

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. You still need to check in at the front office upon your arrival to the center.

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+ 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 in March at Langston-Brown

Painting Demonstration: Virtual

Monday, March 2, 10:30 a.m.-12 p.m. Register: [#913303-01](#)

Ukrainian Easter Egg Decorating

Thursday, March 5, 1:30-3:30 p.m. Register: [#913310-02](#)

Thursday, March 12, 1:30-3:30 p.m. Register: [#913310-03](#)

Memoir Writing & Autobiography

Wednesday, March 11 and 25, 2-4 p.m. Register: [#913402-05](#)

Venice: Gateway of Beauty

Tuesday, March 10, 2-3 p.m. Register: [#913302-01](#)

Meet the Beatles – Part II

Thursday, March 12, 11 a.m.-12 p.m. Register: [#913304-16](#)

Arlington Stormwater Management

Monday, March 16, 11 a.m.-12 p.m. Register: [#913400-17](#)

Budgeting for Groceries

Thursday, March 19, 11 a.m.-12 p.m. Register: [#913400-10](#)

Name That Tune

Thursday, March 19, 1:30-2:30 p.m. Register: [#913304-24](#)

Library Services

Thursday, March 19, 1-3 p.m. Register: [#913400-03](#)

Generative AI 101

Monday, March 23, 11 a.m.-12 p.m. Register: [#913403-06](#)

Financial Elder Abuse Awareness

Tuesday, March 24, 11 a.m.-12 p.m. Register: [#913400-07](#)

Baby Owls

Thursday, March 26, 11 a.m.-12 p.m. [#913400-14](#)

Acoustic Afternoon

Thursday, March 26, 2-3 p.m. Register: [#913301-04](#)

Secrets Revealed: Virtual

Monday, March 30, 10:30-11:30 a.m. Register: [#913302-05](#)

Foot Care Discussion

Tuesday, March 31, 11 a.m.-12 p.m. Register: [#913500-05](#)

Drop-in Programs to Enjoy at Langston-Brown

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

Friendly Reminders for Social 60+ Café

- Make a meal and transportation reservation for the next week.
- Cancel your reservation by 8:00 a.m. on the morning of your cancellation.
- Put your daily contribution in the available envelope and then place it in the money box.
- We cannot order a meal and/or have transportation for if you have not made a reservation.
- Phone: 703-228-6300

Spanish (Español)

- Firmar la hoja de asistencia usted mismo todos los días. Hacer una reservación para comida o taxi para la siguiente semana.
- Cancelar el taxi antes de las 8:00 a.m. del mismo día de La cancelación.
- Depositar su /diaria contribución en la caja.
- No podemos ordenar una Comida o enviarle un taxi Si no ha hecho reservación

MONDAY	TUESDAY	WEDNESDAY
<p style="text-align: right;">2</p> <p>10am-12pm Social 60+ Trivia SR 10:30am-12pm Painting Demo* Virtual 11am-2pm 55+ Fitness hrs.^ RM202 12-12:45pm Social 60+ Café + RM113 1:00-3pm Rummikub RM108</p>	<p style="text-align: right;">3</p> <p>9:30-11:30am Rummikub RM108 10:30-11:30am Social 60+ P.A.L. visit+ SR 12pm Social 60+ Café + RM113 1-2pm Book Club RM103 1-3pm Yarn Creations RM108 2-3:30pm Drumming SR 3:30-5pm Volleyball Gym</p>	<p style="text-align: right;">4</p> <p>9:30-11:30am Morning Meet-Up RM103 10:30-11:15am Exercise w/ Jill + RM113 11am-2pm 55+ Fitness hrs.^ RM202 12-12:45pm Social 60+ Café + RM113 1-2:30pm Scrabble RM103</p>
<p style="text-align: right;">9</p> <p>10:30-11am Social 60+ Spellbinders SR 11am-2:00pm 55+ Fitness hrs.^ RM202 12-12:45pm Social 60+ Café + RM113 1:00-3pm Rummikub RM108 1:30-2:30pm Scale Down RM125</p>	<p style="text-align: right;">10</p> <p>9:30-11:30am Rummikub RM108 10:30-11:30am Social 60+ Art Visit+ SR 12pm Social 60+ Café + RM113 1-3pm Yarn Creations RM113 2-3pm Venice: Gateway to Beauty* RM108 2-3:30pm Drumming SR 3:30-5pm Volleyball Gym</p>	<p style="text-align: right;">11</p> <p>9:30-11:30am Morning Meet-Up RM103 10:30-11:15am Exercise w/ Jill + RM113 11am-2pm 55+ Fitness hrs.^ RM202 12-12:45pm Social 60+ Café + RM113 12:10-1:10pm Chair Yoga**^ RM108 1-2:30pm Scrabble RM103 1:30-3pm Gentle & Med. Yoga**^ RM108 2-4pm Memoir Writing* RM125 6-7pm Zumba Class**^ RM113</p>
<p style="text-align: right;">16</p> <p>10am-12pm Social 60+ Latin Dance SR 11am-12pm Arlington Stormwater Management* RM108 11am-2:00pm 55+ Fitness hrs.^ RM202 12-12:45pm Social 60+ Café + RM113 1:00-3pm Rummikub RM108</p>	<p style="text-align: right;">17</p> <p>9:30-11:30am Rummikub RM103 10:30-11:30am Social 60+ St. Patty's Day+ SR 12pm Social 60+ Café + RM113 1-3pm Yarn Creations RM108 1:30-4pm Advanced Cardmaking - <u>Not for beginners</u> RM113 2-3:30pm Drumming SR 3:30-5pm Volleyball Gym</p>	<p style="text-align: right;">18</p> <p>9:30-11:30am Morning Meet-Up RM103 10:30-11:15am Exercise w/ Jill + RM113 11am-2pm 55+ Fitness hrs.^ RM202 12:10-1:10pm Chair Yoga**^ RM108 12-12:45pm Social 60+ Café + RM113 1-2:30pm Scrabble RM103 1:30-3pm Gentle & Med. Yoga**^ RM108</p>
<p style="text-align: right;">23</p> <p>11am-2pm 55+ Fitness hrs.^ RM202 10:30-11am Social 60+ Ice breaker game+ SR 11am-12pm Generative AI 101* RM108 12-12:45pm Social 60+ Café + RM113 1:00-3pm Rummikub RM108 1:30-2:30pm Scale Down RM125</p>	<p style="text-align: right;">24</p> <p>9:30-11:30am Rummikub RM103 11am-12pm Financial Elder Abuse Awareness* RM108 12pm Social 60+ Café + RM113 1-3pm Yarn Creations RM108 2-3:30pm Drumming SR 3:30-5pm Volleyball Gym</p>	<p style="text-align: right;">25</p> <p>9:30-11:30am Morning Meet-Up RM108 10:30-11:15am Exercise w/ Jill + RM113 10-11am LB Advisory Committee RM103 11am-2pm 55+ Fitness hrs.^ RM202 12:10-1:10pm Chair Yoga**^ RM108 12-12:45pm Social 60+ Café + RM113 1-2:30pm Scrabble RM103 1:30-3pm Gentle & Med. Yoga**^ RM108 2-4pm Memoir Writing* RM125 6-7pm Zumba Class**^ RM113</p>
<p style="text-align: right;">30</p> <p>11am-2pm 55+ Fitness hrs.^ RM202 10:30-11:30am Secrets Revealed* Virtual 10:30-11am Social 60+ Walking+ SR 12-12:45pm Social 60+ Café+ RM113 1:00-3pm Rummikub RM108</p>	<p style="text-align: right;">31</p> <p>9:30-11:30am Rummikub RM103 10:30-11:30am Social 60+ Cornhole+ SR 11am-12pm Foot Care Discussion* RM108 12pm Social 60+ Café + RM113 1-3pm Yarn Creations RM108 2-3:30pm Drumming SR 3:30-5pm Volleyball Gym</p>	

THURSDAY	FRIDAY
<p style="text-align: right;">5</p> 9:30-11:30am Mah Jongg RM108 10am-12pm Tech Help Desk* RM103 10am-12pm Social 60+ Movie + SR 12-12:30pm Social 60+ Café+ RM113 1-4:00pm Cardmaking Group RM125 1-4:00pm Woodcarvers RM125 1:30-3:30pm Egg Decorating* RM113 1-2pm French Conversation RM103 2-3pm Italian Conversation RM103	<p style="text-align: right;">6</p> 9:30-11:30am Spellbinders Meeting RM108 11am-2pm 55+ Fitness hrs.^ RM202 Staff All Day Training No Social 60+ Café No German Conversation
<p style="text-align: right;">12</p> 9:30-11:30am Mah Jongg RM108 10am-12pm Tech Help Desk* RM103 10:30-11:30am Social 60+ Bingo+ SR 12-12:30pm Social 60+ Café+ RM113 1-4:00pm Cardmaking Group RM125 1-4:00pm Woodcarvers RM125 1:30-3:30pm Egg Decorating* RM113	<p style="text-align: right;">13</p> 10am-12pm German Conversation* Virtual 10:30-11:30 Social 60+ Exercise w/Jill RM113 11am-2pm 55+ Fitness hrs.^ RM202 12-12:30pm Social 60+ Café+ RM113
<p style="text-align: right;">19</p> 9:30-11:30am Mah Jongg RM103 10:30-11:30am Social 60+ Arts & Crafts+ SR 10am-12pm Tech Help Desk* RM125 11-12pm Budgeting for Groceries* RM108 12-12:30pm Social 60+ Café+ RM113 1-3pm Library Services* RM103 1:30-2:30pm Name That Tune* RM108 1-4:00pm Cardmaking Group RM125 1-4:00pm Woodcarvers RM125 1-2pm French Conversation RM103 2-3pm Italian Conversation RM103	<p style="text-align: right;">20</p> 9:40-10:20 Social 60+ Girl Scout Visit+ SR 10am-12pm German Conversation* Virtual 10:30-11:30 Social 60+ Exercise w/Jill RM113 11am-2pm 55+ Fitness hrs.^ RM202 12-12:30pm Social 60+ Café+ RM113
<p style="text-align: right;">26</p> 9:30-11:30am Mah Jongg RM103 11am-12pm Baby Owls* RM108 10am-12pm Tech Help Desk* RM103 10:30-11am Social 60+ Spellbinders+ SR 12-12:30pm Social 60+ Café+ RM113 1-4:00pm Cardmaking Group RM125 1-4:00pm Woodcarvers RM125 2-3pm Acoustic Afternoon* RM108	<p style="text-align: right;">27</p> 10am-12pm German Conversation* Virtual 11am-2pm 55+ Fitness hrs.^ RM202 10:30-11:30 Social 60+ Exercise w/Jill RM113 12-12:30pm Social 60+ Café+ RM113 1:00-3:30pm Neighbor's Corner RM113
	

LANGSTON-BROWN 55+ CENTER ACTIVITY CALENDAR

MARCH 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.

ARLINGTON COUNTY
55+ 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

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: [#913650-01](https://www.eventbrite.com/e/german-conversation-tickets-123456789012)

Community Engagement Forum on Aging **Monday, March 16** **9:30 a.m.-12:30 p.m.**

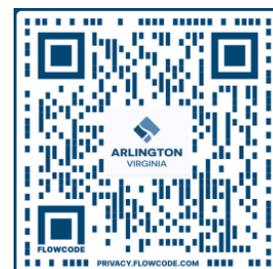
at Lubber Run Community Center

Join Arlington County staff, Commission on Aging members, and community partners for an interactive discussion on safe, accessible and reliable transportation.

What to expect:

- Learn about different ways to get around on your own
- Connect with transit providers serving older adults and people with disabilities
- Explore tools that make travel easier for everyone
- Share your ideas to help make transportation better in your community

Scan the QR code with your smartphone camera or click [here](#) to register!



HOW TO REGISTER

ONLINE ► registration.arlingtonva.us

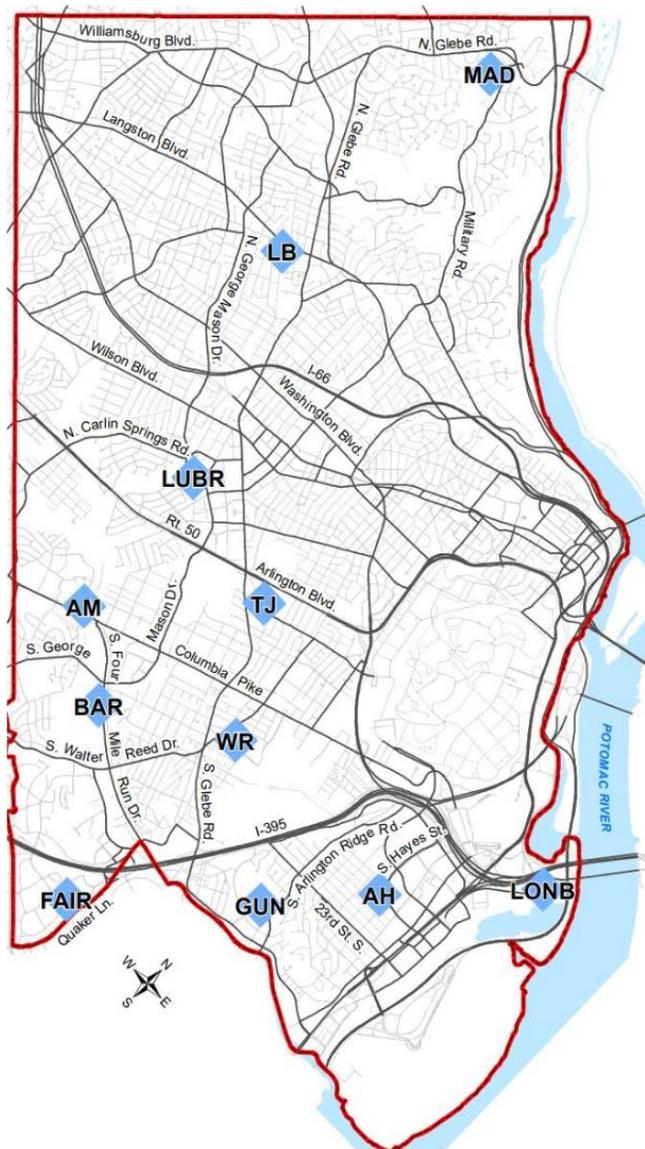
Online registration is available 24/7 (after registration opens) through our WebTrac system.

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)