

September 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

Center Director

Ashley Gomez

Agomez1@arlingtonva.us

703-228-4767

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Director's Note:

As we welcome September and the start of fall, we invite you to make the most of the season by joining us for the many exciting programs and events happening at the center. Connect with others at the Speed Friending Fundraiser, enjoy live music during Acoustic Hour in the Park, and learn valuable tips and resources at our Fall Prevention Month Safety Expo. These are just a few of the opportunities available to help you stay active, engaged and connected with your community. We look forward to seeing you at these events and many more throughout the month!

For details on upcoming programs, please refer to our calendar on pages 4-5, and visit page 7 for registration codes.

-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 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.

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 - Alease Brooks

Vice-Chair - VACANT

Secretary - VACANT

Treasurer - Patricia Stroup

Assistant Treasurer - Jim Morris

Members at Large:

Dee Bivens

Barbara Ratliff

Jane Sharp

Bob Kimmins

Barbara Mathes-Abaunza

Jill Buzby

Josephine Ma



Next meeting:

Wednesday, September 9th, 2-3 p.m.
Lubber Run Senior Room (RM115)

"Life starts all over again when it gets crisp in the fall." — F. Scott Fitzgerald

Start a new routine at Lubber Run by exploring our ongoing programs like coffee, music, plant workshops and office hours with Ashley!

Some special events this month include:

Speed Friending Fundraiser - a fun and fast-paced way to meet new friends! It's like speed dating but builds friendships through short, guided conversations. This popular fundraiser includes light refreshments while supporting the 55+ program. There will be a \$10 cash entry fee at the door - please bring exact change. Sept. 9, 3:30-5 p.m.

Acoustic Hour in the Park - Relax and enjoy live acoustic music by PhEd-Up with Phriends. Performance will be held outside, so bring a blanket or chair. In the event of inclement weather, this event will be held indoors. Sept. 11, 2-3 p.m.

Book Exchange - Are your shelves getting too full of books you've already read? Bring your old favorites to pass along and take home some great new reading material and recommendations in exchange. Please make sure all books are in good condition. Sept. 24, 6-7 p.m.

Sew from the Heart - Make pillows for the Mended Hearts Program, which provides pillows to patients recovering from heart surgery. We will provide materials and sewing machines (or bring your own) and instructions will be given by volunteers from the Lubber Run 55+ Advisory Committee. Donations of cotton or cotton/poly fabric would be appreciated. This will be a fun, beginner friendly chance to craft and chat while doing a good deed! Sept. 29, 2-4 p.m.

REMINDER - 55+ CENTERS WILL BE CLOSED ON MONDAY, SEPT. 7

MONDAY			TUESDAY			WEDNESDAY		
			1			2		
			10-11am	Full Fitness^	GYM	9-10:30am	Coffee or Tea and Thee	RM115
						9:30-10:25am	Strength Training^	GYMA
						10:15-10:30am	Tai Chi: Additional Techniques	RM119
						10:30-11:30am	Tai Chi -Taoist	RM119
						11:30-12:30pm	Tai Chi -Yang	RM119
						1:30-3:30pm	Opera Appreciation*	RM115
7			8			9		
Center Closed			10-11am	Full Fitness^	GYM	9-10:30am	Coffee or Tea and Thee	RM115
			10:30-11:30am	Advanced Traditional Hatha Yoga**	RM116	9:30-10:25am	Strength Training^	GYMA
			11:30-1pm	Genealogy 101*	RM115	10:15-10:30am	Tai Chi: Additional Techniques	RM119
			11:45-12:45pm	Gentle Hatha Yoga**	RM116	10:30-11:30am	Tai Chi -Taoist	RM119
			2:15-3:15pm	Zumba**	RM116	11am-12pm	The Angler's Corner	RM115
						11am-12pm Power Outage Food Safety*		
								RM115
						11:30-12:30pm	Tai Chi -Yang	RM119
						12:15-1:45pm	Traditional Hatha Yoga Level 2**	RM116
						2-3pm Advisory Committee Meeting		
								RM115
						2-3:15pm	Gentle & Meditative Yoga**	RM116
						3:30-5pm Speed Friending Fundraiser*		
								RM115
14			15			16		
7:15-8am	Cardio Kickboxing**	RM116	10-11am	Full Fitness^	GYM	9-10:30am	Coffee or Tea and Thee	RM115
9-10:30am	Coffee or Tea and Thee	RM115	10:30-11:30am	Advanced Traditional Hatha Yoga**	RM116	9:30-10:25am	Strength Training^	GYMA
10-11am	Total Body Fitness^	GYM	11:45-12:45pm	Gentle Hatha Yoga**	RM116	10:15-10:30am	Tai Chi: Additional Techniques	RM119
10:30-11:15am	Yang 24 Form Orientation	RM119	2:15-3:15pm	Zumba**	RM116	10:30-11:30am	Tai Chi -Taoist	RM119
11:30-12:30pm	Tai Chi -Yang	RM119	2-3pm Haiku For You*			11:30-12:30pm	Tai Chi -Yang	RM119
12-1pm IT Help with Albert*		RM115	2:30-4pm Piano Lounge and Sing Along*			11:30am-12:30pm Facing End of Life*		
1-2pm	SAIL*	RM119			RM115	12:15-1:45pm	Traditional Hatha Yoga Level 2**	RM116
1-2:30pm	Traditional Hatha Yoga**	RM116				1:30-3:30pm	Opera Appreciation*	RM115
						2-3:15pm	Gentle & Meditative Yoga**	RM116
						4-5:15pm	Traditional Hatha Yoga**	RM116
21			22			23		
7:15-8am	Cardio Kickboxing**	RM116	10-11am	Full Fitness^	GYM	9-10:30am	Coffee or Tea and Thee	RM115
9-10:30am	Coffee or Tea and Thee	RM115	10am-12pm Fall Prevention Month Safety Expo			9:30-10:25am	Strength Training^	GYMA
10-10:30am Reading Buddies*		RM115	10:30-11:30am	Advanced Traditional Hatha Yoga**	RM116	10:15-10:30am	Tai Chi: Additional Techniques	RM119
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11:30-12:30pm	Tai Chi -Yang	RM119	12:30-3pm Movie Matinee: In the Heights*			12:15-1:45pm	Traditional Hatha Yoga Level 2**	RM116
1-2pm	SAIL*	RM119			RM115	1-2:15pm	Gentle and Meditative Yoga**	RM116
1-2:30pm	Traditional Hatha Yoga**	RM116				1:30-2:45pm	Local History Discussion*	RM115
2-3pm Intergenerational Rock Painting*		RM115				2-3:15pm	Gentle & Meditative Yoga**	RM116
						4-5:15pm	Traditional Hatha Yoga**	RM116
28			29			30		
7:15-8am	Cardio Kickboxing**	RM116	10-11am	Full Fitness^	GYM	9-10:30am	Coffee or Tea and Thee	RM115
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						4-5:15pm	Traditional Hatha Yoga**	RM116

THURSDAY	FRIDAY
3 8:30-9:30am Walk Fit LOBBY 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 GYMB 6:30-8pm Open Jam Session RM115	4 9:30-10:25am Strength Training^ GYMA 10am-12pm Help Desk For Computer & Cell Phone Technology Needs* 10:45-11:45am Total Body Fitness^ GYMA 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 1:30-3pm Social Ballroom RM119 3-4:30pm Crafternoon Social Group RM115
10 8:30-9:30am Walk Fit LOBBY 10-11am Full Fitness^ GYM 11:30am-12:30pm Spanish Conversation RM115 1-2pm SAIL* RM119 1:30-3pm Paper Quilling*^ RM115 2-4pm Drop in Volleyball GYMB 6-8pm Rummikub & Relax* RM115	11 9-10:30am The Model T Ford* RM115 9:30-10:25am Strength Training^ GYMA 10am-12pm Help Desk For Computer & Cell Phone Technology Needs* 10:45-11:45am Total Body Fitness^ GYMA 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 1-2pm Open Office Hour* RM115 2-3pm Acoustic Hour in the Park* RM115 3-4:30pm Crafternoon Social Group RM115
17 8:30-9:30am Walk Fit LOBBY 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 GYMB 6:30-8pm Open Jam Session RM115	18 9-10:30am The Model T Ford* RM115 9:30-10:25am Strength Training^ GYMA 10am-12pm Help Desk For Computer & Cell Phone Technology Needs* 10:45-11:45am Total Body Fitness^ GYMA 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 1-2pm Brains and Brawn* TRACK 3-4:30pm Crafternoon Social Group RM115
24 8:30-9:30am Walk Fit LOBBY 10-11am Full Fitness^ GYM 11:30am-12:30pm Spanish Conversation RM115 1-2pm SAIL* RM119 2-4pm Drop in Volleyball GYMB 4-5pm Plant and Cutting Swap* RM115 6-7pm Book Exchange* RM115	25 9-10:30am The Model T Ford* RM115 9:30-10:25am Strength Training^ GYMA 10am-12pm Help Desk For Computer & Cell Phone Technology Needs* 10:45-11:45am Total Body Fitness^ GYMA 10:30-11:30am Tai Chi -Taoist RM119 11:30-12:30pm Tai Chi -Yang RM119 3-4:30pm Crafternoon Social Group RM115

Lubber Run 55+ Center Activity Calendar

September 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+^{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!

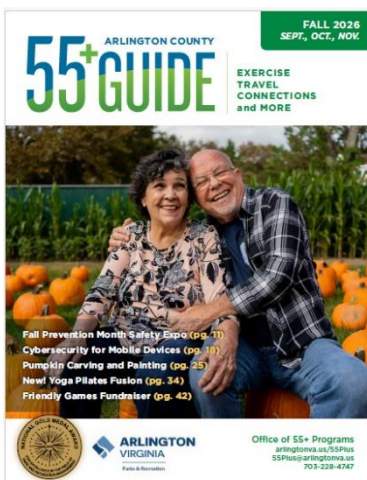


Access affordable meals, transportation, health promotion, nutritional education, community services, social events and more! The Social 60+ Café, formerly known as the Congregate Meal Program, is designed to help older individuals remain independent and involved in their community. The program presents 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

Fall Guide 2026:



55+^{ARLINGTON COUNTY} GUIDE

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 September Programs at Lubber Run!

IT Help with Albert

Monday, September 14,
12-12:20 p.m.

Register: [#911900-25](#)

12:20-12:40 p.m.

Register: [#911900-26](#)

12:40-1 p.m.

Register: [#911900-27](#)

Haiku for You

Tuesday, September 15, 2-3 p.m.

Register: [#911300-07](#)

Tuesday, September 29, 2-3 p.m.

Register: [#911300-08](#)

The Model T Ford

Fridays, Sept. 11-25, 9-10:30 a.m.

Register: [#911400-20](#)

Open Office Hour with the Director

Friday, September 11, 1-2 p.m.

Register: [#911801-07](#)

Fall Prevention Month Safety Expo

Tuesday, September 22, 10 a.m.-12 p.m.
Drop-In

Help Desk for Computer & Cell

Phone Technology Needs

Supported by a grant from Arlington County, AASP 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.

Walk-Ins are also welcomed!

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

Power Outage Food Safety

Wednesday, September 9, 11 a.m.-12 p.m.

Register: [#911501-11](#)

Speed Friending Fundraiser

Wednesday, September 9, 3:30-5 p.m.

Register: [#911899-01](#)

Rummikub & Relax

Thursday, September 10, 6-8 p.m.

Register: [#911600-22](#)

Piano Lounge and Sing-Along

Tuesday, September 15, 2:30-4 p.m.

Register: [#911304-13](#)

Facing the End of Life

Wednesday, September 16, 11:30 a.m.-12:30 p.m.

Register: [#911500-01](#)

Brains and Brawn

Friday, September 18, 1-2 p.m.

Register: [#911106-24](#)

Reading Buddies

Monday, September 21, 10-10:30 a.m.

Register: [#911301-17](#)

Intergenerational Rock Painting

Monday, September 21, 2-3 p.m.

Register: [#911310-05](#)

Movie Matinee: *In the Heights*

Tuesday, September 22, 12:30-3 p.m.

Register: [#911804-10](#)

Plant and Cutting Swap

Thursday, September 24, 4-5 p.m.

Register: [#911401-01](#)

Plant Repotting

Monday, September 28, 1-2 p.m.

Register: [#911401-02](#)

Sew from the Heart

Tuesday, September 29, 2-4 p.m.

Register: [#911310-09](#)

HOW TO REGISTER

ONLINE ► registration.arlingtonva.us

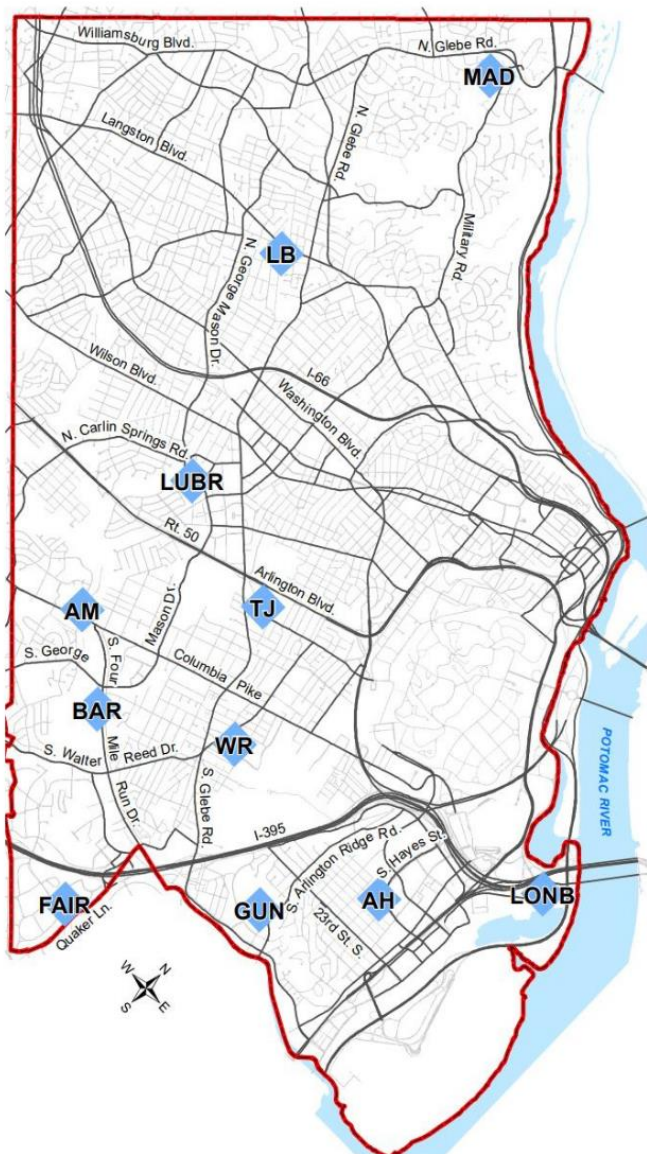
Online registration is available 24/7 (after registration opens) through our WebTrac system.

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)

