

# 55+<sup>+</sup> ARLINGTON COUNTY GUIDE

EXERCISE  
TRAVEL  
CONNECTIONS  
and MORE

55+ Fitness Challenge 15

Frances Perkins: The First “Madam Secretary” 08

Walking & Biking Groups 16

Paint & Sip 13





# 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: 3700 South Four Mile Run Drive, 22206 (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 21 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

- Home delivery of this 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](https://parks.arlingtonva.us) (search for "55+ Pass")

# 55+<sup>+</sup> ARLINGTON COUNTY GUIDE

## Hello, Everyone!

My two favorite questions I have heard people asking are “Who was the first person you hugged once you were fully vaccinated?” and “When will 55+ Programs return inside?” These questions warm my heart.

We are currently evaluating our indoor programming options and hope to share more information this summer. Our goal is to propose bringing some 55+ programs back indoors this fall. The good news is this 55+ Guide has a variety of outdoor and virtual programs throughout the summer to keep you engaged and active.

On the horizon is the opening of the new [Lubber Run Community Center](#) and the [Long Bridge Aquatics and Fitness Center](#). We know many of you are excited to check out the new Lubber Run and to get back to water exercise classes. With so much happening, keep an eye out for the 55+ eNews and the 55+ Live Talk show for updates and new programs that may not have made it into this edition.

Have a wonderful summer!

Stay well,  
Jennifer Collins, CPRP  
Office of 55+ Programs

## Registration Opens:

- **May 19 at 10 a.m. (Arlington County)**
- **May 20 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](https://registration.arlingtonva.us)

Registration is available anytime through our online WebTrac system once registration opens.

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 21.)

### **PHONE** ▶ **703-228-4747**

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

## THE SCOOP:

All 55+ Centers remain closed; programs will be held online or outdoors for your safety.

### COUNTY HOLIDAYS (No Programs)

- **Fri., June 18**
- **Mon., July 5**

## In this issue

<b>Social Fun</b>	<b>4</b>
<b>Wellness</b>	<b>5</b>
<b>Lectures &amp; Learning</b>	<b>7</b>
<b>Arts &amp; Crafts</b>	<b>13</b>
<b>Fitness</b>	<b>15</b>
<b>Challenge Your Brain</b>	<b>18</b>
<b>Services</b>	<b>19</b>
<b>Community Partners</b>	<b>19</b>
<b>How to Register</b>	<b>21</b>

## 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

## Monday Morning Coffee Meetup

Start your week off right with coffee and great conversation with friends.

- 
- |                      |   |                                |
|----------------------|---|--------------------------------|
| • June 7<br>Virtual  | <b>Monday</b><br><a href="#">#914801-01</a> | <b>10-11 a.m.</b><br>1 session |
| • June 14<br>Virtual | <b>Monday</b><br><a href="#">#914801-02</a> | <b>10-11 a.m.</b><br>1 session |
| • June 21<br>Virtual | <b>Monday</b><br><a href="#">#914801-03</a> | <b>10-11 a.m.</b><br>1 session |
| • June 28<br>Virtual | <b>Monday</b><br><a href="#">#914801-04</a> | <b>10-11 a.m.</b><br>1 session |
| • July 12<br>Virtual | <b>Monday</b><br><a href="#">#914801-05</a> | <b>10-11 a.m.</b><br>1 session |
| • July 19<br>Virtual | <b>Monday</b><br><a href="#">#914801-06</a> | <b>10-11 a.m.</b><br>1 session |
| • July 26<br>Virtual | <b>Monday</b><br><a href="#">#914801-07</a> | <b>10-11 a.m.</b><br>1 session |
| • Aug. 2<br>Virtual  | <b>Monday</b><br><a href="#">#914801-08</a> | <b>10-11 a.m.</b><br>1 session |
| • Aug. 9<br>Virtual  | <b>Monday</b><br><a href="#">#914801-09</a> | <b>10-11 a.m.</b><br>1 session |
| • Aug. 16<br>Virtual | <b>Monday</b><br><a href="#">#914801-10</a> | <b>10-11 a.m.</b><br>1 session |
| • Aug. 23<br>Virtual | <b>Monday</b><br><a href="#">#914801-11</a> | <b>10-11 a.m.</b><br>1 session |
| • Aug. 30<br>Virtual | <b>Monday</b><br><a href="#">#914801-12</a> | <b>10-11 a.m.</b><br>1 session |

## Afternoon Hang-out

Join us for casual conversations- topics might include books, recipes, movies, exercise routines and hobbies. This group is a place to share and learn from others how best to deal with our quarantine lives.

- 
- |                     |   |                              |
|---------------------|---|------------------------------|
| • June 3<br>Virtual | <b>Thursday</b><br><a href="#">#914801-19</a> | <b>3-4 p.m.</b><br>1 session |
| • July 1<br>Virtual | <b>Thursday</b><br><a href="#">#914801-20</a> | <b>3-4 p.m.</b><br>1 session |
| • Aug. 5<br>Virtual | <b>Thursday</b><br><a href="#">#914801-21</a> | <b>3-4 p.m.</b><br>1 session |

## 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.

- 
- |                      |  |                               |
|----------------------|--|-------------------------------|
| • June 1<br>Virtual  | <b>Tuesday</b><br><a href="#">#914801-13</a> | <b>12-1 p.m.</b><br>1 session |
| • June 15<br>Virtual | <b>Tuesday</b><br><a href="#">#914801-14</a> | <b>12-1 p.m.</b><br>1 session |
| • July 6<br>Virtual  | <b>Tuesday</b><br><a href="#">#914801-15</a> | <b>12-1 p.m.</b><br>1 session |
| • July 20<br>Virtual | <b>Tuesday</b><br><a href="#">#914801-16</a> | <b>12-1 p.m.</b><br>1 session |
| • Aug. 3<br>Virtual  | <b>Tuesday</b><br><a href="#">#914801-17</a> | <b>12-1 p.m.</b><br>1 session |
| • Aug. 17<br>Virtual | <b>Tuesday</b><br><a href="#">#914801-18</a> | <b>12-1 p.m.</b><br>1 session |

## PERFORMANCES

### Virtual Piano Lounge

Come relax, listen, sing or play along with your own instruments as Valerie Welsh plays from her collection of piano sheet music. This set includes popular classics, movie themes, musical favorites and easy listening standards.

- 
- |                      |  |                              |
|----------------------|--|------------------------------|
| • June 8<br>Virtual  | <b>Tuesday</b><br><a href="#">#914802-01</a> | <b>2-3 p.m.</b><br>1 session |
| • June 22<br>Virtual | <b>Tuesday</b><br><a href="#">#914802-02</a> | <b>2-3 p.m.</b><br>1 session |
| • July 13<br>Virtual | <b>Tuesday</b><br><a href="#">#914802-03</a> | <b>2-3 p.m.</b><br>1 session |
| • July 27<br>Virtual | <b>Tuesday</b><br><a href="#">#914802-04</a> | <b>2-3 p.m.</b><br>1 session |
| • Aug. 10<br>Virtual | <b>Tuesday</b><br><a href="#">#914802-05</a> | <b>2-3 p.m.</b><br>1 session |
| • Aug. 24<br>Virtual | <b>Tuesday</b><br><a href="#">#914802-06</a> | <b>2-3 p.m.</b><br>1 session |

### Open Mic Online

Appreciate the talents of your 55+ neighbors in this Open Mic show hosted by Carl Gold. All are welcome to watch and consider sharing your talent at the next show.

- 
- |                     |  |                                    |
|---------------------|--|------------------------------------|
| • July 7<br>Virtual | <b>Wednesday</b><br><a href="#">#914802-07</a> | <b>1:30-2:30 p.m.</b><br>1 session |
|---------------------|--|------------------------------------|

## Open Mic Talent Slots

Share your talents: sing a song, recite a poem or tell some jokes. Sign up for three-five minute time slot to perform. Email [lpaign@arlingtonva.us](mailto:lpaign@arlingtonva.us) to reserve a talent slot.

## Classics from the 50s and 60s

Hear the sweet melodies of your favorite songs from the 50s and 60s sung by Julianne Corley, a soloist and member of St. Matthew's Choir in Washington, DC.

- 
- **July 28** **Wednesday** **11 a.m.-noon**  
Virtual [#914802-08](#) 1 session

## Acoustic Hour Online

Enjoy great rock and roll, ballads, folk and blues from the 50s and beyond performed live by Ed Girovasi.

- 
- **July 21** **Wednesday** **1-2 p.m.**  
Virtual [#914802-09](#) 1 session

## Acoustic Hour in the Park

Experience great live music in the park! Carl Gold will perform songs from the 50s to today.

- 
- **June 30** **Wednesday** **1-2 p.m.**  
Virginia Highlands [#914802-10](#) 1 session
  - **Aug. 25** **Wednesday** **1-2 p.m.**  
Virginia Highlands [#914802-11](#) 1 session

## Music in the Park

Partake in an outdoor performance by the Morroy Sisters with fellow 55+ members. An ice cream truck will be there to offer cool treats for purchase. Please bring your own chair or blanket. This event is sponsored by the Aurora Hills Advisory Committee.

- 
- **Aug. 11** **Wednesday** **1-2:30 p.m.**  
Virginia Highlands [#914802-12](#) 1 session

## Acoustic Cafe

Listen to live, unplugged music from the '50s to today played by various performers who love music. Sponsored by the Walter Reed Advisory Committee and the Alliance for Arlington Senior Programs.

- 
- **June 15** **Monday** **12-1 p.m.**  
Virtual [#914802-13](#) 1 session

## Is a Walk-In Tub Right for You?

Are you wondering whether you need to have a walk-in bath installed in order to be able to remain safely and independently in your home? Katie Holmes, Certified Aging in Place Specialist and principal of Holmes Adaptations, LLC, will discuss the pros and cons of remodeling your bathroom with a walk-in bathtub. She will also evaluate other bathing safety options and modifications.

- 
- **June 11** **Friday** **1:30-2:30 p.m.**  
Virtual [#914500-01](#) 1 session

## Skincare Secrets

Smooth, firm, brighten and reduce skin aging without using big-name and expensive products. Skincare coach Julia James will demonstrate step-by-step how to achieve positive results with her tried-and-true method.

- 
- **Aug. 6** **Friday** **1:30-2:30 p.m.**  
Virtual [#914500-02](#) 1 session

## Cardiac Health Risk

Learn what it means to have a heart attack, the greatest risk factors and how to assess for them. Rachel Riley Shelton, FNP-C and Salma Haque, MD will teach you how to identify the risks and make changes to reverse them.

- 
- **July 28** **Wednesday** **3-4 p.m.**  
Virtual [#914500-03](#) 1 session

## Happiness 101

Discover ways to create a more joyful and fulfilling life for yourself and others around you. Volunteer Paul Singh will describe practices to enhance contentment and enjoyment.

- 
- **June 29** **Tuesday** **2-3 p.m.**  
Virtual [#914500-04](#) 1 session
  - **Aug. 31** **Tuesday** **2-3 p.m.**  
Virtual [#914500-05](#) 1 session

## Rest Easy - Getting a Good Night's Sleep

Still tired when you wake up in the morning? When did you last get a good eight hours of sleep? Learn strategies for developing better sleep habits as well as how to identify behaviors that may signal a problem; the most common sleep problems; common self-care skills for insomnia; and professional resources when self-care isn't enough.

- 
- **June 23**      **Wednesday**      **11 a.m.-noon**  
Virtual      [#914500-06](#)      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

- 
- **June 17 - Aug. 26**      **Thursdays**      **10:30 a.m.-noon**  
Virtual      [#914500-07](#)      11 sessions: \$60

## The Importance of Hydration

Water is the body's major chemical component and comprises 50-70% of your body weight. Join Virginia Cooperative Extension volunteers to learn the value of staying hydrated.

- 
- **Aug. 18**      **Wednesday**      **10-11 a.m.**  
Virtual      [#914500-08](#)      1 session

## Coping with Covid-19

We never imagined life would change in so many ways due to the pandemic. Share your challenges, concerns and successes with other 55+ folks.

- 
- **Aug. 17**      **Tuesday**      **3:30-4:30 p.m.**  
Virtual      [#914500-09](#)      1 session

## 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 options of available services and answer questions about costs and how those might be covered.

- 
- **June 15**      **Tuesday**      **1-2:30 p.m.**  
Virtual      [#914500-10](#)      1 session

## Understanding Medicare Enrollment

Learn about the red flags to avoid when transitioning into Medicare and recent regulatory changes that may impact your Medicare enrollment. Marge Steinlage of Steinlage Insurance Agency discusses the nuts and bolts of Medicare.

- 
- **July 15**      **Thursday**      **1-2 p.m.**  
Virtual      [#914500-11](#)      1 session

## Cancer & Nutrition

Registered Dietician, Cynthia Choi, of the Virginia Hospital Center will discuss the importance of nutrition during and after a cancer diagnosis.

- 
- **July 14**      **Wednesday**      **1-2 p.m.**  
Virtual      [#914500-12](#)      1 session

## Macular Degeneration

As many as 11 million people in the United States have some form of age-related macular degeneration. Join Dr. Perry of the Nova Vision Center as he discusses signs, symptoms and treatment options for this disease.

- 
- **Aug. 27**      **Friday**      **1-2 p.m.**  
Virtual      [#914500-13](#)      1 session

## NUTRITIOUS & DELICIOUS

### Meatballs and Matzah Balls

In *Meatballs and Matzah Balls: Recipes and Reflections from a Jewish and Italian Life*, cookbook author Marcia Friedman walks you through the delicious power of exploring and blending Jewish and Italian culinary traditions. The book draws inspiration from classics in both culinary traditions, as well as Marcia's quest to explore their intersections and influences. Join her as she discusses some of her favorite personal and culinary discoveries.

- 
- **June 21**      **Monday**      **3-4 p.m.**  
Virtual      [#914501-01](#)      1 session

# LECTURES & LEARNING

## RECIPE ROUNDTABLE

### Favorite Vegan Dishes

Come learn more about the power of delicious vegan meals. Eating a more sustainable diet has the power to decrease global mortality, shrink the global food gap, reduce greenhouse gas emissions and nourish the global population on a healthy, resilient planet.

- **June 10** Thursday 3-4 p.m.  
Virtual [#914501-02](#) 1 session

### Favorite Soups & Salads & Dressings

If you need a little extra inspiration for your meals, we have it for you here. Soups, salads, and dressings - all from your own home kitchen.

- **July 16** Friday 3-4 p.m.  
Virtual [#914501-03](#) 1 session

### Favorite Main & Side Dish

Discover main dishes and sides to delight your palate as the summer season draws near.

- **Aug. 13** Friday 3-4 p.m.  
Virtual [#914501-04](#) 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. Fourth Tuesdays. Led by experienced genealogist Eileen Bogdanoff (rated an "Advanced Researcher" by Ancestry.com).

- **June 22** Tuesday 11:30 a.m.-1 p.m.  
Virtual [#914400-01](#) 1 session
- **July 27** Tuesday 11:30 a.m.-1 p.m.  
Virtual [#914400-02](#) 1 session
- **Aug. 24** Tuesday 11:30 a.m.-1 p.m.  
Virtual [#914400-03](#) 1 session

### Genealogy Part 8: Chancery Records

Learn about the importance and usefulness of chancery records - documents that often address business and land disputes - in discovering genealogical information.

- **June 17** Thursday 3-4 p.m.  
Virtual [#914400-04](#) 1 session

### Genealogy Part 9: Black Genealogy

Historical factors in African American genealogy research can inhibit or aid your research, depending upon the lineage you are tracing. Slavery broke family bonds and makes record keeping nearly impossible to trace. Learn how to find this elusive information in this class.

- **July 15** Thursday 3-4 p.m.  
Virtual [#914400-05](#) 1 session

### Genealogy Part 10: WWI & WWII Records

Come learn how to use WWI and WWII draft registration cards to kickstart your search for ancestral information. These cards contained basic information on millions of individuals in the first half of the 20th century.

- **July 22** Saturday 3-4 p.m.  
Virtual [#914400-06](#) 1 session

## COUNTY HOLIDAYS (No Programs)

**Fri., June 18**  
**Mon., July 5**

## Genealogy Part 11: Genealogy and Maps

While not specifically for genealogy, a topographic map can help you envision an ancestor's surroundings and what life may have been like regarding transportation, business, employment and even food supply.

- 
- **Aug. 19**                      **Thursday**                      **3-4 p.m.**  
Virtual                      [#914400-07](#)                      1 session

## Genealogy Part 12: Newspapers

Newspapers for genealogical research offer a wealth of ancestral data, including announcements, community involvements and obituaries.

- 
- **Aug. 26**                      **Thursday**                      **3-4 p.m.**  
Virtual                      [#914400-08](#)                      1 session

## Rock Music Legends: Van Morrison

Irish singer-songwriter Sir George Ivan "Van" Morrison is one of the most prolific and talented musical artists of all time. Carl Gold will discuss Morrison's remarkable career and longevity, and perform examples of his work.

- 
- **June 8**                      **Tuesday**                      **1:30-2:45 p.m.**  
Virtual                      [#914400-09](#)                      1 session

## Rock Music Legends: In the Movies

Rock music has been at the center of several great movies, such as *A Hard Day's Night*, *Rock Around the Clock* and *Tommy*. Join Carl Gold for a discussion and musical performances featuring several of these movies.

- 
- **July 6**                      **Tuesday**                      **1:30-2:45 p.m.**  
Virtual                      [#914400-10](#)                      1 session

## Rock Music Legends: The Summer of Love

In the summer of 1967 (a.k.a. the Summer of Love) some 100,000 young people converged upon San Francisco's Haight-Ashbury neighborhood and sparked a cultural revolution with its own special sound. Carl Gold will discuss and perform the work of some of the best-known artists from that era, including Jefferson Airplane, the Grateful Dead and others.

- 
- **Aug. 10**                      **Tuesday**                      **1:30-2:45 p.m.**  
Virtual                      [#914400-11](#)                      1 session

## Black Broadway

Once known as "Black Broadway", Washington's U Street was a vibrant center of African American culture, bustling nightlife and thriving Black-owned businesses in the face of Jim Crow laws. Local author and journalist Briana A. Thomas will discuss U Street's rich and unique history, from the early triumph of emancipation through the recent struggles of gentrification.

- 
- **June 10**                      **Thursday**                      **1-2 p.m.**  
Virtual                      [#914400-12](#)                      1 session

## Frances Perkins: The First "Madam Secretary"

Frances Perkins, President Franklin Roosevelt's Labor Secretary and the first female U.S. Cabinet member, was one of the strongest voices in shaping his New Deal and a champion of industrial safety and workers' rights. Mary Lipsey, historian and member of the Fairfax County History Commission, will discuss Frances Perkins' remarkable life and legacy.

- 
- **June 23**                      **Wednesday**                      **10-11 a.m.**  
Virtual                      [#914400-13](#)                      1 session

## U.S. Mideast Policy in Transition

With increased focus on the challenges of a rising China and the world's diminishing dependence on the region's oil and gas, there are fundamental questions about the extent of the U.S. engagement and interests in the Middle East and North Africa. Paul Sutphin, a retired senior U.S. diplomat and consultant on Middle East issues, will discuss the ongoing evolution of U.S. policy in the region.

- 
- **June 28**                      **Monday**                      **1:30-2:30 p.m.**  
Virtual                      [#914400-14](#)                      1 session

## Ephemera, Too!

Learn how to appraise the value of your collectibles and who to consult about it. Presented by Jennifer Berman of Seriatim, a professional organizing company.

- 
- **June 30**                      **Wednesday**                      **1:30-2:30 p.m.**  
Virtual                      [#914400-15](#)                      1 session

## Virginia's Presidential Homes

Virginia boasts eight presidents of the United States who were born in the Commonwealth. Patrick O'Neill from the Burke Historical Society will provide a virtual tour of their Virginia homes and heritage.

- 
- **July 8**                      **Thursday**                      **1:30-2:30 p.m.**  
Virtual                      [#914400-16](#)                      1 session

## Peace Corps Volunteers End Smallpox

In the 1970s, 73 Peace Corps volunteers helped the World Health Organization eradicate smallpox in Ethiopia and ultimately the world. The story has important parallels to today's battle against Covid-19. To commemorate the 60th anniversary of the Peace Corps, Barry Hillenbrand, former *Time* magazine correspondent, will share the experiences of these remarkable volunteers, as memorialized in *Eradicating Smallpox in Ethiopia*.

- 
- **July 20**  
Virtual      **Tuesday**      **1:30-2:30 p.m.**  
[#914400-17](#)      1 session

## Speaking American, Part II

If we're all speaking American English, why do we sound so different? Volunteer Bob Lamp will show how an informal survey of the words or phrases we choose can reveal where we are from or want to be from. We'll also have fun with regional accents and expressions (Brooklynese, anyone?) and delight in the variety of American English. All this and more fun, based loosely on the book *Speaking American: How Y'All, Youse, and You Guys Talk*, by Josh Katz.

- 
- **July 28**  
Virtual      **Wednesday**      **1:30-2:30 p.m.**  
[#914400-18](#)      1 session

## Senior Discounts: Age Has Its Perks

For older adults, there are countless discounts available for restaurants, shopping, prescriptions, travel and other products and services. But how do you find out about them? Amie Clark, co-founder of the SeniorList.com, will answer this question and many more.

- 
- **Aug. 3**  
Virtual      **Tuesday**      **1:30-2:30 p.m.**  
[#914400-19](#)      1 session

## A Trip to the Farmers Market

Learn how to use the vouchers provided by the Senior Farmers Market Nutrition Program, how to pick the right produce, and how make an easy recipe. A Virginia Cooperative Extension Master Food Volunteer will also provide some tips on how to keep safe at the market.

- 
- **June 16**  
Virtual      **Wednesday**      **10-11 a.m.**  
[#914400-20](#)      1 session

## Author Talk: So You Want to Write a Book?

Have you ever wanted to write a book or a memoir? Carol Stricker, former U.S. diplomat and new author of *Bombs, Bullets and the Tank at the Office: Protecting America on Diplomacy's Front Lines*, will talk about what it takes to write and publish a book.

- 
- **June 29**  
Virtual      **Tuesday**      **11 a.m.-noon**  
[#914400-21](#)      1 session

## Arlington's Magnolia Bog

Come learn about the Magnolia Bog - wetlands located near the Four-Mile Run watershed. It's home to 23 plant species that do not exist anywhere else in Arlington. Join Natural Resource Manager Alonso Abugattas as he highlights this local, natural wonder.

- 
- **June 3**  
Virtual      **Thursday**      **10-11 a.m.**  
[#914400-22](#)      1 session

## The Vital Role of Pollinators

Pollinators provide valuable resources that sustain our ecosystem and we're celebrating. For National Pollinators Month, join Arlington County Park Naturalist Ken Rosenthal for an educational presentation on pollinators and how we can help them thrive in our community.

- 
- **June 7**  
Virtual      **Monday**      **7-8 p.m.**  
[#914400-23](#)      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 the Supernatural*.

- 
- **June 22**  
Virtual      **Tuesday**      **1-2 p.m.**  
[#914400-24](#)      1 session

## What's Contained in a Will?

The possession of a will and other estate documents is essential to ensuring your assets and wishes are communicated to your family after you pass on. Elder Law Attorney Ed Zetlin will discuss what should be contained in your will.

- 
- **June 23**  
Virtual      **Wednesday**      **11 a.m.-noon**  
[#914400-25](#)      1 session

## Why a Health Directive is Necessary

Living wills and other advance health directives are important documents. These written orders give legal instructions regarding your medical care if you are unable to make decisions on your own. Elder Law attorney Ed Zetlin will discuss the importance of health directives.

- 
- **July 21**  
Virtual      **Wednesday**      **11 a.m.-noon**  
[#914400-26](#)      1 session

## Understanding Probate

Probate can be confusing. Elder Law Attorney Edward Zetlin will discuss what it is and the factors one should consider regarding probate.

- 
- **Aug. 25** **Wednesday** **11 a.m.-noon**  
Virtual [#914400-27](#) 1 session

## Safe Online Activities

It's important to stay safe when participating in online activities. Volunteer Linda Sholl will share information to help you navigate some resources for fun and safe online activities.

- 
- **July 13** **Tuesday** **1-2 p.m.**  
Virtual [#914400-28](#) 1 session

## What is Encore Learning?

Since 2002, this community non-profit has provided academic courses, special events and clubs for adults 50 and over. There are over 70 academic classes offered this year alone. But did you know that they have a Cinema Club, a Mindfulness Club and so much more? Executive Director Lora Pollari-Welbes will describe Encore Learning's programs that keep your mind alert while engaging with other older adults.

- 
- **Aug. 19** **Thursday** **11 a.m.-noon**  
Virtual [#914400-35](#) 1 session

## BOOK CLUBS & DISCUSSION GROUPS

### Genealogy Discussion Group

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

- 
- **June 2** **Wednesday** **3-4 p.m.**  
Virtual [#914402-24](#) 1 session
  - **June 16** **Wednesday** **3-4 p.m.**  
Virtual [#914402-25](#) 1 session
  - **July 7** **Wednesday** **3-4 p.m.**  
Virtual [#914402-26](#) 1 session
  - **July 21** **Wednesday** **3-4 p.m.**  
Virtual [#914402-27](#) 1 session
  - **Aug. 4** **Wednesday** **3-4 p.m.**  
Virtual [#914402-28](#) 1 session
  - **Aug. 18** **Wednesday** **3-4 p.m.**  
Virtual [#914402-29](#) 1 session

## Book Club

Get together for great books and conversation. June: *The Dutch House* by Ann Patchett. July: *The Lincoln Conspiracy* by Brad Meltzer. August: *Manhunt: A Michael Bennett Story* by James Patterson with James O. Born.

- 
- **June 2** **Wednesday** **11 a.m.-noon**  
Langston-Brown [#914402-01](#) 1 session
  - **July 7** **Wednesday** **11 a.m.-noon**  
Langston-Brown [#914402-02](#) 1 session
  - **Aug. 4** **Wednesday** **11 a.m.-noon**  
Langston-Brown [#914402-03](#) 1 session

## Movie Discussions

We're calling all cinema lovers to meet to discuss a new film every month. In June, the movie will be *Mank*, in July the movie will be *The Dig* and in August, *Wildlife*.

- 
- **June 10** **Thursday** **3-4 p.m.**  
Virtual [#914402-04](#) 1 session
  - **July 8** **Thursday** **3-4 p.m.**  
Virtual [#914402-05](#) 1 session
  - **Aug. 12** **Thursday** **3-4 p.m.**  
Virtual [#914402-06](#) 1 session

## Documentary Discussions

View some of the best documentaries ever made and discuss them with 55+ members. June: *Seven Wonders of the Ancient World*; July: *4th of July - Independence Day Documentary*; August: *Our Planet: Jungles*.

- 
- **June 9** **Wednesday** **2-3 p.m.**  
Virtual [#914402-07](#) 1 session
  - **July 14** **Wednesday** **2-3 p.m.**  
Virtual [#914402-08](#) 1 session
  - **Aug. 18** **Wednesday** **2-3 p.m.**  
Virtual [#914402-09](#) 1 session

## Local History Discussions & Reminiscences

Have fun recollecting and learning about Arlington's rich past. June: Ye Olde Arlington Antique Shoppes. July: Lee Heights Shopping Center. August: History of Transportation in Arlington with Charlie Clark, "Our Man in Arlington" for the Falls Church News-Press. Facilitated by volunteer Jean Jackson.

- 
- **June 2** **Wednesday** **1:30-2:45 p.m.**  
Virtual [#914402-10](#) 1 session
  - **July 7** **Wednesday** **1:30-2:45 p.m.**  
Virtual [#914402-11](#) 1 session
  - **Aug. 4** **Wednesday** **1:30-2:45 p.m.**  
Virtual [#914402-12](#) 1 session

## History Roundtable

Take part in thought-provoking discussions about pivotal events in history. June: the impact of the Vikings on history. July: the impact of horses on history. August: the impact of physical geography on history.

- 
- |                             |  |   |
|-----------------------------|--|---|
| • <b>June 8</b><br>Virtual  | <b>Tuesday</b><br><a href="#">#914402-13</a> | <b>11:15 a.m.-12:30 p.m.</b><br>1 session |
| • <b>July 13</b><br>Virtual | <b>Tuesday</b><br><a href="#">#914402-14</a> | <b>11:15 a.m.-12:30 p.m.</b><br>1 session |
| • <b>Aug. 10</b><br>Virtual | <b>Tuesday</b><br><a href="#">#914402-15</a> | <b>11:15 a.m.-12:30 p.m.</b><br>1 session |

## 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 Steven Wertime.

- 
- |                             |  |                                      |
|-----------------------------|--|--------------------------------------|
| • <b>June 9</b><br>Virtual  | <b>Wednesday</b><br><a href="#">#914402-16</a> | <b>10:30-11:45 a.m.</b><br>1 session |
| • <b>July 14</b><br>Virtual | <b>Wednesday</b><br><a href="#">#914402-17</a> | <b>10:30-11:45 a.m.</b><br>1 session |

## Armchair Travel: Sights of the World

View videos that describe amazing landscapes in this country and all over the world. In June, we'll explore the sheer cliffs and rock formations of Bryce Canyon. In July, we'll take a trip to the beautiful Dry Tortugas at the end of the Florida Keys and in August discover the rugged scenery of New Zealand.

- 
- |                            |   |                              |
|----------------------------|---|------------------------------|
| • <b>June 4</b><br>Virtual | <b>Friday</b><br><a href="#">#914402-18</a> | <b>3-4 p.m.</b><br>1 session |
| • <b>July 2</b><br>Virtual | <b>Friday</b><br><a href="#">#914402-19</a> | <b>3-4 p.m.</b><br>1 session |
| • <b>Aug. 6</b><br>Virtual | <b>Friday</b><br><a href="#">#914402-20</a> | <b>3-4 p.m.</b><br>1 session |

## Armchair Travel: Museums of the World

View videos of the world's best museums. In June we'll see the British Museum, whose exhibits comprise an unbroken story of humankind from beginning to present. In July we'll check out the iconic art and architecture of New York's Guggenheim Museum. In August we'll explore some of the artwork housed in the National Gallery of Art.

- 
- |                             |   |                              |
|-----------------------------|---|------------------------------|
| • <b>June 11</b><br>Virtual | <b>Friday</b><br><a href="#">#914402-21</a>   | <b>3-4 p.m.</b><br>1 session |
| • <b>July 9</b><br>Virtual  | <b>Friday</b><br><a href="#">#914402-22</a>   | <b>3-4 p.m.</b><br>1 session |
| • <b>Aug. 12</b><br>Virtual | <b>Thursday</b><br><a href="#">#914402-23</a> | <b>3-4 p.m.</b><br>1 session |

## HOME & GARDEN

---

### This Month in the Garden

Engage in a timely discussion about current landscape and garden issues and challenges. Questions and photos for these presentations will be drawn from those sent to the Extension Master Gardener Help Desk. Please submit questions and photos to ahead to [mgarlalex@gmail.com](mailto:mgarlalex@gmail.com), the Extension Master Gardener Help Desk, no later than the Friday before the program, for consideration to be used in these presentations.

- 
- |                             |   |                                 |
|-----------------------------|---|---------------------------------|
| • <b>June 21</b><br>Virtual | <b>Monday</b><br><a href="#">#914400-29</a> | <b>1-2:30 p.m.</b><br>1 session |
| • <b>July 19</b><br>Virtual | <b>Monday</b><br><a href="#">#914400-30</a> | <b>1-2:30 p.m.</b><br>1 session |
| • <b>Aug. 16</b><br>Virtual | <b>Monday</b><br><a href="#">#914400-31</a> | <b>1-2:30 p.m.</b><br>1 session |

### Keep Your Home Cool in the Summer

Join a Virginia Cooperative Extension Energy Master volunteer for tips on how keep your home cool and save energy during the hot summer months.

- 
- |                             |   |                              |
|-----------------------------|---|------------------------------|
| • <b>June 24</b><br>Virtual | <b>Thursday</b><br><a href="#">#914400-32</a> | <b>1-2 p.m.</b><br>1 session |
|-----------------------------|---|------------------------------|

### Downsizing: What to Expect

Downsizing or any move can be intimidating. Realtor Chris Lamar will explain how to take the first steps in the process. He will discuss potential tax implications from a sale and how to avoid fraud risk in the process.

- 
- |                             |   |                                  |
|-----------------------------|---|----------------------------------|
| • <b>July 23</b><br>Virtual | <b>Friday</b><br><a href="#">#914400-33</a> | <b>11 a.m.-noon</b><br>1 session |
|-----------------------------|---|----------------------------------|

### Demystifying Your Utility Bill

Is it hard to understand your utility bills? Virginia Cooperative Extension Energy Masters volunteers will review a sample electric bill and share how to decipher the important parts that matter toward costs. The presentation will also cover bill payment assistance programs and energy conservation tips.

- 
- |                             |  |                                  |
|-----------------------------|--|----------------------------------|
| • <b>Aug. 11</b><br>Virtual | <b>Wednesday</b><br><a href="#">#914400-34</a> | <b>11 a.m.-noon</b><br>1 session |
|-----------------------------|--|----------------------------------|

## PLANNING AHEAD

### Keep the Best and Get Rid of the Rest

Trying to decide what family possessions one should keep and what to give-away? Matthew Quinn of Quinn's Auction Galleries has the knowledge to help us sort through family treasures and will share how estate sales and auctions work. He has been a guest appraiser for Antiques Roadshow and will field your questions.

- 
- **July 19**  
Virtual      **Monday**  
[#914401-01](#)      **1-2 p.m.**  
1 session

### Controlling Clutter

Do you need to tackle clutter and piles of bills and papers? Learn how to get organized and what documents to keep or shred. Presented by Virginia Cooperative Extension Master Finance volunteers.

- 
- **June 9**  
Virtual      **Wednesday**  
[#914404-01](#)      **10-11 a.m.**  
1 session

### It Takes a Village—Here in Arlington

The “village 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.

- 
- **June 14**  
Virtual      **Monday**  
[#914404-02](#)      **1:30-2:30 p.m.**  
1 session

### Paper Management 101

Whether you're downsizing, moving, or just can't take the clutter anymore, paper may pose your biggest challenge. Professional organizer Sonya Weissappel of Seriatim, Inc. will provide tips and best practices for organizing your important papers.

- 
- **July 13**  
Virtual      **Tuesday**  
[#914404-03](#)      **1:30-2:30 p.m.**  
1 session

### Settling a Decedent's Estate

The estate settlement process can be overwhelming and complicated, but knowing how it works can prove important in many cases. Attorney Alison Lambeth Mathey will introduce you to the basics of how a fiduciary works to settle an estate.

- 
- **Aug. 13**  
Virtual      **Friday**  
[#914404-04](#)      **1-2 p.m.**  
1 session

## TRAVEL DISCUSSIONS

### The Metropolitan Museum of Art

Connect with more than 5,000 years of art and culture at The Met with a live virtual tour led by a museum guide. Explore a wide array of artwork and artifacts that span centuries and continents. Each tour will be based on different topics: The Met Cloisters; Modern and Contemporary Art; Alice Neel: People Come First; Art of the Ancient World; Museum Highlights; American Art.

- 
- **June 4**  
Virtual      **Friday**  
[#902106-02](#)      **1:30-2:30 p.m.**  
1 session
  - **June 11**  
Virtual      **Friday**  
[#902106-04](#)      **1:30-2:30 p.m.**  
1 session
  - **June 17**  
Virtual      **Thursday**  
[#902106-06](#)      **1:30-2:30 p.m.**  
1 session
  - **June 21**  
Virtual      **Monday**  
[#902106-08](#)      **1:30-2:30 p.m.**  
1 session
  - **June 24**  
Virtual      **Thursday**  
[#902106-09](#)      **1:30-2:30 p.m.**  
1 session
  - **June 25**  
Virtual      **Friday**  
[#902106-10](#)      **1:30-2:30 p.m.**  
1 session

### Hillwood Estate, Museum & Gardens

Join a volunteer docent to learn about Marjorie Merriweather Post and her remarkable collections. Post purchased Hillwood with the intent to leave it as a museum to inspire and educate the public. View photos, collection highlights, and archival images, all while asking questions in real time.

- 
- **June 4**  
Virtual      **Friday**  
[#902106-01](#)      **6-7 p.m.**  
1 session
  - **June 11**  
Virtual      **Friday**  
[#902106-03](#)      **6-7 p.m.**  
1 session
  - **June 17**  
Virtual      **Thursday**  
[#902106-07](#)      **6-7 p.m.**  
1 session

### Virginia Museum of Fine Arts

Decorative Arts: View art from the British Arts and Crafts Movement, Art Nouveau and Art Deco.

- 
- **June 11**  
Virtual      **Friday**  
[#902106-05](#)      **3-4 p.m.**  
1 session

# ARTS & CRAFTS

## Art Circle

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

- **June 7 – 28**      **Mondays**      **1-2:30 p.m.**  
VA Highlands Plaza [#914301-01](#)      4 sessions: \$24

## Basic Drawing

Drawing for beginners and those who want to hone their drawing skills through keeping a sketchbook. Presented by art instructor Ruth Kling.

- **June 4**      **Friday**      **1:30-2:30 p.m.**  
Virtual      [#914301-02](#)      1 session
- **June 25**      **Friday**      **1:30-2:30 p.m.**  
Virtual      [#914301-03](#)      1 session
- **July 2**      **Friday**      **1:30-2:30 p.m.**  
Virtual      [#914301-04](#)      1 session
- **July 16**      **Friday**      **1:30-2:30 p.m.**  
Virtual      [#914301-05](#)      1 session
- **Aug. 6**      **Friday**      **1:30-2:30 p.m.**  
Virtual      [#914301-06](#)      1 session
- **Aug. 20**      **Friday**      **1:30-2:30 p.m.**  
Virtual      [#914301-07](#)      1 session

## 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.

- **June 24**      **Thursday**      **10-11:30 a.m.**  
Virtual      [#914301-08](#)      1 session
- **July 22**      **Thursday**      **10-11:30 a.m.**  
Virtual      [#914301-09](#)      1 session
- **Aug. 19**      **Thursday**      **10-11:30 a.m.**  
Virtual      [#914301-10](#)      1 session

# 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.

- **June 1**      **Tuesday**      **10-11 a.m.**  
Langston BBall Ct      [#914300-07](#)      1 session
- **June 8**      **Tuesday**      **10-11 a.m.**  
Langston BBall Ct      [#914300-08](#)      1 session
- **June 15**      **Tuesday**      **10-11 a.m.**  
Langston BBall Ct      [#914300-09](#)      1 session
- **June 22**      **Tuesday**      **10-11 a.m.**  
Langston BBall Ct      [#914300-10](#)      1 session
- **June 29**      **Tuesday**      **10-11 a.m.**  
Langston BBall Ct      [#914300-11](#)      1 session
- **July 6**      **Tuesday**      **10-11 a.m.**  
Langston BBall Ct      [#914300-12](#)      1 session
- **July 13**      **Tuesday**      **10-11 a.m.**  
Langston BBall Ct      [#914300-13](#)      1 session
- **July 20**      **Tuesday**      **10-11 a.m.**  
Langston BBall Ct      [#914300-14](#)      1 session
- **July 27**      **Tuesday**      **10-11 a.m.**  
Langston BBall Ct      [#914300-15](#)      1 session
- **Aug. 3**      **Tuesday**      **10-11 a.m.**  
Langston BBall Ct      [#914300-16](#)      1 session
- **Aug. 10**      **Tuesday**      **10-11 a.m.**  
Langston BBall Ct      [#914300-17](#)      1 session
- **Aug. 17**      **Tuesday**      **10-11 a.m.**  
Langston BBall Ct      [#914300-18](#)      1 session
- **Aug. 24**      **Tuesday**      **10-11 a.m.**  
Langston BBall Ct      [#914300-19](#)      1 session
- **Aug. 31**      **Tuesday**      **10-11 a.m.**  
Langston BBall Ct      [#914300-20](#)      1 session

## CRAFTS

### 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.

---

• <b>June 1</b> Virtual	<b>Tuesday</b> <a href="#">#914703-01</a>	<b>1:30-2:30 p.m.</b> 1 session
• <b>June 15</b> Virtual	<b>Tuesday</b> <a href="#">#914703-02</a>	<b>1:30-2:30 p.m.</b> 1 session
• <b>July 6</b> Virtual	<b>Tuesday</b> <a href="#">#914703-03</a>	<b>1:30-2:30 p.m.</b> 1 session
• <b>July 20</b> Virtual	<b>Tuesday</b> <a href="#">#914703-04</a>	<b>1:30-2:30 p.m.</b> 1 session
• <b>Aug. 3</b> Virtual	<b>Tuesday</b> <a href="#">#914703-05</a>	<b>1:30-2:30 p.m.</b> 1 session
• <b>Aug. 17</b> Virtual	<b>Tuesday</b> <a href="#">#914703-06</a>	<b>1:30-2:30 p.m.</b> 1 session
• <b>June 2</b> Langston-Brown	<b>Wednesday</b> <a href="#">#914703-07</a>	<b>1-2:30 p.m.</b> 1 session
• <b>June 9</b> Langston-Brown	<b>Wednesday</b> <a href="#">#914703-08</a>	<b>1-2:30 p.m.</b> 1 session
• <b>June 16</b> Langston-Brown	<b>Wednesday</b> <a href="#">#914703-09</a>	<b>1-2:30 p.m.</b> 1 session
• <b>June 23</b> Langston-Brown	<b>Wednesday</b> <a href="#">#914703-10</a>	<b>1-2:30 p.m.</b> 1 session
• <b>June 30</b> Langston-Brown	<b>Wednesday</b> <a href="#">#914703-11</a>	<b>1-2:30 p.m.</b> 1 session
• <b>July 7</b> Langston-Brown	<b>Wednesday</b> <a href="#">#914703-12</a>	<b>1-2:30 p.m.</b> 1 session
• <b>July 14</b> Langston-Brown	<b>Wednesday</b> <a href="#">#914703-13</a>	<b>1-2:30 p.m.</b> 1 session
• <b>July 21</b> Langston-Brown	<b>Wednesday</b> <a href="#">#914703-14</a>	<b>1-2:30 p.m.</b> 1 session
• <b>July 28</b> Langston-Brown	<b>Wednesday</b> <a href="#">#914703-15</a>	<b>1-2:30 p.m.</b> 1 session
• <b>Aug. 4</b> Langston-Brown	<b>Wednesday</b> <a href="#">#914703-16</a>	<b>1-2:30 p.m.</b> 1 session
• <b>Aug. 11</b> Langston-Brown	<b>Wednesday</b> <a href="#">#914703-17</a>	<b>1-2:30 p.m.</b> 1 session
• <b>Aug. 18</b> Langston-Brown	<b>Wednesday</b> <a href="#">#914703-18</a>	<b>1-2:30 p.m.</b> 1 session
• <b>Aug. 25</b> Langston-Brown	<b>Wednesday</b> <a href="#">#914703-19</a>	<b>1-2:30 p.m.</b> 1 session

### Outdoor Needle Craft

Work on your knitting, crochet or needle craft project while enjoying fellowship with 55+ friends in the park.

---

• <b>June 7</b> VA Highlands	<b>Monday</b> <a href="#">#914703-20</a>	<b>10 a.m.-noon</b> 1 session
• <b>June 14</b> VA Highlands	<b>Monday</b> <a href="#">#914703-21</a>	<b>10 a.m.-noon</b> 1 session
• <b>June 21</b> VA Highlands	<b>Monday</b> <a href="#">#914703-22</a>	<b>10 a.m.-noon</b> 1 session
• <b>June 28</b> VA Highlands	<b>Monday</b> <a href="#">#914703-23</a>	<b>10 a.m.-noon</b> 1 session
• <b>July 12</b> VA Highlands	<b>Monday</b> <a href="#">#914703-24</a>	<b>10 a.m.-noon</b> 1 session
• <b>July 19</b> VA Highlands	<b>Monday</b> <a href="#">#914703-25</a>	<b>10 a.m.-noon</b> 1 session
• <b>July 26</b> VA Highlands	<b>Monday</b> <a href="#">#914703-26</a>	<b>10 a.m.-noon</b> 1 session
• <b>Aug. 2</b> VA Highlands	<b>Monday</b> <a href="#">#914703-27</a>	<b>10 a.m.-noon</b> 1 session
• <b>Aug. 9</b> VA Highlands	<b>Monday</b> <a href="#">#914703-28</a>	<b>10 a.m.-noon</b> 1 session
• <b>Aug. 16</b> VA Highlands	<b>Monday</b> <a href="#">#914703-29</a>	<b>10 a.m.-noon</b> 1 session
• <b>Aug. 23</b> VA Highlands	<b>Monday</b> <a href="#">#914703-30</a>	<b>10 a.m.-noon</b> 1 session
• <b>Aug. 30</b> VA Highlands	<b>Monday</b> <a href="#">#914703-31</a>	<b>10 a.m.-noon</b> 1 session

## POETRY & SHORT STORIES

### Pondering Poetry

Are you a poet or aspire to write poetry? Need some creative energy from others? Join us to share and discuss poetry.

---

• <b>June 17</b> Virtual	<b>Thursday</b> <a href="#">#914300-01</a>	<b>11 a.m.-noon</b> 1 session
• <b>July 15</b> Virtual	<b>Thursday</b> <a href="#">#914300-02</a>	<b>11 a.m.-noon</b> 1 session
• <b>Aug. 19</b> Virtual	<b>Thursday</b> <a href="#">#914300-03</a>	<b>11 a.m.-noon</b> 1 session

# FITNESS

## Short Story Reading & Discussion

Short stories pack a lot in a few pages. Take turns reading the story aloud in round-robin fashion and discuss it afterward. Bring your thoughts and insights. Facilitated by 55+ member Bill Turner. June: "The Lottery" by Shirley Jackson; July: "The Waltz" by Dorothy Parker; August: "The Young Man Who Flew Past" by Arcadii Averchenko.

- **June 21**  
Virtual      **Monday**      **1-2:30 p.m.**  
                         [#914300-04](#)      1 session
- **July 26**  
Virtual      **Monday**      **1-2:30 p.m.**  
                         [#914300-05](#)      1 session
- **Aug. 23**  
Virtual      **Monday**      **1-2:30 p.m.**  
                         [#914300-06](#)      1 session

## 55+ Seated Exercise

This class concentrates on preserving and gaining muscular strength, flexibility and improving balance. Work all the major muscle groups, including abdominals, with a variety of weights. Some standing included but not required.

Instructor: Jill Kern

- **June 15 – Aug. 24**      **Tuesdays**      **9-10 a.m.**  
Madison      [#914100-10](#)      11 sessions: \$44
- **June 17 – Aug. 26**      **Thursdays**      **9-10 a.m.**  
Madison      [#914100-11](#)      11 sessions: \$44

## Total Body Fitness

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 /build stamina and a final cool down.

Instructor: Gretchen Martin

**No class 7/2 & 8/13**

- **June 25 – Aug. 27**      **Fridays**      **10:15-11:15 a.m.**  
Thomas Jefferson      [#914100-12](#)      8 sessions: \$32

## Zumba

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

Instructor: Ferdinanda Pattipeilohy

- **June 15 – Aug. 24**      **Tuesdays**      **2:15-3:15 p.m.**  
Lacey Park      [#914101-01](#)      11 sessions: \$55

## Kukuwa

A blend of African soukous and Caribbean soca rhythms add living flavor to your workout, nourishing both body and soul. This 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

- **June 25 – Aug. 27**      **Fridays**      **9-10 a.m.**  
Alcova Heights      [#914101-02](#)      10 sessions: \$50

## Virtual Fitness Challenge!

Join Arlington County 55+ for a Virtual Run, Walk, Bike, or Hike Challenge. This virtual challenge is a fun way to build and maintain fitness in any way you choose. This event takes place from June 1 - Oct. 31. Try running, walking, hiking, or biking just a little every day, or a long way if you feel up to it. Every step and pedal counts towards better health. How does the challenge work? You will log the time you spend running, walking, hiking or biking. On Sat., Nov. 6 at 3 p.m. we will gather on one Zoom call and celebrate! We will discuss the fun we had, our challenges, discoveries and toast ourselves for a job well done! Prizes will be awarded!

You can register online or by calling the registration office at 703-228-4747 and ask to register for the **Virtual Run, Walk, Hike, or Bike Challenge**. Registration starts Wed., May 19. Register here: [#914899-01](#).

Welcome kits, digital race bib and a log will be emailed after registration. In preparation, explore some of Arlington's beautiful [parks](#) and [trails](#). If you take pictures, please email them to Sharleka Ashton at [sashton@arlingtonva.us](mailto:sashton@arlingtonva.us).

- **June - Oct.**  
Virtual      [#914899-01](#)      Free

## 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

- **June 17 – Aug. 26** **Thursdays** **2-3 p.m.**  
Fairlington [#914105-25](#) 11 sessions: \$60.50

## YOGA

### Gentle 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

- **June 14 – Aug. 23** **Mondays** **9-9:45 a.m.**  
Alcova Heights [#914104-01](#) 10 sessions: \$50

### 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: Debbie Sheetz

**No Class 7/7 & 7/21**

- **June 16 – Aug. 25** **Wednesdays** **11:45 a.m.-12:45 p.m.**  
Virtual [#914104-02](#) 9 sessions: \$45

### 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: Jennifer Eubank

- **June 25 – Aug. 27** **Fridays** **9:30-11 a.m.**  
Virtual [#914104-03](#) 10 sessions: \$75

## WALKING & BIKING

### Aurora Hills Fast Forwards

Join a morning walk with this faster-paced group that walks a two-four mile loop, including some hills.

- **June 11** **Friday** **8:30-10 a.m.**  
Aurora Hills [#914201-01](#) 1 session
- **June 25** **Friday** **8:30-10 a.m.**  
Aurora Hills [#914201-02](#) 1 session
- **July 16** **Friday** **8:30-10 a.m.**  
Aurora Hills [#914201-03](#) 1 session
- **July 30** **Friday** **8:30-10 a.m.**  
Aurora Hills [#914201-04](#) 1 session
- **Aug. 20** **Friday** **8:30-10 a.m.**  
Aurora Hills [#914201-05](#) 1 session
- **Aug. 27** **Friday** **8:30-10 a.m.**  
Aurora Hills [#914201-06](#) 1 session

### 55+ Walks

Stay active with friendly walking companions. We'll explore nearby trails and neighborhoods in a safe, socially-distant manner. *Please note new time.*

- **June 2** **Wednesday** **9-10 a.m.**  
High View Park [#914201-07](#) 1 session
- **June 9** **Wednesday** **9-10 a.m.**  
Four Mile Run [#914201-08](#) 1 session
- **June 16** **Wednesday** **9-10 a.m.**  
Old Glebe [#914201-09](#) 1 session
- **June 23** **Wednesday** **9-10 a.m.**  
Donaldson Park [#914201-10](#) 1 session
- **June 30** **Wednesday** **9-10 a.m.**  
Fairlington [#914201-11](#) 1 session
- **July 7** **Wednesday** **9-10 a.m.**  
Bon Air [#914201-12](#) 1 session
- **July 14** **Wednesday** **9-10 a.m.**  
Long Branch [#914201-13](#) 1 session
- **July 21** **Wednesday** **9-10 a.m.**  
Lubber Run [#914201-14](#) 1 session
- **July 28** **Wednesday** **9-10 a.m.**  
Cherrydale Loop [#914201-15](#) 1 session
- **Aug. 4** **Wednesday** **9-10 a.m.**  
Donaldson Run [#914201-16](#) 1 session
- **Aug. 11** **Wednesday** **9-10 a.m.**  
Ft. Smith [#914201-17](#) 1 session
- **Aug. 18** **Wednesday** **9-10 a.m.**  
Gulf Branch [#914201-18](#) 1 session
- **Aug. 25** **Wednesday** **9-10 a.m.**  
Crystal City [#914201-19](#) 1 session

## 55+ Scenic Bike Rides

Join friendly, fun bike rides of 15-18 miles. An experienced 55+ biker will lead the group, visiting parks and interesting sites. Average pace of 10mph ensures no one will be left behind.

- |                    |                            |                            |
|--------------------|----------------------------|----------------------------|
| • <b>June 10</b>   | <b>Thursday</b>            | <b>10 a.m.-noon</b>        |
| Arlington Loop     | <a href="#">#914100-07</a> | 1 session                  |
| • <b>June 17</b>   | <b>Thursday</b>            | <b>9:30 a.m.-1:30 p.m.</b> |
| Garden Tour        | <a href="#">#914100-08</a> | 1 session                  |
| • <b>July 8</b>    | <b>Thursday</b>            | <b>10 a.m.-noon</b>        |
| Meadowlark Gardens | <a href="#">#914100-09</a> | 1 session                  |

## DANCE

### Line Dance in the Park

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

- |                    |                            |                   |
|--------------------|----------------------------|-------------------|
| • <b>June 11</b>   | <b>Friday</b>              | <b>10-11 a.m.</b> |
| VA Highlands Plaza | <a href="#">#914100-01</a> | 1 session         |
| • <b>June 25</b>   | <b>Friday</b>              | <b>10-11 a.m.</b> |
| VA Highlands Plaza | <a href="#">#914100-02</a> | 1 session         |
| • <b>July 9</b>    | <b>Friday</b>              | <b>10-11 a.m.</b> |
| VA Highlands Plaza | <a href="#">#914100-03</a> | 1 session         |
| • <b>July 23</b>   | <b>Friday</b>              | <b>10-11 a.m.</b> |
| VA Highlands Plaza | <a href="#">#914100-04</a> | 1 session         |
| • <b>Aug. 13</b>   | <b>Friday</b>              | <b>10-11 a.m.</b> |
| VA Highlands Plaza | <a href="#">#914100-05</a> | 1 session         |
| • <b>Aug. 27</b>   | <b>Friday</b>              | <b>10-11 a.m.</b> |
| VA Highlands Plaza | <a href="#">#914100-06</a> | 1 session         |



## TAI CHI IN THE PARK

### Tai Chi Practice

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

- |                    |                            |                      |
|--------------------|----------------------------|----------------------|
| • <b>June 7</b>    | <b>Monday</b>              | <b>10-10:45 a.m.</b> |
| VA Highlands Plaza | <a href="#">#914105-13</a> | 1 session            |
| • <b>June 8</b>    | <b>Tuesday</b>             | <b>10-11 a.m.</b>    |
| Thomas Jefferson   | <a href="#">#914105-01</a> | 1 session            |
| • <b>June 14</b>   | <b>Monday</b>              | <b>10-10:45 a.m.</b> |
| VA Highlands Plaza | <a href="#">#914105-14</a> | 1 session            |
| • <b>June 15</b>   | <b>Tuesday</b>             | <b>10-11 a.m.</b>    |
| Thomas Jefferson   | <a href="#">#914105-02</a> | 1 session            |
| • <b>June 21</b>   | <b>Monday</b>              | <b>10-10:45 a.m.</b> |
| VA Highlands Plaza | <a href="#">#914105-15</a> | 1 session            |
| • <b>June 22</b>   | <b>Tuesday</b>             | <b>10-11 a.m.</b>    |
| Thomas Jefferson   | <a href="#">#914105-03</a> | 1 session            |
| • <b>June 28</b>   | <b>Monday</b>              | <b>10-10:45 a.m.</b> |
| VA Highlands Plaza | <a href="#">#914105-16</a> | 1 session            |
| • <b>July 6</b>    | <b>Tuesday</b>             | <b>10-11 a.m.</b>    |
| Thomas Jefferson   | <a href="#">#914105-04</a> | 1 session            |
| • <b>July 12</b>   | <b>Monday</b>              | <b>10-10:45 a.m.</b> |
| VA Highlands Plaza | <a href="#">#914105-17</a> | 1 session            |
| • <b>July 13</b>   | <b>Tuesday</b>             | <b>10-11 a.m.</b>    |
| Thomas Jefferson   | <a href="#">#914105-05</a> | 1 session            |
| • <b>July 19</b>   | <b>Monday</b>              | <b>10-10:45 a.m.</b> |
| VA Highlands Plaza | <a href="#">#914105-18</a> | 1 session            |
| • <b>July 20</b>   | <b>Tuesday</b>             | <b>10-11 a.m.</b>    |
| Thomas Jefferson   | <a href="#">#914105-06</a> | 1 session            |
| • <b>July 26</b>   | <b>Monday</b>              | <b>10-10:45 a.m.</b> |
| VA Highlands Plaza | <a href="#">#914105-19</a> | 1 session            |
| • <b>July 27</b>   | <b>Tuesday</b>             | <b>10-11 a.m.</b>    |
| Thomas Jefferson   | <a href="#">#914105-07</a> | 1 session            |
| • <b>Aug. 2</b>    | <b>Monday</b>              | <b>10-10:45 a.m.</b> |
| VA Highlands Plaza | <a href="#">#914105-20</a> | 1 session            |
| • <b>Aug. 3</b>    | <b>Tuesday</b>             | <b>10-11 a.m.</b>    |
| Thomas Jefferson   | <a href="#">#914105-08</a> | 1 session            |
| • <b>Aug. 9</b>    | <b>Monday</b>              | <b>10-10:45 a.m.</b> |
| VA Highlands Plaza | <a href="#">#914105-21</a> | 1 session            |
| • <b>Aug. 10</b>   | <b>Tuesday</b>             | <b>10-11 a.m.</b>    |
| Thomas Jefferson   | <a href="#">#914105-09</a> | 1 session            |
| • <b>Aug. 16</b>   | <b>Monday</b>              | <b>10-10:45 a.m.</b> |
| VA Highlands Plaza | <a href="#">#914105-22</a> | 1 session            |
| • <b>Aug. 17</b>   | <b>Tuesday</b>             | <b>10-11 a.m.</b>    |
| Thomas Jefferson   | <a href="#">#914105-10</a> | 1 session            |
| • <b>Aug. 23</b>   | <b>Monday</b>              | <b>10-10:45 a.m.</b> |
| VA Highlands Plaza | <a href="#">#914105-23</a> | 1 session            |
| • <b>Aug. 24</b>   | <b>Tuesday</b>             | <b>10-11 a.m.</b>    |
| Thomas Jefferson   | <a href="#">#914105-11</a> | 1 session            |
| • <b>Aug. 30</b>   | <b>Monday</b>              | <b>10-10:45 a.m.</b> |
| VA Highlands Plaza | <a href="#">#914105-24</a> | 1 session            |
| • <b>Aug. 31</b>   | <b>Tuesday</b>             | <b>10-11 a.m.</b>    |
| Thomas Jefferson   | <a href="#">#914105-12</a> | 1 session            |

# CHALLENGE YOUR BRAIN

## GAMES

### 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.

- |                            |   |  |
|----------------------------|---|--|
| • <b>June 3</b><br>Virtual | <b>Thursday</b><br><a href="#">#914601-01</a> | <b>11 a.m.-12:30 p.m.</b><br>1 session |
| • <b>July 1</b><br>Virtual | <b>Thursday</b><br><a href="#">#914601-02</a> | <b>11 a.m.-12:30 p.m.</b><br>1 session |
| • <b>Aug. 5</b><br>Virtual | <b>Thursday</b><br><a href="#">#914601-03</a> | <b>11 a.m.-12:30 p.m.</b><br>1 session |

### Sudoku

This fun and stimulating puzzle game aids in maintaining cognitive functioning through problem solving and planning. Beginners and pros welcome!

- |                             |   |                                 |
|-----------------------------|---|---------------------------------|
| • <b>June 24</b><br>Virtual | <b>Thursday</b><br><a href="#">#914601-04</a> | <b>2-3:30 p.m.</b><br>1 session |
| • <b>July 22</b><br>Virtual | <b>Thursday</b><br><a href="#">#914601-05</a> | <b>2-3:30 p.m.</b><br>1 session |
| • <b>Aug. 24</b><br>Virtual | <b>Thursday</b><br><a href="#">#914601-06</a> | <b>2-3:30 p.m.</b><br>1 session |

### Digital Escape Room

Escape rooms are games that comprise a series of puzzles you must solve. Discover clues and find answers as a team to “escape” in this virtual adventure.

- |                             |   |                                 |
|-----------------------------|---|---------------------------------|
| • <b>June 11</b><br>Virtual | <b>Friday</b><br><a href="#">#914601-07</a> | <b>1-1:45 p.m.</b><br>1 session |
| • <b>June 11</b><br>Virtual | <b>Friday</b><br><a href="#">#914601-08</a> | <b>2-2:45 p.m.</b><br>1 session |
| • <b>June 11</b><br>Virtual | <b>Friday</b><br><a href="#">#914601-09</a> | <b>3-3:45 p.m.</b><br>1 session |

## LANGUAGES

### 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 interesting to all.

- |                             |   |                                  |
|-----------------------------|---|----------------------------------|
| • <b>June 4</b><br>Virtual  | <b>Friday</b><br><a href="#">#914650-01</a> | <b>10 a.m.-noon</b><br>1 session |
| • <b>June 11</b><br>Virtual | <b>Friday</b><br><a href="#">#914650-02</a> | <b>10 a.m.-noon</b><br>1 session |
| • <b>June 25</b><br>Virtual | <b>Friday</b><br><a href="#">#914650-04</a> | <b>10 a.m.-noon</b><br>1 session |
| • <b>July 2</b><br>Virtual  | <b>Friday</b><br><a href="#">#914650-05</a> | <b>10 a.m.-noon</b><br>1 session |
| • <b>July 9</b><br>Virtual  | <b>Friday</b><br><a href="#">#914650-06</a> | <b>10 a.m.-noon</b><br>1 session |
| • <b>July 16</b><br>Virtual | <b>Friday</b><br><a href="#">#914650-07</a> | <b>10 a.m.-noon</b><br>1 session |
| • <b>July 23</b><br>Virtual | <b>Friday</b><br><a href="#">#914650-08</a> | <b>10 a.m.-noon</b><br>1 session |
| • <b>July 30</b><br>Virtual | <b>Friday</b><br><a href="#">#914650-09</a> | <b>10 a.m.-noon</b><br>1 session |
| • <b>Aug. 6</b><br>Virtual  | <b>Friday</b><br><a href="#">#914650-10</a> | <b>10 a.m.-noon</b><br>1 session |
| • <b>Aug. 13</b><br>Virtual | <b>Friday</b><br><a href="#">#914650-11</a> | <b>10 a.m.-noon</b><br>1 session |
| • <b>Aug. 20</b><br>Virtual | <b>Friday</b><br><a href="#">#914650-12</a> | <b>10 a.m.-noon</b><br>1 session |
| • <b>Aug. 27</b><br>Virtual | <b>Friday</b><br><a href="#">#914650-13</a> | <b>10 a.m.-noon</b><br>1 session |

## ARLINGTON FARMERS MARKETS

### FRESH DELIGHTS AROUND ARLINGTON



Learn about each markets' days, location and hours [here](#)

# SERVICES

## Mac, iPhone, iPad

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

• June 30 Virtual	Wednesday <a href="#">#914900-01</a>	10:15-10:55 a.m. 1 session
• June 30 Virtual	Wednesday <a href="#">#914900-02</a>	11-11:40 a.m. 1 session
• June 30 Virtual	Wednesday <a href="#">#914900-03</a>	11:45 a.m.-12:25 p.m. 1 session
• July 7 Virtual	Wednesday <a href="#">#914900-04</a>	10:15-10:55 a.m. 1 session
• July 7 Virtual	Wednesday <a href="#">#914900-05</a>	11-11:40 a.m. 1 session
• July 7 Virtual	Wednesday <a href="#">#914900-06</a>	11:45 a.m.-12:25 p.m. 1 session
• July 14 Virtual	Wednesday <a href="#">#914900-07</a>	11-11:40 a.m. 1 session
• July 14 Virtual	Wednesday <a href="#">#914900-08</a>	11:45 a.m.-12:25 p.m. 1 session
• July 21 Virtual	Wednesday <a href="#">#914900-09</a>	10:15-10:55 a.m. 1 session
• July 21 Virtual	Wednesday <a href="#">#914900-10</a>	11-11:40 a.m. 1 session
• July 21 Virtual	Wednesday <a href="#">#914900-11</a>	11:45 a.m.-12:25 p.m. 1 session
• Aug. 4 Virtual	Wednesday <a href="#">#914900-12</a>	10:15-10:55 a.m. 1 session
• Aug. 4 Virtual	Wednesday <a href="#">#914900-13</a>	11-11:40 a.m. 1 session
• Aug. 4 Virtual	Wednesday <a href="#">#914900-14</a>	11:45 a.m.-12:25 p.m. 1 session
• Aug. 11 Virtual	Wednesday <a href="#">#914900-15</a>	10:15-10:55 a.m. 1 session
• Aug. 11 Virtual	Wednesday <a href="#">#914900-16</a>	11-11:40 a.m. 1 session
• Aug. 11 Virtual	Wednesday <a href="#">#914900-17</a>	11:45 a.m.-12:25 p.m. 1 session
• Aug. 18 Virtual	Wednesday <a href="#">#914900-18</a>	10:15-10:55 a.m. 1 session
• Aug. 18 Virtual	Wednesday <a href="#">#914900-19</a>	11-11:40 a.m. 1 session
• Aug. 18 Virtual	Wednesday <a href="#">#914900-20</a>	11:45 a.m.-12:25 p.m. 1 session

# COMMUNITY PARTNERS

## Get Involved with Senior Issues!

**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 virtual meetings:

Mon., June 21, 9-11 a.m.  
Mon., July 19, 9-11 a.m.

**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. July 16, 10-11 a.m.  
*Social Isolation and Engagement of Older Adults*

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

## Is ANV Right for You?



Arlington Neighborhood Village  
Making Arlington your home for a lifetime

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](mailto:info@arlnvil.org) or visit [www.arlnvil.org](http://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](http://www.arlnvil.org/calendar) to learn more and get the Zoom link.

## Encore Learning

Over the summer, we will continue to host public bi-weekly 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 summer's events, 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 a multitude of new classes including: The Future of Preserving the Past, Black Heritage in Arlington, America from 1945-1960 and Universe in Music. For more information, attend the Fall Course Preview, held virtually on Thurs., Aug. 26 at 10 a.m. Membership in Encore Learning is \$65/year. It allows you to sign-up for classes, member events and clubs. We can't wait to continue growing and learning with you throughout the summer!

*For a full list of special events and courses, as well as information on how to register, please go to [www.EncoreLearning.net](http://www.EncoreLearning.net) or email us at [info@encorelearning.net](mailto:info@encorelearning.net) for more information.*

## 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](http://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](http://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

## Benefits of Parks

Thanks to 49+ miles of safe paths, Arlington households make three times more trips by foot, bike or transit than other households in the D.C. region, according to a report from the County's transportation and development department.

# 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](https://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:

- **May 19 at 10 a.m. (Arlington County)**
- **May 20 at 10 a.m. (Out of County)**

- 1** Go online to [registration.arlingtonva.us](https://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](mailto: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](https://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.

