

Meeting Report
Arlington Senior Adult Council Meeting
Wednesday March 20, 2024

I. Call to Order, David Litman. At 1:00 p.m. SAC Chair, David Litman called the meeting to order. In addition to David, SAC Officers present were Secretary Tom Curtis, Vice Chair Marilyn Marten, and Treasurer Valerie Turner. Attending for Center Advisory Committeees were Marge Corletti, Marge Ginsburg, Andres Izaguirre, Judy McVerry, and Linda Sholl. Doug Frost represented the Alliance for Arlington Senior Programs and Wendy Zenker represented Arlington Neighborhood Village. Jim Mason represented the Travel Committee. County staff included Sharleka Ashton, Jennifer Collins, Carrie Connly, Cory Cox, Ashley Gomez, Don Hesse, Kisha Holland, Meghan Lawler, Jane Randolph, Sidney Reid, Jessica Vasquez, and Jennifer Weber.

II. FY 2025 Budget, Department of Parks and Recreation Director Jane Randolph. Along with Cheryl Johnson and Mwghan Lawler, Ms. Rudolph reported on the Department's proposed Budget for the coming fiscal year, starting July 1. There are various cuts and reductions but overall the proposed budget for 55+ programs is up slightly. You may link to the Department of Parks and Recreation proposed budget here:

[FY 2025 DPR Proposal Budget Overview - Commissions \(9\).pdf](#)

III. Secretary's Report, Tom Curtis. The minutes of the January 17 meeting were approved.

IV. Treasurer's Report, Valerie Turner. Treasurer Valerie Turner reported that the SAC has a current balance of \$3395.22 and the community centers have a collective balance of \$13787.86. Valerie's full report is included in the Detailed Meeting Report, part 2 of these minutes.

V. 55+ Program Manager Report, Jennifer Collins.
Jennifer introduced Cory Cox, the 55+ program's new Operations and Nutrition Supervisor. She also announced changes to the day and time for class and event registration, which will now be on Tuesdays at noon for Arlington residents, and remain on Thursdays for non-residents. Jennifer's detailed report is included in the Detailed Meeting Report.

VI. Alliance for Arlington Senior Programs Report, Doug Frost.

Alliance Chair Doug Frost reported on the ongoing internet access and computer training program. Participation is strong. Doug also mentioned that a priority for the Alliance is the upcoming 70th anniversary celebration of the 55+program, along with the June fundraiser through Rocklands BBQ.

VII. Advisory Committees Roundtable (see items VI a-f in the Detailed Meeting Report.

- a. Langston Brown (Linda Scholl)
- b. Lubber Run (Andres Izaguirre)
- c. Walter Reed (Judy McVerry)
- d. Aurora Hills (Marge Ginsberg)
- e. Arlington Mill (TBD)
- f. Discussion and Next Steps (All)

VIII. Old Business. David reported on the February 2nd “All Hands” meeting. Part of that meeting involved discussion of the 55+ program’s 70th anniversary celebration, and David noted that following the SAC meeting there would be a working session of interested SAC members and others, including county staff, to discuss ideas for that celebration. A report on that meeting is included in the Detailed Meeting Report.

IX. New Business. Doug Doug Frost and Andrea Walker reported for the Nominating Committee, suggesting Marilyn Marten for another 2 year term as Vice Chair and Tom Curtis for another 2 year term as Secretary.

X. Organization and Committee Reports (see items IX a-e in the detailed meeting report).

- a) Arlington Neighborhood Village (Wendy Zenker)
- b) Commission on Aging (Andrea Walker)
- c) Parks and Recreation (Dean Foster)
- d) Sports and Fitness (Don Hesse)
- e) Travel Committee (Jim Mason)

Next Executive Committee Meetings: April 10 and May 8.

Next Senior Adult Council Meeting: May 15.

DETAILED MEETING REPORT
SAC Meeting 11.15.23

Note: item numbers correspond to numbers on the agenda.

IV. TREASURER'S REPORT, Valerie Turner

703-489-3821.

Senior Adult Council

Bank Balance as of Jan 01, 2024: \$5,998.22 Feb 1, 2024:
 \$3,395.22

Income:	\$533.00	Income	\$0.00
Expenses:	\$3,136.00	Expenses	\$0.00

Bank Balance as of Jan 31, 2024: \$3,395.22 Feb 29, 2024:
 \$3,395.22

December - Income Alliance contribution to the New Year's Eve Party,
 expenses payment to the "Celtic House Irish Pub" for the New Year's Eve
 party.

Arlington County Senior Centers Bank Balance

Senior Center	Jan 1, 2024	Income	Expenses	Feb 1, 2024	Income	Expenses	Feb 29, 2024
Arlington Mill	\$967.06	Inactive	Inactive	\$967.06	Inactive	Inactive	\$967.06
Aurora Hills	\$5,560.00	\$0.00	\$0.00	\$5,560.00	\$0.00	\$78.72	\$5,481.28
Langston Brown	\$2,105.67	\$0.00	\$0.00	\$2,105.67	\$0.00	\$0.00	\$2,105.67
Lubber Run	\$2,452.18	\$0.00	\$0.00	\$2,452.18	\$0.00	\$144.00	\$2,308.18
Walter Reed	\$2,935.16	\$0.00	\$0.00	\$2,935.16	\$0.00	\$9.49	\$2,925.67
Total	\$14,020.07	\$0.00	\$0.00	\$14,020.07	\$0.00	\$232.21	\$13,787.86

No activities from Senior Centers during January 2024.

Aurora Hills - February expenses, coffee cups, name labels & food for acoustic hour.

Lubber Run – February expenses, luncheon expenses.

Walter Reed - February expenses, purchase of games.

V. 55+ Program Manager Report, Jennifer Collins.

Jennifer introduced Cory Cox, the 55+ program's new Operations and Nutrition Supervisor. Cory is an experienced professional in senior services and programming. He spent the last 5 years with the Prince William County Area Agency on Aging, where he gained valuable experience in program development, community outreach, and congregate nutrition. Cory has even worked with our own Sharleka Ashton, as he ran the virtual programming for PWC as part of the jurisdictional partnership for the Virtual Center for Active Adults. Now, as the Operations and Nutrition Supervisor for Arlington County 55+ programs, he will help to continue to ensure that seniors in Arlington have access to essential services and activities. Cory has a degree in Kinesiology and Exercise Science and a Masters in Sport and Fitness Administration/Management.

Outside of work, Cory enjoys spending time with his wife Emily and his two children Harper (8y) and Joey (8m), exploring the local area, and staying active.

Cory's office will be at the Walter Reed Community Center. He can be reached at x4406 and Ccox1@arlingtonva.us .

55+ Registration Day and Time Change

Starting in May, 55+ Programs will be moving the registration dates from Wednesday for Residents up one day to Tuesdays. Out-of-County registration will remain on Thursdays. The reason for the change is due to the Vermont Systems production schedule. Usually, their updates are pushed out on Wednesdays and DPR is trying to avoid having registrations during that time as the updates can slow down the registration process. The registration time is also moving to 12pm. This will not only be consistent with the time DPR holds all other registrations but also addresses the issue of 10am being a popular class time at all the centers. Information about this change will be in the next 55+ Guide, center newsletters, and 55+ eNews, as well as posted at the centers.

Upcoming Registration Dates:

Registration Type	Proposed Date, Time
55+ Classes SUMMER June/July/August (RES)	Tuesday, May 21, 2024, 12pm

55+ Classes SUMMER June/July/August (NR)	Thursday, May 23, 2024, 12pm
55+ Classes FALL September/October/November (RES)	Tuesday, August 20, 2024, 12pm
55+ Classes FALL September/October/November (NR)	Thursday, August 22, 2024, 12pm
55+ Classes WINTER December 2024/January 2025/February 2025 (RES)	Tuesday, November 19, 2024, 12pm
55+ Classes WINTER December 2024/January 2025/February 2025 (NR)	Thursday, November 21, 2024, 12pm

Annual Outcomes Survey Reminder.

We want to remind everyone that we need their feedback for our Annual Outcomes Survey. Prior to the pandemic we used to get 600-700 responses each year. Last year we got less than 100, so we really need everyone's help in helping spread the word about the importance of the annual Outcomes Survey.

Please share with your committees and 55+ staff are going to be working on getting the survey out to centers for participants to fill out also.

Here's the QR code that leads to the 2024 outcome questionnaire:



VII. ADVISORY COMMITTEE ROUNDTABLE.

a. Langston Brown (Linda Scholl)

Rockland Fundraiser Update (June 18, 2024):

Arlington Mill has indicated that they are planning to participate this year.

I will send out a call for volunteers from each senior center around the end of April.

Online registration tips and tricks. We had our second online registration tips and tricks class, I have been getting positive feedback from the class. I noticed that there has been an improvement in the search feature of webtrac so if you haven't tried it lately you may want to give it another shot. The class also made suggestions to enhance the wishlist feature that I forwarded to 55+.

Support for Social 60's vegetable garden. Our committee is once again supporting the Langston-Brown social 60's vegetable garden. We are providing additional soil for the raised garden beds. We are finding that "soil" is not dirt cheap!

b. Lubber Run. No Report.

c. Walter Reed (Judy McVerry).

Our advisory committee hosted a very successful St. Patrick's Day party on Friday, March 15. A total of 80 people attended the free event. Our own Walter Reed Sunshine Gang provided musical entertainment, which included an audience sing-along of well-known Irish songs

Andy Izaguirre from our senior advisory committee has volunteered to be our representative for the 55+ 70th Anniversary Steering Committee.

We have discussed several ideas for possible 70th Anniversary events at Walter Reed, including an outdoor movie and a Pickleball event. We expect to make our final decision this week.

d. Aurora Hills. No Report.

X. Organization and Committee Reports

A. Arlington Neighborhood Village (ANV). No Report.

B. Commission on Aging. No Report.

C. Parks and Recreation, No Report.

D. Sports and Fitness, Sidney Reid.

Spring registration was successful for the sports and fitness classes. This spring we brought back pickleball instruction classes after being without an instructor for almost a year. There are 4 classes split between Lubber Run and Arlington Mill. These classes all filled and had a waitlist. Another new class this spring is Zumba Gold. This class is meeting on Tuesday evenings at Arlington Mill.

The 55+ Fitness Day and Health Fair will be held on 5/29/2024 from 10am-noon at Lubber Run. This event is partnering with Virginia Hospital Center and Marymount University. There will be vision and hearing screenings; fall risk assessments; fitness class demonstrations; Q&As with dietitians, pharmacists, and insurance counselors; and more! This event is free and open to all- no 55+ Pass required.

E. Travel Committee, Jim Mason.

At its most recent meeting, on February 13, 2024, the Travel Advisory Committee discussed the comments at the February 2nd “Combined Committees” meeting concerning the need for printed copies of the 55+ Guide, and the possibility of providing a subscription option for seniors wishing to receive their own personal copies in the mail. The members of the Travel Advisory Committee were very supportive of the idea.

The 55+ Travel Program continues to offer a number of diverse and interesting trips for the Arlington senior community. From January through May of this year, travelers have had a choice of over 50 travel options. For our trips in the Spring Catalog that runs March to May, almost all of the trips are full or nearly full. The most popular of these trips include; a Princeton, NJ walking Tour; all three Kennedy Center “Coffee Concerts”; a performance of “The Book of Mormon” at the National Theatre”; Cherry Blossom Tidal Basin Walk; tour of the Franciscan Monastery of the Holy Land in America; Historic Garden Week in Winchester, VA; and a performance of “The Lehman Trilogy” at Shakespeare Theatre.

Stay tuned for the Arlington 55+ Summer Catalog, where we will have a number of other interesting trips. Highlights include: historic Harper’s Ferry, WV; the Chrysler Museum in Norfolk VA; a Chesapeake Bay cruise to St. Michael’s, MD; “Bluegrass in the Burg Festival” in Fredericksburg,

VA; an exhibit on Julia Child at the Virginia Museum of History and Culture in Richmond; and of course, some Washington Nationals baseball games – hope will always spring eternal!

End of SAC Summary and Detailed Meeting Report