

55+⁺ ARLINGTON COUNTY GUIDE

EXERCISE
LEARNING
CONNECTIONS
and MORE

Updated!

- 55+ Fitness Day 2021 04
- A Matter of Balance 09
- Lubber Run Center Tours 13
- 55+ Social Art Swap 19
- Aqua Exercise 23



Sign Up and Get the Benefits!

Enjoy access to a world of fun, fitness, enrichment and social connection with the Arlington 55+ Pass.

STEP 1 ▶ Choose Your Pass

There are two 55+ Pass options for you to consider.

STEP 2 ▶ Sign Up

There are four ways to sign up:

- ONLINE: parks.arlingtonva.us and search "55+ pass"
- MAIL: 300 N Park Dr Arlington, VA 22203 (get the registration form online)
- PHONE: 703-228-4747 (Mon.-Fri., 8 a.m.-5 p.m.)

STEP 3 ▶ Use Your Pass

With your 55+ Pass, you can register for programs and activities.

- See page 32 for information about registering online, in person, by phone or by mail.
- See registration start dates on page 2.
- You must register for every program you attend.

OPTION A

55+ Pass Benefits

- Quarterly 55+ Guide
- Opportunities to participate in engaging activities
- Discounted trips and classes

ANNUAL FEES

Arlington County resident	\$20	\$60
Arlington County household	\$30	\$90
Non-Arlington County resident	\$45	\$90
Non-Arlington County household	\$65	\$135

OPTION B

55+ Gold Pass Benefits

Enjoy all the benefits of the regular pass — PLUS access to Arlington County's fitness centers any time during fitness center community hours.

Contact us for more information:

Call 703-228-4747 or visit parks.arlingtonva.us (search for "55+ Pass")

55+ ARLINGTON COUNTY GUIDE

Hello, Everyone!

Welcome back! We are thrilled to be reopening the doors of the Arlington 55+ community centers. 55+ programs will be resuming at all five centers, starting the week of September 13. This guide will give you an overview of what to expect in the fall. Stay tuned, as we will continue to add to the palette of programs as we settle in once again.

September is National Senior Center Month. We will be celebrating by reopening the centers and holding special events. See page 4 for our special events and get togethers.

We want to make sure you all know about the two newest facilities that opened this summer. Lubber Run Community Center is now home to many 55+ programs and Long Bridge Aquatics & Fitness Center will host all 55+ Aquatic classes. I hope you get a chance to check out both of these beautiful new facilities.

I look forward to seeing you soon.

Jennifer

Registration Opens:

- August 18 at 10 a.m. (Arlington County)
- August 19 at 10 a.m. (Out of County)

Registration Is Required!

You must pre-register for all programs. You can register online or by phone.

ONLINE ▶ registration.arlingtonva.us

Registration is available anytime through our online WebTrac system. For step-by-step instructions see page 32.

NOTE: You can link directly to the registration system when viewing the digital 55+ Guide. After registration has opened, just click on the blue Registration Number for the program that you are interested in. (Find instructions on page 32.)

PHONE ▶ 703-228-4747

Available Monday – Friday, 8 a.m. – 5 p.m.

THE SCOOP:

Pre-registration is required to participate.

Registration Info: page 32

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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 senior center locations for \$2.50 each way. Call 703-892-1900 for an application

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.

SOCIAL FUN

SPECIAL EVENTS

55+ Art & Craft Festival

The festival will feature art and crafts from members of the 55+ Community. This is an outdoor event that will be at Fairlington Community Center. Limited to 20 artists with a maximum of two submissions. Participants who want to submit artwork must preregister by 10/25 and email Sharleka Ashton at sashon@arlingtonva.us. Artwork is to be submitted two weeks in advance. Rain date is 11/20.

-
- **Nov. 13** **Saturday** **1-3 p.m.**
Fairlington [#911899-4](#) 1 session

Fitness Day 2021

Get your fitness fix! Attend sports and fitness demos along with health and wellness activities. Check out the new indoor track! Something for everyone. All fitness levels welcome.

-
- **Sept. 10** **Friday** **9 a.m.-1 p.m.**
Lubber Run [#911899-1](#) 1 session

Pumpkin Carving & Painting

Help us decorate the center for Halloween! Pumpkins will be provided for people to carve and paint together.

-
- **Oct. 20** **Wednesday** **1-2:30 p.m.**
Aurora Hills [#911803-1](#) 1 session

Variety Show

Celebrate Senior Center Month and our centers reopening with a fun afternoon event featuring live music, entertainment, games and giveaways. Featuring special messages from our community members, this event is hosted by the cast and crew from the popular 55+ Live talk show. Come and see the show live in person, or watch the broadcast from the comfort of your home.

-
- **Sept. 17** **Friday** **1-2:30 p.m.**
Virtual [#911899-2](#) 1 session
 - **Sept. 17** **Friday** **1-2:30 p.m.**
Lubber Run [#911899-3](#) 1 session

GET TOGETHERS

Get to Know Brittany

Brittany Miller, the new Lubber Run center director, wants to hear from you! Learn about Brittany's background as well as her plans for the 55+ program at Lubber Run. Bring your suggestions and questions.

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- **Sept. 20** **Monday** **11 a.m.-12 p.m.**
Lubber Run [#911801-2](#) 1 session

Ice Cream Meet n' Greet

Come to Aurora Hills to learn more about the many activities we are offering this fall! Join us for ice cream treats, enjoy live music and meet new 55+ members or reconnect with old friends.

-
- **Oct. 6** **Wednesday** **1-3 p.m.**
Aurora Hills [#911801-1](#) 1 session

Morning Meetup

Get together for coffee and great conversation with friends. Meets first and third Wednesdays.

-
- **First & Third Wednesdays** **9-10 a.m.**
Langston-Brown [Drop-In](#)

55+ Live!

55+ Live! is a talk show and a great way to stay up to date with 55+ Programs. Enjoy previews of entertainment, demonstrations, seminars and the other great programs you'd usually find in-person at our 55+ Centers. Don't miss this opportunity to catch up with friends.

-
- **Sept. 21** **Tuesday** **12-1 p.m.**
Virtual [#911801-3](#) 1 session
 - **Oct. 19** **Tuesday** **12-1 p.m.**
Virtual [#911801-4](#) 1 session
 - **Nov. 16** **Tuesday** **12-1 p.m.**
Virtual [#911801-5](#) 1 session

PERFORMANCES

Sunshine Gang

The band invites you to 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** *1-3 p.m.*
Arlington Mill [Drop-In](#)

Acoustic Afternoon

Join Arlington residents Ed Girovasi and Phil Rosen for an Acoustic Hour featuring classic pop, folk and blues tunes from across the decades. Refreshments provided by the Langston-Brown Advisory Committee

-
- **Oct. 13** *Wednesday 2:30-3:30 p.m.*
Langston-Brown [#911802-5](#) 1 session

Acoustic Cafe

Enjoy music from the '50s to today! Meet and mingle as you listen to live unplugged music from various performers who have a love for music. Sponsored by the Walter Reed Advisory Committee and the Alliance for Arlington Senior Programs.

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- **Sept. 14** *Tuesday 7-8:30 p.m.*
Lubber Run [#911802-1](#) 1 session
 - **Oct. 12** *Tuesday 7-8:30 p.m.*
Lubber Run [#911802-2](#) 1 session
 - **Nov. 9** *Tuesday 7-8:30 p.m.*
Lubber Run [#911802-3](#) 1 session

Acoustic Hour at Aurora Hills

Relax and enjoy some fellowship with other 55+ members while enjoying live rock and roll, ballads, folk and blues music from the 50s by Carl Gold.

-
- **Oct. 22** *Friday 1-2:30 p.m.*
Aurora Hills [#911802-7](#) 1 session
 - **Nov. 19** *Friday 1-2:30 p.m.*
Aurora Hills [#911802-8](#) 1 session

Acoustic Hour in the Park

Enjoy live music in the park! Ed Girovasi and Phil Rosen will perform songs from the 50s to today. Please bring your own chair or blanket.

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- **Sept. 22** *Wednesday 1-2:30 p.m.*
Virginia Highlands [#911802-4](#) 1 session

Coffee House Live!

Don't miss this evening of live music from DEM22. Acoustic and electric selections from classic rock, folk, and pop tunes, from the 60s and 70s. Featuring the music of Bob Dylan, Beatles, Stones, Van Morrison, Jackson Browne, Grateful Dead, Stephen Stills and many others. Refreshments provided by the Langston-Brown Advisory Committee. Must pre-register by Oct. 14; No drop-ins will be admitted.

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- **Oct. 16** *Saturday 7-9 p.m.*
Langston-Brown [#911802-6](#) 1 session

Folk Music Sing-Along

Joan Baez, Bob Dylan and Joni Mitchell are a few of the inspirations. Sure to be a heartwarming experience.

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- **Mondays** *1:30-3:30 p.m.*
Madison [Drop-In](#)

Matinee Cabaret

Soloist Julianne Corley will sing favorites from Broadway and Movie Musicals as well as some Classic Oldies live. Packaged snacks will be provided.

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- **Nov. 5** *Wednesday 1-2 p.m.*
Aurora Hills [#911802-9](#) 1 session

Rock Music Legends: Country Rock

The country-rock genre emerged in the 1960s and 70s, combining elements of country music with rock. Volunteer Carl Gold will discuss and perform examples of country-rock by popular artists such as the Eagles, Pure Prairie League, Lynyrd Skynyrd, the Charlie Daniels Band and Linda Ronstadt.

-
- **Oct. 5** *Tuesday 1:30-2:45 p.m.*
Virtual [#911400-9](#) 1 session

Rock Music Legends: One-Hit Wonders

While some rock artists had long, successful careers, others were only able to hit it big with one song. But those one-hit wonders had a tremendous impact and were truly memorable. These examples are sure to resonate with you: Robert Palmer ("Bad Case of Lovin' You"); Nazareth ("Love Hurts"); and Thin Lizzy ("The Boys are Back in Town"). Volunteer Carl Gold will discuss and perform a sampling of these one-hit wonders.

-
- **Nov. 2** *Tuesday 1:30-2:45 p.m.*
Virtual [#911400-10](#) 1 session

Rock Music Legends: Your Favorites

We're going to change it up! Volunteer Carl Gold will sing your favorite rock songs and provide biographical information and fun facts about your favorite artists. Upon registration, you'll receive a list of artists from which to choose. You name 'em and Carl will play 'em!

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| • Sept. 13
Virtual | Monday
#911400-8 | 1:30-2:45 p.m.
1 session |
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THE MOVIES

Movie Classics

Enjoy some of the best movies ever made!

Oct. 1 - *American Graffiti* (PG) (1973)

Oct. 29 - *The Shining* (R) (1980)

Nov. 24 - *Annie Hall* (PG) (1977)

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|----------------------------------|---|-------------------------------------|
| • Oct. 1
Aurora Hills | Friday
#911704-1 | 12:30-2:30 p.m.
1 session |
| • Oct. 29
Aurora Hills | Friday
#911704-3 | 12:30-2:30 p.m.
1 session |
| • Nov. 24
Aurora Hills | Wednesday
#911704-6 | 12:30-2:30 p.m.
1 session |

Movies & 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 afterward. Each month the group will create a review to be submitted to the Arlington Mill Newsletter.

Oct. 28 - *Cruella* (PG-13)

Nov. 18 - *Supernova* (R)

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| • Oct. 28
Arlington Mill | Thursday
#911704-2 | 1-3:30 p.m.
1 session |
| • Nov. 18
Arlington Mill | Thursday
#911704-5 | 1-3:30 p.m.
1 session |

Mystery Movie Matinee

Bring a snack and your thinking cap on; this film is for our cleverest movie buffs who can unravel the mystery!

Movie: *Knives Out* (PG-13)

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| • Oct. 29
Lubber Run | Friday
#911704-4 | 2:30-4:30 p.m.
1 session |
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Movie Discussions

We're calling all cinema lovers to meet to discuss a new film every month. In September the movie will be *Lion* and in October the movie will be *Notorious*.

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|-----------------------------|--|------------------------------|
| • Sept. 9
Virtual | Thursday
#911402-7 | 3-4 p.m.
1 session |
| • Oct. 14
Virtual | Thursday
#911402-8 | 3-4 p.m.
1 session |

GET INVOLVED WITH SENIOR ISSUES!

Email arlaaa@arlingtonva.us for meeting links. For an updated and complete list of Commission on Aging meetings and other aging network activities, please visit <https://commissions.arlingtonva.us/coa/meetings/>

Commission on Aging

The Arlington County Commission on Aging advises the County Board and the Arlington Agency on Aging on aging issues.

Commission on Aging meetings:

- Mon., Sept. 20, 9-11 a.m.,
- Mon., Oct. 18, 9-11 a.m.,
- Nov. 15, 9-11 a.m.

Meetings are held at the Department of Human Services (unless otherwise noted). DHS, Lower Level Auditorium, 2100 Washington Blvd. Arlington, VA 22204

Nov. 4 the Arlington Commission on Aging and the Alexandria Commission on Aging invite you to meet with elected officials at the annual Legislative Forum on Aging Issues 9:-10 a.m. at Fairlington Community Center.

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:

- Fri. Sept. 17, 10-11 a.m. Social Technology Solution Panel
- Fri. Nov. 19, 10-11 a.m. Medicare Update

WELLNESS

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

- **Sept. 15 - Nov. 17** **Wednesdays** **10:30-11:30 a.m.**
Lubber Run [#911500-2](#) 8 sessions: \$40

Continuum of Care

Homecare, skilled nursing, assisted living, post-hospital rehab - there are so many options for help and for home life as you age. Professionals from Arlington Neighborhood Village, Synergy HomeCare, The Jefferson, Goodwin House at Home and Capital Caring will discuss services and answer questions about costs and how those might be covered.

- **Sept. 14** **Tuesday** **1-2:30 p.m.**
Virtual [#911500-1](#) 1 session

Dementia Conversations

A representative from the National Capital Area Chapter of the Alzheimer's Association will discuss how to have honest and caring conversations with family members about going to the doctor, deciding when to stop driving and making legal and financial plans. The workshop reinforces the need to plan and build a care team that communicates well and connects families to resources to enhance the quality of life for everyone involved.

- **Nov. 17** **Wednesday** **11 a.m.-12 p.m.**
Walter Reed [#911500-18](#) 1 session

Diabetes Discussion 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.

- **Second Mondays** **11 a.m.-12 p.m.**
Langston-Brown [Drop-In](#)

Dining Out with Diabetes

If you have diabetes, dining out at a restaurant can be stressful. Lisa Muras, Registered Dietician with Virginia Hospital Center, will share strategies and food suggestions for sticking to your diabetic meal plan while enjoying an evening out

- **Oct. 18** **Monday** **2-3 p.m.**
Langston-Brown [#911500-13](#) 1 session

Happiness 101

Looking at the world through rose-colored glasses is possible! Join us as Volunteer Paul Singh shares his tips to keep us smiling!

- **Oct. 26** **Tuesday** **2-3 p.m.**
Arlington Mill [#911500-16](#) 1 session

Healthy-ish Happy Hour

Join Kristin McGill, registered dietician and Giant in-store nutritionist, to learn how to make a healthy-ish happy hour for your next house party using simple ingredients you likely already have in your pantry.

- **Nov. 9** **Tuesday** **11 a.m.-12 p.m.**
Arlington Mill [#911500-17](#) 1 session

Hearing Aids- Beware and Be Wise

Join Bonnie O'Leary, outreach manager for the Northern Virginia Resource Center for Deaf and Hard of Hearing Persons (NVRC) in a discussion on hearing loss, the hearing evaluation, how to interpret an audiogram and different styles and types of hearing aids. You will also get exposure to useful apps for those who wear hearing aids and those who aren't quite ready for the hearing aid adventure yet.

- **Sept. 23** **Thursday** **10-11 a.m.**
Aurora Hills [#911500-7](#) 1 session

Herbs & Spices and Everything Nice!

Learn about the benefits of using spices and herbs and how to use them in seasonal recipes. Join Virginia Cooperative Extension volunteer, Caryn Wagner, to learn how to spice up your life.

- **Nov. 18** **Thursday** **11 a.m.-12 p.m.**
Langston-Brown [#911501-1](#) 1 session

Living with Early Onset Alzheimer's

When someone under 65 years old is diagnosed with Younger-onset Alzheimer's disease, the first reaction is often disbelief. Join a representative from the National Capital Area Chapter of the Alzheimer's Association as they provide answers to the questions that arise for people concerned about younger onset of Alzheimer's disease or related dementia.

- **Sept. 29** **Wednesday** **11 a.m.-12 p.m.**
Arlington Mill [#911500-9](#) 1 session

Meditate & Create Relaxation

Reduce stress, lower your blood pressure and change lifestyle habits that sap your energy. Learn several experiential meditation techniques such as mindfulness, breath awareness and guided meditation. Class finishes with relaxation-focused crafts that will energize you.

Instructor: Ellen Sklaver

- **Oct. 7 - Nov. 18** **Thursdays** **2-3:30 p.m.**
Arlington Mill [#911500-11](#) 6 sessions: \$42

Memory Boost

Everyone knows good nutrition supports your overall health, but few realize that certain foods can optimize your brain's cognitive function. Join Virginia Cooperative Extension to learn more about these foods and get some recipes to help boost your memory.

- **Oct. 13** **Wednesday** **12-1 p.m.**
Aurora Hills [#911500-12](#) 1 session

Mindfulness Meditation

This class, for both beginner and experienced meditators, is designed to help integrate the practice of mindfulness into your daily life. Established scientific research has shown that mindfulness meditation helps to decrease stress while supporting calmness, equanimity and compassion for self and others. Handout provided. Class includes guided meditations and discussion time. The emphasis is on experiencing mindfulness and participants are encouraged to practice at home.

Instructor: Nancy Miller

- ~~**Sept. 17 - Nov. 19** **Fridays** **11 a.m.-12:30 p.m.**
Walter Reed [#911500-6](#) 10 sessions: \$60~~

Normal Aging vs. Dementia

As we age, we experience gradual changes to our brains. Lindsey Vajpeyi, Director of Education and Outreach for the Insight Memory Care Center, will discuss what is normal aging and the warning signs of a memory problem.

- **Oct. 25** **Monday** **1-2 p.m.**
Langston-Brown [#911500-14](#) 1 session

Regaining Flexibility

No matter our age, we all want to be flexible! Explore techniques to achieve unrestricted movement, move your joints fluidly and get about with ease in your daily life.

- **Sept. 28** **Tuesday** **1-2 p.m.**
Lubber Run [#911500-8](#) 1 session

Scale Down

A weight loss support group of warm and caring people. Monthly meetings include private weigh-ins and interesting programs. Meets second and fourth Mondays.

- **Second & Fourth Mondays** **1:30-2:30 p.m.**
Langston-Brown [Drop-In](#)

The Impact of Alzheimer's

It's National Alzheimer's Awareness Month. This presentation will focus on Alzheimer's global/national/state statistics, discussion of risk factors, symptoms, and treatments; impact on both patients, family and friends; and where to find resources. Presented by Lindsey Vajpeyi of Insight Memory Care Center.

- **Nov. 17** **Wednesday** **1:30-2:30 p.m.**
Aurora Hills [#911500-19](#) 1 session

Upping Your Instant Pot & Crockpot Game

Are you making the same two things in your instant and crockpot? Maybe you haven't even taken them out of the box! Kristin McGill, registered dietician and Giant in-store nutritionist, will help you to up your game and show you how to use these two handy kitchen tools.

- **Oct. 5** **Tuesday** **11 a.m.-12 p.m.**
Arlington Mill [#911500-10](#) 1 session

What is Aging in Place?

Aging in place is the ability to live in one's own home and community and feel safe doing so, regardless of your age, income or ability level. Learn how a few changes to your home environment could make it easier and safer for you and your loved ones to live independently.

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- **Oct. 26** **Tuesday** **10-11 a.m.**
Lubber Run [#911500-15](#) 1 session

What's On My Plate?

Build healthy eating habits one goal at a time! A Virginia Cooperative Extension representative will talk about My Plate as a resource, why it matters and how to set daily food goals. Start simple and with small changes.

-
- **Sept. 16** **Thursday** **11 a.m.-12 p.m.**
Lubber Run [#911500-4](#) 1 session

PREVENTING FALLS

Stay Active & 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. Classes held twice a week.

-
- **Sept. 13 - Nov. 22** **MondayThursdays 1-2 p.m.**
Lubber Run [#911502-2](#) 20 sessions
 - **Sept. 14 - Dec. 17** **TuesdayFridays 1:30-2:30 p.m.**
Arlington Mill [#911502-3](#) 27 sessions

Fall Prevention/Home Safety

September is Falls Prevention Month and we want you to stay falls free. Join Physical Therapist Jennifer Judah and Keisha Lewis an occupational therapist with Welldom, LLC as they explore fall risk factors and provide tips to prevent future falls and injury during this 45-minute session.

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- **Sept. 13** **Monday** **11 a.m.-12 p.m.**
Lubber Run [#911502-1](#) 1 session

A Matter of Balance

This program emphasizes practical strategies to reduce fear of falling and increase activity levels. Learn to view falls as controllable, set realistic goals to increase activity, change your environment to reduce fall factors and exercise to increase strength and balance. Trained instructors Dr. Pappa, an Assistant Professor at Marymount University and Northern Virginia Falls Prevention Alliance Coordinator and Anne Peret will lead the class.

-
- **Sept. 16 - Nov. 4** **Thursdays** **2-4 p.m.**
Langston-Brown [#911502-4](#) 8 sessions

Falls Prevention Awareness

Falling is NOT a normal part of aging. Arlington County is committed to empowering all older adults to age well and stay fall free. Katie Holmes, local occupational therapist and certified aging-in-place specialist, is partnering with the National Council on Aging (NCOA) to mark Falls Prevention Awareness Week. Learn how to prevent falls and take steps to reduce their risk.

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- **Sept. 22** **Wednesday** **1:30-2:30 p.m.**
Virtual [#911502-5](#) 1 session

MEDICARE

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 to make an appointment with a trained, certified VICAP Medicare counselor.

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 more about Medicare coverage and choices. A certified Medicare counselor from the Virginia Insurance Counseling and Assistance Program will lead this interactive session.

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- **Oct. 6** **Wednesday** **1-3 p.m.**
Arlington Mill [#911503-1](#) 1 session

LECTURES & LEARNING

VICAP MEDICARE PROGRAMS

Navigating through Medicare.gov

Tues., Sept. 14, 10:30 a.m.-12:30 p.m.

Medicare Open Enrollment spans between October 15 - December 7. During this time, Medicare beneficiaries can assess and make changes to their health insurance coverage to include adding, dropping, or changing their Part D Prescription Drug or Medicare Advantage Plan. Get tips from Arlington County's Virginia Insurance Counseling and Assistance Program (VICAP) to learn how to navigate through the Medicare Plan Finder to compare coverage options and shop for plans! Register either by calling Arlington County VICAP at 703-228-1725 or by submitting your registration via email to MedicareHelp@arlingtonva.us

Make the Most of Open Enrollment

Tues., Oct., 19, 10:30 a.m.-12:30 p.m.

Tues., Nov. 16, from 10:30 a.m.-12:30 p.m.

Concerned about your medication and prescription costs? Have your health needs changed? Do you have new prescriptions or some not covered by your current Medicare Part D plan? Medicare Open Enrollment for Part D Prescription Drug Plans and Part C Medicare Advantage Plans runs October 15 -December 7. Medicare plans can make changes every year to their costs and formulary (lists of drugs covered). Join the Arlington County Virginia Insurance Counseling and Assistance Program (VICAP) to receive top tips on how you can make the most out of Medicare's Open Enrollment Period. Register either by calling Arlington County VICAP at 703-228-1725 or by submitting your registration via email to MedicareHelp@arlingtonva.us

55+ Garden Tours

55+ Garden Tours will highlight the landscaping of our County Community Centers. Come prepared for a 60-minute walking tour of our popular centers. We will discuss landscape maintenance techniques, plant and tree identification, invasive plants, plant disease or pest problems that we might see, pruning and more.

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|--------------------------------------|---|---------------------------------|
| • Sept. 20
Walter Reed | Monday
#911400-12 | 1-2:30 p.m.
1 session |
| • Oct. 18
Fairlington | Monday
#911400-13 | 1-2:30 p.m.
1 session |
| • Nov. 15
Lubber Run | Monday
#911400-14 | 1-2:30 p.m.
1 session |

A Gold Rush - In Virginia!

While mining for gold is often associated with the Old West, Virginia was actually a major gold mining center long before the California Gold Rush of 1849. Discover Virginia's long-forgotten gold mining history with Todd Bonshire, Park Manager/Curator of the Monroe Park/Gold Mining Camp Museum in Fauquier County.

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|-----------------------------|--|------------------------------------|
| • Nov. 16
Arlington Mill | Tuesday
#911400-47 | 1:30-2:30 p.m.
1 session |
| • Nov. 16
Virtual | Tuesday
#911400-48 | 1:30-2:30 p.m.
1 session |

About Washington with John Kelly

Meet John Kelly, the well-known Washington Post columnist, who writes John Kelly's Washington. Enjoy some offbeat stories about local people, places and things that don't get reported on the front pages.

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|----------------------------|---|------------------------------------|
| • Sept. 24
Virtual | Friday
#911400-18 | 1:30-2:30 p.m.
1 session |
| • Sept. 24
Aurora Hills | Friday
#911400-19 | 1:30-2:30 p.m.
1 session |

Almost-Forgotten Women

Learn about the pioneering women suffragists, scientists, political figures, athletes, artists, entertainers and more who made a difference between 1840 and 1940 but are not exactly household names today. Local historian and member of the Fairfax County History Commission Mary Lipsey will share their fascinating stories and achievements.

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- ~~Sept. 30~~ ~~Thursday~~ ~~10-11 a.m.~~
Virtual ~~#911400-20~~ 1 session
 - ~~Sept. 30~~ ~~Thursday~~ ~~10-11 a.m.~~
Walter Reed ~~#911400-21~~ 1 session

Andean Adventures: A Life of Service

Prepare to be inspired by this remarkable life story of global public service and adventure. Allan J. Alonzo Wind, retired Senior Foreign Service Officer from the U.S. Agency for International Development (USAID), was shot at, arrested and suffered a near-death illness in the course of providing foreign aid development oversight and humanitarian aid in South America, Africa and the Middle East. He will share his story and the powerful lessons he learned about life's meaning and purpose.

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- **Oct. 13** **Wednesday** **1:30-2:30 p.m.**
Virtual [#911400-28](#) 1 session

Asian American Immigrant Voices

Between 1910 and 1940, hundreds of thousands of immigrants from China, Japan and other Pacific nations were processed through the Angel Island Immigration Station in the San Francisco Bay. Due to exclusionary laws, their experiences were very different from those encountered at Ellis Island. Russell Nauman, operations manager of the Angel Island Immigration Station Foundation, will discuss the history of the site, conditions at the facility and stories of former detainees.

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- **Oct. 12** **Tuesday** **1:30-2:30 p.m.**
Virtual [#911400-26](#) 1 session
 - **Oct. 12** **Tuesday** **1:30-2:30 p.m.**
Lubber Run [#911400-27](#) 1 session

Avoid Gift Card & Cryptocurrency Scams

Defrauding consumers is ever-evolving, with gift card and cryptocurrency scams topping the list of the latest methods. Find out more about how these most recent tactics work, how you can avoid them and where to report them if you do fall victim to one of these scams. A representative of the Federal Trade Commission will explain.

-
- **Oct. 4** **Monday** **1:30-2:30 p.m.**
Virtual [#911400-22](#) 1 session
 - ~~Oct. 4~~ ~~Monday~~ ~~1:30-2:30 p.m.~~
Walter Reed ~~#911400-23~~ 1 session

Larry Chambers, Trailblazer

Rear Admiral Larry Chambers was a trailblazer, serving as the first African-American to command an aircraft carrier and playing a prominent role as captain of the USS Midway during the Vietnam War. Author Ric Murphy will discuss Chambers' early life and military career, including his role in desegregating the U.S. Navy.

-
- **Sept. 21** **Tuesday** **1:30-2:30 p.m.**
Virtual [#911400-15](#) 1 session

Climate Change in Virginia

Virginia's citizens and businesses are not exempt from climate change. In order to prepare for the future, it is critically important to know where, when and by how much climate will change in the Commonwealth, and how citizens' lives, livelihoods and property will be impacted. Dr. James Kinter, Director of George Mason University's Center for Ocean-Land-Atmosphere Studies, will describe what we have learned about predicting climate changes in the region and what remains to be done.

-
- **Sept. 23** **Thursday** **1:30-2:30 p.m.**
Virtual [#911400-17](#) 1 session

Cold War Intelligence in the Skies

Much of the Cold War was fought in the sky and space, with Americans and Soviets gathering intelligence about the other side to gain an advantage. From the end of World War II until the collapse of the Soviet Union in 1991, the two superpowers conducted extensive aerial and space reconnaissance, developing new, top-secret, and increasingly sophisticated technologies to up their games. Scott Willey, senior docent of the National Air and Space Museum's Stephen F. Udvar-Hazy Center, will discuss highlights of US efforts to stay one step ahead of the USSR.

-
- **Nov. 4** **Thursday** **1:30-2:30 p.m.**
Lubber Run [#911400-39](#) 1 session
 - **Nov. 4** **Thursday** **1:30-2:30 p.m.**
Virtual [#911400-40](#) 1 session

Dust Off Your Bike

Join Phoenix Bikes staff to learn basic tips and tricks on cleaning and maintaining your bike to make sure it's ready to ride. Feel free to bring your bike or we'll have extra bikes to practice on.

-
- **Oct. 5** **Tuesday** **11:30 a.m.-12:30 p.m.**
Arlington Mill [#911400-24](#) 1 session

Meaningful Volunteer Opportunities

Volunteering is an opportunity to give back to your community, hone your skills, develop new skills and get to know your neighbors. Arlington needs your time and talents. Join Arlington Neighborhood Village Executive Director Wendy Zenker to learn more about volunteer opportunities in our community.

-
- **Nov. 10** **Wednesday** **1-2 p.m.**
Aurora Hills [#911400-5](#) 1 session

Haunted Prague

Prague is an enchanting and historic capital, but it's also one of the most haunted cities in the world. Take a tour of the cobblestone streets, where tales of magic and mystery are found at every turn. Presented by Michele Patrick, author of Haunted Prague: Stories of Spirits, Sorcerers and Supernatural.

-
- **Oct. 28** **Thursday** **1-2 p.m.**
Langston-Brown [#911400-29](#) 1 session

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. Same material will be presented on on third and fourth Tuesdays. Led by experienced genealogist Eileen Bogdanoff

-
- **Sept. 21** **Tuesday** **11:30 a.m.-1 p.m.**
Lubber Run [#911400-52](#) 1 session
 - **Sept. 28** **Tuesday** **11:30 a.m.-1 p.m.**
Lubber Run [#911400-53](#) 1 session
 - **Oct. 19** **Tuesday** **11:30 a.m.-1 p.m.**
Lubber Run [#911400-54](#) 1 session
 - **Oct. 26** **Tuesday** **11:30 a.m.-1 p.m.**
Lubber Run [#911400-55](#) 1 session
 - **Nov. 16** **Tuesday** **11:30 a.m.-1 p.m.**
Lubber Run [#911400-56](#) 1 session
 - **Nov. 23** **Tuesday** **11:30 a.m.-1 p.m.**
Lubber Run [#911400-57](#) 1 session

Honoring Virginia's Native Americans

Celebrate Native American Heritage Month by learning more about Virginia's 11 officially recognized Native American tribes, each with its own rich and diverse cultural heritage. Shane Begay, Training and Technical Assistance Program Manager for the National American Indian Housing Council, will discuss Virginia's tribal cultures, sovereignty, history and challenges, including high unemployment, poverty and substandard housing, as well as efforts to overcome these challenges.

-
- **Nov. 12** **Friday** **1:30-2:30 p.m.**
Virtual [#911400-45](#) 1 session

It Takes a Village - Here in Arlington

The ivillage movement began in 2002 and 12 years later, Arlington Neighborhood Village (ANV) was founded by community members to help adults stay in their homes as they age. ANV Executive Director Wendy Zenker will describe the village concept and share ways to get involved.

-
- **Oct. 25** **Monday** **11:30 a.m.-12:30 p.m.**
Virtual [#911400-28](#) 1 session

Knife Skills

Learn some handy knife skills from a Virginia Cooperative Extension representative. Discusses safety in using kitchen knives and proper techniques for slicing and preparing foods anything from onions to pomegranates.

-
- **Sept. 22** **Wednesday** **1:30-2:30 p.m.**
Lubber Run [#911400-16](#) 1 session

Library of Virginia's Genealogy Series

Join Community Outreach Specialists Ashley Ramey of the Library of Virginia in four lively genealogy presentations. (10/14: Land Records, 10/21 Auditors of Public Account Records, 11/4 Organizational Records and 11/15 Church Records). Time is allotted afterward to answer any genealogy questions.

-
- **Oct. 14** **Thursdays** **3-4 p.m.**
Virtual [#911400-29](#) 4 sessions
 - **Oct. 21** **Thursdays** **3-4 p.m.**
Virtual [#911400-32](#) 4 sessions
 - **Nov. 4** **Thursdays** **3-4 p.m.**
Virtual [#911400-41](#) 4 sessions
 - **Nov. 15** **Mondays** **3-4 p.m.**
Virtual [#911400-46](#) 4 sessions

Lubber Run Center Tours

Center Director, Brittany Miller, will lead tours of our brand new, state-of-the-art Lubber Run Community Center and describe cool features, such as unique technology, green roof, fitness center, and beautiful classrooms. Also, learn about the new 55+ programs being offered at your Center and see how you can join.

-
- **Sept. 17** **Friday** **11-11:30 a.m.**
Lubber Run [#911400-1](#) 1 session
 - **Sept. 24** **Friday** **11-11:30 a.m.**
Lubber Run [#911400-2](#) 1 session

Meet Zoe for a Virtual Pet Visit

Meet Zoe, a smart Yorkshire terrier who is a registered, certified therapy dog and loves to entertain. Zoe does over 20 tricks in her live and virtual pet visits all over Northern Virginia. Her proud owners, Chuck and Patty Toftoy, will also share information about the Yorkie breed.

-
- **Oct. 7** **Thursday** **1:30-2:30 p.m.**
Virtual [#911400-25](#) 1 session

Older Drivers - Start Your Engines

Join Mike Perel, Retired, U.S. National Highway Traffic Safety Administration (NHTSA) and current Vice Chair of the Fairfax Area Commission on Aging, as he focuses on the myth of the unsafe older drive. How aging might affect driving performance, what drivers can do to stay safe and how new automobile technologies can help us avoid crashes and reduce injuries.

-
- **Nov. 18** **Thursday** **1-2 p.m.**
Arlington Mill [#911400-50](#) 1 session

Post-Civil War Family Fun in Arlington

What did (White) families do for fun in Arlington after the Civil War? Annette Benbow, local historian and director of the Balls-Sellers House, will discuss family amusements and attractions of the day, including Carlin Springs Pavilion, Luna Park, Arlington Beach and the Potomac Flying Service.

-
- **Oct. 18** **Monday** **1:30-2:30 p.m.**
Virtual [#911400-31](#) 1 session

The Most Extreme Rule Breakers

In nature, with every rule there is an exception. Join a naturalist as they look at 10 extreme animals who defy the normal rules of nature in order for them to thrive.

-
- **Oct. 14** **Thursday** **7-8 p.m.**
Virtual [#911400-30](#) 1 session

The Virginia Plan: A Daring Holocaust Rescue

William B. Thalhimer, owner of Thalhimer's department store in Richmond, saved dozens of teens from perishing in the Holocaust with a bold plan. Bob Gillette, author of *The Virginia Plan: William B. Thalhimer and a Rescue from Nazi Germany*, will share this remarkable story of courage, determination and resilience that has a local Virginia connection.

-
- **Nov. 8** **Monday** **1:30-2:30 p.m.**
Lubber Run [#911400-42](#) 1 session
 - **Nov. 8** **Monday** **1:30-2:30 p.m.**
Virtual [#911400-43](#) 1 session:

Travel Gurus: Cuba

Here is your opportunity to come and learn about destinations near and far from local 55+ "travel gurus." Did you know main island of Cuba is the largest island in the Caribbean? Fran Deluca, travel enthusiast, will share her travel experiences in Cuba.

-
- **Nov. 3** **Wednesday** **1:30-2:30 p.m.**
Aurora Hills [#911400-38](#) 1 session

Travel Tips Online

Come join travel enthusiast Shettima Abdulmalik as he teaches his tricks on saving money when planning out your vacation. Whether you are looking for flights, hotels, or just a local destination, this presentation will ensure you are getting the best deal for your dollar.

Instructor:

-
- **Nov. 1** **Monday** **1-2 p.m.**
Arlington Mill [#911400-37](#) 1 session

Urban Birds

Now that the migrants are gone, let's chat with Park Naturalist Kenneth Rosenthal about the birds that have stayed behind. Specifically, we will focus on urban birds. From European Starlings to Rock Pigeons to Peregrine Falcons, discover what makes these birds so successful in our urban areas.

-
- **Nov. 18** **Thursday** **6-7 p.m.**
Virtual [#911400-51](#) 1 session

Virginia Reptiles

Join Long Branch Nature Center Naturalist Bobbi Farley for a virtual presentation on the reptiles of Virginia, including species that can be found right here in Arlington. What animals are common, which are dangerous or harmless? This interactive program will answer those questions and more in a live PowerPoint presentation.

-
- **Sept. 16** **Thursday** **6-7 p.m.**
Virtual [#911400-11](#) 1 session

Virtual Carousel Tour

Join a Kevin D. Patti park ranger from National Park Service for a 45-minute virtual tour of the 1921 Dentzel Carousel in Glen Echo Park in commemoration of the 100th anniversary of the carousel being in Glen Echo Park. This tour will tell the fascinating history of the Dentzel Carousel company, the Glen Echo Amusement Park that for 70 years surrounded the carousel and the effort to integrate the segregated amusement park in 1960. The protest started with a sit-in on the carousel. We will also learn of Nancy Long and the Save the Carousel committee's work to keep the carousel in the park after the amusement park closed.

-
- **Sept. 9** **Thursday** **10-11 a.m.**
Virtual [#911400-6](#) 1 session
 - **Oct. 16** **Saturday** **10-11 a.m.**
Virtual [#911400-7](#) 1 session

Tour the New Lucy Burns Museum

The struggle for women's suffrage reached a turning point when Lucy Burns and other peaceful protesters at the White House were arrested and brought to the Lorton Workhouse at Occoquan. Their brutal treatment at the Workhouse turned the tide of public opinion, leading to the passage of the Nineteenth Amendment. Laura McKie, Director of the new Lucy Burns Museum, will lead a virtual tour of the museum recounting the journey to the Nineteenth Amendment's adoption and the events of the Night of Terror.

-
- **Oct. 28** **Thursday** **1:30-2:30 p.m.**
Arlington Mill [#911400-35](#) 1 session
 - **Oct. 28** **Thursday** **1:30-2:30 p.m.**
Virtual [#911400-36](#) 1 session

Ways to Save Money During the Holidays

Join a representative from the Virginia Cooperative Extension as they discuss options to keep money in your pocket during the expensive holiday months.

-
- **Nov. 10** **Wednesday** **12-1 p.m.**
Virtual [#911400-44](#) 1 session

What's an Autoharp?

The Autoharp (or autochord) is an instrument that is strummed or plucked. The instrument is similar to a zither. If you enjoy music, join 55+ volunteer Fran Field, for an informational session on autoharps. A demonstration will be given, and music will be played.

-
- **Nov. 18** **Thursday** **1-2 p.m.**
Langston-Brown [#911400-49](#) 1 session

AROUND THE HOUSE

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.

-
- **Nov. 10** **Wednesday** **11 a.m.-12 p.m.**
Langston-Brown [#911401-1](#) 1 session

Keep Your Home Warm This Winter

Does cold air seep into your home along with unwanted odors or pests? Learn easy and low-cost tips to keep your home warmer in the winter and manage your energy bills. This training will go over best practices and maintenance tips to plug holes and air leaks. The session will also briefly cover bill payment assistance programs in Northern Virginia.

-
- **Nov. 16** **Tuesday** **11 a.m.-12 p.m.**
Lubber Run [#911401-2](#) 1 session

PLANNING AHEAD

Be Prepared to Vote on November 2!

Find out what's on the ballot this November, how to register, how to vote early or absentee, what identification you will need, applicable deadlines, etc. With so many Commonwealth-wide and local races being decided, this is an especially important election year. Bill Sands, Outreach Coordinator for the Arlington County Office of Elections, will provide all the information you need to cast your vote and make your voice heard.

-
- **Sept. 30** **Thursday** **1:30-2:30 p.m.**
Lubber Run [#911400-3](#) 1 session
 - **Sept. 30** **Thursday** **1:30-2:30 p.m.**
Virtual [#911400-4](#) 1 session

Waste Not, Want Not

Join Virginia Cooperative Extension for some tips and tricks to waste less food and money. It's always great to save!

-
- **Oct. 14** **Thursday** **11 a.m.-12 p.m.**
Arlington Mill [#911404-4](#) 1 session

Estate Planning -Know Your Options

Estate planning has become more complex with recent new legislation. Find out your options and protect your family's legacy. Learn from two leading professionals Ed Zetlin an Elder Law attorney and Financial Planner Mark Friese about the financial and legal aspects of new legislation and its potential impact.

-
- **Nov. 17** **Wednesday** **11 a.m.-12 p.m.**
Virtual [#911404-6](#) 1 session

Getting Your Home Market Ready

Thinking you might sell your house now or down the road? Want to know how you can get the best return on the investment for your home? Are you wondering how Covid-19 could impact the sale of your home? Nancy Murphy licensed Realtor with Weichert, Realtors, will give you some step-by-step tips on how to get your home ready for today's Arlington home buyer.

-
- **Nov. 3** **Wednesday** **1-2 p.m.**
Langston-Brown [#911404-5](#) 1 session

Learn to Ride the ART Bus

Have you wanted to take the bus but aren't sure where it goes or how it works? Join Arlington's Car-Free Diet's Ken Matthews on a free ART bus tour to learn everything you need to know to ride a bus. Learn about ART's 16 routes and how to get to Arlington neighborhoods, as well as how to connect to Metrorail and Metrobus. Find out about fare options, schedules, riding tips, and more. Become a pro at riding the bus! Se habla español.

-
- **Sept. 29** **Wednesday** **11 a.m.-12 p.m.**
Langston-Brown [#911404-2](#) 1 session
 - **Nov. 1** **Monday** **11 a.m.-12 p.m.**
Arlington Mill [#911404-3](#) 1 session

What Makes Up a Revocable Living Trust

A revocable trust is a written document that details how your assets will be handled after you die. Assets can include real estate, valuable possessions, bank accounts and investments. Ed Zetlin, Elder Law Attorney, will discuss what you need to know about this legal document.

-
- **Sept. 15** **Wednesday** **11 a.m.-12 p.m.**
Virtual [#911404-1](#) 1 session

BOOK CLUBS & DISCUSSION GROUPS

Aurora Hills Book Club

Monthly book club meets the fourth Monday of each month. September: *Mr. Penumbra's 24-Hour Bookstore* by Robin Sloan; October: *What the Bishop Saw* by Vannetta Chapman; November: *The Boys in the Boat* by Daniel James Brown

- **Mondays** **11:30 a.m.-12:45 p.m.**
Aurora Hills [Drop-In](#)

Book Club

Get together for great books and conversation. September: *Bad Blood: Secrets and Lies in a Silicon Valley Startup* by John Carreyrou; October: *Spying on the South: An Odyssey Across the American Divide* by Tony Horwitz; November: *Orange is the New Black: My Year in a Women's Prison* by Piper Kerman.

- **Sept. 1** **Wednesday** **11 a.m.-12 p.m.**
Virtual [#911402-1](#) 1 session
- **Oct. 5** **1:30-2:30 p.m.**
Langston-Brown [Drop-In](#)
- **Nov. 2** **1:30-2:30 p.m.**
Langston-Brown [Drop-In](#)

Documentary Discussions

View some of the best documentaries ever made and discuss them with 55+ members. September: *Millionaire Neighbors At War* (Super Rich Documentary); October: *The Social Dilemma*.

- **Sept. 29** **Wednesday** **1-3 p.m.**
Virtual [#911402-17](#) 1 session
- **Oct. 27** **Wednesday** **1-3 p.m.**
Virtual [#911402-18](#) 1 session

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.

- **Sept. 20** **Monday** **10-11:30 a.m.**
Arlington Mill [#911402-12](#) 1 session
- **Oct. 4** **Monday** **10-11:30 a.m.**
Arlington Mill [#911402-13](#) 1 session
- **Oct. 18** **Monday** **10-11:30 a.m.**
Arlington Mill [#911402-14](#) 1 session
- **Nov. 1** **Monday** **10-11:30 a.m.**
Arlington Mill [#911402-15](#) 1 session
- **Nov. 15** **Monday** **10-11:30 a.m.**
Arlington Mill [#911402-16](#) 1 session

Fisherman's Forum

Do you love to fish? Have great fishing stories? Share closely-guarded secrets or 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.

- ~~**Sept. 13** **Monday** **10-11 a.m.**
Walter Reed [#911402-9](#) 1 session~~
- ~~**Oct. 11** **Monday** **10-11 a.m.**
Walter Reed [#911402-10](#) 1 session~~
- ~~**Nov. 8** **Monday** **10-11 a.m.**
Walter Reed [#911402-11](#) 1 session~~

Genealogy Discussion Group

Join local genealogist Susan J. Court to discuss your questions and challenges regarding researching and chronicling your family history, and to share your discoveries and techniques with fellow genealogists.

- **Sept. 8** **Wednesday** **3-4 p.m.**
Virtual [#911402-4](#) 1 session
- **Oct. 13** **Wednesday** **3-4 p.m.**
Virtual [#911402-5](#) 1 session
- **Nov. 10** **Wednesday** **3-4 p.m.**
Virtual [#911402-6](#) 1 session

History Discussions

Listen, contribute and reflect in this discussion group that focuses on cultural, economic, artistic and political history. Led by Dwight Rodgers of Encore Learning.

-
- **Oct. 28**
Arlington Mill **Thursday** **1-2:30 p.m.**
#911402-19 1 session
 - **Oct. 28**
Virtual **Thursday** **1-2:30 p.m.**
#911402-20 1 session
 - **Nov. 4**
Arlington Mill **Thursday** **1-2:30 p.m.**
#911402-21 1 session
 - **Nov. 4**
Virtual **Thursday** **1-2:30 p.m.**
#911402-22 1 session
 - **Nov. 18**
Lubber Run **Thursday** **1-2:30 p.m.**
#911402-23 1 session
 - **Nov. 18**
Virtual **Thursday** **1-2:30 p.m.**
#911402-24 1 session

History Roundtable

Take part in thought-provoking discussions about pivotal events in history. At your option, research and deliver a five-minute presentation on the month's topic or listen and learn from others. Meets second Tuesdays. In September we'll discuss the impact of the theater on history. In October we'll discuss the impact of animals on history. In November, the impact of famous leaders on history.

-
- **Second Tuesdays** **11:15 a.m.-12:30 p.m.**
Lubber Run [Drop-In](#)

Local History Discussions & Reminiscences

Have fun recollecting and learning about Arlington's rich past. In September we'll discuss best places to eat after going on a date. In October we'll discuss Mrs. Lee and the House. In November we'll discuss the Lee Heights Shopping Center. Meets first Wednesdays each month.

-
- **Sept. 1**
Virtual **Wednesday** **1:30-2:45 p.m.**
#911402-2 1 session
 - **Oct. 6**
Lubber Run **1:30-2:45 p.m.**
[Drop-In](#)
 - **Nov. 3**
Lubber Run **1:30-2:45 p.m.**
[Drop-In](#)

The Study of Words

Learn about the history of English and language as a whole. Have fun sharing individual words, phrases, expressions and other items of linguistic interest. Facilitated by volunteer Steven Wertime.

-
- **Sept. 8**
Virtual **Wednesday** **10:30-11:45 a.m.**
#911402-3 1 session
 - **Oct. 13**
Lubber Run **10:30-11:45 a.m.**
[Drop-In](#)
 - **Nov. 10**
Lubber Run **10:30-11:45 a.m.**
[Drop-In](#)

ARLINGTON RESOURCES

DHS Outreach

Zineb Mourchid from Arlington County's Department of Human Services will answer questions about services available with the county. She can help apply for services such as affordable housing or citizenship. Must register for individual appointment.

-
- **Sept. 23** ~~**Tuesday** **10-10:30 a.m.**~~
Walter Reed ~~[#911900-10](#) 1 session~~
 - **Oct. 28** ~~**Tuesday** **10-10:30 a.m.**~~
Walter Reed ~~[#911900-24](#) 1 session~~

DIGITAL LEARNING

All About Amazon

Learn about all the features Amazon offers for consumers as Nick Englund, technology guru discusses shopping, music, videos, eBooks, devices like Kindle, Fire TV and more.

-
- **Oct. 12**
Arlington Mill **Tuesday** **11 a.m.-12 p.m.**
[#911403-3](#) 1 session

Cutting The Cord

Are you tired of paying outrageous bills for cable, phone and internet? Join Nick Englund, tech guru, for a general overview on how to use today's technology to combine resources and possibly reduce costs. Q&A to follow.

-
- **Nov. 16**
Arlington Mill **Tuesday** **11 a.m.-12 p.m.**
[#911403-9](#) 1 session

Music Streaming

Spotify and other music streaming services are changing how we listen and discover music, new and old. Join volunteer Amy Collins for a walkthrough on the Spotify app and how it can work for you.

-
- **Oct. 12** **Tuesday** **7-8 p.m.**
Arlington Mill [#911403-4](#) 1 session

Online Payment Apps: Venmo & PayPal

Learn the ins and outs of Venmo, a PayPal service that allows you to split checks and send money to friends and family without needing cash or checks. Think of it as a social app for paying!

-
- **Oct. 14** **Thursday** **6-7 p.m.**
Lubber Run [#911403-5](#) 1 session

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.

-
- **Nov. 9** **Tuesday** **7-8 p.m.**
Arlington Mill [#911403-7](#) 1 session

Samsung Phone Help

Are you having issues with your Samsung Android-operated phone or device? Join Center Director Shettima Abdulmalik for an insightful class on Samsung basics. Please feel free to prepare device-specific questions as the session will be largely Q&A.

Instructor:

-
- **Oct. 5** **Tuesday** **1-2 p.m.**
Arlington Mill [#911403-2](#) 1 session

Smart Home

We have the capability of using technology in our houses to control lights, lock doors, play music and answer questions. Nick Englund, tech guru, will present an overview of home automation devices such as Amazon Alexa and Google Home. This is a basic introduction and no prior experience is required.

-
- **Nov. 10** **Wednesday** **6:30-7:30 p.m.**
Arlington Mill [#911403-8](#) 1 session

Uber & Lyft

Getting in a car with strangers seemed so taboo but has become the standard for getting from A to B. Tech enthusiast Nick Englund will present an overview of ride sharing apps including the popular Uber and Lyft and share tips and tricks.

-
- **Oct. 19** **Tuesday** **11 a.m.-12 p.m.**
Arlington Mill [#911403-6](#) 1 session

What Is The Cloud?

Do you know what the cloud is and where it goes? Is it secure and is there a cost? Nick Englund, technology guru will answer questions about OneDrive, iCloud, Dropbox, Google Drive, and other common cloud based storage for your computer and wireless devices.

-
- **Sept. 16** **Thursday** **1-2:30 p.m.**
Arlington Mill [#911403-1](#) 1 session

Yelp and OpenTable

Want to know what the best coffee shop is in your area? How about locking in a reservation at that hot new restaurant? Join Center Director Sidney Reid to learn all about the Yelp and OpenTable Apps.

-
- **Nov. 16** **Tuesday** **5-6 p.m.**
Arlington Mill [#911403-10](#) 1 session

ARTS & CRAFTS

Art Circle

What do you know about art? What role does it play in your life? This is a four-part workshop designed to develop your inner creativity, find meaning in life through art and explore the individual visions of artists.

Instructor: Joan Hart

- **Sept. 20 – Oct. 11** **Mondays** **1-2:30 p.m.**
Aurora Hills [#911301-6](#) 4 sessions: \$24

55+ 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 piece gets traded for a raffle ticket. Raffle numbers are drawn at the end of the event, artwork is selected from the created pieces. Trade and network with other local artists!

- **Sept. 30** **Thursday** **10:30 a.m.-12 p.m.**
Arlington Mill [#911300-3](#) 1 session
- **Oct. 28** **Thursday** **10:30 a.m.-12 p.m.**
Arlington Mill [#911300-4](#) 1 session

Introduction to Origami

Origami, or the art of folding paper, has been practiced for generations. Center Director Shettima Abdulmalik, will work with you on creating your own pieces of origami to take home. We'll focus on basic shapes to create animals and seasonal gifts for family and friends.

- **Sept. 21** **Tuesday** **1-2:30 p.m.**
Arlington Mill [#911300-2](#) 1 session

Holiday Card Making

The holiday season is finally upon us! Center Director Shettima Abdulmalik will help you create personalized holiday cards to share with your family and friends. Feel free to bring your own materials. Some art materials will be provided.

- **Nov. 18** **Thursday** **10:30 a.m.-12 p.m.**
Arlington Mill [#911703-1](#) 1 session

FINE ARTS

Explore Drawing

Join Community Arts Programmer Jen Droblyen for an afternoon of drawing. Improve your skills by learning various techniques. No experience necessary.

- **Sept. 24** **Friday** **1-2:30 p.m.**
Arlington Mill [#911301-7](#) 1 session
- **Oct. 8** **Friday** **1-2:30 p.m.**
Arlington Mill [#911301-8](#) 1 session
- **Nov. 12** **Friday** **1-2:30 p.m.**
Arlington Mill [#911301-9](#) 1 session

Explore Painting

Join Community Arts Programmer Jim Halloran for an afternoon of painting. Improve your skills by learning various techniques. No experience necessary.

- **Oct. 8** **Friday** **1-2:30 p.m.**
Aurora Hills [#911301-10](#) 1 session
- **Nov. 12** **Friday** **1-2:30 p.m.**
Arlington Mill [#911301-11](#) 1 session

Fall Paint-a-Plate

Join Community Arts Programmer Roslyn Delos Reyes to paint your own beautiful plate with fall or holiday designs.

- **Nov. 17** **Wednesday** **1-3 p.m.**
Aurora Hills [#911300-9](#) 1 session

Intermediate Drawing & Painting

Develop personal artistic talents while learning painting and drawing techniques with Community Arts Programmer Jen Droblyen. Previous experience required. Painting and drawing materials are not included, but some supplies will be on hand to experiment with new media. Supply list will be provided upon registration.

- **Sept. 16 – Oct. 28** **Thursdays** **1-3 p.m.**
Langston-Brown [#911301-4](#) 7 sessions: \$52.50

Just Beneath the Surface

Looking at the works of two artists, we will dive into what was happening behind the scenes and beneath the surface of all that paint. Community Arts Programmer Jim Halloran will explain the context, history and techniques of famous (and not-so-famous) artists. Short demo of an artist's specific process with discussion to follow.

-
- **Oct. 22**
Virtual
Friday
[#911301-14](#)
10-11:30 a.m.
1 session
 - **Nov. 19**
Virtual
Friday
[#911301-15](#)
10-11:30 a.m.
1 session

Open Art Studio

Open Art Studios accommodate artists who work at their own pace in a collaborative space with others to share thoughts and ideas. Please note that artists must bring their own materials. No instruction provided.

-
- **Wednesdays**
Arlington Mill
10 a.m.-12 p.m.
[Drop-In](#)
 - **Fridays**
Arlington Mill
11 a.m.-1 p.m.
[Drop-In](#)

Paint & Sip

Paint along with Community Arts Programmers as we copy artworks at area museums. Enjoy your favorite beverage from the comfort of home during this lesson

-
- **Oct. 28**
Virtual
Thursday
[#911301-16](#)
10-11:30 a.m.
1 session
 - **Nov. 18**
Virtual
Thursday
[#911301-17](#)
10-11:30 a.m.
1 session

Painting Demonstration

Paint along with a Community Arts Programmer as they present a detailed step-by-step painting demonstration. Picture and supply list will be sent prior to the class.

-
- **Sept. 20**
Virtual
Monday
[#911301-5](#)
10:30 a.m.-12 p.m.
1 session
 - **Oct. 18**
Virtual
Monday
[#911301-12](#)
10:30 a.m.-12 p.m.
1 session
 - **Nov. 15**
Virtual
Monday
[#911301-13](#)
10:30 a.m.-12 p.m.
1 session

Secrets Revealed

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.

-
- **Sept. 13**
Virtual
Monday
[#911301-1](#)
10:30-11:30 a.m.
1 session
 - **Oct. 25**
Virtual
Monday
[#911301-2](#)
10:30-11:30 a.m.
1 session
 - **Nov. 29**
Virtual
Monday
[#911301-3](#)
10:30-11:30 a.m.
1 session

HANDWORK

55+ Crafters

Bring your own small craft project, supplies and join us. This is a fun place to socialize and create the perfect gift or keepsake.

-
- **Wednesdays**
Arlington Mill
10:30 a.m.-1 p.m.
[Drop-In](#)

Rubber Stampers

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 Thursday afternoon open studio. Newcomers welcome to stop by and learn more about this hobby and what it involves.

-
- **Thursdays**
Madison
11:30 a.m.-3 p.m.
[Drop-In](#)

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.

-
- **Mondays**
Aurora Hills
10 a.m.-12 p.m.
[Drop-In](#)

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.

- **Tuesdays** 1:20-2:30 p.m.
Langston-Brown [Drop-In](#)

MUSIC

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** 1:30-2:30 p.m.
Langston-Brown [Drop-In](#)

The Rocking Chairs

Do you love rock-n-roll? Join the open rehearsal of this grown-up garage band. The playlist includes hits from the 50s through the 70s.

- **Wednesdays** 12-2 p.m.
Madison [Drop-In](#)

Ukulele

Strumming a ukulele is therapeutic and fun. Volunteer Sandy O'Shea will teach basic strumming. Limited ukuleles available.

- **Sept. 21** **Tuesday** 4:30-5:30 p.m.
Arlington Mill [#911702-1](#) 1 session
- **Oct. 5** **Tuesday** 4:30-5:30 p.m.
Arlington Mill [#911702-2](#) 1 session
- **Oct. 26** **Tuesday** 4:30-5:30 p.m.
Arlington Mill [#911702-3](#) 1 session
- **Nov. 9** **Tuesday** 4:30-5:30 p.m.
Arlington Mill [#911702-4](#) 1 session

WRITING

Writing Group

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.

- **Second Tuesdays** 1:30-2:30 p.m.
Langston-Brown [Drop-In](#)

POETRY & SHORT STORIES

Short Story Reading and Discussion

Short stories pack a lot in a few pages. Take turns reading the story aloud in round-robin fashion and discuss it afterward. A short film version of the story may also be screened to enhance the discussion. Facilitated by 55+ member Bill Turner. September: "The Necklace by Guy de Maupassant"; October: "The Cop and the Anthem by O Henry"; November: "The Boarded Window by Ambrose Bierce".

- **Sept. 20** **Monday** 1-2:30 p.m.
Virtual [#911300-1](#) 1 session
- **Oct. 18** **Monday** 1-2:30 p.m.
Virtual [#911300-7](#) 1 session
- **Nov. 15** **Monday** 1-2:30 p.m.
Virtual [#911300-8](#) 1 session

Spellbinders

Arlington Spellbinders is a group of volunteer storytellers who engage young people in the magic of tales in the classroom, library, and recreation settings. Meetings held the first Friday morning of each month provide continuing education, support and camaraderie.

- **Oct. 1** **Friday** 9:30-11 a.m.
Langston-Brown [#911300-5](#) 1 session
- **Nov. 5** **Friday** 9:30-11 a.m.
Langston-Brown [#911300-6](#) 1 session

FITNESS

YOGA & FELDENKRAIS

Chair Hatha Yoga

Senior adults, adults recovering from injury or surgery and adults with physical disabilities will increase energy, flexibility and a sense of well-being in this class. It adapts classic yoga poses in a safe and accessible manner. Work may be done seated with the option of using the chair as a balance point for standing poses.

Instructor: Deborah Sheetz

- **Sept. 15 – Nov. 17** **Wednesdays** **11:45 a.m.-12:45 p.m.**
Lubber Run [#911104-9](#) 10 sessions: \$50

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: Debbie Sheetz

- **Sept. 13 – Nov. 15** **Mondays** **1-2:30 p.m.**
Langston-Brown [#911104-3](#) 10 sessions: \$75

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. Transitions between floor and standing positions are kept to a minimum for your comfort.

Instructor: Andrea Kiss

- **Sept. 13 – Nov. 15** **Mondays** **10-11 a.m.**
Aurora Hills [#911104-1](#) 10 sessions: \$50

Instructor: Ferdinanda Pattipeilophy

- **Sept. 14 – Nov. 16** **Tuesdays** **11:45 a.m.-12:45 p.m.**
Madison [#911104-2](#) 10 sessions: \$50

Traditional Hatha Yoga

Learn and practice classic yoga poses to stretch and strengthen the entire body. Warm-ups and props such as blocks and straps help students achieve results. There are multiple transitions between floor and standing positions. Previous experience with yoga is a plus.

Instructor: Andrea Kiss

- **Sept. 13 – Nov. 15** **Mondays** **1-2:30 p.m.**
Lubber Run [#911104-4](#) 10 sessions: \$75

Instructor: Ferdinanda Pattipeilophy

- **Sept. 14 – Nov. 16** **Tuesdays** **10:30-11:30 a.m.**
Madison [#911104-5](#) 10 sessions: \$50

Instructor: Deborah Sheetz

- **Sept. 15 – Nov. 17** **Wednesdays** **4-5 p.m.**
Lubber Run [#911104-6](#) 10 sessions: \$50

Instructor: Jennifer Eubank

- **Sept. 17 – Nov. 19** **Fridays** **9:30-11 a.m.**
Madison [#911104-7](#) 10 sessions: \$75

Yoga for Inner and Outer Resilience

Focus on grounding and strength-building poses and on relaxation practices to include breathing, deep relaxation, affirmations, visualization and meditation.

Instructor: Debbie Sheetz

- **Sept. 13 – Nov. 15** **Mondays** **3-4 p.m.**
Langston-Brown [#911104-8](#) 10 sessions: \$50

Feldenkrais

In this gentle movement class based on Feldenkrais Method you will improve balance, flexibility and comfort. Motions are stress-free and can reduce pain, stiffness, symptoms of arthritis and aid in recovery from injury. Exercises will be done mind-on mats.

Instructor: Yulia Kiselevets

- ~~**Sept. 16 – Nov. 18** **Thursdays** **4:30-5:30 p.m.**
Walter Reed [#911500-5](#) 9 sessions: \$45~~

AQUA EXERCISE

55+ Aqua Exercise

Aqua exercise classes provide a safe and refreshing way to exercise. Water serves as the resistance in exercises that are easy on the joints. Work both your muscles and your cardiovascular system.

Instructor: Julia Dragun

- **Sept. 13 – Nov. 29** **Mondays** **11 a.m.-12 p.m.**
Aquatics Center [#911102-1](#) 12 sessions: \$48
- **Sept. 14 – Nov. 30** **Tuesdays** **11 a.m.-12 p.m.**
Aquatics Center [#911102-2](#) 12 sessions: \$48

Instructor: Jody Katz

- **Sept. 17 – Dec. 3** **Fridays** **10-11 a.m.**
Aquatics Center [#911102-6](#) 11 sessions: \$44

Instructor: Julia Dragun

- **Sept. 17 – Dec. 3** **Fridays** **1-2 p.m.**
Aquatics Center [#911102-7](#) 12 sessions: \$48

55+ Aqua Exercise - Deep Water Class

This class is all in deep water, putting zero impact on your joints while working against the water's resistance. You'll wear a buoyancy belt to hold the body vertical and chest-deep in the pool. You can't touch the bottom so you effectively weigh just 25 percent of your weight on land. You must be able to swim to take this class.

Instructor: Jody Katz

- **Sept. 14 – Nov. 30** **Tuesdays** **2:15-3:15 p.m.**
Aquatics Center [#911102-3](#) 11 sessions: \$44

Instructor: Julia Dragun

- **Sept. 15 – Dec. 1** **Wednesdays** **11 a.m.-12 p.m.**
Aquatics Center [#911102-4](#) 12 sessions: \$48
- **Sept. 16 – Dec. 2** **Thursdays** **10-11 a.m.**
Aquatics Center [#911102-5](#) 10 sessions: \$40

FITNESS & STRENGTH TRAINING

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. **\$60/15-session punch pass or \$4 drop-in**

Instructor: Judith Garth

- **Mondays** **9-10 a.m.**
Madison [Drop-In](#)
- **Wednesdays** **9-10 a.m.**
Madison [Drop-In](#)
- **Fridays** **9-10 a.m.**
Madison [Drop-In](#)

Full Fitness Exercise

A complete exercise program combining warm-up, stretching and strength work for all major muscles. Workout includes core stabilization, balance skills, 20 minutes of cardio to strengthen the heart/increase stamina and a final cool down. **\$60/15-session punch pass or \$4 drop-in**

Instructors: Gretchen Martin (Mondays)

Andrea Baumann (Tuesdays & Thursday)

- **Mondays** **10-11 a.m.**
Lubber Run [Drop-In](#)
- **Tuesdays** **10-11 a.m.**
Lubber Run [Drop-In](#)
- **Thursdays** **10-11 a.m.**
Lubber Run [Drop-In](#)

Strength Training

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. **\$60/15-session punch pass or \$4 drop-in**

Instructor: Andrea Baumann

- **Wednesdays** **9-9:55 a.m.**
Lubber Run [Drop-In](#)
- **Fridays** **9-9:55 a.m.**
Lubber Run [Drop-In](#)

AEROBIC EXERCISE

Kukuwa

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

- **Sept. 17 – Nov. 19** **Fridays** **8:45-9:45 a.m.**
Arlington Mill [#911100-5](#) 10 sessions: \$50

Zumba

Inspired by Latin and international dance, Zumba is a fun cardio-dance class that suits all fitness levels. Zumba incorporates meringue, salsa, cumbia, hip hop and more.

Instructor: Ferdinanda Pattipeilophy

- **Sept. 14 – Nov. 16** **Tuesdays** **2:15-3 p.m.**
Lubber Run [#911100-4](#) 10 sessions: \$45

Zumba Gold

Zumba Gold is a fun cardio-dance class for active adults looking for a lower intensity Zumba workout. Zumba incorporates meringue, salsa, cumbia, hip hop and more.

Instructor: Shettima Abdulmalik

- **Oct. 6 – Nov. 17** **Wednesdays** **3-4 p.m.**
Arlington Mill [#911100-6](#) 7 sessions: \$45

DANCE

Ancient Youthful Movement Dance

Move your full body and kick up your heels to modern tunes. If you remembered and enjoyed the Jane Fonda era, you will benefit from the fusion of ancient art and youthful movement that will assist you in gaining balance, core strengthening and flexibility. Carmen Shippy, volunteer dance instructor, will lead you. Low impact and no remembering choreographies. All levels of dance experience welcome. Wear dance shoes or tennis shoes and loose-fitting clothing.

- **Wednesdays** **2-3:30 p.m.**
Langston-Brown [Drop-In](#)

Beginner Line Dance

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. Instructor: Suzie Pratts.

- **Fridays** **10:30-11:30 a.m.**
Aurora Hills [Drop-In](#)

Contra Dance

Contra Dancing has many similarities to square dancing. Both are danced to folk music. Both have a caller who might ask the dancers to do a do-si-do or an allemande. A workshop for beginners will precede the dance proper. You don't need to come with a partner.

- **Fridays** **1-2:30 p.m.**
Lubber Run [Drop-In](#)

Introduction to Line Dance

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. Instructor: Suzie Pratts.

- **Wednesdays*** **10-10:45 a.m.**
Aurora Hills [Drop-In](#)

* This class is not held every week.
Meets 9/22, 10/13, 10/27, and 11/10.

Line Dance

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. Instructor: Suzie Pratz

- **Thursdays** **1-2 p.m.**
Arlington Mill [Drop-In](#)

Open Latin Dance

Salsa, bachata, rumba, cha-cha-cha, merengue - dance to popular Latin music on the third Fridays. Come on your own or bring a partner.

- **Third Fridays** **1-3 p.m.**
Arlington Mill [Drop-In](#)

Partner Dance

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** 2-3:30 p.m.
Lubber Run [Drop-In](#)

Social Ballroom Dance

Enjoy the company of friends old and new on a spacious dance floor. Held first and third Fridays at Lubber Run and fourth Fridays at Arlington Mill. Dances vary between tango, waltz, foxtrot and swing. All will have the opportunity to dance and have fun.

Volunteer DJs: Tom Sipusic and Jon Ross

• **First & Third Fridays** 1-3 p.m.
Lubber Run [Drop-In](#)

Volunteer DJ: Julie Carr.

• **Fourth Fridays** 1-3 p.m.
Arlington Mill [Drop-In](#)

PICKLEBALL

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

- **Sept. 17 - Oct. 29** **Fridays** 9-10 a.m.
Lubber Run [#911100-2](#) 7 sessions: \$42
- **Oct. 4 - 25** **Mondays** 11 a.m.-12 p.m.
Lubber Run [#911100-3](#) 4 sessions: \$24

Pickleball II

Build on basic skills and learn doubles strategy. Prerequisite: Pickleball for Beginners or comparable experience. Please wear tennis or court shoes.

Instructor: Alaric Radosh

- **Sept. 15 - Nov. 3** **Wednesdays** 9-10 a.m.
Lubber Run [#911100-1](#) 8 sessions: \$48

TAI CHI

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

- **Sept. 13 - Nov. 15** **Mondays** 2-3 p.m.
Arlington Mill [#911105-1](#) 10 sessions: \$55
- **Sept. 16 - Nov. 18** **Thursdays** 2-3 p.m.
Aurora Hills [#911105-2](#) 9 sessions: \$49.50

Tai Chi for Beginners

This class teaches the 24 simplified, Yang style positions and focuses on feeling the "chi" (energy, life force) and coordinating torso/hips/knees/feet and mind/body to create a graceful Tai Chi form.

Instructor: Karen Levitan

- **Sept. 13 - Nov. 17** **Mon & Wed.** 3:30-4:30 p.m.
Langston-Brown [#911105-3](#) 20 sessions: \$100

Tai Chi Practice

If you've taken a tai chi class, come by and practice with experienced volunteers. No instruction provided.

- **Sept. 3** **Friday** 1-2 p.m.
Walter Reed [#911105-4](#) 1 session
- **Sept. 7** **Tuesday** 1-2 p.m.
Walter Reed [#911105-5](#) 1 session
- **Sept. 10** **Friday** 1-2 p.m.
Walter Reed [#911105-6](#) 1 session
- **Tuesdays & Fridays** 1-2 p.m.
Aurora Hills [Drop-In](#)
- **Wednesdays** 2-3 p.m.
Aurora Hills [Drop-In](#)

Tai Chi Practice - Yang Style

If you've taken a tai chi class, come by and practice with experienced volunteers. No instruction provided. Yang Style Variation

- **Mondays** 12:30-1:30 p.m.
Lubber Run [Drop-In](#)
- **Wednesdays** 1:30-2:30 p.m.
Lubber Run [Drop-In](#)
- **Saturdays** 9:15-10 a.m.
Lubber Run [Drop-In](#)

Tai Chi Practice - Taoist Style

If you've taken a tai chi class, come by and practice with experienced volunteers. No instruction provided. Taoist Style Variation

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- **Wednesdays** 12:30-1:30 p.m.
Lubber Run [Drop-In](#)
 - **Fridays** 12:30-1:30 p.m.
Lubber Run [Drop-In](#)

WALKING GROUPS

55+ Walks

Stay active with friendly walking companions. We'll explore nearby trails and neighborhoods in a safe, socially distant manner. Destinations may be changed, or excursions cancelled for inclement weather or code red days.

-
- **Sept. 1** **Wednesday** 9-10 a.m.
Potomac Overlook [#911201-1](#) 1 session
 - **Sept. 8** **Wednesday** 9-10 a.m.
Ft. Myer Heights [#911201-2](#) 1 session
 - **Sept. 15** **Wednesday** 9-10 a.m.
Yorktown [#911201-4](#) 1 session
 - **Sept. 22** **Wednesday** 9-10 a.m.
Fairlington [#911201-5](#) 1 session
 - **Sept. 29** **Wednesday** 9-10 a.m.
Green Valley [#911201-6](#) 1 session
 - **Oct. 6** **Wednesday** 9:30-10:30 a.m.
Old Glebe [#911201-7](#) 1 session
 - **Oct. 13** **Wednesday** 9:30-10:30 a.m.
Dominion Hills [#911201-8](#) 1 session
 - **Oct. 20** **Wednesday** 9:30-10:30 a.m.
Aurora Highland [#911201-10](#) 1 session
 - **Oct. 27** **Wednesday** 9:30-10:30 a.m.
Lyon Park [#911201-11](#) 1 session
 - **Nov. 3** **Wednesday** 9:30-10:30 a.m.
GlenCarlyn [#911201-12](#) 1 session
 - **Nov. 10** **Wednesday** 9:30-10:30 a.m.
Bluemont [#911201-13](#) 1 session
 - **Nov. 24** **Wednesday** 9:30-10:30 a.m.
Lubber Run [#911201-15](#) 1 session

Arlington Line Hike

The Arlington Line fortifications were constructed by the Union Army for the defense of Washington. Park. Naturalists John McNair and Kenneth Rosenthal will guide the hike through the northern end of the line, from Fort C.F. Smith to Fort Bennett Park and back, exploring the area's natural and historic resources along the way. This is a three-mile loop-hike on sidewalk and park trails.

-
- **Nov. 10** **Wednesday** 10 a.m.-12 p.m.
Four Mile Run [#911201-14](#) 1 session

Arlington Mill Trekkers

Join this group of walkers on ventures around the center featuring the W&OD and Four Mile Run Trails..

-
- **Thursdays** 9-10 a.m.
Arlington Mill [Drop-In](#)

Fast Forwards

Join a morning walk with this faster-paced group that walks a two-five mile loop, including some hills. Walks held on the second, third and last Fridays of the month (transportation is not provided).

-
- **Second, Third & Last Fridays** 9-10:30 a.m.
Aurora Hills [Drop-In](#)

Four Mile Run History Hike

Join park staff for a history walk along Four Mile Run. We'll learn local stories that range from colonial times to the Civil Rights Movement as we explore one of Arlington's most significant natural features.

-
- **Sept. 12** **Sunday** 10-11 a.m.
Fort C.F. Smith [#911201-3](#) 1 session

Gulf Branch Nature Center Hike

Enjoy a one- to two-mile guided hike on Gulf Branch's trails with Park Naturalist Madeline Koenig. We'll stop and search for signs of the season and explore what's happening in the park in autumn.

-
- **Oct. 19** **Tuesday** 9-10:30 a.m.
Gulf Branch [#911201-9](#) 1 session

CHALLENGE YOUR BRAIN

INDOOR GAMES

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** 7-9 p.m.
Langston-Brown [Drop-In](#)

55+ 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; pre-registration is required. Please visit [website](#) to register for Senior Public Skate.

- **Mondays** 8:10-9:10 a.m.
Iceplex [Drop-In](#)

Basketball

Perfect your shot or join a pick up game during 55+ drop-in hours:

- **Tuesdays** 12:15-2 p.m.
Walter Reed [Drop-In](#)

Indoor Shuffleboard

Shuffleboard is as fun indoors as on the deck of a cruise ship. All equipment provided. Instructor: Volunteer Linda Sholl

- **Sept. 14** ~~Tuesday~~ 2-4 p.m.
Walter Reed ~~#91100-7~~ 1 session
- **Nov. 16** ~~Tuesday~~ 2-4 p.m.
Walter Reed ~~#91100-8~~ 1 session

Table Tennis

Players of all levels of ability are welcome to participate in friendly games.

- **Mondays - Fridays** 10 a.m.-12 p.m.
Walter Reed [Drop-In](#)

Volleyball

Friendly games of drop-in volleyball provide fun and exercise. Beginners and experienced players are welcome.

- **Mondays** 9-11 a.m.
Langston-Brown [Drop-In](#)
- **Wednesdays** 9-11 a.m.
Langston-Brown [Drop-In](#)

GAMES

Beginner Bridge

Learn how to play bridge and join our bridge players at Aurora Hills in this new six-part series of classes from seasoned bridge player Susan Court.

- **Oct. 18 - Nov. 22** **Wednesdays** 1-2:30 p.m.
Aurora Hills [#911601-4](#) 6 sessions

Beginner Friendly Poker

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 introductory crash course to learn Texas Hold'em poker.

- **Nov. 3** **Wednesday** 6:30-8 p.m.
Arlington Mill [#911601-5](#) 1 session

Billiards

Calling all billiard players!

- **Mondays - Fridays** 10 a.m.-12 p.m.
Walter Reed [Drop-In](#)

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.

- **Wednesdays** 10 a.m.-12 p.m.
Arlington Mill [Drop-In](#)

Chess Players Wanted

Players of all levels and newcomers welcome; join the camaraderie and enjoy the mental challenge. Chess Master Macon Shibut presents a discussion on strategies and famous moves. Games follow the lecture.

- **Mondays** 9:30 a.m.-2:30 p.m.
Madison [Drop-In](#)

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.

- **Mondays** 12-4 p.m.
Arlington Mill [Drop-In](#)
- **Thursdays** 9-11 a.m..
Langston-Brown [Drop-In](#)
- **Thursdays** 12-4 p.m.
Arlington Mill [Drop-In](#)
- **Saturdays** 12-3:45 p.m.
Arlington Mill [Drop-In](#)

Mexican Train Dominoes

This friendly group of dominos players is looking for new participants to join the games. If you have never played, it's fun and easy to learn!

- **Mondays** 1:30-3:30 p.m.
Arlington Mill [Drop-In](#)

Pinochle

Players score points by taking tricks and forming combinations from a special deck of cards. Enjoy strategizing, teamwork, counting and socializing.

- **Mondays & Fridays** 12:30-2:30 p.m.
Langston-Brown [Drop-In](#)

Rummikub

The original rummy tile-based game combines elements of gin rummy and Mah Jongg.

- **Monday- Friday** 10-11 a.m.
Arlington Mill [Drop-In](#)
- **Tuesdays** 9-11 a.m.
Langston-Brown [Drop-In](#)

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.

- **Wednesdays** 1-2:30 p.m.
Langston-Brown [Drop-In](#)
- **Fridays** 10:15 a.m. - 3 p.m.
Arlington Mill [Drop-In](#)

Social 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.

- **Mondays** 12-3 p.m.
Lubber Run [Drop-In](#)
- **Tuesdays** 10 a.m.-12 p.m.
Madison [Drop-In](#)
- **Wednesdays** 10 a.m.-12 p.m.
Aurora Hills [Drop-In](#)
- **Wednesdays** 12:30-3:30 p.m.
Arlington Mill [Drop-In](#)
- **Fridays** 12-3 p.m.
Lubber Run [Drop-In](#)

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. We all benefit from each other's expertise.

- **Sept. 30** **Thursday** 2-3 p.m.
Virtual [#911601-6](#) 1 session
- **Oct. 28** **Thursday** 2-3 p.m.
Virtual [#911601-7](#) 1 session
- ~~**Tuesdays** 10-11 a.m.
Walter Reed [Drop-In](#)~~
- **Thursdays** 1:30-3:30 p.m..
Lubber Run [Drop-In](#)

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.

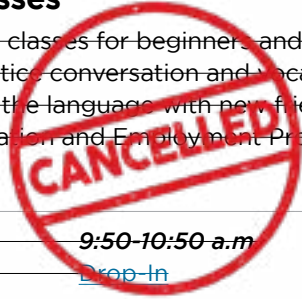
- **Sept. 2** **Thursday** 11 a.m.-12:30 p.m.
Virtual [#911601-1](#) 1 session
- **Oct. 7** **Thursday** 11 a.m.-12:30 p.m.
Virtual [#911601-2](#) 1 session
- **Nov. 4** **Thursday** 11 a.m.-12:30 p.m.
Virtual [#911601-3](#) 1 session

LANGUAGES

English Classes

Drop-in English 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** 9:50-10:50 a.m.
Walter Reed [Drop-In](#)



Italian Language Group

If you have spoken Italian before and want to continue with this romantic language, please consider joining this group.

• **Thursdays** 2-3 p.m.
Langston-Brown [Drop-In](#)

French Conversation

Do you speak French but want to hone your skills? This friendly group with knowledge of the language will welcome you to their weekly dialogues. These sociable gatherings provide a chance to participate in lively discussions in French on topics that are easy to discuss and of interest to all.

• **Wednesdays** 1-2 p.m.
Langston-Brown [Drop-In](#)

Spanish Conversation

This is a fun opportunity to meet people, practice vocabulary and speak Spanish. Enjoy different topics as you hone your skills and build confidence speaking Spanish.

• **Mondays** 11:30 a.m.-1 p.m.
Arlington Mill [Drop-In](#)

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.

-
- **Sept. 17** *Friday* 10 a.m.-12 p.m.
Virtual [#911650-6](#) 1 session
 - **Sept. 24** *Friday* 10 a.m.-12 p.m.
Virtual [#911650-7](#) 1 session
 - **Oct. 1** *Friday* 10 a.m.-12 p.m.
Virtual [#911650-8](#) 1 session
 - **Oct. 8** *Friday* 10 a.m.-12 p.m.
Virtual [#911650-9](#) 1 session
 - **Oct. 15** *Friday* 10 a.m.-12 p.m.
Virtual [#911650-10](#) 1 session
 - **Oct. 22** *Friday* 10 a.m.-12 p.m.
Virtual [#911650-11](#) 1 session
 - **Oct. 29** *Friday* 10 a.m.-12 p.m.
Virtual [#911650-12](#) 1 session
 - **Nov. 5** *Friday* 10 a.m.-12 p.m.
Virtual [#911650-13](#) 1 session
 - **Nov. 12** *Friday* 10 a.m.-12 p.m.
Virtual [#911650-14](#) 1 session
 - **Nov. 19** *Friday* 10 a.m.-12 p.m.
Virtual [#911650-15](#) 1 session

English Conversation & Culture

Would you like to speak English confidently and comfortably? Practice the language through conversations that include idioms and real-life vocabulary for use in everyday situations. Instructor Peter Laugesen also discusses American customs and social norms.

-
- **Sept. 16** *Thursday* 9:45-10:45 a.m.
Arlington Mill [#911650-1](#) 1 session
 - **Oct. 7** *Thursday* 9:45-10:45 a.m.
Arlington Mill [#911650-2](#) 1 session
 - **Oct. 21** *Thursday* 9:45-10:45 a.m.
Arlington Mill [#911650-3](#) 1 session
 - **Nov. 4** *Thursday* 9:45-10:45 a.m.
Arlington Mill [#911650-4](#) 1 session
 - **Nov. 18** *Thursday* 9:45-10:45 a.m.
Arlington Mill [#911650-5](#) 1 session

SERVICES

Mac, iPhone, iPad Mac, iPhone, iPad

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.

SEPTEMBER

- **Sept. 8** Virtual **Wednesday** **10-10:45 a.m.**
[#911900-1](#) 1 session
- **Sept. 8** Virtual **Wednesday** **10:45-11:30 a.m.**
[#911900-2](#) 1 session
- **Sept. 8** Virtual **Wednesday** **11:30 a.m.-12:15 p.m.**
[#911900-3](#) 1 session
- **Sept. 15** Aurora Hills **Wednesday** **10:15-10:55 a.m.**
[#911900-4](#) 1 session
- **Sept. 15** Aurora Hills **Wednesday** **11-11:40 a.m.**
[#911900-5](#) 1 session
- **Sept. 15** Aurora Hills **Wednesday** **11:45 a.m.-12:25 p.m.**
[#911900-6](#) 1 session
- **Sept. 22** **Arlington Mill** **Wednesday** **10-10:45 a.m.**
[#911900-7](#) 1 session
- **Sept. 22** **Arlington Mill** **Wednesday** **10:45-11:30 a.m.**
[#911900-8](#) 1 session
- **Sept. 22** **Arlington Mill** **Wednesday** **11:30 a.m.-12:15 p.m.**
[#911900-9](#) 1 session

OCTOBER

- **Oct. 6** Aurora Hills **Wednesday** **10:15-10:55 a.m.**
[#911900-12](#) 1 session
- **Oct. 6** Aurora Hills **Wednesday** **11-11:40 a.m.**
[#911900-13](#) 1 session
- **Oct. 6** Aurora Hills **Wednesday** **11:45 a.m.-12:25 p.m.**
[#911900-14](#) 1 session
- **Oct. 13** **Arlington Mill** **Wednesday** **10-10:45 a.m.**
[#911900-15](#) 1 session
- **Oct. 13** **Arlington Mill** **Wednesday** **10:45-11:30 a.m.**
[#911900-16](#) 1 session
- **Oct. 13** **Arlington Mill** **Wednesday** **11:30 a.m.-12:15 p.m.**
[#911900-17](#) 1 session
- **Oct. 20** Aurora Hills **Wednesday** **10:15-10:55 a.m.**
[#911900-18](#) 1 session
- **Oct. 20** Aurora Hills **Wednesday** **11-11:40 a.m.**
[#911900-19](#) 1 session
- **Oct. 20** Aurora Hills **Wednesday** **11:45 a.m.-12:25 p.m.**
[#911900-20](#) 1 session
- **Oct. 27** **Arlington Mill** **Wednesday** **10-10:45 a.m.**
[#911900-21](#) 1 session
- **Oct. 27** **Arlington Mill** **Wednesday** **10:45-11:30 a.m.**
[#911900-22](#) 1 session
- **Oct. 27** **Arlington Mill** **Wednesday** **11:30 a.m.-12:15 p.m.**
[#911900-23](#) 1 session

NOVEMBER

- **Nov. 3** Aurora Hills **Wednesday** **10:15-10:55 a.m.**
[#911900-26](#) 1 session
- **Nov. 3** Aurora Hills **Wednesday** **11-11:40 a.m.**
[#911900-27](#) 1 session
- **Nov. 3** Aurora Hills **Wednesday** **11:45 a.m.-12:25 p.m.**
[#911900-28](#) 1 session
- **Nov. 10** **Arlington Mill** **Wednesday** **10-10:45 a.m.**
[#911900-29](#) 1 session
- **Nov. 10** **Arlington Mill** **Wednesday** **10:45-11:30 a.m.**
[#911900-30](#) 1 session
- **Nov. 10** **Arlington Mill** **Wednesday** **11:30 a.m.-12:15 p.m.**
[#911900-31](#) 1 session
- **Nov. 17** Aurora Hills **Wednesday** **10:15-10:55 a.m.**
[#911900-32](#) 1 session
- **Nov. 17** Aurora Hills **Wednesday** **11-11:40 a.m.**
[#911900-33](#) 1 session
- **Nov. 17** Aurora Hills **Wednesday** **11:45 a.m.-12:25 p.m.**
[#911900-34](#) 1 session
- **Nov. 24** **Arlington Mill** **Wednesday** **10-10:45 a.m.**
[#911900-35](#) 1 session
- **Nov. 24** **Arlington Mill** **Wednesday** **10:45-11:30 a.m.**
[#911900-36](#) 1 session
- **Nov. 24** **Arlington Mill** **Wednesday** **11:30 a.m.-12:15 p.m.**
[#911900-37](#) 1 session

COMMUNITY PARTNERS



Arlington Neighborhood Village
Making Arlington your home for a lifetime

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. To learn more about ANV, call 703-509- 8057, email info@arlnvil.org or visit www.arlnvil.org. Everyone is invited to join ANV's weekly Coffee and Conversation speaker series on Wednesday's at 10 a.m. Go to www.arlnvil.org/calendar to learn more and get the Zoom link

ENCORE LEARNING

Encore Learning will continue to host public special events co-sponsored by Arlington Public Library. The special events are on Mondays from 3-4:30 p.m. We have great speakers lined up for this fall, so keep an eye on our website to stay updated. Join via the Zoom link posted on the Encore Learning website. The Fall Semester will offer 20 new courses along with 15 old favorites, registration begins Aug. 30 for the semester which begins Oct. 4. Classes will be held either on Zoom or in-person. For more information, attend the Fall Course Preview, held virtually on Thurs., Aug. 26, at 10 a.m. or watch our preview videos on [YouTube](https://www.youtube.com). Membership in Encore Learning is \$65/year. It allows you to sign-up for courses, member events, and clubs. We can't wait to continue growing and learning with you! For a full list of special events and courses, as well as information on how to register, please go to www.EncoreLearning.net or email us at info@encorelearning.net for more information.

INTERNET ACCESS FOR If you need assistance paying for highspeed broadband, the Alliance for Arlington Senior Programs may be able to help. They have partnered with the Comcast Internet Essentials to help bring the internet to Arlington seniors who cannot afford the cost of service. Want to know if you are eligible? Send your name and phone number to The Alliance for Arlington Senior Programs, P.O. Box 5184, Arlington, VA 22205 or Friendsofthealliance@gmail.com.



THE ALLIANCE FOR ARLINGTON SENIOR ADULT PROGRAMS.

What have we done during the pandemic? We purchased Zoom accounts so that 55+ Programs can offer virtual programs. This enables staff to expand remote programming and keep participants engaged! Smile! We're on Amazon The Alliance for Arlington Senior Programs (AASP) is an official charity of the Amazon Smile program. This programs allows Amazon users to designate a charity to receive 0.5% of the cost of eligible purchases. Please use Amazon Smile and designate AASP. You can go to friendsofthealliance.org and link directly to Amazon Smile to find out more. You may also donate directly to AASP to support 55+ Programs. Go to friendsofthealliance.org and donate using our secure Paypal button or, mail your check to The Alliance for Arlington Senior Programs P.O. Box 5184 Arlington, VA 22205

SENIOR OLYMPICS

The 39th annual Northern Virginia Senior Olympics will take place Sept. 18-30 with over 50 events at 17 different venues throughout Northern Virginia. Arlington County Parks Department and Office of 55+ Programs will host the opening ceremony, Saturday, Sept. 18 at 9:30 a.m. at the Thomas Jefferson Community Center, 2501 S. 2nd Street. The opening event and all events are open to the public. Registration is online only at www.nvso.us and closes Sept. 6. Participants must be 50 years of age by December 31, 2021 and live in a sponsoring jurisdiction. Registration fee is \$15. Arlington will also be hosting basketball free throws, track events and rowing ERG at TJ, crossword puzzle, jigsaw puzzle and sudoku at Arlington Mill Community Center, pickleball, croquet and cornhole toss at Lubber Run Community Center. For more information, call 703-228-4771 or email, nvso1982@gmail.com.

HOW TO REGISTER

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. Register online or by phone.

ONLINE ► registration.arlingtonva.us

Online registration is available 24/7 (after registration opens) through our WebTrac system.

Connect through the digital 55+ Guide:

You can link directly to the online registration system when viewing the digital 55+ Guide. After registration has opened (see dates above), click on the [blue registration number](#) for the program that you are interested in — and a page will open in your Internet browser where you can review the class and register.

PHONE ► 703-228-4747

Call us to register: Monday – Friday, 8 a.m. – 5 p.m.

Registration Opens:

- **August 18 at 10am (Arlington County)**
- **August 19 at 10am (Out of County)**

- 1 Go online to registration.arlingtonva.us
- 2 Enter your **Login ID** and **Password**.
 - A new page will appear after you login.
 - If this is your first time or you do not know your ID/password, call 703-228-4747.
- 3 Click on “**55 Plus**”, then click “**Register for Classes.**”
- 4 Find the classes you are interested in — then click on the **green + sign** next to each class.
 - Your selections will appear in a green bar at the bottom of the page.
- 5 After selecting classes, click “**Add to Cart**” in the green bar at the bottom of the page. A new page will appear showing all the items in your cart.
 - For each class, select the person who you are registering.
- 6 Choose “**Continue Shopping**” or “**Checkout.**”
 - Note: YOU MUST CHECKOUT in order to complete the registration process — even when you register for free classes and owe nothing.

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.

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

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

To learn about delayed openings and cancellations, call our Inclement Weather Hotline at 703-228-4715 or go online and visit parks.arlingtonva.us

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. 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.

