

55+ arlington county GUIDE

EXERCISE | TRAVEL | CONNECTIONS | MORE +

NOVEMBER 2020

Virtual & Outdoor Programs selected for your safety, enjoyment & well-being



All 55+ Centers remain closed.

Classes will be held Online or Outdoors. All classes are free.

Please Note: 55+ Membership & Pre-registration are Required - see p. 13.

Hello Everyone,

I hope you have had a great autumn so far and are enjoying the change of season. My family and I have been enjoying the cooler weather and I hope you've been able to do the same, too. Little League baseball has returned in my household, with lots of new safety rules in place. It has been so much fun to see the kids outside playing again. Virtual high-fives all around!

In anticipation of the cold weather, we'll be ending our outdoor programs in early November. I am thankful to our 55+ staff and participants who have attended these programs and made them both safe and a success. The wonderful outpouring of support and attendance we received this year for outdoor programs – even in the midst of a pandemic – is a credit to you all.

As we move into winter, our expanded catalog of virtual programs should prove equally outstanding. Our team has developed virtual programs for a variety of interests, from history to health to genealogy. These include "Coming Home: Vietnam Veterans Remember", "Joint Health: You Rest, You Rust" and "Genealogy Part 1". Other upcoming programs include "The Wild West – In Arlington?" and "Papers: Save or Shred". We continue to offer artistic programs, including the popular "Painting Demo" class. This is just a fraction of what we have to offer for our 55+ Members this month.

Speaking of 55+ Membership...in case you missed our Sept. 27 55+ eNews, we have reinstated membership for our 55+ programs. Anyone who held a membership when we closed down in March has had their 55+ Pass reactivated and extended for seven (7) months beyond their original expiration date. If you have questions about your 55+ Pass or would like to purchase one, call 703-228-4747 or email registration@arlingtonva.us.

You can register for any virtual program by going online or calling 703-228-4747. This interactive *55+ Guide* also features hyperlinks to the online registration portal. I know the future can seem uncertain regarding Covid-19, so I hope these programs will provide a welcome sense of stability in a rapidly shifting world.

As always, we hope you find many things to do this month. Let us know about your favorite programs at osap@arlingtonva.us. We welcome all feedback from community members.

Stay Well,

Jennifer Collins, CPRP
Office of 55+ Programs



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The Outdoor Classroom

Let's meet outdoors- at a safe distance

OUTDOOR RECREATION

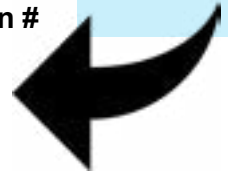
Tai Chi Practice

If you've taken a Tai Chi class, come by and practice with experienced volunteers. Instruction not provided.

Date	Time	Location	Registration #
Mon. 11/2	10-10:45 am	Virginia Highlands Park	<u>911105-17</u>
Tues. 11/10	1-2:15 pm	Walter Reed	<u>911105-19</u>

NEW!

See the blue, underlined Registration #?. Just click on that link beginning OCT 21 @ 10am to quickly and easily register for the program!



Outdoor Needle Craft Group

Bring your knitting, crochet or needle craft project to work on while enjoying fellowship with 55+ friends.

Date	Time	Location	Registration #
Mon. 11/2	10 am - noon	Virginia Highlands	<u>911703-22</u>

Line Dance in the Park

Line dance is easy for beginners and lots of fun for all. No partner needed; line up and watch as the leader demonstrates the steps.

Date	Time	Location	Registration #
Fri. 11/6	10-11 am	Virginia Highlands	<u>911701-10</u>

Lee Book Club

Get together for great books and conversation on First Tuesdays. November's book is *Just Mercy: A Story of Justice and Redemption* by Bryan Stephenson. Note re-scheduled day and time for this month only.

Date	Time	Location	Registration #
Wed. 11/4	10-11 am	Lee	<u>911402-16</u>

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

The mission of Arlington 55+ 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.



WALKING GROUPS & TOURS

Fort Ethan Allen Walking Tour

Fort Ethan Allen was built by the Union Army in September 1861 to command the approach to Chain Bridge and has the most extensive remaining features of any Civil War fort in Arlington. Explore the earthworks as Park Historian John McNair discusses how and why the fort was built. Dress for the weather and the area; terrain is uneven and may be muddy.

Date	Time	Location	Registration #
Sat. 11/7	2:45-3:45 pm	Fort Ethan Allen	902011-01

55+ Walks

Stay active with friendly walking companions. We'll explore Arlington walking trails in a safe, socially-distant manner.

Date	Time	Location	Registration #
Wed. 11/4	9-10 am	Glencarlyn	911109-20
Wed. 11/18	9-10 am	Bluemont/Four Mile Run	911109-21
Wed. 11/25	9-10 am	Lubber Run	911109-22

Aurora Hills Fast Forwards

Fast-paced groups walks a two- to three-mile loop, including some hills.

Date	Time	Location	Registration #
Fri. 11/13	9-10:30am	Aurora Hills	911109-18
Fri. 11/20	9-10:30am	Aurora Hills	911109-19



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/dpr-inclement-weather/>

The Virtual Classroom

We'll meet with you online

THE ARTS

Wake and Make

Art activities can help you to wake up, feel refreshed, and get ready for the day. Join Community Arts Programmer Jen Droblyen as she leads you through a creative activity to energize your creative side. Be prepared to paint and draw; most materials needed can be found around the house.

Date	Time	Location	Registration #
Mon. 11/2	7-8 am	Virtual	911301-14
Mon. 11/16	7-8 am	Virtual	911301-15
Mon. 11/30	7-8 am	Virtual	911301-16

Paint & Sip

Community Arts Programmer Jennifer Droblyen presents a painting lesson with your favorite beverage from the comfort of your home. Supply list and picture to print will be provided with registration confirmation.

Date	Time	Location	Registration #
Thur. 11/12	10-11:30 am	Virtual	911301-17

Basic Drawing

Join Jen Droblyen from DPR's Office of Community Arts for an afternoon of drawing. Improve your skills by learning different techniques. More details and simple supply list will be provided with registration confirmation.

Date	Time	Location	Registration #
Fri. 11/13	1-2:30 pm	Virtual	911301-18
Fri. 11/20	1-2:30 pm	Virtual	911301-19

Painting Demo

Community Arts Programmer Jim Halloran will present a detailed painting demonstration. Supply list and picture to print will be provided with registration confirmation.

Date	Time	Location	Registration #
Mon. 11/16	10:30am - noon	Virtual	911301-20

Artist Chat

Are you working on a piece of art and have a question about technique, composition or just need another point of view? Join Jennifer Droblyen, Community Arts Programmer and experienced artist, for an open dialogue on techniques, materials, and creative expression.

Date	Time	Location	Registration #
Thur. 11/12	4-5 pm	Virtual	911301-21

Secrets Revealed - Famous Artists' Techniques

An exploration of famous artists and their distinctive, sometimes secretive techniques. Community Arts Programmer Jen Droblyen will discuss the contributions of these artists and the methods that make their works so special.

Date	Time	Location	Registration #
Mon. 11/9	10:30-11:30 am	Virtual	911302-03

LEARNING

Genealogical Research Part 1

Virginia Memory, the digital presence of the Library of Virginia, puts the library's unparalleled collections at your fingertips. These resources in the Commonwealth's history and culture will inform your genealogical research. Ashley Ramsey, Outreach Specialist, will discuss how to begin genealogical research and access genealogical resources available on Virginia Memory in the first of this series.

Date	Time	Location	Registration #
Thur. 11/19	3-4:30 pm	Virtual	911400-20

Genealogy 101

Meet with other genealogy enthusiasts to learn about your family's roots. All done in a fun, friendly atmosphere for sharing information and tools. Fourth Tuesdays. Led by experienced genealogist Eileen Bogdanoff (rated an "Advanced Researcher" by Ancestry.com.)

Date	Time	Location	Registration #
Tue. 11/24	11:30 am-1 pm	Virtual	911400-21

USS Houston: A Story of Heroism and Survival

The USS Houston, FDR's favorite warship, was lost early in WWII, its crew fated to become POWs/slaves building the Burma-Thailand "Death Railway," including the renowned Bridge on the River Kwai. John Schwarz, Executive Director of the USS Houston (CA-30) Survivors' Association and Next Generations, will recount the remarkable story of this WWII flagship of the U.S. Asiatic Fleet and its crew. Includes a recorded first-hand account by survivor Otto Schwarz.

Date	Time	Location	Registration #
Thur. 11/12	1:30-2:30 pm	Virtual	911400-22

Coming Home: Vietnam Veterans Remember

A panel of Vietnam War veterans from the local Arlington chapter of Vietnam War Veterans of America will share their experiences following their tours of duty in Southeast Asia. Several perspectives will be represented, including pursuing a career in the military, returning to civilian life and becoming an antiwar activist.

Date	Time	Location	Registration #
Tues. 11/10	1:30-3 pm	Virtual	911400-23

A Century of Carlins in Arlington

Have you ever wondered how the Glencarlyn Library and Carlin Springs Road got their names? The Carlin family played an important role in our community from Colonial times until about 1890. Several modern landmarks are named for the Carlins and two family homes still stand, one of which is now a museum. Karl VanNewkirk, director of the Arlington Historical Society, will discuss the family's heritage and local impact.

Date	Time	Location	Registration #
Mon. 11/16	1:30-3 pm	Virtual	911400-24

What do the Abraham Accords Mean for the Middle East?

On September 15, 2020, historic agreements were signed normalizing relations between Israel, the United Arab Emirates and Bahrain. Bob Budoff, Vice President of the Jewish Community Relations Council of Greater Washington, will discuss the significance of these documents for the Middle East.

Date	Time	Location	Registration #
Wed. 11/18	1:30-2:30 pm	Virtual	911400-25

Better Know Your Ephemera

Are you a collector? If you're moving, downsizing, or helping a friend or loved one with these tasks, it's important to know what your ephemera, or collectible memorabilia, is worth. Jennifer Berman, of Seriatim, a professional organizing and inventory management company, will share ways of appraising collectibles and determining the best people to consult.

Date	Time	Location	Registration #
Fri. 11/20	11:30am-12:30pm	Virtual	911400-26

Energy in America

Energy is a critical part of American life: it fuels our economy, contributes to our well-being and improves our standard of living. Susan Court, retired from the Department of Energy, will discuss the development of energy industries in America and review current energy-related issues pertaining to safety concerns, security challenges, environmental protection, and economic wellbeing.

Date	Time	Location	Registration #
Wed. 11/4	1-3 pm	Virtual	911400-27

The Wild West - In Arlington?

In the 1890s, Jackson City, in what is now Arlington County, was a lawless place of gambling, illegal liquor and vice. George Axiotis, local historian and author of "Shoot Out at Jackson City," will discuss a deputy sheriff's raid-gone-wrong that turned into the largest shootout in the area's history. Prepare to be surprised by this fascinating chapter in Arlington's past.

Date	Time	Location	Registration #
Thur. 11/19	1:30-2:30pm	Virtual	911400-28

BOOKCLUBS & DISCUSSION GROUPS

Documentary Discussions

View great documentaries and discuss them with other 55+ members. This month's film is *Antarctica: A Year on Ice* (2017), a visually stunning film that lets you experience what it is like to live in that harsh environment for a full year, including months of winter darkness isolated from the rest of the world. Link to the documentary will be sent with registration confirmation.

Date	Time	Location	Registration #
Mon. 11/16	11am-noon	Virtual	911402-17

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.

Date	Time	Location	Registration #
Thur. 11/5	1-2:30pm	Virtual	911402-18
Thur. 11/12	1-2:30pm	Virtual	911402-19
Thur. 11/19	1-2:30pm	Virtual	911402-20

Local History Discussions and Reminiscences

Meet first Wednesdays to discuss the many transformations of the area we call home. In November, we'll discuss *Lost Eating Places*. Facilitated by volunteer Tom Sipusic.

Date	Time	Location	Registration #
Wed. 11/4	12:30-1:45pm	Virtual	911402-21

The Study of Words

Learn about the history of English and have fun sharing words, expressions, neologisms and other items of linguistic interest. Meets second Wednesdays. Facilitated by volunteer Steven Wertime. *Note: Rescheduled date for November only.*

Date	Time	Location	Registration #
Wed. 11/12	10:30-11:45am	Virtual	911402-22

Journey 'round the World

Share travel experiences to destinations around the world. We look forward to hearing about your adventures in this open discussion with other 55+ globe trotters. Armchair travelers invited to join and listen.

Date	Time	Location	Registration #
Thur. 11/5	1-2:30 pm	Virtual	911402-25

History Roundtable

Take part in thought-provoking discussions about pivotal events in world history. November's topic will be Failed Historical Invasions. Meets second Tuesdays. Facilitated by Andrea Baumann.

Date	Time	Location	Registration #
Tues. 11/10	11:15am- 12:30pm	Virtual	911402-23

Short Story Reading and Discussion

Short stories pack a lot in a few pages. Read and discuss the classic short story *An Occurrence at Owl Creek Bridge* by Ambrose Bierce. Take turns reading the story aloud in round-robin fashion and discuss it afterward. Bring your thoughts and insights. Facilitated by 55+ member Bill Turner.

Date	Time	Location	Registration #
Mon. 11/23	1-2 pm	Virtual	911402-24

Movie Discussion Group

The Walter Reed monthly movie is going virtual! Calling all cinema lovers to discuss a new film every month. This month's movie, *Twentieth Century Women*, is about a determined single, strong-minded, Depression-era older mom who is raising her adolescent son at a moment brimming with cultural change and rebellion; she enlists the help of two younger women. Stream movie before meeting.

Date	Time	Location	Registration #
Thur. 11/12	3-4pm	Virtual	911402-26

DIGITAL LEARNING

Snapchat & Instagram

Want to know more about the photo-based social media apps that are sweeping the nation? Learn the basics of taking photos and sending them, as well as the more complex features such as Snapchat's face filters in this overview and live demo. Presented by smartphone enthusiast Russ Miller.

Date	Time	Location	Registration #
Tues. 11/10	4-5 pm	Virtual	911403-40

What is TikTok?

Ever heard of TikTok? It's the new social media app taking the world by storm. Learn about what it is, why its so popular, and whether or not this fun, creative, random smartphone video app is for you. Demonstration and Q&A by 55+ Center Director Sidney Reid.

Date	Time	Location	Registration #
Wed. 11/18	1-2:30pm	Virtual	911403-38

What is the Cloud?

Do you know what the cloud is and where it goes, whether it's secure and what it's costing you? Technology guru Nick Englund will answer questions about OneDrive, iCloud, Dropbox, Google Drive, and other common cloud-based storage for your computer and wireless devices.

Date	Time	Location	Registration #
Thur.. 11/12	11 am-12:30 pm	Virtual	911403-39

Understanding Your iPhone

Whether you've just purchased an iPhone or have used one for years, you may not be aware of all the capabilities at your fingertips. This program will include a general overview of iPhone offerings followed by a Q&A. Presented by Sidney Reid.

Date	Time	Location	Registration #
Mon 11/23	3-4 pm	Virtual	911403-37

Mac, iPad, iPhone Tutoring

Learn how to use your Apple products including Mac computers, iPhones and iPads. Volunteer and experienced Apple user Lowell Nelson will answer your questions.

Date	Time	Location	Registration #
Wed. 11/4	10:15-10:55am	Virtual	911403-31
Wed. 11/4	11-11:40am	Virtual	911403-32
Wed. 11/4	11:45am-12:25pm	Virtual	911403-33
Wed. 11/18	10:15-10:55am	Virtual	911403-34
Wed. 11/18	11-11:40am	Virtual	911403-35
Wed. 11/18	11:45am-12:25pm	Virtual	911403-36

AROUND THE HOUSE

Garden Group

Share your knowledge and experiences and learn with others who understand the challenges, rewards and wonder of gardening. November's topic is selecting the right plants for winter. Led by Extension horticulturalist Kirsten Conrad and Master Gardeners.

Date	Time	Location	Registration #
Mon. 11/16	1-2:30 pm	Virtual	911401-04

Remodeling for Retirement

A few simple design modifications can make your house safer and easier to live in. These include curbless showers, widened door entries, counter modifications or relocating your bedroom to the first floor. Melissa Fielding from FA Design Build will discuss improvements ranging from practical updates to full remodels.

Date	Time	Location	Registration #
Wed. 11/4	2-3 pm	Virtual	911401-05

Care of House Plants

There's something special about bringing plants indoors that brightens up a home. Learn how to care for house plants and which ones might thrive in your home. Presented by Lynn Pelkey, master gardener with Virginia Cooperative Extension.

Date	Time	Location	Registration #
Tue. 11/10	11am-noon	Virtual	911401-03

PLANNING AHEAD

Estate Planning 101

Estate planning now helps protect your family and loved ones by allowing them to know and execute your wishes. It can provide huge savings down the road and eliminate unnecessary costs, time and fees later. Attorney Alison Mathey Lambert will explain the main parts of an estate plan and the critical importance of wills, revocable living trusts, advance medical directives and powers of attorney.

Date	Time	Location	Registration #
Wed. 11/4	11am-noon	Virtual	911404-03

~~CANCELLED Papers: Save or Shred?~~

~~Many of us are overwhelmed with all the information we are keeping in our heads, on our phones, in file cabinets and in safe deposit boxes. Which documents are important? How should they be organized? Kay Bransford, President & Chief Curator of MemoryBanc, will explain how to tackle piles of paper and discuss what to save and what to shred.~~

Date	Time	Location	Registration #
Mon. 11/9	1-2 pm	Virtual	911404-04

What is Probate?

Understanding probate can be confusing. Edward Zetlin, Elder Law Attorney will uncover the mystery of probate. He will discuss what probate is, the pros and cons and the factors one should consider with the actions regarding probate.

Date	Time	Location	Registration #
Wed. 11/18	1-2 pm	Virtual	911404-05

HANDWORK

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.

Date	Time	Location	Registration #
Tues. 11/10	1-2:30pm	Virtual	911703-20
Tues. 11/24	1-2:30pm	Virtual	911703-21

GAMES & LANGUAGES

Travel Trivia

Travel the far reaches of the globe with this stimulating trivia challenge. Connect with 55+ friends and meet new people along the way.

Date	Time	Location	Registration #
Tue. 11/17	11am-12:30pm	Virtual	911601-04

German Conversation

Sprechen Sie Deutsch? Join this cordial group 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.

Date	Time	Location	Registration #
Fri. 11/6	10am-12pm	Virtual	911605-10
Fri. 11/13	10am-12pm	Virtual	911605-11
Fri. 11/20	10am-12pm	Virtual	911605-12

GET TOGETHERS - ONLINE

Monday Morning Coffee Meetup

Start your week off right with coffee and great conversation. Get to know your neighbors.

Date	Time	Location	Registration #
Mon. 11/2	10-11 am	Virtual	911801-07
Mon. 11/9	10-11 am	Virtual	911801-08
Mon. 11/16	10-11 am	Virtual	911801-09
Mon. 11/23	10-11 am	Virtual	911801-10
Mon. 11/30	10-11 am	Virtual	911801-11

PERFORMANCES

Acoustic Café

Meet and mingle as you listen to live unplugged music from the '50s to today by various performers. Third Tuesdays. Sponsored by the Walter Reed Advisory Committee and the Alliance for Arlington Senior Programs

Date	Time	Location	Registration #
Tue. 11/10	noon-1pm	Virtual	911802-09

Rock Music Legends

American rock groups produced music that stands the test of time. In this session of the series, Carl Gold will discuss and perform classics by Neil Young and The Band.

Date	Time	Location	Registration #
Tue. 11/17	2-3:15pm	Virtual	911802-10

Songs from Broadway and Movie Musicals

Sit back and enjoy listening to songs from popular Broadway and movie musicals performed by Julianne Corley, a soloist and long-time member of St. Matthew's choir in Washington, DC.

Date	Time	Location	Registration #
Thur. 11/12	1-2 pm	Virtual	911802-07

Open Mic Talent Slots

Share your talents: sing a song, recite a poem or tell some jokes. Sign up for a three-minute time slot to perform for 55+ friends. All are welcomed to watch and enjoy the show. *RSVP to lpag@arlingtonva.us to reserve a talent slot.*

Open Mic Online

Enjoy the talents of your 55+ neighbors. Watch this open mic show and appreciate the performers among us. All welcome to watch and consider sharing your talent at the next show.

Date	Time	Location	Registration #
Wed. 11/18	1:30-2:30 pm	Virtual	911802-08

WELLNESS

Healthy Living for Your Brain

At any age there are lifestyle habits we can adopt to help maintain or even potentially improve our health, keep our brains well and possibly delay the onset of cognitive decline. This workshop will cover four areas of lifestyle habits associated with healthy aging. Presented by Dan Cronin, from the Alzheimer's Association National Capital Area Chapter.

Date	Time	Location	Registration #
Fri. 11/13	11am-noon	Virtual	911500-09

Alternative Medicine: Acupuncture

Is acupuncture for you? This treatment from traditional Chinese medicine is most often used to relieve pain. Nurse Practitioner and acupuncturist Rebecca Reynolds will discuss the pros and cons of acupuncture and how it works.

Date	Time	Location	Registration #
Fri. 11/20	10-11 am	Virtual	911500-10

Diabetes Peer Support

Share knowledge and experiences with others who are living with this common illness. Discuss daily management, social and emotional support and community resources. Facilitated by volunteer Linda Sholl.

Date	Time	Location	Registration #
Mon. 11/9	11am-noon	Virtual	911500-11

Stop Mumbling, I Can't Hear You

Late-onset hearing loss can be life-altering. Learn how it impacts communication and explore the feelings associated with this life change. Explore parallel reactions between hearing and hard of hearing individuals. Bonnie O'Leary, Northern Virginia Resource Center's Outreach Manager and Certified Peer Mentor, will discuss ten effective communication strategies for individuals with hearing loss and their families.

Date	Time	Location	Registration #
Tue.. 11/17	1:30-2:30 pm	Virtual	<u>911500-12</u>

Coping with Covid

We never imagined life would change in so many ways. How have you managed? Have you discovered new recipes? Taken up a new hobby? Mastered the apps to connect with friends online? What are your tips for dealing with this new normal? Share your successes and challenges with other 55+ folks in this discussion group.

Date	Time	Location	Registration #
Tues. 11/10	1-2 pm	Virtual	<u>911500-13</u>

Take Care of the Caregiver

In recognition of National Alzheimer's Month, learn more about the impact of caregiving while also developing self-care and stress management routines. Presented by Markita Brown from Insight Memory Care Center.

Date	Time	Location	Registration #
Fri. 11/6	1:30-2:30 pm	Virtual	<u>911500-14</u>

Understanding Osteoporosis

Osteoporosis is often called a silent disease because bone loss occurs without symptoms. People may not know that they have osteoporosis until their bones become so weak that a sudden strain, bump, or fall causes a hip to fracture or a vertebra to collapse. Take part in an informational discussion on how to protect yourself, various treatment options, and when to see a doctor.

Date	Time	Location	Registration #
Mon. 11/9	1-2 pm	Virtual	<u>911500-15</u>

Joint Health: You Rest, You Rust!

Our bodies are designed for movement and begin aging as soon as we stop growing in our early 20s. Dr. Patrice Winter, Associate Professor at George Mason University, Global and Community Health, will discuss joints, what is normal and what is not, and how to assist joint health through movement, posture and exercise.

Date	Time	Location	Registration #
Thur. 11/5	1:30-2:30 pm	Virtual	<u>911500-16</u>

MEDICARE

OPEN ENROLLMENT OCT. 15 - DEC. 7

Open Enrollment for Medicare Part D Prescription Drug Plans and Part C Medicare Advantage Plans runs Oct. 15 - Dec. 7. This is your opportunity to make changes to your plans. Virginia Insurance Counseling and Assistance Program, VICAP, is here to help.

Call 703-228-1725 for an appointment with a trained, certified VICAP Medicare counselor.

how to register (new)

Registration for 55+ classes begins **Wednesday, October 21 at 10am for Arlington residents and Thursday, October 22 at 10am for Out-of-County residents.**

Registration is Required

You **must pre-register for all programs**. This allows us to send you a link to virtual programs, and abides by the Governor’s Forward Virginia guidelines for in-person programs.

You **must pre-register for every occurrence of a program**. While you may have registered for a program previously (last month), we require registration for weekly meetings of repeating programs as well as monthly.

Please register by two (2) business days prior to the class start date. For example, register by Tuesday for a Thursday program or by Thursday for a Monday program.

You have three registration options

1. WebTrac: Go to registration.arlingtonva.us

- a. Enter your login ID & password. (If this is your first time or you do not know your ID/password, call 703-228-4747.) A new page will appear.
- b. Click on the “55 Plus” menu then “Register for Classes.”
- c. 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.
- d. You will have the option to “Continue Shopping or Checkout.”
- e. You **MUST** checkout even if you owe nothing (this includes free classes).

2. The 55+ Guide: Just click on the blue Registration number by the program you are interested in **beginning October 21 at 10am** - have your ID/Password handy - and follow steps c, d & e above.

3. Call 703-228-4747 Monday – Friday, 8 a.m. – 5 p.m.

DON'T LET FEES BE A BARRIER!

Most Arlington County Park and Recreation programs, fees and services are eligible for fee reduction.

To apply online or learn about fee reductions, click [here](#)

community bulletin board

WHAT HAS THE ALLIANCE BEEN DOING DURING THE PANDEMIC?

The Alliance purchased Zoom accounts so that 55+ Programs can offer virtual programs using the easiest platform that our participants prefer. This enables staff to expand remote programming in coming months and keep participants engaged.

Smile for us! We are on Amazon

The Alliance for Arlington Senior Programs (AASP) is now an official charity of the Amazon Smile program. The Amazon Smile Program allows users of Amazon to designate a charity such as AASP to receive 0.5% of the cost of eligible purchases.

If you use Amazon, please use Amazon Smile and designate the Alliance for Arlington Senior Programs as the charity you want to help. You can go to friendsofthealliance.org and link directly to Amazon Smile to find out more about how it works.

If you have supported the Alliance in the past please do so again. Mail your donations to:
The Alliance for Arlington Senior Programs: PO Box 5184 Arlington, VA 22205



Or go to friendsofthealliance.org and donate using our secure PayPal button.

IS ANV RIGHT FOR YOU?



Arlington Neighborhood Village (ANV) is a local, non-profit organization that helps older adults stay in their homes and community as they age. ANV volunteers provide extra help for members: a ride to medical appointments, running an errand, help on the computer or someone to get up on a ladder to change a lightbulb! During the pandemic these services have been even more important. ANV continues provide them; most popular are grocery-shopping and transportation to appointments.

If you think Arlington Neighborhood Village is right for you because you need extra help, call 703-509-8057, email info@arlnvil.org, or visit www.arlnvil.org to learn more.

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 information, go to <https://commissions.arlingtonva.us/coa/>

Commission on Aging Meeting:
Mon., Nov. 16, 9-11am [Online](#)

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. 20, 9:30-11am
Email arlaaa@arlingtonva.us

ENCORE LEARNING SPECIAL EVENT OPEN TO ALL

Three Little-Known Women Whose Stories Remain Relevant Today

The stories of many groundbreaking women are easily lost to history, even as their lives continue to influence the present. Author and Former Washington Post editor Sara Fitzgerald will share the stories of three of these women, the lessons she learned in researching their lives and why their stories remain relevant today.

Mon., Nov. 8, 2020 3-4:30 p.m. Connect online via Zoom: <https://us02web.zoom.us/j/84268052749>
(By phone audio only) 301-715-8592 Meeting ID: 842 6805 2749

PLANNING FOR FAMILY CAREGIVERS

Join staff from the Arlington Agency on Aging and Virginia Insurance Counseling and Assistance Program to learn more about preparing for family caregiving and what you need to know regarding: caregiver supports, home and community-based services, Medicare and medical supplies and resources. Please RSVP to arlaaa@arlingtonva.us. **Wed., Nov. 18, 2-3:30pm**