

# THE VOICE OF THE HILLS

Register online at <https://registration.arlingtonva.us>, by phone at 703-228-4747 or by mail. Send check (payable to Arlington County Treasurer) to Registration Office, 3700 S. Four Mile Run, Arlington, VA 22206. You may also register in person at any Arlington County Senior Center. Arlington County no longer accepts American Express. Return Check Fee: \$50.

We ask that you let us know if you are planning to attend a program, but drop-ins are always welcome!

## ONGOING PROGRAMS:

**Gentle Hatha Yoga – \$25/5 sessions**  
Mondays, Mar. 16– May 18, 10-11am

**Gentle Hatha Yoga – \$30/6 sessions**  
Wednesdays, Mar. 18- May 20, 10-11am

**Comedy Club –**  
Wed., Mar. 18, 11:30am-12:30pm

**The Play's the Thing –**  
Fridays, Mar. 20, 1:30-3pm

**“Fast Forwards” Walking Group -**  
Mar. 13, 20, 27 9-10:30am

**Cardio Tone Exercise Classes – \$60/15 classes**  
Tuesdays, 9:30-10:30am & Thursdays, 11am-12pm

**Mah Jongg-**  
Mondays, 10:30am-12:30pm

**Tai Chi Practice – Participant Self-Led**  
Mondays, 2-3pm

**Line Dancing –**  
Fridays, 10:30-11:30am

**Duplicate Bridge (Sanctioned) - \$60/10 games**  
Wednesdays, 10am-1:30pm

**Foursome/Social Bridge**  
Wednesdays, 10am-1:30pm

**Yarn Crafters –**  
Mondays, 10am-12:30pm

**Learn Mac, iPhone, iPad –**  
Wednesdays, Mar. 4, 18 (by appt. only)

## 55+ Travel:

To sign up for a trip, please visit the Travel Office online or call 703-228-4748. More information can be found in the 55+ Guide.

## Fee Reduction:

You may qualify for fee reductions based on household income and size. For information on eligibility and how to apply, search “fee reduction” at [www.arlingtonva.us](http://www.arlingtonva.us), call 703-228-4747, or speak to senior center staff.

## Transportation Options

**Taxi**—Arlington County Senior Adult Transportation (SCAT) \$2.50 each way, call 703-892-8747 for an application

**Metro Bus:** 10A; **Metro:** Blue & Yellow Lines to Pentagon City (0.4 mile)



## NEXT ADVISORY COMMITTEE MEETING:

Monday, March 2, 2020  
11:30-1pm

ARLINGTON COUNTY DEPARTMENT OF PARKS AND RECREATION

OFFICE OF SENIOR ADULT PROGRAMS [parks.arlingtonva.us](http://parks.arlingtonva.us)

# Aurora Hills 55+ Center

735 S. 18<sup>th</sup> Street, Arlington, VA 22202 703-228-5722  
Hours: Mon., Wed., Fri., 10am-3pm

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March 2020

## UPCOMING APRIL HIGHLIGHTS

- **55+ Census Party**, Fri., Apr. 3, 1-2:30pm
- **Basic Drawing**, Wed., Apr. 8, 1-2:30pm
- **Nuts and Seeds**, Fri., Apr. 10, 1:30-2:30pm, Must RSVP
- **A Look at Energy in America**, Wed., Apr. 15, 1-3pm
- **Acoustic Hour w/ Carl Gold**, Fri., Apr. 17, 1:30-2:30pm
- **Cinema Talk: A Beautiful Day in the Neighborhood** Fri., Apr. 17, 12:30pm
- **Trash & Treasure Sale**, Sat., Apr. 25, 9:30am-1:30pm
- **Joan Hart: Van Gogh, The Final Years**, Mon., Apr. 27, 1:30-3pm \$6/person, Must Pre-register
- **Book Club**, Mon, Apr. 27, 12:15-1:30pm, *The Flight* by Gaito Gazdanov
- **Senior Health & Lifeline Resources**, Mon., Apr. 29, 1-2pm

You must be registered and have a current 55+ pass to participate in Arlington County 55+ programs.

## TRAVEL GURUS: JAPAN- Fri., Mar. 6, 11am-noon

Lowell Nelson will share his recent travel experience in Japan. Highlights include the bustling megacity of Tokyo, ancient Buddhist temples, the charming towns of the Nakasendo post road, and the fall colors of Kyoto.

## BASIC DRAWING- Friday, Mar. 6, 1-2:30pm

Beginner/Intermediate drawing class with art instructor Ruth Kling. Focuses on keeping an unlined sketchbook (5.5x8.5”), which the student provides. Each session, participants do various exercises to learn different drawing techniques.

## EAT THE RAINBOW- Fri., Mar. 6, 1:30-2:30pm

March is National Nutrition Month so come and learn about the benefits of eating a variety of colors! Virginia Cooperative Extension Master Food Volunteers will demonstrate a fun and colorful recipe.

## FRIDA KAHLO AND DIEGO RIVERA- Mon., Mar. 9, 11:30am-1pm

20th century Mexican artists Frida Kahlo and Diego Rivera's tumultuous story is best understood through Kahlo's remarkable self-portraits, Rivera's portrayal of his wife and muse, plus numerous photos taken of the couple by the media and friends. Program presented by art historian Joan Hart will provide new insights and revelations about these artists. **Must pre-register: \$6/person**

## WOMEN FIGHTING FOR A BETTER COMMUNITY- Wed., Mar. 11, 11am-noon

March is National Women's History Month! Cathy Hix, President of the Arlington Historical Society, will focus on two Arlington women, Elizabeth Campbell and Dorothy Hamm, who worked in their communities to achieve school desegregation.

## ARTVENTURES: Monet-inspired Pastels with Jim Halloran - Friday, Mar. 20, 1-3pm

Join an art programmer from DPR's Office of Community Arts for an afternoon of painting, crafting and creating! Limited spots available; RSVP early.

## NUTRITION AND BRAIN HEALTH- Fri., Mar. 20, 10:30-11:30am

It's National Nutrition Month! Learn about nutrition, the role it plays with brain health and how to incorporate brain healthy foods into your diet. Cathy Turner, Director of Health Promotion/Senior Health at Virginia Hospital Center will present.

## AURORA HILLS ACOUSTIC HOUR- ED & PHIL- Fri., Mar. 27, 11:30am-12:30pm

Enjoy fellowship and music from the 50s and beyond with other 55+ members! Ed Girovasi and Phil Rosen will be performing songs from the 50s and beyond: great rock and roll, ballads and folk.

## MEMORY SCREENINGS- Fri., Mar. 27, 12:30-3pm

Sign up for a one-on-one memory screening conducted by Lindsey Vajpeyi of Insight Memory Care Center. Must call by Mar. 20 to schedule a 20-minute appointment. Limited appointments available.

## Aurora Hills Advisory Committee

**Chair:** David Litman **Vice Chair:** Marge Corletti

**Corresponding Secretary:** Benece Leavitt

**Treasurer:** Marge Ginsberg

**Recording Secretary:** Eileen Garvin-Akers

**Members:** Fran DeLuca, Cathy Duthie, Sheila Graham, Phil Akers

**55+ Center Director:** Lila Paig

703-228-5722

[lpai@arlingtonva.us](mailto:lpai@arlingtonva.us)

**Front Desk Volunteers:**

Jackie Stead, Patricia Emerson,  
Tricia Coxe and Diana Berry