

June 2026

LUBBER RUN 55+ CENTER NEWSLETTER

300 N. Park Drive, Arlington

703-228-4747

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

Center Director

Ashley Gomez

Agomez1@arlingtonva.us

703-228-4767

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Director's Note:

June brings meaningful opportunities to learn, connect and support one another at the center. On June 5, join us for our Dementia Awareness and Resource Fair, featuring valuable information, community resources and supportive conversations focused on brain health and caregiving. Then, on June 12, don't miss our special documentary screening followed by discussion and reflection. We look forward to a month centered on awareness, connection and community engagement!

For details on upcoming programs, please refer to our calendar on pages 4-5, and visit page 7 for registration codes. Thank you for being an essential part of our vibrant community!

-Ashley Gomez

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.

ABOUT THE CENTER

Featuring net-zero energy design and a landscape-focused approach to the surrounding park, Lubber Run Community Center offers a holistic response to an urban challenge – ultimately creating public space that is greater and greener for residents.



Lubber Run 55+ Center Director
Ashley Gomez



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

LUBBER RUN ADVISORY COMMITTEE

The Lubber Run 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 - Al Santiago

Vice-Chair - Alease Brooks

Secretary - VACANT

Treasurer - Patricia Stroup

Assistant Treasurer - Jim Morris

Members at Large:

Dee Bivens

Jane Sharp

Bob Kimmins

Barbara Mathes-Abauza

Jill Buzby

Josephine Ma



Next meeting:

Wednesday, June 10th, 2-3 p.m.
Lubber Run Senior Room (RM115)

"Summer's lease hath all too short a date." William Shakespeare, Sonnet 18

As we move into the early days of summer, plan to join us for our ongoing programs such as Coffee Hour, exercise and crafts.

The Advisory Committee is very excited to invite you and friends to our documentary viewing and discussion fundraiser on June 12, from 6-8 p.m.

The documentary film "Phenomenon of Emotions" explores the emotions that inspire filmmakers to create art. Join filmmaker Jacob Simmons and discuss how emotions serve as a driving force in nearly every aspect of our daily lives.

Suggested donation of \$10, but any amount donated is appreciated and will directly support 55+ programs at Lubber Run 55+ Center.

A reception will follow.

MONDAY	TUESDAY	WEDNESDAY
<p style="text-align: right;">1</p> <p>9-10:30am Coffee or Tea and Thee RM115 9am-12pm Chess RM115 10-11am Total Body Fitness^ GYM 11:30-12:30pm Tai Chi -Yang RM119 1-3pm Creative Commons* RM115</p>	<p style="text-align: right;">2</p> <p>10-11am Full Fitness^ GYM 1-2:30pm Musician of the Month: Duke Ellington* RM115</p> <p>Support the 55+ Program at the Rocklands Barbeque Fundraiser! 3471 Washington Blvd. Arlington, VA 11 a.m.-9:30 p.m.</p>	<p style="text-align: right;">3</p> <p>9-10:30am Coffee or Tea and Thee RM115 9:30-10:30am Strength Training^ GYMA 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 1:30-3:30pm Opera Appreciation* RM115</p>
<p style="text-align: right;">8</p> <p>7:15-8am Cardio Kickboxing^^ RM116 9-10:30am Coffee or Tea and Thee RM115 9am-12pm Chess RM115 10-11am Total Body Fitness^ GYM 11:30-12:30pm Tai Chi -Yang RM119 12-1pm IT Help with Albert* RM115 1-2:30pm Traditional Hatha Yoga^^ RM116</p>	<p style="text-align: right;">9</p> <p>10-11am Full Fitness^ GYM 10:30-11:30am Advanced Traditional Hatha Yoga^^ RM116 11:30-1pm Genealogy 101* RM115 11:45-12:45pm Gentle Hatha Yoga^^ RM116 2-3pm Karaoke* RM115 2:15-3:15pm Zumba^^ RM116</p>	<p style="text-align: right;">10</p> <p>9-10:30am Coffee or Tea and Thee RM115 9:30-10:30am Strength Training^ GYMA 10:30-11:30am Tai Chi -Taoist RM119 11am-12pm The Angler's Corner RM115 11:30-12:30pm Tai Chi -Yang RM119 12:15-1:45pm Traditional Hatha Yoga Level 2^^ RM116 2-3pm Advisory Committee Meeting RM115 2-3:15pm Gentle & Meditative Yoga^^RM116 4-5:15pm Traditional Hatha Yoga^^ RM116</p>
<p style="text-align: right;">15</p> <p>7:15-8am Cardio Kickboxing^^ RM116 9-10:30am Coffee or Tea and Thee RM115 9am-12pm Chess RM115 10-10:30am Intergenerational Painting Party* RM115 10-11am Total Body Fitness^ GYM 11:30-12:30pm Tai Chi -Yang RM119 1-2pm SAIL* RM119 1-2:30pm Traditional Hatha Yoga^^ RM116</p>	<p style="text-align: right;">16</p> <p>10-11am Full Fitness^ GYM 10-10:30am Reading Buddies* RM115 10:30-11:30am Advanced Traditional Hatha Yoga^^ RM116 11:45-12:45pm Gentle Hatha Yoga^^ RM116 2:15-3:15pm Zumba^^ RM116 2:30-4pm Piano Lounge and Sing Along* RM115</p>	<p style="text-align: right;">17</p> <p>9-10:30am Coffee or Tea and Thee RM115 9:30-10:30am Strength Training^ GYMA 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 12:15-1:45pm Traditional Hatha Yoga Level 2^^ RM116 1:30-3:30pm Opera Appreciation* RM115 2-3:15pm Gentle & Meditative Yoga^^RM116 4-5:15pm Traditional Hatha Yoga^^ RM116</p>
<p style="text-align: right;">22</p> <p>9-10:30am Coffee or Tea and Thee RM115 9am-12pm Chess RM115 10-11am Total Body Fitness^ GYM 11:30-12:30pm Tai Chi -Yang RM119 1-2pm SAIL* RM119 1-2pm Normal Aging vs. Dementia* RM115 1-2:30pm Traditional Hatha Yoga^^ RM116</p>	<p style="text-align: right;">23</p> <p>10-11am Full Fitness^ GYM 10:30-11:30am Advanced Traditional Hatha Yoga^^ RM116 11am-12pm Summer Picnic Ideas* RM115 11:45-12:45pm Gentle Hatha Yoga^^ RM116 2:15-3:15pm Zumba^^ RM116 2-3pm The Legacy of Pride* RM115</p>	<p style="text-align: right;">24</p> <p>9-10:30am Coffee or Tea and Thee RM115 9:30-10:30am Strength Training^ GYMA 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 12:15-1:45pm Traditional Hatha Yoga Level 2^^ RM116 1-2:15pm Gentle and Meditative Yoga^^ RM116 1:30-2:30pm Open Office Hour* RM115 2-3:15pm Gentle & Meditative Yoga^^RM116 4-5:15pm Traditional Hatha Yoga^^ RM116</p>
<p style="text-align: right;">29</p> <p>7:15-8am Cardio Kickboxing^^ RM116 9-10:30am Coffee or Tea and Thee RM115 9am-12pm Chess RM115 10-11am Total Body Fitness^ GYM 11:30-12:30pm Tai Chi -Yang RM119 1-2pm SAIL* RM119 1-2:30pm Traditional Hatha Yoga^^ RM116</p>	<p style="text-align: right;">30</p> <p>10-11am Full Fitness^ GYM 10:30-11:30am Advanced Traditional Hatha Yoga^^ RM116 11:45-12:45pm Gentle Hatha Yoga^^ RM116 1-3pm Movie Matinee: Yesterday* RM115 2:15-3:15pm Zumba^^ RM116</p>	

THURSDAY	FRIDAY
<p style="text-align: right;">4</p> <p>8:30-9:30am Walk Fit* LOBBY 10-11am Full Fitness^ GYM 11:30am-12:30pm Spanish Conversation RM115 1-3pm Sudoku RM115 2-4pm Drop in Volleyball GYMB 6:30-8pm Open Jam Session RM115</p>	<p style="text-align: right;">5</p> <p>9:30-10:30am Strength Training^ GYMA 10am-12pm Help Desk for Computer & Cell Phone Technology Needs 10:45-11:45am Total Body Fitness^ GYMA 10:30-11:30am Tai Chi -Taoist RM119 11am-1pm Dementia Awareness & Resource Fair RM115 11:30-12:30pm Tai Chi -Yang RM119 1:30-3pm Social Ballroom Dance RM119 1-2pm Brains and Brawn* RM116 3-4:30pm Crafternoon Social Group RM115</p>
<p style="text-align: right;">11</p> <p>8:30-9:30am Walk Fit* LOBBY 10-11am Full Fitness^ GYM 11:30am-12:30pm Spanish Conversation RM115 1:30-3pm Paper Quilling*^ RM115 2-4pm Drop in Volleyball GYMB 6-7pm Records and Root Beer Floats* RM115</p>	<p style="text-align: right;">12</p> <p>9:30-10:30am Strength Training^ GYMA 10am-12pm Help Desk for Computer & Cell Phone Technology Needs 10:45-11:45am Total Body Fitness^ GYMA 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 3-4:30pm Crafternoon Social Group RM115 6-8pm Documentary Screening* RM115 7-10pm Pride Senior Prom at Central Library*</p>
<p style="text-align: right;">18</p> <p>8:30-9:30am Walk Fit* LOBBY 10-11am Full Fitness^ GYM 11:30am-12:30pm Spanish Conversation RM115 1-2pm SAIL* RM119 1-3pm Sudoku RM115 2-4pm Drop in Volleyball GYMB 6:30-8pm Open Jam Session RM115</p>	<p style="text-align: right;">19</p> <p style="text-align: center; font-size: 2em;">55+ Centers Closed</p>
<p style="text-align: right;">25</p> <p>8:30-9:30am Walk Fit* LOBBY 10-11am Full Fitness^ GYM 11:30am-12:30pm Spanish Conversation RM115 1-2pm SAIL* RM119 2-4pm Drop in Volleyball GYMB 6-7pm Elder Law Services* RM115</p>	<p style="text-align: right;">26</p> <p>9:30-10:30am Strength Training^ GYMA 10am-12pm Help Desk for Computer & Cell Phone Technology Needs 10:45-11:45am Total Body Fitness^ GYMA 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 3-4:30pm Crafternoon Social Group RM115</p>
	<p style="text-align: center; color: green; font-weight: bold;">Play All Day VA Saturday, June 20</p> <p style="text-align: center;">Visit arlingtonva.us/PADVA To find out how you can participate in the longest day of play!</p>

Lubber Run 55+ Center Activity Calendar

June 2026

300 N. Park Drive,
Arlington, VA,
22203

KEY

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

RM115 - Magnolia
RM116 - Walnut
RM119 - Oak
RM121 - Hickory
RM126 - Beech

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

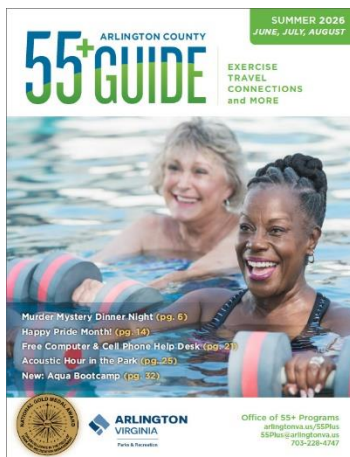
55+^{ARLINGTON COUNTY} VIRTUAL PROGRAMS

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 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

Summer 55+ Guide 2026:



55+^{ARLINGTON COUNTY} GUIDE

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.

Register for June Programs at Lubber Run!

Dementia Awareness & Resource Fair

Friday, June 5, 11 a.m.-1 p.m.
Drop-In

IT Help with Albert

Monday, June 8,
12-12:20 p.m.
Register: [#914900-40](#)
12:20-12:40 p.m.
Register: [#914900-41](#)
12:40-1 p.m.
Register: [#914900-42](#)

Documentary Screening

Friday, June 12, 6-8 p.m.
Register: [#914804-07](#)

The Legacy of Pride

Tuesday, June 23, 2-3 p.m.
Register: [#914400-17](#)

Open Office Hour with the Director

Wednesday, June 24, 1:30-2:30 p.m.
Register: [#914801-09](#)

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 four 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.

Walk-ins are also welcome!

Fridays 10 a.m.-12 p.m. Lubber Run

Creative Commons

Monday, June 1, 1-3 p.m.
Register: [#914303-01](#)

Musician of the Month: Duke Ellington

Tuesday, June 2, 1-2:30 p.m.
Register: [#914400-35](#)

Karaoke

Tuesday, June 9, 2-3 p.m.
Register: [#914304-14](#)

Records and Root Beer Floats

Thursday, June 11, 6-7 p.m.
Register: [#914801-06](#)

Intergenerational Painting Party

Monday, June 15, 10-10:30 a.m.
Register: [#914310-04](#)

Reading Buddies

Tuesday, June 16, 10-10:30 a.m.
Register: [#914301-13](#)

Piano Lounge and Sing-Along

Tuesday, June 16, 2:30-4 p.m.
Register: [#914304-18](#)

Normal Aging vs. Dementia

Monday, June 22, 1-2 p.m.
Register: [#914500-03](#)

Summer Picnic Ideas

Tuesday, June 23, 11 a.m.-12 p.m.
Register: [#914501-05](#)

Elder Law Services

Thursday, June 25, 6-7 p.m.
Register: [#914400-12](#)

Movie Matinee: Yesterday

Tuesday, June 30, 1-3 p.m.
Register: [#914804-11](#)

HOW TO REGISTER

ONLINE ► registration.arlingtonva.us

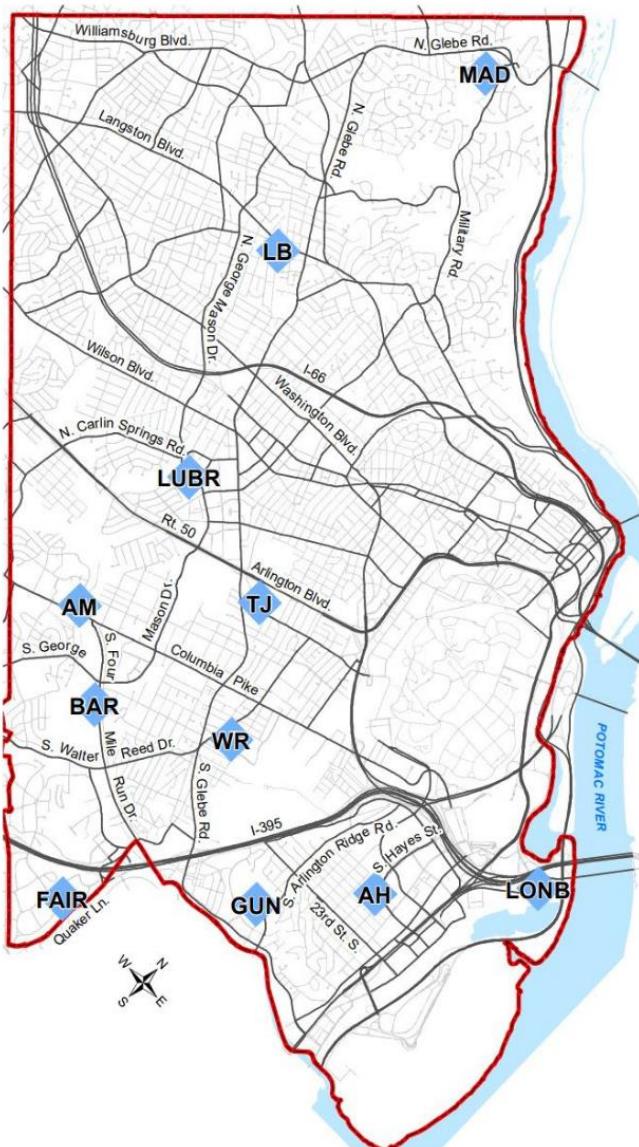
Online registration is available 24/7 (after registration opens) through our WebTrac system.

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)