

September 2026

AURORA HILLS 55+ CENTER NEWSLETTER

735 18th St. S., Arlington, VA 22202

703-228-5722

CENTER HOURS

Monday, Wednesday,
Friday
10 a.m.-3 p.m.

CONTACT

55+ Office

55Plus@arlingtonva.us

Website:

arlingtonva.us/55Plus

Cory Cox

**55+ Operations
Supervisor**

ccox1@arlingtonva.us

703-228-5722

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Director's Note

September brings a welcome change of pace as summer gives way to cooler days and the beginning of fall. It is a season that reminds us of the value of staying connected, trying new experiences and appreciating the friendships that enrich our lives.

Aurora Hills 55+ Center continues to be a place where community thrives. Whether you join us for fitness programs, educational classes, social gatherings, or special events, there are many opportunities to stay active and engaged throughout the month. I encourage everyone to explore something new and take advantage of the diverse activities our staff and volunteers work hard to provide.

Thank you for making our center such a vibrant and welcoming place. Your participation, enthusiasm and support create a strong sense of belonging for all who walk through our doors. We look forward to sharing another wonderful month with you and celebrating all that makes our community special.

Aurora Hills 55+ Advisory Committee

Chair: Clare Bennett

Vice Chair: Marge Corletti

Treasurer: Benece Leavitt

Secretary: Eileen Garvin-Akers

Members: Fran DeLuca, Cathy Duthie,
David Litman, Anya Gan, Ian Ories, Maura Bouillot,
Joanne Kormos, Marge Ginsberg



Interested in becoming more involved with the Aurora Hills 55+ community? Please join us at one of our Advisory Committee meetings on the first Monday of each month.



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 or 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	\$31	\$78
Arlington County household	\$42	\$109
Non-Arlington County resident	\$57	\$109
Non-Arlington County household	\$83	\$160

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**

SEPTEMBER PROGRAM HIGHLIGHTS AT AURORA HILLS

Nighthawks

Wednesday, September 9, 1:00–2:30 p.m.

Both a subject of honor and parody, Edward Hopper's painting "Nighthawks" depicting an urban diner is one of the country's most famous works of art. This program with art historian Joan Hart will provide an in-depth exploration of "Nighthawks," its connection to American cinema, and an overview of Hopper's artistic career.

Register: [#911302-01](#)

Welcome Back Bingo

Wednesday, September 16, 1:00–2:30 p.m.

Celebrate Senior Center Month! Play Bingo, win prizes, have some light refreshments and enjoy the company of 55+ friends. Bring a guest to learn more about our programs and they will have the opportunity to win a free 55+ Pass! Your guest does not need a 55+ Pass and does not need to register to attend. Sponsored by the Aurora Hills 55+ Advisory Committee.

Register: [#911600-08](#)

Piano Lounge and Sing-Along: Latin Rhythms

Wednesday, September 23, 1:00–2:30 p.m.

Sing along with Valerie Welsh at Piano Lounge! Lyrics will be provided for a variety of songs on a different theme each month. September: Latin Rhythms; October: One-Hit Wonders; November: From the "Oldies But Goodies" LP Collection.

Register: [#911304-14](#)

Emergency Financial Planning

Wednesday, September 30, 1:00–2:00 p.m.

Virginia Cooperative Extension Master Financial Education Volunteers will help participants prepare for the unexpected by determining what they need before emergencies occur.

Register: [#911404-02](#)

Help Desk for Computer & Cell Phone Technology Needs

Supported by a grant from Arlington County, the Alliance for Arlington Senior Programs 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.

**Walter Reed:
Mondays, 12-2 p.m.**

**Langston-Brown:
Thursdays, 10 a.m.-12 p.m.**

**Arlington Mill:
Thursdays, 11 a.m.-1 p.m.**

**Lubber Run:
Fridays, 10 a.m.-12 p.m.**

MONDAY	TUESDAY (Center Closed: Pre-registration required)	WEDNESDAY
	1	2 10am-12pm Foursome Bridge K 10am-12pm Hearts Club MR 10am-12:15pm Mac, iPhone, iPad* MR
7 55+ Centers Closed for Labor Day	8 11am-12pm Gentle Hatha Yoga** TR	9 9:30-10:30am Level 1 Mat Pilates** ^ BR 10am-12pm Foursome Bridge K 10am-12pm Hearts Club MR 11am-12pm Traditional Hatha Yoga** BR 10am-12:15pm Mac, iPhone, iPad* MR 1-2:30pm Nighthawks* MR
14 10am-12pm Yarn Crafters MR 10am-12pm Mah Jongg K 1-2pm French Conversation K 2-2:45pm Tai Chi Practice BR	15 11am-12pm Gentle Hatha Yoga** TR	16 9:30-10:30am Level 1 Mat Pilates** ^ BR 10am-12pm Foursome Bridge K 10am-12pm Hearts Club MR 11am-12pm Traditional Hatha Yoga** BR 10am-12:15pm Mac, iPhone, iPad* MR 1-2:30pm Welcome Back Bingo* MR
21 10am-12pm Yarn Crafters MR 10am-12pm Mah Jongg K 1-2pm French Conversation K 2-2:45pm Tai Chi Practice BR	22 11am-12pm Gentle Hatha Yoga** TR	23 9:30-10:30am Level 1 Mat Pilates** ^ BR 10am-12pm Foursome Bridge K 10am-12pm Hearts Club MR 11am-12pm Traditional Hatha Yoga** BR 1-2:30pm Piano Lounge and Sing-Along* MR
28 10am-12pm Yarn Crafters MR 10am-12pm Mah Jongg K 11:30am-12:45pm Book Club BR 1-2pm French Conversation K 2-2:45pm Tai Chi Practice BR	29 11am-12pm Gentle Hatha Yoga** TR	30 9:30-10:30am Level 1 Mat Pilates** ^ BR 10am-12pm Foursome Bridge K 10am-12pm Hearts Club MR 11am-12pm Traditional Hatha Yoga** BR 1-2pm Scrabble BR 1-2pm Financial Planning

THURSDAY	FRIDAY
3	4 10am-12pm Mah Jongg K 10:15-11am Introduction to Beginner Line Dance MR 11-11:30am Intergenerational Story Time* BR 11:05am-12:05pm Line Dance Practice MR
10	11 9-10:30am Aurora Hills Walkers OS 10am-12pm Mah Jongg K 10:15-11am Introduction to Beginner Line Dance MR 11:05am-12:05pm Line Dance Practice MR
17	18 10am-12pm Mah Jongg K 10:15-11am Introduction to Beginner Line Dance MR 11:05am-12:05pm Line Dance Practice MR 12:30-2:30pm Movies at Aurora Hills* MR
23	25 9-10:30am Aurora Hills Walkers OS 10am-12pm Mah Jongg K 10:15-11am Introduction to Beginner Line Dance MR 11:05am-12:05pm Line Dance Practice MR 12:30-2:30pm Tea and a Movie* MR

AURORA HILLS 55+ CENTER ACTIVITY CALENDAR

September 2026

735 18th St. S
Arlington, VA 22202
703-228-5722

Calendar Key

- * = registration required
- ^ = fee required
- Bold** = speakers/special events/etc.
- ~~Strikethrough~~ = cancelled

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

- BR = Training/Meeting Room
- MR = Main Room
- OS = Outside
- K = Kitchen

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!



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

It's Time for the Annual Outcome Questionnaire!

Don't forget to fill out your 2027 outcome questionnaire! It will only take a few minutes of your time and will be extremely valuable as we plan future programs.

Scan the QR code with your smartphone camera or
[click here to fill out the questionnaire](#).



AURORA HILLS DROP-IN PROGRAMS

- Mondays - Yarn Crafters (10 a.m.-12 p.m.), Mah Jongg (10 a.m.-12 p.m.), Book Club (last Mondays, 11:30 a.m.-12:45 p.m.), French Conversation (1-2 p.m.), Tai Chi Practice (2-2:45 p.m.)
- Wednesdays - Foursome Bridge (10 a.m.-12 p.m.), Hearts Club (10 a.m.-12 p.m.)
- Fridays - Aurora Hills 55+ Walkers (second and last Fridays, 9-10:30 a.m.), Mah Jongg (10 a.m.-12 p.m.), Introduction to Beginner Line Dance (10:15-11 a.m.), Line Dance Practice (11:05 a.m.-12:05 p.m.)

The Aurora Hills Book Club

Meets on the last Monday of the month from 11:30 a.m.-12:45 p.m. If you would like more information, please contact Marge Corletti at corletti@aol.com.

Foursome Bridge & Hearts Club

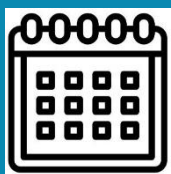
Get a foursome together and play Bridge at Aurora Hills on Wednesdays from 10 a.m.-12 p.m. Hearts Club can have 3 or more players.

Calling all Mah Jongg players...

If you are interested in playing Mah Jongg on Mondays at Aurora Hills with 55+ friends, Susan Court has graciously volunteered to help coordinate this group. Please contact Susan at susanjcourt@gmail.com

Good To Know...

Fall 55+ Registration Is Now Open!



Registration for Fall 55+ Programs began on
Tues., Aug. 18 at 12 p.m.
For Arlington County Residents
and
Thurs., Aug. 20 at 12 p.m.
For non-county residents

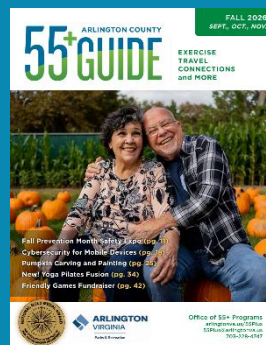
Please Note: Long Bridge Aquatics & Fitness Center senior memberships are not associated with the 55+ Program (including the 55+ Pass or 55+ Gold Pass).

Learn the difference between Long Bridge memberships and other Parks & Recreation memberships.



Would you like to volunteer to do a presentation, lead a discussion or special interest group, teach a hobby/skill or start a new program? Have you traveled to interesting places and would like to share your travel experiences with fellow 55+ participants in our Travel Gurus program?

If so, please email
ccox1@arlingtonva.us



Fall 55+ Guide:
Register for Fall 55+ classes and programs today!

For more information, visit:
arlingtonva.us/55plus

HOW TO REGISTER

ONLINE ► registration.arlingtonva.us

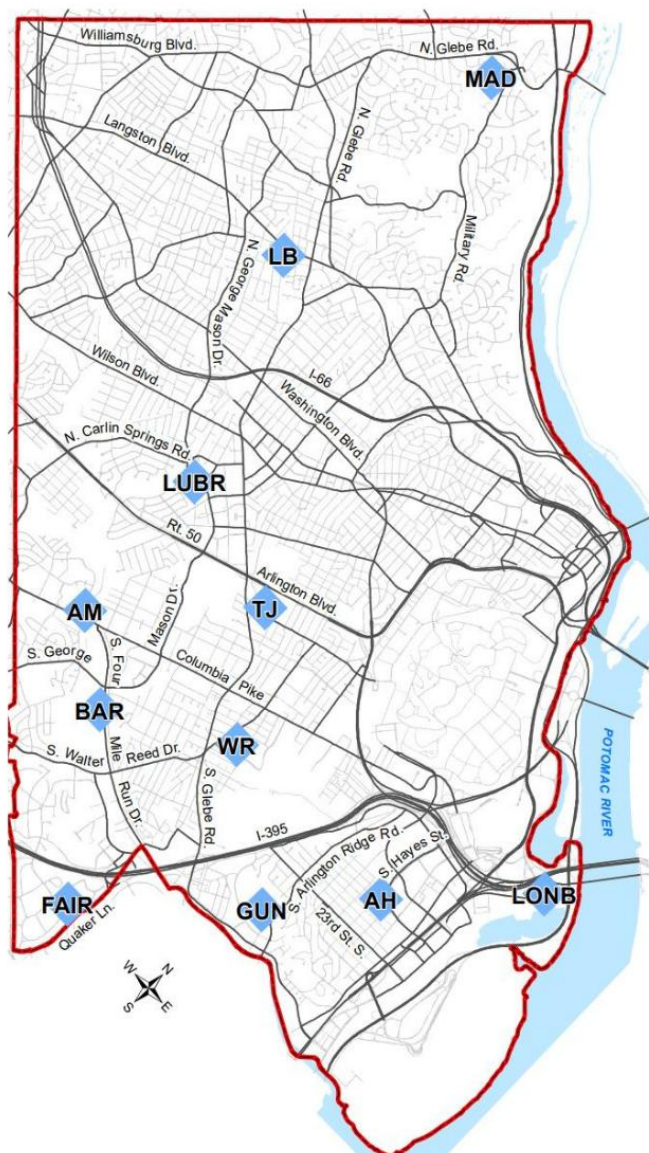
Online registration is available 24/7 (after registration opens) through our WebTrac system.

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)

