

ARLINGTON MILL 55+ CENTER

909 S. Dinwiddie Street, Arlington VA 22204 703-228-0951

CENTER HOURS

Monday – Friday 9 a.m.-3 p.m.
Evening and Weekends as
Scheduled

CONTACT

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

55+ Center Director
Mona Farah
mofarah@arlingtonva.us
703-228-0951

IN THIS ISSUE

Registration Info – Pg. 2
Center Calendar – Pg. 4, 5
Highlights – Pg. 7



Director's Note:

Hello 55+ Friends,

Spring is here, and we have a great mix of programs to enjoy! This month, join us for *Samba & Mocktails*, *Spanish Conversation*, *Colored Pencils: Leaves & Dew*, *Exploring Book Arts*, and *Bake & Celebrate*. And of course, don't miss our very popular *Friday Social* and our welcoming *Supper Club* gatherings.

Wishing you a bright and fun April!

Mona Farah

First Friday Social

Kick off the month with good company and great conversation! Enjoy a relaxed gathering with light refreshments, music and fun. Meet friends, make new connections, and start your month on a cheerful note.

Friday, April 3, 1-2 p.m.
Register: [#913801-05](#)

THE ARLINGTON MILL 55+ CENTER TEAM



Mona Farah
Arlington Mill
55+ Center Director



Emma Valencia
Arlington Mill
Social 60+ Cafe Coordinator



Brenda Galloway
Arlington Mill
Program Assistant



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**

Arlington Mill 55+ Advisory Committee

The Arlington Mill Advisory Committee is a group of like-minded volunteers who set out to support and promote programs and events at the center while ensuring the interests of the 55+ community.

Elected Officers:

Chair – Robin Scott
Vice-Chair - VACANT
Secretary – Bea Frank
Treasurer – Dorothy Sauer
Assistant Treasurer - VACANT

Members at Large:

Fran Wolfson
Anne Biedscheid
Marilyn Thomson
Terry Thurman
Rita Cronley
Frida Karimi



Next meeting:

Monday, **April 6, 3-4 p.m.**
Arlington Mill Senior Room (RM 205)

It's Time for the Annual Outcome Questionnaire!

Don't forget to fill out your 2026 outcome questionnaire! It will only take a few minutes of your time and will be a huge help to us as we plan future programs.

Scan the QR code with your smartphone camera or click [here](#) to fill out the questionnaire.



Chicken & Egg? Yin & Yang?

Thursdays, 10-11:30 a.m. • Room 404

This spring, join us for a special *pop-up program* called **The Circle**—a welcoming discussion group where we dive into life's most mysterious, intriguing and profound experiences. Some questions don't have a single answer—only deeper meaning the more we explore them.

Each week offers space to share stories, exchange perspectives, and connect with others in thoughtful, reflective conversation.

The Circle will appear in the official guide this fall, but you're invited to be part of its early spring pop-up sessions now.

MONDAY	TUESDAY	WEDNESDAY
		<p>1 8am-12pm Social 60+ Café+* RM527 9:30-10:30am 55+ Group Training*^ RM421 10am-12pm Open Art Studio RM526 10:30am-1pm 55+ Crafters RM404 10am-3pm Play Pickleball Gym 1-3:30pm Mexican Train Dominoes RM205 5-6:30pm Friendly Fitness Walk* Plaza</p>
<p>6 8am-12pm Social 60+ Café+* RM527 8:30am-9:30am Qiqong*^ RM421 10-11:15am Line Dance Practice RM421 10am-3pm Play Pickleball Gym 11-12pm Spanish Conversation RM404 1-2:30pm Five Crowns RM205 5-6:15pm Yoga for Daily Living*^ RM421</p>	<p>7 8am-12pm Social 60+ Café+* RM527 10:30-11:30am SAIL* Gym 12-3pm Play Pickleball Gym 2-4pm Mah Jongg RM205 4-6pm Game On! RM205 5-6pm Zumba Gold & Toning*^ RM421</p>	<p>8 8am-12pm Social 60+ Café+* RM527 9:30-10:30am 55+ Group Training*^ RM421 10am-12pm Open Art Studio RM526 10:30am-1pm 55+ Crafters RM404 10am-3pm Play Pickleball Gym 11:30-12:30pm Bake & Celebrate* RM404 1-3pm Intro to Mah Jongg* RM527 1-3:30pm Mexican Train Dominoes RM205 6-7pm Supper Club* RM205</p>
<p>13 8am-12pm Social 60+ Café+* RM527 8:30am-9:30am Qiqong*^ RM421 10-11:15am Line Dance Practice RM421 10am-3pm Play Pickleball Gym 11-1pm Samba & Mocktails* RM205 11-12pm Spanish Conversation RM404 1-2:30pm Colored Pencils: Leaves & Dew*^ RM527 1-2:30pm Five Crowns RM205 5-6:15pm Yoga for Daily Living*^ RM421</p>	<p>14 8am-12pm Social 60+ Café+* RM527 10:30-11:30am SAIL* Gym 12-3pm Play Pickleball Gym 2-4pm Mah Jongg RM205 4-6pm Game On! RM205 5-6pm Zumba Gold & Toning*^ RM421</p>	<p>15 8am-12pm Social 60+ Café+* RM527 9:30-10:30am 55+ Group Training*^ RM421 10am-12pm Open Art Studio RM526 10:30am-1pm 55+ Crafters RM404 10am-3pm Play Pickleball Gym 1-3pm Intro to Mah Jongg* RM527 1-3:30pm Mexican Train Dominoes RM205 5-6:30pm Friendly Fitness Walk* Plaza</p>
<p>20 8am-12pm Social 60+ Café+* RM527 8:30am-9:30am Qiqong*^ RM421 10-11:15am Line Dance Practice RM421 10am-3pm Play Pickleball Gym 10:30-11:30am Flappers and Speakeasies* RM527 11-12pm Spanish Conversation RM404 1-2:30pm Five Crowns RM205 1-2:30pm Colored Pencils: Leaves & Dew*^ RM527 5-6:15pm Yoga for Daily Living*^ RM421</p>	<p>21 8am-12pm Social 60+ Café+* RM527 10:30-11:30am SAIL* Gym 12-3pm Play Pickleball Gym 1-2 Book Club RM525 2-4pm Mah Jongg RM205 3-4:30pm Exploring Book Arts*^ RM527 4-6pm Game On! RM205 5-6pm Zumba Gold & Toning*^ RM421</p>	<p>22 8am-12pm Social 60+ Café+* RM527 9:30-10:30am 55+ Group Training*^ RM421 10am-12pm Open Art Studio RM526 10:30am-1pm 55+ Crafters RM404 10am-3pm Play Pickleball Gym 1-3pm Intro to Mah Jongg* RM527 1-3:30pm Mexican Train Dominoes RM205 5-6:30pm Friendly Fitness Walk* Plaza</p>
<p>27 8am-12pm Social 60+ Café+* RM527 8:30am-9:30am Qiqong*^ RM421 10-11:15am Line Dance Practice RM421 10am-3pm Play Pickleball Gym 11-12pm Spanish Conversation RM404 1-2:30pm Five Crowns RM205 5-6:15pm Yoga for Daily Living*^ RM421</p>	<p>28 8am-12pm Social 60+ Café+* RM527 10:30-11:30am SAIL* Gym 12-3pm Play Pickleball Gym 2-4pm Mah Jongg RM205 4-6pm Game On! RM205</p>	<p>29 8am-12pm Social 60+ Café+* RM527 9:30-10:30am 55+ Group Training*^ RM421 10am-12pm Open Art Studio RM526 10:30am-1pm 55+ Crafters RM404 10am-3pm Play Pickleball Gym 1-3:30pm Mexican Train Dominoes RM205 5-6:30pm Friendly Fitness Walk* Plaza</p>

THURSDAY	FRIDAY
2	3
8am-12pm Social 60+ Café+* RM527 10:30-11:30am SAIL* Gym 12-3pm Play Pickleball Gym 12-2pm Mah Jongg RM205 1-2:15pm Line Dance Practice RM527 2-4pm Mah Jongg RM205	8am-12pm Social 60+ Café+* RM527 10am-12pm Open Art Studio RM526 10am-3pm Play Pickleball GYM 1-2pm First Friday Social* RM132
9	10
8am-12pm Social 60+ Café+* RM527 10:30-11:30am SAIL* Gym 12-3pm Play Pickleball Gym 12-2pm Mah Jongg RM205 1-2:15pm Line Dance Practice RM527 2-4pm Mah Jongg RM205	8am-12pm Social 60+ Café+* RM527 10am-12pm Open Art Studio RM526 10am-3pm Play Pickleball GYM
16	17
8am-12pm Social 60+ Café+* RM527 10:30-11:30am SAIL* Gym 12-3pm Play Pickleball Gym 12-2pm Mah Jongg RM205 1-2pm Earth-Friendly Cooking* RM404 1-2:15pm Line Dance Practice RM527 2-4pm Mah Jongg RM205	8am-12pm Social 60+ Café+* RM527 10am-12pm Open Art Studio RM205 10am-3pm Play Pickleball Gym 1-2pm Generative AI - Beyond Basics* RM527
23	24
8am-12pm Social 60+ Café+* RM527 10:30-11:30am SAIL* Gym 12-3pm Play Pickleball Gym 12-2pm Mah Jongg RM205 1-2:15pm Line Dance Practice RM527 2-4pm Mah Jongg RM205	8am-12pm Social 60+ Café+* RM527 10am-12pm Open Art Studio RM205 10am-3pm Play Pickleball Gym
30	
8am-12pm Social 60+ Café+* RM527 10:30-11:30am SAIL* Gym 12-3pm Play Pickleball Gym 12-2pm Mah Jongg RM205 1-2:15pm Line Dance Practice RM527 2:30-4pm Pink Roses in Colored Pencil*^ RM527 2-4pm Mah Jongg RM205	

Arlington Mill 55+ Center Activity Calendar

April 2026

909 South Dinwiddie
Street, Arlington, VA,
22204

KEY

- * = registration required
- ^ = fee required
- + = Social 60+ Café
- Bold** = speakers/special events/etc.

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

Check out the
[weekly schedule](#) for
Arlington Mill Community
Center's gymnasium
(updated as changes
occur).

55+ VIRTUAL PROGRAMS

ARLINGTON COUNTY

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 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 to donate or send a check to: The Alliance for Arlington Senior Programs, P.O. Box 5184, Arlington, VA 22205

55+ GUIDE

ARLINGTON COUNTY

Spring 55+ Guide 2026:



WAYS TO REGISTER:

ONLINE: registration.arlingtonva.us

Registration is available any time through our online WebTrac system.

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.

IN PERSON: Registration Office
Lubber Run: 300 N. Park Dr.



Office of 55+ Programs
arlingtonva.us/55Plus
55Plus@arlingtonva.us
703-228-4747

April Events at Arlington Mill

Supper Club

Wednesday, April 8, 6-7 p.m.

Register: [#913801-02](#)

First Friday Social

Friday, April 3, 1-2 p.m.

Register: [#913801-05](#)

Bake & Celebrate: Seasonal Treats

Wed., April 8, 11:30 a.m.-12:30 p.m.

Register: [#913501-07](#)

Pink Roses in Colored Pencil

Thursdays, April 30-May 14, 2:30-4 p.m.

Cost: \$60

Register: [#913303-05](#)

Colored Pencil: Leaves & Dew

Mondays, April 13 & 20, 1-2:30 p.m.

Cost: \$40

Register: [#913303-04](#)

Exploring Book Arts

Tuesday, April 21, 3-4:30 p.m.

Cost: \$20

Register: [#913310-08](#)

Flappers and Speakeasies

Monday, April 20, 10:30-11:30 a.m.

Register: [#913301-05](#)

Open Art Studio

Wednesdays & Fridays, 10 a.m.-12 p.m.

Drop-in

Mexican Train Dominoes

Wednesdays, 1-3:30 p.m.

Drop-in

Five Crowns

Mondays, 1-2:30 p.m.

Drop-in

Line Dance Practice

Mondays, 10-11:15 a.m.

Thursdays, 1-2:15 p.m.

Drop-in

Game On!

Tuesdays, 4-6 p.m.

Drop-in

Mah Jongg

Tuesdays & Thursdays, 2-4 p.m.

Thursdays, 12-2 p.m.

Drop-in

55+ Crafters

Wednesdays, 10:30 a.m.-1 p.m.

Drop-in

Arlington Mill Book Club

Third Tuesday of the month, 1-2 p.m.

Drop-in

HOW TO REGISTER

ONLINE ► registration.arlingtonva.us

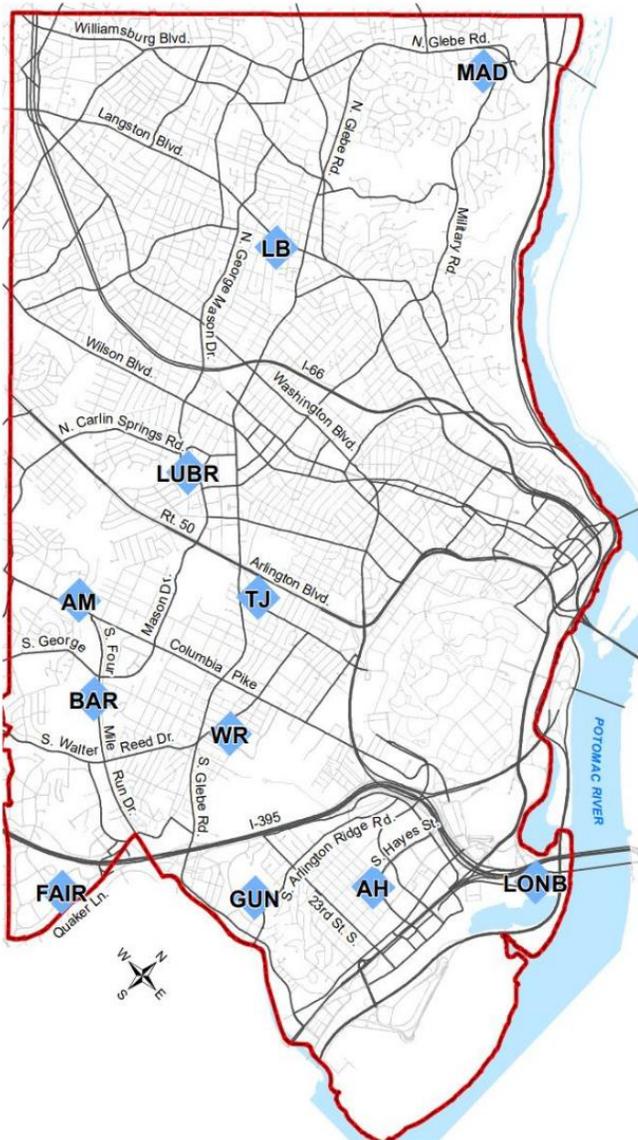
Online registration is available 24/7 (after registration opens) through our WebTrac system.

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
703-228-0951
Mona Farah: mofarah@arlingtonva.us
M-F: 9-3, some nights/wknds
- AH** **Aurora Hills**
735 S. 18th St., 22202
703-228-5722
Emily Ingram: eingram@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)

