Fun & Fitness in Arlington

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.

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

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<thead>
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<th>55+ Pass</th>
<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 55+ center, at the Office of 55+ 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, Mon., Nov. 4 for Arlington residents and Tue., Nov. 5 for out-of-county residents.
• Want to take a trip? See page 35 for instructions.
• Interested in attending a free program? Call the 55+ 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,

It is so hard to believe we are now officially in the holiday season! To make it extra festive we have lots of holiday themed programs and events taking place across Arlington. Come out and sing your favorite song at Arlington Mill's Holiday Karaoke event. You don’t want to miss it when Nick Englund grabs the microphone and shares his favorite tune! Decorate your dinner table by making holiday centerpieces at the Lee Center and learn some new healthy holiday side dishes and desserts to place on the table with December’s nutrition programming. And register early to ring in 2020 at the annual New Year’s Eve Luncheon! Don’t forget to wear your most festive attire to all of these activities.

As we close the book on 2019, all of the staff at Arlington’s 55+ Programs would like to thank you for your support throughout the year. Our membership continues to rise with over 6,900 people participating this year. We look forward to bringing new and exciting programs to you in 2020. Keep an eye out for more Adventure Travel and Next Chapter events just to name a few!

Happy Holidays!

Jennifer Collins, CPRP
Office of 55+Programs

Arlington County 55+ GUIDE is a bimonthly publication of the Arlington County Office of 55+ Programs serving adults ages 55 and over.

The mission of Arlington Senior Adult Programs is to enhance the physical and mental well-being of Arlington's diverse over-55 population through programs and activities fostering wellness and a sense of purpose and community.

Jennifer Collins
55+ Program Manager
jcollins@arlingtonva.us

Senior Adult Council Executive Committee
Vera Libeau .................................................................Chair
Sue Lang .................................................................Vice Chair
Sandi Steinberg ......................................................Secretary
Valerie Turner .............................................................Treasurer
Marilyn Marton ...............................................................Past Chair

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 55+ center locations for $2.50 each way. Call 703-892-8747 for an application.
ENCORE CHORALE HOLIDAY CONCERT
This free concert is perfect for all ages to get in the holiday spirit as our own Langston-Brown Encore Chorale is joined by other chorales. Holiday classics and seasonal favorites. Bring the family and make an annual tradition to celebrate the holidays and our singers. No tickets required; for more information or weather updates, go to encorecreativity.org or call 301-261-4757. Free.
Fri., Dec. 20, 7:30-8:30pm
Wakefield High School, 1325 S Dinwiddie St, 22206, 703-228-4878

RUSSKIE MUSIKANTI
The Washington Balalaika Society is the largest Russian folk orchestra in North America. Its Russkie Musikanti ensemble has an extensive repertoire of music ranging from poignant romances to rousing folk dances. Appearing in traditional Russian folk costumes and playing authentic folk instruments, these performers are sure to provide a festive program.
Thurs., Nov. 7, 11am-noon
Arlington Mill, 703-228-7369

AUTUMN ACOUSTIC HOUR
Enjoy a special autumn acoustic hour with hot cider, doughnuts and music from the 50s and beyond with other 55+ members! Ed Girovasi and Carl Gold will be performing songs across the decades: rock and roll, pop, folk and the blues. Must RSVP by Nov. 15.
Mon., Nov. 18, 2-3pm
Aurora Hills, 703-228-5722

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., Nov. 19 and Dec. 17, 7-8:30pm
Walter Reed, 703-228-0955

SINGLES NIGHT
If you’re age 55+ and single, you’re invited to join us for a holiday soiree. Break out your ugly sweater and mingle with other single seniors over fun, games and refreshments. It’s the holiday season and a good time to meet someone new.
Wed., Dec. 11, 6:30-8pm
Arlington Mill, 703-228-7369

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

Evening & Weekend Programs

Walter Reed, 703-228-0955
Saturdays
  •  Rummikub, 10am-noon
  •  Mah Jongg, 12-4pm
Sundays
  •  Yarn Circle, 1-3pm

Langston-Brown, 703-228-6300
  •  Secrets Revealed, Nov. 6 and 13, 4:30-5:30pm
  •  Tai Chi Practice, 9:15-10am

Arlington Mill, 703-228-7369
  •  Poker Basics, Nov. 6, 6:30-8pm
  •  Yelp & OpenTable, Nov. 13, 6:30-7:30pm
  •  No-Meat Thanksgiving Tasting, Nov. 20, 6:30-7:30pm
  •  Pinterest 101, Dec. 4, 6:30-7:30pm
  •  Singles Night, Dec. 11, 7-8pm
  •  Fuerza Contra Alzheimer’s, Dec. 18, 7-8pm
Sundays
  •  Photography Interest Group, 3-5pm
REGISTRATION FOR 55+ CLASSES WITH FEES BEGINS MONDAY, NOVEMBER 4 AT 10AM FOR ARLINGTON RESIDENTS AND TUESDAY, NOVEMBER 5 AT 10AM FOR OUT-OF-COUNTY RESIDENTS

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.
You MUST checkout even if you owe nothing (this includes free classes as well as waitlist registrations).

HOW TO REGISTER IN PERSON, BY PHONE OR BY MAIL
In person at a 55+ 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.

Please note: If you have a balance on your household account, you will be unable to register for future enrollments. Please contact the DPR Registration Office at (703) 228-4747 or registration@arlingtonva.us prior to the next registration.

INTERNATIONAL REGISTRATIONS
For security reasons, our registration system does not allow for connections outside the United States. If you know you will be traveling internationally during our registration period and would like to register for a class(es), please contact the Registration Office (703-228-4747) in advance.

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.

The Office of Senior Adult Programs adheres to Arlington County’s Department of Parks and Recreation policies.
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, Nov. 18-Jan. 13, 1:45-2:45pm
$45/9 sessions, #920111-03
Arlington Mill, 703-228-7369

Tuesdays, Nov. 19-Jan. 14, 10:30-11:30am (no class 12/24)
$40/8 sessions, #920111-01
Madison, 703-228-4771

Thursdays, Nov. 21-Jan. 16, 10:30-11:30am (no class 12/26)
$35/7 sessions, #920111-02
Madison, 703-228-4771

Fridays, Nov. 22-Jan. 17, 10-11am
$40/8 sessions, #920111-04
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, Nov. 18-Jan. 13, 8:50-9:50am
$45/9 sessions, #920111-21
Arlington Mill, 703-228-7369

CORE CONDITIONING & STRENGTH
Strengthen the entire body with the use of dumbbells and exercise bands; special focus on deep core, including abs and back. Exercises are done standing and from the ground on the mat. Instructor: Mira Gross
Mondays, Nov. 18-Jan. 13, 10:10-11:10am
$45/9 sessions, #920111-24
Arlington Mill, 703-228-7369

Fridays, Nov. 22-Jan. 17, 8:30-9:30am
$40/8 sessions, #920111-25
Walter Reed, 703-228-0955

Thursdays, Nov. 21-Jan. 16, 1-2pm (no class 12/26)
$35/7 sessions, #920111-28
Madison, 703-228-4771

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, Nov. 18-Jan. 13, 11:25am-12:15pm
$45/9 sessions, #920111-26
Arlington Mill, 703-228-7369

THURSDAYS, NOV. 21-JAN. 16, 2:15-3:15PM (NO CLASS 12/26)
$35/7 sessions, #920111-27
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, Nov. 18-Jan. 13, 12:30-1:30pm
$45/9 sessions, #920111-22
Arlington Mill, 703-228-7369

Fridays, Nov. 22-Jan. 17, 11am-noon
$40/8 sessions, #920111-23
Arlington Mill, 703-228-7369

New! PINK POWER
Designed to improve flexibility, mobility and scapular stability of shoulder and arms. Appropriate for individuals who have had injuries or surgery if cleared by your medical doctor or health care professional. Class is done standing, seated and down on the mat. Mira Gross, the instructor of the class is a long-time fitness professional and a breast cancer survivor.
Thursdays, Nov. 21-Jan. 16, 11:45am-12:45pm
$35/7 sessions, #920111-78 (no class 12/26)
Madison, 703-228-4771

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, Nov. 18-Jan. 6, 3:30-5pm (no class 12/23)
$52.50/7 sessions, #920112-05
Arlington Mill, 703-228-7369

Wednesdays, Nov. 20-Jan. 8, 4:30-6pm (no class 11/27)
$37.50/5 sessions, #920112-06
Arlington Mill, 703-228-7369

Instructor: Debbie Sheetz
Thursdays, Nov. 21-Jan. 9, 4:30-6pm (no class 12/26, 1/2)
$37.50/5 sessions, #920112-07
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 and 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, Nov. 18-Jan. 6, 10-11am
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, Nov. 20-Dec. 18, 10:30-11:30am (no class 11/27)
$20/4 sessions, #920111-75
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, Nov. 18-Jan. 6, 10-11am
$32/8 sessions, #920111-65
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.

Wednesdays, Nov. 20-Dec. 18, 2:15-3:15pm
$20/4 sessions, #920111-72
Walter Reed, 703-228-0955

Thursdays, Nov. 21-Dec. 19, 4:30-5:30pm
$20/4 sessions, #920111-71
Walter Reed, 703-228-0955

Fridays, Nov. 22-Dec. 13, 2-3pm
$15/3 sessions, #920111-70
Arlington Mill, 703-228-7369

MINDFULNESS MEDITATION
Mindfulness meditation helps decrease stress by recognizing and disengaging thoughts and emotions that may affect overall wellbeing and health. This class, for both beginner and experienced meditators, may help integrate mindfulness into your daily life, and promote a sense of calmness and equanimity. Handouts provided. While ample discussion time is included, the emphasis is on experiencing mindfulness. Participants encouraged to practice at home. Instructor: Nancy Miller

Fridays, Nov. 22-Jan. 3, 11am-12:30pm
$36/6 sessions, #920112-52
Walter Reed, 703-228-0955
TAI CHI
-Tai Chi is a gentle and powerful exercise that improves balance, flexibility, coordination and overall movement.

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, Nov. 18-Jan. 6, 2-3pm (no class 12/9, 12/30)
$33/6 sessions, #920112-62
Walter Reed, 703-228-0955

Thursdays, Nov. 21-Jan. 9, 2-3pm (no class 12/12, 12/26)
$27.50/5 sessions, #920112-63
Walter Reed, 703-228-0955

INTRODUCTION TO TAI CHI AND QIGONG FOR HEALTH-TWO WEEK WORKSHOP
This class is designed especially for those who have never taken Tai Chi and aims to give students a taste of both Yang-style Tai Chi and Qigong. Tai Chi is a widely practiced mind-body exercise. Qigong, an ancient Chinese practice, involves meditation, controlled breathing and gentle exercise. We will learn a set of well-known Qigong exercises and several Tai Chi moves.
Instructor: Karen Levitan
Mondays, Nov. 18-Nov. 25, 3:30-4:30pm
$10/2 sessions, #920112-64
Langston-Brown, 703-228-6300

INTERMEDIATE TAI CHI REFRESHER- TWO WEEK WORKSHOP
Prerequisite: Beginners Tai Chi. This class is for students who know the 24 postures and transitions and want to improve understanding tai chi principles and techniques. Classes will focus on awareness and use of the waist, shifting of weight, rooting, balance, posture, consistency of pace and feeling the rhythm to keep an even flow of movement. We will aim to create stillness in motion and motion in stillness.
Instructor: Karen Levitan
Tuesdays, Nov. 19-Nov. 26, 3:30-4:30pm
$10/2 sessions, #920112-65
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, Nov. 18-Jan. 6, 8:30-9:15am
$40/8 sessions, #920111-62
Walter Reed, 703-228-0955

Instructor: Sheila Darby
Wednesdays, Nov. 20-Jan. 8, 9-10am (no class 11/27)
$25/5 sessions, #920111-61
Arlington Mill, 703-228-7369

Thursdays, Nov. 21-Jan. 9, 8:30-9:15am (no class 12/26)
$30/6 sessions, #920111-63
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, Nov. 19-Jan. 7, 2:15-3pm (no class 12/24, 12/31)
$27/6 sessions, #920111-42
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, Nov. 18-Jan. 6, 9-9:45am
$36/8 sessions, #920111-44
Fairlington, 703-228-4771

Thursdays, Nov. 21-Jan. 9, 9:30-10:15am (no class 12/26, 1/2)
$22.50/5 sessions, #920111-43
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, Nov. 22-Jan. 10, 8:45-9:45am
$30/6 sessions, #920111-45 (no class 12/20)
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, Nov. 20-Jan. 8, 10-11am
$24/6 sessions, #920111-41
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, Nov. 23-Jan. 11, 10:15-11:15am
$40/8 sessions, #920111-68
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 (jap, cross, hook and uppercut) and proper fighting stances and footwork. Instructor: Angel McNamara
Tuesdays, Nov. 19-Jan. 7, 9-9:50am (12/24, 12/31)
$30/6 sessions, #920111-64
Barcroft, 703-228-4771

THURSDAYS, Nov. 21-Jan 9, 1-2pm (no class 12/26)
$30/6 sessions, #920111-67
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, Nov. 22-Jan. 10, 9-9:50am
$35/7 sessions, #920111-69
Barcroft, 703-228-4771

DROP-IN FITNESS CLASSES: THESE CLASSES ARE ONGOING, AND 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 (Mondays); Joanne Clements (Wednesdays); Cindi Shore (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, including abdominals, 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: Cindi Shore (Mondays); Andrea Baumann (Wednesdays and Fridays)
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 12/26, 1/2)
$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, Wednesdays and Fridays, 11am-2pm
Langston-Brown, 703-228-4771

Tuesdays and Thursdays, 7-11am
Saturdays, 7-10am
Madison, 703-228-4771

THE CLASSES BELOW ARE FREE TO ALL 55+ MEMBERS

TAI CHI PRACTICE
If you’ve taken a Tai Chi class, come by and practice Tai Chi 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
WALKING CLUBS
STAY LIVELY ALL YEAR

Stay active with friendly walking companions. We walk indoors or out, depending on conditions. Destinations may be changed, or excursions cancelled for inclement weather or code red days.

ARLINGTON WALKING CLUB
Wednesdays, 9:30am (van departs)-noon (van returns)
$4/walk, Madison, 703-228-4771
Nov. 6 Burke Lake, Fairfax VA
Nov. 13 Gallaudet/ Union Market, DC
Nov. 20 Arlington Cemetery
Nov. 27 Oxon Hill Farm, MD
Dec. 4 Lake Accotink, North, Fairfax
Dec. 11 War Memorials, DC
Dec. 18 Botanic Gardens, DC

AURORA HILLS FAST FORWARDS
Fast-paced group walks a three- to four-mile loop in the vicinity of Aurora Hills, including some hills. At times the Fast Forwards will carpool or take transit to other walk locations (transportation is not provided).
Fridays, Nov. 8, 15, 29 and Dec. 13, 20, 27, 9-10:30am
Free, Aurora Hills, 703-228-5722

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

LEE WALKERS
Fridays, 10am (van departs)-noon (van returns)
$4/walk, Lee, 703-228-4771
Nov. 1 Kalorama/Embassy Row, DC
Nov. 8 Brookside Gardens, MD
Nov. 15 Columbia Island, VA
Nov. 22 Georgetown Branch Trail, MD
Nov. 29 No walk
Dec. 6 Union Station/Botanical Gardens, DC
Dec. 13 Cleveland Park Urban Trail, DC
Dec. 20 WWII Memorial, Ellipse, DC
Dec. 27 Alexandria Urban Trail, VA
PICKLEBALL MIXER
The Arlington Mill Senior Center Advisory Committee is hosting a friendly pickleball mixer. Play doubles matches with partners chosen at random. All playing levels welcome. Coffee & refreshments will be provided.
$15; must pre-register by Nov. 8
Fri., Nov. 22, 9am-3pm
Arlington Mill, 703-228-7369

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, Nov. 18-Dec. 9, 11-12pm
$24/4 sessions, #920114-03
Arlington Mill, 703-228-7369
Fridays, Nov. 15- Dec. 20, 9-10am (no class 11/22)
$24/4 sessions, #920114-01
Arlington Mill, 703-228-7369

PICKLEBALL LEVEL II
Build on basic skills and learn doubles strategy. Prerequisite: Pickleball for Beginners or comparable. Please wear tennis or court shoes. Instructor: Alaric Radosh
Wednesdays, Nov. 20-Dec. 18, 9-10am (no class 11/27)
$24/4 sessions, #920114-02
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. A volunteer will 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.
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-noon)
Fridays, 11:30am-4pm
Walter Reed, 703-228-0955

Thomas Jefferson Hours
Monday-Friday, 7:30am-2:30pm
Thomas Jefferson, 703-228-5920
For 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

BADMINTON
Join drop-in games for fun and fitness.
Wednesdays 10:15-11:30am (one court)
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. All equipment provided. Instructor: Volunteer Linda Scholl.
Tues., Nov. 12, 19 and Dec 17, 2-4pm
Walter Reed, 703-228-0955

55+ VOLLEYBALL
Friendly games of drop-in volleyball provide fun and exercise. Beginners and experienced players are welcome.
Wednesdays and Fridays, 1:30-3pm
Langston-Brown, 703-228-6300

MEN’S 55+ BASKETBALL
Perfect your shot or join a pick-up game during drop-in hours.
Wednesdays, 11:45am-2pm
Langston-Brown, 703-228-0955

55+ DROP-IN BASKETBALL FOR WOMEN
Lace up your sneakers and play drop-in basketball with women age 50+. Bring white and dark shirts and a basketball.
Wednesdays, 7-9pm
Langston-Brown, 703-228-4771

55+ BIKING GROUP
Our congenial group rides throughout the year, sometimes to new destinations and sometimes old favorites. Ride leaders announce outings as they are scheduled. To stay informed and ride along, email 55plusbikinggroup@arlingtonva.us or phone 703-228-4771.

SENIOR ICE SKATING
Senior hours held weekly at the MedStar Capitals Iceplex in Ballston. Plenty of parking ($1) on roof level 8 of the Ballston Common Mall parking garage. Fee includes skates: $1. Skate times subject to change; to confirm times go to www.medstarcapitalsiceplex.com
Mondays, 8:10-9:20am
Wednesdays, 8:25-9:25am
MedStar Capitals Iceplex at Ballston, 703-228-4771
Important To Know

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 55+ 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 go online and visit parks.arlingtonva.us

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.

NEXT STEPS IN CRAFTING YOUR NEXT CHAPTER
In September, sixty 55+ participants attended Crafting Your Next Chapter, a half-day workshop led by Meg Newhouse, nationally-known pioneer in retirement life-crafting. Participants spent three hours discussing personal values and engaging in exercises centered around planning their lives to include what is most important and enjoyable to each.

Discussions were lively and participants were energized with new ideas and plans as they left the workshop.

We plan to continue these programs in the spring; please let us know if you'd like to be on the email list to receive announcements about life planning for your retirement years.

If you'd like to learn more about this, send your email address to OSAP@arlingtonva.us and watch this space.

ALL 55+ CENTERS WILL BE CLOSED:

NOVEMBER 11, 28, 29,
DECEMBER 25 AND JANUARY 1
55+ ARTS & CRAFTS EXHIBIT
A showcase of creations by talented and artistic seniors from Langston-Brown and Lee Centers will include paintings, drawings, paper crafts, knitted and crocheted items. These wonderful works have been created through 55+ classes, clubs and individual endeavors.
Wed., Nov. 6, 11am-2pm
Langston-Brown, 703-228-6300

ARTVENTURES
A talented art programmer from DPR's Office of Community Arts will lead an afternoon of painting, crafting and creating! Space limited; must pre-register.
Nov. 8 - Landscapes in Watercolor; Dec. 6 - Holiday Cards and Ornaments.
Fri., Nov. 8 and Dec. 6, 1-3pm
Aurora Hills, 703-228-5722
Nov. 15 - Landscapes in Watercolor; Dec. 13 - Palette Knife Painting.
Fri., Nov. 15 and Dec. 13, 1-3pm
Walter Reed, 703-228-0955

SECRETS REVEALED: FAMOUS ARTISTS' TECHNIQUES
Interactive exploration of famous artists and their unique and sometimes secretive techniques. Jen Drobylen, Community Arts Programmer, will discuss methods of artists and give you a chance to experience these techniques with a hands-on activity.
Wed., Nov. 6 and 13 4:30-5:30pm
Langston-Brown, 703-228-6300

BASIC DRAWING
Beginner's drawing class features exercises to loosen up, experimenting with different materials and drawing techniques. Share progress by keeping a sketchbook (must provide unlined 5½ x 8½ book). Led by art instructor Ruth Kling.
Wed, Nov. 13 and 20, 1-2:30pm
Aurora Hills, 703-228-5722

HOLIDAY PAPER QUILLING WORKSHOP
Learn to create delicate, raised images from coils of thin paper strips. Students will use a few basic tools to wind the paper strips into coils, form those coils into a variety of shapes and glue them onto note cards to create holiday images. Supplies provided.
Wed., Nov. 13, 1-2:30pm
$18/1 session, #920115-31
Lee, 703-228-0555

VAN GOGH AND JAPAN--A CREATIVE JOURNEY
Van Gogh's sojourn in Arles is often considered his most creative period, when his love of Japan and its art inspired hundreds of works. Illustrated lecture by art historian Joan Hart.
Mon., Dec. 9, 1:30-3pm
$6/1 session, #920115-24
Aurora Hills, 703-228-5722

RENEWED ARTIST ARTHUR B. DAVIES REMEMBERED
As an artist, art patron and driving force behind the legendary Armory Show, Arthur B. Davies was a pivotal figure in early 20th century American art. His great-grandson, Mac Cosgrove-Davies, has spent years studying, archiving and cataloguing the artist's work. He will present his personal highlights tour of the highly acclaimed artist. No walking required!
Fri., Nov. 22, 11:30am-12:30pm
Lee, 703-228-0555

BONNARD TO VUILLARD, INTIMATE POETRY OF LIVING
Pierre Bonnard and Edouard Vuillard represent the next generation of French artists after the Impressionists, renowned for their intimate and often magical portrayals of everyday life, particularly the interiors of their homes and gardens. Program provides an overview of a new exhibition highlighting their work at the Phillips Collection. This show of 60 works will feature a range of media including not only painting, sculpture, and lithography, but also stained glass and needlepoint.
Mon., Nov. 25, 1:30-3pm
$6/1 session, #920115-22
Aurora Hills, 703-228-5722

COLOR YOUR WORLD -- HOLIDAY EDITION
Take a break from the stress of holiday shopping and treat yourself to an adult coloring session with friends. Research has shown that coloring has many benefits, including lowering stress and anxiety levels, increasing focus and creativity and fostering mindfulness and positive thinking. Besides all that, it's fun! Supplies provided.
Mon., Dec. 16, 1:30-2:30pm
Lee, 703-228-0555

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, Nov. 18-Dec. 16, 10am-noon
$35/5 sessions, #920115-01
Lee, 703-228-0555
Wednesdays, Nov. 13-Dec. 18, 10am-noon
$42/6 sessions, #920115-02
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 (starts Nov. 22)  
Langston-Brown, 703-228-6300

**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 work will be traded for a single 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! Take home a new gem for your art collection!  
Sun., Nov. 17 and Dec. 15, 1:30-3:30pm  
Arlington Mill, 703-228-7369

**ORIGAMI GROUP**  
Origami, or the art of folding paper, has been practiced for generations. Practice your origami 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 about the hobby, you'll enjoy exploring new areas as well as taking photos with friends. Meet at local area landmarks to improve your 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 Friday mornings each month provide continuing education, support and camaraderie.  
Fri., Nov. 1 and Dec. 6, 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. Call for reading list; read “The House of Bernarda Alba” by Federico Garcia Lorca for first class.  
Fridays, Nov. 1, 15 and Dec. 13, 1:30-3pm  
Aurora Hills, 703-228-5722

**VAN GOGH AND JAPAN--A CREATIVE JOURNEY**  
Van Gogh’s sojourn in Arles is often considered his most creative period, when his love of Japan and its art inspired hundreds of works. Illustrated lecture by art historian Joan Hart.  
Mon., Dec. 9, 1:30-3pm  
$6/1 session, #920115-24  
Aurora Hills, 703-228-5722

**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 welcome.  
Tues., Nov. 12 and Dec. 10, 11:30am-1pm  
Lee, 703-228-4878

**MUSEUM EDUCATION & EXCURSION**  
This year, Arlington’s 55+ Program is again privileged to offer special learning opportunities including a local museum visit with an intern from the Museum Education master’s program at George Washington University. The three-part program will include lively discussions and a private guided tour of museum exhibits. The intern will introduce the exhibit at the group's initial meeting, lead a tour of the exhibit, and at the third and final meeting, will culminate the experience with a post-visit conversation and exhibit review.

**EXPLORING THE U.S. BOTANIC GARDEN**  
Scientific research has shown that connecting with nature has a profound impact on our mental health and sense of well-being. The wonder and beauty of the natural world is revitalizing, grounding, calming and restorative. Explore this affirmative link at the U.S. Botanic Garden with Chantal Ochoa, a certified naturalist and a graduate intern in the George Washington University Museum Education master’s program, as your guide. The U.S. Botanic Garden is a national treasure located right here in Washington, D.C., showcasing native plants and gardens from around the country. The tour will include highlights of the Garden’s conservatory and a special display of medicinal plants. In sessions before and after the tour, Chantal will demonstrate various techniques to reduce stress and help you feel renewed by engaging with nature. Learn new things, nourish your mind and your being, and enjoy a fun museum outing with friends old and new. Transportation provided for a $6 fee. Optional: Bring a lunch to eat with the group at Lee at 11:30am on Thurs., Nov. 14 before the museum visit.  
Thurs., Nov. 7, 11am-noon, Thurs., Nov. 14, 12:15-3pm and Fri., Nov. 15, 11am-noon  
$6 Transportation Fee, #920115-90  
Lee, 703-228-0555
TRAVEL GURUS: RIVER CRUISES IN EUROPE
Do you want to explore many different cities in Europe, but only unpack your bags once? Enjoy a glass of wine while watching the European countryside silently slide by? Then river cruising in Europe may be for you. Experienced river-cruisers Sheila Graham and Steve Epstein will explain the advantages (and disadvantages) of cruising the rivers in Europe. Bring your curiosity and questions.
Wed., Dec. 4, 1-2pm
Aurora Hills, 703-228-5722

MUST-READ BOOKS: A LIBRARIAN’S SUGGESTIONS
Peg Owen, Library Associate at Westover Library, will share recommendations of great books to read. Her suggestions will cover several genres, including realistic fiction, science fiction, historical fiction and suspense.
Thurs., Dec. 5, 11:30am-12:30pm
Lee, 703-228-0555

NEW YEAR’S RESOLUTION: VISION BOARDS
Madeline Caporiccio of McEnearney Associates will lead a resolution exercise focusing on one’s goals for the new year. Vision boards are a collection of images and words to use as helpful reminders when motivation lacks. All materials will be provided.
Fri., Dec. 13 1-2pm
Arlington Mill, 703-228-7369

ENDLESS WAR: THE WAR IN AFGHANISTAN
Carol Stricker, retired foreign service officer and former Diplomatic Security Counterterrorist Intelligence Analyst, will be showing a new film “Endless War” about Afghanistan. The film runs one hour, followed by a discussion/questions.
Wed., Nov. 6, 12:30-2:30pm
Aurora Hills, 703-228-5722

VIETNAM SOLDIERS PANEL
A panel of Vietnam veterans discuss what it was like to serve in America’s most controversial war and how the experience impacted their lives. Presented by Nick Acheson, Tom Curtis and Tom Sipusic.
Tues., Nov. 12, 1-3pm
Walter Reed, 703-228-0955

THE BASICS OF ESSENTIAL OILS
Experience essential wellness at its best while learning about the many benefits of essential oils. Marci Todd, Wellness Advocate of doTERRA will share tips on making blends specific to your needs. Everyone will walk away with a blend in an easy to use roller ball bottle. Registration is required to ensure supplies for all.
Tues., Dec. 3, 11am-noon
Langston-Brown, 703-228-6300

ALL ABOUT BULBS
Join Master Gardeners from the Virginia Cooperative Extension for tips and information on planting bulbs.
Mon., Nov. 4, 1-2pm
Aurora Hills, 703-228-5722

READY TO DOWNSIZE?
We spend a lifetime collecting treasures so downsizing can seem overwhelming. Let Peggy Yee, Broker with Frankly Realtors get you started with tips on how to clean out those over-stuffed closets, junky garages and filled-to-the brim attics.
Wed., Nov. 13, 1-2pm
Langston-Brown, 703-228-6300

AARP HOMEFIT WORKSHOP
Modify Your Home for Safety and Comfort- the AARP HomeFit Workshop provides information on what type of modifications are needed to stay in your home as you age. It also provides ideas and inspiration on making those modifications. Designed to educate on what home updates will make daily activities easier while staying comfortable, independent and injury-free.
Thurs., Nov. 21, 11am-noon
Langston-Brown, 703-228-6300

SMALL HOME IMPROVEMENTS
Minor home improvement projects like installing grab bars in the bathroom or adding stair handrails can make your home safer and keep you comfortable. Rebuilding Express is a new service that mobilizes volunteers to complete home repairs for low- and moderate- income homeowners. Presented by Daphne Lathouras from Rebuilding Together.
Wed., Dec. 5, 11am-noon
Langston-Brown, 703-228-6300

RIDE SHARING OPTIONS FOR SENIORS
Safe and reliable transportation is a key aspect of staying independent. Learn the basics of using modern technology to take advantage of ride-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.
Wed., Dec. 18, 1:30-2:30pm
Langston-Brown, 703-228-6300

PET ADOPTION OPTIONS
A representative from the Animal Welfare League of Arlington will discuss opportunities for volunteering and how to adopt a new pet this holiday season.
Wed., Dec. 4, 10:30-11am
Walter Reed, 703-228-0955

ROMANCE AND RELATIONSHIP SCAMS
Millie Osborne, M.D., author of Con Artist Dating: Your Judgment Free Guide to Preventing and Recovering from Relationship Scams, will present practical tips for finding and sustaining healthy relationships through online dating sites and in-person meet/greets. Explore subtle details about how relationship cons operate as people age in the dating world. By knowing what to look for and avoid, a happy, loving partnership is more likely.
Fri., Nov. 22, 11am-noon
Walter Reed, 703-228-0955

parks.arlingtonva.us
PERSONAL SAFETY
Reduce the chances of becoming a victim of crime at home, on the street or at work by staying alert and tuned into your surroundings. Heather Hurlock, Arlington County Public Safety Officer will share tips for your safety.
Tues., Dec. 10, 1-2pm
Arlington Mill, 703-228-7369

PROTECTING YOURSELF FROM IDENTITY THEFT
Learn how criminals get your personal information, how to minimize your risk and what to do if you become a victim. Join a Financial Education Volunteer from Virginia Cooperative Extension for valuable tips to help prevent identity theft.
Tues., Nov. 19, 11am-noon
Langston-Brown, 703-228-6300

ESTATE PLANNING, BLENDED FAMILIES AND DIVORCE
A comprehensive estate plan in conjunction with a pre/post marital agreement can provide clear instructions regarding your intent for the distribution of your assets in situations of blended families, remarriage and divorce. Alison Mathey Lambeth, an attorney who specializes in complex estate planning with blended families, will provide tips on how to anticipate and plan for these types of contingencies.
Mon., Dec. 2, 1-2:15pm
Lee, 703-228-0555

HEALTH DIRECTIVES AND WILLS
Matthew Whitfield, Elder Law Attorney with Legal Services of Northern Virginia will discuss the importance of having and updating health directives and wills. He will also answer some commonly asked questions.
Thurs., Dec. 12, 11am-noon
Langston-Brown, 703-228-6300

DIGITAL LEARNING

YELP & OPENTABLE
Love to eat out? These websites help you evaluate and compare restaurants in the United States. Use them to book reservations, too. Learn the basics with tech enthusiast Nick Englund.
Wed., Nov. 13, 6:30-8pm
Arlington Mill, 703-228-7369

WHAT IS THE CLOUD?
Do you know what the cloud is and where it goes? Is it secure and is it costing me? Nick Englund, technology guru, will answer questions about OneDrive, iCloud, Dropbox, Google Drive and other common cloud-based storage options for your computer and wireless devices.
Thurs., Nov. 21, 2-3pm
Arlington Mill, 703-228-7369

PINTEREST 101
Pinterest is an online tool for inspiring creativity. From crafts to recipes, the online bulletin board is seemingly limitless. Volunteer Amy Collins will demonstrate how to get started just in time for the holidays.
Wed., Dec. 4, 6:30-7:30pm
Arlington Mill, 703-228-7369

UBER & LYFT
Getting in a car with strangers seemed so taboo but has become an easy method of getting from A to B. Tech Guru Nick Englund will present an overview of ride sharing apps including the popular Uber and Lyft and will share tips and tricks.
Fri., Dec. 6, 11am-noon
Arlington Mill, 703-228-7369

IPHONE AND IPAD BASICS CLASS
Apple product tutor, Lowell Nelson, offers instruction on iPhone basics including app installation, security, settings, navigation tips, notifications and accessibility options. You must have the most recent operating system and know your Apple ID and password.
Fri., Nov. 1, 10-11:30am
Walter Reed, 703-228-0955

MAC, IPAD, IPHONE TUTORING
Learn how to use your Apple products including Mac computers, iPad and iPhone or just get your questions answered. Must call to schedule individual appointment with Lowell Nelson, volunteer and experienced Apple user.
Wed, Nov. 6, 10am-12:15pm
Walter Reed, 703-228-0955

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., Nov. 8 and Dec. 13, 4-5:30 pm
Walter Reed, 703-228-0955
BOOK CLUBS & 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 November, we’ll discuss To Kill a Mockingbird by Harper Lee. Registration required; go to https://library.arlingtonva.us/events or call Peg at 703-228-6327.

Book Discussion: Wed., Nov. 13, 1:30-2:30pm; no program in December
Lee, 703-228-0555
Film Screening/Discussion, Wed., Nov. 20, 1-3:30pm
Westover Library, 703-228-6327

LEE BOOK CLUB
Get together for great books and good conversation. November’s book is Orphan Train by Christina Baker Kline and December’s selection is Born a Crime by Trevor Noah. First Tuesday every month.

Tues., Nov. 5 and Dec. 3, 11:15am-12:30pm
Lee, 703-228-0555

AURORA HILLS BOOK CLUB
Monthly book club meets the fourth Monday of the month, unless otherwise noted. The book for November is Stoner by John Williams. December’s book is The October List by Jeffery Deaver.

Mon., Nov. 25 and Dec. 16, 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 November is Munich by Robert Harris. December’s book is The Uncommon Reader by Alan Bennett.

Fri., Nov. 1 and Dec. 6, noon-1pm
Central Library, 703-228-5960

HISTORY ROUNDTABLE
Take part in thought-provoking and informative discussions about pivotal events in our world’s history. Meets second Tuesdays. In November, we’ll discuss the Impact of Mining in History and December’s topic is the Impact of Social Class in History.

Tues., Nov. 12 and Dec. 10, 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 or email sreid@arlingtonva.us for the week’s talking points.

Thurs., Nov. 7, 14, 21,1-2:30pm
Walter Reed, 703-228-0955

LOCAL HISTORY DISCUSSION GROUP
Northern Virginia has seen a lot change. Meet first Wednesdays each month to discuss the various transformations of the area we call home. In October, we’ll view and discuss an hour-long documentary film entitled “It’s Just Me...The Integration of the Arlington Public Schools.” December’s topic will be Building I-66.

Wed., Nov. 6 and Dec. 4, 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, Nov 4, 18 and Dec 2, 16, 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., Nov. 13 and Dec. 11, 10:30-11:45am
Lee, 703-228-0555

WALTER REED 55+ GARDEN GROUP
Share your knowledge and experiences, learn with others who understand the challenges, rewards and wonder of gardening. Join Extension horticulturalist Kirsten Conrad and Master Gardeners. Email sreid@arlingtonva.us for the monthly topic.

Mon., Nov. 18, 1-2:30 pm
Walter Reed, 703-228-0955

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., Nov. 18 and Dec. 9, 10-11am
Walter Reed, 703-228-0955
mental workouts

BRIDGE – 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 madisonsocialbridge@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., Nov. 5 and Dec. 17
Tuesdays, 2-4pm
Walter Reed, 703-228-0955

DUPLICATE BRIDGE
If you play contract bridge, you can play duplicate. New players (solo or not) are welcome. Come to the check-in table and our duplicate bridge director will get you started. Please note these games are now sanctioned by ACBL. 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

Fridays, 10am-2pm
Cost: $60/10 session pass
Madison, 703-228-5310

POKER BASICS
Originating in the USA, poker has become one of the most popular card games in the world. Join volunteer Russ Miller for a beginner’s basic crash course to learn Texas Hold’em poker.
Wed., Nov. 6, 6:30-8pm
Arlington Mill, 703-228-7369

1969 JEOPARDY
It’s been 50 years since the moon landing, Woodstock music festival and the inauguration of Richard Nixon. Join volunteer Chuck Hadden for a fun game of trivia on all things 1969!
Wed., Nov. 13, 1-2pm
Walter Reed, 703-228-0955

JEOPARDY
An interactive game to play as a group. If given the answers; will you know the questions? First and third Mondays.
Mon., Nov. 4, 18 and Dec. 2, 16, 10:30-11:15am
Walter Reed, 703-228-0955

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

PINOCHEL
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

SATURDAYS, 10am-noon
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
SCRABBLE
If you like words, know English fairly 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 long time.

Mon., Nov. 4, 18 and Dec. 2, 16, 11am-12:30pm
Lee, 703-228-0555

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

Fridays, 10:15am-3pm
Walter Reed, 703-228-0955

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.

Thursdays, 1-3pm
Lee, 703-228-0555

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

Mondays, noon-4pm
Thursdays, noon-4pm (occasional instruction provided at 12:30pm)
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., Nov. 25 and Dec. 9, 23, 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., Nov. 14 and Dec. 12, 26, 4-7pm
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.

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 welcome you to their weekly dialogues. These sociable gatherings provide a chance to participate in lively discussions on topics that are easy to discuss and of interest to all.

Wednesdays, 1-3pm
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. Class includes grammar review, 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 fifth most common spoken language in the world. Volunteer Malak Kadri will assist you in understanding the basics of communicating in Arabic.

Thurs., Nov. 7, 21 and Dec. 5, 9:50-10:40am
Walter Reed, 703-228-0955

ENGLISH CONVERSATION & SOCIAL COMMUNICATION
Would you like to speak English more comfortably? Practice through conversations that include vocabulary for use in everyday situations. Instructor Peter Laugesen also discusses American customs and social norms. Meets first and third Thursdays.

Thurs., Nov. 7, 21 and Dec. 5, 9:50-10:40am
Walter Reed, 703-228-0955

ENGLISH CLASSES 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
NEW YEAR’S EVE LUNCHEON

Ring in 2020 at our 55+ New Year’s Party sponsored by the Senior Adult Council, the Alliance for Arlington Senior Programs and the Office of Senior Adult Programs. The celebration includes a delicious Irish buffet, music, champagne toast and entertainment. Invite a newcomer, meet new 55+ friends and reunite with ‘auld acquaintances’ at this annual event. $30 per person (non-refundable) fee includes meal, tea or coffee, gratuity, entertainment and party favors. Must pre-register by Dec. 11; call 703-228-4771 Tues., Dec. 31, 11:30am-2pm Celtic House, 2500 Columbia Pike, 22202

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

PREFER LESS PAPER?

Go green and reduce clutter. Get your 55+ Program Guide online – and it will arrive to your inbox sooner than by mail. Paper consumption is a major contributor to climate change and using less of it has environmental, economic and efficiency benefits. To receive your issue of the 55+ Guide electronically, email us at QSAP@arlingtonva.us and tell us you do not need a print copy of the guide.
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., Nov. 20 and Dec. 18, 11:30am-12:30pm
Aurora Hills, 703-228-5722

GENEALOGY 101
Time Magazine calls it the “second most popular hobby in America.” Meet fourth Tuesdays with other ancestry enthusiasts to learn about the people who make up your family tree. It requires some detective work and basic research, but it’s a pursuit that can take you to unexpected places with surprising results.
Tues., Nov. 26 and Dec. 17, (special date)11:30am-1:30pm
Lee, 703-228-0555

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., Nov. 4 and Dec. 2, 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., Nov. 19 and Dec. 3, 17, 4:30-5:30pm
Wed., Nov. 6, 20 and Dec. 4, 18, 11am-noon
Walter Reed, 703-228-0955

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., Nov. 14, 1-3:30pm
Arlington Mill, 703-228-7369

MOVIES AT 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., Nov. 14, 3-5pm
Walter Reed, 703-228-0955

The Movies
HOLIDAY MOVIE CLASSIC AND COCOA
Relax, sit back and enjoy a holiday movie classic, hot chocolate and popcorn!
Mon., Dec. 23, 12:30-2:30pm
Aurora Hills, 703-228-5722

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., Nov. 15, 12:30-2:30pm
Yesterday (PG-13)
Aurora Hills, 703-228-5722
Fri., Dec. 13, 12:30-2:30pm
The Wife (R)
Fri., Dec. 27, 12:30-2:30pm
At Eternity’s Gate (PG-13)

WORLD CAFÉ
A place where people from diverse cultures, backgrounds and experiences come together to share stories and exchange ideas.
Wed., Nov. 6, 20 and Dec. 4, 18, 11am-noon
Walter Reed, 703-228-0955

GARDEN GATHERING
Join us for the pure pleasure of gardening and enjoying nature.
Wed., Nov. 20 and Dec. 18, 11:30am-12:30pm
Aurora Hills, 703-228-5722

NATIONAL OLLIE WEEK
Give the gift of service. Volunteers will register youth to volunteer at schools and senior centers.
Mon., Dec. 23, 12:30-2:30pm
Aurora Hills, 703-228-5722

THE NUTCRACKER
Imagine a richly woven tale of fantasy, music and dance. Meet the cast of the Nutcracker at a special event.
Dec. 21-22, 12:30-2:30pm
Lee, 703-228-0555
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., Nov. 4, 18 and Dec. 2, 16, 11:15am – 1:15pm
Fridays, 1-3
Lee, 703-228-0555

FIREHOUSE JAM
Firehouse Jam is a group of musicians of all ages and skill levels who play acoustic music together. Participants range from interested beginners to expert musicians trying out new instruments. Join to play or drop by to listen. Third Thursdays.
Thurs., Nov. 21 and Dec. 19, 7-9pm
Walter Reed, 703-228-0955

SUNSHINE GANG
Bring your instrument and musical talents and join the fun. Share your passion with others by playing rock and popular selections in a low-key, music-loving atmosphere.
Fridays, 1-3pm
Walter Reed, 703-228-0955

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., Nov. 12, 26 and Dec. 10, 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.
Fridays, 10am-noon
Lee, 703-228-0555

HANDCRAFTING
INFINITY SCARVES
Create a unique infinity scarf using a hand knitting technique. Library Associate Jennifer from Columbia Pike Branch Library will provide the know-how and supplies.
Thurs., Dec. 19, 1-3pm
Walter Reed, 703-228-0955

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. If interested, please call for more details. 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 County. Help us keep babies, children and the elderly warm in winter. This multicultural group will teach you to knit or crochet, if needed, and provide materials. Yarn donations are appreciated.
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 skills are welcome.
Sundays, 1-3pm
Walter Reed, 703-228-0955

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 in open studio. Newcomers welcome to stop by and learn more.
Thursdays, 11:30am-3pm
Tues., Nov. 19 and Dec. 17, 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 Thursdays.
Thursdays, Nov. 7, 21 and Dec. 5, 19, 1-2:30pm
Lee, 703-228-0555

LEE WOODCARVERS
For over 20 years woodworkers have gathered to enjoy their craft. Working together each takes a piece of wood and converts it into something beautiful and inspired. Members of the group are available to 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
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
Arlington Mill, 703-228-7369

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

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

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 (no class 12/24 or 12/31)
Lee, 703-228-0955

Thursdays, 4-4:45pm (no class 12/26)
Langston-Brown, 703-228-6300

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 have the opportunity to dance and have fun.
Volunteer DJs: Tom Sipusic and Jon Ross
Fri., Nov. 1, 15 and Dec. 6, 20, 1-3pm
Lee, 703-228-0555

Volunteer DJ: Julie Carr
Fri., Nov. 22 & Dec. 27, 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., Nov. 15 & Dec. 20, 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

BALLROOM DANCE INSTRUCTION
Have you learned how to waltz, foxtrot, 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 Nov. 22.
Mondays, Nov. 25–Jan. 6, 6:30-7:30pm
$49/7 sessions, #920117-01
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.
HOW TO LET GO AND BE PRESENT
Tackling the universal challenges that come with simply being human. Identify and acknowledge fears and losses and learn the practice of self-care to keep you moving forward. Presented by Mosaic Forum.

en Español - Tues., Dec. 3, 11am-noon
Arlington Mill, 703-228-7369

In English - Thurs., Dec. 5, 11am-noon
Arlington Mill, 703-228-7369

HAPPINESS 101
Looking at the world through rose-colored glasses is possible! 55+ participant Paul Singh shares his tips to keep us smiling.

Tues., Nov. 26, 10-11am
Walter Reed, 703-228-0955

THE HOLIDAYS WILL BE DIFFERENT THIS YEAR
We all know change is inevitable but when it’s our holiday traditions that change, it seems like a bigger adjustment. Whether children are grown and visiting other in-laws, or your losses are greater, Kristin McAleer and Jeanne Meyer from Virginia Hospital Center, will facilitate a discussion about dealing with your “new normal”.

Thurs., Nov. 14, 3:00-4:00pm
Langston-Brown, 703-228-6300

Thurs., Dec. 5, noon-1pm
Walter Reed, 703-228-0955

THE FIVE PILLARS OF BRAIN HEALTH
In this interactive session, you will learn the five pillars of brain-healthy lifestyles, share brain-boosting activities and be inspired by others. Provided by the AARP Speakers Bureau, this is a good overview for people interested in improving their brain health with actionable steps.

Tues., Dec. 3, 11am-noon
Walter Reed, 703-228-0955

CHRONIC DISEASE SELF-MANAGEMENT WORKSHOP
“Half of all Americans live with at least one chronic disease, like heart disease, cancer, stroke, diabetes, or others.”
(cdc.gov) Public Health Registered Nurses Semin Hekmaty and Gelareh Bassiry will lead a six-week workshop that will provide the tools and confidence to manage your health and maintain an active and fulfilling life.

Wednesdays, Nov. 6-Dec. 11, 10am-noon (no class Nov. 27)
Arlington Mill, 703-228-7369

DIABETES AWARENESS
Keisha Lewis, Occupational Therapist and Diabetes Educator from Virginia Hospital Center will share information about the various types of Diabetes, signs and symptoms of the disease and health risks related to Diabetes.

Wed., Nov. 6, 11am-noon
Walter Reed, 703-228-0955

DIABETES PEER SUPPORT GROUP
Come together on second Mondays 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., Nov. 18 and Dec. 9, 11am-noon
Langston-Brown, 703-228-6300

ALTERNATIVE THERAPIES IN DEMENTIA CARE
A growing number of alternative therapies are being promoted to enhance the quality of life for those living with memory impairment. These include music therapy, art therapy, pet therapy and others. Nicole McMonigle Knight, Certified Dementia Practitioner and founder of Dementia Care Connections, will discuss some of the non-pharmaceutical approaches, their effectiveness and available community resources.

Thurs., Nov. 7, 11:30am-12:30pm
Lee, 703-228-0555

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

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., Dec. 18, 7-8pm
Arlington Mill, 703-228-7369

STAY ACTIVE AND INDEPENDENT FOR LIFE (SAIL)
Exercising to improve strength, balance and fitness is important to stay active and reduce the risk of falls. The SAIL curriculum includes aerobics, balance exercises, stretching routines and education. It is proven to improve balance, mobility, strength and flexibility and to reduce known risk factors for falls.

Mondays and Wednesdays, Nov. 13-Feb. 12, 1-2pm
24 sessions, #920116-01
Arlington Mill, 703-228-7369

INCLEMENT WEATHER CLOSINGS
For information on delayed openings and cancellations, call our Inclement Weather Hotline at 703-228-4715 or visit https://parks.arlingtonva.us
**Nutritious & Delicious**

**DINING OUT: HOW TO EAT SUGAR FREE**
Join a Virginia Cooperative Extension representative to learn strategies for avoiding sugar while you’re not at home.
**Mon., Nov. 18, 11am-noon**
Walter Reed, 703-228-0955

**TRENDING: IS GLUTEN-FREE HEALTHY FOR EVERYONE?**
Going gluten-free may be a big health trend, but there’s confusion over whether gluten is problematic for everyone or just those with certain medical conditions. Join Master Food Volunteers from Virginia Cooperative Extension for this informative session with food samples.
**Fri., Nov. 1, 2-3pm**
Aurora Hills, 703-228-5722

**COOKING FOR ONE OR TWO**
Many recipes are designed for large groups, but you may only need to make one or two servings. A Master Food Volunteer with the Virginia Cooperative Extension will demonstrate how to prepare a delicious, nutritious meal for one or two people.
**Tues., Nov. 12, 1:30-2:30pm**
Lee, 703-228-0555

**LIVE WELL WITH DIABETES - DIABETIC NUTRITION**
Adopting and maintaining healthful eating practices is an important part of managing diabetes. Join a Registered Dietitian from Virginia Hospital Center’s Outpatient Diabetes & Nutrition Program to hear the latest science-based nutrition recommendations for better blood sugar control and weight management.
**Mon., Nov. 18, 11am-noon**
Langston-Brown, 703-228-6300

**EAT YOUR CHEERIOS: WHAT ARE WHOLE GRAINS**
Ever wonder what it is about whole grains that makes them so whole? Why is that important? Join Virginia Cooperative Extension volunteers for recipes that include whole grains.
**Wed., Nov. 20, 11am-noon**
Arlington Mill, 703-228-7369

**NO-MEAT THANKSGIVING TASTING**
What’s Thanksgiving without turkey you say? We say no problem. Come and sample delicious vegan dishes you can offer at your next dinner party with volunteer Jennifer Weber.
**Wed., Nov. 20, 6:30-7:30pm**
Arlington Mill, 703-228-7369

**EASY HOLIDAY SIDE DISHES**
Make holiday cooking healthy and simple with these ideas for elegant holiday side dishes from Master Food Volunteers from Virginia Cooperative Extension.
**Wed., Dec. 11, 2-3pm**
Aurora Hills, 703-228-5722

**HEALTHY HOLIDAY DESSERT**
Yes, you read that correctly! A Master Food Volunteer with Virginia Cooperative Extension will demonstrate a recipe for a healthy holiday dessert. It’s delicious and guilt-free.
**Tues., Dec. 10, 1:30-2:30pm**
Lee, 703-228-0555

**COOKING WITH WINTER SQUASH**
Winter squash is a nutrient-dense fruit: a good source of minerals and antioxidants. A Master Food Volunteer with the Virginia Cooperative Extension will demonstrate a delicious squash recipe.
**Tues., Dec. 17, 11am-noon**
Langston-Brown, 703-228-6300

**THE JOY OF SOY: IS IT GOOD FOR YOU?**
Recent studies have shown the benefits of soy while other studies may show some concerns about possible health risks. Come learn the facts about this plant-based protein and how the positives may outweigh the negatives. Join Master Food Volunteers from Virginia Cooperative Extension for informative session on soy.
**Tues., Nov. 26, 11am-noon**
Langston-Brown, 703-228-6300

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**ARLINGTON FARMERS MARKETS**
**FRESH DELIGHTS AROUND ARLINGTON**

Learn about each markets’ days, location and hours @ parks.arlingtonva.us, search Farmers Market
GUIDE

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.

Commission on Aging Meeting:
Mon., Nov. 18 and Dec. 16, 9-11am
Human Services Cntr. 2100 Washington Blvd.,
703-228-1700

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:
“Medicare Update”
Fri., Nov. 15, 9:30-11am
Human Services Cntr. 2100 Washington Blvd.,
703-228-1700

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!

Tues., Nov. 12, 10-11am
Langston-Brown, 703-228-6300

Limited individual appointments available with VICAP counselors to help you compare plans for cost savings. Must call to pre-register.

Tues., Nov. 12, 11am-1pm
Langston-Brown, 703-228-6300

MEDICARE MADE SIMPLE

If you are newly eligible for Medicare or just want to know more about the Medicare benefit, attend this free presentation to learn about Medicare coverage and choices. A certified Medicare counselor from the Virginia Insurance Counseling and Assistance Program will lead this interactive session. Space is limited; pre-registration required. 703-228-1700, 703-228-1788 (TTY).

Wed., Nov. 20, 2-4pm
Human Services Cntr. 2100 Washington Blvd., 703-228-1700

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, November 6-27, 10-11am
Walter Reed, 703-228-0955

Nov 6: Maria Abbott, new ANV member and author, will talk about active aging.

Nov 13: Elisa Ortiz, Co-Chair and Bryna Helfer, County Liaison with Arlington Complete Count will describe the U.S. census effort to count every person residing in the U.S. and how the census impacts Arlington County.

Nov 20: Beth Donnelly, personal trainer and nutritionist, will discuss meal service options and how to select the best one for your needs and palate.

Nov 27: Carol Stehl, certified Yoga and Meditation teacher and Reiki practitioner, will explain mindfulness and meditation and lead the group through a guided meditation.

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.
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 60’s and 70’s. Light refreshments will be served.
Tues., Dec. 3, 6:30-7:30pm
Walter Reed, 703-228-0955

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.
Thurs., Nov. 21 and Dec. 19, 7-8:30pm

LEE LUNCH BUNCH
Meets the first Thursday of every month (excluding holidays) at a local restaurant. Newcomers are welcome and restaurant suggestions appreciated. To find out where the group is going, call 703-228-0555 for volunteer coordinator’s contact information.
Thurs., Nov. 7 and Dec. 5, 1-3pm
Lee, 703-228-0555

CELEBRATE THE SEASON

HOLIDAY KARAOKE
Join the staff at Arlington Mill for a fun holiday sing along with your favorite tunes. All languages and traditions are welcome. Be sure to wear your festive attire!
Thurs., Dec. 12, 1-2pm
Arlington Mill, 703-228-7369

MAKING OF THE GREENS
Create a holiday centerpiece or decoration at this annual event. Greenery and workspace provided; bring your own tools, foam, vase, wreath form and decorations.
Fri., Dec. 6, 1-3pm
Lee, 703-228-0555

HOLIDAY DECORATING WITH MOMS AND TOTS
55+ Members are needed to help decorate the center for the holidays and make special holiday memories with the Moms and Tots group. Enjoy holiday snacks and seeing the wonder of the holidays through the eyes young children.
Fri., Dec. 6, 10:30am-noon
Aurora Hills, 703-228-5722

HOLIDAY SING-ALONG WITH HOLIDAY TREATS
Join Langston-Brown as we celebrate the holidays with delicious treats and a fun holiday sing-along led by The Evergreens Duo. Must pre-register by Dec. 11.
Mon., Dec. 16, 11am-noon
Langston-Brown, 703-228-6300

COZY UP WITH COFFEE AND CROSSWORDS
Drop in for coffee, conversation, crosswords and other puzzles. Fellowship and fun while working together on a variety of puzzles.
Fridays, 10-11:30am
Aurora Hills, 703-228-5722

COFFEE KLATCH
Start your week off right with coffee, conversation and delicious sweets. Sponsored by the Lee-Madison Advisory Committee. Get to know your neighbors.
Mondays, 10-11am
Lee, 228-0555

HOLIDAY CARD EMBOSING
Create beautiful works of art to gift to family and friends this holiday season. Library Associate Jennifer from Columbia Pike Branch Library will provide the know-how and supplies.
Thurs., Nov. 21, 1-3pm
Walter Reed, 703-228-0955

ENCORE CHORALE HOLIDAY CONCERT
Get in the holiday spirit as our own Langston-Brown Encore Chorale is joined by other chorales performing holiday classics and seasonal favorites. Bring the family and make an annual tradition to celebrate the holidays and our singers. No tickets required; for more information or weather updates, call 301-261-4757 or go to encorecreativity.org. Free.
Fri., Dec. 20, 7:30-8:30pm
Wakefield High School, 1325 S Dinwiddie St, 22206
703-228-4878

HOLIDAY DECORATING WITH MOMS AND TOTS
55+ Members are needed to help decorate the center for the holidays and make special holiday memories with the Moms and Tots group. Enjoy holiday snacks and seeing the wonder of the holidays through the eyes young children.
Fri., Dec. 6, 10:30am-noon
Aurora Hills, 703-228-5722

HOLIDAY SING-ALONG WITH HOLIDAY TREATS
Join Langston-Brown as we celebrate the holidays with delicious treats and a fun holiday sing-along led by The Evergreens Duo. Must pre-register by Dec. 11.
Mon., Dec. 16, 11am-noon
Langston-Brown, 703-228-6300

NEW YEAR’S EVE LUNCHEON
Ring in 2020 at our 55+ New Year’s Party sponsored by the Senior Adult Council, the Alliance for Arlington Senior Programs and the Office of Senior Adult Programs. The celebration includes a delicious Irish buffet, music, champagne toast and entertainment. Invite a newcomer, meet new 55+ friends and reunite with ‘auld acquaintances’ at this annual event. $30 per person (non-refundable) fee includes meal, tea or coffee, gratuity, entertainment and party favors.
Must pre-register by Dec. 11; call 703-228-4771
Tues., Dec. 31, 11:30am-2pm
Celtic House, 2500 Columbia Pike, 22202
services

HEARING LOSS INFORMATION AND 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 devices. Must call to schedule an individual appointment.
Tues., Nov. 19, 10am-2pm
Lee, 703-228-0555

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 Call LSNV directly at 703-778-6800 to schedule appointment and complete pre-screening.
Thurs, Dec. 5, 9:30-11:30am
Langston-Brown, 703-228-6300

Tues, Nov. 26, 10-11am
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., Nov 21 and Dec 19, 9:30-11am
Walter Reed, 703-228-0955

MEMORY SCREENINGS
Sign up for a free, one-on-one memory screening conducted by Lindsey Vajpeyi of Insight Memory Care Center. Must call by Nov. 6 to schedule individual appointment.
Fri., Nov. 8, 10am-noon
Aurora Hills, 703-228-5722

Sign up for a FREE, one-on-one memory screening conducted by Lindsey Vajpeyi of Insight Memory Care Center. Must call by Nov. 12 to schedule individual appointment.
Thurs., Nov. 14, noon - 3pm
Lee, 703-228-0555

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. Space limited; must pre-register at https://registration. Arlingtonva.us or phone 703-228-4747. $15 for AARP members, $20 for non-members.

Wed. and Thurs., Dec. 18 and 19, 9am-1pm
2 sessions, #920001-12
Arlington Mill, 703-228-7369
Thurs., Nov. 14, 10am-6pm
1 session, #920001-11
Madison, 703-228-0556

Subscribe to PARKS eNews!
Arlington offers art, nature, recreation and sports newsletters that keep you informed on upcoming events and provide great resources as well as timely information.
Subscribe @ PARKS.ARLINGTONVA.US
NARFE INVITES YOU
Chapter 7 of National Active and Retired Federal Employees (NARFE) invites you to attend their monthly meetings. In November, a representative of Blue Cross Blue Shield will discuss the Federal Employees Health Benefit Plan 2020.
Wed., Nov. 13, 12:30-2pm
Walter Reed, 703-228-0955

CULPEPPER GARDEN FUNDRAISER
60s Rock Around the Block Dance Party
Fundraiser for Culpepper Garden nonprofit senior residence: music and dancing, silent auction, drinks, snacks, prizes. For tickets and information go to https://rock4culpepper.bpt.me.
Sat., Nov. 16, 7-10pm
Unitarian Universalist Church, 4444 Arlington Blvd. 22204

LEGISLATIVE FORUM ON AGING ISSUES
Meet your State Legislators and help advance legislation that impacts older adults. Elected officials from Arlington and Alexandria welcome you to discuss your concerns as they plan for the 2020 General Assembly. Sponsored by the Commissions on Aging of Arlington and Alexandria. For more information email arlaaa@arlingtonva.us
Thurs., Nov. 7, 9:45-11:30am
Fairlington, 703-228-1747

UNDERSTANDING ELDER ABUSE AND YOUR ROLE IN INTERVENTION
Learn the warning signs, impact on health and wellness, mandatory reporting obligations and available resources. Interactive training presented by Arlington’s Aging and Disability Services Division.
Wed., Nov. 20, noon-1pm
Human Services Center, 2100 Washington Blvd., 703-228-1700

VOLUNTEERS NEEDED:
INTERGENERATIONAL STORY TIME
The Aurora Hills Advisory Committee is seeking volunteers to share their love of reading with children. Weekly stories offer a wonderful intergenerational experience that’s rewarding and fun.
Mondays, Nov. 18-Dec. 9, 1-1:30pm
Aurora Hills, 703-228-5722

IN MEMORIAM
AUDREY HILLS
SUSAN LARGE

CONGRATS TO NVSO PARTICIPANTS
BIG CROWD CHEERS ON OLYMPIANS
It was standing room only at the opening day of the 2019 Northern Virginia Senior Olympics, Saturday, September 14 at the Thomas Jefferson Community Center. Following a Color Guard presentation, the singing of the National Anthem and the Olympic torch carried by 86-year old Arlingtonian Alease Brooks, Christian Dorsey, Chair, Arlington County Board, enthusiastically welcomed participants from eight Northern Virginia jurisdictions. Also in attendance were Dept. of Parks and Recreation officials from Arlington County, Fauquier County, Fairfax County and Alexandria. After the opening festivities, track and rowing events took place. Diving competition was held later in the afternoon at the Yorktown High School pool. Over 900 adults competed in over 60 events held through Saturday, Sept. 28. Arlington had a 10% increase in participation with 168- many of whom competed in more than one event. Arlington also hosted nine other events. Results are available at www.nvso.us or at 55+ centers.
For more information, call 703-228-4721 or email nso1982@gmail.com.
November Events

Friday, November 1
- Spellbinding Storytellers, 9:30-11am, LB, p. 14
- Iphone and Ipad Basics Class, 10-11:30am, WR, p. 16
- 55+ Book Club, noon-1pm, Central Library, p. 17
- Social Ballroom Dance, 1-3pm, LEE, p. 23
- The Play's the Thing, 1:30-3pm, AH, p. 14
- Is Gluten-Free Healthy for Everyone? 2-3pm, AH, p. 25

Monday, November 4
- Current Events, 10-11:30am, WR, p. 17
- Jeopardy, 10:30-11:15am, WR, p. 18
- Scrabble, 11am-12:30pm, LEE, p. 19
- All About Bulbs, 1-2pm, AH, p. 15
- Folk Music Sing-Along, 1:30-3:30pm, LEE, p. 21

Tuesday, November 5
- Book Club, 11:15am-12:30pm, LEE, p. 17

Wednesday, November 6
- Mac, Ipad, Iphone Tutoring, 10am-12:15pm, AH, p. 16
- Diabetes Awareness, 11am-noon, WR, p. 24
- Ukulele, 11am-noon, WR, p. 21
- 55+ Arts & Crafts Exhibit, 11am-2pm, LB, p. 13
- Local History Discussion Group, 12:30-1:45pm, LEE, p. 17
- Endless War: In Afghanistan, 12:30pm-2:30pm, AH, p. 15
- Famous Artists Techniques, 4:30-5:30pm, LB, p. 13
- Poker Basics, 6:30-8pm, AM, p. 18

Thursday, November 7
- English Conversation, 9:50-10:40am, WR, p. 19
- Russki Musicanti, 11am-noon, AM, p. 4
- Alternative Therapies Dementia, 11:30am-12:30pm, LEE, p. 24
- History Discussion Group, 1-2:30pm, WR, p. 17
- Beading Bunch, 1-2:30pm, LEE
- Lunch Bunch, 1-3pm, LEE, p. 27

Friday, November 8
- Memory Screenings, 10am-noon, AH, p. 28
- Artventures, 1-3pm, AH, p. 13
- Computer Help, 4-5:30pm, WR, p. 16

Tuesday, November 12
- Making the Most of Medicare, 10-11am, LB, p. 26
- The Merrymakers, 10am-2pm, WR, p. 22
- Making the Most of Medicare, 11am-1pm, LB, p. 26
- History Roundtable, 11:15am-12:30pm, LEE, p. 17
- Writers Sessions, 11:30am-1pm, LEE, p. 14
- Vietnam Soldiers Panel, 1-3pm, WR, p. 15
- Cooking for One or Two, 1:30-2:30pm, LEE, p. 25

Wednesday, November 13
- Mac, Ipad, Iphone Tutoring, 9:30-11:45am, WR, p. 16
- The Study of Words, 10:30-11:45am, LEE, p. 17
- NARFE Invites You, 12:30-2pm, WR, p. 29
- Ready to Downsize?, 1-2pm, LB, p. 15
- 1969 Jeopardy, 1-2pm, WR, p. 18
- Basic Drawing, 1-2:30pm, AH, p. 13
- Reel Page Turners (Book Discussion), 1-30-2:30pm, LEE, p. 17
- Yelp & Opentable, 6:30-8pm, AM, p. 16

Thursday, November 14
- Memory Screenings, noon-3pm, LEE, AH, p. 28
- History Discussion Group, 1-2:30pm, WR, p. 17
- Game Night, 4-7pm, WR, p. 19

Friday, November 15
- Services for Older Persons, 9:30-11am, Human Svcs Cntr, p. 26
- Open Latin Dance, 10am-noon, AM, p. 23
- Artventures, 1-3pm, WR, p. 13
- Social Ballroom Dance, 1-3pm, LEE, p. 23

Sunday, November 17
- Social Art Swap, 1:30-3:30pm, AM, p. 14

Monday, November 18
- Commission on Aging, 9-11am, Human Services Center, p. 26
- Fisherman’s Forum, 10-11am, WR, p. 17
- Current Events, 10-11:30am, WR, p. 17
- Jeopardy, 10:30-11:15am, WR, p. 18
- Dining Out: How to Eat Sugar Free, 11am-noon, WR, p. 25
- Live Well – Diabetic Nutrition, 11am-noon, LB, p. 25
- Scrabble, 11am-12:30pm, LEE, p. 19
- Diabetes Peer Support Group, 11am-noon, LB, p. 24
- 55+ Garden Group, 1-2:30pm, WR, p 17
- Autumn Acoustic Hour, 2-3pm, AH, p. 4

Tuesday, November 19
- Hearing Loss Information & Screenings, 10am-2pm, LEE, p. 28
- Protecting Yourself from Identity Theft, 11am-noon, LB, p. 16
- Rubber Stampers, 11:30am-3pm, LEE
- Ukulele, 4:30-5:30pm, WR, p. 21
- Acoustic Café, 7-8:30pm, WR, p. 4

Wednesday, November 20
- Mac, Ipad, Iphone Tutoring, 10am-12:15pm, AH, p. 16
- Cheerios: What Are Whole Grains, 11am-noon, AM, p. 25
- Ukulele, 11am-noon, WR, p. 21
- Basic Drawing, 1-2:30pm, AH, p. 13
- Reel Page Turners (Film), 1-30-3:30pm, Westover Lib., p. 17
- Medicare Made Simple, 2-4pm, Human Services Center, p. 26
- No-Meat Thanksgiving Tasting, 6:30-7:30pm, AM, p. 25

Thursday, November 21
- English Conversation, 9:50-10:40am, WR, p. 19
- Blood Pressure Clinic, 9:30-11am, WR, p. 28
- AARP Homefit Workshop, 11am-noon, LB, p. 15
- History Discussion Group, 1-2:30pm, WR, p. 17
- Beading Bunch, 1-2:30pm, LEE
- Holiday Card Embossing, 1-3pm, WR, p. 27
- What Is the Cloud? 2-3pm, AM, p. 16
- 55+ Foodies, 7-8:30pm, p. 27
- Firehouse Jam, 7-9pm. WR, p. 22

Friday, November 22
- Romance and Relationship Scams, 11m-noon, WR, p. 15
- Arthur B Davies Remembered, 11:30am-12:30pm, LEE, p. 13
- Social Ballroom Dance, 1-3pm, AM p. 23

Monday, November 25
- Trivial Pursuit, 11am-1pm, LEE, p. 19
- Book Club, 12:15-1:30pm, AH, p. 17

Tuesday, November 26
- Legal Services of Northern VA, 10-11am, WR p. 28
- The Merrymakers, 10am-2pm, WR, p. 22
- The Joy of Soy: Is It Good for Your?, 11am-noon, LB, p. 25
- Comedy Club, 11:30am-12:30pm, AH, p. 21
- Genealogy 101, 11:30am-1:30pm, LEE, p. 21

Wednesday, November 27
- Mac, Ipad, Iphone Tutoring, 9:30-11:45am, WR, p. 16
DECEMBER EVENTS

Monday, December 2
• Current Events, 10-11:30am, WR, p. 17
• Jeopardy, 10:30-11:15am, WR, p. 18
• Scrabble, 11am-12:30pm, LEE, p. 19
• Estate Planning, Blended Families & Divorce, 1-2:15pm, LEE, p. 16
• Folk Music Sing-Along, 1:30-3:30pm, LEE, p. 21

Tuesday, December 3
• The Basics of Essential Oils, 11am-noon, LB, p. 15
• How to Let Go and Be Present, 11am-noon, AM, p. 24
• The Five Pillars of Brain Health, 11am-noon, WR, p. 24
• Book Club, 11:15am-12:30pm, LEE, p. 17
• Ukulele, 4:30-5:30pm, WR, p. 21
• Name that Tune, 6:30-7:30pm, WR, p. 27

Wednesday, December 4
• Mac, Ipad, Iphone Tutoring, 10am-12:15pm, AH, p. 16
• Pet Adoption Options, 10:30 – 11am, WR, p. 15
• Ukulele, 11am-noon, WR, p. 21
• Local History Discussion Group, 12:30-1:45pm, LEE, p. 17
• Travel Gurus: River Cruises in Europe, 1-2pm, AH, p. 15
• Pinterest 101, 6:30-7:30pm, AM, p. 16

Thursday, December 5
• English Conversation, 9:50-10:40am, WR, p. 19
• Legal Services of Northern VA, 10:30-11:30am, LB, p. 28
• How to Let Go and Be Present, 11am-noon, AM, p. 24
• Must-Read Books,11:30am-12:30pm, LEE, p.15
• The Holidays Will be Different, noon-1pm, WR, p. 24
• Beading Bunch, 1-2:30pm, LEE
• Lunch Bunch, 1-3pm, LEE, p. 27

Friday, December 6
• Spellbinding Storytellers, 9:30-11am, LB, p. 14
• Holiday Decorating with Moms & Tots, 10:30am-noon, AH, p. 27
• Uber & Lyft, 11am-noon, AM, p. 16
• 55+ Book Club, noon-1pm, Central Library, p. 17
• Making of The Greens, 1-3pm, LEE, p. 27
• Artventures, 1-3pm, AH, p. 13
• Social Ballroom Dance, 1-3pm, LEE, p. 23

Monday, December 9
• Fisherman’s Forum, 10-11am, WR, p. 17
• Diabetes Peer Support Group, 11am-noon, LB, p. 24
• Easy Holiday Side Dishes, 11am-noon, WR, p. 25
• Trivial Pursuit, 11am-1pm, LEE, p. 19

Tuesday, December 10
• The Merrymakers, 10am-2pm, WR, p. 22
• History Roundtable, 11:15am-12:30pm, LEE, p. 17
• Writers Sessions, 11:30am-1pm, LEE, p. 14
• Personal Safety, 1-2pm, AM, p. 16
• Healthy Holiday Dessert, 1:30-2:30pm, LEE, p. 25

Wednesday, December 11
• Mac, Ipad, Iphone Tutoring, 9:30-11:45am, WR, p. 16
• The Study of Words, 10:30-11:45am, LEE, p. 17
• Easy Holiday Side Dishes, 2-3pm, AH, p. 25
• Singles Night, 6:30-8pm, AM, p. 4

Thursday, December 12
• Health Directives and Wills, 11am-noon, LB, p. 16
• Holiday Karaoke, 1-2pm, AM, p. 27
• Game Night, 4-7pm, WR, p. 19

Friday, December 13
• New Year’s Resolution: Vision Boards, 1-2pm, AM, p. 15
• Artventures, 1-3pm, WR, p. 13
• The Play’s the Thing, 1:30-3pm, AH, p. 14
• Computer Help, 4-5:30pm, WR, p. 16
• Secrets Revealed: Famous Artists Techniques, 4:30-5:30pm, LB, p. 13

Saturday, December 15
• Social Art Swap, 1-3:30pm, AM, p. 14

Sunday, December 16
• Commission on Aging, 9-11am, Human Services Center, p. 26
• Current Events, 10-11:30am, WR, p. 17
• Jeopardy, 10:30-11:15am, WR, p. 18
• Holiday Sing-Along With Treats, 11am-noon, LB, p. 27
• Scrabble, 11am-12:30pm, LEE, p. 19
• Book Club, 12:15-1:30pm, AH, p. 17

Tuesday, December 17
• Cooking with Winter Squash, 11am-noon, LB, p. 25
• Genealogy 101, 11:30am-1:30pm, LEE, p. 21
• Rubber Stamps, 11:30am-3pm, LEE
• Autumn Acoustic Hour, 2-3pm, AH, p. 4
• Ukulele, 4:30-5:30pm, WR, p. 21

Wednesday, December 18
• Mac, Ipad, Iphone Tutoring, 10am-12:15pm, AH, p. 16
• Pet Adoption Options, 10:30 – 11am, WR, p. 15
• Local History Discussion Group, 12:30-1:45pm, LEE, p. 17
• Travel Gurus: River Cruises in Europe, 1-2pm, AH, p. 15
• Pinterest 101, 6:30-7:30pm, AM, p. 16

Thursday, December 19
• Blood Pressure Clinic, 9:30-11am, WR, p. 28
• Beading Bunch, 1-2:30pm, LEE
• Lunch Bunch, 1-3pm, LEE, p. 27

Friday, December 20
• Open Latin Dance, 10am-noon, AM, p. 23
• Social Ballroom Dance, 1-3pm, LEE, p. 23
• Encore Chorale Holiday Concert, 7:30-8:30pm, Wakefield HS, p. 4

Monday, December 23
• Trivial Pursuit, 11am-1pm, LEE, p. 19

Tuesday, December 24
• Color Your World – Holiday Edition, 1:30-2:30pm, LEE, p. 13
• Game Night, 4-7pm, WR, p. 19

Friday, December 27
• Social Ballroom Dance, 1-3pm, AM, p. 23

Tuesday, December 31
• New Year’s Eve Luncheon, 11:30am-2pm, Celtic House, p. 20

All 55+ Centers will be closed on the following days
November 11, 28, 29, December 25 and January 1
DECEMBER TRIPS See p. 35 for registration & details.

Mon., Dec. 2 – Decatur House/ St. Johns Church/ Renwick Gallery
Washington, DC: First, we tour the Decatur House, one of the oldest surviving homes in DC, and one of only three remaining residential buildings designed by Benjamin Henry Latrobe, the father of American architecture. Known as “The Church of the Presidents,” St. John’s Episcopal Church has served as the chapel to the White House for nearly two centuries. Lastly, we tour the Renwick Gallery focuses on American craft and decorative arts from the 19th to the 21st century. MAD 11:30 am, BAR 11:45 am, return 6:15 pm $14 resident/ $16 non-resident, 901912-01

Tues., Dec. 3 – Miracle on 34th St.
Baltimore, MD: This Christmas tradition began in 1947, when a spirited teenager decided to adorn his lawn with luminous holiday decorations. This small gesture grew into a Christmas spectacle where all the residents of 34th Street decorate their homes. Early dinner at 3:45pm at the Inner Harbor (own your own). Outdoor event, please dress accordingly.
LEE 1:40 pm, WR 2:00 pm, return 11:00 pm $10 resident/ $12 non-resident, 901912-02

Thurs., Dec. 5 – MGM National Harbor
National Harbor, MD: MGM National Harbor is where excitement is a sure bet, where thrills happen on the stage and as often at the gaming tables. Plenty of shopping and dining nearby.
MAD 11:05 am, BAR 11:30 am, return 5:45 pm $6 resident/ $7 non-resident, 901912-03

Fri., Dec. 6 – “The Illusionist” at National Theater
Washington, DC: Guaranteed to astound, baffle and entertain, this magic spectacular on a scale unlike anything you’ve ever seen before Packed full of death defying stunts and set pieces that bring the art of magic right up to date. Early Registration MAD 6:05 pm, BAR 6:30 pm, return 11:45 pm (subject to change) $102 resident/ $117 non-resident, 901912-04

Sat., Dec. 7 – 2019 American Holiday Festival at DAR
Washington, DC: American Holiday Festival. Deck the halls! The annual kick-off concert for the holiday season performed by The U.S. Army Band “Pershing’s Own”.
LEE 1:10 pm, WR 1:30 pm, return 5:15 pm $5 resident/ $6 non-resident, 901912-05

Sun., Dec. 8 – 2019 American Holiday Festival at DAR
Washington, DC: See Sat., December 7th description. MAD 1:05 pm, BAR 1:30 pm, return 5:15 pm $5 resident/ $6 non-resident, 901912-06

Tues., Dec. 10 – Festival of Lights Bus Tour
Upper Marlboro, MD: The festival season is upon us. Seize your opportunity to tour three different light shows, Festival of Lights at Watkins Park, Christmas Light show at Merriweather Pavilion, and Winter lights at Seneca Creek State Park. You may bring dinner to eat on the bus.
MAD 4:05 pm, BAR 4:30 pm, return 10:00 pm $12 resident/ $14 non-resident, 901912-07

Wed., Dec. 11 – “Riverside Christmas Spectacular” at Riverside Center
Fredricksburg, VA: Escape the hustle and stress and rekindle your Christmas spirit at Riverside Center with this glittering celebration of everything that makes this “the most wonderful time of the year”! All your favorite songs and music! Price includes meal. Early Registration LEE 9:50 am, WR 10:10 am, return 5:15 pm $69 resident/ $79 non-resident, 901912-08

Fri., Dec. 13 – National Museum of African American History and Culture
Washington, DC: There are 85,000 square feet of exhibition space, nearly 3000 objects, 12 exhibitions, 13 different interactives with 17 stations, and 183 videos housed on five floors covering the history and culture of African Americans. Lunch on your own at the museum.
MAD 8:35 am, GUN 9:00 am, return 3:45 pm $6 resident/ $7 non-resident, 901912-09

Sat., Dec. 14 – “Fiddler on The Roof” at the National Theater
Washington, DC: Tony-winning director Bartlett Sher brings a fresh and authentic vision to beloved theatrical masterpiece Fiddler On The Roof. You’ll be there when the sun rises on this new production, with stunning movement and dance from acclaimed Israeli choreographer Hofesh Shechter. Early Registration LEE 12:10 pm, WR 12:30 pm, return 6:00 pm $110 resident/ $127 non-resident, 901912-10

MAD 11:05 am, BAR 11:30 am, return 5:45 pm $6 resident/ $7 non-resident, 901912-03

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Sun., Dec. 15 – Baltimore Symphony Orchestra
Cirque Nutcracker
Baltimore, MD: Troupe Vertigo’s acrobats, jugglers and high-flying aerialists join the BSO for this spectacular twist on Tchaikovsky’s holiday classic. Lunch (included in price) at Sabatino’s - serving delicious Italian fare since 1955! Early Registration
MAD 9:20 am, BAR 9:45 am, return 7:30 pm (subject to change)
$102 resident/ $117 non-resident, 901912-11

Mon., Dec. 16th – Dominion GardenFest of Lights at
Lewis Ginter Botanical Garden
Richmond, VA: A holiday tradition featuring one million twinkling lights, handcrafted botanical decorations, model trains, holiday dinners, fireplace with s’mores and hot chocolate for purchase, nightly activities and more. The region’s ultimate holiday extravaganza!
MAD 12:35 pm, BAR 1:00 pm, return 11:15 pm
$56 resident/ $64 non-resident, 901912-12

Wed., Dec. 18 – Reynolds Tavern Tea
Annapolis, MD: Enjoy a Colonial High Tea with your 55+ travel friends. Some stairs.
LEE 1:25 pm, WR 1:45 pm, return 6:15 pm
$43 resident/ $50 non-resident, 901912-13

Thurs., Dec. 19 – International Spy Museum-New
Washington, DC: The new International Spy Museum is dedicated to the tradecraft, history and contemporary role of espionage, featuring the largest collection of international espionage artifacts on public display.
LEE 1:25 pm, WR 1:45 pm, return 6:15 pm
$22 resident/ $25 non-resident, 901912-14

Sun., Dec. 22 – Mt. Vernon Candlelight Tour
Alexandria, VA: Join us for a candlelit tour and learn more about holiday traditions in 18th-century Virginia.
Dinner at the Mt Vernon Inn included in the price. Please call 703-228-4748 with your menu choice.
Choices are: 1. Chicken Florentine, 2. Sundried Tomato Crusted Snapper or 3. Vegetable Scampi.
LEE 3:45 pm, WR 4:05 pm, return 10:00 pm
$89 resident/ $102 non-resident, 901912-15

Sat., Dec. 28 – National Museum of American Jewish History
Philadelphia, PA: We’ll begin at Rittenhouse Square for lunch, on your own. Then we’ll explore the NMAJH to view all the exhibits, including the special exhibit on The Notorious RBG: The Life and Times of Ruth Bader Ginsburg.
MAD 6:35 am, BAR 7:00 am, return 9:00 pm
$75 resident/ $86 non-resident, 901912-16

Mon., Dec. 30 – US Botanic Garden Holiday Show
Washington, DC: Explore botanic gardens from Hawaii to Maine in this year’s Season’s Greenings holiday show! Plant based recreations of conservatories, fountains, and sculptures will fill the model train room. Lunch on your own at Union Market.
MAD 9:05 am, GUN 9:30 am, return 4:45 pm
$8 resident/ $9 non-resident, 901912-17

JANUARY TRIPS See page 35 for details.

Wed., Jan. 1 – “Come from Away” at The Kennedy Center
Washington, DC: On September 11, 2001 as the horror of the terror attacks became apparent, the US closed its airspace, grounding thousands of passenger jets. Thirty-eight passengers landed in Gander, a Newfoundland town with a population of just 9,000 people. This musical focuses on a single set of passengers from one flight and the Gander residents who welcomed them into their homes. Early Registration
LEE 12:40 pm, WR 1:00 pm, return 5:00 pm (subject to change)
$91 resident/ $105 non-resident, 902001-01

Sat., Jan. 4 – “Jersey Boys” at The National Theater
Washington, DC: Jersey Boys is a 2005 jukebox musical with music by Bob Gaudio, lyrics by Bob Crewe, and book by Marshall Brickman and Rick Elice. It is presented in a documentary-style format that dramatizes the formation, success and eventual breakup of the 1960s rock ‘n’ roll group, The Four Seasons. Early Registration
LEE 12:10 pm, WR 12:30 pm, return 4:15 pm (subject to change)
$118 resident/ $136 non-resident, 902001-02

Tues., Jan. 7 – Maryland Live! Casino
Baltimore, MD: Go Big, play big, win big at Live! – one of the biggest casinos in the country. Spin and win on one of 4,000 of the latest, high tech slots. Place your bets on one of the table games!
BAR 10:50 am, MAD 11:15 am, return 6:15 pm
$9 resident/ $10 non-resident, 902001-03

Thurs., Jan. 9 – Mrs. K’s Tollhouse Restaurant
Washington, DC: Mrs. K’s Toll House Restaurant is situated in the last operating tollhouse in Montgomery County. Just like modern day tollgates, travelers would stop and pay a toll before using the privately-owned road. Now, it’s a great gathering place for enjoying a wonderful meal. Lunch on your own off the menu. Some stairs.
GUN 9:55 am, MAD 10:20 am, return 2:00 pm
$8 resident/ $9 non-resident, 902001-04

Sat., Jan. 11 – “My Fair Lady” at The Kennedy Center
Washington, DC: Probably the most famous musical of all time! At the turn of the 20th century in London, Eliza Doolittle, a Cockney flower seller, is determined to transform her into his idea of a “proper lady.” Early Registration
LEE 12:10 pm, WR 12:30 pm, return 5:00 pm (subject to change)
$131 resident/ $151 non-resident, 902001-05
Sun., Jan. 12 – Blue Grass Barn at Frying Pan Farm Park
Fairfax, VA: Bluegrass Barn is American bluegrass music on a farm. It’s a winter concert series and a celebration of some of the best bluegrass music in the mid-Atlantic area. Concerts are indoors in the auditorium at the Frying Pan Farm Park Visitor Center.
WR 4:40 pm, LEE 5:00 pm, return 10:15 pm
$28 resident/ $32 non-resident, 902001-06

Wed., Jan. 15 – American Visionary Museum
Baltimore, MD: Enjoy all the exhibits and especially the featured artist, Esther Nisenthal Krinitz who grew up in rural Poland. Her talents as a seamstress were recognized by her entire village. At 15 yrs old, she and her sister escaped being caught by the Nazi’s. She has told her story in her beautifully sewn works of art. Early Dinner at the Inner Harbor.
BAR 7:50 am, MAD 8:15 am, return 6:15 pm
$21 resident/ $24 non-resident, 902001-07

Fri., Jan. 17 – Lady Camilla Tea
Washington, DC: Enjoy the Tea Celebration with tea sandwiches, scones, croissants, pastries and more. Sure to delight your tummy. Some stairs.
MAD 10:20 am, GUN 10:45 am, return 2:45 pm
$61 resident/ $70 non-resident, 902001-08

Sat., Jan. 18 – Tour The REACH at The Kennedy Center
Washington, DC: Join up to tour DC’s newest cultural landmark, The REACH! The vision, “The REACH is a living theater where diverse art forms collide to break down the boundaries between audience and art. It is an immersive learning center, a public incubator, and a set of dynamic, collaborative spaces where art happens so close audiences can reach out and touch it. Envisioned as a complement to, and extension of, the Kennedy Center’s mission, the REACH is an open stage for differing ideas and divergent cultures, delivering on a vision for what a 21st century arts center should be—inclusive, accessible, and interactive”. Afterwards, lunch on your own in Shirlington. (Limited spaces)
LEE 9:55 am, WR10:15 am, return 3:00 pm
$7 resident/ $8 non-resident, 902001-09

Wed., Jan. 29 – Organization of American States
Tour and Art Museum of the Americas
Washington, DC: The Organization of American States is the world’s oldest regional organization, dating back to the First International Conference of American States, held in Washington, D.C., from October 1889 to April 1890. Early dinner (3pm) afterwards in Shirlington (on your own).
MAD 9:40 am, BAR 10:00 am, return 5:00 pm
$20 resident/ $23 non-resident, 902001-11

Fri., Jan. 31 – NSO Coffee Concert at The Kennedy Center/ Honeck/ Lugansky
Washington, DC: Manfred Honeck returns to conduct Resurrexit, a piece by Mason Bates. Lugansky will perform Mozart’s stormy Piano Concerto No. 24 and more. A pure delight to your ears. A la carte breakfast available for purchase prior to the performance.
LEE 8:40 am, WR 9:00 am, return 1:45 pm (subject to change)
$29 resident/ $31 non-resident, 902001-12

ADVENTURE TRAVEL
Sat., Jan. 25 – Snow Tubing at Whitetail Resort
Mercersburg, PA: Enjoy two hours of snow tubing at Whitetail Resort! Race down one of their 16 tubing lanes solo or link up with together with friends. Slip inside and enjoy a nice cup of cocoa or stay by the outdoor patio. Ticket includes use of snow tube, tubing lift, and tubing runs. The resort has a full service restaurant, food courts and various snack opportunities to dine on your own. (Please note: Whitetail Resort requires a signed waiver and liability release form to be completed by you prior to the tour. DPR-Arlington County is not requiring you to participate or sign the release form).
BAR 8:10 am, MAD 8:35 am, return 6:00 pm
$42 resident/ $48 non-resident, 902001-13

Tues., Jan. 21 – Smithsonian National Air & Space Museum/ Udvar-Hazy Center
Washington, DC: The Smithsonian’s National Air and Space Museum helps lead the way in the national celebration of the 50th anniversary of the Apollo missions. With their renowned collection and expertise, they hope to spark a national conversation about the past, present, and future of innovation and exploration. Afterwards, we head to the Udvar Hazy Center. Lunch on your own at the museum.
LEE 9:10 am, WR 9:30 am, return 6:15 pm
$7 resident/ $8 non-resident, 902001-10
Don't Wait! Registration has already opened for the following trips, and there may be space available:
- Nov. 1 – NSO Concert
- Nov. 2 – Sultana’s Downrigger Festival
- Nov. 4 – Hagerstown Prime Outlets
- Nov. 5 – Dover Downs Casino
- Nov. 6 – John Phillip Sousa’s Birthday Celebration
- Nov. 8 – Northern Virginia Christmas Market
- Nov. 9 – Western Maryland Scenic Railroad Fall Foliage Tour
- Nov. 10 – Maryland Irish Festival
- Nov. 13 – “Singing in the Rain” at the Olney Theater
- Nov. 14 – Serenity Tearoom
- Nov. 15 – Dutch Village Farmers Market
- Nov. 16 – “Occupant” at Theater J
- Nov. 18 – National Museum of History and Culture
- Nov. 20 – Edward Hopper and the American Hotel at VMFA
- Nov. 22 – Eastern State Penitentiary Tour
- Nov. 25 – Metropolitan Museum of Art
- Nov. 28 – Dutch’s Daughter Thanksgiving Dinner
- Nov. 30 – Radio City Christmas Spectacular

Early Registration for Trips
Early Registration begins Mon., Nov. 4 for Arlington residents and Tues., Nov. 5 for non-residents. To register, call 703-228-4748 or register online (registration.arlingtonva.us) at 10am.
- Dec. 6 – “The Illusionist” @ The National Theater
- Dec. 11 – “Riverside Christmas Spectacular” @ Riverside Center
- Dec. 14 – “Fiddler on the Roof” @ The National Theater
- Jan. 1 – “Come from Away” @ The Kennedy Center
- Jan. 4 – “Jersey Boys” @ The National Theater
- Jan. 11 – “My Fair Lady” @ The Kennedy Center

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

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**55+ 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**
755 S. 18th Street., 22202
703-228-5722
Lila Paig
lpaig@arlingtonva.us
M-F: 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-F: 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

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**ACTIVITY & TRIP PICK-UP SITES**

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

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

**MAD - Madison**
3829 N. Stafford St., 22207
703-228-4747 (option 3) or 703-228-5310

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

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