

JAN - FEB 2021

55+⁺ ARLINGTON COUNTY GUIDE

EXERCISE
LEARNING
CONNECTIONS
and MORE

Happy New Year!

55+ Live Talk Show 04

Writing Workshop 13

Art Classes 12

Fitness Classes 14



Sign Up and Get the Benefits!

Enjoy access to a world of fun, fitness, enrichment and social connection with the Arlington 55+ Pass.

STEP 1 ▶ Choose Your Pass

There are two 55+ Pass options for you to consider.

STEP 2 ▶ Sign Up

There are four ways to sign up:

- ONLINE: parks.arlingtonva.us and search "55+ pass"
- MAIL: 3700 South Four Mile Run Drive, 22206 (get the registration form online)
- PHONE: 703-228-4747 (Mon.-Fri., 8 am-5 pm)

STEP 3 ▶ Use Your Pass

With your 55+ Pass, you can register for programs and activities.

- See page 17 for information about registering online, in person, by phone or by mail.
- See registration start dates on page 2.
- You must register for every program you attend.

OPTION A

55+ Pass Benefits

- Home delivery of this 55+ Guide
- Opportunities to participate in engaging activities
- Discounted trips and classes

ANNUAL FEES

| | | |
|--------------------------------|------|-------|
| Arlington County resident | \$20 | \$60 |
| Arlington County household | \$30 | \$90 |
| Non-Arlington County resident | \$45 | \$90 |
| Non-Arlington County household | \$65 | \$135 |

OPTION B

55+ Gold Pass Benefits

Enjoy all the benefits of the regular pass — PLUS access to Arlington County's fitness centers any time during fitness center community hours.

Contact us for more information:

Call 703-228-4747 or visit parks.arlingtonva.us (search for "55+ Pass")

55+⁺ ARLINGTON COUNTY GUIDE

Happy New Year from all of us at 55+ Programs!

While many want to forget 2020, we enter this new year with hope. As I write this note, things remain uncertain but 55+ will continue to provide programs for you. With the Governor's modified stay-at-home order and the colder weather, most of our programs remain virtual. We know this is not the same as in-person programs but hope the virtual programs help connect you to friends and activities. We have been listening to your feedback and are happy to announce that we are expanding our virtual fitness offerings this month. You can now register for a selection of virtual fitness classes with a live instructor, offered in 7-week sessions. Our 55+ YouTube channel still hosts one-time sessions with some of your favorite instructors.

While exercise is usually on everyone's new year's resolutions list, we know that exercising your mind has also been a top priority. With that, we are happy to announce a 7-week Writing Workshop and over two pages full of Art programs to get your creativity flowing. Also, for those of you busy during the day, we are offering some more programs later in the day. We even have a nighttime nature program, Moon Lore.

Welcome to 2021!
Jennifer Collins, CPRP

Registration Opens:

- **December 21 at 10 am (Arlington County)**
- **December 22 at 10 am (Out of County)**

Can We Help?

Arlington County can provide, upon request, reasonable modifications for people with disabilities. Two weeks advance notice is preferred. Call 703-228-4747.

THE SCOOP:

All 55+ Centers remain closed, so programs will be held online or outdoors for your safety.

Pre-registration is required to participate.

Registration Info: page 17

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Registration Is Required!

You must pre-register for all programs.

ONLINE ▶ registration.arlingtonva.us

Registration is available through our online WebTrac system. For instructions see page 17.

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. (Find instructions on page 17.)

PHONE ▶ 703-228-4747

SOCIAL FUN

55+ Live! Talk Show

55+ Live! is a new talk show and a great way to stay up-to-date with 55+ Programs. Enjoy previews of entertainment, demonstrations, seminars and the other great programs you'd usually find in-person at our centers. Don't miss this opportunity to catch up with your friends and staff from Arlington 55+ Programs.

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|----------------------|--|-----------------------------|
| • Jan. 5 Virtual | Tuesday #912801-08 | 12-1 pm 1 session |
| • Jan. 19 Virtual | Tuesday #912801-09 | 12-1 pm 1 session |
| • Feb. 2 Virtual | Tuesday #912801-10 | 12-1 pm 1 session |
| • Feb. 16 Virtual | Tuesday #912801-11 | 12-1 pm 1 session |

Monday Morning Coffee Meetup

Start your week off right with coffee and great conversation with friends.

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|----------------------|---|------------------------------|
| • Jan. 4 Virtual | Monday #912801-15 | 10-11 am 1 session |
| • Jan. 11 Virtual | Monday #912801-16 | 10-11 am 1 session |
| • Jan. 25 Virtual | Monday #912801-17 | 10-11 am 1 session |
| • Feb. 1 Virtual | Monday #912801-18 | 10-11 am 1 session |
| • Feb. 8 Virtual | Monday #912801-19 | 10-11 am 1 session |
| • Feb. 22 Virtual | Monday #912801-20 | 10-11 am 1 session |

Afternoon Hang-out

Join us for casual conversations - topics might include books, recipes, movies, exercise routines and hobbies. This newly-forming conversation group is a place to share and learn from others how best to deal with our quarantine lives.

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|---------------------|---|----------------------------|
| • Jan. 7 Virtual | Thursday #912801-12 | 3-4 pm 1 session |
| • Feb. 4 Virtual | Thursday #912801-13 | 3-4 pm 1 session |

Mocktail Hour

Join us for an after-New Year's Mocktail hour and chat. All conversation are welcome, from discussing your resolutions to looking back on previous New Year's celebrations.

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| • Jan. 2 Virtual | Saturday #912801-14 | 5-6 pm 1 session |
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Saturday Night Supper Club

Order from a favorite restaurant or cook a special meal while chatting with 55+ friends. Socializing can be hard during a pandemic, but this get-together provides a low-pressure environment to meet new people and talk to friends.

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|----------------------|---|-------------------------------|
| • Jan. 23 Virtual | Saturday #912801-21 | 5-6:30 pm 1 session |
| • Feb. 27 Virtual | Saturday #912801-22 | 5-6:30 pm 1 session |



HOLIDAY CELEBRATIONS

Love Songs Live

Celebrate Valentine's Day and enjoy classic love songs performed live by Julianne Corley, soloist and long time member of St. Matthew's choir in Washington, DC.

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| • Feb. 10 Virtual | Wednesday #912803-06 | 1-2 pm 1 session |
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Valentine's Mixer

During these socially-distanced times, it has been especially challenging to meet people. Singles are invited to meet virtually in a low pressure gathering filled with icebreakers and Valentine's-themed fun.

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| • Feb. 12 Virtual | Friday #912803-05 | 1-2:30 pm 1 session |
|----------------------|---|-------------------------------|

PERFORMANCES

Acoustic Cafe

Listen to live, unplugged music from the '50s to today played by various performers who love music. Sponsored by the Walter Reed Advisory Committee and the Alliance for Arlington Senior Programs.

- **Jan. 12** **Tuesday** **12-1 pm**
Virtual [#912802-05](#) 1 session
- **Feb. 9** **Tuesday** **12-1 pm**
Virtual [#912802-06](#) 1 session

Acoustic Hour Online

Enjoy an hour of acoustic music featuring songs from the 60s through the 90s performed by Ed Girovasi. Artists covered will include The Beatles, Neil Young, Stephen Stills, James Taylor, Pink Floyd, Creedence Clearwater Revival, and many more of your favorites.

- **Jan. 15** **Friday** **1:30-2:30 pm**
Virtual [#912802-07](#) 1 session
- **Feb. 17** **Friday** **1:30-2:30 pm**
Virtual [#912802-08](#) 1 session

Open Mic Online

Enjoy this Open Mic show hosted by Carl Gold and appreciate the talents of your 55+ neighbors. All are welcome to watch and consider sharing your talent at the next show.

- **Jan. 20** **Wednesday** **1:30-2:30 pm**
Virtual [#912802-04](#) 1 session

Open Mic Talent Slots

Share your talents: sing a song, recite a poem or tell some jokes. Sign up for 3-5 minute time slot to perform for 55+ friends. Email lpaign@arlingtonva.us for details.

Winter Concert

Quarantine Music Busters, a non-profit comprised of talented young musicians and vocalists who are committed to busting the isolation caused by Covid-19, will perform a live, interactive ensemble of classical music.

- **Jan. 24** **Sunday** **3-4:30 pm**
Virtual [#912802-09](#) 1 session

Meditate and Create Relaxation

Reduce stress, lower your blood pressure and change lifestyle habits that sap your energy. Learn several experiential meditation techniques, such as mindfulness, breath awareness and guided meditation followed by relaxation-focused crafts that will energize you.

Instructor: Ellen Sklaver

- **Jan. 7 - Feb. 18** **Thursdays** **10:30 am-12 pm**
Virtual [#912500-14](#) **7 sessions/\$42**

Ageless Grace

This fun wellness program consists of simple exercises based on everyday movements which focus on the healthy longevity of the body and mind. There are also mind-body directions that allow the brain to consciously choose and direct the movement of the body. This class is designed to make you laugh, keep you engaged and have fun.

Instructor: Randi Cohen

- **Jan. 6 - Feb. 17** **Wednesdays** **10:30-11:30 am**
Virtual [#912500-15](#) **6 sessions/\$30**

Continuum of Care

Home care, skilled nursing, assisted living, post-hospital rehab - there are so many options for help and for different living arrangements as you age. You or a loved one may need some type of assistance at some point. Professionals from Arlington Neighborhood Village, Synergy Home Care, The Jefferson, Goodwin House and Capital Caring will present options of available services and answer questions about costs and how those might be covered.

- **Jan. 26** **Tuesday** **1:30-3 pm**
Virtual [#912500-13](#) 1 session

Coping with Covid-19

We never imagined life would change in so many ways. How have you managed? Have you discovered new recipes? Taken up a new hobby? Mastered using the apps to connect with friends online? What are your tips for dealing with this new normal? Share your successes and challenges with other 55+ folks in this group.

- **Jan. 12** **Tuesday** **3:30-4:30 pm**
Virtual [#912500-09](#) 1 session
- **Feb. 9** **Tuesday** **3:30-4:30 pm**
Virtual [#912500-10](#) 1 session

Diabetes Peer Support

Share knowledge and experiences with others who are living with this common illness. Discuss daily management, social and emotional support and community resources. Facilitated by volunteer Linda Sholl.

- **Jan. 11**
Virtual **Monday** **11 am-12 pm**
 [#912500-11](#) 1 session
- **Feb. 8**
Virtual **Monday** **11 am-12 pm**
 [#912500-12](#) 1 session

Happiness 101

Discover ways to create a more joyful and fulfilling life for yourself and others around you. AARP volunteer Paul Singh will describe practices to enhance contentment and enjoyment. Start the new year with a happier you.

- **Feb. 23**
Virtual **Tuesday** **2-3 pm**
 [#912500-07](#) 1 session

Is a Medical Alert System Right for You?

If you live alone or have a chronic medical condition, you may be concerned about whether you will be able to summon help in an emergency. A medical alert system may be the answer to help keep you living safely and independently in your own home. Blanca Cali and Kate Chutuape from Virginia Hospital Center’s Senior Health Department, will discuss different medical alert systems, new technological advances such as fall detection, mobile access when away from home, and factors to consider when deciding whether you should get one.

- **Jan. 27**
Virtual **Wednesday** **1-2 pm**
 [#912500-08](#) 1 session

“See Me” at the Smithsonian

See Me at the Smithsonian is an interactive program for adults with dementia and their care partners. During this “See Me” program, a team of museum educators and docents from the Smithsonian American Art Museum will facilitate small group conversations about some of the Smithsonian’s most beloved objects. Closed captioned.

- **Jan. 13**
Virtual **Wednesday** **3-4 pm**
 [#912500-18](#) 1 session

Ten Warnings Signs of Alzheimer’s

If you or someone you know is experiencing memory loss or behavioral changes, it’s time to learn the facts. This workshop is for everyone. It provides compelling information about Alzheimer’s disease, a greater understanding of the difference between age-related memory loss and dementia and what to do if you see signs of Alzheimer’s. Presenter: Dan Cronin from the Alzheimer’s Association National Capital Area Chapter.

- **Feb. 2**
Virtual **Tuesday** **11 am-12 pm**
 [#912500-16](#) 1 session

Where to Turn for Help

A multitude of services are available in our local area to support those living with dementia and their care partners. Learn about what’s available and how to access services and resources for your family. Presented by Lindsey Vajpeyi of Insight Memory Care.

- **Jan. 6**
Virtual **Wednesday** **1-2 pm**
 [#912500-17](#) 1 session

Medicare

Original Medicare vs. Medicare Advantage

Michelle Thomas, Certified Medicare Counselor from Virginia Insurance Counseling and Assistance Program will present an overview of Medicare Advantage plans and discuss allowable extra benefits and the Medicare Advantage open enrollment period.

Tues., Jan. 12. 10 am-12 pm

Should Federal Retirees Sign Up for Medicare?

Compare options for health insurance from the perspective of retirees from the federal government: do you need Medicare if you keep your Federal Health Insurance in retirement? should you enroll in Medicare Part B? how does Medicare work with the Federal Retiree Health Plan? Presented by Don Oellerich, retired from the Department of Health and Human Services.

Tues., Feb. 23. 13:30 am-1 pm

Register at Medicarehelp@arlingtonva.us or call 703-228-1725

LECTURES & LEARNING

NUTRITIOUS & DELICIOUS

Instant Pot 101

Did you receive this popular kitchen appliance over the holidays and do you know what all it can do? It's a slow cooker, a yogurt maker, a sterilizer, air fryer, pressure cooker and more. Volunteer and Instant Pot aficionado Bethany Reid will cover the various uses and recipes for your new favorite kitchen tool.

- **Jan. 8**
Virtual
- Friday**
[#912501-05](#)
- 3-4 pm**
1 session

Love your Heart

Join Virginia Cooperative Extension Master Food Volunteers to learn some heart healthy tips and recipes. Focus is on blood pressure.

- **Feb. 26**
Virtual
- Friday**
[#912501-06](#)
- 11:30 am-12:30 pm**
1 session

Nutrition in a Bowl

Learn how to build a healthy bowl meal with Virginia Cooperative Extension Master Food Volunteers.

- **Feb. 18**
Virtual
- Thursday**
[#912501-02](#)
- 12-1 pm**
1 session

Nutrition Tips: Root Vegetables

Virginia Cooperative Extension Master Food Volunteers present a tasty and healthy cooking demonstration to kick off the new year.

- **Jan. 15**
Virtual
- Friday**
[#912501-03](#)
- 11 am-12 pm**
1 session

Nutrition Tips: Winter Greens

Virginia Cooperative Extension Master Food Volunteers present a tasty and healthy cooking demonstration to kick off the new year.

- **Jan. 28**
Virtual
- Thursday**
[#912501-04](#)
- 11 am-12 pm**
1 session

American Labor Museum

Take a virtual tour of the American Labor Museum, housed in the 1908 home of an immigrant silk worker, a National Historic Landmark. Early labor organizers met there and campaigned for eight-hour workdays. The museum includes period rooms and exhibits describing the 1913 Silk Strike and other worker and organized labor issues. Our program culminates with a roundtable discussion.

- **Jan. 28**
Virtual
- Thursday**
[#912400-15](#)
- 1-2:30 pm**
1 session

Arlington Forts

The U.S. Army built a system of over 50 fortifications to protect Washington, D.C. during the Civil War. The forts of Arlington guarded western and southern approaches to the city and you can see remnants of the structures today. Park Historian and popular presenter John McNair will discuss the history of Arlington's forts.

- **Feb. 13**
Virtual
- Saturday**
[#912400-11](#)
- 3-4:30 pm**
1 session

Dolley Madison

Madison was one of the most beloved first ladies of the White House. Learn how she influenced the sustainability of our democracy and our Capital, Washington City, as an effervescent hostess. Join Rebecca Roper, volunteer for National Park Service Interpretive Services, as she shares a historical overview and insight into the life of Dolley Madison.

- **Feb. 12**
Virtual
- Friday**
[#912400-20](#)
- 4-5 pm**
1 session

Genealogy 101

Meet with other genealogy enthusiasts to learn about your family's roots. All done in a fun, friendly atmosphere for sharing information and tools. Fourth Tuesdays. Led by experienced genealogist Eileen Bogdanoff (rated an "Advanced Researcher" by Ancestry.com).

- **Jan. 26**
Virtual
- Tuesday**
[#912400-16](#)
- 11:30 am-1 pm**
1 session
- **Feb. 23**
Virtual
- Tuesday**
[#912400-17](#)
- 11:30 am-1 pm**
1 session

Genealogy Part 3: Military Records

Military records can provide information on your ancestors that offers a full understanding of their life: basic biography, medical history and events during service. Join us to discuss genealogy and military records with Outreach Specialist Ashley Ramey from the Library of Virginia.

- **Jan. 21** **Thursday** **3-4:30 pm**
Virtual [#912400-18](#) 1 session

Genealogy Part 4: African American Research

Researching African American genealogy presents distinctive challenges. Outreach Specialist Ashley Ramey from the Library of Virginia will discuss sources that can help you investigate African American history.

- **Feb. 18** **Thursday** **3-4:30 pm**
Virtual [#912400-19](#) 1 session

Hallowed Ground for All

In recognition of Black History Month, Ric Murphy, highly-acclaimed historian and award-winning author (along with Timothy Stephens) of *Section 27 and Freedman's Village in Arlington*, will discuss the interconnectness of African American history with the history of Arlington National Cemetery. The African American experience has been bound up in this hallowed ground from its beginning as a plantation, a settlement for former enslaved people and a final resting place for members of the U.S. Colored Troops.

- **Feb. 19** **Friday** **1:30-2:30 pm**
Virtual [#912400-14](#) 1 session

How Americans Speak

What do you call the shoes you wear to the gym? It turns out that your answer to that question and a few others can reveal a great deal about where you grew up. American English has many regional dialects that teach us a great deal about the history of the United States and language. Volunteer Bob Lamp will lead a fun, interactive session based on the book, *Speaking American: How Y'All, Youse, and You Guys Talk*, by Josh Katz.

- **Feb. 16** **Tuesday** **1-2:15 pm**
Virtual [#912400-25](#) 1 session

iPhone and iPad Basics

Learn the basics and some tips for using your iPad and iPhone from Apple guru Lowell Nelson.

- **Feb. 5** **Friday** **10-11 am**
Virtual [#912900-28](#) 1 session

Moon Lore with Ken Rosenthal

Human history is peppered with words and references to the moon, both positive and negative. Join Park Naturalist Ken Rosenthal to explore moon lore and its role in many cultures from ancient times to the present. You'll never look at the moon the same way.

- **Feb. 17** **Wednesday** **6-7:30 pm**
Virtual [#912400-13](#) 1 session

Multigenerational Living

The number of Americans living in multigenerational households has continued to rise in recent years, reaching record levels. Jeffrey Passel, a senior demographer with the Pew Research Center, will discuss this trend, including the age, gender, racial and ethnic groups accounting for this sharp rise and several possible reasons for the trend.

- **Jan. 7** **Thursday** **1:30-2:30 pm**
Virtual [#912400-24](#) 1 session

Rock Music Legends: The British Invasion

Starting with the Beatles in 1964, British rock and roll groups took America by storm. The Fab Four were quickly followed by the Rolling Stones, Herman's Hermits, the Dave Clark Five and many others who dominated the airwaves and sparked a movement that changed American music and culture forever. Volunteer Carl Gold will discuss the British Invasion phenomenon and perform some of the greatest hits of the 60s that we (and younger generations!) still enjoy today.

- **Jan. 12** **Tuesday** **1-2:15 pm**
Virtual [#912400-22](#) 1 session

The Future of Arlington's Trees

Arlington is developing its Forestry and Natural Resources Plan, which will provide strategies to advance Arlington's stewardship of its trees and natural resources. Share your views, interests and priorities about the county's conservation and maintenance of our ecosystems to inform the development of this plan. Presented by representatives of American Forests, a non-profit conservation organization, and staff from DPR's Parks and Natural Resources Division.

- **Jan. 5** **Tuesday** **1:30-2:30 pm**
Virtual [#912400-12](#) 1 session

What is Encore Learning?

Learn about Arlington's Encore Learning. Since 2002, this community non-profit has provided academic courses, special events and clubs for adults 50 and over. With two semesters each year, there are over 70 academic classes offered this year alone. But did you know that they have a Cinema Club, a Mindfulness Club and so much more? Executive Director Lora Pollari-Welbes will describe Encore Learning's programs that keep your mind alert as you engage with other older adults.

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|-----------|----------------------------|-------------|
| • Jan. 12 | Tuesday | 11 am-12 pm |
| Virtual | #912400-21 | 1 session |

DISCUSSION GROUPS

Collectors Club

Calling all collectors - share your treasures with 55+ friends. Tell us about anything you've collected, purposefully or not. Stamps, rocks, restaurant matchbooks, antiques, photos, vintage books...show us what you've got.

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| • Jan. 22 | Friday | 1-2:30 pm |
| Virtual | #912402-09 | 1 session |

Documentary Discussions

View some of the best documentaries and discuss them with other 55+ members. January's film is *King in the Wilderness* (2018), a look at the final years in the life of Martin Luther King, Jr. with never before seen footage and interviews with those closest to him. February's 's film is *The Ultimate Guide to the Presidents: The Civil War & A Nation Divided* (2020) by the History Channel covering the presidencies of Zachary Taylor to Abraham Lincoln.

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|-----------|----------------------------|---------------|
| • Jan. 11 | Monday | 2-3 pm |
| Virtual | #912402-12 | 1 session |
| • Feb. 15 | Monday | 11 am-2:30 pm |
| Virtual | #912402-13 | 1 session |

History Discussions

Listen, contribute and reflect in this discussion group that focuses on cultural, economic, artistic and political history. Led by Dwight Rodgers of Encore Learning.

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|-----------|----------------------------|-----------|
| • Jan. 21 | Thursday | 1-2:30 pm |
| Virtual | #912402-16 | 1 session |
| • Jan. 28 | Thursday | 1-2:30 pm |
| Virtual | #912402-17 | 1 session |
| • Feb. 4 | Thursday | 1-2:30 pm |
| Virtual | #912402-18 | 1 session |
| • Feb. 11 | Thursday | 1-2:30 pm |
| Virtual | #912402-19 | 1 session |
| • Feb. 18 | Thursday | 1-2:30 pm |
| Virtual | #912402-20 | 1 session |
| • Feb. 25 | Thursday | 1-2:30 pm |
| Virtual | #912402-21 | 1 session |

History Roundtable

Take part in thought-provoking discussions about pivotal events in world history. January's topic will be the impact of territorial additions to the original 13 U.S. colonies. February's topic will be the impact of literature on history. Facilitated by Andrea Baumann.

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|-----------|----------------------------|-------------------|
| • Jan. 12 | Tuesday | 11:15 am-12:30 pm |
| Virtual | #912402-22 | 1 session |
| • Feb. 9 | Tuesday | 11:15 am-12:30 pm |
| Virtual | #912402-23 | 1 session |

Lee Book Club

Get together for great books and conversation on first Tuesdays. January's book is *Team of Rivals* by Doris Kearns Goodwin. February's book is *American Dirt* by Jeanine Cummins.

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|----------|----------------------------|----------------|
| • Jan. 5 | Tuesday | 11 am-12:30 pm |
| Virtual | #912402-14 | 1 session |
| • Feb. 2 | Tuesday | 11 am-12:30 pm |
| Virtual | #912402-15 | 1 session |

Local History Discussions & Reminiscences

Meet first Wednesdays to discuss the many transformations of the area we call home. In January, we'll discuss Sears Roebuck homes in Arlington. In February, we'll discuss The Ku Klux Klan in Arlington during the 1920s. Facilitated by volunteer Tom Sipusic.

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| • Jan. 6 | Wednesday | 1:30-2:45 pm |
| Virtual | #912402-24 | 1 session |
| • Feb. 3 | Wednesday | 1:30-2:45 pm |
| Virtual | #912402-25 | 1 session |

Movie Discussions

Calling all cinema lovers to meet to discuss a new film every month. January's movie, *The Trial of the Chicago Seven*, is a dramatization of famed counterculture leaders charged under Nixon Attorney General John Mitchell for inciting riots in the 1968 Democratic Convention in Chicago; issues of inequality, racism and police brutality. Stream movie before meeting. February's movie, *Loving*, is the story of a couple whose arrest for interracial marriage in 1960s Virginia began a legal battle that would end with the Supreme Court's historic 1967 decision.

- **Jan. 14** **Thursday** **3-4 pm**
Virtual [#912402-10](#) 1 session
- **Feb. 11** **Thursday** **3-4 pm**
Virtual [#912402-11](#) 1 session

The Study of Words

Learn about the history of English and have fun sharing words, expressions, neologisms and other items of linguistic interest. Meets second Wednesdays. Facilitated by Steven Wertime.

- **Jan. 13** **Wednesday** **10:30-11:45 am**
Virtual [#912402-28](#) 1 session
- **Feb. 10** **Wednesday** **10:30-11:45 am**
Virtual [#912402-29](#) 1 session

Travel Discussion

Is there is a place on your Bucket List that you would like to visit? Enjoy a lively discussion with your 55+ friends about places to go and sights to see when traveling and maybe even pick up some ideas about where you'd like to go in the future.

- **Jan. 14** **Thursday** **1-2:30 pm**
Virtual [#912402-26](#) 1 session
- **Feb. 11** **Thursday** **1-2:30 pm**
Virtual [#912402-27](#) 1 session



AROUND THE HOUSE

Ask an Extension Agent Anything

Engage in discussions about seasonal landscape and garden issues. This is your chance to find solutions to horticulture challenges. Send questions with photos of the plants to the Extension Master Gardener Help Desk at mgarlalex@gmail.com for consideration.

- **Jan. 25** **Monday** **1-2:30 pm**
Virtual [#912401-04](#) 1 session
- **Feb. 22** **Monday** **1-2:30 pm**
Virtual [#912401-05](#) 1 session

Attracting Birds to Your Garden

Do you enjoy bird watching? Do you want to learn more about attracting birds to your garden and feeders? Long Branch Nature Center Ranger Cliff Fairweather will share his knowledge of birds and give tips for creating an inviting habitat to attract our feathered friends.

- **Jan. 28** **Wednesday** **1-2 pm**
Virtual [#912401-02](#) 1 session



Safely Sell Your Home During Covid-19

Think you might sell your home now or later on? Want to know how you can get the best return on the investment that is your home? Learn how technology helps Realtors show your home virtually and how Covid-19 has affected the housing market in Arlington. Nancy Murphy, licensed Realtor with Weichert Realtors will give step-by-step tips on how to get your home ready for today's home buyer.

- **Jan. 14** **Thursday** **1-2 pm**
Virtual [#912401-03](#) 1 session

PLANNING AHEAD

Controlling Clutter

Join Virginia Cooperative Extension's Master Financial Education Volunteers for a workshop about tackling clutter and becoming organized. Learn how to organize papers and decide what documents to keep or shred.

- **Feb. 24** **Wednesday** **2-3 pm**
Virtual [#912404-14](#) 1 session

Do You Know What You Own?

Whether you are planning a move, downsizing, purchasing insurance or planning how your belongings will be distributed after you are gone, you first have to know what you own, what it's worth and where it's going. Professional organizer Sonya Weissshappel (the "Chaos Whisperer") will discuss how a digital inventory can help you gather necessary information to catalog your possessions in one accessible document that can be printed and shared with others. The peace of mind this can bring to a transition is priceless.

- **Jan. 20** **Wednesday** **1:30-2:30 pm**
Virtual [#912404-13](#) 1 session

Financial Tools in Retirement: Annuities

Learn about annuities as a potential financial strategy to grow or protect your retirement savings or provide you with guaranteed income in retirement. Scott James, a Certified Financial Planner with 35 years of experience, will explain the different types of annuities, how the fees can significantly impact your returns and how to decide if an annuity is a good fit for you.

- **Feb. 9** **Tuesday** **1:30-2:30 pm**
Virtual [#912404-11](#) 1 session

How to Make a Health Directive

Living wills and other advance health directives are important documents. These written orders give legal instructions regarding your medical care if you are unable to make decisions on your own. Elder Law Attorney Ed Zetlin will discuss the importance of health directives.

- **Jan. 13** **Wednesday** **1-2 pm**
Virtual [#912404-16](#) 1 session

Papers: Save or Shred?

Many of us are overwhelmed with all the information we are keeping in our heads, on our phones, in file cabinets and in safe deposit boxes. Which documents are important? How should they be organized? Kay Bransford, President & Chief Curator of MemoryBanc, will explain how to tackle piles of paper and discuss what to save and what to shred.

- **Jan. 11** **Monday** **1-2 pm**
Virtual [#912404-15](#) 1 session

Small Steps to Health and Wealth

Virginia Cooperative Extension's Master Financial Education Volunteers will offer 25 valuable strategies to improve your physical and financial health. Tie these to your new year's resolutions.

- **Jan. 22** **Friday** **11 am-12 pm**
Virtual [#912404-10](#) 1 session

What is Contained in a Will?

Having a will and other estate documents is essential to ensuring your assets and wishes are communicated to your family when you pass on. Join Elder Law attorney Ed Zetlin to learn what should be contained in your will.

- **Feb. 10** **Wednesday** **1-2 pm**
Virtual [#912404-12](#) 1 session

ARTS & CRAFTS

Artist Chat

Are you working on a piece of art and have a question about technique, composition or just need another point of view? Join Jennifer Droblyen, Community Arts Programmer and experienced artist, for an open dialogue on techniques, materials, and creative expression. Second and fourth Thursdays.

- | | | |
|----------------------|---|----------------------------|
| • Jan. 14 Virtual | Thursday #912301-20 | 4-5 pm 1 session |
| • Jan. 28 Virtual | Thursday #912301-21 | 4-5 pm 1 session |
| • Feb. 11 Virtual | Thursday #912301-22 | 4-5 pm 1 session |
| • Feb. 25 Virtual | Thursday #912301-23 | 4-5 pm 1 session |

Arts & Crafts Exhibit

Enjoy a virtual tour of this year's exhibit showcasing the talents of 55+ members. Paintings, drawings, yarn creations, photographs, poetry and other craft items. Admire their creations and be inspired to create.

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|----------------------|--|----------------------------|
| • Feb. 25 Virtual | Wednesday #912301-24 | 1-2 pm 1 session |
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Basic Drawing

Join Jen Droblyen from DPR's Office of Community Arts for an afternoon of drawing. Improve your skills by learning various techniques. More details and simple supply list will be provided with registration confirmation.

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|----------------------|---|-------------------------------|
| • Jan. 8 Virtual | Friday #912301-05 | 1-2:30 pm 1 session |
| • Feb. 12 Virtual | Friday #912301-06 | 1-2:30 pm 1 session |

Basic Painting

Join Jim Halloran from DPR's Office of Community Arts for an afternoon of painting. No experience necessary!

- | | | |
|----------------------|---|-------------------------------|
| • Jan. 22 Virtual | Friday #912301-18 | 1-2:30 pm 1 session |
| • Feb. 26 Virtual | Friday #912301-19 | 1-2:30 pm 1 session |

Paint & Sip

Community Arts Programmer Jennifer Droblyen presents a painting lesson with your favorite beverage from the comfort of your home. Supply list and picture to print will be provided with registration confirmation.

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|----------------------|---|---------------------------------|
| • Jan. 28 Virtual | Thursday #912301-16 | 10-11:30 am 1 session |
| • Feb. 25 Virtual | Thursday #912301-17 | 10-11:30 am 1 session |

Painting Demo

Community Arts Programmer Jim Halloran will present a detailed painting demonstration. Supply list and picture to print will be provided with registration confirmation.

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|--------------------------|--|------------------------------------|
| • Jan. 4 - 12 Virtual | Monday #912301-13 | 10:30 am-12 pm 1 session |
| • Jan. 19 Virtual | Tuesday #912301-14 | 10:30 am-12 pm 1 session |
| • Jan. 25 Virtual | Monday #912301-11 | 10:30 am-12 pm 1 session |
| • Feb. 1 Virtual | Monday #912301-15 | 10:30 am-12 pm 1 session |
| • Feb. 22 Virtual | Monday #912301-12 | 10:30 am-12 pm 1 session |

Secrets Revealed

An exploration of famous artists and their distinctive, secretive techniques. Community Arts Programmer Jen Droblyen will discuss the contributions of these artists and the methods that make their works so special.

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|----------------------|---|------------------------------------|
| • Jan. 11 Virtual | Monday #912302-02 | 10:30-11:30 am 1 session |
| • Feb. 8 Virtual | Monday #912302-03 | 10:30-11:30 am 1 session |

Calling all artists and crafters!

We know you have been busy creating during the pandemic. It is now time to share your amazing work with us - we want to exhibit it virtually. Paintings, drawings, yarn creations, photographs, poetry and other craft items. You may submit up to three photographs of your completed work. Include a description for each piece submitted including the medium/technique that was used (acrylics, oil, knitting, ink, etc). Remember to take a good quality photo of your work - good lighting is essential. Send your photographs by email to epoole@arlingtonva.us by February 8.

Wake and Make

Art activities can help you wake up, feel refreshed, and get ready for the day. Join Community Arts Programmer Jen Droblyen as she leads you through an art activity to energize your creative side. Be prepared to paint and draw; most materials needed can be found around the house.

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|-----------|----------------------------|---------------|
| • Jan. 11 | Monday | 7-8 am |
| Virtual | #912301-07 | 1 session |
| • Jan. 25 | Monday | 7-8 am |
| Virtual | #912301-08 | 1 session |
| • Feb. 8 | Monday | 7-8 am |
| Virtual | #912301-09 | 1 session |
| • Feb. 22 | Monday | 7-8 am |
| Virtual | #912301-10 | 1 session |

POETRY, WRITING & READING

Intergenerational Book Discussion

Interface with high school students and appreciate the perspectives of another generation through an in-depth discussion of *The Nickel Boys* by Colson Whitehead. It tells the story of an African American boy who was unfairly sentenced to a juvenile reformatory school and the horrors that characterized his experience.

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| • Feb. 8 | Monday | 3-4 pm |
| Virtual | #912300-04 | 1 session |

Pondering Poetry

Are you a poet or do you aspire to write poetry? Do you need some creative energy from others? Join this newly-formed group to share and discuss poetry.

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|-----------|----------------------------|---------------|
| • Jan. 27 | Wednesday | 2-3 pm |
| Virtual | #912300-07 | 1 session |
| • Feb. 24 | Wednesday | 2-3 pm |
| Virtual | #912300-08 | 1 session |

Short Story Reading & Discussion

Short stories pack a lot in a few pages. Take turns reading the story aloud in round-robin fashion and discuss it afterward. Bring your thoughts and insights. Facilitated by 55+ member Bill Turner.

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|-----------|----------------------------|------------------|
| • Jan. 25 | Monday | 1-2:30 pm |
| Virtual | #912300-05 | 1 session |
| • Feb. 22 | Monday | 1-2:30 pm |
| Virtual | #912300-06 | 1 session |

Writing Workshop

In this small-group series, we'll use writing to discover who we are, honor our past, research our beliefs and desires and think about what we want in the future. Workshop will include instruction, writing prompts, exercises and discussion. Instructor Catherine Franz is a published author currently working on two books: *Journaling with Wings* and *Medical Log for Seniors*.

- | | | |
|--------------------|----------------------------|------------------|
| • Jan. 6 – Feb. 24 | Wednesdays | 4-5:30 pm |
| Virtual | #912300-09 | 7 sessions |

HANDWORK

Needle Crafters

Work on your knitting, crochet or needle craft project while enjoying fellowship with 55+ friends online.

- | | | |
|-----------|----------------------------|--------------------|
| • Jan. 4 | Monday | 10-11:30 am |
| Virtual | #912703-06 | 1 session |
| • Jan. 11 | Monday | 10-11:30 am |
| Virtual | #912703-07 | 1 session |
| • Jan. 25 | Monday | 10-11:30 am |
| Virtual | #912703-08 | 1 session |
| • Feb. 1 | Monday | 10-11:30 am |
| Virtual | #912703-09 | 1 session |
| • Feb. 8 | Monday | 10-11:30 am |
| Virtual | #912703-10 | 1 session |
| • Feb. 15 | Monday | 10-11:30 am |
| Virtual | #912703-11 | 1 session |
| • Feb. 22 | Monday | 10-11:30 am |
| Virtual | #912703-12 | 1 session |

Get Involved with Senior Issues!

The Arlington County Commission on Aging advises the County Board and the Arlington Agency on Aging on aging issues. Information [here](#)

Commission on Aging meetings:

- Mon., Jan. 25, 9-11 am
- Mon., Feb. 22, 9-11 am

Arlington Steering Committee for Services to Older

Persons is an affiliation of private, non-profit, proprietary and government service providers and senior advocates who meet to discuss aging issues.

Steering Committee Meeting:

- Fri., Jan. 15, 9:30-11 am "Influenza and Covid-19"

Email arlaaa@arlingtonva.us for meeting links

Yarn Creations

Do you like to crochet or knit? Are you looking to enjoy the company of others? Join our casual group of crafty individuals to share ideas and fellowship.

- **Jan. 5** **Tuesday** **1-2:30 pm**
Virtual [#912703-13](#) 1 session
- **Jan. 12** **Tuesday** **1-2:30 pm**
Virtual [#912703-14](#) 1 session
- **Jan. 19** **Tuesday** **1-2:30 pm**
Virtual [#912703-15](#) 1 session
- **Jan. 26** **Tuesday** **1-2:30 pm**
Virtual [#912703-16](#) 1 session
- **Feb. 2** **Tuesday** **1-2:30 pm**
Virtual [#912703-17](#) 1 session
- **Feb. 9** **Tuesday** **1-2:30 pm**
Virtual [#912703-18](#) 1 session
- **Feb. 16** **Tuesday** **1-2:30 pm**
Virtual [#912703-19](#) 1 session
- **Feb. 23** **Tuesday** **1-2:30 pm**
Virtual [#912703-20](#) 1 session



The Alliance for Arlington Senior Adult Programs

What have we done during the pandemic?

We purchased Zoom accounts so that 55+ Programs can offer virtual programs. This enables staff to expand remote programming and keep participants engaged!

Smile! We're on Amazon

The Alliance for Arlington Senior Programs (AASP) is an official charity of the Amazon Smile program. This program allows Amazon users to designate a charity to receive 0.5% of the cost of eligible purchases. Please use Amazon Smile and designate AASP. You can go to friendsofthealliance.org and link directly to Amazon Smile to find out more.

You may also donate directly to AASP to support 55+ Programs. Go to friendsofthealliance.org and donate using our secure Paypal button or, mail your check to The Alliance for Arlington Senior Programs P.O. Box 5184 Arlington, VA 22205.

FITNESS

55+ Seated Exercise

This class concentrates on preserving and gaining muscular strength and flexibility and improving balance. Work all the major muscle groups including abdominals with a variety of weights. Some standing included but not required.

Instructor: Jill Kern

- **Jan. 5 – Feb. 16** **Tuesdays** **9:30-10:30 am**
Virtual [#912100-01](#) **7 sessions/\$28**

Chair Hatha Yoga

Senior adults, adults recovering from injury or surgery and adults with physical disabilities will increase energy, flexibility and a sense of well-being in this class. It adapts classic yoga poses in a safe and accessible manner. Work may be done seated with the option of using the chair as a balance point for standing poses.

Instructor: Debbie Sheetz

- **Jan. 5 – Feb. 16** **Tuesdays** **11:45 am-12:45 pm**
Virtual [#912104-01](#) **7 sessions/\$35**

Tai Chi Ch'uan

With slow gentle movements, proper breathing and posture, Tai Chi can help relieve many physical ailments including arthritis, balance issues and stress. Class examines the martial side of Tai Chi as well as the spiritual.

Instructor: David Cohen

- **Jan. 7 – Feb. 18** **Thursdays** **2-3 pm**
Virtual [#912105-01](#) **7 sessions/\$38.50**

Traditional Hatha Yoga

Learn and practice classic yoga poses to stretch and strengthen the entire body. Warm-ups and props such as blocks and straps help students achieve results. There are multiple transitions between floor and standing positions. Previous experience with yoga is a plus.

Instructor: Jennifer Eubank

- **Jan. 8 – Feb. 19** **Fridays** **9:30-11 am**
Virtual [#912104-02](#) **7 sessions/\$52.50**

CHALLENGE YOUR BRAIN

Zumba

Inspired by Latin and international dance, Zumba is a fun cardio-dance class that suits all fitness levels. Zumba incorporates meringue, salsa, cambia, hip hop and more.

Instructor: Ferdinanda Pattipeilophy

- **Jan. 5 – Feb. 16** **Tuesdays** **2:15-3 pm**
Virtual [#912101-01](#) **7 sessions/\$35**

WALKING GROUPS

Our walks will be limited in capacity due to the Governor's December 10 Mitigation Measures

55+ Walks

- **Jan. 6** **Wednesday** **9:30-10:30 am**
Green Spring Park [#912201-08](#) 1 session
- **Jan. 13** **Wednesday** **9:30-10:30 am**
Arlington Ridge [#912201-09](#) 1 session
- **Jan. 27** **Wednesday** **9:30-10:30 am**
Lee Highway [#912201-10](#) 1 session
- **Feb. 3** **Wednesday** **9:30-10:30 am**
High View Park [#912201-11](#) 1 session
- **Feb. 10** **Wednesday** **9:30-10:30 am**
Cherrydale [#912201-12](#) 1 session
- **Feb. 17** **Wednesday** **9:30-10:30 am**
Johnson Hill [#912201-13](#) 1 session
- **Feb. 24** **Wednesday** **9:30-10:30 am**
Crystal City [#912201-14](#) 1 session

Aurora Hills Fast Forwards

Join a morning walk with this faster-paced group that walks a 2-3 mile loop, including some hills.

- **Jan. 8** **Friday** **9-10:30 am**
Aurora Hills [#912201-15](#) 1 session
- **Jan. 15** **Friday** **9-10:30 am**
Aurora Hills [#912201-16](#) 1 session
- **Jan. 29** **Friday** **9-10:30 am**
Aurora Hills [#912201-17](#) 1 session
- **Feb. 12** **Friday** **9-10:30 am**
Aurora Hills [#912201-18](#) 1 session
- **Feb. 19** **Friday** **9-10:30 am**
Aurora Hills [#912201-19](#) 1 session
- **Feb. 26** **Friday** **9-10:30 am**
Aurora Hills [#912201-20](#) 1 session

Game Night

Join us for a game of “Who Am I?” with friends old and new. Use “yes or no” questions to guess the identity of a famous person. The suspense builds quickly as players zero in on the person’s identity.

- **Jan. 15** **Friday** **6-8 pm**
Virtual [#912601-05](#) 1 session
- **Feb. 19** **Friday** **6-8 pm**
Virtual [#912601-06](#) 1 session

Travel Trivia

Travel the far reaches of the globe with this stimulating trivia challenge. Connect with 55+ friends and meet new people along the way.

- **Feb. 4** **Thursday** **11 am-12:30 pm**
Virtual [#912601-07](#) 1 session

LANGUAGES

German Conversation

Sprechen Sie Deutsch? Join this cordial group of people with knowledge of the language in a weekly dialogue. Stimulating and sociable gatherings provide lively discussions in German on topics that are easy to discuss and interesting to all.

- **Jan. 8** **Friday** **10 am-12 pm**
Virtual [#912650-04](#) 1 session
- **Jan. 15** **Friday** **10 am-12 pm**
Virtual [#912650-05](#) 1 session
- **Jan. 22** **Friday** **10 am-12 pm**
Virtual [#912650-06](#) 1 session
- **Jan. 29** **Friday** **10 am-12 pm**
Virtual [#912650-07](#) 1 session
- **Feb. 5** **Friday** **10 am-12 pm**
Virtual [#912650-08](#) 1 session
- **Feb. 12** **Friday** **10 am-12 pm**
Virtual [#912650-09](#) 1 session
- **Feb. 19** **Friday** **10 am-12 pm**
Virtual [#912650-10](#) 1 session
- **Feb. 26** **Friday** **10 am-12 pm**
Virtual [#912650-11](#) 1 session

SERVICES

ONE-ON-ONE APPOINTMENTS

Mac, iPhone, iPad

Learn how to use your Apple products including Mac computers, iPhones and iPads. Volunteer and experienced Apple user Lowell Nelson will answer questions.

| | | |
|----------------------|---|--------------------------------|
| • Jan. 6 Virtual | Wednesday #912900-10 | 10:15-10:55 am 1 session |
| • Jan. 6 Virtual | Wednesday #912900-11 | 11-11:40 am 1 session |
| • Jan. 6 Virtual | Wednesday #912900-12 | 11:45 am-12:25 pm 1 session |
| • Jan. 13 Virtual | Wednesday #912900-13 | 10:15-10:55 am 1 session |
| • Jan. 13 Virtual | Wednesday #912900-14 | 11-11:40 am 1 session |
| • Jan. 13 Virtual | Wednesday #912900-15 | 11:45 am-12:25 pm 1 session |
| • Feb. 3 Virtual | Wednesday #912900-16 | 10:15-10:55 am 1 session |
| • Feb. 3 Virtual | Wednesday #912900-17 | 11-11:40 am 1 session |
| • Feb. 3 Virtual | Wednesday #912900-18 | 11:45 am-12:25 pm 1 session |
| • Feb. 10 Virtual | Wednesday #912900-22 | 10:15-10:55 am 1 session |
| • Feb. 10 Virtual | Wednesday #912900-23 | 11-11:40 am 1 session |
| • Feb. 10 Virtual | Wednesday #912900-24 | 11:45 am-12:25 pm 1 session |
| • Feb. 17 Virtual | Wednesday #912900-19 | 10:15-10:55 am 1 session |
| • Feb. 17 Virtual | Wednesday #912900-20 | 11-11:40 am 1 session |
| • Feb. 17 Virtual | Wednesday #912900-21 | 11:45 am-12:25 pm 1 session |
| • Feb. 24 Virtual | Wednesday #912900-25 | 10:15-10:55 am 1 session |
| • Feb. 24 Virtual | Wednesday #912900-26 | 11-11:40 am 1 session |
| • Feb. 24 Virtual | Wednesday #912900-27 | 11:45 am-12:25 pm 1 session |

COMMUNITY PARTNERS



Is Arlington Neighborhood Village Right for You?

Arlington Neighborhood Village (ANV) is a local, non-profit organization that helps older adults stay in their homes and community as they age. ANV volunteers provide extra help for members: a ride to medical appointments, running an errand, help on the computer or someone to get up on a ladder to change a lightbulb! During the pandemic, these services have been even more important. ANV continues to provide them; most popular are grocery-shopping and transportation to appointments. If you think ANV is right for you, because you need extra help, call 703-509-8057, email info@arlnvil.org, or visit www.arlnvil.org.



Encore Learning's Spring 2021 Preview

Open to current and prospective members. See short presentations from instructors on 31 courses being offered March to May. Ten new courses are being offered this spring semester. **Thur., Jan. 28, 9:30-11:30 am**
Zoom link: <https://us02web.zoom.us/j/85231610450>

Encore Learning Presents: via Zoom

Mon., Jan. 11, 3 pm

Standard vs. Daylight Savings Time

Mon., Jan. 25, 3 pm

Relationship Barriers & Reconciliation in West Side Story

Mon., Feb. 8, 3 pm

Criminal Justice Reform

Mon., Feb. 22, 3 pm

Virginia's Redistricting Constitutional Amendment

via Zoom: <https://us02web.zoom.us/j/84268052749>

Open to all. Visit www.encorelearning.net for details.

HOW TO REGISTER

You must pre-register for all programs. This allows us to send you a link to virtual programs, and abides by the Governor's Forward Virginia guidelines for in-person programs. Register online or by phone.

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 above), 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 am - 5 pm

We aim to please.

Our vision for Arlington is a happy and healthy place to live, learn, work and play. To make this a reality, our mission is to promote wellness and vitality through dynamic programs and attractive public spaces.

Jennifer Collins / 55+ Program Manager
jcollins@arlingtonva.us

Senior Adult Council Executive Committee

Vera Libeau / Chair

Sue Lang / Vice Chair

Sandi Steinberg / Secretary

Valerie Turner / Treasurer

Marilyn Marton / Past Chair

Registration Opens:

- **December 21 at 10 am (Arlington County)**
- **December 22 at 10 am (Out of County)**

- 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.

PLEASE NOTE

Programs and presentations offered at Arlington's 55+ Centers are intended to educate our participants and enrich their lives. We strive to present a balanced array of viewpoints on any particular topic and we are not promoting any particular service, opinion or cause. The views expressed by presenters are their own and are not necessarily endorsed by Arlington County or the Office of Senior Adult Programs.

INCLEMENT WEATHER

To learn about delayed openings and cancellations, call our Inclement Weather Hotline at 703-228-4715 or go online and visit parks.arlingtonva.us

