

June 2026

WALTER REED 55+ CENTER NEWSLETTER

2909 16th Street South, Arlington VA

703-228-0955

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/55plus

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

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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!**

ALSO NOTE: Line Dance Practice
Starts Wednesday, July 8!

ABOUT THE CENTER

Kitchen Assistant:
Meaza Beraki



Social 60+ Café
Program Coordinator:
Mollie Blahuta



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 AT WALTER REED

Acoustic Café

Celebrate and support local musicians! June's show features Griefcat and The Calico Cloggers. Shows are open to all ages; no 55+ Pass is required. The café is sponsored by the Walter Reed 55+ Advisory Committee and the Alliance for Arlington Senior Programs.

Tuesday, June 16, 7-8:30 p.m.

Register: [#914301-02](#)

Movies & Munchies

Join us for award-winning movies, light refreshments and discussion at the conclusion. We'll show films that have won awards. June: *Hamnet* (2025) (PG-13).

Thursday, June 11, 2-4 p.m.

Register: [#914804-01](#)

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, June 12, 1-2 p.m.

Register: [#914600-17](#)

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 p.m.

Drop-in

PICKLEBALL CORNER

55+ Drop-In Pickleball Hours

Monday

8:15 a.m.-4 p.m.

(10-11 a.m. half court)

All Ages - 12:30-4 p.m.

Tuesday

All Ages - 12:30-3 p.m.

Wednesday

8:15-11 a.m.

2:15-4 p.m.

Thursday

All Ages - 12:30-3 p.m.

Friday

8:15 a.m.-4 p.m.

All Ages - 12:30-4 p.m.

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		
1			2			3		
8:15-4	55+ Pickleball	GYM	8-11	Learn to Ride Bikes* GYM		8:15-11	55+ Pickleball	GYM
9:30-12	Mexican Train Dom.	CAFE	10-12	English Class(REEP)	MPRA	10-12	Canasta	SL
10-11	Abs. Beginner PB	GYM	11-1	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
12-4	American Mah Jongg	SL	12:30-3	Pickleball - All Ages!	GYM	12-2	55+ Basketball	GYM
12-2	Tech Help	CONF	1-2	Social 60+ Activity	MPRBC	12:30	Jolly Hearts	CONF
12:30-4	Pickleball - All Ages	GYM	1-2:15	Tai Chi Practice	WELLR	1:30-3:30	Social Bridge	SL
1-2	Table Games+	MPRBC	1:30-4:30	Samba	SL	1:30-3	Third Act Dance**	WELLR
1-2	Jeopardy*	MPRA	2-4	Bridge Practice	CAFE	2:15-4	55+ Pickleball	GYM
4-5	Easy Piano Duets*	SL	4-5:30	Ukulele*	ARTS&C			
			5:30-7:30	Chinese Mah Jongg* SL				
8			9			10		
8:15-4	55+ Pickleball	GYM	9-10:15	Yoga Daily Living**	WELLR	8:15-11	55+ Pickleball	GYM
9:30-12	Mexican Train Dom.	CAFE	10:30-11:30	English Class(REEP)	MPRA	10-3	Hearing Screenings* QR	
10-11	Abs. Beginner PB	GYM	11-1	Five Crowns	SL	10-12	Canasta	SL
10-11	Pickleball (1 court)	GYM	11:30-12:15	Strength Training+	GYM	10:15-11:15	Line Dance	WELLR
10-11	Intermediate	WELLR	12:30-3	Pickleball - All Ages!	GYM	11:30-12:30	Seated Exercise+	MPRA
	Qigong**		1-2:15	Tai Chi Practice	WELLR	12-2	55+ Basketball	GYM
12-4	American Mah Jongg	SL	1:30-4:30	Samba	SL	1-2	Social 60+ Activity	MPRBC
12:30-4	Pickleball - All Ages	GYM	1:30-2:30	Adv. Committee	CONF	1:30-3:30	Social Bridge	SL
2-3	Beginner Tai Chi**	WELLR	2-4	Bridge Practice	CAFE	1:30-3	Third Act Dance**	WELLR
4-5	Easy Piano Duets*	SL	4-5:30	Ukulele Practice	ARTS&C	2:15-4	55+ Pickleball	GYM
			3-4	Healthy Recipes*	MPRBC			
			4:30-5:30	Crush It! Fitness**	WELLR			
			5:30-6:30	Radio Plays*	SL			
15			16			17		
8:15-4	55+ Pickleball	GYM	9-10:15	Yoga Daily Living**	WELLR	8:15-11	55+ Pickleball	GYM
9:30-12	Mexican Train Dom.	CAFE	10:30-11:30	English Class(REEP)	MPRA	10-12	Canasta	SL
10-11	Abs. Beginner PB	GYM	11-1	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	Intermediate	WELLR	12:30-3	Pickleball - All Ages!	GYM	12-2	55+ Basketball	GYM
	Qigong**		1-2:15	Tai Chi Practice	WELLR	12:30	Jolly Hearts	CONF
12-4	American Mah Jongg	SL	1:30-4:30	Samba	SL	1:30-3:30	Social Bridge	SL
12:30-4	Pickleball - All Ages	GYM	2-4	Bridge Practice	CAFÉ	2:15-4	55+ Pickleball	GYM
2-3	Beginner Tai Chi**	WELLR	4-5:30	Ukulele*	MPRA			
3:45-4:45	Mat Pilates**	WELLR	4:30-5:30	Crush It! Fitness**	WELLR			
4-5	Easy Piano Duets*	SL	5-7	Euchre*	SL			
			7-8:30	Acoustic Café*	MPRBC			
22			23			24		
8:15-4	55+ Pickleball	GYM	9-10:15	Yoga Daily Living**	WELLR	8:15-11	55+ Pickleball	GYM
9:30-12	Mexican Train Dom.	CAFE	10:30-11:30	English Class(REEP)	MPRA	10-12	Canasta	SL
10-11	Abs. Beginner PB	GYM	10:30-11:30	BP Clinic	CONF	10:15-11:15	Line Dance	WELLR
10-11	Pickleball (1 court)	GYM	11-1	Five Crowns	SL	12-2	55+ Basketball	GYM
10-11	Intermediate	WELLR	11:30-12:15	Strength Training+	CONF	12:30	Jolly Hearts	CONF
	Qigong**		12:30-3	Pickleball - All Ages	GYM	1:30-3	Third Act Dance**	WELLR
10-12	VICAP - AI & Fraud	MPRA	1-2:15	Tai Chi Practice	WELLR	1:30-3:30	Social Bridge	SL
12-4	American Mah Jongg	SL	1:30-4:30	Samba	SL	2:15-4	55+ Pickleball	MPRA
12:30-4	Pickleball - All Ages	GYM	2-4	Bridge Practice	CAFE			
3:45-4:45	Mat Pilates**	WELLR	4-5:30	Ukulele Practice	ARTS&C			
4-5	Easy Piano Duets*	SL	4:30-5:30	Crush It! Fitness**	WELLR			
			6-7:30	Drag Queen Bingo*	MPRBC			
29			30					
8:15-4	55+ Pickleball	GYM	9-10:15	Yoga Daily Living**	WELLR			
9:30-12	Mexican Train Dom.	CAFE	10:30-11:30	English Class(REEP)	MPRA			
10-11	Intermediate	WELLR	11-1	Five Crowns	SL			
	Qigong**		11:30-12:15	Strength Training+	GYM			
10-11	Abs. Beginner PB	GYM	12:30-3	Pickleball - All Ages!	GYM			
10-11	Pickleball (1 court)	GYM	1-2:15	Tai Chi Practice	WELLR			
12-4	American Mah Jongg	SL	1:30-4:30	Samba	SL			
12:30-4	Pickleball - All Ages	GYM	2-4	Bridge Practice	CAFÉ			
2-3	Beginner Tai Chi**	WELLR	4-5:30	Ukulele Practice	ARTS&C			
3:45-4:45	Mat Pilates**	WELLR	4:30-5:30	Crush It! Fitness**	WELLR			
4-5	Easy Piano Duets*	SL	6-7:30	"Every Body" Doc*	CONF			

WALTER REED 55+ CENTER ACTIVITY CALENDAR

JUNE 2026
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

Advisory Committee Meetings:
2nd Tuesday of the Month

Daily Programming:
10am-12pm Ping Pong & Billiards GR

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

THURSDAY			FRIDAY		
4			5		
11:30-12:15	Strength Training+	GYM	8:15-4	55+ Pickleball	GYM
12-4	American Mah Jongg	SL	10-12	Chinese Mah Jongg	CAFE
12:30-3	Pickleball - All Ages!	GYM	11:30-12:30	Seated Exercise+	MPRA
1:30-3	Memory Cafe	ARTS&C	1-3	Sunshine Gang	MPRA
4-6	Game Night	SL	12:30-4pm	Pickleball - All Ages	GYM
			1-2:15	Tai Chi Practice	WELLR
			1:30-4	Samba	SL
11			12		
10:15-11:15	Mat Pilates**	GYM	8:15-4	55+ Pickleball	GYM
10:30-11:30	English Class (REEP)	MPRA	10-12	Chinese Mah Jongg	CAFE
11:30-12:15	Strength Training+	GYM	11:30-12:30	Seated Exercise+	MPRA
12-4	American Mah Jongg	SL	1-3	Sunshine Gang	MPRA
12:30-3	Pickleball - All Ages!	GYM	12:30-4pm	Pickleball - All Ages	GYM
1-2:15	Trad. Hatha Yoga Level 1**	WELLR	1-2	Stonewall Ranger Talk*	Virtual
2-4	Movies & Munchies* CONF		1-2:15	Tai Chi Practice	WELLR
3-4:15	Yin and Restorative Yoga**	MPRA	1:30-4	Samba	CAFE
3:30-4:45	Yoga for Daily Living**	WELLR	1-2	Bunco Bunch*	SL
4-6	Game Night	SL	2:30-3:30	Tai Chi Ch'uan**	WELLR
			7-10	Pride Senior Prom*	Central Library
18			19		
10:15-11:15	Mat Pilates**	GYM	<h2>55+ Centers Closed</h2>		
10:30-11:30	English Class (REEP)	MPRA			
11:30-12:15	Strength Training+	GYM			
12-4	American Mah Jongg	SL			
12:30-3	Pickleball - All Ages!	GYM			
1-2:15	Trad. Hatha Yoga Level 1**	WELLR			
1:30-3	Memory Cafe	ARTS&C			
3-4:15	Yin and Restorative Yoga**	MPRA			
3:30-4:45	Yoga for Daily Living**	WELLR			
4-6	Game Night	SL			
25			26		
10-12	Whimsical Teapots* ARTS&C		8:15-4	55+ Pickleball	GYM
10:15-11:15	Mat Pilates**	GYM	10-12	Chinese Mah Jongg	CAFE
10:30-11:30	English Class (REEP)	MPRA	1-3	Sunshine Gang	MPRA
11:30-12:15	Strength Training+	GYM	12:30-4pm	Pickleball - All Ages	GYM
12-4	American Mah Jongg	SL	1-3	Summer Party*	MPRABC
12:30-3	Pickleball - All Ages!	GYM	1-2:15	Tai Chi Practice	WELLR
1-2	How to Spot a Fake* MPRA		1:30-4	Samba	SL
1-2:15	Trad. Hatha Yoga Level 1**	WELLR			
3-4:15	Yin and Restorative Yoga**	MPRA			
3:30-4:45	Yoga for Daily Living**	WELLR			
4-6	Game Night	SL			

Support the 55+ Program at the Rocklands Barbeque Fundraiser on June 2!
3471 Washington Blvd.
Arlington, VA
11 a.m.-9:30 p.m.

Play All Day VA Saturday, June 20
Visit arlingtonva.us/PADVA
To find out how you can participate in the longest day of play!

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

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

Line Dance Practice

Kick up your heels with line dancing! No partners are needed, just bring your knowledge of basic line dance steps. Watch as the leader gives a quick demonstration of the sequence of steps and then dance along! You're sure to leave with a smile. Instructor: Hanni Cordes

Wednesdays, July 8 - Aug. 26, 11:30 a.m.-12:30 p.m.

Drop-in

Summer Fitness Classes Start in June! (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 9 – Aug. 25 Tuesdays 9-10:15 a.m. #914103-02 12 sessions: \$84**
- **June 11 – Aug. 27 Thursdays 3:30-4:45 p.m. #914103-03 12 sessions: \$84**

Level 1 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. Instructor: Connie Haeder

- **June 18 – Aug. 27 Thursdays 10:15-11:15 a.m. #914103-20 11 sessions: \$66**
- **June 15 – Aug. 24 Mondays 3:45-4:45 p.m. #914103-18 11 sessions: \$66**

Intermediate Qigong

Qigong is an ancient Chinese healing art involving meditation, controlled breathing, and movement exercises. This class is for those who have some previous training in Qigong with the goal of deepening their practice as we share more advanced techniques. Instructor: Carol Ritter

- **June 8 – Aug. 24 Mondays 10-11 a.m. #914100-04 12 sessions: \$72**

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. Instructor: David Cohen

- **June 8 – Aug. 24 Mondays 2-3 p.m. #914105-01 11 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. Instructor: David Cohen

- **June 12 – Aug. 28 Fridays 2:30-3:30 p.m. #914105-02 9 sessions: \$54**

Third Act Dance Ensemble

Love to dance? Third Act meets weekly to learn an original piece of choreography, rehearse it, and showcase it for the community. Everyone is encouraged to attend, from those new to dance to those who have been dancing for years. The only requirement is a love of movement and a willingness to perform. Instructor: Emily Crews

- **June 3 – Aug. 26 Wednesdays 1:30-3 p.m. #914802-01 11 sessions: \$99**

Crush It!

Strength and cardio for everybody along with balance elements. Various formats will be used, such as circuits, every minute on the minute (EMOM), and as many reps as possible (AMRAP). Modifications will be given, but the class incorporates floor and standing exercises. Instructor: Leslie LaPlace

- **June 9 – Aug. 25 Tuesdays 4:30-5:30 p.m. #914100-06 12 sessions: \$66**

Yin and Restorative Yoga

The slow-paced styles of Yin Yoga and Restorative Yoga give us a chance to slow down, still our poses and draw our intentions inward, relaxing and releasing both physical and emotional tensions. We will spend most of our time on the floor. Instructor: Jennifer Eubank

- **June 11 – Aug. 27 Thursdays 3-4:15 p.m. #914103-06 12 sessions: \$84**

Traditional Hatha Yoga Level 1

This class is perfect for beginners or those who are rusty in their yoga skills. Each session includes breath work, an introduction to classic yoga poses and gentle sequences, and quiet meditation. Students will build strength, stamina, flexibility and balance while conditioning the nervous system. Bring your own mat and a small blanket. Instructor: Jennifer Eubank

- **June 11 – Aug. 27 Thursdays 1-2:15 p.m. #914103-11 12 sessions: \$84**

HOW TO REGISTER

ONLINE ► registration.arlingtonva.us

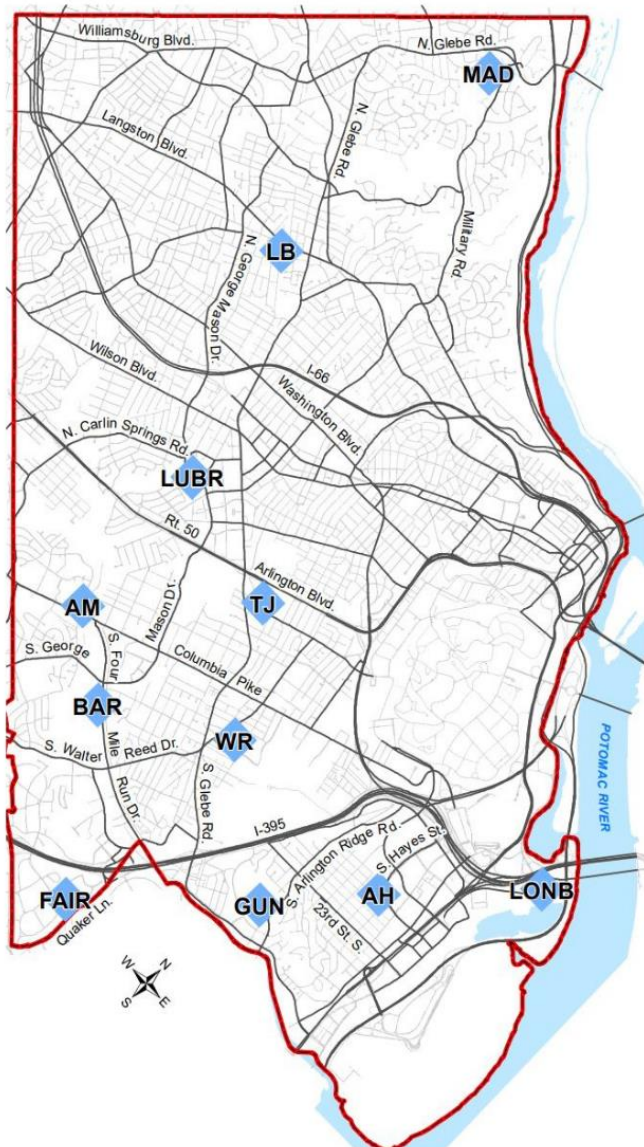
Online registration is available 24/7 (after registration opens) through our WebTrac system.

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)

