

September 2026

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

Langston High School has **moved** to the Career Center (Grace Hopper Center). NO more Raptor check-in is required, but please check in at the front office with your 55+ blue flob.

September is here!

This month we celebrate National Hispanic Heritage. Check out our Virginia Cooperative Extension program, [Hispanic Flavors: Dessert](#) on Sept. 10 at 11 a.m.

We also see summer end and the beginning of fall on the Autumnal Equinox on September 22. The unofficial end of summer is, of course, Labor Day.

For more information on what's going on in September with 55+ programs, see page 3. We have lots of great offerings for you to enjoy!





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 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**

55+ Happenings in September at Langston-Brown

Food Nutrition Phone Apps: Virtual. Wednesday, Sept. 9, 11 a.m.-12 p.m. [#911403-06](#)

Hispanic Flavors: Dessert: Thursday, Sept. 10, 10-11 a.m. [#911501-02](#)

Danube River Cruise: Thursday, Sept. 10, 1:30-2:30 p.m. [#911400-30](#)

Jigsaw Puzzle Contest: Friday, Sept. 11, 1-2:30 p.m. [#911600-03](#)

Never Lost Again: Monday, Sept. 14, 11 a.m.-12 p.m. [#911403-07](#)

Estate Planning Documents: Virtual. Wednesday, Sept. 16, 11 a.m.-12 p.m. [#911404-01](#)

Library Services: Thursday, Sept. 17, 1-2:30 p.m. [#911400-04](#)

Don't Shrink Your Brain: Monday, Sept. 21, 1:30-2:30 p.m. [#911500-02](#)

Using Census Records in Genealogy: Thursday, Sept. 24, 11 a.m.-12 p.m. [#911400-12](#)

Help Desk for Computer & Cell Phone Technology Needs: Thursdays, Sept. 3-Oct. 29, 10 a.m.-12 p.m. Email 55plus@arlingtonva.us or call 703-228-4769 for an appointment at least one day in advance.

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.
- Rummikub: Tuesdays, 9:30-11:30 a.m.
- Social Bridge: Tuesdays, 10 a.m.-12 p.m.
- Book Club: 1st Tuesdays, 1-2 p.m.
- Yarn Creations: Tuesdays, 1-3 p.m.
- American Mah Jongg: Tuesdays, 1:30-3:30 p.m.
- Drumming Circle: Tuesdays, 2-3:30 p.m.
- Volleyball: Tuesdays, 3:30-5:30 p.m.
- Morning Meetup: Wednesdays, 9:30-11:30 a.m.
- Scrabble: Wednesdays, 1-2 p.m.
- Mah Jongg (Chinese and Modified Chinese Style): Thursdays, 9:30-11:30 a.m.
- Cardmaking Workshop: Thursdays, 1-4 p.m.
- Woodcarvers: Thursdays, 1-4 p.m.
- Open Art Studio: Fridays, 1:30-3:30 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		
			1			2		
			9am-12:00pm	55+ Fitness hrs.^	RM202	9am-12:00pm	55+ Fitness hrs.^	RM202
			9:30-11:30am	Rummikub	RM108	9:30-11:30am	Morning Meet-Up	RM103
			10am-12pm	Social Bridge	RM108	10:30-11:15am	Exercise w/ Jill +	RM113
			10:30-11:30	Social 60+ Arts & Crafts +SR		12-12:45pm	Social 60+ Café +	RM113
			12pm	Social 60+ Café +	RM113	12:10-1:10pm	NO Chair Yoga**	
			1-2pm	Book Club	RM125	1-2pm	Scrabble	RM103
			1-3pm	Yarn Creations	RM108	1:30-3pm	NO Gentle & Med. Yoga**	
			1:30-3:30pm	American Mah Jongg	RM113	6-7pm	NO Zumba Class**	RM113
			2-3:30pm	Drumming	SR	2-4pm	Memoir Writing	RM125
			3:30-5:30pm	Volleyball	Gym			
			7			8		
55+ Centers Closed			9am-12:00pm	55+ Fitness hrs.^	RM202	9am-12:00pm	55+ Fitness hrs.^	RM202
			9:30-11:30am	Rummikub	RM108	9:30-11:30am	Morning Meet-Up	RM103
			10am-12pm	Social Bridge	RM108	10:30-11:15am	Exercise w/ Jill +	RM113
			10:30-11:30am	Bingo +	SR	11am-12pm	Nutrition Apps*	Virtual
			12pm	Social 60+ Café +	RM113	12-12:45pm	Social 60+ Café +	RM113
			1-3pm	Yarn Creations	RM108	12:10-1:10pm	NO Chair Yoga**	
			1:30-3:30pm	American Mah Jongg	RM113	1-2pm	Scrabble	RM103
			2-3:30pm	Drumming	SR	1:30-3pm	NO Gentle & Med. Yoga**	
			3:30-5:30pm	Volleyball	Gym	6-7pm	Zumba Class**	RM113
			14			15		
9am-12:00pm	55+ Fitness hrs.^	RM202	9am-12:00pm	55+ Fitness hrs.^	RM202	9am-12:00pm	55+ Fitness hrs.^	RM202
10:30-11:30am	Social 60+ Trivia +	SR	9:30-11:30am	Rummikub	RM108	9:30-11:30am	Morning Meet-Up	RM103
12-12:45pm	Social 60+ Café +	RM113	10am-12pm	Social Bridge	RM108	10:30-11:15am	Exercise w/ Jill +	RM113
1:00-3pm	Rummikub	RM108	10:30-11:30am	Social 60 Arts & Crafts+ SR		11am-12pm	Estate Planning Documents*	Virtual
11am-12pm	Never Lost Again*	RM108	12pm	Social 60+ Café +	RM113	12:10-1:10pm	Chair Yoga**	RM108
1:30-2:30pm	Scale Down	RM125	1-3pm	Yarn Creations	RM108	12 -12:45pm	Social 60+ Café +	RM113
			1:30-4pm	Advanced Cardmaking		1-2pm	Scrabble	RM103
				<u>Not for beginners</u>	RM113	1:30-3pm	Gentle & Med. Yoga**	RM108
			1:30-3:30pm	American Mah Jongg	RM113	6-7pm	Zumba Class**	RM113
			2-3:30pm	Drumming	SR	2-4pm	Memoir Writing	RM125
			3:30-5:30pm	Volleyball	Gym			
			21			22		
9am-12:00pm	55+ Fitness hrs.^	RM202	9am-12:00pm	55+ Fitness hrs.^	RM202	9am-12:00pm	55+ Fitness hrs.^	RM202
12-12:45pm	Social 60+ Café +	RM113	9:30-11:30am	Rummikub	RM103	9:30-11:30am	Morning Meet-Up	RM103
10:30-11:30am	Social 60+ Guessing Game	SR	10am-12pm	Social Bridge	RM108	10:30-11:15am	Exercise w/ Jill +	RM113
1:00-3pm	Rummikub	RM108	10:30-11am	Social 60+ Memory Game	SR	12:10-1:10pm	Chair Yoga**	RM108
1:30-2:30pm	Don't Shrink Your Brain*	RM108	12pm	Social 60+ Café +	RM113	12-12:45pm	Social 60+ Café +	RM113
			1-3pm	Yarn Creations	RM108	1-2pm	Scrabble	RM103
			1:30-3:30pm	American Mah Jongg	RM113	1:30-3pm	Gentle & Med. Yoga**	RM108
			2-3:30pm	Drumming	SR	6-7pm	Zumba Class**	RM113
			3:30-5:30pm	Volleyball	Gym			
			28			29		
9am-12:00pm	55+ Fitness hrs.^	RM202	9am-12:00pm	55+ Fitness hrs.^	RM202	9am-12:00pm	55+ Fitness hrs.^	RM202
10:30-11am	Social 60+ Walking	SR	9:30-11:30am	Rummikub	RM103	9:30-11:30am	Morning Meet-Up	RM103
12-12:45pm	Social 60+ Café +	RM113	10am-12pm	Social Bridge	RM108	10:30-11:15am	Exercise w/ Jill +	RM113
1:00-3pm	Rummikub	RM108	10:30-11am	Social 60+ Spellbinders+ SR		12-12:45pm	Social 60+ Café +	RM113
1:30-2:30pm	Scale Down	RM125	12pm	Social 60+ Café +	RM113	12:10-1:10pm	Chair Yoga**	RM108
			1-3pm	Yarn Creations	RM108	1-2pm	Scrabble	RM103
			1:30-3:30pm	American Mah Jongg	RM113	1:30-3pm	Gentle & Med. Yoga**	RM108
			2-3:30pm	Drumming	SR	6-7pm	Zumba Class**	RM113
			3:30-5:30pm	Volleyball	Gym			
			30			30		
			9am-12:00pm	55+ Fitness hrs.^	RM202	9am-12:00pm	55+ Fitness hrs.^	RM202
			9:30-11:30am	Rummikub	RM103	9:30-11:30am	Morning Meet-Up	RM103
			10am-12pm	Social Bridge	RM108	10:30-11:15am	Exercise w/ Jill +	RM113
			10:30-11am	Social 60+ Spellbinders+ SR		12-12:45pm	Social 60+ Café +	RM113
			12pm	Social 60+ Café +	RM113	12:10-1:10pm	Chair Yoga**	RM108
			1-3pm	Yarn Creations	RM108	1-2pm	Scrabble	RM103
			1:30-3:30pm	American Mah Jongg	RM113	1:30-3pm	Gentle & Med. Yoga**	RM108
			2-3:30pm	Drumming	SR	6-7pm	Zumba Class**	RM113
			3:30-5:30pm	Volleyball	Gym			

THURSDAY	FRIDAY
3 9am-12:00pm 55+ Fitness hrs.^ RM202 9:30-11:30am Mah Jongg RM108 10am-12pm Tech Help Desk RM103 10am-12pm Social 60+ Movie Day + SR 12-12:30pm Social 60+ Café+ RM113 1-4:00pm Cardmaking Group RM125 1-4:00pm Woodcarvers RM125 1-2pm French Conversation RM103 2-3pm Italian Conversation RM103	4 9am-12:00pm 55+ Fitness hrs.^ RM202 10am-12pm German Conversation* Virtual 10:30-11:30 Social 60+ Exercise w/Jill RM113 12-12:30pm Social 60+ Café+ RM113 1:30-3:30pm Open Art Studio RM113
10 9am-12:00pm 55+ Fitness hrs.^ RM202 9:30-11:30am Mah Jongg RM103 10-11am Hispanic Flavors: Dessert* RM108 10am-12pm Tech Help Desk RM103 10:30-11am Spellbinders + SR 12-12:30pm Social 60+ Café+ RM113 1-4:00pm Cardmaking Group RM125 1-4:00pm Woodcarvers RM125 1:30-2:30pm Danube River Cruise* RM108	11 9am-12:00pm 55+ Fitness hrs.^ RM202 9:30-11:30am Spellbinders RM108 10am-12pm German Conversation* Virtual 10:30-11:30 Social 60+ Exercise w/Jill RM113 11:15am-12:15pm Groove & Move** RM209 12-12:30pm Social 60+ Café+ RM113 1-2:30pm Puzzle Contest & Swap* RM108 1:30-3:30pm Open Art Studio RM113
17 9am-12:00pm 55+ Fitness hrs.^ RM202 9:30-11:30am Mah Jongg RM103 10am-12pm Tech Help Desk RM103 10:30-11:30am Social 60 Bingo Exercise+ SR 12-12:30pm Social 60+ Café+ RM113 1-2:30pm Library Services* RM113 1-2pm French Conversation RM103 1-4:00pm Cardmaking Group RM125 1-4:00pm Woodcarvers RM125 2-3pm Italian Conversation RM103	18 9am-12:00pm 55+ Fitness hrs.^ RM202 10am-12pm German Conversation* Virtual 10:30-11:30 Social 60+ Exercise w/Jill RM113 11:15am-12:15pm Groove & Move** RM209 12-12:30pm Social 60+ Café+ RM113 1-3pm Neighbor's Corner RM113 1:30-3:30pm Open Art Studio RM113
24 9am-12:00pm 55+ Fitness hrs.^ RM202 9:30-11:30am Mah Jongg RM108 10am-12pm Tech Help Desk RM103 11am-12:00pm Using Census Records in Genealogy* RM108 12-12:30pm Social 60+ Café+ RM113 1-4:00pm Cardmaking Group RM125 1-4:00pm Woodcarvers RM125	25 9am-12:00pm 55+ Fitness hrs.^ RM202 10am-12pm German Conversation* Virtual 10:30-11:30 Social 60+ Exercise w/Jill RM113 11:15am-12:15pm Groove & Move** RM209 12-12:30pm Social 60+ Café+ RM113 1:30-3:30pm Open Art Studio RM113

LANGSTON-BROWN 55+ CENTER ACTIVITY CALENDAR

**September
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.

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

55+ Pass Registration Fees:

55+ Pass (Annual)	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

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.

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: [#911650-01](http://911650-01)

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

New Senior Adult Council Volunteer Positions

The Senior Adult Council (SAC) is looking for volunteers to fill two new roles:

Communication and Outreach: This individual will work with County staff and SAC and 55+ Center Advisory Committee members to coordinate, develop and implement strategies to strengthen and grow the 55+ Program by more effectively utilizing both existing and new communication tools including websites, electronic newsletters, printed materials, etc.

Special Events: This individual will work with County staff and SAC and 55+ Center Advisory Committee members to help plan and implement special events for 55+ Programs membership.

To qualify for these positions, individuals must be 55+ members and reside in Arlington County. Volunteers for these positions will be appointed to the SAC for a two-year term with the option to renew. The expected time commitment for volunteers is about 2 hours per month plus attendance at SAC meetings for 1.5 hours every other month. If you are interested in volunteering for either of these roles or want more information, email 55plus@arlingtonva.us.

HOW TO REGISTER

ONLINE ► registration.arlingtonva.us

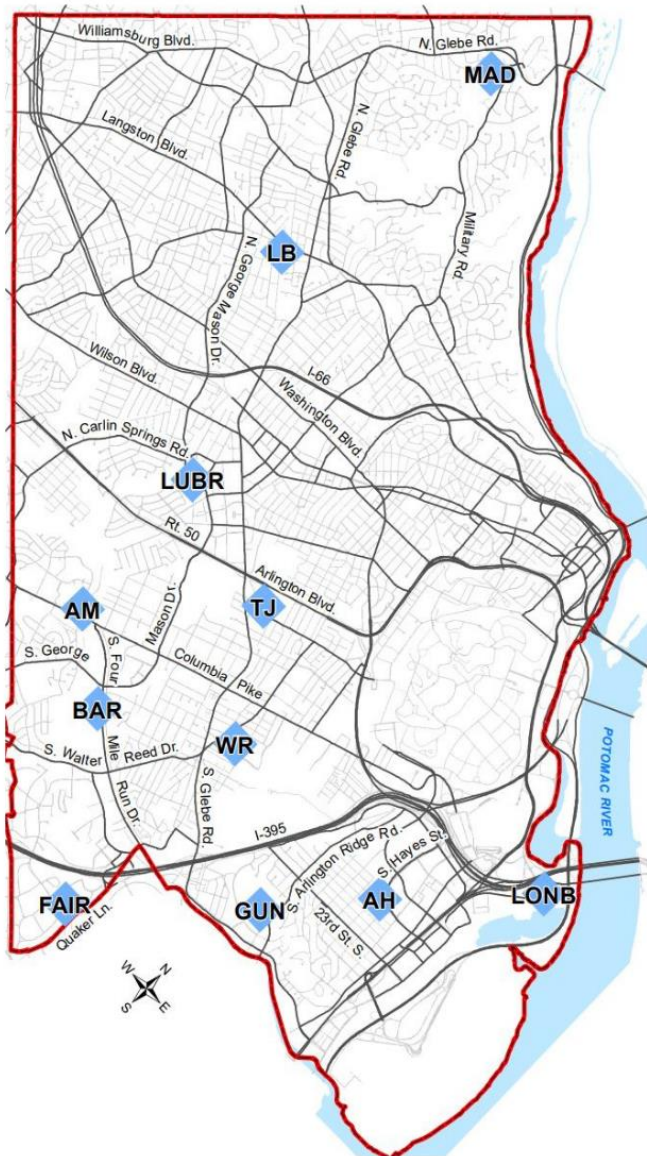
Online registration is available 24/7 (after registration opens) through our WebTrac system.

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)