

AUGUST 2025

# AURORA HILLS 55+ CENTER NEWSLETTER

735 18<sup>th</sup> St. S., Arlington, VA 22202

703-228-5722

## CENTER HOURS

Monday, Wednesday,  
Friday  
10 a.m.-3 p.m.

## CONTACT

**55+ Office**

[55Plus@arlingtonva.us](mailto:55Plus@arlingtonva.us)

Website:

[arlingtonva.us/55Plus](http://arlingtonva.us/55Plus)

**Cory Cox**

**55+ Operations**

**Supervisor**

[ccox1@arlingtonva.us](mailto:ccox1@arlingtonva.us)

703-228-5722

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## Director's Note

August has arrived, bringing the warmth of summer and a fresh wave of exciting programs here at the center! Whatever your interests are, we've got something special planned for you this month.

We'll start off the month with **Intergenerational Storytime** on August 1, where volunteers will share their love of reading and music with children. On August 6, Dr. Gregory Cardinal will visit the center to give a presentation on **Foot Health**. **Sweet Sounds & Scoops** will be on August 8, a fun event featuring live music and delicious frozen treats. Finally, we'll end the month with a cooking demonstration with Virginia Cooperative Extension, when we'll learn recipes for **Cold Soups for a Hot Day**.

We look forward to sharing these activities and many more with you. As always, thank you for being a part of our 55+ community!

## Aurora Hills 55+ Advisory Committee

**Chair:** Marge Ginsberg  
**Vice Chair:** Marge Corletti  
**Treasurer:** Benece Leavitt  
**Secretary:** Eileen Garvin-Akers  
**Members:** Fran DeLuca, Cathy Duthie,  
David Litman, Anya Gan, Ian Ories,  
Clare Bennett, Maura Bouillot,  
Joanne Kormos



Interested in becoming more involved with the Aurora Hills 55+ community? Please join us at one of our Advisory Committee meetings on the first Monday of each month.



**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 of 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/55Plus](http://arlingtonva.us/55Plus)
- **PHONE:** 703-228-4747 (Mon.-Fri., 8am-5pm)
- **MAIL:** 300 N. Park Drive 22203  
(Get the 55+ Pass registration form online)
- **IN PERSON:** Visit one of the 55+ Centers during operating hours, or the Department of Parks & Recreation Administrative Services Office located at 300 N. Park Drive (Mon.-Fri., 8am-5pm).

### STEP 3 ► Use Your Pass

With your 55+ Pass, you can register for programs, trips, and events. You must have a 55+ Pass to participate unless otherwise noted. Registration is not needed for drop-in programs, but a 55+ Pass is still required.

#### OPTION A

##### 55+ Pass Benefits

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

#### ANNUAL FEES

|                                | 55+ Pass | 55+ Gold Pass |
|--------------------------------|----------|---------------|
| Arlington County resident      | \$30     | \$75          |
| Arlington County household     | \$40     | \$105         |
| Non-Arlington County resident  | \$55     | \$105         |
| Non-Arlington County household | \$80     | \$155         |

#### 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/55Plus](http://arlingtonva.us/55Plus)**

# AUGUST PROGRAM HIGHLIGHTS AT AURORA HILLS

## Intergenerational Story Time

Fri., Aug. 1, 11-11:30 a.m.

55+ volunteers will share their love of reading and music with children. If you are interested in reading a story to the kids, please register: books are provided.

Register: [#914301-07](#)

## Mac, iPhone, iPad

Wed., Aug. 6, 13, 20, 10 a.m.-12:15 p.m.

Learn how to use your Apple products including Mac computers, iPads and iPhones or just get your questions answered at an individual appointment with Lowell Nelson, volunteer and experienced Apple user. Bring your device.

Register (Aug. 6): [#914900-37, -38, -39](#)

Register (Aug. 13): [#914900-40, -41, -42](#)

Register (Aug. 20): [#914900-43, -44, -45](#)

## Foot Health Presentation

Wed., Aug. 6, 1-2:30 p.m.

Dr. Gregory Cardinal will give an explanation and overview of common foot problems including ingrown toenails, toenail fungus, heel pain and warts. He will also review treatment options.

Register: [#914500-05](#)

## Diabetes Nutrition

Fri., Aug. 15, 1:30-2:30 p.m.

Lisa Muras, a certified diabetes care & education specialist from the VHC Health Outpatient Diabetes & Nutrition Program, will discuss the latest science-based nutrition recommendations for better blood sugar control and weight management.

Register: [#914500-07](#)

## Cold Soups for a Hot Day

Wed., Aug. 20, 1-2 p.m.

Cool off with some cool soups! Virginia Cooperative Extension Master Food Volunteers will demonstrate some easy, healthy and flavorful chilled soups.

Register: [#914501-08](#)

## Movies at Aurora Hills

Fri., Aug. 22, 12:30-2:30 p.m.

Enjoy classic and modern movies with 55+ friends.

August: *A Complete Unknown* (2024) (R).

Register: [#914804-06](#)

*Thank you for joining  
the 55+ Program's  
70<sup>th</sup> Anniversary  
Celebration!*



| MONDAY  | TUESDAY                                 | WEDNESDAY   |
|---|---|---|
|   |   |   |
| 4<br>10am-12pm Yarn Crafters MR<br>10am-12pm Mah Jongg K<br>10:15-11:15am 55+ Video Exercise TR<br>1-2pm French Conversation K<br>2-2:45pm Tai Chi Practice TR                                  | 5<br>11am-12pm Gentle Hatha Yoga**^ TR  | 6<br>10am-12pm Hearts Club MR<br>10am-12pm Foursome Bridge K<br>10am-12:15pm Mac, iPhone, iPad* MR<br>11am-12pm Traditional Hatha Yoga**^ TR<br><b>1-2:30pm Foot Health Presentation*</b> MR            |
| 11<br>10am-12pm Yarn Crafters MR<br>10am-12pm Mah Jongg K<br>10:15-11:15am 55+ Video Exercise TR<br>1-2pm French Conversation K<br>2-2:45pm Tai Chi Practice TR                                 | 12<br>11am-12pm Gentle Hatha Yoga**^ TR | 13<br>10am-12pm Hearts Club MR<br>10am-12pm Foursome Bridge K<br>10am-12:15pm Mac, iPhone, iPad* MR<br>11am-12pm Traditional Hatha Yoga**^ TR   |
| 18<br>10am-12pm Yarn Crafters MR<br>10am-12pm Mah Jongg K<br>10:15-11:15am 55+ Video Exercise TR<br>1-2pm French Conversation K<br>2-2:45pm Tai Chi Practice TR                                 | 19<br>11am-12pm Gentle Hatha Yoga**^ TR | 20<br>10am-12pm Hearts Club MR<br>10am-12pm Foursome Bridge K<br>10am-12:15pm Mac, iPhone, iPad* MR<br>11am-12pm Traditional Hatha Yoga**^ TR<br><b>1-2pm Cold Soups for a Hot Day* K</b>               |
| 25<br>10am-12pm Yarn Crafters MR<br>10am-12pm Mah Jongg K<br>10:15-11:15am 55+ Video Exercise TR<br>11:30am-12:45pm Book Club TR<br>1-2pm French Conversation K<br>2-2:45pm Tai Chi Practice TR | 26<br>11am-12pm Gentle Hatha Yoga**^ TR | 27<br>10am-12pm Hearts Club MR<br>10am-12pm Foursome Bridge K<br>11am-12pm Traditional Hatha Yoga**^ TR<br><b>11am-12:15pm Magazine Discussion Group*</b> TR<br><b>1:30-2:30pm Big Hits of 1971*</b> MR |



| THURSDAY | FRIDAY  |
|----------|---|
|          | 1<br>10am-12pm Mah Jongg K<br>10:15-11am Introduction to Beginner Line Dance MR<br>11-11:30am Intergenerational Story Time* TR<br>11:05am-12:05pm Line Dance Practice MR  |
| 7        | 8<br>10am-12pm Mah Jongg K<br>9-10:30am Aurora Hills 55+ Walkers OS<br>10:15-11am Introduction to Beginner Line Dance MR<br>11:05am-12:05pm Line Dance Practice MR<br><b>1-2:30pm Sweet Sounds &amp; Scoops*</b> MR |
| 14       | 15<br>10am-12pm Mah Jongg K<br>10:15-11am Introduction to Beginner Line Dance MR<br>11:05am-12:05pm Line Dance Practice MR<br><b>1:30-2:30pm Diabetes Nutrition*</b> MR   |
| 21       | 22<br>10am-12pm Mah Jongg K<br>10:15-11am Introduction to Beginner Line Dance MR<br>11:05am-12:05pm Line Dance Practice MR<br><b>12:30-2:30pm Movies at Aurora Hills*</b> MR  |
| 28       | 29<br>9-10:30am Aurora Hills 55+ Walkers OS<br>10am-12pm Mah Jongg K<br>10:15-11am Introduction to Beginner Line Dance MR<br>11:05am-12:05pm Line Dance Practice MR   |

# AURORA HILLS 55+ CENTER ACTIVITY CALENDAR

August 2025

735 18<sup>th</sup> St. S  
Arlington, VA 22202  
703-228-5722

## Calendar Key

\* = registration required

^ = fee required

**Bold** = speakers/special events/etc.

NOTE: Programs without a symbol are considered Drop-In and do not require registration.

TR = Training/Meeting Room

MR = Main Room

OS = Outside

K = Kitchen

## 55+<sup>ARLINGTON COUNTY</sup> VIRTUAL PROGRAMS

In addition to our extensive catalog of in-person programs, we are happy to announce that 55+ participants can now take part in our programs from the comfort of home! 55+ Virtual Programs offer a variety of activities that can be accessed from anywhere: all you need is internet access and a computer, smartphone, or tablet. To access these programs, just visit [youtube.com/virtualprograms](https://youtube.com/virtualprograms) and browse through hours of online content. Exercise videos, art classes, cooking, familiar faces and much more are waiting for you!



Access affordable meals, transportation, health promotion, nutritional education, community services, social events and more! The Social 60+ Café, formerly known as the Congregate Meal Program, is designed to help older individuals remain independent and involved in their community. The program presents opportunities for social engagement and meaningful volunteer roles, which contribute to overall health and well-being and help prevent more costly medical interventions. For more information, please read our Social 60+ Café [brochure](#).



The Alliance for Arlington Senior Programs (AASP) supports 55+ Program activities such as 55+ Fitness Day, Acoustic Café and the new Internet Access for Arlington Seniors Project. Our fundraising has understandably fallen off during the COVID-19 pandemic. Now that we are starting to get back to our normal activities, we need your help more than ever. Whether you are a past donor or have never given before, we depend on your support. Visit [friendsofthealliance.org](https://friendsofthealliance.org) to donate or send a check to: The Alliance for Arlington Senior Programs, P.O. Box 5184, Arlington, VA 22205

## Sweet Sounds & Scoops

Friday, August 8, 1-2:30 p.m. at Aurora Hills

Join us for an ice cream social featuring delicious treats and live music by PhEd-Up with Judy! Enjoy an afternoon of great flavors, good company and fantastic tunes. Sponsored by the Alliance for Arlington Senior Programs.

Once you have registered, please remember to pay the \$5 admission fee by visiting the Alliance [website](#) before the event. You may also pay in cash at the door.

Register: [#914899-08](#)



# AURORA HILLS DROP-IN PROGRAMS

- **Mondays** - Yarn Crafters (10 a.m.-12 p.m.), Mah Jongg (10 a.m.-12 p.m.), 55+ Video Exercise (10:15-11:15 a.m.), Book Club (last Mondays, 11:30 a.m.-12:45 p.m.), French Conversation (1-2 p.m.), Tai Chi Practice (2-2:45 p.m.)
- **Wednesdays** - Foursome Bridge (10 a.m.-12 p.m.), Hearts Club (10 a.m.-12 p.m.)
- **Fridays** - Aurora Hills 55+ Walkers (second and last Fridays, 9-10:30 a.m.), Mah Jongg (10 a.m.-12 p.m.), Introduction to Beginner Line Dance (10:15-11 a.m.), Line Dance Practice (11:05 a.m.-12:05 p.m.)

## The Aurora Hills Book Club

Meets on the last Monday of the month from 11:30 a.m.-12:45 p.m. The next meeting will be on **Monday, August 25**. If you would like more information, please contact Marge Corletti at [corletti@aol.com](mailto:corletti@aol.com).  
Next Book: *Boule de Suif* by Guy de Maupassant.

## Foursome Bridge & Hearts Club

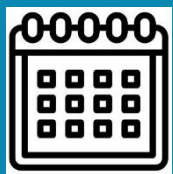
Get a foursome together and play Bridge at Aurora Hills on Wednesdays from 10 a.m.-12 p.m. Hearts Club can have 3 or more players.

## Calling all Mah Jongg players...

If you are interested in playing Mah Jongg on Mondays at Aurora Hills with other 55+ friends, Susan Court has graciously volunteered to help coordinate this group. Please contact Susan at [susanjcourt@gmail.com](mailto:susanjcourt@gmail.com)

## ***Good To Know...***

### **Fall 55+ Registration Opens Soon!**



Registration for Fall 55+ Programs begins on  
**Tues., Aug. 19 at 12 p.m.**  
For Arlington County Residents  
and  
**Thurs., Aug. 21 at 12 p.m.**  
For non-county residents

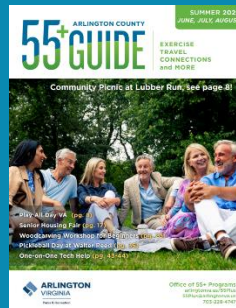
Please Note: Long Bridge Aquatics & Fitness Center senior memberships are not associated with the 55+ Program (including the 55+ Pass or 55+ Gold Pass).

Learn the difference between Long Bridge memberships and other Parks & Recreation memberships.



Would you like to volunteer to do a presentation, lead a discussion or special interest group, teach a hobby/skill or start a new program? Have you traveled to interesting places and would like to share your travel experiences with fellow 55+ participants in our Travel Gurus program?

If so, please email  
[55plus@arlingtonva.us](mailto:55plus@arlingtonva.us)



**Summer 55+ Guide:** Register for Summer 55+ classes and programs today! For more information, go to: Senior Activities – Official Website of Arlington County Virginia Government ([arlingtonva.us](http://arlingtonva.us))

# HOW TO REGISTER

## ONLINE ► [registration.arlingtonva.us](http://registration.arlingtonva.us)

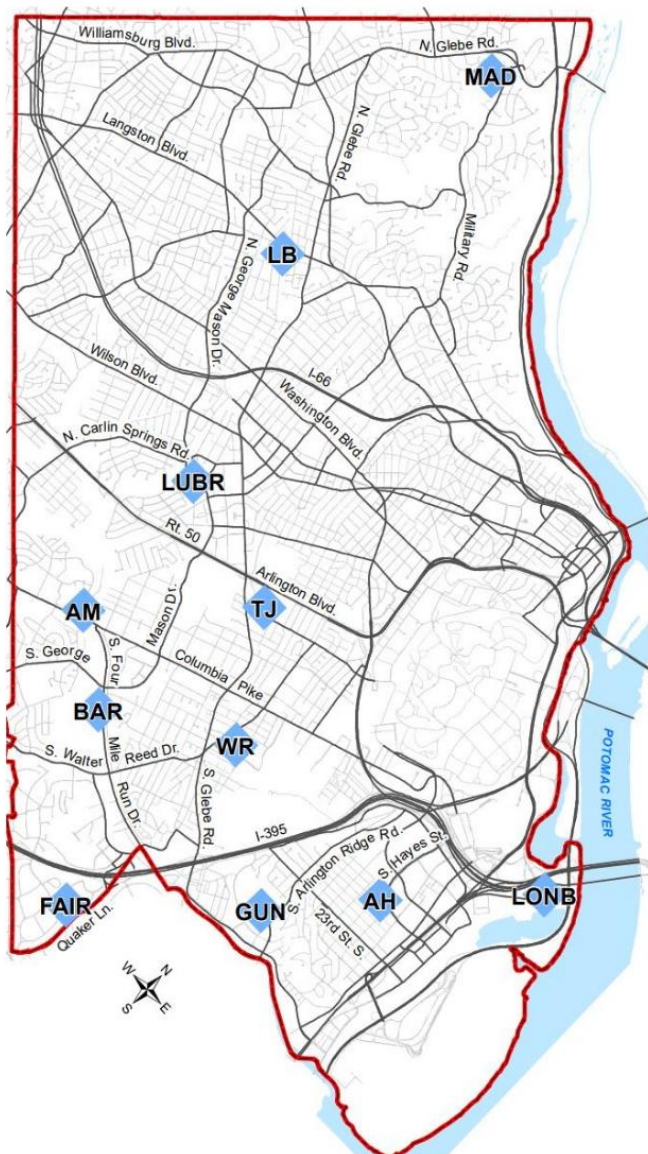
Online registration is available 24/7 (after registration opens) through our WebTrac system.

### Connect through the digital 55+ Guide:

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

## PHONE ► 703-228-4747

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



- 1 Go online to [registration.arlingtonva.us](http://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.

## 55+ CENTERS

- AM\*** **Arlington Mill**  
909 S. Dinwiddie St., 22204  
703-228-7369  
Cory Cox: ccox1@arlingtonva.us  
M-F: 9-3, some nights/wknds
- AH** **Aurora Hills**  
735 S. 18th St., 22202  
703-228-5722  
Cory Cox: ccox1@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: 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

Arlington is committed to providing open and accessible programs. We can provide, upon request, reasonable modifications for disabilities or language interpretation. Call 703-228-4747 (TTY 711)

