

WALTER REED 55+ CENTER

AUGUST 2025

LOCATION

2909 16th St S
Arlington, VA 22204
703-228-0955

CENTER HOURS

Monday – Friday 9am-3pm
Evening and Weekends as
scheduled

CONTACT

55+ Office
55Plus@arlingtonva.us
Website: arlingtonva.us/dpr

Jennifer Weber,
Walter Reed 55+ Center
Director

jweber1@arlingtonva.us
703-228-0949

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DIRECTOR'S NOTE

Welcome to Walter Reed 55+ Center! Summer continues... and so does the fun! Make sure to check out the Summer 55+ Guide for fun programs not only here at Walter Reed, but the other 55+ Centers and beyond. And if you have fun ideas for future programs, please let me know – the 55+ Center thrives on your input!

Jennifer Weber
55+ Center Director
703-228-0949
jweber1@arlingtonva.us

ABOUT THE CENTER

Kitchen Assistant:
Meaza Beraki



Social 60+ Café
Program Coordinator:
Mona Farah



55+ Center Director:
Jennifer Weber



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
- 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**

55+ HAPPENINGS

Acoustic Café

Shows are open to all ages; no 55+ Pass is required. The series will continue in September – stay tuned for more details!

Movies & Munchies

Join us for award-winning movies, light refreshments and discussion at the conclusion. We'll show films that have won awards. August: *I'm Still Here* (2024) (PG-13) (foreign language with English subtitles)

Thursday, August 14, 2-4 p.m.

Register: [#914804-09](#)

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.

Friday, August 8, 1:30-3:30 p.m.

Register: [#914600-11](#)

Mexican Train Dominoes

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

Mondays, 9:30 a.m.-12 p.m.

Sundays, 1:30-4:30 p.m.

Drop-in

Five Crowns

Five Crowns is a rummy-style card game that uses a unique deck with five suits and includes jokers and wild cards. The objective is to have the lowest point total after playing eleven hands, with the number of cards dealt increasing each round. Beginners are welcome to join in!

Tuesdays, 11 a.m.-1:15 p.m.

Thursdays, 2-4 p.m.

Drop-in

Advisory Committee Meetings

2nd Tuesday of the Month

Tuesday, August 12, 2-4 p.m.

PICKLEBALL CORNER

55+ Drop-In Pickleball Hours

Monday

8:30-9:15am (1 court)

9:15-10am (2 courts)

10-11am (1 court)

11am-4pm (2 courts)

Tuesday – 12:30-4pm

Wednesday

8:15-11:30am

2:15-4pm

Thursday – 12:30-4pm

Friday – 8:30am-4pm

Absolute Beginner Pickleball Play Pickleball in a slow paced, supportive environment.

Volunteers lead play and help players become more comfortable with the rules and moves of the game.

Mondays, 10-11 a.m.

Drop-in

MONDAY			TUESDAY			WEDNESDAY		
4			5			6		
8:30-11	Pickleball	GYM	9-10:15	Yoga Daily Living**	WELLR	8:15-11:30	Pickleball	GYM
10-12	Mexican Train Dom.	CAFE	10-12	English Class(REEP)	MPRA	10-12	Canasta	SL
10-11	Abs. Beginner PB	GYM	11-1:15	Five Crowns	SL	10:15-11:15	Line Dance	WELLR
10-11	Pickleball (1 court)	GYM	11:30-12:15	Strength Training+	GYM	11:30-12:30	Seated Exercise+	MPRA
10-11	Qigong**	WELLR	12:30-4	Pickleball	GYM	12-2	55+ Basketball	GYM
12-4	Mah Jongg	SL	1-2	Social 60+ Activity	MPRBC	12	Jolly Hearts	CONF
1-2	Social 60+ Activity	MPRBC	1-2:15	Tai Chi Practice	WELLR	1-2	Social 60+ Activity	MPRBC
2-3	Beginner Tai Chi**	WELLR	1:30-4:30	Samba	SL	1:30-3:30	Social Bridge	SL
3:45-4:45	Mat Pilates**	WELLR	2-4	Bridge Practice	CAFE	2:15-4	Pickleball	GYM
4-5	Easy Piano Duets*	SL	4-5:30	Ukulele*	ARTS&C			
11			12			13		
8:30-4	Pickleball	GYM	9-10:15	Yoga Daily Living**	WELLR	8:15-11:30	Pickleball	GYM
10-12	Mexican Train Dom.	CAFE	11-1:15	Five Crowns	SL	10-12	Canasta	SL
10-11	Abs. Beginner PB	GYM	11:30-12:15	Strength Training+	GYM	10:15-11:15	Line Dance	WELLR
10-11	Pickleball (1 court)	GYM	12:30-4	Pickleball	GYM	11:30-12:30	Seated Exercise+	MPRA
10-11	Qigong**	WELLR	1-2	Social 60+ Activity	MPRBC	12-2	55+ Basketball	GYM
11:30-12:30	Social 60+ Activity+	WELLR	1-2:15	Tai Chi Practice	WELLR	1-2	Social 60+ Activity	MPRBC
12-4	Mah Jongg	SL	1:30-4:30	Samba	SL	1:30-3:30	Social Bridge	SL
1-2	Transportation Options*	Virtual	2-4	Bridge Practice	CAFE	2:15-4	Pickleball	GYM
1-2	Social 60+ Activity	MPRBC	4-5:30	Ukulele	ARTS&C			
2-3	Beginner Tai Chi**	WELLR	5:30-6:30	Reader's Theater*	SL			
3:45-4:45	Mat Pilates**	WELLR						
4-5	Easy Piano Duets*	SL						
18			19			20		
8:30-4	Pickleball	GYM	9-10:15	Yoga Daily Living**	WELLR	8:15-11:30	Pickleball	GYM
10-12	Mexican Train Dom.	CAFE	11-1:15	Five Crowns	SL	10-12	Canasta	SL
10-11	Abs. Beginner PB	GYM	11:30-12:15	Strength Training+	GYM	10:15-11:15	Line Dance	WELLR
10-11	Pickleball (1 court)	GYM	12:30-4	Pickleball	GYM	11:15-12	Line Dance Social	ARTS&C
10-11	Qigong**	WELLR	1-2:15	Tai Chi Practice	WELLR	11:30-12:30	Seated Exercise+	MPRA
11:30-12:30	Social 60+ Activity+	WELLR	1:30-4:30	Samba	SL	12-2	55+ Basketball	GYM
12-4	Mah Jongg	SL	2-4	Bridge Practice	CAFE	1:30-3:30	Social Bridge	SL
1-2	Social 60+ Activity	MPRBC	4-5:30	Ukulele*	ARTS&C	2:15-4	Pickleball	GYM
2-3	Beginner Tai Chi**	WELLR	5-7	Euchre*	SL			
3:45-4:45	Mat Pilates**	WELLR						
4-5	Easy Piano Duets*	SL						
25			26			27		
8:30-4	Pickleball	GYM	9-10:15	Yoga Daily Living**	WELLR	8:15-11:30	Pickleball	GYM
10-12	Mexican Train Dom.	CAFE	8:45-9:30	Adv. Mat Pilates**	GYM	10-12	Canasta	SL
10-11	Abs. Beginner PB	GYM	10-12	English Class(REEP)	MPRA	10:15-11:15	Line Dance	WELLR
10-11	Pickleball (1 court)	GYM	11-1:15	Five Crowns	SL	11:30-12:30	Seated Exercise+	WELLR
10-11	Qigong**	WELLR	11:30-12:15	Strength Training+	WELLR	12-2	55+ Basketball	GYM
11-12	Road Safety*	MPRA	12:30-4	Pickleball	GYM	1-2	Social 60+ Activity	MPRBC
12-4	Mah Jongg	SL	1-2	Social 60+ Activity	MPRBC	1:30-3:30	Social Bridge	SL
1-2	Social 60+ Activity	MPRBC	1-2:15	Tai Chi Practice	WELLR	2:15-4	Pickleball	GYM
2-3	Beginner Tai Chi**	WELLR	1:30-4:30	Samba	SL			
3:45-4:45	Mat Pilates**	WELLR	2-4	Bridge Practice	CAFE			
4-5	Easy Piano Duets*	SL	4-5:30	Ukulele	ARTS&C			
			5:30-8 Escape Room* CONF					

THURSDAY	FRIDAY
	1 8:30-4 Pickleball GYM 10-12 Chinese Mah Jongg SL 10-12 Cribbage SL 10-3 Scrabble SL 11:30-12:30 Social 60+ Activity MPRBC 1-2 Social 60+ Activity MPRBC 1-3 Sunshine Gang MPRA 1-2:15 Tai Chi Practice WELLR 1-2:30 Spades Cafe 1:30-4 Samba SL 2:30-3:30 Tai Chi Ch'uan^^ WELLR
7 10-12 Golf Meeting CONF 10:15-11:15 Mat Pilates^^ GYM 10:30-11:30 English Class (REEP) MPRA 11:30-12:15 Strength Training+ GYM 12-4 Mah Jongg SL 12:30-4 Pickleball GYM 1-2 Social 60+ Activity MPRBC 1:30 Memory Cafe MPRA 1:30-2:30 Core Conditioning^^ WELLR 3:30-4:45 Yoga for Daily Living^^ WELLR 4-7 Game Night SL	8 9-11 Pickleball Friendly* GYM 10-12 Chinese Mah Jongg SL 10-12 Cribbage SL 10-3 Scrabble SL 12:30-4 Pickleball GYM 1-3 Sunshine Gang MPRA 1-2:15 Tai Chi Practice WELLR 1-2:30 Spades Cafe 1:30-4 Samba CAFE 1:30-3:30 BUNCO Bunch* SL 2:30-3:30 Tai Chi Ch'uan^^ WELLR
14 10:15-11:15 Mat Pilates^^ GYM 11:30-12:15 Strength Training+ GYM 12-4 Mah Jongg SL 12:30-4 Pickleball GYM 1-2 Social 60+ Activity MPRBC 2-4 Movies & Munchies* CONF 1:30-2:30 Core Conditioning^^ WELLR 3:30-4:45 Yoga for Daily Living^^ WELLR 4-7 Game Night SL	15 8:30-4 Pickleball GYM 10-12 Chinese Mah Jongg SL 10-12 Cribbage SL 10-3 Scrabble SL 11:30-12:30 Social 60+ Activity MPRBC 1-2:15 Tai Chi Practice WELLR 1-2:30 Spades Cafe 1:30-4 Samba SL 2:30-3:30 Tai Chi Ch'uan^^ WELLR
21 10:15-11:15 Mat Pilates^^ GYM 11:30-12:15 Strength Training+ GYM 12-4 Mah Jongg SL 12:30-4 Pickleball GYM 1-2 Social 60+ Activity MPRBC 1:30 Memory Cafe MPRA 1:30-2:30 Core Conditioning^^ WELLR 3:30-4:45 Yoga for Daily Living^^ WELLR 4-7 Game Night SL	22 8:30-4 Pickleball GYM 10-12 Chinese Mah Jongg SL 10-12 Cribbage SL 10-3 Scrabble SL 11-12 Big Hits of 1971* MPRA 1-2 Social 60+ Activity MPRBC 1-3 Sunshine Gang MPRA 1-2:15 Tai Chi Practice WELLR 1-2:30 Spades Cafe 1:30-4 Samba SL 2:30-3:30 Tai Chi Ch'uan^^ WELLR
28 9:30-12 Ticket to Ride SL 10:15-11:15 Mat Pilates^^ GYM 10:30-11:30 English Class (REEP) MPRA 11:30-12:15 Strength Training+ GYM 12:30-4 Pickleball GYM 1-2 Social 60+ Activity MPRBC 1:30-2:30 Core Conditioning^^ WELLR 3:30-4:45 Yoga for Daily Living^^ WELLR 4-7 Game Night SL	29 8:30-4 Pickleball GYM 10-12 Chinese Mah Jongg SL 10-12 Cribbage SL 10-3 Scrabble SL 11:30-12:30 Social 60+ Activity MPRBC 1-2 Social 60+ Activity MPRBC 1-3 Sunshine Gang MPRA 1-2:15 Tai Chi Practice WELLR 1:30-4 Samba SL 2:30-3:30 Tai Chi Ch'uan^^ WELLR

WALTER REED 55+ CENTER ACTIVITY CALENDAR

August 2025
2909 16th St. S.
Arlington 22204

All programs are drop-in unless otherwise designated by the symbols below:

^ = fee required
* = registration required
+ = Social 60+ Café Program
~~Strikethrough~~ = Program Cancelled
Bold = Special Program

**Social 60+ Café Lunch Served
Monday-Friday at 12:30pm – Must
be Registered to Participate**

Room Codes:

SL = Senior Lounge
GR = Game Room
WELLR = Wellness Room
MPRA = Multi-Purpose Room A
MPRBC = Multi-Purpose Room B & C
ARTS&C = Arts & Crafts Room
QR = Quiet Room
CONF = Conference Room

Daily Programming:

10am-12pm Ping Pong & Billiards GR
10am-12pm Game Room
Tuesdays, 2:15-3:15 Dance Practice

Weekend Programming:

Saturdays:
10am-12pm Rummikub SL
12-4pm Mah Jongg SL
Sundays:
1:30pm-4:30pm Mexican Train
Dominoes SL

55+^{ARLINGTON COUNTY} 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://www.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://www.friendsofthealliance.org) to donate or send a check to: The Alliance for Arlington Senior Programs, P.O. Box 5184, Arlington, VA 22205

Highlighted Programs at Walter Reed

Learn to Play Euchre

It's time to give Euchre a try! Euchre is a classic trick-taking card game with the goal of winning at least three tricks. It's one of the most popular card games, especially in the Midwest, and it's easy to learn! Join 55+ volunteer Ben Childers for a friendly lesson and play.

Tuesday, August 19, 5-7 p.m. Register: [#914600-19](#)

Road Safety: Drivers and Cyclists

Mary Dallao, director of active transportation with Arlington County Commuter Services, will provide essential tips for drivers and cyclists to share the road safely.

Monday, August 25, 11 a.m.-12 p.m. Register: [#914400-03](#)

Ticket to Ride

Ticket to Ride is a cross-country train adventure board game in which players collect and play matching train cards to claim railway routes connecting cities throughout the world. The longer the routes, the more points they earn. Join 55+ Center Director Jennifer Weber for instructions on how to play this popular game.

Thursday, August 28, 9:30 a.m.-12 p.m. Register: [#914600-04](#)

Don't Miss These Recurring Programs!

Sunshine Gang

The band invites you to come and listen to their practice sessions. The Sunshine Gang plays rock and popular selections in a low-key, music loving atmosphere.

Fridays, 1-3 p.m.

Drop-in

Give Line Dance a Try!

Interested in trying the fun and low impact exercise of line dancing for the first time? Come learn the basics from 55+ volunteer Hanni Cordes while enjoying music and camaraderie with other dancers. This introductory class will prepare you to join a beginner line dance class. No partner is required.

Wednesdays, 10:15-11:15 a.m.

Drop-in

Fitness Classes continue in August!

(Please bring your own mat)

Yoga for Daily Living

Learn how to tune in to your body through breathing skills and techniques to relieve worry and concentrate better.

- **June 10 – Aug. 26; Tuesdays; 9-10:15 a.m. [#914103-01](#); 12 sessions: \$75**
- **June 12 – Aug. 28; Thursdays; 3:30-4:45 p.m. [#914103-02](#); 11 sessions: \$69**

Core Conditioning and Strength

Strengthen the entire body with the use of dumbbells and exercise bands; special focus on deep core.

June 12 – Aug. 28; Thursdays; 1:30-2:30 p.m. [#914100-08](#); 11 sessions: \$55

Mat Pilates

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.

- **June 9 – Aug. 25; Mondays; 3:45-4:45 p.m. [#914103-17](#); 9 sessions: \$50**
- **June 12 – Aug. 28; Thursdays; 10:15-11:15 a.m. [#914103-19](#); 8 sessions: \$44**

Qigong

Qigong is an ancient Chinese healing art involving meditation, controlled breathing, and movement exercises. Movements are slow, deliberate and fluid, focusing on posture, balance and energy flow. Common exercises include gentle arm and leg stretches, circular motions.

June 9 – Aug. 25; Mondays; 10-11 a.m. [#914100-09](#); 12 sessions: \$66

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.

June 9 – Aug. 25; Mondays; 2-3 p.m. [#914105-01](#); 12 sessions: \$66

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.

June 13 – Aug. 29; Fridays; 2:30-3:30 p.m. [#914105-02](#); 11 sessions: \$61

HOW TO REGISTER

ONLINE ► registration.arlingtonva.us

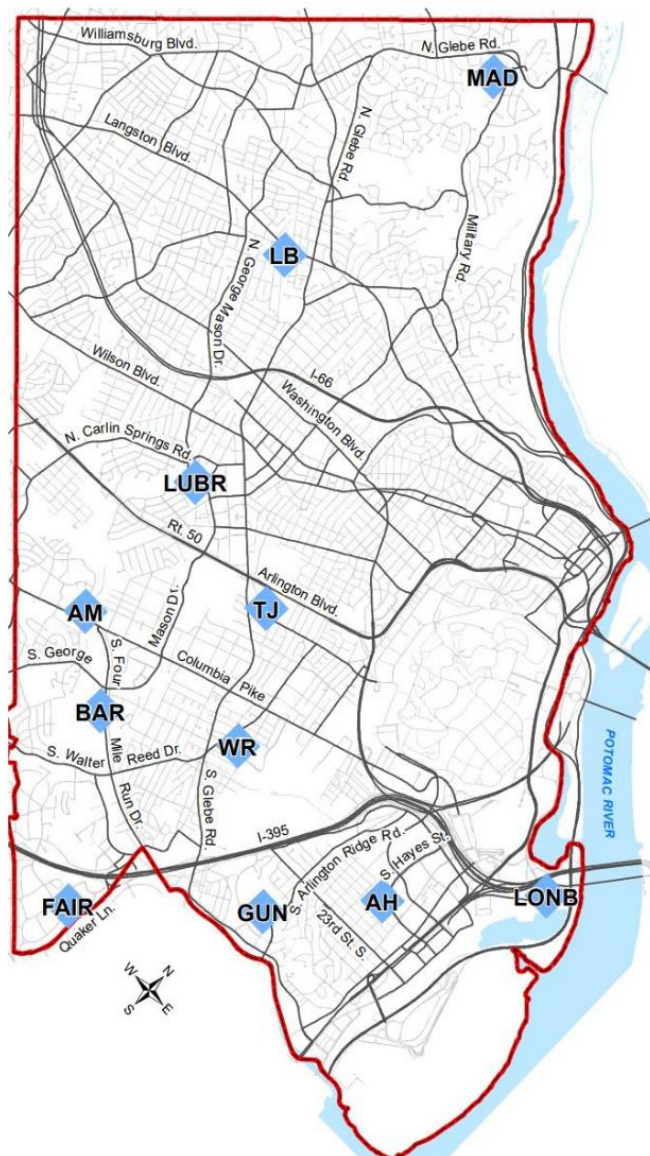
Online registration is available 24/7 (after registration opens) through our WebTrac system.

Connect through the digital 55+ Guide:

You can link directly to the online registration system when viewing the digital 55+ Guide. After registration has opened (see dates 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
- 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)

