

Two valuable resources for information in Arlington County

Arlington Alerts

<https://www.arlingtonva.us/alerts/>

eSubscriptions & eUpdates

<https://www.arlingtonva.us/subscribe/>

You can select what information you want to receive, what you do not want to receive and how you want to receive it – by either email or text.

Helpful tools for staying informed!



Let Us Know You're Coming.
Please register ahead!

Even when the programs are free, we ask that you call ahead to say you plan to attend. We need to know how many to expect in order to have sufficient materials prepared and to reserve the proper-size room for the activity. Also, this allows us to call you when a program is cancelled due to low enrollment or instructor illness. We welcome you to join us, but it is tremendously helpful if you assist us in planning by calling to reserve your space – 703-228-0955.

Arlington County Department of Parks and Recreation, in an effort to eliminate barriers, develop skills, and promote inclusion and positive attitudes, is committed to promoting participation by providing reasonable modifications for individuals with disabilities upon request. Two weeks advance notice is preferred. Please call: 703-228-0955 or TTY 711

55+ Pass Registration Fees:

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

55+ Pass Gold Registration Fees:

55+ Arlington County Residents:	
Individual	\$60
Household	\$90
Non-Arlington Resident:	
Individual	\$90
Household	\$135

You must be registered and have a current "55+ Pass" to be able to participate in our programs and classes.

Register at the front desk or online

Fee Reduction

You may qualify for fee reductions based on household income and size. Fee reductions on classes are available on a sliding scale. For information about eligibility and how to apply, see www.arlingtonva.us (search for "fee reduction"), please call 703-228-4744, or speak to a Senior Center staff member

Walter Reed 55+Senior Center

OFFICE OF 55+ PROGRAMS

703-228-0955

March
2020

2909 S. 16th Street
Arlington, VA 22204

<http://parks.arlingtonva.us>



Sidney Reid
Director

Lucy Matzner
Social 60+
Program
Coordinator

Meaza Beraki
Kitchen
Assistant

Main Line
703-228-0955

**CENTER
HOURS**
Monday-Friday
9am – 3pm
Evening and
Weekend
programs as
Scheduled.

**Arlington
County
Residents only**
In Person Fitness
Sign ups
Mon., Mar. 2
10am – Noon
On Site

**Arlington
County
Residents only**
In Person Travel
Sign ups
Mon., Mar. 9
10am – Noon
On Site

From Sidney...

Programs to look out for in March include:

Singing Historian Roy Justice Performance on Fri., Mar. 13th, 11am-noon
Join Roy Justice the Singing Historian while he performs his program titled "The Irish in America". Light refreshments included.

St. Patrick's Day Celebration on Tues., Mar. 17th, 1:30pm-3pm
The Walter Reed Advisory Committee invites you to join a St. Patrick's Day Celebration that includes music, dancing, games, and food! Please see the sign in sheets in the gym and senior lounge.

Stain Glass Demonstration on Thurs., Mar. 19th from 10am-11am
Join Local artist Bronwyn McGowen to present a tutorial on how simple it is to make beautiful stained glass works of art! Program features information on tools and materials needed plus a live demo. Please call ahead to inform us that you plan to attend! (703) 228-0955

Introduction to Fly Fishing on Fri., Mar. 20th from Noon-2:30pm
Interested in fly fishing or in learning more about it? Let lifelong fisherman David Cohen show you why he loves fly fishing. Try casting and learn how to select the perfect lure in all conditions. Bring your own rods and reels and learn how to use them to the best of your advantage. Call to ensure a spot: (703) 228-0955

Paint like Van Gogh! On Fri., Mar. 27th from 1pm-3pm
Jennifer Droblyn of the Arlington County Art's Unit invites you to create your own version of Van Gogh's "Starry Night" using acrylic paint, some unconventional tools, and canvas!

GYM CLOSED FOR VOTING ON TUES., MARCH 3RD

GYM CLOSED ON WED., MARCH 11 FOR SPECIAL EVENT

From Lucy...

For Black History Month, we remembered notable African Americans (thank you Mr. Tanner and Mike for the great displays!) and hosted Melody Mobley, our wonderful volunteer, who shared her experiences as the first female African American Forester. We also tried out some new brain health exercises and held the annual Valentine's Day event, our seniors do love to dance!

In March, we'll resume our trips-first stop...the National Museum of the American Indian. Please join us on Friday, March 13 to listen to the story telling and music of singing historian Roy Justice! Roy will present a program titled "The Irish in America".

Ask A Mechanic



Don't know if it's your carburetor or your engine? Come prepared with questions in this open forum with Jeff Foley and Zach Pealstein, representatives from Circle Auto Repair. Save money at your next mechanic visit!

**Tues., March 24th
6:00-7:00pm**

The safety of our participants is our number one priority.

DPR reserves the right to cancel scheduled activities if the forecast warrants.

So be sure to check the inclement weather line before heading out.

**INCLEMENT WEATHER HOTLINE:
(703) 228-4715
or online at
parks.arlingtonva.us/dpr-inclement-weather**

55+ | Arlington Office of
55+ Programs

Weekly Activities

Mondays

Cranium Crunches 10:30-11:30am
Jeopardy 10:30-11:15am
Mah Jongg Noon-4pm
Mexican Train Dominoes – 1:30-3:30pm

Fridays

Cribbage 10am-Noon
Scrabble 10:15-3pm
Sunshine Gang 1-3pm
Tai Chi Practice 1-2pm

Tuesdays

Sudoku 10-11am
Bridge Practice 2-4pm
Tai Chi Practice 1-3pm

Saturdays

Rummikub 10am-Noon
Mah Jongg Noon-4pm

Sundays

Yarn Circle 1-3pm

Wednesdays

High Beginner Line Dancing 9:30-10:30am
Canasta 10am-Noon
Intermediate Line Dancing 10:30-Noon
Social Bridge 12:15-3pm (drop-in)

Thursdays

Mah Jongg Noon-4pm Occasional Mah Jongg instruction offered at 12:30pm

Evening Programs

Samba-Cards	Monday evenings	4:00-7:00pm
Ballroom Dance Classes*	Monday evenings	6:30-7:30pm
Ukulele Strumming	Tuesday, Mar. 3,17	4:30-5:30pm
Acoustic Café	Tuesday, Mar. 17 th	7:00-8:30pm
Game Night	Thursdays, Mar. 12, 26	4:00-7:00pm
Firehouse Jam	Thursday, Mar. 19	7:00-9:00pm

Tech Corner

Learn Mac, iPad, iPhone	Wed., Mar. 11, 22	9:30-11:45am
Computer Help	Fri., Mar. 13	4:00-5:30pm

** Call (703) 228-0955 to reserve your appointment to these very popular programs! **

Services

Blood Pressure Clinic First come, first served.	Thurs., Mar. 19	9:30-11:00am
DHS Resources Call for Appointment	Thurs., Mar. 26	9:30-11:00am

Sports

Pickleball (Subject to change as needed)

Mondays 10am-4:00pm (1 court until 10:30)
Tuesdays 9am-4pm (1 court 11-noon)
Wednesdays 2:15pm-4pm
Thursdays 10:30am-4:00pm (1 court 10:30-12:00)
Fridays 11am-4:00pm

Billiards

Mondays-Fridays 10am-Noon

Pickleball – Absolute Beginners

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

Ping Pong

Monday-Friday 10am-Noon

Badminton

Wednesdays 10am-11:30am (1 court)

Basketball

Wednesdays 11:45-2:00pm