Celebrating Senior Center Month: Discover Yours!

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

**STEP 1 ▶ Choose Your Pass**
There are two 55+ Pass options for you to consider: the 55+ Pass or the 55+ Gold Pass. See the chart on the right for detailed benefits and pricing information.

**STEP 2 ▶ Sign Up**
There are four ways to sign up:
- **ONLINE:** arlingtonva.us/DPR and search “55+ pass”
- **MAIL:** 300 N. Park Drive 22203 (Get the 55+ Pass registration form online)
- **PHONE:** 703-228-4747 (Mon.–Fri., 8 a.m. to 5 p.m.)
- **IN PERSON:** Visit one of our 55+ Centers that are open, or Department of Parks & Recreation Administrative Services Office located at 300 N. Park Drive (Mon.–Fri., 8 a.m. to 5 p.m.).

**STEP 3 ▶ Use Your Pass**
With your 55+ Pass, you can register for programs, trips, and events (pre-registration not needed for a drop-in, but 55+ Pass is still required).
- See page 52 for information about registering online, in person, by phone or by mail.
- See registration start dates on page 3.

**ANNUAL FEES**

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<tr>
<th></th>
<th>55+ Pass</th>
<th>55+ Gold Pass</th>
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<tbody>
<tr>
<td>Arlington County resident</td>
<td>$20</td>
<td>$60</td>
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<td>Arlington County household</td>
<td>$30</td>
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<tr>
<td>Non-Arlington County resident</td>
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<tr>
<td>Non-Arlington County household</td>
<td>$65</td>
<td>$135</td>
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**OPTION A**

**55+ Gold Pass Benefits**
- Opportunities to participate in engaging activities
- Discounted trips and classes

**OPTION B**

**55+ Gold Pass Benefits**
Enjoy all the benefits of the regular pass — PLUS access to Arlington County’s fitness facilities (except Long Bridge Aquatics & Fitness Center) any time during fitness facilities community hours.

Contact us for more information:
Call 703-228-4747 or visit arlingtonva.us/DPR (search for “55+ Pass”)
Hello, Everyone!

After an exciting summer of adventures on a family road trip across the country, I’m looking forward to coming home to Arlington and getting started on the wonderful activities we have planned at 55+ Centers this fall. National Senior Center Month is right around the corner, and the theme for this year is “Discover Yours,” an invitation for members of the 55+ community to explore new hobbies, activities, and ways to engage. This theme feels particularly apt to me after a summer full of seeing new places and trying new things, but it doesn’t take a trip across the country to open yourself up to new experiences or discover something new about yourself: you can do it right here in Arlington at your local 55+ Center. This fall, I want to encourage you to try something you’ve never done before and “discover yours”!

Jennifer Collins, CPRP
55+ Unit Manager
Office of 55+ Programs – Arlington County

Registration Opens:
• August 16 at 10 a.m. (Arlington County)
• August 17 at 10 a.m. (Out-of-County)

ONLINE ▶ registration.arlingtonva.us
Registration is available anytime through our online WebTrac system. For step-by-step instructions see page 52.

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.

PHONE ▶ 703-228-4747
Available Monday – Friday, 8 a.m. – 5 p.m.
SOCIAL FUN

SPECIAL EVENTS

Time Capsule Party
It’s amazing how much meaning can be attached to the special objects we’ve kept since childhood. Bring your own childhood treasures and share their stories with 55+ friends while you enjoy music, snacks and conversation. Feel free to dress up in clothes from the era of your choice! We will also create our own time capsule: if you’d like to contribute, bring a small item representing the non-roaring 2020’s. Sponsored by the Lubber Run 55+ Center Advisory Committee and the Alliance for Arlington Senior Programs.

- Oct. 24 Tuesday 2-4 p.m.
  Lubber Run #911899-03 1 session

Aurora Hills Fall Jewelry Sale
The holidays are coming, and now is a great time to shop for a unique gift at our second hand jewelry sale! Donations of jewelry will be collected on Nov. 1-3. All proceeds benefit the Aurora Hills 55+ Center programs. Sponsored by the Aurora Hills 55+ Advisory Committee and the Alliance for Arlington Senior Programs.

- Nov. 4 9:30 a.m.-1:30 p.m.
  Aurora Hills Drop-In

Silent Auction and Ice Cream Social
Shop for unique gifts, enjoy ice cream with friends, and support Lubber Run’s 55+ programs at the Silent Auction and Ice Cream Social! Donations of jewelry and other items of value can be dropped off in October in the Lubber Run Senior Room (Room 115) - see the Lubber Run monthly newsletter for specific dates. Sponsored by the Lubber Run 55+ Advisory Committee and the Alliance for Arlington Senior Programs. Once you have registered for this program, please remember to pay the $3 admission fee by visiting the Alliance website before the event. You may also pay in cash or check at the door.

- Nov. 18 Saturday 2-4 p.m.
  Lubber Run #911899-04 1 session: $3

TRUNK OR TREAT
Saturday, Oct. 21, 3-5 p.m.
Lubber Run Community Center

No trick-or-treating in your neighborhood? You can still celebrate Halloween with costumes, spooky decorations, and sweet treats at Parks and Recreation’s Trunk of Treat, a fun event where members of the community hand out candy from their cars! Apply for a parking space for your vehicle to hand out candy, or just bring your kids or grandkids to enjoy this fun event. Visit the Arlington County website or contact Sidney Reid at sreid@arlingtonva.us for more information.

SUBSCRIBE TO 55+ ENEWS!
Arlington offers art, nature, recreation and sports newsletters that keep you informed about upcoming events and provide great resources and timely information. Subscribe to receive our 55+ eNews by visiting our website and entering your email (look for “55+ eNews” subscribe box on the right).

NEW! This icon marks a new payment option for 55+ Advisory Committee sponsored events! More information on page 14.
Thanksgiving Side Dishes
Tues., Nov. 14, 11:30 a.m.-12:30 p.m. at Lubber Run
Thanksgiving is a great holiday for family and friends to gather together over a delicious feast. Virginia Cooperative Extension Master Food Volunteers will demonstrate a few tasty side dishes you may want to have on your Thanksgiving table!
Register: #911501-05

Aurora Hills Thanksgiving Luncheon
Fri., Nov. 17, 12:30-2:30 p.m. at Aurora Hills
Come and join us for a festive Thanksgiving Luncheon with friends old and new. Enjoy traditional Thanksgiving fare with turkey, dressing, mashed potatoes, gravy and seasonal pies. Donations of shelf-stable food items for the Arlington Food Assistance Center (AFAC) will be collected. Sponsored by the Aurora Hills 55+ Advisory Committee and the Alliance for Arlington Senior Programs. Register by Fri., Nov. 10. Once you have registered for this program, please remember to pay the $10 admission fee by visiting the Alliance website before the event. You may also pay in cash or check at the door.
Register: #911890-04

Haunted Prague
Mon., Oct. 30, 1:30-2:30 p.m. at Langston-Brown
Prague is an enchanting and historic capital, but it’s also one of the most haunted cities in the world. Take a tour of 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.
Register: #911400-16

Spooky Trivia & Social
Tues., Oct. 31, 11 a.m.-12 p.m. at Langston-Brown
Join us for a morning of eerie and spooky trivia fun! Enjoy some ghoulish snacks while sipping frightfully good coffee. Dress in a costume for a special Halloween treat! Sponsored by the Langston-Brown 55+ Advisory Committee.
Register: #911890-02

Halloween Evening Social
Tues., Oct. 31, 6-7:30 p.m. at Walter Reed
Who says Halloween is only fun for children? Join 55+ friends for a spooky evening of games, ice breakers, candy and fun! Costumes are welcome.
Register: #911890-03

Haunted Halloween
Thurs., Oct. 12, 11:30 a.m.-12:30 p.m. at Walter Reed
Have a spooky, sweet and savory Halloween! Learn some flavorful Halloween-themed recipes to enjoy with friends and family. Presented by Virginia Cooperative Extension Master Food Volunteers.
Register: #911501-04

Pumpkin Carving and Painting
Wed., Oct. 18, 12:30-2:30 p.m. at Aurora Hills
Help us decorate the center for Halloween! Pumpkins will be provided for 55+ friends to carve and paint together. This event is sponsored by the Aurora Hills 55+ Advisory Committee.
Register: #911890-01
Celebrating Senior Center Month

September is National Senior Center Month! We have lots of exciting programs planned for the occasion: check out the list below. You can also pick up a “55+ Passport,” which lists all the special Senior Center Month programs. Bring your passport and collect a stamp at each event you attend: see if you can get a stamp in every box! You can even bring a friend along to any of the events listed below (except the Whodunnit Mystery) to help them discover our programs. Your guest does not need to have a 55+ Pass, but they must pre-register.

55+ Travel Open House
Thurs., Sept. 7, 11:15 a.m.-12:30 p.m.
Lubber Run 55+ Center and Virtual
Meet and mingle with your fellow travelers and enjoy some light refreshments while getting the latest information about the 55+ Travel Program. Ideal for both new and experienced travelers. Bring your questions: Sheila Budoff, 55+ Travel Program assistant, is happy to answer! This program will be offered simultaneously in person and virtually – sign up based on your preference.
Register (Lubber Run): #911899-01
Register (Virtual): #911899-02

Whodunnit Mystery
Fri., Sept. 8, 1-3:30 p.m.
Langston-Brown 55+ Center
It’s 1922, and there’s been a murder at the Full House Theater! Our guests will have to use clues and detective skills to uncover who is responsible. If you choose to undertake this challenge, you will be asked to play a character role in this whodunnit. Space is limited – must have a 55+ Pass. Sponsored by the Langston-Brown 55+ Advisory Committee and the Alliance for Arlington Senior Programs.
Register: #911600-01

Family Feud
Wed., Sept. 13, 3:30-5 p.m.
Lubber Run 55+ Center
Are you ready to test your knowledge? Come out to Lubber Run and play one of America’s favorite trivia game shows with 55+ Center Director Ashley Gomez.
Register: #911600-02

Fall Prevention Month: Safety Expo
Fri., Sept. 15, 10 a.m.-12 p.m.
Lubber Run 55+ Center
Learn from experts about fall risks and prevention strategies. Informational booths, activities, and screenings will be available, including fall risk assessments, balance and strength exercises, medication reviews with a pharmacist, home modification techniques, and blood pressure and vision screenings. Expo is hosted in partnership with the Office of 55+ Programs, Virginia Hospital Center Health and the Northern Virginia Falls Prevention Alliance.
Register: #911502-01

Acoustic Afternoon
Wed., Sept. 20, 2-3 p.m.
Langston-Brown 55+ Center
Enjoy an afternoon of live acoustic music performed by Arlington residents Phil Rosen, Ed Girovani and friends, better known as “PhEd-Up with Friends.” The event will feature classic pop, folk and blues favorites from across the decades. Refreshments provided by the Langston-Brown 55+ Advisory Committee.
Register: #911301-07

Welcome Back Bingo!
Fri., Sept. 22, 1-2:30 p.m.
Aurora Hills 55+ Center
Celebrate Senior Center Month at Aurora Hills! Play Bingo, win prizes, have some light refreshments and enjoy the company of 55+ friends. Bring a guest to learn more about our great 55+ programs and enter a raffle to win a free 55+ Pass! This event is sponsored by the Aurora Hills 55+ Advisory Committee.
Register: #911600-06

Senior Center Month Photo Contest
Walter Reed 55+ Center
Celebrate National Senior Center month by capturing your best moments at 55+ Centers! This year’s theme is “Discover Yours” which encourages us to take an active role in exploring new activities, hobbies, and experiences. Snap a picture that captures the theme and submit it to 55Plus@arlingtonva.us for a chance to win a prize. The winning photo will also be published in the Winter 55+ Guide! Please submit your photo by September 30.
GET TOGETHERS

Morning Meetup
Start your week off right with great conversation and friends. BYOC - Bring Your Own Coffee - and enjoy!
• Wednesdays 9:30-11:30 a.m.
  Langston-Brown Drop-In

Records and Root Beer Floats
Sip a tasty treat while listening to your favorite music on vinyl. Bring some of your records to share with the group or simply show up with listening ears!
• Sept. 14 Thursday 6 p.m.
  Lubber Run #911801-01 1 session
• Oct. 12 Thursday 6 p.m.
  Lubber Run #911801-02 1 session
• Nov. 9 Thursday 6 p.m.
  Lubber Run #911801-03 1 session

Latte Lounge
Enjoy a hot or cold caffè latte on a summer day made by volunteer barista Ben Childers. Both decaf and regular will be served.
• Nov. 20 Monday 9:30-10:30 a.m.
  Walter Reed #911801-04 1 session

Travel Swap
Looking for a new travel destination? Come trade trip recommendations with 55+ friends at Travel Swap! Each participant will share a five-slide PowerPoint or Google presentation about a recent trip to inspire other travelers. You might just have your next destination planned before the program is over! Don’t know how to build a slide show? Register for the PowerPoint and Google Slides class on page 22.
• Oct. 20 Friday 11 a.m.-12 p.m.
  Walter Reed #911801-05 1 session

Book Exchange
Are your shelves getting too full of books you’ve already read? Come to the book exchange at Lubber Run! Bring your old favorite books to pass along to fellow readers and take home some great new reading material and recommendations in exchange. Please make sure all books are in good condition.
• Nov. 30 Thursday 6-7 p.m.
  Lubber Run #911801-06 1 session

Hispanic Heritage Month is a time to celebrate the history, culture, contributions and achievements of Hispanic Americans. Join us at 55+ Centers starting this September to enjoy Latin Dance, South American foods, or a game of Spanish Bingo!

OPEN LATIN DANCE
Third Fridays, 10:30 a.m.-12 p.m.
Arlington Mill 55+ Center
Salsa, bachata, rumba, cha-cha-cha, merengue - dance to popular Latin music on third Friday mornings. No partner needed and no instruction provided.
Drop-in

LEARN TO COOK PLANTAINS!
Wed., Sept. 13, 11 a.m.-12 p.m.
Aurora Hill 55+ Center
Celebrate Hispanic Heritage Month with Virginia Cooperative Extension! Plantains are a staple in South American cuisine. Learn how to cook them and use them in different recipes.
Register: #911501-01

TASTY SALSA RECIPES
Wed., Sept. 20, 10:30-11:30 a.m.
Arlington Mill 55+ Center
Happy Hispanic Heritage Month! Come join this cooking demonstration taught by Virginia Cooperative Extension volunteers and learn different salsa recipes. Participants will have an opportunity to try each recipe and decide which is best.
Register: #911501-02

PLAY LOTERIA – SPANISH BINGO!
Thurs., Sept. 21, 6-7 p.m.
Lubber Run 55+ Center
Celebrate Hispanic Heritage Month this September with a fun game of Loteria in English and Spanish! Loteria is like Bingo, but is played with images instead of numbers. Prizes will be awarded to the winners!
Register: #911600-05
DANCE

Introduction to Beginner Line Dance
Never line danced before but want to join the fun? Beginners are welcome to come learn steps like the box step, quarter turn and grapevine in a fun, friendly environment with an experienced instructor. You’ll be ready to join the more experienced dancers at weekly Line Dance Practice sessions in no time, or just give a practice session a try! No program 11/10 and 11/24.

Instructor: Suzie Pratts.
* Fridays 10:15-11 a.m.
  Aurora Hills Drop-In

Line Dance Practice
Kick up your heels with line dancing! No partners are needed, just bring your knowledge of basic line dance steps. We’ll watch as the leader gives a quick demonstration of the sequence of steps and then dance along! No instruction is provided, but these practice sessions are available for dancers of all experience levels: sign up based on your preference. You’re sure to leave with a smile.

Instructor: Suzie Pratts – Beginner Level
* Thursdays 1-2 p.m.
  Arlington Mill Drop-In
* Fridays 11:05 a.m.-12:05 p.m.
  Aurora Hills Drop-In

Social Ballroom Dance
Enjoy the company of friends old and new on a spacious dance floor. Dances vary between tango, waltz, foxtrot and swing. All will have the opportunity to dance and have fun. No instruction will be provided and no partners are needed. Meets the first and third Thursdays of the month at Lubber Run.

* First and third Thursdays 2-3:30 p.m.
  Lubber Run Drop-In

Partner Dance Practice
Practice makes perfect, especially on the dance floor. Grab a partner and practice your ballroom dance moves at Walter Reed! Music will not be provided, so please bring your own device. Don’t have a partner? Contact Jennifer Weber at jweber1@arlingtonva.us to find one. No instruction provided.

* Tuesdays 2:15-3:15 p.m.
  Walter Reed Drop-In

THE MOVIES

Movie Matinee

* Sept. 5 Tuesday 1-3 p.m.
  Lubber Run #911804-02 1 session
* Oct. 3 Tuesday 1-3 p.m.
  Lubber Run #911804-03 1 session
* Nov. 7 Tuesday 1-3 p.m.
  Lubber Run #911804-04 1 session

Movies at Aurora Hills

* Sept. 15 Friday 12:30-2:30 p.m.
  Aurora Hills #911804-05 1 session
* Sept. 29 Friday 12:30-2:30 p.m.
  Aurora Hills #911804-06 1 session
* Oct. 27 Friday 12:30-2:30 p.m.
  Aurora Hills #911804-07 1 session
* Nov. 22 Wednesday 12:30-2:30 p.m.
  Aurora Hills #911804-08 1 session
Movies at the Mill

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<th>Date</th>
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<th>Time</th>
<th>Sessions</th>
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<tbody>
<tr>
<td>Sept. 21</td>
<td>Arlington Mill</td>
<td>1-3:30 p.m.</td>
<td>1 session</td>
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<tr>
<td>Oct. 19</td>
<td>Arlington Mill</td>
<td>1-3:30 p.m.</td>
<td>1 session</td>
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<tr>
<td>Nov. 16</td>
<td>Arlington Mill</td>
<td>1-3:30 p.m.</td>
<td>1 session</td>
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Movies and Munchies at Walter Reed
Join us for award-winning movies, light refreshments and discussion afterwards for those interested. We'll show films that have won an Oscar, Golden Globe, Film Festival or AARP Movies for Grownups award in a major category. September: Armageddon Time (2022) (R); October: Living (2022) (PG-13); November: Empire of Light (2022) (R). Meets on second Thursdays.

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<td>Sept. 14</td>
<td>Walter Reed</td>
<td>2-4 p.m.</td>
<td>1 session</td>
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<td>Oct. 12</td>
<td>Walter Reed</td>
<td>2-3:45 p.m.</td>
<td>1 session</td>
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<tr>
<td>Nov. 9</td>
<td>Walter Reed</td>
<td>2-4 p.m.</td>
<td>1 session</td>
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Pride 365: Every Body Documentary
Tues., Sept. 26, 6-8 p.m.
Walter Reed 55+ Center
We have Pride year-round! Join 55+ Center Director Jennifer Weber for a screening of Every Body. This documentary tells the stories of three intersex individuals who moved from childhoods marked by shame, secrecy, and non-consensual surgeries to thriving adulthoods after coming out as their authentic selves.
Register: #911804-01

Chronic Disease Self-Management
This six week program offers group interactive workshops for individuals and for caregivers. Learn and share positive strategies to better manage overall health and improve the skills needed to take control of your health! Light refreshments will be served. Led by Gelareh Bassiry from the Self-Management Resource Center of Stanford University.

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<tr>
<td>Sept. 7 – Oct. 12</td>
<td>Lubber Run</td>
<td>11 a.m.-2 p.m.</td>
<td>6 sessions</td>
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Caring for Aging Parents and Relatives
This course, taught by Kay Yong from Cherry Blossom PACE Healthcare and Support for Aging Adults, is designed to support individuals who are taking on the responsibility of caring for their aging loved ones. Attendees will learn effective communication techniques, compassionate caregiving strategies and practical tips for ensuring the well-being and dignity of their loved ones. Participants will also explore self-care practices to maintain their own well-being.

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<tr>
<td>Sept. 11</td>
<td>Arlington Mill</td>
<td>10:30-11:30 a.m.</td>
<td>1 session</td>
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Stroke Smart
Strokes are the number one cause of long-term disability. In this presentation with the Northern Virginia Emergency Medical Service Council’s Stroke Smart Coordinator and paramedic Margaret Probst, you will learn the stroke signs, become confident in the immediate need to call 911 when you suspect a stroke and be inspired to share this life saving information with others.

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<tr>
<td>Sept. 12</td>
<td>Virtual</td>
<td>11 a.m.-12 p.m.</td>
<td>1 session</td>
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Stroke Prevention and Management
Someone in the U.S. has a stroke every 40 seconds. Be prepared! Join Christine Crawford, occupational therapist and certified brain injury specialist, for a presentation and discussion on the risk factors associated with a stroke, techniques for responding quickly, tools for tracking your health, and the health conditions associated with strokes.

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<tr>
<td>Oct. 27</td>
<td>Lubber Run</td>
<td>10-11 a.m.</td>
<td>1 session</td>
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</table>
**MAKING THE MOST OF MEDICARE OPEN ENROLLMENT**

Concerned that prescription costs have increased as your health needs change? Do you have new prescriptions or some not covered by your current Part D plan? Medicare open enrollment for Part D Prescription Drug Plans and Part C Medicare Advantage Plans runs October 15 through December 7. Medicare plans can make changes every year to their costs and formulary (lists of drugs covered). Join a Virginia Insurance Counseling and Assistance Program representative for information on how to effectively use the Medicare Planfinder and other tools to maximize savings. **Please sign up by visiting this website, emailing Medicarehelp@arlingtonva.us or calling 703-228-1725.**

**Tues., Oct. 24, 10 a.m.-12 p.m.**
Arlington Mill and Virtual

**Tues., Nov. 14, 10 a.m.-12 p.m.**
Walter Reed and Virtual

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**INDIVIDUAL MEETINGS WITH A VICAP COUNSELOR**

Meet in-person or virtually with a trained, certified Medicare counselor from VICAP to compare plans for cost savings so you can make an informed decision. Call 703-228-1725 or email Medicarehelp@arlingtonva.us to sign up for a free, 45-minute appointment. Please schedule your appointment at least 48 hours prior - limited appointments.

**Tues., Oct. 24**

| 12:30 p.m. | Arlington Mill |
| 12:30 p.m. | Arlington Mill |
| 1:30 p.m. | Arlington Mill |
| 2:30 p.m. | Virtual |

**Tues., Nov. 14**

| 12:30 p.m. | Walter Reed |
| 12:30 p.m. | Walter Reed |
| 1:30 p.m. | Walter Reed |
| 2:30 p.m. | Virtual |

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**Mental Health and Aging**

In this interactive presentation we will discuss mental health challenges and debunk myths related to aging. We will discuss self-care, resources and how to support a friend. Presented by Sydney Palinkas, RAFT dementia outreach and education coordinator.

- **Sept. 13**
  - Aurora Hills
  - Wednesday
  - 1:30-2:30 p.m.
  - #911500-05
  - 1 session

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**Brain Health - An Update**

How can you keep your brain healthy and reduce your risk of dementia? Neuropsychologist Dr. Nicola Wolfe, PhD., adjunct professor of psychology at George Washington University, will discuss some of the new research on recommended exercise, diet, and how to avoid risk factors for Alzheimer’s Disease. Learn how to best preserve brain health as we age.

- **Sept. 29**
  - Lubber Run
  - Friday
  - 10-11 a.m.
  - #911500-06
  - 1 session

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**Better Brain Health**

The Better Brain Health course is an immersive and transformative program designed to empower individuals in their quest for optimal brain function and mental well-being. Through a comprehensive curriculum rooted in scientific research and practical techniques, participants will embark on a journey to unlock the full potential of their brains. Presented by Kay Yong from Cherry Blossom PACE Healthcare and Support for Aging Adults.

- **Oct. 10**
  - Arlington Mill
  - Tuesday
  - 10:30-11:30 a.m.
  - #911500-07
  - 1 session

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**Dealing Effectively with Change**

Life happens! Things change, sometimes when you least expect it. It can be small or large, good or bad; you might even initiate the change. The way you react and adapt is critical for your overall health, well-being, and happiness. Sallie Wiley, an experienced trainer and career counselor, will discuss strategies to deal with change.

- **Nov. 2**
  - Lubber Run
  - Thursday
  - 6-7:30 p.m.
  - #911500-08
  - 1 session

- **Nov. 3**
  - Lubber Run
  - Friday
  - 10:30 a.m.-12 p.m.
  - #911500-09
  - 1 session
**Cognitive Training Program**

Kay Yong from Cherry Blossom Healthcare and Support for Aging Adults will help participants in this course acquire the knowledge, skills and techniques necessary to optimize their cognitive performance and improve mental agility. This course covers a wide range of cognitive domains, including memory enhancement, attentional focus, problem-solving, critical thinking and creativity.

- *Nov. 13*
  - Arlington Mill
  - **Monday**
  - 10:30-11:30 a.m.
  - 1 session
  - #911500-10

**Mood Disorders and Physical Health**

Dr. Emma Stapp from the Institute of Brain Health and Dementia will discuss how mental and physical health are related. She will especially focus on mood disorders and their relationship to health behaviors and other medical conditions.

- *Nov. 14*
  - Lubber Run
  - **Tuesday**
  - 1-2 p.m.
  - 1 session
  - #911500-11

**Live Happy and Healthy in Retirement**

Want to live longer, healthier and happier in your senior years? Join us for a fascinating lecture and slide show by Brad Bickford, licensed clinical social worker and Arlington resident. He will discuss topics such as exercise, nutrition, personal care products, humor, relationships, family, communication skills and spirituality.

- *Nov. 15*
  - Lubber Run
  - **Wednesday**
  - 11 a.m.-12 p.m.
  - 1 session
  - #911500-12

**Walk Your Way to Brain Health**

Walking can boost your brain health, enhance creativity, elevate your mood, lower the risk of cognitive decline and decrease brain-damaging stress. Award-winning AARP author Martha Murphy will discuss walking’s many benefits and scientific studies showing how it works.

- *Nov. 16*
  - Virtual
  - **Thursday**
  - 1:30-2:30 p.m.
  - 1 session
  - #911500-13

**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 and Fourth Mondays*
  - Langston-Brown
  - **Monday & Thursdays**
  - 1:30-2:30 p.m.
  - Drop-In

**NUTRITIOUS AND DELICIOUS**

**Nostalgic Fall Recipe Swap**

Ah, the wonderful flavors of Autumn! What food does this season remind you of? Is it your mother’s homemade apple pie? Or your aunt’s Thanksgiving corn casserole? Bring your favorite nostalgic fall recipe to share with others and leave with some new recipes to try at home. Facilitated by 55+ Center Director Lila Paig.

- *Sept. 27*
  - Aurora Hills
  - **Wednesday**
  - 1-2 p.m.
  - 1 session
  - #911501-03

**Jackfruit BBQ**

Try something new with Jennifer Weber, 55+ center director, as she cooks up a plant based substitute for pulled pork. Samples will be provided.

- *Oct. 10*
  - Walter Reed
  - **Tuesday**
  - 6-7 p.m.
  - 1 session
  - #911501-06

**PREVENTING FALLS**

**Falls are Not a Normal Part of Aging!**

A representative of the Marymount University Northern Virginia Falls Prevention Alliance will share proactive strategies and tips to reduce your risk of a fall and discuss what to do if you fall.

- *Sept. 21*
  - Langston-Brown
  - **Thursday**
  - 1-2 p.m.
  - 1 session
  - #911502-02

**Stay Active and 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. This is a class series held twice a week. To get the full benefits of this evidence-based curriculum, please attend all classes. Sponsored by the Northern Virginia Falls Prevention Alliance.

- *Sept. 11 – Nov. 30*
  - Langston-Brown
  - **Monday & Thursdays**
  - 1-2 p.m.
  - 23 sessions
  - #911502-03

- *Sept. 1 – Nov. 21*
  - Aurora Hills
  - **Tuesday & Fridays**
  - 1-2 p.m.
  - 20 sessions
  - #911502-04

Register online or by phone | arlingtonva.us/dpr | 703-228-4747
**MEDICARE**

**Does My Health Insurance Cover That?**

Medicare can be complicated and confusing with Parts A, B, and D plus all the copayments, coinsurances and premiums. It can be hard to figure out what is covered and how much it will cost. Dr. Salama Freed, assistant professor of Health Policy and Management at George Washington University, will break it all down with you so you can navigate the Medicare landscape with ease.

- Oct. 10 Tuesday 1-2 p.m. Lubber Run #911503-01 1 session

**LECTURES & LEARNING**

**It Takes a Village - 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. The presenter will be appearing onscreen via Zoom at the center or you can watch the live broadcast at home - sign up based on your preference.

- Sept. 12 Tuesday 11:30 a.m.-12:30 p.m. Lubber Run #911400-01 1 session
- Sept. 12 Tuesday 11:30 a.m.-12:30 p.m. Virtual #911400-02 1 session

**Senior Community Service Employment Program**

The Senior Community Service Employment Program (SCSEP) provides work-based job training to low-income, unemployed seniors and serves as a bridge to further employment opportunities. Participants are paid at least minimum wage while they gain valuable work experience at non-profits or public facilities such as schools, hospitals and senior centers. Join Linda Siam, SCSEP project director, to learn more about this opportunity.

- Oct. 4 Wednesday 10-11 a.m. Lubber Run #911400-03 1 session

**Legal Assistance with LSNV**

Legal Services of Northern Virginia (LSNV) is the largest legal aid organization in Virginia, helping thousands of clients each year in civil legal matters. Join Meredith MacKay, Arlington managing attorney from LSNV, to learn more about how to utilize the services and who is eligible.

- Nov. 2 Thursday 1-2 p.m. Walter Reed #911400-04 1 session

**THANK YOU!**

Thanks to Rocklands and All Our Supporters!

The Rocklands Barbecue fundraiser on June 13 was a great success! With your help, we raised $1405.28 to benefit the Alliance for Arlington Senior Programs and the Advisory Committees of Arlington’s 55+ Centers. Your support matters!
You’re Retired! Now What?
If you are recently retired or new to Arlington, you may be looking for opportunities to get involved. Find out about volunteer, education and recreation activities from a panel of experts featuring Marilyn Marton, Encore Learning; Jennifer Odlum, Arlington Library; Jennifer Collins, Arlington 55+ Program; and Wendy Zenker, Arlington Neighborhood Village.

- Sept. 27
  Lubber Run  
  Wednesday  
  10-11:30 a.m.  
  1 session

Photographing Arlington’s Volunteers
In 2022, photographer Mac Cosgrove-Davies made tintype photographs of volunteers working in and for Arlington and displayed them at Arlington’s Central Library. In this talk, Mac will share the project’s backstory, discuss the history and practice of the wet plate collodion photography process, and reflect on the wealth of volunteer opportunities in our county.

- Sept. 28
  Langston-Brown  
  Thursday  
  11 a.m.-12 p.m.  
  1 session

New Books at Arlington Libraries
Looking for something new to read? Come learn from Sharon Drewer and Alexandra Schulz, Westover Library staff, about new fiction and nonfiction books available at Arlington Public Libraries.

- Sept. 19
  Langston-Brown  
  Tuesday  
  11 a.m.-12 p.m.  
  1 session

Great Winter Reads
Time to cozy up with a book and a blanket, but which book? Aurora Hills Adult Services Librarian Vicky McCaffrey will discuss library book and author recommendations so you can pick out your next great read for the winter!

- Nov. 27
  Aurora Hills  
  Monday  
  1-2 p.m.  
  1 session

Mastering Your Interviewing Skills
Calm your jitters and increase your confidence by learning tips and strategies for job interviews. Become familiar with frequently asked questions and how to respond effectively. Learn how to showcase your talents, skills and experience and how to sell your best self! Taught by experienced trainer and career counselor Sallie Wiley.

- Sept. 28
  Lubber Run  
  Thursday  
  6-7:30 p.m.  
  1 session

- Sept. 29
  Lubber Run  
  Friday  
  10:30 a.m.-12 p.m.  
  1 session

Why Get an Appraisal?
Whether it’s your jewelry, silver, or antiques, everyone wants to know the value of their property. Join Jean Jackson, experienced retired appraiser, to learn what an appraisal is and why it’s important to have items of value appraised.

- Sept. 13
  Langston-Brown  
  Wednesday  
  1-2 p.m.  
  1 session

Is Your Jewelry Box a Treasure Chest?
Jamie Grasso, certified gemologist with JG Jewelry and Estates LLC, will discuss antique and estate jewelry, watches, coins, diamonds, gold and silver including flatware. Hear how these items are valued and about options to sell, redesign or keep family heirlooms. Each participant may bring one item for a free evaluation.

- Nov. 1
  Langston-Brown  
  Wednesday  
  11 a.m.-12:30 p.m.  
  1 session

Budgeting for the Holidays
Entertaining family and friends during the holidays can be pricey. Learn creative ways to help budget and save for the upcoming holidays with Virginia Cooperative Extension Master Financial Educators.

- Sept. 21
  Langston-Brown  
  Thursday  
  11 a.m.-12 p.m.  
  1 session

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 55+ Programs.
NEW Payment System for 55+ Advisory Committee Sponsored Events

We are happy to announce a new method to pay in advance to attend events sponsored by 55+ Advisory Committees. This system to pay by credit card online is convenient, fast and secure. To use the new system, you must first register for the event. Once you register for an event, advance payment can be completed online. To pay, follow the steps below:

1. First, register for the event using the standard 55+ programs registration system (click on blue registration link). For detailed instructions on how to register for 55+ programs, see page 52 of this guide.

2. After you register with Arlington County to attend a 55+ Advisory Committee event, visit the Alliance website to pay the admission fee: friendsofthealliance.org

3. On the Alliance homepage, click the banner that reads “Pay the Admission Fee for 55+ Center Events Here”

4. At the new page, click the name of the 55+ Center where the event for which you have registered will be held.

5. At this page, find the event you wish to attend, click “Purchase,” and follow the instructions for using a credit card for payment.

6. Online payment is not required to attend an event for which you have registered. Payment in cash or checks can be accepted on the day of the event.

7. Refunds will be determined at the discretion of the sponsoring 55+ Advisory Committee.

Please note that this payment system only applies to programs sponsored by a 55+ Center Advisory Committee with a fee. If this payment system is being used, it will be noted in the program description and marked by the icon: 

For all other 55+ programs with a fee, pay using the standard registration system (click on blue registration link).

Around the World to... Costa Rica
Costa Rica stands out as a stable, democratic and peaceful country with stunning natural beauty including volcanoes, rainforests, national parks, immense biodiversity and strong support for environmental conservation. Mariana Rosales Aymerich, minister counselor of the Embassy of Costa Rica, will discuss the many reasons why Costa Rica is so unique.

- Sept. 21 Thursday 11:30 a.m.-12:30 p.m.
  Virtual #911400-15 1 session

U.S. Diplomacy in the Afghanistan Evacuation
Find out what it was like to run the State Department’s Afghanistan Task Force night shift during the U.S. withdrawal from Afghanistan in August 2021. George Sibley, a retired senior foreign service officer, will share his experience of coordinating the relocation of tens of thousands of people to safety in partner countries.

- Oct. 12 Thursday 1:30-2:30 p.m.
  Virtual #911400-17 1 session

White House State Dinners
Grand and glamorous, White House state dinners honoring heads of foreign governments are a feat of intricate planning and meaningful diplomacy. Sarah Fling, White House historian, will explore the history of state dinners and give you an inside look at the preparation that goes into these important events.

- Sept. 7 Thursday 1:30-2:30 p.m.
  Virtual #911400-18 1 session

We the People: Writing the Preamble
James Wilson, founding father and author of the most famous lines of the U.S. Constitution, has been largely forgotten. In this pre-recorded Supreme Court Historical Society lecture, Georgetown University law professor John Mikhail discusses James Wilson’s important role in drafting the Constitution, the significance of its preamble and Wilson’s legacy.

- Oct. 26 Thursday 1:30-2:30 p.m.
  Virtual #911400-19 1 session
The History of Crystal City
Local journalist, historian and author Charles Clark who currently writes the weekly "Our Man in Arlington" column for Falls Church News-Press will talk about the history of Crystal City and the transportation infrastructure nearby, namely the 14th Street Bridge and Ronald Reagan National Airport.

• Oct. 4 Wednesday 1-2 p.m. Aurora Hills #911400-20 1 session

The U.S. Army and the Trail of Tears
In the 1830s, the U.S. Army conducted forced relocations of the Cherokee Nation to Oklahoma pursuant to the Indian Removal Act. Jen Dubina with the National Museum of the U.S. Army will examine the impact of this policy on the both the soldiers and Native Americans and how it resonates today.

• Oct. 5 Thursday 1:30-2:30 p.m. Virtual #911400-21 1 session

The Military Women’s Memorial
The Military Women’s Memorial at the entrance to Arlington National Cemetery honors the more than 3 million women who have served in the U.S. military since the Revolutionary War. We’ll pay tribute to these women and learn about the history and symbolism of the memorial. Presented by Lt. Col. (Ret.) Marilla Cushman, Senior Advisor to the Memorial’s President.

• Nov. 6 Monday 1:30-2:30 p.m. Virtual #911400-22 1 session

Desegregating Virginia’s Libraries
Discover the overlooked history of segregated public libraries in Northern Virginia. Chris Barbuschak and Suzanne LaPierre, authors of Desegregation in Northern Virginia Libraries, will discuss barriers imposed on Black residents and efforts to achieve more equitable access to library services in our area. Presented in partnership with the Arlington Public Library.

• Sept. 28 Thursday 11:30 a.m.-12:30 p.m. Virtual #911400-25 1 session

National Black Poetry Day
Learn the history of National Black Poetry Day and how black poetry resonates in Arlington County and be inspired by readings and a Q&A with local black poets. This program is brought to you in partnership with Cultural Affairs, a division of Arlington Economic Development, and the Alliance for Arlington Senior Programs. Must pre-register, no 55+ Pass required. Light refreshments will be provided.

• Oct. 17 Tuesday 4:30-6 p.m. Walter Reed #911400-26 1 session

Hiawatha in History and Legend
Hiawatha, a legendary chief of the Onandoga Nation, is known to many as the subject of Longfellow’s 1855 long poem, The Song of Hiawatha. But there was also a real Native American leader named Hiawatha with great historical significance. Professor Mary McCutcheon of George Mason University will discuss Longfellow’s selection of Hiawatha for his poem.

• Nov. 16 Thursday 11:30 a.m.-12:30 p.m. Virtual #911400-27 1 session

ArlingtonWeaves Demo
Monday, Sept. 25, 11 am.-12:30 p.m. Walter Reed

ArlingtonWeaves is a program supporting individuals with disabilities. Participants within the program learn to weave and produce handcrafted woven art including color tote bags, pencil cases and so much more. Join members of ArlingtonWeaves for a demo on spinning wool and using a loom and discover more about this wonderful program.

Register: #911400-07
Basics of Genealogy
Are you interested in documenting your family history but aren’t sure where to begin? Join Eileen Bogdanoff, experienced genealogist, to get some helpful hints and tips to get started on your family research.

- Oct. 4
  Langston-Brown  Wednesday  11 a.m.-12 p.m.  #911400-28  1 session

Becoming a Genealogist
In this seven-week course, genealogist and family historian Susan J. Court will explore the basics of genealogy: objectives, terminology, research, organization, and more. In the last two sessions, she will provide one-on-one assistance to the participants in achieving their genealogy goals.

- Oct. 4 - Nov. 15
  Aurora Hills  Wednesdays  1-2:30 p.m.  #911400-29  7 sessions

Interpreting Health Studies
How do you sort out the numbers from health news and studies? What defines “good science”? Do statistics lie? This talk with Dr. Margaret Ulfers from the Institute of Brain Health and Dementia will be a quick guide to sorting out and understanding the epidemiology behind the studies (and what epidemiology is!).

- Oct. 17
  Tuesday  1-2 p.m.  #911400-30  1 session

Rock Music Legends: Songs of 1963-73
The years 1963-73 were the golden age of rock music, with groundbreaking groups and musical styles emerging. 55+ volunteers and musicians Carl Gold and Rob Sprouse will discuss and perform your favorite songs from the era. This program will be offered simultaneously in person and virtually – sign up based on your preference.

- Sept. 19
  Tuesday  1:30-2:45 p.m. #911400-31  1 session
  Tuesday  1:30-2:45 p.m. #911400-32  1 session

INVISIBLE WARRIORS: DOCUMENTARY SCREENING
Wednesday, Nov. 1, 11:30 a.m.-1:30 p.m. at Central Library Auditorium and Virtual

Discover the untold story of the 600,000 African American Rosie the Riveters who worked in factories, shipyards and government offices during World War II through this documentary film, Invisible Warriors: African American Women in World War II. Filmmaker, historian and retired professor Gregory S. Cooke will join us to introduce his film and take questions afterward. Feel free to bring your lunch. Light refreshments provided.

Register (Central Library): #911400-23
Register (Virtual): #911400-24

Sponsored by the Alliance for Arlington Senior Programs and Friends of the Arlington Public Library
**Rock Music Legends: The Year in Review**

55+ volunteers and musicians Carl Gold and Rob Sprouse have covered a lot of musical ground in the Rock Music Legends programs. In this session, they’ll play a highlights tour of the best songs they’ve performed for us this year. This program will be offered simultaneously in person and virtually – sign up based on your preference.

- Nov. 28 Tuesday 1:30-2:45 p.m.
  - Arlington Mill #911400-33 1 session
- Nov. 28 Tuesday 1:30-2:45 p.m.
  - Virtual #911400-34 1 session

**DISCUSSION GROUPS AND BOOK CLUBS**

**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. For designated monthly topics, check the Lubber Run center newsletter. Meets on the third Tuesday of the month. Led by experienced genealogist Eileen Bogdanoff.

- Sept. 19 Tuesday 11:30 a.m.-1 p.m.
  - Lubber Run #911402-01 1 session
- Oct. 17 Tuesday 11:30 a.m.-1 p.m.
  - Lubber Run #911402-02 1 session
- Nov. 21 Tuesday 11:30 a.m.-1 p.m.
  - Lubber Run #911402-03 1 session

**Local History Discussion**

Have fun recollecting and learning about Arlington’s rich past. In September, we will discuss Edmund and Elizabeth Campbell: integration in schools. In October, we will discuss the best bakery in Arlington. In November, we will discuss Fort Myer. Meets on the fourth Wednesday of each month.

- Sept. 27 Wednesday 1:30-2:45 p.m.
  - Lubber Run #911402-04 1 session
- Oct. 25 Wednesday 1:30-2:45 p.m.
  - Lubber Run #911402-05 1 session
- Nov. 22 Wednesday 1:30-2:45 p.m.
  - Lubber Run #911402-06 1 session

Arlington County is collaborating with other Northern Virginia jurisdictions to offer members of the 55+ community a wide variety of free virtual programs five days a week. All older adults and adults with disabilities living in Northern Virginia are welcome to participate in these free programs, including fitness classes, lifelong learning presentations and interactive games. For more information and to view the schedule of upcoming programs, visit the Virtual Center for Active Adults (VCAA) website. To join any VCAA program, use the Zoom link or phone number below.

Join a class bit.ly/VCAAZoom
(computer, smartphone, tablet)
To join by phone, call 1-301-715-8592
Meeting ID: 905 123 5932#;
Meeting password: 3636#
# Evening and Weekend Programs

Still working nine to five? Don’t let your schedule be a barrier! The Office of 55+ Programs has plenty of evening and weekend programs planned so you can join in the fun.

<table>
<thead>
<tr>
<th>Tuesdays</th>
<th>Wednesdays</th>
<th>Thursdays</th>
<th>Fridays</th>
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<tr>
<td><strong>Plant and Bird Apps</strong>&lt;br&gt;Tues., Sept. 12, 6-7:30 p.m.&lt;br&gt;Walter Reed (Pg. 22)</td>
<td><strong>Piano Lounge and Sing-Along</strong>&lt;br&gt;Wed., Sept. 6, 4-5 p.m.&lt;br&gt;Wed., Oct. 4, 4-5 p.m.&lt;br&gt;Wed., Nov. 1, 4-5 p.m.&lt;br&gt;Lubber Run (Pg. 30)</td>
<td><strong>Records and Root Beer Floats</strong>&lt;br&gt;Thursdays, Sept. 14, Oct. 12, and Nov. 9, 6-7 p.m.&lt;br&gt;Lubber Run (Pg. 7)</td>
<td><strong>Coffee House Live!</strong>&lt;br&gt;Fri., Oct. 27, 7-9 p.m.&lt;br&gt;Langston-Brown (Pg. 25)</td>
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<td><strong>Pride 365: Every Body Documentary</strong>&lt;br&gt;Tues., Sept. 26, 6-8 p.m.&lt;br&gt;Walter Reed (Pg. 9)</td>
<td><strong>Playwright and Performers Collective</strong>&lt;br&gt;Tues., Oct. 3, 6-7 p.m.&lt;br&gt;Walter Reed (Pg. 26)</td>
<td><strong>Play Loteria – Spanish Bingo!</strong>&lt;br&gt;Thurs., Sept. 21, 6-7 p.m.&lt;br&gt;Lubber Run (Pg. 7)</td>
<td><strong>Aurora Hills Fall Jewelry Sale</strong>&lt;br&gt;Sat., Nov. 4, 9:30 a.m.-1:30 p.m.&lt;br&gt;Aurora Hills. Drop-in (Pg. 4)</td>
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<td><strong>Jackfruit BBQ</strong>&lt;br&gt;Tues., Oct. 10, 6-7 p.m.&lt;br&gt;Walter Reed (Pg. 11)</td>
<td><strong>National Black Poetry Day</strong>&lt;br&gt;Tues., Oct. 17, 4:30-6 p.m.&lt;br&gt;Walter Reed (Pg. 15)</td>
<td><strong>Mastering Your Interviewing Skills</strong>&lt;br&gt;Thurs., Sept. 28, 6-7:30 p.m.&lt;br&gt;Lubber Run (Pg. 13)</td>
<td><strong>Silent Auction and Ice Cream Social</strong>&lt;br&gt;Sat., Nov. 18, 2-4 p.m.&lt;br&gt;Lubber Run (Pg. 4)</td>
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<td><strong>Acoustic Café</strong>&lt;br&gt;Tuesdays, Sept. 19, Oct. 17, and Nov. 28, 7-8:30 p.m.&lt;br&gt;Walter Reed (Pg. 25)</td>
<td><strong>Wingspan Game Night</strong>&lt;br&gt;Tues., Oct. 24, 6-8 p.m.&lt;br&gt;Walter Reed (Pg. 41)</td>
<td><strong>How to Get Your Affairs in Order</strong>&lt;br&gt;Thurs., Oct. 19, 6-7:30 p.m.&lt;br&gt;Lubber Run (Pg. 22)</td>
<td><strong>Rummikub</strong>&lt;br&gt;Saturdays, 10 a.m.-12 p.m.&lt;br&gt;Arlington Mill and Walter Reed. Drop-in (Pg. 43)</td>
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<td><strong>Halloween Evening Social</strong>&lt;br&gt;Tues., Oct. 31, 6-7:30 p.m.&lt;br&gt;Walter Reed (Pg. 5)</td>
<td><strong>Evening Mexican Train Dominoes</strong>&lt;br&gt;Tues., Nov. 7, 5-8 p.m.&lt;br&gt;Walter Reed (Pg. 43)</td>
<td><strong>Smart Money Management</strong>&lt;br&gt;Thurs., Oct. 26, 6-7:30 p.m., Lubber Run (Pg. 22)</td>
<td><strong>Mah Jongg</strong>&lt;br&gt;Saturdays, 12-4 p.m.&lt;br&gt;Walter Reed. Drop-in (Pg. 42)</td>
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<td><strong>Google Drive 101</strong>&lt;br&gt;Tues., Nov. 14, 6:30-7:30 p.m.&lt;br&gt;Virtual (Pg. 23)</td>
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<td><strong>Dealing Effectively with Change</strong>&lt;br&gt;Thurs., Nov. 2, 6-7:30 p.m.&lt;br&gt;Lubber Run (Pg. 10)</td>
<td><strong>Mexican Train Dominoes</strong>&lt;br&gt;Sundays, 1:30-4:30 p.m.&lt;br&gt;Walter Reed. Drop-in (Pg. 43)</td>
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We also offer late afternoon fitness classes and other opportunities for you to reach your fitness goals. Check out page 32 and on.
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. In September, we’ll discuss the impact of newspapers. In October, we’ll discuss the impact of mandatory school systems. In November, we’ll discuss the impact of sports in history. Meets on second Wednesdays.

- Sept. 13 Wednesday 11:15 a.m.-12:30 p.m. Virtual #911402-07 1 session
- Oct. 11 Wednesday 11:15 a.m.-12:30 p.m. Virtual #911402-08 1 session
- Nov. 8 Wednesday 11:15 a.m.-12:30 p.m. Virtual #911402-09 1 session

History Discussion Group
Listen, contribute and reflect in this discussion group led by Dwight Rodgers of Encore Learning. Focus on cultural, economic, artistic and political history.

- Oct. 26 Thursday 1-2:30 p.m. Virtual #911402-10 1 session
- Nov. 2 Thursday 1-2:30 p.m. Virtual #911402-11 1 session
- Nov. 9 Thursday 1-2:30 p.m. Virtual #911402-12 1 session
- Nov. 16 Thursday 1-2:30 p.m. Virtual #911402-13 1 session

Magazine Article Discussion Group
Read and discuss current articles reported in popular magazines. We will always read the cover story and one other piece to be determined each month. Join the conversation or just listen. The discussion will be facilitated by Shirlington and Aurora Hills Adult Services Librarian Vicky McCaffrey. A limited number of magazines will be available to borrow at Aurora Hills 55+ Center.

- Sept. 27 Wednesday 11 a.m.-12 p.m. Aurora Hills #911402-14 1 session
- Oct. 25 Wednesday 11 a.m.-12 p.m. Aurora Hills #911402-15 1 session
- Nov. 29 Wednesday 11 a.m.-12 p.m. Aurora Hills #911402-16 1 session

Short Story Reading and Discussion
Short stories pack a lot in a few pages. Take turns reading the story aloud and discuss it afterward. Facilitated by 55+ volunteer Bill Turner. A link to each story will be sent to registered participants prior to the program. Sept. 18: “The Ransom of Red Chief” by O. Henry; Oct. 16: “Hop-Frog” by Edgar Allen Poe; Nov. 20: “The Storm” by Kate Chopin. This program will be offered simultaneously in-person and virtually – sign up based on your preference.

- Sept. 18 Monday 1-2:30 p.m. Aurora Hills #911402-17 1 session
- Sept. 18 Monday 1-2:30 p.m. Virtual #911402-18 1 session
- Oct. 16 Monday 1-2:30 p.m. Aurora Hills #911402-19 1 session
- Oct. 16 Monday 1-2:30 p.m. Virtual #911402-20 1 session
- Nov. 20 Monday 1-2:30 p.m. Aurora Hills #911402-21 1 session
- Nov. 20 Monday 1-2:30 p.m. Virtual #911402-22 1 session

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. This is a hybrid program: join facilitator Steve Shapiro, 55+ volunteer, in person at the center or on Zoom. Sign up based on your preference. Meets on second Wednesdays.

- Sept. 13 Wednesday 10:30-11:45 a.m. Lubber Run #911402-23 1 session
- Sept. 13 Wednesday 10:30-11:45 a.m. Virtual #911402-24 1 session
- Oct. 11 Wednesday 10:30-11:45 a.m. Lubber Run #911402-25 1 session
- Oct. 11 Wednesday 10:30-11:45 a.m. Virtual #911402-26 1 session
- Nov. 8 Wednesday 10:30-11:45 a.m. Lubber Run #911402-27 1 session
- Nov. 8 Wednesday 10:30-11:45 a.m. Virtual #911402-28 1 session
**Book Club**

- **First Tuesdays** 1:30-2:30 p.m.  
  Langston-Brown  Drop-In

**Aurora Hills Book Club**
Monthly book club meets the last Monday of each month. Sept. 25: *Human Voices* by Penelope Fitzgerald; Oct. 30: *Outlawed* by Anna North; Nov. 27: *Horse* by Gwendolyn Brooks.

- **Last Mondays** 11:30 a.m.-12:45 p.m.  
  Aurora Hills  Drop-In

**AROUND THE HOUSE**

**Plant and Cutting Swap**
Bring some cuttings (or whole plants if you’d like) and trade with others for plants you don’t have yet. Meet new plant friends, learn about new-to-you plants and grow your collection! Please ensure all cuttings and plants are pest-free and healthy.

- **Sept. 7**  
  Lubber Run  Thursday  #911401-01  3-4 p.m.  1 session
- **Sept. 22**  
  Walter Reed  Friday  #911401-02  11 a.m.-12 p.m.  1 session

**Arranging Floral Centerpieces**
Want to learn how to arrange a beautiful floral centerpiece for the upcoming holidays? Join expert floral designers from Rock Spring Garden Club for a presentation on the topic. Sponsored by the Langston-Brown 55+ Advisory Committee and the Alliance for Arlington Senior Programs.

- **Oct. 24**  
  Langston-Brown  Tuesday  #911401-03  11 a.m.-12 p.m.  1 session

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**55+ ADVISORY COMMITTEES**
Arlington’s 55+ programs depend on the guidance and support of our wonderful advisory committees. Made up of dedicated 55+ volunteers, these committees help plan events, make suggestions to improve our programs, and advocate for the interests of the community. Would you like to get involved in this essential part of Arlington’s 55+ programs? Many of our advisory committees are currently looking for new members! Stop by and join an upcoming meeting to meet other volunteers and explore opportunities available, or for more information email 55Plus@arlingtonva.us or contact a 55+ Center director.

- **Arlington Mill:** Contact 55Plus@arlingtonva.us or 703-228-7369
- **Aurora Hills:** First Monday of each month, 11:30 a.m.-1 p.m.
- **Langston-Brown:** Fourth Wednesday of Jan., March, May, July, Sept., Nov. and other dates as needed, 10-11 a.m.
- **Lubber Run:** Second Wednesday of each month, 2-3 p.m.
- **Walter Reed:** First Tuesday of each month, 3-4 p.m.
- **Sports and Fitness:** Third Mondays, bimonthly. Contact Sidney Reid at sreid@arlingtonva.us or 703-228-4756
- **Travel:** Contact Sheila Budoff at sbudoff@arlingtonva.us or 703-228-4718
The Care of House Plants
There’s something special about bringing plants indoors to brighten up your home. Join Lynn Pelkey, master gardener with Virginia Cooperative Extension, to learn how to care for house plants and which plants might thrive in your home.

* Nov. 14 Tuesday 11 a.m.-12 p.m.
  Langston-Brown #911401-04 1 session

Energy Bingo in English and Spanish
Join Virginia Cooperative Extension Energy Masters for a fun, free bingo to celebrate Energy Awareness Month! Energy Masters will provide tips to make your home more comfortable and reduce your energy and water bills. Games will be conducted in English and Spanish.

* Oct. 11 Wednesday 1-2 p.m.
  #911401-05 1 session

INTERNET ACCESS FOR ARLINGTON SENIORS!
If you need assistance paying for high-speed broadband, the Alliance for Arlington Senior Programs may be able to help. The Alliance has partnered with Comcast Internet Essentials to help with the cost of high-speed broadband Internet connection for Arlington seniors who qualify. 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, Virginia 22205 or Friendsofthealliance@gmail.com. For more information, visit friendsofthealliance.org.

PLANNING AHEAD

Estate Planning 101
Estate planning helps protect your family and loved ones by allowing them to know and execute your wishes in a simple manner. Attorney Alison Lambeth will highlight the main parts of an estate plan and the importance of each document. Topics includes wills, revocable living trusts, advance medical directives, power of attorney and probate.

* Sept. 7 Thursday 1-2 p.m.
  Langston-Brown #911404-01 1 session

What is Estate Planning?
Ed Zetlin, elder law attorney, will discuss the main parts of estate planning and highlight the important documents that are associated with the estate process.

* Sept. 13 Wednesday 11 a.m.-12 p.m.
  Virtual #911404-02 1 session

Retirement: More Than the Numbers
Learn some tips to assess your preparedness before making the decision to retire. Explore issues including a new identity, roles and expectations, psychological transition, health issues, financial considerations, relocation, staying engaged, reemployment, and more. Presented by Sallie Wiley, an experienced trainer, career counselor, facilitator and certified federal coach.

* Oct. 5 Thursday 6-7:30 p.m.
  Lubber Run #911404-03 1 session

* Oct. 6 Friday 10:30 a.m.-12 p.m.
  Lubber Run #911404-04 1 session

Executors, Agents and Trustees
What is the difference between an executor, an agent and a trustee? Join Ed Zetlin, elder law attorney, as he defines the roles and responsibilities of each administrator when it comes to your estate.

* Oct. 11 Wednesday 11 a.m.-12 p.m.
  Virtual #911404-05 1 session
How to Get Your Affairs in Order
Join Sallie Wiley, an experienced trainer, career counselor, facilitator and certified federal coach, to learn helpful tools to get your personal and financial affairs in order. This course makes it easy for you to identify critical data and have everything available in one place. Staying organized is important for you and for those who will handle your affairs in case of disability or death.

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<th>Date</th>
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<tr>
<td>Oct. 19</td>
<td>Thursday</td>
<td>6-7:30 p.m.</td>
<td>Lubber Run</td>
<td>#911404-06</td>
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<tr>
<td>Oct. 20</td>
<td>Friday</td>
<td>10:30 a.m.-12 p.m.</td>
<td>Lubber Run</td>
<td>#911404-07</td>
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Smart Money Management
Managing your money wisely is a lifetime endeavor! Trainer, career counselor and facilitator Sallie Wiley will teach you tips and strategies to evaluate your financial situation, consider your options and make any changes needed. Making beneficial money management decisions can lower your anxiety so that you live a happier, healthier life!

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<tr>
<td>Oct. 26</td>
<td>Thursday</td>
<td>6-7:30 p.m.</td>
<td>Lubber Run</td>
<td>#911404-08</td>
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<tr>
<td>Oct. 27</td>
<td>Friday</td>
<td>10:30 a.m.-12 p.m.</td>
<td>Lubber Run</td>
<td>#911404-09</td>
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What is a Living Trust?
Is a living trust right for you? Some individuals may prefer a living trust to a will because a living trust bypasses the probate process. Join Elder Law Attorney Ed Zetlin as he explains the benefits of a trust and the different types.

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<tbody>
<tr>
<td>Nov. 8</td>
<td>Wednesday</td>
<td>11 a.m.-12 p.m.</td>
<td>Virtual</td>
<td>#911404-10</td>
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Keeping Finances Organized
Virginia Cooperative Extension Master Financial Educators will discuss how to store or record personal financial information so family and friends can easily access all the information during emergencies.

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<tbody>
<tr>
<td>Nov. 9</td>
<td>Thursday</td>
<td>11:30 a.m.-12:30 p.m.</td>
<td>Walter Reed</td>
<td>#911404-11</td>
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DIGITAL LEARNING/ TECHNOLOGY

Plant and Bird Apps
There are many apps available to help amateur bird and plant lovers identify what surrounds them. Join volunteers from Arlington Regional Master Naturalists for a guide to plant and bird apps and how to best utilize them in your natural surroundings.

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<tbody>
<tr>
<td>Sept. 12</td>
<td>Tuesday</td>
<td>6-7:30 p.m.</td>
<td>Walter Reed</td>
<td>#911403-02</td>
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</table>

PowerPoint and Google Slides
PowerPoint is a software that allows you to create slide shows. Google Slides is similar, but is an online tool rather than a downloaded software and can be accessed from any computer. Learn the basics of how to build a presentation using both platforms, including how to duplicate slides, insert pictures and more. Presented by 55+ Center Director Jennifer Weber.

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<th>Session Code</th>
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<tr>
<td>Sept. 22</td>
<td>Friday</td>
<td>11 a.m.-12 p.m.</td>
<td>Virtual</td>
<td>#911403-03</td>
</tr>
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</table>

Introduction to PayPal Payment App
Learn the ins and outs of PayPal, a service that allows you to use your smartphone to split checks, send money to friends and family, or make online payments without needing cash or checks. Think of it as a social app for paying! Did you know that you can now use PayPal to pay for some 55+ Advisory Committee sponsored events? Check out page 14 for more information. Taught by 55+ Center Director Ashley Gomez Figueredo. Please feel free to bring your smartphone or other device.

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<tbody>
<tr>
<td>Sept. 13</td>
<td>Wednesday</td>
<td>12:30-1:30 p.m.</td>
<td>Lubber Run</td>
<td>#911403-07</td>
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<tr>
<td>Oct. 11</td>
<td>Wednesday</td>
<td>12-1 p.m.</td>
<td>Lubber Run</td>
<td>#911403-08</td>
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<tr>
<td>Nov. 8</td>
<td>Wednesday</td>
<td>12-1 p.m.</td>
<td>Lubber Run</td>
<td>#911403-09</td>
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</tbody>
</table>
Siri, What Song is This?
Join 55+ Center Director Jennifer Weber to learn how to use your phone or personal device to identify music you hear in real time. This class will cover the different apps you can download and use, as well as your device’s innate capabilities. Both iPhones and Androids will be discussed. You’ll never have to go without knowing a song again!

- **Oct. 6**
  Walter Reed  
  **Friday**  
  11:30 a.m.-12:30 p.m.  
  #911403-04  
  1 session

Google Drive 101
If you have a Gmail account, did you know that you also have Google Drive? Google Drive is a free personal cloud storage service that can be accessed from any device. Spreadsheets, presentations and a Google version of Word documents are all easily accessible through Google Drive. Learn how to use and access Google Drive from volunteer Benjamin Childers.

- **Nov. 14**
  Virtual  
  **Tuesday**  
  6:30-7:30 p.m.  
  #911403-05  
  1 session

How to Navigate Social Media
Join 55+ Center Director Ashley Gomez as we discuss the different social media platforms and how to use them. Bring your phone or other device and any questions you may have: we will cover Facebook, Twitter, Instagram and many other platforms.

- **Nov. 16**
  Lubber Run  
  **Thursday**  
  6-7 p.m.  
  #911403-06  
  1 session

ARTS

Opera Appreciation
For opera lovers and learners, enhance your appreciation of the magnificent art and drama of opera. Volunteer George Cecchetti will set the stage for each opera, providing the story line, composer and other interesting background. Musical selections from well-known operas will be played, professional commentary provided and group discussion will follow. 9/6: Sophie’s Choice by Nicholas Maw; 9/20: Vanessa by Samuel Barber; 10/4: Madama Butterfly by Puccini; 10/18: Andrea Chenier by Umberto Giordano; 11/1: Jenufa by Leos Janacek; 11/15: Of Mice and Men by Carlisle Floyd.

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<th>Time</th>
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<tr>
<td><strong>Sept. 6</strong></td>
<td>1:30-3:30 p.m.</td>
<td>Lubber Run</td>
<td>#911300-01</td>
<td>1 session</td>
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<tr>
<td><strong>Sept. 20</strong></td>
<td>1:30-3:30 p.m.</td>
<td>Lubber Run</td>
<td>#911300-02</td>
<td>1 session</td>
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<tr>
<td><strong>Oct. 4</strong></td>
<td>1:30-3:30 p.m.</td>
<td>Lubber Run</td>
<td>#911300-03</td>
<td>1 session</td>
</tr>
<tr>
<td><strong>Oct. 18</strong></td>
<td>1:30-3:30 p.m.</td>
<td>Lubber Run</td>
<td>#911300-04</td>
<td>1 session</td>
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<tr>
<td><strong>Nov. 1</strong></td>
<td>1:30-3:30 p.m.</td>
<td>Lubber Run</td>
<td>#911300-05</td>
<td>1 session</td>
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<tr>
<td><strong>Nov. 15</strong></td>
<td>1:30-3:30 p.m.</td>
<td>Lubber Run</td>
<td>#911300-06</td>
<td>1 session</td>
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</table>

Encore Chorale
Sing with this congenial chorus and learn proper breathing and vocal technique. Rehearsals culminate with the presentation of a professional concert free for the community. The 15 weeks of challenging and enjoyable classes are led by a professional conductor. No audition required; appropriate for beginners and experienced singers. For more information, call 301-261-5747 or visit encorecreativity.org.

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<tr>
<td><strong>Sept. 5</strong></td>
<td>1-2:30 p.m.</td>
<td>Lubber Run</td>
<td>#911300-07</td>
<td>15 sessions: $165 + $25 materials fee</td>
</tr>
</tbody>
</table>

Register online or by phone | arlingtonva.us/dpr | 703-228-4747
ART HISTORY

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

- Oct. 2 Virtual Monday 10:30-11:30 a.m. #911302-01 1 session
- Nov. 6 Virtual Monday 10:30-11:30 a.m. #911302-02 1 session

Artist Arthur B. Davies
As a great-grandson of this influential early 20th century artist, Mac Cosgrove-Davies’ childhood home was filled with Arthur B. Davies’ artwork and stories. Augmented by additional investigation of both family and public archives, Mac’s insightful talk offers a fresh glimpse of this mysterious, under-researched artist.

- Oct. 19 Langston-Brown Thursday 1-2 p.m. #911302-03 1 session

FEE REDUCTIONS AVAILABLE
Access for all: Everyone, Everywhere, Every Day.
Arlington County residents can apply to receive financial assistance for any fee-based programs, 55+ Pass and 55+ Gold Pass and/or 55+ trips. Fee reductions are based on a sliding scale and household income and size. If you have already qualified for a fee reduction, income verification is only required annually. Visit the Parks & Recreation website or call 703-228-4747 to find out more.

It Takes a Thief: The Continuing Saga
Art historian Joan Hart will review the most notorious art crimes in history, such as the Mona Lisa caper and the stealing of The Scream. She will also discuss still-unsolved art mysteries, including the greatest art theft of the modern era: the disappearance of a Vermeer, a Rembrandt and others from the Isabella Stewart Gardner Museum.

- Oct. 25 Aurora Hills Wednesday 1-2:30 p.m. #911302-04 1 session

Just Beneath the Surface
Looking at the works of three artists, we will take a deep 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. 27 Virtual Friday 10-11:30 a.m. #911302-05 1 session
- Nov. 17 Virtual Friday 10-11:30 a.m. #911302-06 1 session

Impressionists and the Art of Fashion
Enjoy a look at the role of fashion in the works of the Impressionists and their contemporaries. This program is based on an exhibition at the Musée D’Orsay and the Metropolitan Museum of Art, which featured some 80 major paintings by Monet, Renoir, Manet, Degas, Cassatt and others. Presented by art historian Joan Hart.

- Nov. 1 Aurora Hills Wednesday 1-2:30 p.m. #911302-07 1 session

PERFORMANCES

Calico Cloggers at Aurora Hills
Sit back and enjoy a performance by the Calico Cloggers, a percussive dance group based in Northern Virginia. Their repertoire includes traditional and modern clogging, Irish and Canadian step dancing, tap dancing, swing and set dancing.

- Oct. 11
  Aurora Hills
  Wednesday
  1:30-2:30 p.m.
  #911301-01
  1 session

Acoustic Hour at Aurora Hills
Relax and enjoy great acoustic music, coffee and fellowship with 55+ friends at Aurora Hills. Sponsored by the Aurora Hills 55+ Advisory Committee. Sept. 8: Carl Gold; Oct. 20: PhEd-Up and Phriends.

- Sept. 8
  Aurora Hills
  Friday
  1-2:30 p.m.
  #911301-05
  1 session
- Oct. 20
  Aurora Hills
  Friday
  1-2:30 p.m.
  #911301-06
  1 session

Coffee House Live!
Join us for an evening with the musical group DEMZ. They will entertain you with musical selections of classic rock, folk and pop tunes from the 60s and 70s, featuring such artists as Bob Dylan, the Beatles, the Stones, the Grateful Dead, Steven Stills and more. Refreshments provided by the Langston-Brown 55+ Advisory Committee. Must pre-register; all ages are welcome.

- Oct. 27
  Langston-Brown
  Friday
  7-9 p.m.
  #911301-08
  1 session

Intergenerational Storytime
In partnership with the Aurora Hills Branch Library, 55+ volunteers will share their love of reading and music with children: meetings on Sept. 8, Oct. 6 and Nov. 3. If you are a 55+ participant interested in reading a story to the kids, please register; books are provided by the Aurora Hills Library. Questions? Please contact Lila Paig at 703-228-5722.

- Sept. 8
  Aurora Hills
  Friday
  11-11:30 a.m.
  #911301-09
  1 session
- Oct. 6
  Aurora Hills
  Friday
  11-11:30 a.m.
  #911301-10
  1 session
- Nov. 3
  Aurora Hills
  Friday
  11-11:30 a.m.
  #911301-11
  1 session

The Fall Season Kicks Off
Tuesday, Sept. 19, 7-8:30 p.m.
with three delightful acts:

- Brandon Lindley
  Walter Reed
  Tuesday
  7-8:30 p.m.
  #911301-02
  1 session
- Two Cities Trio
  Walter Reed
  Tuesday
  7-8:30 p.m.
  #911301-03
  1 session
- The Okays
  Walter Reed
  Tuesday
  7-8:30 p.m.
  #911301-04
  1 session
**Reading Buddies**
Get paired up with children from our very own Lubber Run Creative Preschoolers Program and enjoy reading stories to your buddies! Meetings are held twice a month, but feel free to join in at any date. Registration is required. All books will be provided by the preschool teacher and are guaranteed to be a fun read!

- **Sept. 11**
  - Monday 10-10:30 a.m.
  - Lubber Run
  - Registration Code: #911301-12
  - 1 session

- **Sept. 12**
  - Tuesday 10-10:30 a.m.
  - Lubber Run
  - Registration Code: #911301-13
  - 1 session

- **Oct. 23**
  - Monday 10-10:30 a.m.
  - Lubber Run
  - Registration Code: #911301-14
  - 1 session

- **Oct. 24**
  - Tuesday 10-10:30 a.m.
  - Lubber Run
  - Registration Code: #911301-15
  - 1 session

- **Nov. 13**
  - Monday 10-10:30 a.m.
  - Lubber Run
  - Registration Code: #911301-16
  - 1 session

- **Nov. 14**
  - Tuesday 10-10:30 a.m.
  - Lubber Run
  - Registration Code: #911301-17
  - 1 session

**Spellbinders**
From personal narratives and family stories to folk tales, fables and legends, the Arlington Spellbinders are a group of folks who just enjoy telling stories. They engage intergenerational listeners at schools, senior centers, nature centers and other venues in the magical tradition of oral storytelling (rather than reading aloud). Does that sound like you? Learn more at meetings on the first Friday of each month or check out the Spellbinders’ stories on the 55+ YouTube channel. Explore this rewarding activity and join us!

- **First Fridays**
  - 9:30-11:30 a.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**
  - 10 a.m.-1 p.m.
  - Madison Drop-In

**Playwright and Performers Collective**
**Tues., Oct. 3, 6-7 p.m.**
**Walter Reed 55+ Center**
Calling all thespians and playwrights! We are looking for enthusiastic creatives to help form a theater collective to put together plays and performances. We will gauge interest at this meeting and discuss potential future projects.

Register **#911300-08**

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**INCLEMENT WEATHER**
To learn about delayed openings and cancellations, call our Inclement Weather Hotline at **703-228-4715** or go online to [arlingtonva.us](http://arlingtonva.us).
**VISUAL ARTS**

**Intermediate Drawing and Painting**

Take your artistic talents to the next level! Explore inspiring, beyond-the-basics painting and drawing techniques in this class series with Community Arts Programmer Jennifer 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 at the first class. *No program 9/28.*

Instructor: Jennifer Droblyen  
* Sept. 14 – Oct. 19 Thursdays 1-3 p.m.  
  Langston-Brown #911303-11  
  5 sessions: $37.50

**Painting 101**

The sphere, cube and cone are the foundational structures for anything you may wish to draw or paint. In this three-part series of classes, volunteer artist George Ziobro will teach you how to create these three simple shapes using black and white paint and different shading techniques. Sponsored by the Alliance for Arlington Senior Programs (AASP). Supplies will be provided.

* Nov. 30 – Dec. 14 Thursdays 1:30-3:30 p.m.  
  Langston-Brown #911303-12  
  3 sessions

**Paint & Sip**

Paint along with a Community Arts Programmer as we recreate artworks on display at area museums. Enjoy your favorite beverage from the comfort of home during this lesson.

Instructor: Jim Halloran  
* Oct. 19 Thursday 10-11:30 a.m.  
  Virtual #911303-13  
  1 session

Instructor: Jennifer Droblyen  
* Nov. 16 Thursday 10-11:30 a.m.  
  Virtual #911303-14  
  1 session

**Explore Your Inner Artist!**

**Explore Art**

Join a Community Arts Programmer to explore various media and unleash your inner artist! A variety of materials and techniques will be offered and there will be an opportunity to swap one another’s work at the end of each class. Materials will be provided.

Instructor: Jennifer Droblyen  
* Sept. 18 Monday 10-11:30 a.m.  
  Lubber Run #911303-01  
  1 session

Instructor: Jim Halloran  
* Oct. 16 Monday 10-11:30 a.m.  
  Lubber Run #911303-02  
  1 session

* Nov. 6 Monday 10-11:30 a.m.  
  Lubber Run #911303-03  
  1 session

**Explore Mixed Media Art**

Do you like to play with a variety of art supplies but struggle to decide what works together? This class is for you! Join Community Arts Programmer Jennifer Droblyen for this interactive session and learn various techniques using unconventional materials to make your mixed media pieces pop! No prior art experience is needed and materials will be provided.

* Sept. 20 Wednesday 10-11:30 a.m.  
  Walter Reed #911303-04  
  1 session

* Oct. 6 Friday 1-2:30 p.m.  
  Aurora Hills #911303-05  
  1 session

* Oct. 18 Wednesday 10-11:30 a.m.  
  Walter Reed #911303-06  
  1 session

* Nov. 3 Friday 1-2:30 p.m.  
  Aurora Hills #911303-07  
  1 session

* Nov. 8 Wednesday 10-11:30 a.m.  
  Walter Reed #911303-08  
  1 session

**Explore Painting**

Community Arts Programmer Jim Halloran will guide you through an afternoon of painting. Improve your skills by learning various techniques. No experience is necessary, and all materials will be provided.

* Oct. 13 Friday 1-2:30 p.m.  
  Aurora Hills #911303-09  
  1 session

* Nov. 8 Wednesday 1-2:30 p.m.  
  Aurora Hills #911303-10  
  1 session
Painting Demonstration
Paint along with Community Arts Programmers as they present a detailed step-by-step painting demonstration. Picture and supply list will be sent prior to the class.

Instructor: Jennifer Droblyen
- Oct. 9 Monday 10:30 a.m.-12 p.m.
  Virtual #911303-15 1 session

Instructor: Jim Halloran
- Nov. 13 Monday 10:30 a.m.-12 p.m.
  Virtual #911303-16 1 session

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

- Oct. 16 Monday 9-10 a.m.
  Virtual #911303-17 1 session

- Nov. 13 Monday 9-10 a.m.
  Virtual #911303-18 1 session

Open Art Studio
Open Art Studio accommodates artists who work at their own pace in a collaborative space to share thoughts and ideas. Please note: artists must bring their own materials. No instruction provided. No program 11/10 and 11/24.

- Wednesdays
  Arlington Mill 10 a.m.-12 p.m.
  Drop-In
- Fridays
  Arlington Mill 10 a.m.-12 p.m.
  Drop-In

HAND CRAFTS

Create Handmade Notecards
Learn to create lovely handmade cards using rubber stamps, dye cutting machines to emboss paper and various cut out images. Images and instructions will be provided by members of the Cardmaking Workshop group. All materials will be provided. Sponsored by the Langston-Brown 55+ Advisory Committee and the Alliance for Arlington Senior Programs.

- Oct. 17 Tuesday 1:30-3:30 p.m.
  Langston-Brown #911310-01 1 session

No-Sew Scandinavian Stars
With holidays approaching, these beautiful stars are great for seasonal decorating or gifts. Join volunteer Carolyn Bainer as she leads you through step-by-step instructions. Supplies will be provided. Sponsored by the Walter Reed 55+ Advisory Committee.

- Nov. 2 Thursday 10-11:30 a.m.
  Walter Reed #911310-02 1 session

Crochet a One-of-a-Kind Necklace
Join volunteer Carmela Miller to crochet a beautiful necklace with ladder ribbon and a pendant. Basic knowledge of crocheting is necessary. All materials will be provided, but if you have a crochet needle hook (Boy, size J USA) please bring it. Sponsored by the Langston-Brown 55+ Advisory Committee and the Alliance for Arlington Senior Programs.

- Nov. 15 Wednesday 2-3:30 p.m.
  Langston-Brown #911310-03 1 session

Beginner Quilling
Learn to create beautiful, delicate, raised images from coils of one-eighth inch wide paper strips. You'll use a few basic tools to wind the paper strips into coils, and then create shapes such as flowers, butterflies, animals and abstract shapes to embellish note cards. Supplies will be provided.

Instructor: Joni Leonardo
- Sept. 14 Thursday 1:30-3 p.m.
  Lubber Run #911310-04 1 session: $18
- Oct. 12 Thursday 1:30-3 p.m.
  Lubber Run #911310-05 1 session: $18
- Nov. 9 Thursday 1:30-3 p.m.
  Lubber Run #911310-06 1 session: $18
GET INVOLVED WITH
SENIOR ISSUES!

COMMISSION ON AGING
The Arlington County Commission on Aging aims to enhance the quality of life for older Arlingtonians by ensuring all planning and County activities address their specific needs.

Commission on Aging meetings:
• Sept. 18, 9 a.m.-11 a.m. – DHS Sequoia 1, Lower Level Auditorium
• Oct. 16, 9 a.m.-11 a.m. – Hybrid: DHS Sequoia 1, Lower Level Auditorium and virtual
• Nov. 20, 9 a.m.-11 a.m. – Hybrid: DHS Sequoia 1, Lower Level Auditorium and virtual

Public comment is welcome at the beginning of the Commission on Aging meeting. If you wish to offer public comment, please sign up in advance by emailing arlaaa@arlingtonva.us with your name and the topic of your comment. For an updated and complete list of Commission on Aging meetings and other Aging Network activities, visit https://www.arlingtonva.us/Government/Commissions-and-Advisory-Groups/COA/Meetings.

ARLINGTON STEERING COMMITTEE
FOR SERVICES TO OLDER PERSONS
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 meetings:
• Sept. 15, 10-11 a.m. Lubber Run 55+ Center – Police Response to Older Adults
• Nov. 17, 10-11 a.m. Lubber Run 55+ Center – Annual Medicare Update

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. Bring your own supplies, but some yarn is available.

• Tuesdays
  Langston-Brown
  1-2:30 p.m.
  Drop-In

55+ Crafters
Bring your own small craft project and 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

Crafternoon Social Group
Make your Friday afternoons the highlight of your week with this friendly group of experienced yarn crafters! The group will meet every Friday for an afternoon of friendly conversation, sipping tea and working on knitting, crochet, and needlepoint projects followed by a stroll around the Lubber Run indoor track. All are welcome: just bring your yarn crafting project, walking shoes, and your favorite beverage to enjoy with new friends.

No program 11/10 and 11/24.

• Fridays
  Lubber Run
  3-4:30 p.m.
  Drop-In

Crochet
Meet other crochet enthusiasts, swap patterns and share techniques. Bring your own materials. No program 9/4 and 11/23.

• Mondays & Thursdays
  Arlington Mill
  9-11 a.m.
  Drop-In

Cardmaking Workshop
Enjoy the camaraderie of a group workshop as you make your own personalized cards using techniques such as die cuts, embossing folders, distress inks and stamps. All are welcome on third Thursdays for instruction on new techniques. On all other Thursdays (except third Thursdays) participants can work on their own projects. Supplies are provided. No program 11/23.

• Thursdays
  Langston-Brown
  1-4 p.m.
  Drop-In
Woodcarvers
Woodcarvers gather to enjoy camaraderie and pursue the craft. Carving techniques and tools turn wood into objects of beauty. Members of the group are available to provide instruction; some tools available. No program 11/23.

- Thursdays 1-4 p.m.
  Langston-Brown Drop-In

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. Weather permitting, this program will be held outdoors; otherwise, it will meet in the Senior Room. Limited drums available.

- Tuesdays 2-3 p.m.
  Langston-Brown Drop-In

MUSIC

Introduction to Ukulele
Join volunteer Sandy O'Shea for an introductory lesson on the ukulele. No experience required, and you are welcome to stay for the intermediate class afterwards. Limited ukuleles available.

- Oct. 3 Tuesday 4-4:30 p.m.
  Walter Reed #911304-01 1 session
- Oct. 17 Tuesday 4-4:30 p.m.
  Walter Reed #911304-02 1 session
- Nov. 7 Tuesday 4-4:30 p.m.
  Walter Reed #911304-03 1 session
- Nov. 21 Tuesday 4-4:30 p.m.
  Walter Reed #911304-04 1 session

Intermediate Ukulele
Strumming a ukulele is therapeutic and fun. Volunteer Sandy O'Shea will provide instruction. Limited ukuleles available. Introduction to Ukulele required as a prerequisite.

- Oct. 3 Tuesday 4:30-5:30 p.m.
  Walter Reed #911304-05 1 session
- Oct. 17 Tuesday 4:30-5:30 p.m.
  Walter Reed #911304-06 1 session
- Nov. 7 Tuesday 4:30-5:30 p.m.
  Walter Reed #911304-07 1 session
- Nov. 21 Tuesday 4:30-5:30 p.m.
  Walter Reed #911304-08 1 session

Piano Sing-Along
Enjoy light refreshments and sing all your favorite tunes accompanied by Charlotte Lindsay on the piano. Sponsored by the Aurora Hills 55+ Advisory Committee.

- Sept. 6 Wednesday 1-2:15 p.m.
  Aurora Hills #911304-09 1 session

Piano Lounge and Sing-Along
Sing along with Valerie Welsh at Piano Lounge! Lyrics will be provided for a variety of songs on a different theme every month: Sept.: folk and soft rock favorites; Oct.: Halloween and Latin rhythms for National Hispanic Heritage Month; Nov.: Broadway and movie musical hits.

- Sept. 6 Wednesday 4-5 p.m.
  Lubber Run #911304-10 1 session
- Oct. 4 Wednesday 4-5 p.m.
  Lubber Run #911304-11 1 session
- Nov. 1 Wednesday 4-5 p.m.
  Lubber Run #911304-12 1 session

Sing-Along with Carl Gold
Volunteer and musician Carl Gold will lead a group sing-along of favorites from the 50s through the 70s, including the Beatles, Bob Dylan, Joni Mitchell and more. No singing experience is needed: just come and join in the fun! Lyrics will be provided.

- Oct. 19 Thursday 4-5 p.m.
  Lubber Run #911304-13 1 session
Name That Song and Sing Along
How well do you remember the classics we grew up listening to in the 50’s, 60’s and 70’s? Join 55+ volunteer Judy McVerry for an hour of fun and music, where the audience tries to identify the song based on clues (verbal and musical). Then we’ll sing the song as a group. Song lyrics and instrumental accompaniment will be provided.

**Name That Tune**
If you love music and a little competition, then join us for this fun event. 55+ volunteer and musician Carl Gold will strum a tune on his guitar and your team will try to guess the title of the song. Songs will be from 1950-1970's era. Prizes will be awarded to the winning team!

**Folk Music Sing-Along**
Joan Baez, Bob Dylan and Joni Mitchell are a few of the inspirations for this program. We may not have a campfire and a cozy poncho, but the experience is just as heartwarming. This group meets on the first Monday of the month. **No program 9/4.**

**Just Play’n Country**
Bring your instrument, sing along or just enjoy listening to this group play traditional mountain music with roots in Irish, folk and blues. Gathers first and third Fridays.

**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. **No program 11/10 and 11/24.**

**THIS BUS RUNS ON VOLUNTEER POWER!**
Are you up early in the morning? Would you like to fit in a little exercise before most people climb out of bed? What if you could get that exercise in while helping your neighbors at the same time? Age-Friendly Arlington, The Us Bus Alliance, WalkArlington and the Department of Parks & Recreation’s 55+ Programs have the perfect solution for you – help power our first intergenerational WALKING SCHOOL BUS!

Defined as a group of students walking to school with one or more adults, a Walking School Bus can be as informal as two families taking turns walking with students to school or as structured as an established walking route with designated “stops”/meeting points, a timetable, and a schedule of trained volunteers.

In our case, the adults are Arlington 55+ volunteers, schools are Arlington elementary schools, and the Walking School Bus routes serve families in the neighborhoods that lie within each school’s one-mile walk zone.

This unique Arlington County partnership, now in its third school year, provides volunteers with training, safety resources and family meet-up opportunities prior to kick-off. If you are interested in volunteering or would like more information, complete the online Contact Form or contact 55+ Programs at 55Plus@arlingtonva.us or 703-228-0955.
**FITNESS**

**Bootcamp**

Bring enthusiasm, effort, and a positive mindset to this class. DMV Fitness Trainers will offer a total body workout through circuit training, HIIT (High-Intensity Interval Training), bodyweight exercises, resistance training, and more. All fitness levels are welcome to attend. **No class 11/23.**

Instructor: Kara Bishop
- Sept. 12 – Nov. 21 Tuesdays 7:30-8:30 a.m. Lubber Run [911100-01] 11 sessions: $55
- Sept. 14 – Nov. 30 Thursdays 10:30-11:30 a.m. Walter Reed [911100-02] 11 sessions: $55

**55+ Cycling**

Cycling is a great cardiovascular activity for all ages and ability levels. In these ongoing cycling classes, students warm up, climb, sprint, interval train and cool down. Beginners are welcome to go at their own pace with guidance from our experienced instructors. Our goal is to help you succeed! A 55+ Pass is required to participate.

Instructor: Lori Murphy
- Sept. 12 – Nov. 28 Tuesdays 9:15-9:50 a.m. Thomas Jefferson [911100-03] 12 sessions: $60
- Sept. 14 – Nov. 30 Thursdays 7-7:45 p.m. Thomas Jefferson [911100-04] 11 sessions: $55

Instructor: Myron Davis  **No class 11/23.**
- Sept. 14 – Nov. 30 Thursdays 7-7:45 p.m. Thomas Jefferson [911100-04] 11 sessions: $55

**Gyrokinesis Method™**

The Gyrokinesis Method™ is a movement method that addresses the entire body, opening energy pathways, stimulating the nervous system, increasing range of motion and creating functional strength through rhythmic, flowing movement sequences. It is an original and unique method which coordinates movement, breath and mental focus. Please bring a mat.

Instructor: Michelle Silva
- Sept. 11 – Nov. 6 Mondays 8-9 a.m. Lubber Run [911100-05] 9 sessions: $45

**Zumba**

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

Instructor: Ferdinanda Pattipeilophy
- Sept. 12 – Nov. 28 Tuesdays 2:15-3:15 p.m. Lubber Run [911100-06] 12 sessions: $60

Instructor: Jessica Lengkong  **No class 10/12 and 11/23.**
- Sept. 14 – Nov. 30 Thursdays 6-7 p.m. Langston-Brown [911100-07] 10 sessions: $50

**55+ WEIGHT ROOM HOURS**

Stop by to exercise on your own or with friends at Langston-Brown’s or Madison’s fitness facilities. Occasional instruction will be available: call 703-228-4771 for more information.

A 55+ Gold Pass is required.

**Langston-Brown:**

Mondays, Wednesdays, and Fridays 11 a.m. – 2 p.m.

**Madison:**

Tuesdays and Thursdays 8 a.m. – 11 a.m.

**DROP-INS & REGISTRATION**

Drop-in classes are ongoing programs that participants can join any time with a valid 55+ Pass. Any program listed as a drop-in does not require pre-registration. All programs have a capacity limit and may fill up. Unless designated as drop-in, all programs require pre-registration. Registration automatically closes two business days prior to the start of the program. For questions, contact the Administrative Services Office at 703-228-4747.
AQUA

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. **No class 9/4, 11/10 and 11/24.**

Instructor: Julia Dragun
- **Sept. 11 – Nov. 27**
  Long Bridge Aquatics
  Mondays 11 a.m.-12 p.m.
  #911102-01 12 sessions: $54
- **Sept. 12 – Nov. 28**
  Long Bridge Aquatics
  Tuesdays 11:10 a.m.-12:10 p.m.
  #911102-02 12 sessions: $54
- **Sept. 8 – Dec. 1**
  Long Bridge Aquatics
  Fridays 10-11 a.m.
  #911102-03 11 sessions: $49.50
- **Sept. 8 – Dec. 1**
  Long Bridge Aquatics
  Fridays 1-2 p.m.
  #911102-04 11 sessions: $49.50

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. Deep Water classes are held in the competition pool which is on average 79 degrees.

Instructor: Jody Katz
- **Sept. 12 – Nov. 28**
  Long Bridge Aquatics
  Tuesdays 2:15-3:15 p.m.
  #911102-05 12 sessions: $54

Instructor: Lynda McGuire  **No class 11/23.**
- **Sept. 6 – Nov. 22**
  Long Bridge Aquatics
  Wednesdays 10-11 a.m.
  #911102-06 12 sessions: $54
- **Sept. 7 – Nov. 30**
  Long Bridge Aquatics
  Thursdays 10-11 a.m.
  #911102-07 12 sessions: $54

Instructor: Jody Katz  **No class 11/23.**
- **Sept. 7 – Nov. 30**
  Long Bridge Aquatics
  Thursdays 11:10 a.m.-12:10 p.m.
  #911102-08 12 sessions: $54

Aqua for Arthritis
One out of six Americans is affected by arthritis. Exercise is crucial for people with arthritis. The body’s natural buoyancy in water relieves body weight, allowing for functional movements to be practiced with less stress on joints and their supporting muscles.

Instructor: Cynthia Neu Mccluskey
- **Sept. 6 – Nov. 22**
  Wednesdays 10-11 a.m.
  Long Bridge Aquatics #911102-09 12 sessions: $54

Water Walking and Lap Swimming
Looking for a way to change up your walking routine? Water walking could be the answer. The added resistance of walking in water allows you to challenge and strengthen your muscles in ways you may not be able to with a land-based routine. Water walking is a low-impact cardio exercise and is gentler on your bones and joints. No instructor provided. There are also lanes open for lap swimming at the same time. Long Bridge Aquatics Center membership is required or payment of the daily admission fee. **No class 9/4.**

- **Mondays**
  Long Bridge Aquatics
  Drop-In
  8:30-10 a.m.
- **Wednesdays**
  Long Bridge Aquatics
  Drop-In
  1-3 p.m.

FITNESS EQUIPMENT ORIENTATION
Free! Do you have fitness goals you still want to accomplish this year? Has it been a while since you’ve been in a fitness center? Are you new to fitness equipment? There will be a free orientation at Langston-Brown Fitness Center on September 27, 1-2 p.m. and at Madison Fitness Center on Thursday, September 21, 10-11 a.m. Sign up by emailing Fitness Program Manager Michelle Atkin at matkin@arlingtonva.us.
**YOGA AND PILATES**

**Yoga for Daily Living**
How can yoga help when someone cuts you off in traffic or you’re late for a doctor’s appointment? This class will answer that question. Learn how to tune in to your body through breathing skills and techniques to relieve worry and concentrate better. Bring your own mat.

Instructor: Gayle Fleming
- Sept. 12 – Nov. 21 Tuesdays 9-10:15 a.m. Walter Reed #911103-01 11 sessions: $68.75

**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 the 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. Students should be able to get down on the floor and back up again twice during the class. Chairs are available for support if needed. Bring your own mat. No class 9/4.

Instructor: Debbie Sheetz
- Sept. 11 – Nov. 27 Mondays 1:15-2:45 p.m. Langston-Brown #911103-02 12 sessions: $90

**Hatha Yoga Basics**
New to yoga? This class is designed for those with little or no yoga experience. Students will learn the names of the poses, the best alignment for their bodies and how to safely do poses on their own at home. The class will also teach some basic breathing and relaxation techniques. Bring your own mat. No class 9/4.

Instructor: Gayle Fleming
- Sept. 11 – Nov. 20 Mondays 5-6:15 p.m. Arlington Mill #911103-03 11 sessions: $68.75

**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. Bring your own mat.

Instructor: Andrea Kiss No class 9/4.
- Sept. 11 – Nov. 27 Mondays 10-11 a.m. 11 sessions: $68.75
  - Walter Reed #911103-04

Instructor: Jennifer Eubank
- Sept. 12 – Nov. 21 Tuesdays 11 a.m.-12 p.m. 11 sessions: $55
  - Aurora Hills #911103-05

Instructor: Ferdinanda Pattipeilophy
- Sept. 12 – Nov. 21 Tuesdays 11:45 a.m.-12:45 p.m. 11 sessions: $55
  - Lubber Run #911103-06

**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. Bring a yoga mat to place under the chair to use during standing poses.

Instructor: Jennifer Eubank
- Sept. 12 – Nov. 21 Tuesdays 12:15-1:15 p.m. 11 sessions: $55
  - Aurora Hills #911103-07

Instructor: Debbie Sheetz
- Sept. 13 – Nov. 22 Wednesdays 12-1 p.m. 11 sessions: $55
  - Walter Reed #911103-08

**Foundations of Traditional Hatha Yoga**
A slower-paced class focused on the fundamentals of Traditional Hatha Yoga. Gain strength, balance, and flexibility. This is the perfect class for you if you are new to yoga or your skills are rusty. Bring your own mat.

Instructor: Jennifer Eubank
- Sept. 14 – Nov. 16 Thursdays 1-2:15 p.m. 10 sessions: $62.50
  - Madison #911103-09
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. Bring your own mat.

Instructor: Andrea Kiss  No class 9/4.

- **Sept. 11 – Nov. 27** Mondays 1-2:30 p.m.
  Lubber Run #911103-10 12 sessions: $90

Instructor: Ferdinanda Pattipeilophy

- **Sept. 12 – Nov. 21** Tuesdays 10:30-11:30 a.m.
  Lubber Run #911103-11 11 sessions: $55

Instructor: Debbie Sheetz

- **Sept. 13 – Nov. 22** Wednesdays 4-5:15 p.m.
  Lubber Run #911103-12 11 sessions: $68.75

Instructor: Jennifer Eubank  No class 11/10.

- **Sept. 15 – Nov. 17** Fridays 9:30-11 a.m.
  Madison #911103-13 9 sessions: $67.50

Mat Pilates  NEW
Mat Pilates is a strengthening and lengthening form of exercise that focuses on your core muscles while also training your arms and legs. Exercises can be modified to increase or decrease difficulty to adapt to all levels of ability. Bring your own mat.

Instructor: Connie Haeder  No class 9/4.

- **Sept. 11 – Nov. 20** Mondays 3:45-4:45 p.m.
  Walter Reed #911103-14 11 sessions: $60.50

- **Sept. 12 – Nov. 21** Tuesdays 10-11 a.m.
  Long Bridge Aquatics #911103-15 11 sessions: $60.50

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 canceled for inclement weather.

- **Sept. 6** Wednesday 9-10 a.m.
  Radnor/ Fort Myer Heights #911106-01 1 session

- **Sept. 13** Wednesday 9-10 a.m.
  Yorktown #911106-02 1 session

- **Sept. 20** Wednesday 9-10 a.m.
  Fairlington #911106-03 1 session

- **Sept. 27** Green Valley Wednesday 9-10 a.m.
  #911106-04 1 session

- **Oct. 4** Old Glebe Wednesday 9:30-10:30 a.m.
  #911106-05 1 session

- **Oct. 11** Dominion Hills Wednesday 9:30-10:30 a.m.
  #911106-06 1 session

- **Oct. 18** Arlington Ridge Wednesday 9:30-10:30 a.m.
  #911106-07 1 session

- **Oct. 25** Lyon Park/ Ashton Heights Wednesday 9:30-10:30 a.m.
  #911106-08 1 session

- **Nov. 1** George Washington Forest Wednesday 9:30-10:30 a.m.
  #911106-09 1 session

- **Nov. 8** Bluemont/ Four Mile Run Wednesday 9:30-10:30 a.m.
  #911106-10 1 session

- **Nov. 22** Lubber Run Wednesday 9:30-10:30 a.m.
  #911106-11 1 session

- **Nov. 29** Westover Wednesday 9:30-10:30 a.m.
  #911106-12 1 session

55+ CENTERS WILL BE CLOSED ON:
- MONDAY, SEPT. 4
- FRIDAY, NOV. 10
- THURSDAY, NOV. 23
- FRIDAY, NOV. 24
Arlington Mill Trekkers
Join this group on adventures through easy-paced walks near the Arlington Mill 55+ Center, including the W&OD and Four Mile Run Trails. Meets at Arlington Mill’s plaza on the second and fourth Thursdays of the month. Walks may be cancelled due to inclement weather.
- Second and Fourth Thursdays 9-10 a.m.
  Arlington Mill

Aurora Hills 55+ Walkers
Join a morning walk with this dedicated group that walks two to four miles. Walks held on the second and last Fridays of the month. Transportation not provided. Typically meets in front of Aurora Hills 55+ Center, but occasionally meets at other locations and may use Metro - please contact Center staff to confirm locations and to get on the email distribution list. No program 11/10 and 11/24.
- Second and Last Fridays 9-10:30 a.m.
  Aurora Hills

Wild Edible Plants
Discover local wild plants you can eat! LeeAnna Pletcher, Arlington park naturalist from Long Branch Nature Center, will introduce you to foraging and plant identification, then take a leisurely walk outdoors to look for the plants around Aurora Hills.
- Sept. 20 Wednesday 1-2 p.m.
  Aurora Hills #911106-13 1 session

Peak Foliage and Pie Walk
The natural world can sometimes go unnoticed around our urban neighborhoods. Join Arlington Regional Master Naturalist (ARMN) Volunteers for a 1.5-mile urban nature walk through the Columbia Pike neighborhood and then treat yourself at the local pie shop, ACME Pie. Each person can purchase a pie or a slice on their own. Rain date: Fri., Nov. 3.
- Oct. 27 Friday 1:30-3:30 p.m.
  Walter Reed #911106-14 1 session

TAI CHI

Beginner Tai Chi Ch’uan
Join us to begin your Tai Chi journey. Instructor David Cohen will guide you through the Yang 24 form. With slow, gentle movements, proper breathing and posture, Tai Chi can help relieve many physical ailments including arthritis, balance issues and stress. No class 9/4.
Instructor: David Cohen
- Sept. 11 – Nov. 20 Mondays 2-3 p.m.
  Walter Reed #911105-01 11 sessions: $60.50

Tai Chi for Beginners
This beginner course introduces the 24 simplified, Yang style Tai Chi positions and focuses on feeling the “chi” (energy, life force) and coordinating the torso, hips, knees and feet and the mind and body to create a graceful Tai Chi form. No class 9/25.
Instructor: Karen Levitan
- Sept. 6 – Nov. 15 Mon. & Wed. 3-4 p.m.
  Langston-Brown #911105-02 20 sessions: $110

Tai Chi Ch’uan
With slow, gentle movements, proper breathing and posture, Tai Chi can help relieve many physical ailments including arthritis, balance issues and stress. This class examines the martial arts side of Tai Chi as well as the spiritual and healing benefits. Prior Tai Chi experience encouraged. No class 11/23.
Instructor: David Cohen
- Sept. 7 – Nov. 16 Thursdays 2-3 p.m.
  Walter Reed #911105-03 11 sessions: $60.50

Tai Chi Practice - Yang Style
Tai Chi is a gentle martial arts practice that stresses balance, weight shifting, and breathing to improve both mental and physical health. This group practices the 24 step simplified Yang style Tai Chi Ch’uan form with some basic warm-up exercises. Yang style Tai Chi is the most commonly practiced Tai Chi style in the U.S. No instruction provided. No program 9/4, 11/10 and 11/24.
- Mondays, Wednesdays & Fridays 11:30 a.m.-12:30 p.m.
  Lubber Run Drop-In
Tai Chi Practice - Taoist Style
Come and practice the 108-movement Taoist Tai Chi form with experienced practitioners. Formal instruction is not provided, but group members are happy to share what they know. *No program 11/10 and 11/24.*

- Wednesdays & Fridays 12:30-1:30 p.m.
  Lubber Run Drop-In

Tai Chi Practice
Tai Chi is a gentle and powerful exercise that improves balance, flexibility, coordination and overall movement. If you’ve taken a Tai Chi class, come by and practice with experienced volunteers. No instruction provided. *No program 11/10 and 11/24.*

- Tuesdays 1-2:15 p.m.
  Walter Reed Drop-In
- Wednesdays 2-2:45 p.m.
  Aurora Hills Drop-In
- Fridays 1-2:15 p.m.
  Walter Reed 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 – punch passes can be purchased at the Administrative Services Office or front desk at Lubber Run. *No class 11/23.*

Instructor: Andrea Baumann
- Tuesdays & 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 – punch passes can be purchased at the Administrative Services Office or front desk at Lubber Run. Bring your own mat. *No class 11/10 and 11/24.*

Instructor: Andrea Baumann
- Wednesdays & Fridays 9-9:55 a.m.
  Lubber Run Drop-In

Total Body Fitness
This class is a vigorous full-body fitness workout for 55+ participants that improves muscle strength, balance and flexibility. The class is designed to change each time to target all major muscle groups in a variety of ways using weights and bands. Aerobic activity helps build cardiovascular fitness and improves endurance. Some exercises use a chair while the majority are standing. $60/15-session punch pass or $4 drop-in – punch passes can be purchased at the Administrative Services Office or front desk at Lubber Run. *No class 9/4, 11/10 and 11/24.*

Instructor: Gretchen Martin
- Mondays 10-11 a.m.
  Lubber Run Drop-In
- Fridays 10:15-11:15 a.m.
  Lubber Run Drop-In
Did you know that Arlington County offers even more fitness classes for adults outside the 55+ Program? The fitness classes listed below are open to anyone ages 18 and up! Visit the Arlington County website to find out more.

**Muscle Conditioning**
Get your heart rate up with a bodyweight workout before stretching it out at this **free** outdoor muscle conditioning class for adults. Expect to get up and down from the ground during the class. Bring your own mat or towel; hand weights are optional. No membership required. Register [here](#).
- Mondays, 12:15-1 p.m.
  Thomas Jefferson Community Center Park
- Tuesdays, 9:15-10 a.m.
  Lubber Run Community Center Lawn
- Thursdays, 5:30-6:15 p.m.
  Thomas Jefferson Community Center Plaza

**Muscle Blast**
Get your heart rate up and get your resistance training in with weight, TRX, kettlebell, ball, BOSU or band exercises. We’ll work most muscles and challenge your balance before stretching it out at this **indoor** muscle blast class for adults. [Long Bridge Aquatics and Fitness Center](#) or [Community Center Fitness](#) membership required. No pre-registration required, limited spaces available. $5 fee.
- Tuesdays, 12-12:45 p.m.
  Long Bridge Aquatics and Fitness Center
- Tuesdays, 5:30-6:15 p.m.
  Thomas Jefferson Community Center
- Wednesdays, 6:30-7:15 a.m.
  Long Bridge Aquatics and Fitness Center
- Wednesdays, 12:15-1 p.m.
  Thomas Jefferson Community Center
- Fridays, 12:15-1 p.m.
  Lubber Run Community Center

**Cycle**
Bring your cycling game to [Long Bridge Aquatics & Fitness Center](#) and [Thomas Jefferson Community Center](#) with our new cycling class! Warm up, climb, sprint, interval train and cool down at this class for adults. Any fitness level is welcome to go at your own pace. [Long Bridge Aquatics and Fitness Center](#) or [Community Center Fitness](#) membership required. Register [here](#). $5 fee.
- Mondays, 6:30-7:15 a.m.
  Long Bridge Aquatics and Fitness Center
- Tuesdays, 9:15-9:50 a.m.
  Thomas Jefferson Community Center
- Wednesdays and Thursdays, 7-7:45 p.m.
  Thomas Jefferson Community Center
- Fridays, 7:15-8 a.m.
  Thomas Jefferson Community Center

**Fitness Equipment Orientation**
Has it been a while since you’ve been in a fitness center? Are you new to fitness equipment? Sign up for a **free** orientation held once a month at Lubber Run Community Center. Email Fitness Program Manager Michelle Atkin at matkin@arlingtonva.us to sign up. No pre-registration required.

**Yoga**
[Long Bridge Aquatics and Fitness Center](#) membership required. No pre-registration required, limited spaces available. $5 fee.
- Mondays, 6-6:45 p.m.
  Long Bridge Aquatics and Fitness Center
- Wednesdays, 6-6:45 p.m.
  Thomas Jefferson Community Center
- Thursdays, 1-1:45 p.m.
  Long Bridge Aquatics and Fitness Center
Ed Constantino Memorial Pickleball Friendly
Get to know your fellow Pickleballers by being partnered at random for doubles play at this fundraiser event in honor of Ed Constantino, an avid pickleball player. Game times are limited to 15 minutes and scores are not recorded. All skill levels welcome. Hosted by and fundraising for the Walter Reed 55+ Center Advisory Committee and sponsored by the Alliance for Arlington Senior Programs. Once you have registered for this program, please remember to pay the $15 admission fee by visiting the Alliance website before the event. You may also pay in cash or check at the door. Rain date: Friday, October 13. Limited spaces available, so register early!

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<tr>
<th>Oct. 12</th>
<th>Thursday</th>
<th>10 a.m.-12 p.m.</th>
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<tbody>
<tr>
<td>Walter Reed</td>
<td>#911201-01</td>
<td>1 session: $15</td>
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</table>

Play Pickleball
Get exercise and have fun in friendly games of Pickleball, America’s fastest growing sport for adults over 50! Players of all levels and abilities are welcome to participate. Hours are subject to change to accommodate special events and programs.

**Walter Reed**
- Mondays 8:30 a.m.-4 p.m.* Drop-In
  *10-11 a.m. half court
- Tuesdays & Thursdays 12:15-4 p.m. Drop-In
- Wednesdays 2:15-4 p.m. Drop-In
- Fridays 10 a.m.-4 p.m. Drop-In

**Arlington Mill**
- Mon., Tues. & Thurs. 12-3 p.m. Drop-In
- Mondays & Fridays 10 a.m.-3 p.m. Drop-In
- Tuesdays 5-8:45 p.m. Drop-In

**INDOOR**

**Billiards**
Join in on fun, casual games of billiards with 55+ friends. Players of all levels and abilities are welcome. Equipment is provided. No program 9/4, 11/10, 11/23 and 11/24.

- Mondays – Fridays 10 a.m.-12 p.m. Drop-In

**Table Tennis**
Players of all levels and abilities are welcome to participate in friendly games. All equipment is provided. No program 9/4, 11/10, 11/23 and 11/24.

- Mondays – Fridays 10 a.m.-12 p.m. Drop-In

**Volleyball**
Friendly games of drop-in volleyball provide fun and exercise. Both beginners and experienced players are welcome.

- Tuesdays 3:30-5:30 p.m. Drop-In
55+ Basketball
A pick-up game of basketball is just what the doctor ordered! Join us for some full court press with a group of welcoming and supportive players. All skill levels are welcome. No instruction provided.

• Wednesdays 12-2 p.m.
  Walter Reed  Drop-In

Women’s Drop-in Basketball
Lace up your sneakers and play basketball with other women. Bring both white and dark shirts and a basketball.

• Wednesdays 7:15-8:45 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 www.medstarcapitalsiceplex.com to register for Senior Public Skate. No program 9/4.

• Mondays 8:50-10 a.m.
  MedStar Capitals Iceplex  Drop-In

NORTHERN VIRGINIA SENIOR OLYMPICS (NVSO)
SEPTEMBER 9 – 24, 2023

The Northern Virginia Senior Olympics (NVSO) will begin on Saturday, September 9 at 9:30 a.m. at Thomas Jefferson Community Center. The opening ceremonies will include a color guard and the national anthem performed by the Arlingtones.

In the following month, participants will compete in over 70 individual events at different venues throughout the region. A full schedule is available on the NVSO website, www.nvso.us, and all are welcome to attend and cheer on the competitors! Gold, silver and bronze medals will be awarded, and results will be posted throughout the events. A list of gold medal winners will be posted at each Arlington 55+ Center at the end of the competition.

For further information, email nvso1982@gmail.com or contact Arlington’s representative on the NVSO committee, Sidney Reid, at sreid@arlingtonva.us.

The Northern Virginia Senior Olympics are taking place during National Senior Center Month! See page 6 for a list of the other exciting activities happening at Arlington’s 55+ Centers in September.
**OUTDOOR**

55+ “Tour de Friends” Bike Club
Stay active with friendly biking companions. We’ll explore nearby trails and neighborhoods in a safe, socially distant manner. Ride distances are between 10–25 miles; durations vary. All levels of ability welcomed! No riders left behind. Destinations may be changed or excursions canceled for inclement weather.

- Sept. 14 Thursday 10 a.m.-12 p.m.
  Coffee in Vienna  #911206-01 1 session
- Sept. 28 Thursday 10 a.m.-12 p.m.
  Old Town Coffee Break  #911206-02 1 session
- Oct. 12 Thursday 10 a.m.-12 p.m.
  The Wharf, DC  #911206-03 1 session
- Oct. 26 Thursday 10 a.m.-12 p.m.
  Bethesda to Rockcreek, MD  #911206-04 1 session
- Nov. 16 Thursday 10 a.m.-12 p.m.
  Del Ray and Stomping Ground Café  #911206-05 1 session
- Nov. 30 Thursday 10 a.m.-12 p.m.
  Loop to the View  #911206-06 1 session

**Wingspan Game Night**
Wingspan is a card-driven, engine-building illustrated board game where players are bird enthusiasts — researchers, bird watchers, ornithologists and collectors — seeking to discover and attract the best birds to their network of wildlife preserves. Join 55+ Center Director Jennifer Weber for an overview of the game and to play.

- Oct. 24 Tuesday 6-8 p.m.
  Walter Reed  #911600-03 1 session

**Enjoy Variety Puzzles?**
Join your fellow puzzlers in learning a few new puzzles. Variety book of puzzles will be provided. Volunteer Linda Sholl will lead the activity. Sponsored by the Langston-Brown 55+ Advisory Committee and the Alliance for Arlington Senior Programs.

- Nov. 8 Wednesday 1-2 p.m.
  Langston-Brown  #911600-04 1 session

**Cornhole on the Plaza**
Come enjoy the outdoors with us on the Arlington Mill Plaza. There will be music, snacks, cornhole and lots of fun for all!

- Sept. 7 Thursday 12-2 p.m.
  Arlington Mill  #911206-07 1 session

**Croquet**
Enjoy the outdoors with a game of croquet. Beginners welcome and equipment is provided. In case of rain, program will be canceled. *No program 11/10 and 11/24.*

- Tuesdays & Fridays 11 a.m.-12 p.m.
  Walter Reed  Drop-In

**Bunco Bunch**
Calling all 55+ friends who want to play a fun game in a social environment. Bunco is a dice game of luck where having a good time is the number one objective. Bunco is a great way to socialize with new and old friends. No prior experience is needed.

- Sept. 8 Friday 1:30-3:30 p.m.
  Walter Reed  #911600-07 1 session
- Oct. 13 Friday 1:30-3:30 p.m.
  Walter Reed  #911600-08 1 session
- Nov. 17 Friday 1:30-3:30 p.m.
  Walter Reed  #911600-09 1 session

**Trivia**
Calling all trivia buffs! Join us for a fun-filled trivia challenge with your 55+ friends! Meets on first Thursdays.

- Sept. 7 Thursday 11 a.m.-12:30 p.m.
  Virtual  #911600-10 1 session
- Oct. 5 Thursday 11 a.m.-12:30 p.m.
  Virtual  #911600-11 1 session
- Nov. 2 Thursday 11 a.m.-12:30 p.m.
  Virtual  #911600-12 1 session
Jeopardy!

Play America’s favorite quiz game with monthly themes and test your knowledge. Have some fun with 55+ friends and try to win a prize! First Monday of the month: Sept. 11, Oct. 2 and Nov. 6. Led by volunteer Jacquie Stead.

• Sept. 11
  Aurora Hills
  Monday 2-3 p.m.
  #911600-13
  1 session

• Oct. 2
  Aurora Hills
  Monday 2-3 p.m.
  #911600-14
  1 session

• Nov. 6
  Aurora Hills
  Monday 2-3 p.m.
  #911600-15
  1 session

Chess

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. No program 9/4.

• Mondays
  Madison
  9:30 a.m.-2:30 p.m.
  Drop-In

Canasta

Canasta is a fun and easy to learn card game. If you’ve never played or haven’t played in years, these dedicated players will be glad to teach you or help brush up your skills.

• Wednesdays
  Walter Reed
  10 a.m.-12 p.m.
  Drop-In

Calling All Samba Players!

Samba is an intricate variation of canasta played with six decks of cards instead of two. Beginners are welcome!

• Tuesdays
  Walter Reed
  1-4 p.m.
  Drop-In

Hearts Club

Looking for an enjoyable, less complicated card game to play? Hearts is a strategic trick taking game that requires four players. Come play with 55+ friends at Aurora Hills on Wednesdays! No program on third Wednesdays. No program 9/20, 10/18, and 11/15.

• Wednesdays
  Aurora Hills
  10 a.m.-12 p.m.
  Drop-In

Cribbage

Cribbage is a classic yet challenging game. Although it may seem intimidating at first, Cribbage is very easy to learn and play, especially in this supportive group environment. Instruction will be provided. No program 11/10 and 11/24.

• Fridays
  Walter Reed
  10 a.m.-12 p.m.
  Drop-In

Pinochle and Card Games

In games of Pinochle, players score points by taking tricks and forming combinations from a special deck of cards. Enjoy strategizing, teamwork, and socializing. Other games such as Rummikub and 5 Crowns will also be played, depending on the preference of the group. No program 11/10 and 11/24.

• Fridays
  Langston-Brown
  1-3 p.m.
  Drop-In

Mah Jongg

Mah Jongg, played with special tiles, 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. There are two versions, American and Chinese, with several key differences: American style completes prescribed sets of hands as published yearly by the National Mah Jongg League; Chinese style follows ancient rules allowing more flexibility of tile combinations. No program 9/4, 11/1, and 11/23.

American Style

• Mondays
  Aurora Hills
  10 a.m.-12 p.m.
  Drop-In

• Tuesdays
  Madison
  1:30-3:30 p.m.
  Drop-In

• Mondays, Thursdays & Saturdays
  Walter Reed
  12-4 p.m.
  Drop-In

Chinese Style

• Thursdays
  Langston-Brown
  9:30-11:30 a.m.
  Drop-In

Mah Jongg Lessons

Learn the American style of Mah Jongg in this four-part series of classes with volunteer instructor Judy Wall. No experience required and supplies will be provided.

• Sept. 18 – Oct. 9
  Walter Reed
  Mondats
  #911600-16
  11 a.m.-12:30 p.m.
  4 sessions
### Mexican Train Dominoes
This friendly group of dominoes players is looking for new participants to join the games. If you’ve never played before it’s fun and easy to learn! **No program 9/4.**

- **Mondays**
  - 9:30 a.m.-12 p.m.
  - Walter Reed
- **Sundays**
  - 1:30-4:30 p.m.
  - Walter Reed

### Learn Mexican Train Dominoes
Enjoy friendly instruction from a 55+ volunteer. You’ll be sure to have fun learning this timeless classic!

- **Sept. 18**
  - Monday
  - 9:30 a.m.-12 p.m.
  - Walter Reed  #911600-17
  - 1 session

### Mexican Train Dominoes
Join 55+ Center Director Jennifer Weber for an evening edition of Mexican Train Dominoes. Beginners are welcome. Volunteers will be on hand to help teach you the rules; it’s easy to learn and fun to play!

- **Nov. 7**
  - Tuesday
  - 5-8 p.m.
  - Walter Reed  #911600-18
  - 1 session

### Card Games and Rummikub
Enjoy playing a variety card games such as Five Crowns and Phase 10 as well as Rummikub. If you are flexible with what you play, come join your fellow players for an afternoon of fun. The games played on any given day will be based on the number of players and choice of those in attendance. Beginners are welcome. **No program 9/4.**

- **Mondays**
  - 1-3 p.m.
  - Langston-Brown

### Rummikub
The original rummy tile-based game combines elements of gin rummy and Mah Jongg. **No program 9/4, 11/10, 11/11, 11/23 and 11/24.**

- **Tuesdays**
  - 9:30-11:30 a.m.
  - Langston-Brown
- **Wednesdays**
  - 10 a.m.-12 p.m.
  - Aurora Hills
- **Saturdays**
  - 10 a.m.-12 p.m.
  - Walter Reed
- **Saturdays**
  - 10 a.m.-12 p.m.
  - Arlington Mill
- **Mondays – Fridays**
  - 11 a.m.-1 p.m.
  - Arlington Mill

### Evening Mexican Train Dominoes
Join 55+ Center Director Jennifer Weber for an evening edition of Mexican Train Dominoes. Beginners are welcome. Volunteers will be on hand to help teach you the rules; it’s easy to learn and fun to play!

- **Nov. 7**
  - Tuesday
  - 5-8 p.m.
  - Walter Reed  #911600-18
  - 1 session

### Scrabble
If you like words 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 that haven’t played in a long time. **No program 11/10 and 11/24.**

- **Wednesdays**
  - 1-2:30 p.m.
  - Langston-Brown
- **Fridays**
  - 10 a.m.-3 p.m.
  - Walter Reed

### 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. Meets first and third Thursdays.

- **First and third Thursdays**
  - 1:30-3:30 p.m.
  - Lubber Run

### Practical Bridge
Practical Bridge is a nine-part series of classes led by experienced player Susan J. Court. The course is intended for both beginners and players with some knowledge of the game. The first class will be entirely instructional, while the following classes will involve supervised playing. Each class will also include instruction on a particular bidding or playing topic.

- **Sept. 18 – Nov. 13**
  - Mondays
  - 1-2:30 p.m.
  - Aurora Hills  #911602-01
  - 9 sessions
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. **No program 9/4, 11/10, 11/23 and 11/24.**

* Mondays & Fridays 12-3 p.m.  
  Lubber Run Drop-In
* Tuesdays 10 a.m.-12 p.m.  
  Madison Drop-In
* Wednesdays 1:30-3:30 p.m.  
  Walter Reed Drop-In
* Thursdays 10 a.m.-1 p.m.  
  Lubber Run Drop-In

Bridge Practice
Join volunteer instructors Linda and Steve Robinson for lessons on Bridge and a very friendly atmosphere to practice playing the game and get your questions answered.

* Tuesdays 2-4 p.m.  
  Walter Reed Drop-In

Foursome Bridge
Come join a team of four at Madison on Tuesdays or bring your own foursome to play at Aurora Hills on Wednesdays.

* Tuesdays 10 a.m.-12 p.m.  
  Madison Drop-In
* Wednesdays 10 a.m.-12 p.m.  
  Aurora Hills Drop-In

Languages

### Spanish Discussion Group  
Enjoy a discussion in Spanish on a variety of topics, including food, travel, current events, and more. Participants must have at least an intermediate knowledge of the Spanish language. Led by 55+ Center Director Ashley Gomez. Meets on second Thursdays.

* Sept. 14 Thursday 2-3 p.m.  
  Lubber Run #911650-01 1 session
* Oct. 12 Thursday 2-3 p.m.  
  Lubber Run #911650-02 1 session
* Nov. 9 Thursday 2-3 p.m.  
  Lubber Run #911650-03 1 session

### Spanish Conversation
Are you learning Spanish and need to find a group of like-minded people to practice with? Come join our social gatherings to meet people, practice vocabulary and participate in discussions in Spanish. No formal instruction is provided, but participants are happy to help newcomers and learn from each other; beginners are welcome. **No program 9/4.**

* Mondays 11 a.m.-12 p.m.  
  Arlington Mill 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. No instruction provided.

* Wednesdays 1-2 p.m.  
  Langston-Brown Drop-In

### Italian Conversation
If you have spoken Italian before and want to continue with this romantic language, please consider joining this group. No instruction provided. **No program 11/23.**

* Thursdays 2-3 p.m.  
  Langston-Brown Drop-In

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Find recordings of your favorite programs and activities on the 55+ Virtual Programs YouTube channel! Art, music, exercise, food, history - there's a little bit of everything, and we're constantly adding more. Look for episodes of 55+ Live, which feature a variety of 55+ related segments and updates. 

Visit [youtube.com/virtualprograms](http://youtube.com/virtualprograms)
**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. No instruction provided.

- **Sept. 1**
  - Virtual
- **Sept. 8**
  - Virtual
- **Sept. 15**
  - Virtual
- **Sept. 22**
  - Virtual
- **Sept. 29**
  - Virtual
- **Oct. 6**
  - Virtual
- **Oct. 13**
  - Virtual
- **Oct. 20**
  - Virtual
- **Nov. 3**
  - Virtual
- **Nov. 17**
  - Virtual

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<th>Date</th>
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**Mac, iPhone, iPad**

Learn how to use your Apple products including Mac computers, iPads and iPhones or just get your questions answered. Must pre-register for an individual appointment with Lowell Nelson, volunteer and experienced Apple user.

- **Sept. 6**
  - 10-10:45 a.m.
  - 10:45-11:30 a.m.
  - 11:30 a.m.-12:15 p.m.
- **Sept. 13**
  - 10-10:45 a.m.
  - 10:45-11:30 a.m.
  - 11:30 a.m.-12:15 p.m.
- **Sept. 20**
  - 10-10:45 a.m.
  - 10:45-11:30 a.m.
  - 11:30 a.m.-12:15 p.m.
- **Oct. 4**
  - 10-10:45 a.m.
  - 10:45-11:30 a.m.
  - 11:30 a.m.-12:15 p.m.
- **Sept. 1**
  - 10 a.m.-12 p.m.
  - 1 session
- **Sept. 8**
  - 10 a.m.-12 p.m.
  - 1 session
- **Sept. 15**
  - 10 a.m.-12 p.m.
  - 1 session
- **Sept. 22**
  - 10 a.m.-12 p.m.
  - 1 session
- **Sept. 29**
  - 10 a.m.-12 p.m.
  - 1 session
- **Oct. 6**
  - 10 a.m.-12 p.m.
  - 1 session
- **Oct. 13**
  - 10 a.m.-12 p.m.
  - 1 session
- **Oct. 20**
  - 10 a.m.-12 p.m.
  - 1 session
- **Nov. 3**
  - 10 a.m.-12 p.m.
  - 1 session
- **Nov. 17**
  - 10 a.m.-12 p.m.
  - 1 session

**SERVICES**

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SEPTEMBER

**Ladew Topiary Gardens**  ▶ Monkton, MD

**SEPTEMBER 7 • Thursday**

Start with a pleasant stroll on your own through this world-renowned living masterpiece featuring 15 thematic “garden rooms” on 22 acres. Then we'll enjoy a guided tour of the historic manor house. With no professional training or assistance, Harvey Ladew created a magnificent living work of art that reflects his style, elegance and sense of humor. Lunch at the Ladew Café is included in the fee. Please indicate your menu choice when registering: 1. Seasonal Berry Salad; 2. Chicken Salad Sandwich or 3. Ladew Chicken Sandwich.

WR 8:15 a.m.   $56 Arlington County
MAD 8:45 a.m.   $65 Out-of-County
returning 6:00 p.m.  #902309-01

**2023 Mushroom Festival**  ▶ Kennett Square, PA

**SEPTEMBER 9 • Saturday**

The Mushroom Festival celebrates mushrooms, mushroom farms and Kennett Square—the Mushroom Capital of the World. Sample a variety of mushroom-centric foods (e.g., fried mushrooms, mushroom soup, etc.) and learn about the mystical and fascinating process of mushroom growing. Also visit the many craft vendors offering mushroom-themed goodies, shop at the delightful Kennett Square boutiques and enjoy a variety of restaurant options in town. **Please note:** There will be a $5 entrance fee at the gate. Only cash is accepted.

WR 7:15 a.m.   $25 Arlington County
MAD 7:45 a.m.   $29 Out-of-County
returning 7:00 p.m.  #902309-02

**Apollo: When We Went to the Moon Exhibit at the Virginia Museum of History and Culture**  ▶ Richmond, VA

**SEPTEMBER 12 • Tuesday**

We’ll have a guided tour of this special exhibit chronicling the social and political forces of the Space Race—the intense competition between the U.S. and Soviet Union to be the first to reach the moon—which later gave way to the collaborative culture of the International Space Station program and beyond. Through objects and artifacts from the U.S. Space and Rocket Center’s archives, you’ll experience the best of technology and space exploration through the eyes of the engineers and in the boots of the astronauts who took us to the moon 50 years ago. Lunch on your own.

MAD 7:15 a.m.   $28 Arlington County
BAR 7:45 a.m.   $32 Out-of-County
returning 7:00 p.m.  #902309-03

**A Day in Rehoboth Beach**  ▶ Rehoboth Beach, DE

**SEPTEMBER 13 • Wednesday**

With the summer crowds gone, now is the perfect time to spend a relaxing day at the beach. Walk along the boardwalk, shop and dine on the Avenue, or just enjoy the sun, sand and surf at Rehoboth Beach. Stop on the way back at Adams Fruit Market to buy delicious, farm fresh produce.

MAD 7:00 a.m.   $15 Arlington County
BAR 7:30 a.m.   $18 Out-of-County
returning 8:00 p.m.  #902309-04

**55+ TRAVEL**
President Lincoln’s Cottage ▶ Washington, DC

SEPTEMBER 20 • Wednesday

To escape the heat and humidity, President Abraham Lincoln spent his three summers in office at a 34-room hilltop “cottage” on the grounds of the Soldier’s Home in Northwest DC. While staying at this summer retreat, Lincoln made some of his most significant decisions and wrote the final draft of the Emancipation Proclamation. We’ll take a docent-led tour of the historic house museum, a national landmark, and have free time for the visitor education center and gift shop. Then the bus will take us to the nearby Busboys and Poets for lunch on our own.

MAD 8:30 a.m.   $23 Arlington County
WR 9:00 a.m.    $27 Out-of-County
returning 3:00 p.m.  #902309-05

Lovettsville Oktoberfest ▶ Lovettsville, VA

SEPTEMBER 23 • Saturday

Voted Loudoun County’s Best Community Event/Festival, the Lovettsville Oktoberfest is not to be missed! This tribute to the town’s German heritage is an over 25-year tradition with ancient roots. The festival is a wonderful combination of Germany and country Virginia, and features authentic German dance and musical performances, costumes, food, crafts and more.

WR 9:15 a.m.   $11 Arlington County
MAD 9:45 a.m.  $13 Out-of-County
returning 6:00 p.m.  #902309-06

Bridges of Madison County at Riverside Center for the Performing Arts ▶ Fredericksburg, VA

SEPTEMBER 27 • Wednesday

Based on the best-selling novel and major motion picture starring Meryl Streep and Clint Eastwood, this is the story of a beautiful Italian woman who married an American soldier to flee war-ravaged Italy and looks forward to a rare 4 days alone when her family heads to the 1965 World’s Fair. Everything changes when a ruggedly handsome National Geographic photographer pulls into her driveway seeking directions. This sweeping romance about the roads we travel, the doors we open and the bridges we dare to cross will leave you breathless. A three-course, waiter-served lunch is included.

MAD 9:30 a.m.  $87 Arlington County
BAR 10:00 a.m. $100 Out-of-County
returning 6:15 p.m.  #902309-07

Virginia State Fair ▶ Doswell, VA

SEPTEMBER 29 • Friday

Get ready for the big end-of-summer event in Virginia—the Virginia State Fair! A fun, carnival atmosphere awaits you, with amusement park rides for children of all ages, jugglers, magic shows, livestock races and blue-ribbon events, a rodeo and, of course, so many kinds of calorie-rich fried foods and sweets that it will be hard to know where to begin. This is a very large, sprawling event and involves extensive walking. Please wear comfortable shoes.

MAD 9:00 a.m.  $25 Arlington County
BAR 9:30 a.m.  $29 Out-of-County
returning 6:00 p.m.  #902309-08

REGISTRATION FOR 55+ TRIPS:

The registration process for 55+ trips has been streamlined. It will now start on the same days and follow the same procedures as general registration for all 55+ programs. Arlington residents may begin to sign up on Wed., Aug. 16 at 10 a.m. Out-of-County residents may begin on Thurs., Aug. 17 at 10 a.m. There is no longer a separate registration process for trips.

You may register online, by phone or in person beginning on the appropriate date. Detailed step-by-step instructions for registering online are provided on pg. 52 of the Guide. To register by phone, please call the Administrative Services at 703-228-4747. The 55+ Travel Program will no longer be handling phone registration. If you wish to register in person, you may do so at a 55+ Center or at the Administrative Services Office located at the Lubber Run Community Center, 300 N. Park Dr., Arlington, 22203.
OCTOBER

Bally’s Dover Casino

OCTOBER 3 • Tuesday

Get into the action at Bally’s Dover Casino, Delaware’s largest casino. The casino’s many offerings include all your favorite table games, nearly 2,000 slots and a 250-seat sportsbook with simulcast harness and thoroughbred horse racing. Play and dine on your own.

BAR 7:30 a.m. $14 Arlington County
MAD 8:00 a.m. $17 Out-of-County
returning 7:30 p.m. #902310-01

Waterford Fair

OCTOBER 7 • Saturday

This wonderful annual fair celebrates Virginia’s arts, culture and history. Watch history come to life, shop, play and tour in the Village of Waterford. Lunch on your own at the fair. Involves extensive walking.

WR 9:15 a.m. $28 Arlington County
MAD 9:45 a.m. $33 Out-of-County
returning 4:30 p.m. #902310-02

Capital Jewish Museum

OCTOBER 11 • Wednesday

Be among the first to tour DC’s newest museum celebrating Jewish life in the Washington area. The building’s innovative design incorporates the first structure built as a synagogue in Washington, DC in 1876. Dive deep into local Jewish history through a one-hour guided highlights tour of the museum’s ongoing exhibitions and a half-hour guided tour of the special exhibit Notorious RBG: The Life and Times of Ruth Bader Ginsberg. Both tours included. Lunch on your own at nearby restaurants.

MAD 9:45 a.m. $20 Arlington County
GUN 10:15 a.m. $23 Out-of-County
returning 4:30 p.m. #902310-03

Gari Melchers Home and Studio

OCTOBER 19 • Thursday

Explore creativity at Belmont, the 18th century country estate and studio of internationally renowned American Impressionist painter Gari Melchers (1860–1932) and his wife Corrine. We’ll have a guided tour of the historic home, art studio and galleries. There will also be some free time to explore the beautiful formal gardens on your own. Then the bus will bring us to downtown Fredericksburg for lunch at Ristorante Renato (included in fee); order from pre-selected banquet menu at the restaurant.

MAD 8:00 a.m. $58 Arlington County
BAR 8:30 a.m. $67 Out-of-County
returning 4:30 p.m. #902310-04

The Tea Cart at Old Water Street Inn

OCTOBER 20 • Friday

Located in historic downtown Winchester, The Tea Cart at Old Water Street Inn is the sister location to the flagship tearoom in Berryville, VA. Delight in a traditional British afternoon tea in a quaint upscale setting. The Royal Ascot Tea includes soup, a petite savory, four tea sandwiches, three desserts, a scone with Devonshire cream and preserves and, of course, a bottomless pot of tea. After the tea, stroll and shop on your own at Old Town Winchester’s Walking Mall.

MAD 8:30 a.m. $74 Arlington County
BAR 9:00 a.m. $86 Out-of-County
returning 5:30 p.m. #902310-05

REFUND POLICY FOR TRIPS

• No refunds are granted for any trips that require meal reservations, tickets or chartered transportation, unless staff is able to sell your reserved space.
• No refunds within 48 hours of trip departure time.
• Call 55+ Travel at 703-228-4748 for cancellation requests for 55+ trips.

PLEASE NOTE:

• Destinations may be changed, or excursions canceled for inclement weather.
Smithsonian National Museum of American History: Traveler’s Choice  ► Washington, DC

**OCTOBER 25 • Wednesday**

View one or both of these outstanding exhibits at the National Museum of American History: 1) *Mirror, Mirror for Us All: Disney Parks and the American Narrative Experience*; and 2) *De última hora!: Latinas Report Breaking News*. The first explores how Disney theme parks serve as locations of public memory for the American experience and how complicated historical narratives are changing our understanding of American history. The second showcases the work of six Latina reporters on Spanish language television, their eyewitness reporting of major stories, the challenges they face, and how they shape the narrative for major historical events and meet the needs of their Spanish-speaking audience. Also visit other iconic national treasures at the museum, such as the Star-Spangled Banner and many more! Tour and lunch on your own at the museum.

**MAD** 9:30 a.m.  $9 Arlington County  
**GUN** 10:00 a.m.  $11 Out-of-County  
returning 4:00 p.m.  #902310-06

Dutch Country Farmers Market  ► Laurel, MD

**OCTOBER 27 • Friday**

Located in Laurel, MD, this market is full of the best fresh and delicious foods from Pennsylvania Dutch Country. Baked goods, dairy products, barbecue, candies, organic meats and more can be purchased from a variety of merchants.

**BAR** 8:15 a.m.  $8 Arlington County  
**MAD** 8:45 a.m.  $10 Out-of-County  
returning 2:15 p.m.  #902310-07

DC History Center  ► Washington, DC

**NOVEMBER 2 • Thursday**

Explore DC’s diverse and complex history with a guided tour of the DC History Center, located in the stunning and newly renovated historic Carnegie Library. Founded in 1894, the Center preserves and elevates the stories of Washington’s diverse people, neighborhoods and institutions.

**MAD** 12:45 p.m.  $20 Arlington County  
**BAR** 1:15 p.m.  $22 Out-of-County  
returning 4:45 p.m.  #902311-01

Leesburg Premium Outlets  ► Leesburg, VA

**NOVEMBER 6 • Monday**

Find great bargains at over 100 designer and name-brand outlet stores in this outdoor outlet shopping mall. Take a break for lunch at the newly remodeled, enclosed food court.

**GUN** 10:00 a.m.  $9 Arlington County  
**MAD** 10:30 a.m.  $11 Out-of-County  
returning 5:00 p.m.  #902311-02

Composing Color: Paintings by Alma Thomas Exhibit at the Smithsonian American Art Museum  ► Washington, DC

**NOVEMBER 9 • Thursday**

This exhibit offers an intimate view of Alma Thomas’ evolving practice during her most prolific period, 1959–1978. She developed her distinctive abstract style late in life, after retiring from a teaching career. New research shows that she continued to innovate until the end of her life, at times changing her methods to adapt to her declining physical ability due to arthritis. As the luminous works in the exhibit reveal, Thomas’ astounding creative drive and mastery of color remained constant through her final years. Tour and dine on your own at the museum.

**MAD** 10:30 a.m.  $8 Arlington County  
**GUN** 11:00 a.m.  $10 Out-of-County  
returning 4:30 p.m.  #902311-03

Register online or by phone  |  arlingtonva.us/dpr  |  703-228-4747
Northern Virginia Christmas Market at Dulles Expo Center  ► Chantilly, VA

**NOVEMBER 12 • Sunday**

Shop for unique handcrafted holiday gifts at this spectacular, award-winning market at the Dulles Expo Center. The market features more than 250 fine artisans from more than 35 states. **Note: There is an $8 entrance fee upon arrival. Lunch on your own at the market.**

**Northern Virginia Christmas Market**

- **Bar** 8:45 a.m. $9 Arlington County
- **MAD** 9:15 a.m. $11 Out-of-County
- **Returning** 3:30 p.m. #902311-04

**Dutch’s Daughter Thanksgiving**  ► Frederick, MD

**NOVEMBER 23 • Thursday**

Enjoy a delicious Thanksgiving buffet lunch at the lovely Dutch’s Daughter restaurant with your fellow travelers.

- **WR** 10:15 a.m. $71 Arlington County
- **MAD** 10:45 a.m. $82 Out-of-County
- **Returning** 3:45 p.m. #902311-06

**Miracle on 34th Street at Riverside Center for the Performing Arts**  ► Fredericksburg, VA

**NOVEMBER 29 • Wednesday**

Meredith Wilson’s *Miracle on 34th Street* follows Kris Kringle as he takes on the cynics in this beloved holiday classic. Single mother Doris Walker doesn’t want her six-year-old Susan’s head filled with romantic notions. So, when their neighbor, Fred Gaily, tries to woo Doris by charming Susan and taking her to see Santa Claus at Macy’s, Doris is not impressed. But when it turns out that Macy’s Santa may, in fact, be the real Kris Kringle, a wave of love spreads across New York City that melts even the most cynical hearts. Filled with humor, spectacle and beloved songs, this joyous, heartwarming musical is pure family entertainment. A three-course, waiter-served lunch is included.

- **MAD** 9:30 a.m. $87 Arlington County
- **BAR** 10:00 a.m. $100 Out-of-County
- **Returning** 6:15 p.m. #902311-07

**Art and Ideals: President John F. Kennedy Exhibit at the Kennedy Center**  ► Washington, DC

**NOVEMBER 17 • Friday**

Enjoy a guided tour of this wonderful new exhibit that explores President Kennedy’s appreciation and promotion of the arts and why the Kennedy Center came to be a living memorial to him and his ideals. Highlights include JFK’s early years, his administration’s support of artists in American society, and the influence of art in social change, culture and diplomacy at the White House. Following the tour, lunch on your own at the Kennedy Center’s KC Café.

**Art and Ideals: President John F. Kennedy Exhibit at the Kennedy Center**

- **MAD** 9:30 a.m. $9 Arlington County
- **WR** 10:00 a.m. $11 Out-of-County
- **Returning** 4:00 p.m. #902311-05

**IMPORTANT TRAVEL INFORMATION:**

- You must have a valid 55+ Pass, except for first-time guests (must be age 55 and older).
- Bus leaves promptly at the specified time from each pick-up site. Arrive at least 15 minutes prior to bus departure. Upon arrival, check in with the volunteer travel leader.
- Please note: the first bus departure will be the last drop-off on the return. The return time is the time we arrive at the last drop-off. Return times are estimated.
- Meals: when a meal choice is advertised, call 55+ Travel at (703) 228-4748 to indicate your choice. A dollar sign means the lunch is on your own and a plate symbol means the meal is included in the stated price.
- Parking: at Barcroft, parking is in the garage and pick-up is in the front of the center. At Gunston, parking and pickup are in the lower parking lot down the hill from the entrance to the school and just north of the tennis courts and soccer fields. At Thomas Jefferson (TJ), parking and pick-up are in the parking lot to the right of the tennis courts, NOT in front of the community center. At Walter Reed, parking is in the back lot behind the center and pick-up is in the front of the center.
THE ALLIANCE FOR ARLINGTON SENIOR PROGRAMS (AASP)

The Alliance for Arlington Senior Adult Programs (AASP) continues to support 55+ Program activities, such as 55+ Fitness Day, the Variety Show, healthy cooking classes, Acoustic Café and the new Internet Access for Arlington Seniors Project.

We would like to thank the many 55+ Program members who have made donations to the Alliance since our last appeal for help. We have been able to provide Internet access to a number of needy Arlington seniors at no cost to them and have begun additional computer classes at the Arlington Mill, Langston-Brown and Walter Reed Centers.

If you are a past supporter, we are asking you to help once again. If you have never given before, your help is especially important. Visit friendsofthealliance.org to donate or send a check to: The Alliance for Arlington Senior Programs, P.O. Box 5184, Arlington, VA 22205.

ARLINGTON NEIGHBORHOOD VILLAGE (ANV)

Arlington Neighborhood Village (ANV) is a community-based non-profit organization that helps older adults stay in their homes and community as they age. ANV volunteers provide the extra help a member might need: a ride to a medical appointment, running an errand, help on the computer or someone to get up on a ladder to change a light bulb! To learn more about ANV, call 703-509-8057, email info@ANVarlington.org or visit ANVarlington.org. Everyone is invited to join ANV’s weekly Coffee and Conversation speaker series on Wednesdays at 10 a.m. Go to ANVarlington.org/events to learn more and get the Zoom link. You can also learn more about volunteering with ANV or becoming a member on Tues., Sept. 12 at 11:30 a.m.; look in this guide on page 12 for registration information.

Volunteers Needed! If you are looking for a special volunteer opportunity, please consider ANV. We especially need volunteers who are able to drive older adults to medical and other appointments. You must be 21 years old and available during the day, Mondays through Fridays. Our volunteers tell us that they have “received more than they have given.” If you want to learn more, please visit ANVarlington.org/volunteer.

Take a moment to visit our website at ANVarlington.org to learn more about us!

ENCORE LEARNING

Encore Learning provides college-level courses, nine active clubs and year-round special events for people ages 50+ who want to expand their world, learn new things and make new friends, all at a low price. Courses are offered virtually via Zoom or in-person at George Mason University’s Arlington campus and other nearby locations. Membership is only $65 for the entire year.

The fall course preview is Thursday, September 7 via Zoom and provides a great opportunity to meet the instructors and learn more about each course. Registration for the fall semester begins Monday, September 11 at 10:00 a.m. sharp, with 35 courses being offered from October to December. To see all of our special events and upcoming courses, click here. You must be a member of Encore Learning to enroll in any course. For more information or to become a member, visit www.EncoreLearning.net or email us at info@encorelearning.net.
HOW TO REGISTER

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.

Registration Opens:
• August 16 at 10 a.m. (Arlington County)
• August 17 at 10 a.m. (Out of County)

THERE ARE FOUR WAYS TO REGISTER:

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

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.

IN PERSON ▶ Visit one of our 55+ Centers that are open, or Department of Parks & Recreation Administrative Services Office located at 300 N. Park Drive (Mon.–Fri., 8 a.m. to 5 p.m.).

PHONE ▶ 703-228-4747
Call us to register: Monday – Friday, 8 a.m. – 5 p.m.

MAIL ▶ 300 N. Park Drive 22203
( Get the 55+ Pass registration form online )

Refund Policy For Fee-Based Classes
Refunds must be requested through Administrative Services at 703-228-4747.

Full refunds for 55+ classes are made automatically when classes are canceled by 55+ due to insufficient enrollment or other unforeseen reasons, or upon request when schedule or location changes made by 55+ prohibit or limit attendance. Refunds for medical reasons must be accompanied by a physician’s note and are considered on a case-by-case basis.

The 2.5% credit card surcharge is nonrefundable unless the program or reservation is canceled by the Department of Parks and Recreation (DPR). Any bank fees incurred as a result of an e-check, due to insufficient funds or incorrect account information, will not be refunded under any circumstance.

Customers who request a refund within 48 hours after the first class for any reason other than those stated above will receive a full refund minus a $20 service charge. Credit card charges will be refunded directly to the credit card, by request. No refunds or credits will be given after the second class has started, or if a customer is unable to attend a one-session class or workshop. No refunds are given for fees less than $20. 55+ Programs adheres to DPR policies.

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
David Litman / Chair
Marilyn Marton / Vice Chair
Tom Curtis / Secretary
Valerie Turner / Treasurer
Vera Libeau / Past Chair

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.
General Information 703-228-4747
55Plus@arlingtonva.us

55+ Sports & Fitness Information
703-228-4771 (voicemail)

55+ Travel Program Information
703-228-4748 (voicemail)
AC55PlusTravel@arlingtonva.us

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**55+ CENTERS**

**AM** Arlington Mill
909 S. Dinwiddie St., 22204
703-228-7369
55Plus@arlingtonva.us
M-F: 9-3, some nights/wknds

**AH** Aurora Hills
735 S. 18th Street., 22202
703-228-5722
Lila Paig: lpaig@arlingtonva.us
MWF: 10-3; T/TH as scheduled

**LB** Langston-Brown
2121 N. Culpeper St., 22207
703-228-6300
Elizabeth Poole: epoole@arlingtonva.us
M-F: 9-3, some nights/wknds

**LUBR** Lubber Run
300 N. Park Dr., 22203
703-228-4767
Ashley Gomez Figueredo: agomez1@arlingtonva.us
M-F: 9-3, some nights/wknds

**WR** Walter Reed
2909 S. 16th St., 22204
703-228-0955
Jennifer Weber: jweber1@arlingtonva.us
M-F: 9-3, some nights/wknds

*Indicates hot lunch daily

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**ACTIVITY / PICK-UP SITES**

**BAR** Barcroft
4200 S. Four Mile Run Dr., 22204
703-228-0701

**FAIR** Fairlington
3308 S. Stafford St., 22206
703-228-6588

**GUN** Gunston
2700 S. Lang St., 22206
703-228-6980

**LONB** Long Bridge Aquatics & Fitness Center
333 Long Bridge Dr., 22202
703-228-3338

**MAD** Madison
3829 N. Stafford St., 22207
703-228-5310

**TJ** Thomas Jefferson
3501 S. Second St., 22204
703-228-5920

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Register online or by phone  |  arlingtonva.us/dpr  |  703-228-4747  |  53