



**FRIENDLY REMINDERS
FOR Social 60+Cafes:**

- Sign yourself in on the attendance sheet daily. Make a meal and taxi reservation for the next week.
- Cancel your reservation by 8:00 a.m. on the morning of your cancellation.
- Put your daily contribution in the available envelope and then place it in the money box.

We cannot order a meal and/or send you a taxi if you have not made a reservation

Phone: 703-228-6300

Firmar la hoja de asistencia usted mismo todos los días. Hacer una reservación para comida o taxi para la siguiente semana.

Cancelar el taxi antes de las 8:00 a.m. del mismo día de la cancelación.

Depositar su /diaria contribución en la caja.

No podemos ordenar una Comida o enviarle un taxi Si no ha hecho reservación
Correspondiente.
Teléfono: 703-228-6300



Tai Chi Class*	Mons. & Weds.	3:30-4:30pm
Volleyball (drop-in)	Wed. & Fridays	1:30pm
Strength Training *	M,W,F	11:00am-2:00pm
Line Dancing (drop-in)	Thursday	10:00am
Traditional Yoga*	Thursday	11:15am
Gentle Yoga *	Fridays	12:30pm
Gentle & Meditative Yoga*	Thursdays.	4:30pm
Women's Basketball*	Wednesdays	7:00pm
(Clinics & Games *)		

LANGUAGE GROUPS

Spanish Dialogue

Tuesdays 1-2:30 pm

Meet people, learn a little vocabulary and help someone else learn. The group talks about various topics and discuss various topics and current events.

French Conversation

Wednesdays 1– 3:00 pm

Practice French with a friendly group of people with advanced knowledge of the language. Interesting weekly dialogues will take place.

Italian Dialogue

Thursdays, 2-3pm

If you would like to converse in the world's most romantic language –join us for energetic and fun conversation.

German Language Conversation

Fridays 10-noon

If you speak German join this friendly group in a weekly discussion. These gatherings provide a chance to converse in German on various topics and of interesting to all.

We can provide reasonable modifications for people with disabilities upon request. *Podemos proveer modificaciones razonables conforme la Ley de Personas con Incapacidades (ADA) con previo aviso al 703-228-6300 or TTY 711.*

**Langston-Brown 55+ Center Staff
703-228-6300**

Elizabeth Poole - Senior Center Director
703-228-5321

Cindy Leiva - Social 60 + Café Program
Coordinator
703-228-5315

Mona Farah –Kitchen Assistant



MARCH 2020

LANGSTON-BROWN 55+ CENTER
2121 N CULPEPER STREET ARLINGTON, VA.
703-228-6300



Monday – Friday - 9:00 a.m. - 3:00 p.m.

Additional senior programming held evenings and weekends

ARLINGTON COUNTY 55+ CENTER MISSION STATEMENT

The Mission of Arlington Senior Centers is to enhance the physical and mental well-being of Arlington's diverse over 55+ populations through programs and activities fostering wellness, a sense of purpose and social involvement.

NEW TRAVELOGUE - ICELAND & GREENLAND

Join avid traveler Lee Moyer for a travel adventure through Iceland and Greenland. He will narrate his trip with photos and video clips.

Monday, March 2, 7:30pm

STROKES: PREVENTION, SYMPTOMS AND CAUSES

Stroke is the 4th leading cause of death in the U.S.; One person dies every four minutes from a stroke and each year approximately 800,000 people suffer strokes. Dr. Edward Allcock, DO, Medical Director from Virginia Hospital Center Inpatient Rehabilitation Center, will discuss stroke prevention, symptoms and causes. Learn simple lifestyle changes to help safeguard against having a stroke.

Thurs., Mar. 12, 11am-noon

New! TRAVEL DISCUSSION GROUP

Bill Bryson remarked that "the greatest reward and luxury of travel is to be able to experience everyday things as if for the first time, to be in a position in which almost nothing is so familiar it is taken for granted." Bring stories of your favorite trips, share experiences of how travel is broadening and learn tips from each other. Discussions led by avid traveler Linda Sholl.

Fri., March 13 and April 10, 10-11am

Let us know you are coming – 703-228-6300

SECRETS REVEALED- FAMOUS ARTISTS' TECHNIQUES

Interactive exploration of famous artists and their unique and sometimes secretive techniques. Join Jen Droblyen, Community Arts Programmer, for an exciting art series She will discuss methods of artists and give you a chance to experience these unique techniques with a hands-on activity.

Wed., March 18- April 8 from 4:30-5:30pm

WRITING YOUR LIFE HISTORY WORKSHOP

Donna Chandler found it very meaningful to write her life history. She will share her insights and experiences in a series of workshops. She will walk through the process, give tips for getting organized and offer useful tools, resources and steps for editing and completing the final product.

Thurs., March 19-April 9, from 1-2pm. (4-part Series)

Want to volunteer? We are looking for new Langston-Brown Advisory Committee Members

Call 703-228-6300 for more information or email epoole@arlingtonva.us

Inclement Weather information

County's inclement weather policy has changed we no longer follow school delays and closures look for more information in your 55+ Guide or at 55+ Centers.

Hotline 703-228-4715 or Senior Center 703-228-6300
<http://parks.arlingtonva.us/dpr-inclement-weather/>

Langston-Brown 55+ Center Advisory Committee

Chairperson: Linda Sholl

Vice Chair: Mary Cottrell

Secretary: Marlene Taylor

Treasurer: Kitty Collins