

LANGSTON-BROWN 55+ CENTER NEWSLETTER

2121 N Culpeper St., Arlington, VA 22207

703-228-6300

CENTER HOURS

Monday-Friday, 9am-3pm
Evenings and Weekends as
scheduled

CONTACT

55+ Office

55Plus@arlingtonva.us

Website:
arlingtonva.us/55plus

Elizabeth Poole,
Langston-Brown 55+
Center Director

epoole@arlingtonva.us
703-228-6300

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DIRECTOR'S NOTE

NEW PROCEDURES to enter the Langston-Brown building:

We want to make everyone aware of a change to the security system at Langston-Brown. To align with Arlington Public Schools' (APS) security protocols during school hours (8 a.m. - 4 p.m.) all DPR program participants and visitors ages 18 and up will be required to present government issued identification and be screened through the APS Raptor Visitor System prior to entering Langston-Brown.

To help facilitate the entry process, staff will pre-screen participants enrolled in 55+ programs at Langston-Brown ahead of the programs for which they are registered.

For full details on APS security protocols, please visit the [Security Policies and Procedures](#) page on the Arlington Public Schools website.

We appreciate your cooperation and voluntary compliance with these procedures. **Thank you for your patience and understanding.** For questions, reach out to 55plus@arlingtonva.us.

Upcoming programs can be found on page 3.





Elizabeth Poole
55+ Center Director



Daniel Bernal
Social 60+ Café Program
Coordinator



Beatriz Izcue
Kitchen Assistant

ARLINGTON COUNTY 55+ CENTER MISSION STATEMENT

The Mission of Arlington 55+ Centers is to enhance the physical and mental well-being of Arlington’s diverse over 55+ populations through programs and activities fostering wellness, a sense of purpose and social involvement.



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+ Gold	
	55+ Pass	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 in June at Langston-Brown

Better Brain Health as You Age:

Tuesday, June 9, 11 a.m.-12 p.m. [#914500-01](#)

D-Day Girls & Boys from Bedford:

Thursday, June 11, 11 a.m.-12 p.m. [#914400-20](#)

Mediterranean Cruise:

Thursday, June 11, 1:30-2:30 p.m. [#914400-30](#)

Fruit and Vegetable Bingo:

Monday, June 15, 11 a.m.-12 p.m. [#914600-11](#)

Hearings Aids - Beware and Be Wise:

Tuesday, June 16, 11 a.m.-12 p.m. [#914500-02](#)

Safety in the Neighborhood:

Tuesday, June 23, 11 a.m.-12 p.m. [#914400-11](#)

Vigilance Against Cybercrime:

Thursday, June 25, 11 a.m.-12 p.m. [#914403-02](#)

Medicare in Retirement Planning:

Monday, June 29, 1:30-2:30 p.m. Virtual. [#914404-04](#)

Drop-in Programs to Enjoy at Langston-Brown

- Scale Down: 2nd & 4th Mondays, 1:30-2:30 p.m.
- Rummikub: Tuesdays, 9:30-11:30 a.m.
- Book Club: 1st Tuesdays, 1-2 p.m.
- Social Bridge: Tuesdays, 10 a.m.-12 p.m.
- American Mah Jongg: Tuesdays, 1:30-3:30 p.m.
- Yarn Creations: Tuesdays, 1-3 p.m.
- Drumming Circle: Tuesdays, 2-3:30 p.m.
- Volleyball: Tuesdays, 3:30-5:30 p.m.
- Morning Meetup: Wednesdays, 9:30-11:30 a.m.
- Scrabble: Wednesdays, 1-2 p.m.
- Chinese Style Mah Jongg: Thursdays, 9:30-11:30 a.m.
- Cardmaking Workshop: Thursdays, 1-4 p.m.
- Woodcarvers: Thursdays, 1-4 p.m.

EAT SOME BBQ

RAISE SOME MONEY!

★ **AT ROCKLANDS
BARBEQUE** ★
3471 Washington Blvd.
Arlington, VA
www.rocklands.com

TUESDAY
JUNE
2nd



FROM
11:00am
TO
9:30pm

15% of proceeds benefit the Alliance
for Arlington Senior Programs.

**THIS IS YOUR BEST OPPORTUNITY TO
SUPPORT ARLINGTON'S 55+ PROGRAM!**

**GAMES, DRAWINGS,
FRIENDS & FUN**

Plenty of outdoor patio seating.
Carryout orders count too!
Vegetarian options are available.

• Carpooling recommended •
Virginia Square Metro 5-8 minute walk

FAMILY & FRIENDS WELCOME



For more information visit:
www.friendsofthealliance.org

MONDAY

TUESDAY

WEDNESDAY

1

10:30-11:30 Social 60+ Movie Day SR
 9am-12pm 55+ Fitness hrs.^ RM202
 12-12:45pm Social 60+ Café + RM113

2

9am-12pm 55+ Fitness hrs.^ RM202
 9:30-11:30am Rummikub RM108
 10:00am-12pm Social Bridge RM108
 12pm Social 60+ Café + RM113
 1-2pm Book Club RM125
 1-3pm Yarn Creations RM108
 1:30-3:30pm American Mah Jongg RM103
 2-3:30pm Drumming SR
 3:30-5:30pm Volleyball Gym

3

9:30-11:30am Morning Meet-Up RM103
 10:30-11:15am Exercise w/ Jill + RM113
 9am-12pm 55+ Fitness hrs.^ RM202
 12-12:45pm Social 60+ Café + RM113
 1-2pm Scrabble RM103

**Support the 55+ Program at the
 Rocklands Barbeque Fundraiser!**
 3471 Washington Blvd. Arlington, VA
 11 a.m.-9:30 p.m.

8

10:30-11am Social 60+ P.A.L. SR
 9am-12pm 55+ Fitness hrs.^ RM202
 12-12:45pm Social 60+ Café + RM113
 1:30-2:30pm Scale Down RM125

9

9am-12pm 55+ Fitness hrs.^ RM202
 9:30-11:30am Rummikub RM113
11am-12 Brain Health as You Age* RM108
 10:00am-12pm Social Bridge RM103
 10:30-11:30am Social 60+ Bingo+ SR
 12pm Social 60+ Café + RM113
 1-3pm Yarn Creations RM108
 1:30-3:30pm American Mah Jongg RM103
 2-3:30pm Drumming SR
 3:30-5:30pm Volleyball Gym

10

9:30-11:30am Morning Meet-Up RM103
 10:30-11:15am Exercise w/ Jill + RM113
 9am-12pm 55+ Fitness hrs.^ RM202
 12-12:45pm Social 60+ Café + RM113
 12:15-1:15pm Chair Yoga** RM108
 1-2pm Scrabble RM103
 1:30-3pm Gentle & Med. Yoga** RM108
 6-7pm Zumba Class** RM113

15

11am-12pm Fruit & Veggie Bingo* RM113
 9am-12pm 55+ Fitness hrs.^ RM202
 12-12:45pm Social 60+ Café + RM113

16

9am-12pm 55+ Fitness hrs.^ RM202
 9:30-11:30am Rummikub RM113
 10:00am-12pm Social Bridge RM103
 10:30-11:30am Social 60+ Spellbinders SR
**11am-12pm Hearing Aids-Beware & Be
 Wise* RM108**
 12pm Social 60+ Café + RM113
 1-3pm Yarn Creations RM108
 1:30-3:30pm American Mah Jongg RM103
 2-3:30pm Drumming SR
 3:30-5:30pm Volleyball Gym

17

9:30-11:30am Morning Meet-Up RM103
 10:30-11:15am Exercise w/ Jill + RM113
 9am-12pm 55+ Fitness hrs.^ RM202
 12:15-1:15pm Chair Yoga** RM108
 12-12:45pm Social 60+ Café + RM113
 1-2pm Scrabble RM103
 1:30-3pm Gentle & Med. Yoga** RM108
 6-7pm Zumba Class** RM113

22

10:30-11:30am Social 60+ Trivia & Puzzles+ SR
 9am-12pm 55+ Fitness hrs.^ RM202
 12-12:45pm Social 60+ Café + RM113
 1:30-2:30pm Scale Down RM125

23

9am-12pm 55+ Fitness hrs.^ RM202
 9:30-11:30am Rummikub RM113
 10:00am-12pm Social Bridge RM103
 10:30-11:30am Social 60+ Art \$ Crafts SR
**11am-12pm Safety in the Neighborhood*
 RM108**
 12pm Social 60+ Café + RM113
 1-3pm Yarn Creations RM108
 1:30-3:30pm American Mah Jongg Rm 103
 2-3:30pm Drumming SR
 3:30-5:30pm Volleyball Gym

24

9:30-11:30am Morning Meet-Up RM103
 9am-12pm 55+ Fitness hrs.^ RM202
 12:15-1:15pm Chair Yoga** RM108
 1-2pm Scrabble RM103
 1:30-3pm Gentle & Med. Yoga** RM108
 6-7pm Zumba Class** RM113

29

10:30-11:30 Social 60+ Spellbinders SR
 9am-12pm 55+ Fitness hrs.^ RM202
 12-12:45pm Social 60+ Café + RM113
**1:30-2:30pm Medicare in Retirement*
 Virtual**

30

9am-12pm 55+ Fitness hrs.^ RM202
 9:30-11:30am Rummikub RM108
 10:00am-12pm Social Bridge RM108
 10:30-11:30am Social 60+ Cornhole RM113
 12pm Social 60+ Café + RM113
 1-3pm Yarn Creations RM108
 1:30-3:30pm American Mah Jongg RM103
 2-3:30pm Drumming SR
 3:30-5:30pm Volleyball Gym



LANGSTON-BROWN 55+ CENTER ACTIVITY CALENDAR

JUNE 2026

2121 Culpeper St. N.,
Arlington, VA 22207
703-228-6300

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.

Programs with + symbol are
Social 60+ Café activities. You
must complete an application
prior to attending these activities
and lunch. Lunch is served M-F at
noon for those registered for the
program.

THURSDAY	FRIDAY
<p style="text-align: right;">4</p> <p>9am-12pm 55+ Fitness hrs.^ RM202 9:30-11:30am Mah Jongg RM108 10am-12pm Tech Help Desk* RM103 10:30-11am Social 60+ Arts & Crafts SR 12-12:30pm Social 60+ Café+ RM113 1-2pm French Conversation RM103 1-4:00pm Cardmaking Group RM125 1-4:00pm Woodcarvers RM125 2-3pm Italian Conversation RM103</p>	<p style="text-align: right;">5</p> <p>9:30-11:30am Spellbinders RM108 10am-12pm German Conversation* Virtual 10:30-11:30 Social 60+ Exercise w/Jill RM113 9am-12pm 55+ Fitness hrs.^ RM202 12-12:30pm Social 60+ Café+ RM113</p>
<p style="text-align: right;">11</p> <p>9am-12pm 55+ Fitness hrs.^ RM202 9:30-11:30am Mah Jongg RM103 10am-12pm Tech Help Desk* RM113 10:30-11:30am Social 60+ Arts & Crafts+ SR 11am-12pm D-Day Girls & Boys from Bedford* RM108 12-12:30pm Social 60+ Café+ RM113 1:30-2:30pm Mediterranean Cruise* RM108 1-4:00pm Cardmaking Group RM125 1-4:00pm Woodcarvers RM125</p>	<p style="text-align: right;">12</p> <p>10am-12pm German Conversation* Virtual 10:30-11:30 Social 60+ Exercise w/Jill RM113 9am-12pm 55+ Fitness hrs.^ RM202 12-12:30pm Social 60+ Café+ RM113 7-10pm Pride Senior Prom at Central Library*</p>
<p style="text-align: right;">18</p> <p>9am-12pm 55+ Fitness hrs.^ RM202 9:30-11:30am Mah Jongg RM108 10am-12pm Tech Help Desk* RM103 10:30-11am Social 60+ Father's Day+ SR 12-12:30pm Social 60+ Café+ RM113 1-2pm French Conversation RM103 2-3pm Italian Conversation RM103 1-4:00pm Cardmaking Group RM125 1-4:00pm Woodcarvers RM125</p>	<p style="text-align: right;">19</p> <p style="text-align: center;">55+ Centers Closed</p>
<p style="text-align: right;">25</p> <p>9am-12pm 55+ Fitness hrs.^ RM202 9:30-11:30am Mah Jongg RM108 10am-12pm Tech Help Desk* RM103 10:30-11:30am Social 60+ Walking Gym 11am-12pm Vigilance Against Cybercrime* RM108 12-12:30pm Social 60+ Café+ RM125 1-4:00pm Cardmaking Group RM125 1-4:00pm Woodcarvers RM125</p>	<p style="text-align: right;">26</p> <p>10am-12pm German Conversation* Virtual 9am-12pm 55+ Fitness hrs.^ RM202 10:30-11:30 Social 60+ Exercise w/Jill RM113 12-12:30pm Social 60+ Café+ RM113</p>
<p style="text-align: center;">Play All Day VA Saturday, June 20 Visit arlingtonva.us/PADVA To find out how you can participate in the longest day of play!</p>	



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!



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+ Pass Registration Fees:

55+ Pass (Annual)	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	\$65	\$155

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.](#)

Hyperlink for Long Bridge Aquatics & Fitness Center:

<https://www.arlingtonva.us/Government/Departments/Parks-Recreation/Locations/Indoor-Facilities/Long-Bridge-Aquatics-Fitness-Center>

Credit and debit card payments made through the Arlington County Department of Parks and Recreation [registration system](#) include a convenience fee of up to 3% paid directly to the credit card processor. Arlington County does not receive any portion of the fee.

Looking for an alternative way to pay? [Learn how to pay](#) by eCheck, in-person or by mail.



For more information on our 55+ programs visit arlingtonva.us/55Plus

We can provide reasonable modifications for people with disabilities upon request.

Podemos proveer modificaciones razonables conforme la Ley de Personas con Incapacidades (ADA) con previo aviso al 703-228-6300 or TTY 711.

Langston-Brown 55+ Center Advisory Committee

Chairperson: Linda Sholl
Vice Chair: Vacant
Secretary: Denise Massaro
Treasurer: Kitty Collins

We are looking for new Langston-Brown Advisory Committee Members. Call 703-228-6300 for more information or email epoole@arlingtonva.us

French Conversation

Practice French with a friendly group of people with advanced knowledge of the language. Interesting weekly dialogues will take place.

1st and 3rd Thursdays, 1-2 p.m.

Drop-in

Italian Conversation

If you would like to converse in the world's most romantic language, join us for energetic and fun conversation.

1st and 3rd Thursdays, 2-3 p.m.

Drop-in

German Conversation

If you speak German, join this friendly group in a weekly discussion. These gatherings provide a chance to converse in German on various topics of interest to all.

Fridays, 10 a.m.-12 p.m. | Virtual

Register: [#914650-01](https://www.meetup.com/join/?id=914650-01)

Help Desk for Computer & Cell Phone Technology Needs

Supported by a grant from Arlington County, AASP is now offering free technology help desk sessions at three Arlington 55+ Centers where you can get your questions answered.

Bring your laptop, cell phone, or other digital device and get assistance from a trained professional with apps, removing computer viruses or malware, storing pictures and files, and other technology questions.

Please sign up for a session in advance – each appointment lasts 30 minutes.

To sign up, email 55plus@arlingtonva.us or call 703-228-4769.

Sponsored by the Alliance for Arlington Senior Programs.

**Thursdays, 10 a.m.-12 p.m. at Langston-Brown
Thursdays, 1-3 p.m. at Arlington Mill
Fridays, 10 a.m.-12 p.m. at Lubber Run**

HOW TO REGISTER

ONLINE ► registration.arlingtonva.us

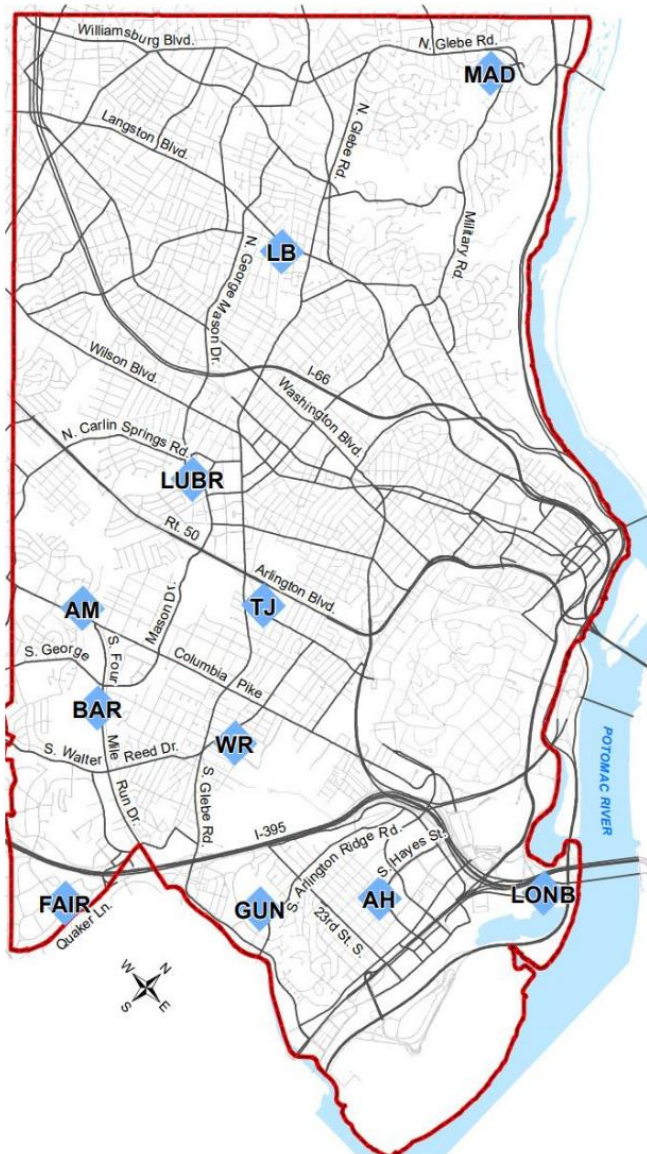
Online registration is available 24/7 (after registration opens) through our WebTrac system.

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
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)