm
$7 resident/ $8 non-resident, 901911-11

Sat., Nov. 16 – “Occupant” at The Theater J
Washington, DC: A little Jewish girl from Russia immigrated to the US and became the renowned sculptor, Louise Nevelson. In Albee’s Occupant, she’s been invited to participate in an interview — from beyond the grave. (Early Registration)
LEE 12:10 pm, WR 12:30 pm, return 4:45 pm (subject to change)
$50 resident/ $58 non-resident, 901911-12

Mon., Nov. 18 – National Museum of African American History and Culture
MAD 8:35 am, GUN 9:00 am, return 3:45 pm
$6 resident/ $7 non-resident, 901911-13

Wed., Nov. 20 – Edward Hopper and the American Hotel at VMFA
Richmond, VA: Check in to Edward Hopper’s hotels, motels, tourist homes and boarding houses in this first investigation of the artist’s images of hospitality settings at Virginia Museum of Fine Art. Culturally probing, the selected paintings explore America’s hotel consciousness and cultural landscape in the early to mid-20th century. Lunch on our own at VMFA.
BAR 6:45 am, MAD 7:10 am, return 6:00 pm
$28 resident/ $32 non-resident, 901911-14

Fri., Nov. 22 – Eastern State Penitentiary Tour
Philadelphia, PA: Eastern State Penitentiary was once the most famous and expensive prison in the world, but stands today in ruin, a haunting world of crumbling cellblocks and empty guard towers. Its vaulted, skylit cells once held many of America’s most notorious lawbreakers, including “Slick Willie” Sutton and “Scarface” Al Capone. Enjoy dinner at The Victor Café.
BAR 9:35 am, MAD 10:00 am, return 10:30 pm
$100 resident/ $115 non-resident, 901911-15

Mon., Nov. 25 – Metropolitan Museum of Art
New York, NY: With over two million works of art spanning 5,000 years, the Met presents the best of human creativity from around the globe. Exhibition on display: Félix Vallotton: Painter of Disquiet presents pivotal moments in the artist’s career as a painter and printmaker. Painted portraits, luminous landscapes, and interior narratives that pulse with psychological tension join the exhibition from more than two dozen lenders. Swiss-born and Paris-educated, Vallotton (1865–1925) created lasting imagery of fin-de-siècle Paris. Lunch on your own at the museum.
MAD 5:35 am, BAR 6:00 am, return 11:30 pm
$83 resident/ $96 non-resident, 901911-16

Thurs., Nov. 28 – Dutch’s Daughter Thanksgiving Dinner
Fredrick, MD: An online review states, “Thanksgiving Dinner It was elegant and quiet, candle on the table and a pleasant waitress who went out of her way to make sure we had everything we desired. The food was delicious!”
GUN 9:20 am, MAD 9:45 am, return 2:15 pm
$74 resident/ $85 non-resident, 901911-17

Sat., Nov. 30 – Radio City Christmas Spectacular
New York, NY: Starring the Radio City Rockettes, an annual musical holiday stage show presented at Radio City Music Hall in New York City. The 90-minute show features more than 140 performers. Enjoy a backstage tour before the show. (Early Registration)
BAR 5:05 am, MAD 5:30 am, return 11:30 pm
$244 resident/ $281 non-resident, 901911-18

ADVENTURE TRAVEL
Wed., Oct. 30 – Sky Meadow State Park Hike
Delaplane, VA: Hike three miles of trails at Sky Meadows State Park. Learn about monitoring blue birds from a Naturalist. Plus, hike with the Naturalist and ensure the safety of 80 bluebird nest boxes against predators and pests. Refresh the nest boxes by removing old nesting material and replacing it with fresh straw for the winter months. Participants will learn the process of monitoring, help the bluebirds, and enjoy the beautiful trails of Sky Meadows. It is an incredible mission and so exciting to see the numbers of fledglings after the season is over- usually in the 400’s. You will be walking on dirt trails with little elevation change. Wear sturdy shoes, bring water and lunch.
GUN 8:05 am, MAD 8:30 am, return 2:45 pm
$10 resident/ $12 non-resident 901910-18
Refund Policy for Trips

- No refunds are granted on any trips that require meal reservations, tickets or chartered transportation, unless staff is able to sell your reserved space.
- No refunds within 48 hours of trip departure time.
- Phone 703-228-4748 (voice mail) and leave a detailed message for requests for refunds for 55+ trips.

IMPORTANT DETAILS

- You must have a 55+ Pass - except for first-time guests.
- Bus leaves promptly at the specified time from each pick-up site. Arrive at least 15 minutes prior to bus departure. Upon arrival, check in with volunteer travel leader. Please note: The first bus departure will be the last drop off on the return.
- Return times are estimated.
- Returned Check Fee is $50.
- Meals – when the meal choice is advertised, indicate your choice when you register. A dollar sign means the lunch is on your own and a plate symbol means the meal is included in the stated price.
- Parking – At Lee, parking and pick-up are on N. Kentucky St. At Walter Reed, parking is in the back lot behind the center and pick-up is in the front of the center. At Barcroft, parking is in the garage and pick up is in the front of the center.
- Payment must be received within 3 working days or space will be released.

Registration Information for 55+ Trips - Online, In Person or By Phone

- Arlington residents only: Sign up in person between 10am and noon on Mon., Sept. 9 for October trips and Mon., Oct. 14 for November trips at LEE, WR and AM.
- Arlington residents: Sign up online beginning at noon on Mon., Sept. 9 for October trips and Mon., Oct. 14 for November trips. See instructions for online registration in box below.
- Out-of-County Residents: Sign up online beginning at noon on Tues., Sept. 10 for October trips and Tues., Oct. 15 for November trips. See instructions for online registration in box below.
- Both Arlington and Out-of-County residents: Sign up by phone beginning at noon on Tues., Sept. 10 for October trips and Tues., Oct. 15 for November trips by calling 703-228-4748 (voicemail). Leave a message with your name, the trip date and destination and your meal choice if advertised (Note: A trip can fill up due to in-person and online reservations). Check, credit card (phone only) or money order are the preferred method of payment. Please make checks payable to “Treasurer, Arlington County” with trip date, trip code number and pick-up site noted on the check memo line and mail to AC 55+ Travel, 3829 N. Stafford St., Arlington, VA 22207.

Don’t Wait! Registration has already opened for the following trips, and there may be space available

- Sept. 3 – Historic Colonial Williamsburg Tour
- Sept. 5 – Glenstone Museum Tour
- Sept. 7 – Mushroom Festival
- Sept. 10 – Rehoboth Beach
- Sept. 12 – Cape May
- Sept. 14 – Dulles Day Festival
- Sept. 15 – National vs Braves
- Sept. 17 – Pennsylvania Capitol Tour
- Sept. 19 – National Gallery of Art
- Sept. 20 – Ladew Topiary Gardens
- Sept. 21 – World War II Weekend
- Sept. 23 – Delaware Park Racetrack & Slots
- Sept. 26 – High Tea at A Tea Affair
- Sept. 27 – Dutch Country Farmer’s Market
- Sept. 28 – Oktoberfest
- Sept. 29 – Love Sick at Theater J
- Sept. 30 – Virginia State Fair

Early Registration for Trips

Early Registration begins Mon., Sept. 30 for Arlington residents and Tues., Oct. 1 for out-of-county residents. To register, call 703-228-4748 or register online (registration.arlingtonva.us) at 10am.

- Sat., Oct. 5 – “CATS” at The Kennedy Center
- Wed., Oct. 9 – “Annie” at Riverside Center
- Wed., Nov. 13 – “Singing in the Rain” at The Olney Theater
- Sat., Nov. 16 – “Occupant” at The Theater J
- Sat., Nov. 30 – Radio City Christmas Spectacular

Online Registration Steps

- Go to https://registration.arlingtonva.us
- Enter your login ID and password. If this is your first time and you do not know your ID and password, call 703-228-4747.
- Once logged in, click on the “55 Plus” banner up top and then “Register for Day Trips”.
- Select the trip you are interested in. Trips with a red X have no space available. If the trip has reached the limit for online registration, you may call the Travel Office to inquire about space availability at 703-228-4748.
- Click on your trip and select “Add to Cart” at the bottom of the screen.
- Select the name of the person you are registering and continue.
- Select either “Proceed to Checkout” or “Continue Shopping”.
- When you are finished, pay by credit card. A 2.5% fee is charged by our credit card processor.

IMPORTANT DETAILS

- You must have a 55+ Pass - except for first-time guests.
- Bus leaves promptly at the specified time from each pick-up site. Arrive at least 15 minutes prior to bus departure. Upon arrival, check in with volunteer travel leader. Please note: The first bus departure will be the last drop off on the return.
- Return times are estimated.
- Returned Check Fee is $50.
- Meals – when the meal choice is advertised, indicate your choice when you register. A dollar sign means the lunch is on your own and a plate symbol means the meal is included in the stated price.
- Parking – At Lee, parking and pick-up are on N. Kentucky St. At Walter Reed, parking is in the back lot behind the center and pick-up is in the front of the center. At Barcroft, parking is in the garage and pick up is in the front of the center.
- Payment must be received within 3 working days or space will be released.

Refund Policy for Trips

- No refunds are granted on any trips that require meal reservations, tickets or chartered transportation, unless staff is able to sell your reserved space.
- No refunds within 48 hours of trip departure time.
- Phone 703-228-4748 (voice mail) and leave a detailed message for requests for refunds for 55+ trips.
CONTACT INFORMATION

55+ Program Information
703-228-4747 (option 3)
OSAP@arlingtonva.us

55+ Sports & Fitness Information
703-228-4771 voicemail

55+ Travel Program Information
703-228-4748 voicemail
AC55plusTravel@arlingtonva.us

SENIOR CENTERS

AM* - Arlington Mill
909 S. Dinwiddie St., 22204
703-228-7369
Nicholas Englund
nenglund@arlingtonva.us
M-F: 9-3, some nights/wknds

AH - Aurora Hills
735 S. 18th Street., 22202
703-228-5722
Lila Paig
lpaig@arlingtonva.us
MWF: 10-3; T/TH as scheduled

LB* - Langston-Brown
2121 N. Culpeper St., 22207
703-228-6300
Elizabeth Poole
epoole@arlingtonva.us
M-F: 9-3, some nights/wknds

LEE - Lee
5722 Lee Hwy., 22207
703-228-0555
M: 10-3

WR* - Walter Reed
2909 S. 16th St., 22204
703-228-0955
Sidney Reid
sreid@arlingtonva.us
M-F: 9-3, some nights/wknds

* Indicates hot lunch daily

ACTIVITY & TRIP PICK-UP SITES

BAR - Barcroft
4200 S. Four Mile Run Dr., 22204
703-228-0701
Parking is in the garage only

FAIR - Fairlington
3308 S. Stafford St., 22206
703-228-6588

GUN - Gunston
2700 S. Lang St., 22206
703-228-6980

TJ - Thomas Jefferson
3501 S. Second St., 22204
703-228-5920

MAD - Madison
3829 N. Stafford St., 22207
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