

March 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

55+ Center Director
Ashley Gomez
Agomez1@arlingtonva.us
703-228-4767

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Director's Note:

We're excited for some great programs this March! Join us for **Enjoying Green Vegetables** on March 10, where you can learn practical ways to support wellness by eating healthy greens. We also have a **Safety Panel** with staff from VHC and the Arlington Fire Department, who will discuss the importance of having an emergency plan and what to expect when help arrives. This spring, Lubber Run will also be hosting a **Help Desk for Computer & Cell Phone Technology Needs** with AASP.

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 55+ 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, March 11, 2-3 p.m.
Lubber Run Senior Room (RM115)

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!



MONDAY	TUESDAY	WEDNESDAY
<p style="text-align: right;">2</p> 9-10:30am Coffee or Tea and Thee RM115 10-11am Total Body Fitness^ GYM 11:30-12:30pm Tai Chi -Yang RM119 1-2pm SAIL* RM119	<p style="text-align: right;">3</p> 10-11am Full Fitness^ GYM	<p style="text-align: right;">4</p> 9-10:30am Coffee or Tea and Thee RM115 9-10am Strength Training^ GYM 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 1:30-3:30pm Opera Appreciation* RM115
<p style="text-align: right;">9</p> 7:15-8am Cardio Kickboxing** RM116 9-10:30am Coffee or Tea and Thee RM115 10-11am Total Body Fitness^ GYM 11am-12pm IT Help with Albert* RM115 11:30-12:30pm Tai Chi -Yang RM119 1-2pm SAIL* RM119 1-2:30pm Traditional Hatha Yoga** RM116	<p style="text-align: right;">10</p> 10-11am Enjoy Green Vegetables* RM115 10-11am Full Fitness^ GYM 10:30-11:30am Advanced Traditional Hatha Yoga** RM116 11:30-1:00pm Genealogy 101* RM115 11:45-12:45pm Gentle Hatha Yoga** RM116 2:15-3:15pm Zumba** RM116	<p style="text-align: right;">11</p> 9-10:30am Coffee or Tea and Thee RM115 9-10am Strength Training^ GYM 10:30-11:30am Tai Chi -Taoist RM119 11am-12pm The Angler's Corner RM115 11:15-12:30pm History Round Table* Virtual 11:30-12:30pm Tai Chi -Yang RM119 1-2:15pm Gentle and Meditative Yoga** RM116 2-3pm Advisory Committee Meeting RM115 4-5:15pm Traditional Hatha Yoga** RM126
<p style="text-align: right;">16</p> 7:15-8am Cardio Kickboxing** RM116 9-10:30am Coffee or Tea and Thee RM115 10-10:30am Reading Buddies* RM115 11:30-12:30pm Tai Chi -Yang RM119 1-2pm Safety Panel* RM115 1-2pm SAIL* RM119 1-2:30pm Traditional Hatha Yoga** RM116	<p style="text-align: right;">17</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 2-3pm Haiku for You* RM115 2:15-3:15pm Zumba** RM116 2:30-4pm Piano Lounge and Sing-Along* RM115	<p style="text-align: right;">18</p> 9-10:30am Coffee or Tea and Thee RM115 9-10am Strength Training^ GYM 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 1-2:15pm Gentle and Meditative Yoga** RM116 1:30-3:30pm Opera Appreciation* RM115 4-5:15pm Traditional Hatha Yoga** RM126
<p style="text-align: right;">23</p> 7:15-8am Cardio Kickboxing** RM116 9-10:30am Coffee or Tea and Thee 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 style="text-align: right;">24</p> 10-11am Spring Cleaning: Finances* RM115 10-11am Full Fitness^ GYM 10:30-11:30am Advanced Traditional Hatha Yoga** RM116 11:45-12:45pm Gentle Hatha Yoga** RM116 2:15-3:15pm Zumba** RM116	<p style="text-align: right;">25</p> 9-10:30am Coffee or Tea and Thee RM115 9-10am Strength Training^ GYM 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 1-2:15pm Gentle and Meditative Yoga** RM116 1:30-2:45pm Local History Discussion* RM119 2-3pm Intergenerational Rock Painting* RM115 4-5:15pm Traditional Hatha Yoga** RM126
<p style="text-align: right;">30</p> 9-10:30am Coffee or Tea and Thee 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 style="text-align: right;">31</p> 10-11am Full Fitness^ GYM 10:30-11:30am Advanced Traditional Hatha Yoga** RM116 11:45-12:45pm Gentle Hatha Yoga** RM116 2-3pm Haiku for You* RM115 2:15-3:15pm Zumba** RM116	

THURSDAY	FRIDAY
5	6
8:30-9:30am Walk Fit RM115 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 GYM 6:30-8:00pm Open Jam Session RM115	9-10am Strength Training^ GYM 10:15-11:15am Total Body Fitness^ GYM 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 11:30am-12:30pm Meet the Beatles* RM115 1-3pm Help Desk for Computers & Cell Phones* RM115 1:30-3pm Social Ballroom Dance RM119 3-4:30pm Crafternoon Social Group RM115
12	13
8:30-9:30am Walk Fit RM115 10-11am Full Fitness^ GYM 11:30am-12:30pm Spanish Conversation RM115 1-2pm SAIL* RM119 1:30-3pm Paper Quilling*^ RM126 2-4pm Drop in Volleyball GYM 6-7pm 50 Famous Firsts for American Women* RM115	9-10am Strength Training^ GYM 10:15-11:15am Total Body Fitness^ GYM 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 1-3pm Help Desk for Computers & Cell Phones* RM115 3-4:30pm Crafternoon Social Group RM115
19	20
8:30-9:30am Walk Fit RM115 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 GYM 6:30-8:00pm Open Jam Session RM115	9-10am Strength Training^ GYM 10:15-11:15am Total Body Fitness^ GYM 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 1-3pm Help Desk for Computers & Cell Phones* RM115 3-4:30pm Crafternoon Social Group RM115
26	27
8:30-9:30am Walk Fit RM115 10-11am Full Fitness^ GYM 11:30am-12:30pm Spanish Conversation RM115 1-2pm SAIL* RM119 2-4pm Drop in Volleyball GYM 6-7pm Women's Suffrage Movement* RM115	9-10am Strength Training^ GYM 10:15-11:15am Total Body Fitness^ GYM 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 1-3pm Help Desk for Computers & Cell Phones* RM115 3-4:30pm Crafternoon Social Group RM115

Lubber Run 55+ Center Activity Calendar

March 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+ 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](#).

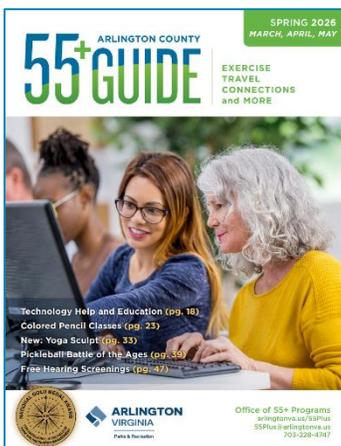


The Alliance for Arlington Senior Programs (AASP) supports 55+ Program activities such as 55+ Fitness Day, Acoustic Café and the new Internet Access for Arlington Seniors Project. Our fundraising has understandably fallen off during the COVID-19 pandemic. Now that we are starting to get back to our normal 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.

Register for March Programs at Lubber Run!

Opera Appreciation

Wednesday, March 4, 1:30-3:30 p.m.

Register: [#913300-01](#)

Wednesday, March 18, 1:30-3:30 p.m.

Register: [#913300-02](#)

Meet the Beatles - Part II

Friday, March 6, 11:30 a.m.-12:30 p.m.

Register: [#913304-13](#)

IT Help with Albert

Monday, March 9

11-11:20 a.m. Register: [#913900-38](#)

11:20-11:40 a.m. Register: [#913900-39](#)

11:40 a.m.-12 p.m. Register: [#913900-40](#)

Enjoying Green Vegetables

Tuesday, March 10, 10-11 a.m.

Register: [#913501-04](#)

Genealogy 101

Tuesday, March 10, 11:30 a.m.-1 p.m.

Register: [#913402-06](#)

History Roundtable

Wed., March 11, 11:15 a.m.-12:30 p.m.

Register: [#913402-09](#)

Paper Quilling

Thursday, March 12, 1:30-3 p.m.

Cost: \$20. Register: [#913310-04](#)

50 Famous Firsts for American Women

Thursday, March 12, 6-7 p.m.

Register: [#913400-27](#)

Safety Panel (Part 1)

Monday, March 16, 1-2 p.m.

Register: [#913400-04](#)

Reading Buddies

Monday, March 16, 10-10:30 a.m.

Register: [#913301-19](#)

Tuesday, March 17, 10-10:30 a.m.

Register: [#913301-20](#)

Piano Lounge and Sing-Along

Tuesday, March 17, 2:30-4 p.m.

Register: [#913304-21](#)

Haiku for You

Tuesday, March 17, 2-3 p.m.

Register: [#913300-08](#)

Tuesday, March 31, 2-3 p.m.

Register: [#913300-09](#)

Spring Cleaning: Finances

Tuesday, March 24, 10-11 a.m.

Register: [#913400-08](#)

Intergenerational Rock Painting

Wednesday, March 25, 2-3 p.m.

Register: [#913310-10](#)

Local History Discussion

Wed., March 25, 1:30-2:45 p.m.

Register: [#913402-12](#)

Women's Suffrage Movement

Thursday, March 26, 6-7 p.m.

Register: [#913400-28](#)

HOW TO REGISTER

ONLINE ► registration.arlingtonva.us

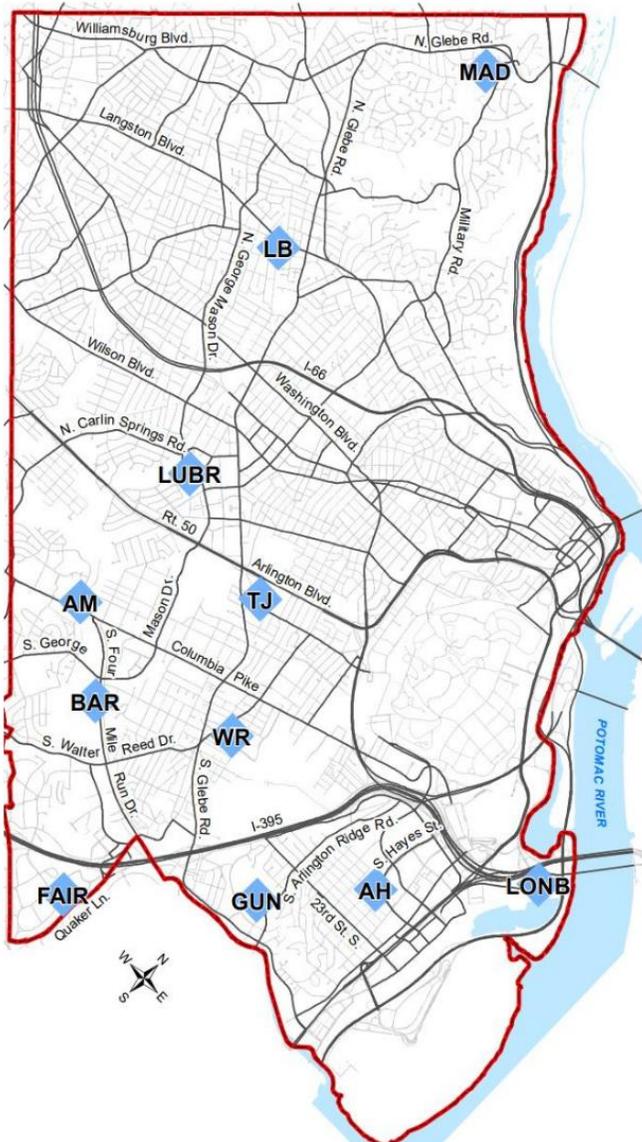
Online registration is available 24/7 (after registration opens) through our WebTrac system.

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)

