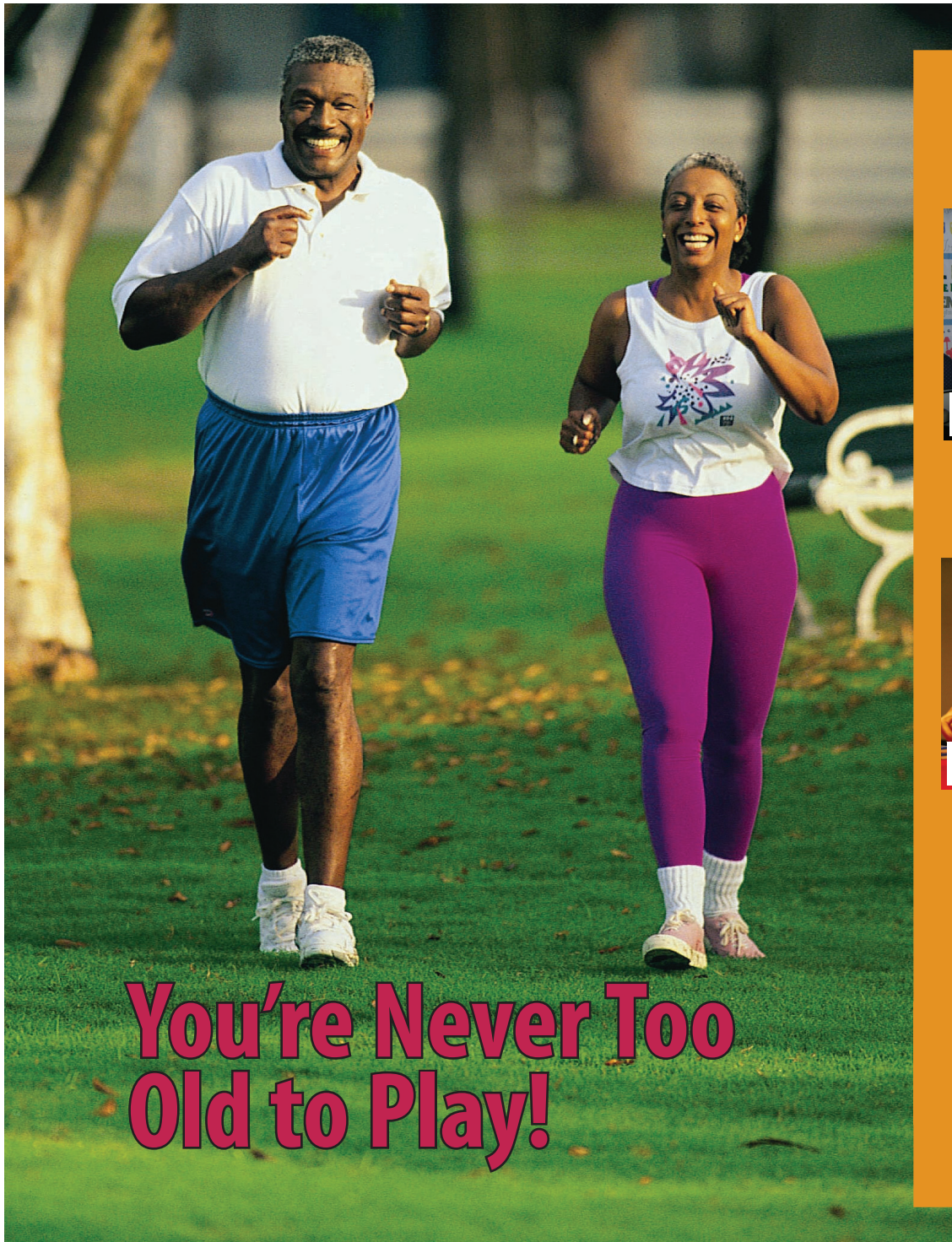


55+ arlington county GUIDE

EXERCISE | TRAVEL | CONNECTIONS | MORE +

MAY - JUNE 2012

A Publication of the
Department of Parks and Recreation
Office of Senior Adult Programs



**You're Never Too
Old to Play!**

ON THE INSIDE



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Music for All!



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**Challenge
your Mind!**



ARLINGTON
VIRGINIA

www.arlingtonva.us/dpr

55+ Pass Members Only!*

REGISTRATION for 55+ Classes with Fees BEGINS Monday, May 7 at 10am



 This symbol indicates classes available for online sign-up. Use this class number when you register online, at a senior center or by phone.

How to Register Online

- Go to <https://registration.arlingtonva.us>.
- Enter your login ID and password. (If this is your first time and you do not know your ID and password, call 703-228-4744 or 703-228-4747) A new page will appear.
- Click on the "55-Plus" menu then "Browse & Register for Classes."
- Find the class you are interested in and click on it.
- Select the session you wish to register for by clicking in the box to the left. Then click "Enroll Now."
- Select the name of the individual you are registering. Click "Add to Cart."
- You will have the option to "Continue Shopping or Checkout." Pay by credit card for online registration.

How to Register in Person, by Phone or by Mail

Class registrations are also welcome in person at senior centers and by phone or mail, beginning May 7 at 10am. Address mailed registrations with payment to: Registration Office, 3700 S. Four Mile Run, Arlington, VA 22206. Make checks payable to "Treasurer, Arlington County." Returned Check Fee is \$50.

***You can invite a guest to one of the OSAP free programs to introduce them to the benefits of a 55+ Pass. Share the fun!**

You Can Flourish Too!

SIGN UP FOR YOUR 55+ PASS TODAY



DEPARTMENT OF PARKS
AND RECREATION

Arlington's 55+ Pass gives you access to a world of fun, fitness and social connections.

Just \$20 a year for Arlington residents! (see pg. 3 for other options)

- Home delivery of the bimonthly, **55+GUIDE** filled with resources, discounts and things to do for people 55 and older.
- Access to all OSAP programs including discounted trips and classes.
- Free access from 6:25am-2:30pm, Monday through Friday to Arlington's fantastic fitness facilities at Thomas Jefferson Community Center and Barcroft Sports and Fitness Center. What a deal!



Sign up at www.arlingtonva.us, search "55+ Pass" or come by an Arlington County Senior Center or the Office of Senior Adult Programs at Lubber Run Community Center, 300 N. Park Drive, Arlington VA 22203, 703-228-4744.

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a note from cheryl



Welcome Elizabeth Poole! She's the new Senior Center Director at Langston-Brown. Elizabeth joins us after serving over 25 years with the City of Gaithersburg in Maryland. She served in the special events division where she planned a vast array of small and large special events, such as festivals, parades, fireworks displays, performing arts, concerts and a drive-through light show that has become a family holiday tradition

attracting thousands of visitors each year throughout the metropolitan area. She started in Gaithersburg as a college intern and was then hired to run the youth soccer, girl's basketball and softball leagues. Elizabeth graduated from Frostburg State University with a BS degree in Recreation.

Elizabeth has lived in Arlington for over 20 years and has twin daughters aged fourteen. She enjoys exercising, gardening, traveling and the arts. Family is an important component in her life and she enjoys hosting family gatherings and revels in the laughter that her family shares at these events.

Elizabeth is excited to be working with such dedicated and enthusiastic staff at Langston-Brown Senior Center and looks forward to the opportunity to serve the Arlington senior community.

Cheryl Johnson

www.arlingtonva.us/dpr

Arlington County 55+ GUIDE

is a bimonthly publication of the Arlington County Office of Senior Adult Programs (OSAP) serving adults ages 55 and over. Register for an annual 55+ Pass for access to senior center programs, discounted trips and classes, and home delivery of the **55+ GUIDE**. To register, visit any senior center, call 703-228-4744, or register online at www.arlingtonva.us (enter "55+ Pass" in search box).

\$20 Arlington resident	\$45 non-resident
\$30 resident household	\$65 non-resident household

Cheryl Johnson

Senior Adult Program Manager
cejohnson@arlingtonva.us

Senior Adult Council Executive Committee

Ron Musselwhite	Chair
Jerrilyn Andrews.....	Vice-Chair
Andrea Walker	Secretary
Milton Nelson	Treasurer
Ken Milow	Past Chair

SCAT: Take a Taxi! Senior Center Adult Transportation (SCAT) is Arlington's senior center transportation service for all residents 55+. Through SCAT, you can take pre-arranged taxicabs to and from senior adult program locations for \$2.50 each way. Call 703-892-8747 for an application.

Accommodation-Arlington is committed to providing open and accessible programs. We can provide, upon request, reasonable accommodations for disabilities or language interpretation. Call 703-228-4744 (TTY 703-228-4743) or speak to a senior center director.

Fee Reduction-You may qualify for fee reductions based on household income and size. Fee reductions on classes are available on a sliding scale. For information about eligibility and how to apply, see www.arlingtonva.us (search for "fee reduction"), call 703-228-4744, or speak to a senior center director.

The mission of Arlington Senior Adult Programs is to enhance the physical and mental well-being of Arlington's diverse over-55 population through programs and activities fostering wellness and a sense of purpose and community.

flourishing

UNDERSTANDING DIABETES AND YOUR HEALTH

In the United States, 23% of adults ages 60 and older have diabetes. Two out of three people with diabetes die from heart disease or stroke. Dr. Monika Virk with The Medical Team will help us gain a better understanding of how this disease impacts your health, identify different types of diabetes, and most importantly, what you can do to prevent or minimize its effects. Healthy snacks will be served.

Tues., May 8, 7-8pm

Walter Reed, 703-228-0955

THINGS TO KNOW ABOUT ARLINGTON: WALTER REED ADULT DAY HEALTH CENTER

For 33 years the Walter Reed Adult Day Health Program (formerly known as the Madison Center) has provided structure, safety, socialization and support to Arlingtonians and their families with physical and cognitive impairments. Join Walter Reed Adult Day Health Admission's Coordinator, Nancy Connors, for a presentation and discussion about Adult Day Health Care in Arlington. Please call to register.

Mon., May 14, 1-2pm

Lee, 703-228-0555

CELL PHONE WORKSHOP

You may use your cell phone primarily to make calls but ever wonder about all its other features? Bring your phone (and manual) and meet with a tech-savvy teenager to explore the many options available on your cell phone and get answers to your questions. Registration essential.

Tues., May 15, 7-8pm

Walter Reed, 703-228-0955

Arlington County Senior Centers will be closed May 28 and July 4.

CELL PHONES – LEARNING THE BASICS

If you need to learn the basics of using a cell phone, a friendly cell phone user will meet with you individually, in half hour increments, on the second Monday of the month at Langston-Brown. Come along even if you already use a cell phone, but would like some help expanding your skills. Bring your cell phone. Must phone for appointment.

Mon., May 14 and June 11,

10 am-noon

Langston-Brown, 703-228-6300

THE WISE USE OF CREDIT CARDS

Do you ever wonder if there are any benefits to having credit cards? Nyambo Anuluoha from the Arlington Community Federal Credit Union will share these benefits and any hidden costs of credit cards. Learn how to build a good credit history, determine your credit limit, detect warning signs of too much debt and avoid credit card fraud. She will also discuss ways to get and read your credit report and the best way to cancel unused credit cards.

Thurs., May 17, 1-2pm

Walter Reed, 703-228-0955

Come to the Connections Café!

Especially if you are just entering your retirement years, come and explore the possibilities! "Flourishing after 55" programs are for active adults to explore a variety of interests and enrich this phase of life. Visit the Connections Café at Walter Reed Community Center for informative conversations and connections. Please call 703-228-0955 to register for these free programs.

Mid-day Programs, Thursdays, 1-2pm

May 17 The Wise Use of Credit Cards

May 24 Arthritis Today

May 31 Important Papers to Keep

June 7 Foster A Pet

June 14 Estate Planning Tools

June 21 Selling Your Home in Today's Market

June 28 Is Your Food Safe To Eat?

Evening Programs, Tuesdays, 7-8pm

May 8 Understanding Diabetes and Your Health

May 15 Cell Phone Workshop

June 19 Workshop on Digital Cameras

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LONG BRIDGE PARK: ARLINGTON'S SIGNATURE DESTINATION

Long Bridge Park is an environmentally sound community destination for green space, public art, accessible indoor and outdoor recreation and breathtaking views of monuments, the riverfront and skyline. Carrie Johnson, Vice Chair of the Long Bridge Design Advisory Committee will be at Lee to talk about this new signature park and its wonderful features. All walkers and exercise enthusiasts should be sure to attend.

Tues., May 29, 11:30am-12:30pm
Lee, 703-228-0555

IMPORTANT PAPERS TO KEEP

An important part of managing your finances (and your life) is knowing what to keep and where to keep it. Rosemary Hill, regional director of education for Money Management, will discuss the documents you need to keep, the ones you can discard, and provide tips on how to organize important papers so you can put your hands on what you need when you need it. The presentation comes with a useful workbook that provides an outline as well as a place for information to be written down in case of an emergency.

Thurs., May 31, 1-2pm
Walter Reed, 703-228-0955

DOWNSIZE/DE-CLUTTER – HOW TO START

We accumulate so many treasures over a lifetime that downsizing can seem overwhelming. It's never too soon to begin sorting through and cleaning out a lifetime accumulation of belongings, even if you are not planning to move. Beth Conord, owner of Smooth Transitions, provides a funny

and entertaining presentation with functional tips and suggestions on how to get started with downsizing and cleaning out the clutter. Please register.

Mon., June 4, 1-2pm
Culpepper Garden, 703-228-4403

MAKE A DIFFERENCE AND FOSTER AN ANIMAL

Fostering an animal is an extremely rewarding experience. Our local Animal Welfare League of Arlington is always looking for friendly and welcoming foster parents for animals that need an interim home with love and care. Learn what the process entails and how you can make a difference in your community.

Thurs., June 7, 1-2pm
Walter Reed, 703-228-0955

ESTATE PLANNING TOOLS

The time to start planning for ways to protect your family in case of death is now. Not when the stress

of illness or disability might interfere with making wise decisions. What are the essential documents? Elder law attorney Ed Zetlin will describe the key elements, such as durable power of attorney, advance medical directive and a will or trust. Seniors and their adult children should attend and bring questions.

Thurs., June 14, 1-2pm
Walter Reed, 703-228-0955

WORKSHOP ON DIGITAL CAMERAS

Are you a bit daunted by all the features on your digital camera? You may know the basics, but cameras seem to get smarter with each new model. This workshop will help you keep up with new options and is led by tech-savvy teens who will work with you on an individual basis to help you get the most out of your camera. Please bring your camera and manual.

Tues., June 19, 7-8pm
Walter Reed, 703-228-0955



Planning a Move or Leaving the Office Behind?

Let us Help you Through the Transition!

Talk with a Peer Transition Guide who can tell you about promising opportunities and resources for someone in transition. These volunteers are trained specifically to help peers 50 and older advance creatively. This free service was originated by Wisdom Works and previously sponsored by the Alliance for Arlington Senior Programs.

Call 703-228-4759 for more info.





flourishing

FAMILY LOVE LETTER

The Family Love Letter is a workshop that guides you through the steps of making an inventory of information to help loved ones find important papers and legal documents in case of a sudden need. This planning tool will help “get your house in order” and provide peace of mind to you and your family in the event of incapacitation. The seminar will show you how to compile lists of important information such as insurance policies, investment accounts, computer password and tax preparer and the locations of all your important documents. Presented by Financial Advisor Elizabeth Schwartzman.

Wed., June 20, 7-8pm
Langston-Brown, 703-228-6300

SELLING YOUR HOME IN TODAY'S MARKET

What do you need to know before you sell the family home? If you've lived in your home for 25 years or more, this seminar will show you how to downsize and de-clutter, prepare your home for today's buyers, and price the home to sell in today's market. Debbie Miller is a Realtor® and Lifestyle Transition Specialist® with nearly 20 years experience helping seniors and adult children sell the family home.

Thurs., June 21, 1-2pm
Walter Reed, 703-228-0955

THINGS TO KNOW ABOUT ARLINGTON: LOCAL AUTHOR MARIA ABBOTT

Mrs. Abbott is a long time Arlingtonian by way of Brazil. In addition to volunteering and playing bridge, she is also an accomplished author. Her latest publication is a



fictional story based on the juicy details that are part of the Mayflower Hotel's history. We promise it will be very interesting indeed!

Mon., June 25, 1-2pm
Lee, 703-228-0555

SPINAL CORD STIMULATION: ALTERNATIVE TO UNRESOLVED CHRONIC PAIN

Living with constant pain can have a debilitating effect on all aspects of life; interfering with work, sleep, relationships and simple daily activities. If you've explored other treatment options, and you're still living with chronic pain, a sophisticated, non-pharmaceutical technique called spinal cord stimulation (SCS) may be right for you. SCS is ideally suited to treat certain types of chronic pain, including post-surgical back, leg, neck or arm pain. How does it work? If you'd like to know more about SCS then come meet Dr. Christopher Gay from Capitol Spine & Pain Centers, one of the region's pre-eminent specialists in pain management.

Tues., June 26, 7-8pm
Walter Reed,
703-228-0955

IS YOUR FOOD SAFE TO EAT?

Some people are more susceptible to getting sick from bacteria in food. But if you take care to handle food safely you can help keep yourself healthy. Preventing the growth of dangerous micro-organisms in food is the key to reducing the millions of illnesses and thousands of deaths each year. Kathryn Strong, an expert from Virginia Cooperative Extension and registered dietician, will provide evidence-based information along with the practical knowledge you need to keep food safe at home and while dining out.

Mon., May 21, 1:30-2:45pm
Aurora Hills, 703-228-5722

Thurs., June 28, 1-2pm
Walter Reed, 703-228-0955

All Arlington County Senior Centers will be closed May 28 and July 4.

please call ahead to register for programs

Registration for fee-based programs starts May 7 at 10am

Online -- go to
<https://registration.arlingtonva.us>.

1. Enter your login ID and password. (If this is your first time and you do not know your ID and password, call 703-228-4744 or 703-228-4747) A new page will appear.
2. Click on the "55-Plus" menu then "Browse & Register for Classes."
3. Find the class you are interested in and click on it.
4. Select the session you wish to register for by clicking in the box to the left. Then click "Enroll Now."
5. Select the name of the individual you are registering. Click "Add to Cart."
6. You will have the option to "Continue Shopping or Checkout." Pay by credit card for online registration.

By phone -- call 703-228-4747

In person -- stop by any
Arlington County Senior Center

By mail -- send check, payable
to Treasurer, Arlington County
to Registration Office, 3700 S.
Four Mile Run, Arlington,
VA 22206

Bike with 55+ Peers!

55+ BIKING GROUP

The 55+ Biking Group is going to offer some great opportunities to get your bikes out and ride this spring. To receive all of the latest ride announcements be sure to get on the 55+ Biking Group email list by sending a message to 55plusbikinggroup@arlingtonva.us or if you don't have email call 703-228-4771.

WEDNESDAY MORNING IMPROMPTU RIDES

Rides from Bluemont Park take place every Wednesday morning. Meet John Silverson at the picnic pavilion next to the tennis courts (601 N. Manchester St.) by 9am to join in an impromptu ride. Once the group assembles they decide where to explore for the day. Examples of some recent leisurely rides are going out to Whole Foods in Vienna or riding to Starbucks in Old Town Alexandria. All levels are welcome.

For more information about meet up points and ride specifics, send an e-mail to 55plusbikinggroup@arlingtonva.us or call 703-228-4771

TAI CHI PRACTICE

Join others and share serene Tai Chi practice sessions.

Mondays, 2-3pm

Aurora Hills 703-228-5722

Monday and Wednesdays,

12:30pm-1:30pm

Culpepper Garden, 703-228-4403

Saturdays, 9:15-10am

Langston Brown, 703-228-6300

TAI CHI TUNE UP

Have you taken Tai Chi, but need a refresher? In this new tune-up class, learn to deepen your relaxation and improve your grounding, movement techniques, coordination and memory of Tai Chi. You will learn Qi Gong exercises for specific areas of the body and learn and feel the flow of Chi as you do the moves. Through

guided and unguided practice, you will gain confidence to practice Tai Chi at home, in the park, or anywhere you choose. This class is for people who have taken Tai Chi Yang Style 24 Form within the past 3-4 years. If you have taken Tai Chi 24 Form, but have not practiced it, we recommend taking the beginner class again, as the Tai Chi movements would need to be relearned. Instructor: Karen Levitan.

Wednesdays, May 23-Jun. 13, 3-4pm

\$24/6 classes, #910214-B

Langston Brown, 703-228-6300



This symbol indicates classes available for online sign-up. Use the class number when you register online, at a senior center or by phone.

KUKUWA DANCE WORKOUT

Get ready to work muscles you didn't realize you had. You will lift off on an exotic African expedition and cruise to the Caribbean Islands through the carnival celebrations! Instantly, from the first beat, you feel what this class offers you. Time seems endless, the energy grabs you, and immediately has you moving your arms, waist, hips, and legs to a blend of African soukous and Caribbean soca rhythms. This energy adds living flavor to your workout, nourishing both body and soul. KDW® is a low impact/high energy choreographed workout designed to target your cardiovascular system, improve your fitness level and pump fun through your veins.
Free Demo, Fri., May 18, 10-11am
Fairlington, 703-228-4745

Class Series
Fridays, June 1-29, 10-11am
\$25/5, #910045-A
Fairlington, 703-228-4745

55+ AQUA EXERCISE

Designed for senior adults, this class offers a safe and refreshing way to exercise. Aqua exercise classes utilize water as the resistance in exercises designed to work muscles and the cardiovascular system. Classes are very popular and space is limited!
Mondays, May 21-July 2, 8:10-9am
Instructor: Marion McKinney
\$24/6, #910071-S
Washington-Lee Pool, 703-228-4745

Tuesdays and Thursdays,
May 22-June 28, noon-12:45pm
Instructor: Cindi Shore
\$48/12, #910071-W
Wakefield Pool, 703-228-4745

Wednesdays, May 23-June 27,
8:10-9am
Instructor: Jody Katz
\$24/6, #910071-T

Washington-Lee Pool, 703-228-4745

Wednesdays, May 23-June 27,
1:30-2:20pm
Instructor: TBA
\$24/6, #910071-Y
Washington-Lee Pool, 703-228-4745

Fridays, May 25-July 6, 8:10-9am
Instructor: Marion McKinney
\$28/7, #910071-U
Washington-Lee Pool, 703-228-4745

55+ AQUA EXERCISE - DEEP WATER CLASS

The majority of these classes will be done in deep water, putting zero impact on your joints while working against the water's resistance. Participants wear a buoyancy belt to hold the body vertical and chest-deep in the pool. You can't touch the bottom so you effectively weigh just 25 percent of your weight on land. You must be able to swim to take this class. Instructor: Jody Katz.
Mondays, May 21-July 2, 1:30-2:20pm
\$24/6, #910071-X
Washington-Lee Pool, 703-228-4745

SENIOR BOOT CAMP

Here is a safe and fun, 45 minute class that consists of cardio and strength techniques that target the total body. This class is designed especially for mature adults who want a good workout without harsh stress on the joints and muscles! Classes will be a combination of indoor and outdoor workouts. Instructor: Fit2Be
Mondays, May 21-July 2, 8:30-9:15am
\$28/6, #910051-E
Walter Reed, 703-228-0955

Thursdays, May 24-July 5,
8:30-9:15am
\$31.50/7, #910051-G
Walter Reed, 703-228-0955

55+ SEATED EXERCISE

Discover how effectively you can exercise in a chair! Seated exercise is especially beneficial to those with balance or mobility difficulties. Register separately for each session.
Mondays, May 21-July 2, 10-11am
Instructor: Fit2Be
\$24/6 Monday, #910061-E
Fairlington, 703-228-4745

Thursdays, May 24-July 5, 10-11am
Instructor: Jill Kern
\$28/7 classes, #910061-G
Fairlington, 703-228-4745

Mondays, Wednesdays & Fridays,
9-10am
Instructor: Linda Bell
\$60/15 session pass or \$4 drop-in
Madison, 703-228-4745

55+ PILATES

Improve posture, overall strength, flexibility, and balance. Learn to bring mind and body awareness to your center or core. Exercises are performed on a mat on the floor.
Tuesdays and Thursdays, May 22-July 5, 9:15-10:15am
Instructor: Mira Gross
\$56/14, #910011-L
Madison, 703-228-5310

Tuesdays, May 22-July 3,
10:30-11:30am
Instructor: Beth Kramer
\$28/7, #910011-M
Madison, 703-228-0555

Thursdays, May 24-July 5,
10:30-11:30am
Instructor: Mira Gross
\$28/7, #910011-N
Madison, 703-228-0555

TRADITIONAL HATHA YOGA

Learn and practice classic yoga poses that 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.

Mondays, May 4-July 2, 1-2:30pm
Instructor: Shaye Moore
\$27.50/5, #910111-E
Langston-Brown, 703-228-6300

Tuesdays, May 22-July 3, 10-11am
Instructor: Fit2Be
\$28/7, #910101-C
Culpepper Garden, 703-228-4403

Fridays, June 1-June 29, 9:30-11am
Instructor: Shaye Moore
\$27.50/5, #910111-G
Madison, 703-228-0555

TRADITIONAL FOCUSED HATHA YOGA

In addition to chanting, eye exercises, breathing exercises and deep relaxation, this class includes focused teaching sessions on specific yoga poses and is for people at all levels of yoga. Poses can be adapted to sitting in a chair or to advanced levels. This class is appropriate for someone new to yoga and can be used as a supplement to other yoga classes. Instructor: Shaye Moore
Wednesdays, May 30-June 27, 10:30am-noon
\$27.50/5, #910126-C
Lee, 703-228-0555

GENTLE HATHA YOGA

Taught in a quiet and meditative style, this class uses extensive warm-ups to prepare the body for adapted yoga poses strengthen the body safely and effectively. Props such as blocks and straps help students of varying abilities achieve results. Transitions between floor and standing positions are kept to a minimum for your comfort.

Tuesdays, May 22-July 3, 11:15am-12:15pm
Instructor: Fit2Be
\$28/7, #910091-C
Culpepper Garden, 703-228-4403

Wednesdays, May 23-June 27, 10-11am
Instructor: Peggy Finn
\$24/6, #910081-E
Aurora Hills, 703-228-5722

Fridays, May 25-June 29, 12:30-1:30pm
Instructor: Peggy Finn
\$24/6, #910081-G
Langston-Brown, 703-228-6300

WHAT IS A FLASH MOB??

A Flash Mob is a large group of people who gather at a public location to perform a pre-defined action, typically a brief dance, and disperse rapidly after the event has concluded often for the purposes of entertainment, satire, and artistic expression. One might be popping up in Arlington this summer but for now the date, time and location are a secret. To be a part of this experience call 703-228-4745 or email jcollins@arlingtonva.us.

MEDITATION: THEORY AND PRACTICE

Join us for an ongoing exploration of what meditation is, how to meditate and why. This class uses yoga texts and philosophy to generate lively discussion about the human mind and beyond. In-class meditation practice includes opening and closing chants and breathing exercises. No previous experience is necessary. The benefits of meditation are being increasingly documented by science; come discover them for yourself. Instructor: Shaye Moore.

Wednesdays, May 30-June 27, 2-3:15pm
\$27.50/5, #910131-B
Lee, 703-228-0555

CARDIO TONE

Here's a modern approach to low impact aerobics, dance, and strength training. Balanced exercises will work your whole body. Classes are designed to improve health, flexibility, and strength and put you in a good mood! Instructor: Fit2Be.

Tuesdays, 9:30-10:30am
Thursdays, 11-noon
\$60/15 sessions
Aurora Hills, 703-228-5722

FULL FITNESS EXERCISE

Enjoy gentle flexibility exercises to improve range of motion; strength training to enhance muscle tone, bone density and balance; and a half-hour cardiovascular workout to strengthen your heart and increase stamina. The Lee class is specialized for beginners and is taught by Andrea Baumann. The Thomas Jefferson class is for intermediate and advanced participants and is taught by Andrea Baumann and Suzanne Stroup.

\$60/15 session pass or \$4 drop-in.
Mondays, Wednesdays and Fridays, 10-11am
Thomas Jefferson, 703-228-5920

Tuesdays and Thursdays, 10-11am
Lee, 703-228-0555

STRENGTH TRAINING EXERCISE

Preserve and gain new strength and flexibility. All major muscle groups, including the abdominals, are exercised with weights. Extra emphasis is given to upper body exercises on Mondays, torso strengthening mat work on Wednesdays, and lower body exercises on Fridays. You will achieve observable muscular strength, preserve and strengthen bone density, and maintain full joint flexibility. Instructors: Andrea Baumann and Andree Mirza.

\$60/15 session pass or \$4 drop-in.
Mondays, Wednesdays and Fridays, 9-10am
Thomas Jefferson, 703-228-5920

Walking Clubs Step Out and Enjoy the Season!

Welcome the sunshine and warm weather on these walking club adventures. Enjoy friendly company as you explore beautiful nearby parks, trails and neighborhoods. Newcomers always welcome. **Walk destinations may be changed or excursions cancelled in inclement weather.**

Arlington Walking Club

Join us for a two to three mile walk. No reservation needed; come early as space on the van is limited.

Wednesdays, 9:00am-noon

\$4, Culpepper Garden, 703-228-4403

- May 2** Wilson Bridge/National Harbor, MD
- May 9** H Street Urban Trail, DC
- May 16** RFK Stadium/Congressional Cemetery, DC
- May 23** Huntley Meadows, Alexandria
- May 30** National Cathedral/Islamic Center, DC
- June 6** Mt. Vernon Ave/Del Ray, Alexandria
- June 13** Roosevelt Bridge/Key Bridge, Arlington
- June 20** Lake Barcroft area, Falls Church
- June 27** Northwest Branch, Anacostia Tributary, MD

Lee Walkers

For 12 years the Lee Walkers have enjoyed great walks of two to three miles. No need to register; come early as space on the van is limited.

Fridays, 10am-noon

\$3/walk, Lee, 703-228-0555

- May 4** Takoma Park, MD
- May 11** Adams Morgan/16th Street, DC
- May 18** Shipyard/Friends' Trail, Alexandria
- May 25** Scotts Run Nature Preserve, McLean
- June 1** Holmes Run Trail, Alexandria
- June 8** Oxon Hill Farm, MD
- June 15** Bon Air/Bluemont Park, Arlington
- June 22** Little Falls/C&O Canal, DC
- June 29** Capital Crescent/Little Falls Trail, Bethesda, MD

Aurora Hills Fast Forwards

Fridays, 9-10:30 (May) 8-9:30am (June)

Free, Aurora Hills, 703-228-5722

Dust off those walking shoes and join us – this is a fast-paced group, walking a three to four mile loop in the vicinity of Aurora Hills, including some hills. At times the Fast Forwards will carpool or take the metro to the walk location. Call for information or to register. **Transportation on your own**

WEIGHT ROOM WORKOUTS WITH A FITNESS COACH

Certified fitness professionals staff the weight rooms at Langston-Brown and Madison during senior adult hours to show how to use exercise machines and help you as you work at your own pace. The rooms are furnished with varied cardio exercise equipment including treadmills, exercise bikes, elliptical machines, and rowing machines. Weight machines and free weights that help build muscle strength are also part of the program. Call 703-228-4745 for information. \$60/15 session ticket.

Tuesdays, Wednesdays and Thursdays, 7-11am

Saturdays, 7-10am

Madison Weight Room

Mondays and Fridays, 11am-2pm

Wednesdays, 11:30am-2:30pm

Langston-Brown Weight Room

LEE DANCERS LINE DANCE TEAM

The members of this competitive team are gearing up for the next Northern Virginia Senior Olympics and they are recruiting new members. If you are interested in taking your line dance skills to another level, stop by one Wednesday to watch them dance.

Wednesdays, noon-1pm

Lee, 703-228-0555

FITNESS ASSESSMENT AND EXERCISE PLAN

Work with a certified fitness professional to design an individualized fitness plan. Participants receive a private session and fitness test with a fitness coach who specializes in senior adults. Based on test results, a fitness plan is designed for working toward personal fitness goals. Participants then receive three additional sessions with Fitness Coach Bernadette Cheatham and one other participant in the program. Fee: \$145. Please call for an appointment.

Langston-Brown, 703-228-4771

CORE & MORE

Core training improves posture, balance and stability. People have discovered that developing core strength improves performance in a variety of sports and makes everyday tasks easier to perform. A stability ball is required for the class. Instructor:

Bernadette Cheatham
Tuesdays, May 22-July 3,
12:30-1:30pm
\$28/7, #910031-E
Langston-Brown, 703-228-5321

Fridays, May 25-July 6, 9:30-10:30am
\$28/7, #910031-G
Walter Reed, 703-228-0955

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. The 45-

minute class is modified for adults 55+ and led by a certified Zumba instructor from Fit2Be.
Tuesdays, May 22-July 3, 2:15-3pm
\$31.50/7, #910041-C
Lee, 703-228-0555

LET'S GET FIT

This fun-filled, low-impact dance and sculpting exercise class is designed for beginners. Great music and a variety of exercises make the workout fly by. Instructor: Fit2be

Wednesdays, May 23-June 27,
10-11am
\$24/6, #910036-C
Fairlington, 703-228-4745

DANCE FUSION & RHYTHMS

Formerly "Zumba," this dance fitness class is very unique in its own with its combination of hip hop, ballet, Latin and Afro-Brazilian moves. It will keep

you on your toes from beginning to end. Come join us! Instructor: Fit2be
Thursdays, May 24-July 5,
9:30-10:15am
\$31.50/7, #910042-C
Walter Reed, 703-228-0955

BELLY DANCING

Get fit while learning the magic and mystery of the oldest dance form! Explore essentials for the beginning dancer like posture, basic rhythms and graceful arm and hand movements. You will also learn isolation exercises to tone and condition the body. Belly dancing provides a great core workout that has some participants dropping dress sizes. Wear comfortable clothing that allows you to move. Instructor: Veronique Tran

Fridays, May 25-June 29, 10-11am
\$33/6, #910021-C
Lee, 703-228-0555

Northern Virginia Senior Olympics Celebrates 30th Anniversary; Adds Six New Events

NVSO has announced that six new events will be added to the 2012 Northern Virginia Senior Olympics competition. A 400 meter walk will join eight other track events and a high jump will be added to five other field events. Also new in 2012 are Mexican Train Dominos, basketball field goal shooting, football throw and a 20K cycling time trial (which is in addition to the 10K cycling time trial).

NVSO offers both indoor and outdoor events including swimming, diving, tennis, table tennis, racquetball, pickleball, men's basketball, volleyball, cycling, badminton, bowling, Wii bowling, team line dancing, golf, miniature golf, bocce, eight ball pool, horseshoes, track and field. Board games and card games are also offered such as cribbage, duplicate bridge, Bunco and Scrabble.

The 2012 events will be held Sept. 15-26 with over 40 events at 20 different venues throughout Northern Virginia. Arlington's Thomas Jefferson Community Center will host opening day ceremonies followed by 10 indoor track events.

Nearly 650 adults, ages 50 to over 100, competed last year, with 100 coming from Arlington. Arlingtonian Herb Levitan, entered 22 events, the most for one individual.

For more information, call 703-228-3300, ext. 9996 or e-mail, jmassa@arlingtonva.us. Check the website at www.nvso.us for photos and general information.

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. Arlington County's

Department

of Parks and Recreation is one of the 100 agencies in the U.S. to have received national accreditation from the Commission for Accreditation and Recreation Agencies (CAPRA) by meeting 155 standards.



SENIOR ICE SKATING

Senior ice skating is held weekly at the Kettler Capitals Iceplex in Ballston. Plenty of parking (\$1) on Level 8 (roof level) of the Ballston Common Mall parking garage. For more information call 703-228-4745. Fee: \$1, includes skates.

Mondays, 8-9:10am
Kettler Capitals Iceplex at Ballston

55+ VOLLEYBALL

Join in a friendly game of drop in volleyball every Tuesday at Langston-Brown. Both beginner and experienced 55+ players are welcome. Enjoy fun games and get a good workout.

Tuesdays, 1:30-3pm
Langston-Brown, 703-228-6300

TABLE TENNIS

Although the table tennis tables at Walter Reed are available for seniors from 9am to noon, Monday through Friday, we invite table tennis players of all levels of ability to come on Tuesday and Thursday mornings to be sure of finding a partner.

Tuesdays and Thursdays, 10am-noon
Walter Reed, 703-228-0955

WOMEN'S BASKETBALL-DROP-IN

Langston-Brown is the place to go for senior women to play half-court 3v3 basketball! Bring a white and a dark shirt, a basketball and enjoy the fun and exercise. Call or email hmwhite@arlingtonva.us to be added to a distribution list.

Wed., May 2, 9, 16 and
June 13, 27, 7-9pm
Langston-Brown, 703-228-4771

BASKETBALL SKILLS CLINICS FOR WOMEN

Haven't played basketball in recent years and want to refresh your skills? Join other women who want to learn or resume playing basketball for fun and fitness and to connect with other players. The sessions for Rookies focus on learning the basic skills of the game. The sessions for intermediates focus on how to play the three on three half-court game including picks and rolls. This program is for women ages 50 and above.

Register by May 16. E-mail hmwhite@arlingtonva.us for more information. (No Class June 13)

Rookie Class
Wednesdays, May 23-June 20, 7-8pm
\$24/4 clinics, #910180-W (\$32
without 55+ Pass, #910180-X)
Langston-Brown, 703-228-4771

Intermediate Class
Wednesdays, May 23-June 20, 8-9pm
\$24/4 clinics, #910190-W (\$32
without 55+ Pass, #910190-X)
Langston-Brown, 703-228-6300

3V3 INTRAMURAL BASKETBALL PROGRAM

Sign up by June 22 for the summer session of the senior women's 3v3 half-court intramural basketball program for women ages 50 and above. Sign up as an intact team (maximum seven players) or as an individual player. Rookies, intermediate and advanced players welcome. Certified referees. Call 703-228-4771 or email hmwhite@arlingtonva.us for information or to be added to a distribution list. (No Games August 1)

Wednesdays, July 11-Aug. 29, 7-9pm
\$70/7, #910195-W (\$85 without 55+
Pass, #910195-X)
Langston-Brown, 703-228-4771

PLAY PICKLEBALL

If you haven't played America's fastest growing sport for 55+, give Pickleball a try at Walter Reed or Thomas Jefferson. At Walter Reed newcomers to the game are invited to come during the first hour when informal help is usually available. Hours below are subject to change to accommodate special events and programs.

Mondays, Tuesdays and Thursdays
11am-3pm; Fridays, 11:30am-3pm
Walter Reed, 703-228-0955

Monday-Friday, 7:30am-2:30 pm
Thomas Jefferson, 703-228-5920

PICKLEBALL LEVEL I

Learn the basic skills of this popular court game including ground strokes and how to volley and serve. Taught by Toui Pomsouvan, a national pickleball medalist and certified USPTR instructor. We recommend you bring your own paddle. Please wear tennis or court shoes.

Thursdays, June 7-28, 9-9:55am
\$24/4 clinics, #910160-Y
Walter Reed, 703-228-0955

TIME FOR TENNIS!

Senior Adult Tennis returns to Arlington courts May 1st. Two senior adult groups play Monday through Friday at the Quincy and Bluemont courts. Play starts at 8am and continues until noon. For more information on the groups and their levels of play contact Jennifer Collins at 703-228-4745.

learning

SUMMER SCAMS

As the summer season approaches you need to be aware of those who target the elderly soliciting yard work or small repairs. Heather Hurlock of the Arlington County Police Dept. will inform about the latest scams and how to avoid becoming a victim.

Thurs., May 3, 11am-noon

Langston-Brown, 703-228-6300

LEARN HOW EASY IT IS TO REGISTER ONLINE

Would you like to learn how to register online for OSAP fee-based programs so you don't have to leave the comfort of your home? Staff will give you an overview on just how easy it can be to register from your own computer. Receive step-by-step guidance and the information needed to register online for senior classes, programs and trips! Participants will be given the option of individual instruction on a computer after group overview presentation. Please call to register.

Fri., May 4, 2-3pm

Langston-Brown, 703-228-6300

TOP TEN REASONS NOT TO MOVE TO A RETIREMENT HOME

Join us for an objective discussion of the reasons why you would or wouldn't move to a retirement community. Discussion includes retirement and care options, cost, etc. Heidi Garvis from The Fountains at Washington House will lead this entertaining and enlightening conversation. Please register.

Tues., May 8, 11:30am-12:30pm

Lee, 703-228-0555

Use the Present to Plan for the Future

LAST WILL AND TESTAMENTS

Learn about last will and testaments with Meredith MacKay, Elder Law Staff Attorney at Legal Services of Northern Virginia. She will discuss who needs a will, what happens when a person dies without a will, when to update a will and other issues. She will also discuss very basic probate matters such as what to do with a will after a person dies.

Tues., May 15, 11am-noon

Langston-Brown, 703-228-6300

PAY IT FORWARD: STREAMLINE PERSONAL RECORDS

The kindest thing you can do to help a loved one who steps in if you are ever incapacitated is to streamline your personal records. Being able to locate your personal, financial, medical and household records is an easy way to simplify this task for others. In this session led by Kay Bransford of MemoryBanc, you will learn how to streamline records management for your own use as well as create a system that allows for others to help should the need arise. Space is limited, register by May 18.

Sat., May 19, 10-11am

Culpepper Garden, 703-228-4403

DIGITAL ESTATE PLANNING

Digital estate planning is a relatively new concept in traditional estate planning that takes online activity into account when designing your plan. Digital estate planning not only tries to ensure that your agent or executor has access to your online accounts, but it also takes into account the plethora of other electronic assets the average American now has. Bring your laptop or note pad and pencil for an informative session with William S. Fralin of The Estate Planning & Elder Law Firm. Space is limited, register by June 8.

Mon., June 11, 11am-noon

Culpepper Garden, 703-228-4403

POWER OF ATTORNEY

Do you have a General Power of Attorney? What about a Medical Directive? If not, learn what these documents are and why you should have them. Meredith MacKay, Elder Law Staff Attorney at Legal Services of Northern Virginia, will speak on this issue.

Tues., June 19, 11am-noon

Langston-Brown, 703-228-6300

programs are free for 55+ Pass Members unless otherwise noted!

learning

COMPUTER HELP

One-on-one computer instruction is available! Get help with e-mail, Internet access, Google searches, Microsoft Word and more. Program held every second and fourth Wednesday of the month. Call in advance to schedule an appointment. **Wed., May 9, 23 and June 13, 27, 10am-noon**
Culpepper Garden, 703-228-4403

CURRENT EVENTS

Bring your latest “burning topics” to these moderated discussions. Topics will range from fashion and sports to politics and traffic. This group meets the second and fourth Thursday of the month.

Thurs., May 10, 24 and June 14, 28, 11-11:45 am
Lee, 703-228-0555



SENIOR LAW DAY – KNOW YOUR ELDER RIGHTS

“Elder Rights: No Courts, No Justice, No Freedom” will be the featured topic at the 35th annual Senior Law Day in Arlington, Thursday, May 17, 1-4pm. This program will include remarks by individuals from the judicial and legislative branches, plus resource tables, including the Sheriff’s ID program and the emergency phone program. Get a view from the bench with speaker Judge Joanne F. Alper and important information and resources from the informational exhibits. For more information call Jessica Vasquez at 703-228-0948 or email jvasquez@arlingtonva.us. Refreshments will be served.

Thursday, May 17, 1-4pm
Central Library - Auditorium
1015 N. Quincy Street, (fully accessible)

CYBERSENIORS

The best person to teach you how to navigate computer applications like Microsoft Word and Excel or email is a patient volunteer with experience training novices. Pick and choose from five different courses; each one is four hours long. Classes meet Tuesday and Thursday afternoons. Orientations are on Friday mornings. **Tuesdays and Thursdays, noon-3pm**
Lee, 703-228-0555

HISTORY ROUND TABLE

Popular instructor Andrea Baumann facilitates free-flowing informal discussions of historical events, people and times past. Drop in and bring your lunch. **Tues., May 22 and June 26, 11:15am-12:15pm**
Lee, 703-228-0555

please call ahead to register for programs

learning

GETTING STARTED WITH DOWNSIZING

Matthew Quinn from Quinn's Auction Galleries will present a seminar on downsizing. Learn what you should keep to give to family versus what you should give away or sell. Get informed about estate sales as well as selling items on such services as eBay. There will be plenty time for questions and answers. Please register.
Wed., May 16, 1:30-2:30pm
Langston-Brown, 703-228-6300

ENGLISH AS A SECOND LANGUAGE

Attend English as a Second Language (ESL) classes at Langston-Brown! Led by linguist Dr. Merton Bland. Please call to register.

Mondays and Thursdays, 11am-noon
Langston-Brown, 703-228-6300

THAI LANGUAGE AND THAI CULTURE

Immerse yourself in the Thai language and culture every Saturday!

Learn basic Thai in an English/Thai conversation group led by a professional language instructor and become knowledgeable about the traditions, customs and beliefs that embody the Thai culture. Call to register.

Saturdays, 10-11am
Langston-Brown, 703-228-6300

EXPLORING MYANMAR (BURMA)

Do you know what Mingalaba means? If not come and find out about Myanmar (Burma) where this word is used. Mar Sue, a native of Myanmar, will explore one of the most fascinating and mysterious Southeast Asian countries: a land of thousands of pagodas, teak wood, precious

stones such as jade, rubies, pearls and sapphires, one-leg rowers at the Inle lakes, and more. A sample of Burmese desserts will be served.

Thurs., June 7, 10:15-11am
Walter Reed, 703-228-0955

ADVENTURES AROUND THE WORLD

Ethiopia is a country with a unique language, diet, and culture. Most tourists visit Northern Ethiopia, where the Ethiopian Orthodox Church presumably hosts the Arc of the Covenant. However, intrepid travelers Sandy and Gail Cohen take us to Southern Ethiopia, one of the most remote and untraveled areas of Africa. Come with Gail and Sandy as they interact with the people in several of the primitive tribes in the South of Ethiopia, including the Mursi,

who wear the lip plates. Join them as they drink the coffee, chew the chat, observe the bull-jumping ceremony, and feed the hyenas.

Fri., June 8, 1:30-2:30pm
Aurora Hills, 703-228-5722

TWENTY FAVORITE PLACES

Senior Adult Specialist, Nancy Connors, will help you create a list of favorite places you would most enjoy spending a day. Identify special places while exploring your motivation behind wanting to visit each place. This insight often reveals your hidden interests and special talents.

Wed., June 20, 10:15-11:15am
Walter Reed, 703-228-0955



programs are free for 55+ Pass Members unless otherwise noted!

mental workouts

INTRODUCTORY SUDOKU CLASS

An introduction to the systematic group approach to solving Sudoku puzzles. This class meets the second Tuesday of the month.

Tues., May 15 and June 12, 1-2:30pm
Lee, 703-228-0555

CRANIUM CRUNCHES

Join us for a series of memory enhancement exercises to get your juices flowing. Researchers are now saying that "use it or lose it" applies to the brain as well as the body.

Try activities, puzzles and games to challenge your brain and enhance your memory, presented by Senior Adult Specialist, Nancy Connors.

Mon., May 21, 11am-noon
Langston-Brown, 703-228-6300

BRAIN FITNESS AND FUN

Start your week with a one-hour program that stimulates thinking, enhances memory and entertains you at the same time. Senior Adult Specialist Nancy Connors, along with one or more volunteers, will challenge you with a mixture of puzzles, trivia and mind games that will give your brain an enjoyable workout.

Mondays, 10:30-11:30am
Walter Reed, 703-228-0955

ENGLISH/SPANISH DIALOGUE

Here is a fun opportunity to meet people, practice vocabulary and help someone else learn through English/Spanish conversation! Talk about your favorite topic, tell a story, or discuss a current event. People are meeting for conversation every week. Great for learning either Spanish or English.

Tuesdays and Thursdays, 1-3pm
Langston-Brown, 703-228-6300

FRENCH CONVERSATION

Practice your French and exercise mental muscles in the process.

This friendly group of people with advanced knowledge of the language will welcome you to weekly dialogues. These stimulating and sociable gatherings provide a chance to participate in lively discussions in French on topics that are easy to discuss and of interest to all.

Wednesdays, 1-3pm
Langston-Brown, 703-228-6300

PINOCHLE

Once banned in Syracuse, NY during WWI, the game of Pinochle is alive and well. Pinochle involves strategizing, teamwork, counting and socializing.

Mondays, 12:30-3pm
Lee, 703-228-0555

Tuesdays, Thursdays and Fridays,
9am-4pm
Langston-Brown, 703-228-6300

SUDOKU MENTAL WORKOUT SESSIONS

A group approach to solving Sudoku puzzles. Sessions are intended to help strengthen cognitive abilities by providing new and increasingly difficult challenges. Pre-requisite is Introductory Sudoku.

Thursdays, 1-2:30pm
Lee, 703-228-0555

CANASTA

A small group of Canasta players want to revive a game that is easy to learn and lots of fun to play. Join them on Wednesday mornings so that Canasta doesn't just fade away. If you have never played or forgotten how, there are a couple of dedicated players who will be glad to teach you or refresh your memory.

Wednesdays, 10am-noon
Walter Reed, 703-228-0955

CRIBBAGE

Cribbage is great fun and even one of the events in the Senior Olympics. Learn the game, meet people and compete with others. Coaching is provided for newcomers to the game or those who just need some brushing up.

Fridays, 10am-noon
Walter Reed, 703-228-0955

SCRABBLE

New faces are always welcome at the weekly Friday morning Scrabble sessions. If you like words, know English fairly well and can spell correctly most of the time, Scrabble is the game for you. The competition is friendly and coaching is available for new players or those who haven't played for a long time.

Fridays, 10:15am-noon
Walter Reed, 703-228-0955

CHESS

The Madison Chess Club meets every week to play chess and enjoy an educational presentation by Chess Master Macon Shibut on strategies and famous moves. Ladder tournament games start at 10:30 following the discussion. Newcomers welcome; instruction available. Bring a bag lunch; enjoy the mental challenge and the camaraderie. For further information, call John Campbell at 703-534-6232.

Mondays, 9:30am-2:30pm
Madison, 703-228-5310

In Memorium

Eva Mayor
Jenifer T. Elliott

please call ahead to register for programs

mental workouts

GERMAN CONVERSATION

Practice your German and exercise mental muscles in the process! If you speak German join this friendly group of people with knowledge of the language in a weekly dialogue. These stimulating and sociable gatherings provide a chance to participate in lively discussions in German on topics that are easy to discuss and of interest to all.

Fridays, 10 am-noon

Langston-Brown, 703-228-6300

BRIDGE

Bridge is highly regarded as a great way to keep the brain fine-tuned. Join a group of friends and like-minded people to sharpen your skills and enjoy their company. **Social Bridge** games feature a group of congenial players who play contract bridge with different

partners weekly. We also offer opportunities for **Foursome Bridge** groups to play at senior centers if you play with a partner and another pair.

SOCIAL BRIDGE

Tuesdays, 10am-noon

Madison, call Elaine Dobson at 703-241-0557

FOURSOME BRIDGE

Mondays, 10am-noon

Wednesdays, 10am-1pm

Aurora Hills, 703-228-5722

Mondays and Fridays, 1-3pm

Lee, 703-228-0555

DUPLICATE BRIDGE

If you enjoy the game of bridge, you have a lot in common with Bill

Gates and Warren Buffet. They play as partners at Duplicate Bridge tournaments across the country and just like them, you can join friendly games. New players (solo or not) are always welcome. If you can play contract bridge, you can play duplicate, the thinking man's game. If it's your first time, come to the check-in table and meet duplicate bridge director Anne Gress. She'll introduce you and get you started at a table. Cost: \$4.50 + .50 refreshments donation to bridge group. Call Anne Gress at 703-243-7714 for more information. **Wednesdays, 10am-1:30pm**
Aurora Hills, 703-228-5722

Fridays, 10am-2pm

Madison, 703-228-5310

programs are free for 55+ Pass Members unless otherwise noted!

Arlington Spellbinders Honored as Outstanding Volunteer Team

Arlington Spellbinders were honored by the County Board, County Manager and Volunteer Arlington at the 2012 Volunteer Appreciation Celebration on April 15 as Outstanding Volunteer Team for their 512 volunteer hours in 2011, for their impact on young residents in the community and for fostering a sense of purpose in senior residents.

Arlington Spellbinders, who are sponsored by OSAP, are volunteers, age 55+, trained in the art of oral storytelling and take their talents to schools, day camps and after-school programs.

Spellbinders create connections between generations through storytelling and pass along wisdom, values and a sense of community. They embody positive examples of involved, vital senior adults giving of themselves to the community.

Congratulations to these amazing role models!

For further information, please email aperet@arlingtonva.us or call 703-228-4878.



the arts

MONDAY MORNING MUSIC GROUPS AT LEE

There's no case of "The Mondays" at Lee Senior Center. The center's two in-house bands: Just Playin' Country Musicians and Lee Jammers will warm your spirit, get your toes tapping and guarantee a great start to the week. The Just Playin' Country Musicians perform the first and third week of the month. The Lee Jammers play the second and fourth week of the month.

Mondays, 10:15am-12:15pm
Lee, 703-228-0555

THE MERRYMAKERS

Join the Merrymakers in singing songs of yesterday and put some music in your life! This group of 55+ performers sing, dance and play

instruments. The group provides musical programs featuring songs from the 20s, 30s and 40s. Audience participation is encouraged. Show tunes and country and Western music are favorites.

Tuesdays, 10am-2pm
Culpepper Garden, 703-228-4403

PIANO LESSONS

Ruthann Pippenger of "Piano on the Run" offers weekly piano lessons at Culpepper Garden. Lessons are scheduled every Tuesday. Call to schedule an appointment.

Tuesdays, noon-3pm
\$20/half hour session
Culpepper Garden, 703-228-4403

NEVERTOO OLD TO BE IN A PLAY

Do you enjoy attending plays or musicals? Get the most out of your theater-going experience and stimulate your creative side through this weekly series of Theater Appreciation workshops presented by Arlington's own Educational Theater Company. Read, discuss and learn from theater professionals about the world's greatest plays from the artists' points of view. These classes will include lecture, discussion, video clips of performances and script readings from theater history ranging from Greek tragedy and comedy to medieval morality plays, Renaissance and Classical authors through contemporary stage hits and flops. Enhance your understanding of theater and stagecraft and express yourself, tell your own story and even devise your own performance if you choose, in our culminating activity. Attend all classes for the fullest experience or come to the workshops that fit your schedule. ETC's Tom Mallan and Morganne Davies will lead this series of workshops. Mr. Mallan has taught and directed theater for over 20 years from Europe to Latin America, and locally with such groups as Washington Shakespeare Company, Le Neon, and the InSeries Pocket Opera Company. Morganne Davies has performed in New York and regionally at Shakespeare & Company, Williamstown Theater Festival, HERE and the Clarence Brown Theater. She teaches acting, voice and Shakespeare at the elementary, secondary and college levels.

Wednesdays, May 2-June 20,
1:30-2:30pm
\$30/10 workshops or \$4 per class
Aurora Hills, 703-228-5722

Virginia Encore Chorales in Concert

Friday, May 11

7:30pm at Washington-Lee High School

Encore Creativity for Older Adults and the Office of Senior Adult Programs are pleased to present our Virginia Encore Chorales in concert. Over 175 singers, ages 55 to 93, will perform exciting spirituals and a rousing Gilbert and Sullivan medley. Encore will perform with the fabulous Washington-Lee High School Jazz Band under the direction of Alex Robinson. Additionally, Arlington baritone David Williams, a Washington Savoyard soloist, will be performing Gilbert and Sullivan tunes. The chorales will be conducted by Jeanne Kelly, Founder of Encore.

Encore Chorale is the largest and fastest growing choral program for older adults in the country and is proud to be in Arlington. The chorale of Langston-Brown Senior Center is celebrating its tenth year. They will be joined by participants of five other Northern Virginia chorales.

This FREE concert, sponsored by the Arlington Office of Senior Adult Programs, is a wonderful way to celebrate spring and our wonderful older adult singers.

please call ahead to register for programs

the arts

ART PROJECT WITH GRANDCHILDREN

Participating in an activity together is an experience to treasure and this class is designed to bring out the creative side of both generations. Join popular art instructor Nathan Drake to create an artist/icon shadowbox. Bring a photo that can be used as part of your artwork. Appropriate for grades 1-5. Designed for a maximum of two children per senior.

**Sat., May 12, 10-11:30am,
\$11 (one child) #913021-C;
\$14 (two children) #913021-D
Langston-Brown, 703-228-6300**

ARLINGTON WRITERS AND POETS

A congenial group of experienced writers and poets share their compositions and critique each other's work. Most have backgrounds in journalism or other publishing. Please call for more information and to join in. Poets meet the first Friday of the month, writers meet the second Thursday.

**Writers - Thurs., May 10 and June 14, 1-2pm
Poets - Fri., May 4 and June 1, 3-4pm
Langston-Brown, 703-228-6300**

THE EYES OF VAN GOGH - MOVIE

Delve inside the mind of Vincent van Gogh as he voluntarily enters an insane asylum in search for a cure to the attacks that plague him. Bring a bag lunch and enjoy the movie then stay for Joan Hart's monthly art appreciation lecture.

**Mon., May 14, 10:30am-noon
Aurora Hills, 703-228-5722**

Book Clubs & Discussions

TJ BOOK CLUB

The Office of Senior Adult Programs has organized a new Book Club at the Thomas Jefferson Community Center. The club will meet at Culpepper Garden through the summer months of June-September on the first Wednesday of the month. All interested persons 55+ are welcome! The club is self directed and members set their own book list. It's the perfect opportunity to meet other readers!

**Wed., May 2 and June 6, 11am-noon
Thomas Jefferson Community Center, 703-228-4403**

LEE BOOK CLUB

The Lee Book Club meets the first Tuesday of the month. It's a great time to read a book and then discuss it with others! Books are selected at the previous month's meeting. Please call Lee Senior Center the first Wednesday of each month for title of the next book.

**Tuesdays, 1-2:30pm
Lee, 703-228-0555**

CULPEPPER GARDEN READS

Enjoy good conversation about books and expand your reading selections in discussions led by Arlington County library volunteer, Carole Brown. The group meets the second Tuesday of each month. May - "Maltese Falcon" by Dashiell Hammett; June - "Priceless: How I Went Undercover to Rescue the World's Stolen Treasures" by Robert K. Wittman.

**Tuesdays, May 8 and June 12, 1:45-2:30pm
Culpepper Garden, 703-228-4403**

Paperbacks & Productions

"The Divine Secrets of the YaYa Sisterhood" by Rebecca Wells

Book discussion: Wed., May 30, 2-3pm
Movie: Fri., May 18, 12:30-2:30pm

"To Kill a Mockingbird" by Harper Lee

Movie: Fri., June 22, 12:30-2:30pm
Book Discussion: Wed., June 27, 2-3pm



This symbol indicates classes available for online sign-up. Use the class number when you register online, at a senior center or by phone. Registration begins May 7. See page 2 for details.

the arts

TEA FOR TWO WITH MARY CASSATT

It's Mother's Day again and what better artist to celebrate this popular holiday with than Impressionist Mary Cassatt. This illustrated presentation by Joan Hart will focus on one of Cassatt's favorite subjects: tea time. Although Cassatt lived in Paris, like any proper American lady, she served tea regularly in the afternoon. Enjoy several of her interpretations of this theme as well as the works of other artists both in Western painting and Asian art throughout the centuries.
Mon., May 14, 1-2:45pm
Aurora Hills, 703-228-5722

LET'S HELP YOU PAINT

Are you an active painter, a long time ago but lapsed painter, or someone who has thought of trying your hand at painting in retirement? Try these inexpensive art classes with instructors who are experienced in painting and teaching. Benefit from individual instruction catered to your particular interests and level. If you are just starting out, our instructors will consult with you on what materials and brushes to bring and options of different media. They'll encourage you as you experiment with new techniques and genres.
Wed., May 23-Jul. 11, 10am-noon
\$48/8 classes
Walter Reed, 703-228-0955

Mon., June 4-July 9, 10am-noon
\$36/6 classes,
Lee, 703-228-0555

THE ART OF PYSANKA: UKRAINIAN DECORATIVE EGGS

Have you wondered how they make those beautiful eggs? This is your chance to learn. While it may seem

difficult, it is actually quite relaxing. The teacher supplies most of the materials. You are required to bring a raw egg and a tapered candle. Space is limited. Registration is essential.

Sat., June 9, 11:30am-1:30pm
Lee, 703-228-0555

MIRO, THE LADDER OF ESCAPE: MAJOR EXHIBITION AT THE NATIONAL GALLERY OF ART

An exciting retrospective of the great 20th century Spanish master, Joan Miro, is coming to the National Gallery of Art and is anticipated as being one of the highlights of Washington's spring season. This program will provide a virtual tour of an extensive exhibition of 120 paintings, drawings, sculptures and

prints. Join us for an exciting showing that drew crowds when it was seen last year at the Tate Modern in London. Miro, a Catalanian, was one of the leading creators of the Surrealist artistic movement, rivaling her fellow Spaniard, Salvador Dali in imagination and vision. Presented by Joan Hart.

Mon., June 11, 1-2:45pm, \$6
Aurora Hills, 703-228-5722

CAROLEERS WEEKLY SING-A-LONG

The Caroleers have been meeting every Friday for over 10 years to sing oldies from the 1940, 50s and 60s. Crooners and songbirds are welcome to join this talented bunch of folks.

Fridays, 10:30am-12:30pm
Lee, 703-228-0555

Sounds of Music *Like great music?*

Every Friday from 1-3pm, Culpepper Garden, 703-228-4403

May 4	Rachmaninoff: examples of two piano suite, symphony, sonata, choral work and opera
May 11	Entertainment Music: by Mozart, Haydn, Ibert, Krommer and Bartok
May 18:	Massenet: featuring a piano concerto, orchestral suite, opera "Cherubin" and "Le Roi de Lahore"
May 25:	Glenn Gould: plays piano works by Haydn, JS Bach, Beethoven and Berg
June 1	Years Ending in 12: featuring Beethoven, R. Strauss, Turina, Bax and Ravel
June 8	The Roarin' 20s: compositions by Shostakovich, Weill, Stravinsky, Carpenter and Hindemith
June 15	Grieg: examples include lyric pieces, piano concerto, orchestral suite, violin sonata, song cycle, symphonic dance
June 22	Degenerate Musik IV: from composers Korngold, Haas, Grosz, Strasfogel and Weill
June 29	Glazunov: works include a symphony, violin concerto, orchestra suite, musical picture & ballet

please call ahead to register for programs

recreation

PUZZLES

Meet new friends as you complete challenging puzzles everyday!

Monday-Friday, 9:30am-noon

Langston-Brown, 703-228-6300

“NEW”BINGO PROGRAM

Bingo at Culpepper Garden will now be held on the first Friday of the month at no cost. Don't miss the fun that has not changed!

Fri. May 4 and June 1, 1-2pm

Culpepper Garden, 703-228-4403

BRING BACK VAUDEVILLE

Enjoy great music and dance from the vaudeville era by the Celebration Singers, plus short spots with solos, duets, a clown, various acts...you never know what's next. There's something for everyone!

Fri., May 11, 11am-12:30pm

Culpepper Garden, 703-228-4403

We Want to Make Reasonable Accommodations!

We are committed to providing reasonable accommodations for individuals with disabilities upon request. Every effort is made to show movies with Closed Captioning (CC) or other special features. However, there may be times when these features are not available. Please call ahead to notify us of your special request. At least two weeks' advance notice is preferred. Call the center listed or TTY 703-228-4743.

Movies and Munch!

Join us for a movie and a snack. Always entertaining and enlightening, the cinema selections include a variety of films ranging from classics and old favorites to new releases and documentaries.

Movies at Aurora Hills, 703-228-5722

“The Stepmom” 1998 (PG13)

Fri., May 4, 12:30-2:30pm

“The Divine Secrets of the YaYa Sisterhood” 2002 (PG13)

Fri., May 18, 12:30-2:30pm

“To Kill a Mockingbird” 1962 (NR)

Fri., June 22, 12:30-2:30pm

“My Big Fat Greek Wedding” 2002 (PG)

Fri., June 29, 12:30-2:30pm

Movies at Culpepper Garden, 703-228-4403

“Moneyball” 2011 (PG-13)

Wed., May 23, 1-2:30pm

“J. Edgar” 2011 (R)

Wed., June 13, 1-2:30pm

Movies at Madison, 703-228-5310

“Captain Horatio Hornblower” 1951 (NR)

Thurs., May 3, 10am-12:30pm

“Steel Magnolias” 1989 (PG)

Thurs., May 17, 10am-12:30pm

“Citizen Kane” 1941 (NR)

Thurs., June 7, 10am-12:30pm

“State Fair” 1945 (NR)

Thurs., June 21, 10am-12:30pm

Movie Nights at Langston-Brown, 703-228-6300

“The Man Who Knew Too Much” 1956 (NR)

Tues., May 8, 6:30-8:30pm

“His Girl Friday” 1940 (NR)

Tues., June 12, 6:30-8:30pm

programs are free for 55+ Pass Members unless otherwise noted!

recreation

MAH JONGG

Our senior centers offer recreational games of Mah Jongg in both American and Chinese styles. American games complete the prescribed sets of hands as published yearly by the National Mah Jongg League. The Chinese style follows ancient rules that allow more flexibility of standard combinations of tiles. Both styles depend on strategy and calculation and are surprisingly addictive. Mah Jongg groups typically play American style at Aurora Hills, Culpepper, and Walter Reed and the Chinese style at Langston-Brown. Instruction is available at the centers. Beginners find they master the basic principles relatively easily and are soon devoted to honing their skills in the finer points with greater practice and enjoyment. If you are interested in learning American style at Langston-Brown, an instructor will teach how to follow the standard hands.

**Mondays, 10am-noon
(American Style)
Aurora Hills, 703-228-5321**

**Fridays, 10am-1pm
(American Style)
Culpepper Garden, 703-228-4403**

**Thursdays, noon-3pm
(American Style)
Walter Reed, 703-228-0955**

**Thursdays, 9:30am-4pm (Chinese and American Styles)
Saturdays, noon-4pm (Chinese and American Styles)
Langston-Brown, 703-228-6300**

WII SPORTS & GAMES DAY

Celebrate Older Americans month with a modern field day. Nintendo interactive video games such as bowling, golfing and tennis deliver fun mental and physical workouts. Come

and check out the newest Wii virtual games. Space is limited, register by May 29.

**Wed., May 30, 11am-noon
Culpepper Garden, 703-228-4403**

YARN CRAFTERS

The award-winning Yarn Crafters of Aurora Hills invite you for conversation, companionship and shared satisfaction in providing hand knit and crocheted items to the less fortunate in Arlington County. Help us to keep babies, children and the elderly warm in winter. This multicultural group will teach you to knit or crochet, if needed, and will provide patterns, hooks needles and yarn. Donations of washable yarn are always greatly appreciated. Come when you can, leave when you must. All members of 55+ are welcome.

**Mondays, 10:30am-2pm
Aurora Hills, 703-228-5722**

SQUARE DANCE

Join John Brooks and the Square Dance group at Culpepper Garden for a round or two of square dancing every Monday. Novice and/or experienced dancers are welcome. It's a fun way to exercise!

**Mondays, 10am-noon
Culpepper Garden, 703-228-4403**

RUBBER STAMPING GROUP MONTHLY CLASS

Advance your card making skills in this monthly class for intermediate and advanced rubber stampers. This group meets the third Tuesday of every month.

**Tuesdays, May 15 and June 19
11:30am-3pm
\$1 materials fee
Lee, 703-228-0555**

LINE DANCING

Kick up your heels with line dancing - easy for beginners and lots of fun for all. No partner needed; line up and listen as the leader demonstrates the steps. You're sure to leave with a smile on your face! **Mondays, 11am-noon
No class May 14 or June 11
Instructor: Janey Brauninger
Thomas Jefferson, 703-228-4403**

**Wednesdays, 9:30am-noon
Walter Reed, 703-228-0955**

**Appropriate for Beginners
Thursdays, 10-11am
Instructor: Joan Silverman
Langston-Brown, 703-228-6300**

**Fridays, 10-11am
Instructor: Barbara Allen
Aurora Hills, 703-228-5722**

SEW-N-SEW

This group meets once a week to crochet, knit, sew, work on needlepoint or any other craft. If you are looking for advice or feedback on a project, this is a good place to start. All skill levels are welcome to join.

**Wednesdays, 1-3pm
Lee, 703-228-0555**



please call ahead to register for programs

recreation

LEE WOODCARVERS

The Lee Woodcarvers have been together for over 11 years. They meet weekly to enjoy their craft and would love to share their knowledge with new participants. Learn how to take a piece of wood and convert it into something beautiful and inspired. There is no fee, but participants are responsible for the cost of their tools and supplies.

Thursdays, 1-3pm

Lee, 703-228-0555

STITCHING TOGETHER

This friendly group is learning together to complete easy sewing projects and operate sewing machines. They meet the first and third Fridays of the month with plenty of socializing while they work on community service projects. Donations of material and sewing supplies are greatly appreciated.

Fri., May 4, 18 and June 1, 15, 10-11am

Langston-Brown, 703-228-6300

Look for these cards and games in mental workouts

Poker

Mondays, 10am-noon
Aurora Hills, 703-228-5722

Tuesdays & Thursdays, 10am-3pm
Lee, 703-228-0555

Cribbage, pg. 16

Fridays, 10am-noon
Walter Reed, 703-228-0955

Scrabble, pg. 16

Fridays, 10:15am-noon
Walter Reed, 703-228-0955

Pinochle, pg. 16

Mondays, 12:30-3pm
Lee, 703-228-0555

Tuesday, Thursdays and Fridays, 9am-4pm
Langston-Brown 703-228-6300

Canasta, pg. 16

Wednesdays, 10am-noon
Walter Reed, 703-228-0955

Chess, pg. 16

Mondays, 9:30am-2:30pm
Madison, 703-228-5310

Duplicate Bridge, pg. 17

Wednesdays, 10am-1:30pm
Aurora Hills, 703-228-5722

Fridays, 10am-2pm
Madison, 703-228-5310

Foursome Bridge, pg. 17

Mondays, 10am-noon
Wednesdays, 10am-1pm
Aurora Hills, 703-228-5722

Mondays and Fridays, 1-3pm
Lee, 703-228-0555

Social Bridge, pg. 17

Tuesdays, 10am-noon
Madison, call Elaine Dobson at 703-241-0557

Mondays and Fridays, noon-3pm
Lee, 703-228-0555

Wednesdays, 12:15-3pm
Walter Reed, 703-228-0955

social

HAPPY HEARTS CLUB

Celebrating 49 years, the Happy Hearts Social Club hosts lively social gatherings the first and third Wednesdays of the month. Desserts and light refreshments are provided and newcomers are welcome!

Wednesdays, May 2, 16 and June 6, 20, 1-2:30pm

Langston-Brown, 703-228-6300

LEE LUNCH BUNCH

This group meets the first Thursday of every month at a local restaurant. They always welcome new people and suggestions for places to eat.

Thursdays, 1-3pm

Lee, 703-228-0555

SOCIAL BALLROOM DANCE

By far, one of the shortest routes to happiness is through dance and we have one dance every month on the first Friday. Music ranges from waltzes and tangos to foxtrot and disco.

Fri., May 4 and June 1, 1-3pm

Lee, 703-228-0555

RED HATTER BIRTHDAY LUNCH

Red Hatter Alert! Life is short so eat dessert first. Celebrating is a fundamental rule for the Red Hatters and nothing says "PARTY" like candles and cake. All Arlington County Red Hatters are welcome to attend this event. The meal is potluck with some advance coordination.

Thurs., May 17 and June 21, 12:30-2pm

Lee, 703-228-0555

programs are free for 55+ Pass Members unless otherwise noted!

Happy Mother's and Father's Day!

FIRST MOTHERS-A MOTHER'S DAY CELEBRATION

This documentary looks at the influence various presidents' mothers have had on the lives of their powerful sons as well as their country. Among the figures discussed in this documentary are Ida Eisenhower, Hannah Milhous Nixon and Dorothy Ford.

Thurs., May 10, 1-2:30pm

Culpepper Garden, 703-228-4403

MOTHER'S DAY CELEBRATION

It's time to celebrate Mother's Day! Do you have the most children, grandchildren or great grandchildren? Please join us as we crown the winners! Luncheon to follow. Please call to register by May 4.

Fri., May 11, 11am-noon, \$6

Langston-Brown, 703-228-6300

MOTHER'S DAY LUNCHEON

"M" is for the many ways we love her! Aurora Hills will host a lunch to honor our mothers. Enjoy a yummy roast chicken lunch while being entertained by the Four Heaven's Sake quartet! Please register by Wednesday, May 9.

Fri., May 11, noon-1:30pm, \$6

Aurora Hills, 703-228-5722

FATHER'S DAY CELEBRATION

It's time to celebrate Father's Day! Do you have the most children, grandchildren or great grandchildren in the group at Langston-Brown? Join us as we crown the winners! Luncheon to follow.

Please call to register by June 8.

Fri., June 15, 11am-noon, \$6

Langston-Brown, 703-228-6300

FATHER'S DAY LUNCHEON

Celebrate your father or being a father with the Just Playin' Country musicians at Aurora Hills. Listen to great music and enjoy a delicious fried chicken lunch! Please register by Wednesday, June 13.

Fri., June 15, noon-1:30pm, \$6

Aurora Hills, 703-228-5722

ANNUAL MOTHER'S AND FATHER'S DAY BARBEQUE

It's time for the time honored Lee Senior Center Moms and Pops Day Celebratory BBQ. Be sure to put this event on your social calendar! This is another wonderful opportunity to enjoy good food with great people. Please register by June 18.

Fri., Jun. 22, 12:30-2:30pm, \$6

Lee, 703-228-0555

COMEDY CLUB

Reinvigorate yourself with hilarious and wacky video and audio humor! Enjoy classic selections of The Honeymooners, I Love Lucy, Sid Caesar, Milton Berle, Burns and Allen, Jack Benny, Bill Dana, Ernie Kovacs, Steve Allen, Bob and Ray and Andy Griffith-- to name a few. Share your own funny stories and memories, and laugh together in a monthly romp through the golden age of American (and sometimes British and Canadian) humor. Led by Mike Bloom, comedy book author, humor magazine writer, writing instructor, and former Walt Disney writer. Your smile will last all month.

Fri., May 18 and June 15,

10:30-11:30am

Aurora Hills, 703-228-5722

LEE VOLUNTEER TRIBUTE

May is Older Americans Month and we are recognizing and celebrating with a tribute to Lee Senior Center volunteers. While there are plenty of demands on your time we are honored that you choose to share your talent and skills with us. We hope to see you at this event so you can be properly recognized. Sponsored by the Lee-Madison Advisory Committee.

Fri., May 18, 1-2:30pm

Lee, 703-228-0555

SPANISH CLUB

The Saturday Spanish Club has changed its meeting times. Director Ana Moran will continue to provide fun and educational programs for those 55+ of Hispanic heritage. Every third Saturday of the month.

Sat., May 19 and June 23, 10am-noon

Culpepper Garden, 703-228-4403

please call ahead to register for programs

SWEET BLUEGRASS SOCIALS

The Bluegrass music tradition is alive and well at Lee. The Just Playin' Country Musicians invite you to keep them company on the last Friday of each month. You are welcome to sing-a-long or sit back and enjoy the afternoon.

Fri., May 25 and June 29, 1-3pm
Lee, 703-228-0555

CELEBRATING SUMMER - ICE CREAM SOCIAL

Join us as we celebrate to kick off the summer season with an ice cream social! Visit with friends while enjoying a cool and refreshing treat!

Thurs., June 21, 12:30-1:30pm, \$3
Langston-Brown, 703-228-6300



Celebrate Your American Pride!

MEMORIAL DAY SALUTE TO OUR VETERANS

Aurora Hills will honor those who have given their lives in service to our country. The Memorial Day celebration will start with the Air Force Junior ROTC Color Guard posting our colors and presenting a Flag Folding ceremony. We will have lunch while a National Park Ranger tells about the history of Arlington House at Arlington Cemetery. The celebration will conclude with music by the Shrine Band.

Please register by Wednesday, May 23.

Fri., May 25, noon-2pm, \$6
Aurora Hills, 703-228-5722

MEMORIAL DAY TRIBUTE

Join us as we pay tribute to the men and women of Langston-Brown who have served in the armed forces.

Fri., May 25, 11am-noon
Langston-Brown, 703-228-6300

THE STORY BEHIND ARLINGTON CEMETERY

Once little more than a potter's field, Arlington National Cemetery has become a national shrine and treasury of American history. Discover how this revered site came to be and how it serves as the final resting place for both the famous and unknown, from fallen soldiers and daring explorers to political leaders and other honored Americans. Through rare archival footage and captivating true-life accounts, experience the moving stories of heroes and heroines and gain a glimpse into the daily activities and official rituals of the dedicated staff who strive to honor those who are laid to rest at Arlington National Cemetery. Join Culpepper Garden and watch this extraordinary video as part of its observance of Memorial Day.

Fri., May 25, 1-2:30pm
Culpepper Garden, 703-228-4403

FLAG DAY CELEBRATION

June 14 is a day set aside to celebrate the American Flag. Culpepper Garden will have an educational display of the evolution of the American flag. Also on display will be historical documents of history and Betsy Ross' role in the flag's history.

Mon., June 11-14, 10am-2:30pm
Culpepper Garden, 703-228-4403

FLAG DAY CELEBRATION

Celebrate your native homeland's flag on this special day! Participants are encouraged to bring flags that represent their homeland; be prepared to discuss what the flag means. Please call to register.

Thurs., June 14, 11am-noon
Langston-Brown, 703-228-6300

programs are free for 55+ Pass Members unless otherwise noted!

TOPS (TAKE OFF POUNDS SENSIBLY)

TOPS is a weight loss support group of warm and caring people. Weekly meetings include private weigh-ins and interesting programs.

Mondays, 10-11:30am

\$26/year for TOPS membership

Lee, 703-228-0555

THE LAST LECTURE AND LIFE LESSONS

Modeled after his last lecture at Carnegie Mellon University and subsequent book by the same name, "The Last Lecture," Randy Pausch imparts wisdom meant to be shared with his children as they grow up. After watching a recording of his lecture, Senior Adult Specialist, Nancy Connors will lead a discussion on positive life lessons you can share at the end of your life with those you love. Come for the video, the discussion or both. Feel free to bring a bag lunch.

Mon., May 7, 12:30-3pm

Aurora Hills, 703-228-5722

QUESTIONS FOR YOUR DOCTOR

Does your mind suddenly go blank when you go to your doctor's office and are confronted with a new diagnosis or prescribed a new medication? The Agency for Healthcare Research and Quality has compiled a suggested list of questions to ask your clinician so you can take a more active role and improve your care or the care of a loved one. Join Senior Adult Specialist, Nancy Connors as she discusses a topic that will increase the effectiveness of your doctor's visit.

Wed., May 16, 10:15-11:15am

Walter Reed, 703-228-0955

ARE VITAMIN SUPPLEMENTS NEEDED FOR YOUR HEALTH?

Google "vitamin" and you get 50 million results and the wildest claims you can imagine. While some vitamin supplements can boost health, others may actually harm. Experts agree the best way to make sure you're getting all of the nutrients you need is through a diet with a wide variety of fruits, vegetables, low-fat dairy and whole grains. Keep in mind that vitamins are meant to supplement your diet, not substitute for proper nutrition. They are just one of five nutrients needed daily. Hear a discussion regarding vitamin supplements given by Public Health Nurse Karen Smith, RN and learn which vitamins might give your body what it needs and that extra boost.

Thurs., May 17, 10:15-11:15am

Walter Reed, 703-228-0955

HOLISTIC TOOLS TO MANAGE NECK AND BACK PAIN

Learn about causes of neck pain, back pain, sciatica and more. Through a hands-on demonstration and discussion, Dr. Ann Udofia, licensed physical therapist, will provide tips and tools to maintain a healthy spine by effectively managing these common aches and pains. Space is limited; registration essential.

Mon., May 21, 11am-noon

Culpepper Garden, 703-228-4403

ARTHRITIS TODAY

No matter what your diagnosis, dealing with arthritis symptoms can be frustrating and terribly uncomfortable. Discover ways to cope with arthritis pain, fatigue and inflammation, while keeping up-to-date on the latest breakthroughs in arthritis diagnosis and treatments.

Thurs., May 24, 1-2pm

Walter Reed, 703-228-0955

WHAT SHOES SHOULD I WEAR?

Are you a Pronator? A Supinator? Is your arch low, medium or high? You may never have thought about these obscure issues or how they relate to knee and hip pain, but knowing the answers will help you buy the best walking shoes. Adrian and Chris Farley, owners of Pacers Running Shoe Store, will discuss what you need to know to find the right shoe for walking in cushioned running shoes. Space is limited, pre-register by May 25.

Wed., May 30, 11am-noon

Culpepper Garden, 703-228-4403

ACUPUNCTURE WORKS NATURALLY

Acupuncture involves the insertion of extremely thin needles through your skin at strategic points on your body. Acupuncture in traditional Chinese medicine, is most commonly used to treat pain and as a technique for balancing the flow of energy or life force — known as qi or chi. This stimulation also appears to boost the activity of your body's natural painkillers and increase blood flow. Licensed acupuncturist, Nancy Ann Miller, will discuss the benefits and if treatment would help you. She will also demonstrate simple exercises to maintain your health.

Thurs., May 31, 10:15-11:15am

Walter Reed, 703-228-0955

All Arlington County Senior Centers will be closed May 28 and July 4.

LEARN ABOUT LIFELINE EMERGENCY SERVICE

Lifeline is an easy-to-use personal response service that ensures “at risk” (frail, disabled, history of falls, etc.) adults living at home get quick assistance whenever needed—24 hours a day, 365 days a year. Virginia Hospital Center has been a local provider of this service for more than 20 years and currently serves over 700 people in the DC/Northern Virginia area. Come out to learn how this service can be life changing and live saving!

Mon., June 4, 1:30-2:30pm
Aurora Hills, 703-228-5722

UPDATES IN BRAIN HEALTH

Take part in a series of four presentations that build on each other: the brain-body system, the myth of aging and cognitive ability, eating for brain health, a brain healthy lifestyle. Each presentation will explain how what we do affects our brain. However, there is still hope in repairing and building your brain at any age. Learn what foods you should eat to improve brain function for a brain healthy lifestyle. Attending each session is not required but is recommended. Presented by Nort Beckerman

Tuesdays, June 5-June 19,
10:15-11:15am
Walter Reed, 703-228-0955

DO YOU HEAR WHAT I HEAR?

Join a representative from Drake Hearing Aid Center for an informative presentation on hearing health and education. This presentation will give you information on prevention, and an opportunity to be screened for base line assessment or to address any hearing problems. Please call to register.

Thurs., June 14, 2-3pm
Langston-Brown, 703-228-6300

LET'S CLEAR THE AIR ABOUT SMOKING

The Medical Team's Dr. Monika Virk will discuss smoking and its health risks. Most importantly, she will talk about the benefits of quitting. Healthy refreshments will be served; join us for a lively and fun discussion.

Mon., June 18, 11am-noon
Culpepper Garden, 703-228-4403

WHAT'S THE HARM IN A FEW DRINKS?

Join Senior Adult Specialist Nancy Connors in a frank discussion about what science is saying about alcohol consumption in older adults. This is a guide to recovery from misuse, dependency or addiction problems.

Mon., June 18, 2-3pm
Aurora Hills, 703-228-5722

BLOOD PRESSURE MONITORING

Call for an appointment.

Thurs., June 21, 10:15-11:15am
Walter Reed, 703-228-0955

Thurs., May 17 and June 21,
10-11:30am
(first come, first served)
Langston-Brown, 703-228-6300

COOKING FOR ONE

How do you reduce a recipe for four to a recipe for one? Is there a right and wrong way to store your leftovers? Jennifer Abel from Virginia Cooperative Extension will be at Aurora Hills to give ideas, hints and recipes for cooking for one.

Mon., June 25, 1:30-2:45pm
Aurora Hills, 703-228-5722

OBJECTIVE AND SOUND HEARING LOSS INFORMATION

The second Wednesday of the month, Marla Dougherty of NVRC will provide a free hearing screening and discuss coping with hearing loss. Please call to reserve your spot.

Wed. May 9 and June 13
10-11:30
Lee, 703-228-0555

**Sponsored by the Office of
Senior Adult Programs in
cooperation with Jewish
Community Center of
Northern Virginia**



Jewish Community Center
of Northern Virginia



ARLINGTON
VIRGINIA

DEPARTMENT OF PARKS
AND RECREATION



community bulletin board

VIRGINIA HOSPITAL CENTER HEALTHY AGING SERIES

These free lectures are offered at
601 S. Carlin Springs Rd, Arlington,
22204

Please call 703-558-6859 to register.

**Fri., May 11, 11am-noon –
Pulmonary and Allergy Issues with
Dr. Steven Zimmet**

**Fri., June 15, 11am-noon – Aches
and Pains of Osteoarthritis with
Dr. Clay Wellborn**

AARP CHAPTER #284 MEETINGS

Arlington Chapter #284 of AARP
meets on fourth Wednesdays at
1:15pm at Culpepper Garden.
On May 23, meet author Johanna
Willner. No meeting in June. All are
welcome; for more information,
contact Jim Morris at [jmorris@
email.com](mailto:jmorris@email.com) or 703-920-7945.

ABCs OF MEDICARE

If you are newly eligible for
Medicare, or about to be, or a
caregiver of a Medicare Beneficiary,
come to one of these free
presentations to learn about
Medicare coverage and choices.
Cedar Dvorin and John Glowacky
from the Virginia Insurance
Counseling and Assistance Program
(VICAP) lead the sessions. Space is
limited, all must register. Free parking
in Arlington County Customer
spaces in garage across the street,
or on the street. To register or for
more information, call 703-228-1700.

**Human Services Center – Sequoia
Plaza, Meeting room A on the
lower level**

Wed., May 23, 6:30-8:30pm

Wed., June 6, 6:30-8:30pm

Fri., June 29, 10am-12pm

The Arlington County Commission on Aging advises the Arlington
County Board and the Arlington Agency on Aging on aging issues. For
more information go to www.arlingtonva.us, search Commission on
Aging.



Commission on Aging Meetings

- Monday, May 21 at 9am
- Monday, June 18 at 9am

**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.

Meeting: Friday, May 18 at 10am
(coffee at 9:30)
"Palliative Care"

Meetings are held at Human Services Center at Sequoia Plaza, 2100
Washington Boulevard (703-228-1733)

For more information contact the Agency on Aging, Arlington Human
Services Center, 2100 Washington Boulevard, 4th floor, Arlington, VA
22204, arlaaa@arlingtonva.us, 703-228-1700, TTY: (703) 228-1788

NOMINATIONS FOR HARAMBEE

Nominations are open for
Arlington's 2012 Harambee
Ceremony! The ceremony, now in
its 14th year, honors Arlington's
African-American elders who have
contributed to the community. If
you know a friend, family member,
or neighbor who has made a
difference, please nominate them
to be honored at the September
8 ceremony. Nominations must be
received by **June 29, 2012**. For
more information or to make a
nomination, please contact:
Laura Corridon at
lcorridon@arlingtonva.us.

4th OF JULY AT LONG BRIDGE PARK

Celebrate July 4 at Long Bridge
Park. From noon-8pm, enjoy family
friendly activities including a bike
parade, moon bounce, face painting
YMCA obstacle course, and fun
games for the whole family. There
will also be great times with drop
in sports on the turf fields, an arts
and crafts market and delicious
food vendors. At dusk the party
morphs into a great viewing area for
fireworks. FREE shuttles from 11am-
10:30pm from Pentagon City and
Crystal City Metro stations and the
parking garage at Shops at Crystal
City (1750 Crystal Drive; FREE
parking on garage level). For details,
visit www.arlingtonva.us/dpr.

news/services

AARP DRIVER SAFETY CLASS

This two-day AARP safe driving refresher course requires advance registration. Participants must attend both classes to receive a certificate which is applicable toward discounts on many automobile insurance policies. Call to pre-register and for payment information; space is limited. Make checks payable to AARP.

**Tuesday and Wednesday,
May 15-May 16, 9am-1pm
\$12 AARP members;
\$14 non-members
Fairlington, 703-228-7791**

ARLINGTON COUNTY SENIOR SERVICES

Find out about the array of services and programs Arlington County offers to its Seniors. Join Senior Adult Specialist, Nancy Connors, for an informative overview, including the Customer Service Center, transportation discounts, Guardianship program, special assistances, and more. Gather information to have on hand should you need help in the future.

**Mon., June 4, 2-3pm
Langston-Brown, 703-228-6300**

LEGAL SERVICES OF NORTHERN VIRGINIA

Legal Services of Northern Virginia (LSNV) visits Arlington's senior centers to offer advice and services to seniors on a range of issues: Social Security retirement and disability benefits, Medicaid, Medicare, consumer and housing law, insurance matters and more. LSNV representatives meet with individuals in a confidential setting. Please call ahead to schedule an appointment. (If you are not a U.S. citizen, please bring proof of immigration status).

Who's Looking for a Sale?

LEE PLANT EXCHANGE

Plants are a great asset to every home. If you happen to love them, you already know how expensive they can be. The annual Lee Plant Exchange is a great opportunity to expand your collection, get answers to plant questions and share some of your "green treasures" with others.

Wed., May 2, 10:30am-12:30pm, Lee, 703-228-0555

WALTER REED'S ANNUAL INDOORYARD SALE

A treasure that someone wants to sell may be just what you've been looking for! Discover hidden treasures such as collectibles, clothing, jewelry, books, tools and so much more. For information or to reserve a table call Fran DeSilva at 703-379-1131 or Fran Dudick at 703-931-2871. Tables rent for \$10 each. Sponsored by the Walter Reed Senior Center Advisory Committee.

Sat., May 19, 9:30am-2pm, Walter Reed, 703-228-0955

TRASH AND TREASURE

It's that time again. Are you looking for new treasures to add to your collection? Come shop the annual community yard sale! Or do you have gently used items you would like to sell? We have tables to rent indoors and outdoors ranging from \$10-\$20. Call the center for more information or to reserve your table. We will gladly take any donations for a table that will be manned by volunteers from the center. Sponsored by the Aurora Hills Senior Center Advisory Committee.

Sat., June 2, 9am-2pm, Aurora Hills, 703-228-5722

**Tues., May 8 and June 12,
9:30-10:30am
Langston-Brown, 703-228-6300**

**Tues., May 8 and June 12,
1-3pm
Lee, 703-228-0555**

**Tuesdays, May 29 and June 26,
10am-noon
Walter Reed, 703-228-0955**

**Wed., May 30 and June 27,
12:30-2pm
Culpepper Garden, 703-228-4403**

WHAT CAN A ROBOT DO FOR YOU?

INF Robotics are working on a robotic solution to assist older adults and give them a greater sense of independence in the comfort of their

homes. If you are 65+ and would like to be part of a focus group to give feedback on current features that would be of value to the elderly, come join us.

**Fri., May 18, 10-11am
Langston-Brown, 703-228-6300**

**Tues., May 29, 11am-noon
Culpepper Garden, 703-228-4403**

JOLLY HEARTS FISH FRY

Join the Jolly Hearts social club for their annual fundraiser! On the menu are fish sandwiches with potato salad or coleslaw with a drink. Proceeds will help support the group and provide supplies for its community service projects.

**Fri., May 25, 11am-4pm
Walter Reed, 703-228-0955**

Wednesday, May 2

- Lee Plant Exchange, 10:30am-12:30pm, LEE, p. 29
- TJ Book Club, 11am-noon, TJ, p. 19
- Happy Hearts Club, 1-2:30pm, LANG, p. 23
- Never Too Old To Be In A Play Series, 1:30-2:30pm, AH, p. 18

Thursday, May 3

- Summer Scams, 11am-noon, LANG, p. 13
- Arlington Writers And Poets (Poets), 3-4pm, LANG, p. 19

Friday, May 4

- Stitching Together Series, 10-11am, LANG, p. 23
- New Bingo Program, 1-2pm, CUL, p. 21
- Social Ballroom Dance, 1-3pm, LEE, p. 23
- Learn How Easy It Is To Register Online, 2-3pm, LANG, p. 13

Saturday, May 5

- Art Projects With Grandchildren, 10-11:30am, LANG, p. 19

Monday, May 7

- Cell Phones – Learning the Basics, 10am-Noon, LANG, p. 4
- The Last Lecture And Life Lessons, 12:30-3pm, AH, p. 26

Tuesday, May 8

- Legal Services of Northern VA, 9:30-10:30am, LANG, p. 29
- Top Ten Reasons Not To Move To A Retirement Home, 11:30am-12:30pm, LEE, p. 13
- Book Discussion: Maltese Falcon, 1:45-2:30pm, CUL, p. 19
- Understanding Diabetes And Your Health, 7-8pm, WR, p. 4

Wednesday, May 9

- Computer Help Series, 10am-noon, CUL, p. 14

Thursday, May 10

- Current Events Series, 11-11:45am, LEE, p. 14
- Arlington Writers And Poets (Writers), 1-2pm, LANG, p. 19

- First Mothers-A Mother's Day Celebration, 1-2:30pm, CUL, p. 24

Friday, May 11

- Mother's Day Celebration, 11am-noon, LANG, p. 24
- Bring Back Vaudeville Days!, 11am-12:30pm, CUL, p. 21
- Mother's Day Luncheon, noon-1:30pm, AH, p. 24
- Virginia Encore Chorales In Concert, 7:30pm, Washington-Lee, p. 18

Monday, May 14

- The Eyes Of Van Gogh - Movie, 10:30am-noon, AH, p. 19
- Happy Mother's Day With Mary Cassatt: Tea For Two, 1-2:45pm, AH, p. 20
- Things To Know About Arlington: Walter Reed Adult Day Health Center, 1-2pm, LEE, p. 4

Tuesday, May 15

- AARP Driver Safety Class, 9am-1pm, FAIR, p. 29
- Last Will And Testaments, 11am-noon, LANG, p. 13
- Introductory Sudoku Class, 1-2:30pm, LEE, pg. 16
- Cell Phone Workshop, 7-8pm, WR, p. 4

Wednesday, May 16

- AARP Driver Safety Class, 9am-1pm, FAIR, p. 29
- Questions For Your Doctor, 10:15-11:15am, WR, p. 26
- Happy Hearts Club, 1-2:30pm, LANG, p. 23
- Getting Started With Downsizing, 1:30-2:30pm, LANG, p. 15

Thursday, May 17

- Kukuwa Dance Workout (Demo), 10-11am, FAIR, p. 7
- Blood Pressure Monitoring, 10-11:30am, LANG, p. 27
- Are Vitamin Supplements Needed For Your Health?, 10:15-11:15am, WR, p. 26
- Red Hatter Birthday Lunch, 12:30-2pm, LEE, p. 23
- The Wise Use Of Credit Cards, 1-2pm, WR, p. 4

- Senior Law Day, 1-4pm, Central Library, p. 14

Friday, May 18

- What Can A Robot Do For You?, 10-11am, LANG, p. 29
- Comedy Club, 10:30-11:30am, AH, p. 24
- Lee Volunteer Tribute, 1-2:30pm, LEE, p. 24

Saturday, May 19

- Walter Reed's Annual Indoor Yard Sale, 9:30am-2pm, WR, p. 29
- Pay It Forward: Streamline Personal Records, 10-11am, CUL, p. 13
- Spanish Club, 10am-noon, CUL, p. 24

Monday, May 21

- Cranium Crunches, 11am-noon, LANG, p. 16
- Holistic Tools To Manage Neck And Back Pain, 11am-noon, CUL, p. 26
- Is Your Food Safe To Eat?, 1:30-2:45pm, AH, p. 6

Tuesday, May 22

- History Roundtable, 11:15am-12:15pm, LEE, p. 14

Wednesday, May 23

- Let's Help You Paint, 10am-noon, WR, p. 20

Thursday, May 24

- Arthritis Today, 1-2pm, WR, p. 26

Friday, May 25

- Jolly Hearts Fish Fry, 11am-4pm, WR, p. 29
- Memorial Day Tribute, 11am-noon, LANG, p. 25
- Memorial Day Salute To Our Veterans, noon-2pm, AH, p. 25
- The Story Behind Arlington Cemetery, 1-2:30pm, CUL, p. 25
- Sweet Bluegrass Socials, 1-3pm, LEE, p. 25

Tuesday, May 29

- Legal Services of Northern VA, 10am-noon, WR, p. 29
- What Can A Robot Do For You?,

- 11am-noon, CUL, p. 29
- Long Bridge Park: Arlington's Signature Destination, 11:30am-12:30pm, LEE, p. 5

Wednesday, May 30

- What Shoes Should I Wear?, 11am-noon, CUL, p. 26
- Wii Sports & Games Day, 11am-noon, CUL, p. 22
- Legal Services Of Northern Virginia, 12:30-2pm, CUL, p. 29
- "The Divine Secrets of the YaYa Sisterhood," Book Discussion, 2-3pm, AH, p. 19

Thursday, May 31

- Acupuncture Works Naturally, 10:15-11:15am, WR, p. 26
- Important Papers To Keep, 1-2pm, WR, p. 5

Friday, June 1

- Kukuwa Dance Workout (Series), 10-11am, FAIR, p. 7
- New Bingo Program, 1-2pm, CUL, p. 21
- Social Ballroom Dance, 1-3pm, LEE, p. 23

Saturday, June 2

- Trash And Treasure, 9am-2pm, AH, p. 29

Monday, June 4

- Let's Help You Paint, 10am-noon, LEE, p. 20
- Cranium Crunches, 11am-noon, LANG, p. 16
- Downsize/De-Clutter – How To Start, 1-2pm, CUL, p. 5
- Learn About Lifeline Emergency Service, 1:30-2:30pm, AH, p. 27
- Arlington County Senior Services, 2-3pm, LANG, p. 29

Tuesday, June 5

- Repair Your Brain At Any Age, 10:15-11:15am, WR, p. 27
- Streamline Your Important Records, 7-8pm, WR, p. 5

Wednesday, June 6

- Happy Hearts Club, 1-2:30pm, LANG, p. 23

Thursday, June 7

- Exploring Myanmar (Burma), 10:15-11am, WR, p. 15
- Make A Difference And Foster An Animal, 1-2pm, WR, p. 5

Friday, June 8

- Adventures Around The World, 1:30-2:30pm, AH, p. 15

Saturday, June 9

- The Art Of Pysanka: Ukrainian Decorative Eggs, 11:30am-1:30pm, LEE, p. 20

Monday, June 11

- Cell Phones – Learning the Basics, 10am-noon, LANG, p. 4
- Flag Day Celebration, 10am-2:30pm, CUL, p. 25
- Digital Estate Planning, 11am-noon, CUL, p. 13
- Miro, The Ladder Of Escape: Major Exhibition At The National Gallery Of Art, 1-2:45pm, AH, p. 20

Tuesday, June 12

- Legal Services of Northern VA, 9:30-10:30am, LANG, p. 29
- Introductory Sudoku Class, 1-2:30pm, LEE, pg. 16

Thursday, June 14

- Flag Day Celebration, 11am-noon, LANG, p. 25
- Estate Planning Tools, 1-2pm, WR, p. 5
- Do You Hear What I Hear?, 2-3pm, LANG, p. 27

Friday, June 15

- Comedy Club, 10:30-11:30am, AH, p. 24
- Father's Day Celebration, 11am-noon, LANG, p. 24
- Father's Day Luncheon, noon-1:30pm, AH, p. 24

Monday, June 18

- Let's Clear The Air About Smoking, 11am-noon, CUL, p. 27
- What's The Harm In A Few Drinks?, 2-3pm, AH, p. 27

Tuesday, June 19

- Power Of Attorney, 11am-noon, LANG, p. 13

- Workshop On Digital Cameras, 7-8pm, WR, p. 6

Wednesday, June 20

- Twenty Favorite Places, 10:15-11:15am, WR, p. 15
- Happy Hearts Club, 1-2:30pm, LANG, p. 23
- Family Love Letter, 7-8pm, LANG, p. 6

Thursday, June 21

- Blood Pressure Monitoring, 10:15-11:15am, WR, p. 27
- Celebrating Summer - Ice Cream Social, 11am-noon, LANG, p. 25
- Red Hatter Birthday Lunch, 12:30-2pm, LEE, p. 23
- Selling Your Home In Today's Market, 1-2pm, WR, p. 6

Friday, June 22

- Annual Mother's And Father's Day Barbeque, 12:30-2:30pm, LEE, p. 24

Saturday, June 23

- Spanish Club, 10am-noon, CUL, p. 24

Monday, June 25

- Things To Know About Arlington: Local Author Maria Abbott, 1-2pm, LEE, p. 6
- Cooking For One, 1:30-2:45pm, AH, p. 27

Tuesday, June 26

- Legal Services of Northern VA, 10am-noon, WR, p. 29
- History Roundtable, 11:15am-12:15pm, LEE, p. 14
- Spinal Cord Stimulation: Alternative To Unresolved Chronic Pain, 7-8pm, WR, p. 6

Wednesday, June 27

- Legal Services of Northern VA, 12:30-2pm, CUL, p. 29
- "To Kill a Mocking Bird," Book Discussion, 2-3pm, AH, p. 19

Thursday, June 28

- Is Your Food Safe To Eat?, 1-2pm, WR, p. 6

Friday, June 29

- Sweet Bluegrass Socials, 1-3pm, LEE, p. 25

Sign up in person between 10am and noon on Monday, May 14 for June trips and on Monday, June 11 for July trips at AH, CUL, LEE, TJ and WR. Telephone registrations start the following day (Tuesday) at noon. Online registrations begin Monday, May 14 at noon for June trips and Monday, June 11 for July trips. Call AC 55+ Travel at 703-228-4748. Registration for the overnight trips on page 35 is open anytime. Please make checks payable to 'Treasurer, Arlington County', with trip date on check memo line, and mail to AC 55+ Travel, 300 N. Park Drive, Arlington, VA 22203.



Steps or heavy walking; wear comfortable shoes



Lunch or shopping on your own; bring extra money



Meal included in price



Activity is outdoors; dress accordingly. Rain or shine, the trip proceeds!

june trips!

Sat., June 2 - Ashland Strawberry Faire,

Ashland, VA What a tasty way to start off your summer adventures! Celebrating its 30th anniversary, this year's Faire is even better - and 'berrier' - than ever. You'll find arts and crafts, music, be able to visit local shops, get a taste of Ashland's favorite restaurants, and of course enjoy wonderful strawberry treats. We'll fuel up for the fun with a late breakfast at Cracker Barrel (on your own).

TJ 8:30am, return 5pm

\$14 resident/\$18 non-resident, #901206-01



Sun., June 3 - Annapolis Secret Garden Tour,

Annapolis, MD This popular event lets you step behind the garden gates of some 14 homes in the Murray Hill neighborhood of scenic Annapolis. The varied styles of the featured gardens will provide lots of inspiration for backyard gardeners and lovely vistas for flower lovers. Before the tour we'll stop at Carrol's Creek Cafe for brunch, featuring the finest fresh seafood in the area. (Ticketed)

LR 8:50am, return 5:45pm

\$51 resident/\$57 non-resident, #901206-02



Wed., June 6 - Gettysburg Battlefield,

Gettysburg, PA As part of our continuing observation of the 150th commemoration of the Civil War, we are heading to Gettysburg. Gettysburg was the war's bloodiest battle with 51,000 casualties and inspired President Abraham Lincoln's immortal "Gettysburg Address." Enjoy a guided tour of the battlefield and visitors center, along with a visit to the David Willis House. Lunch will be at the Dobbin House Tavern, known for its Colonial-style dining experience. (Ticketed) (Choose from: 1. Baked Chicken, 2. Broiled Flounder, 3. PA Dutch Ham) CHARTER

MAD 6:25am, LUB 6:45am, return 7:45pm

\$80 resident/\$83 non-resident, #901206-03



Fri., June 8 - Fisherman's Crab Deck, Grasonville, MD

This lunch outing will fill up fast, so don't wait to make your reservation. Everyone loves this home of excellent seafood

with great water-side views. This is an all-you-can eat buffet so come hungry. We'll also stop at the Seafood Market so you can take home some fresh catch. (Bring a small cooler) MAD 10:25am, LR 10:45am, return 4:15pm

\$46 resident/\$52 non-resident, #901206-04



Sat., June 9 - Music Man at Arena Stage,

Washington, DC Experience all the music, song and laughter as Professor Harold Hill visits unsuspecting River City in this award-winning musical. When the stage erupts with '76 Trombones' you'll be cheering along. (Ticketed)

TJ 1:15pm, return 5:35pm

\$72 resident/\$78 non-resident, #901206-05

Tues., June 12 - DC Duck Tour, Washington, DC

Spend the day as a Washington tourist, as you travel through town on this unique tour vehicle. You'll see all of our famous landmarks from the land and from the local waterways. We'll stop for lunch at Union Station, with time for shopping, too. (Ticketed)

LEE 9am, WR 9:15am, return 3:30pm

\$47 resident/\$53 non-resident, #901206-06



Fri., June 15 - Nationals VS the Yankees,

Washington, DC Cheer our Nats as they take on some of the biggest stars in baseball, A-Rod, Jeter, Sabathia, and more, when the Yankees come to town. You'll travel to the game with the convenience of our AC 55 Travel bus, avoiding traffic and parking worries. **LIMITED TICKETS**

MAD 5:10pm, LR 5:30pm, return 11pm (subject to change.)

\$81 resident/\$87 non-resident, #901206-07





Mon., June 18 - National Zoo Tour, Washington, DC



Enjoy an early summer day touring our Nation's best, and largest zoo. Beat the heat and crowds while you see the zoo's new arrivals and exhibits. Enjoy lunch at one of the zoo's many cafes. (Ticketed)



LR 9:15am, AH 9:30am, return 3pm



\$17 resident/\$21 non-resident, #901206-08





Tues., June 19 - National Cathedral Tea and Tour, Washington, DC This glorious landmark is open once again and you can enjoy all the splendor of the Cathedral with a guided tour followed by an elegant tea. Sample all the goodies of a traditional English Tea in the Pilgrim Observation Gallery, with its sweeping views of our Capital. (Ticketed) WR 12pm, LEE 12:15pm, return 4pm
\$34 resident/\$41 non-resident, #901206-09  


Thurs., June 21 - Historic Christ Church Tour, Irvington, VA Step into history on this visit to one of the oldest churches in Virginia. Built in 1735, the church has been lovingly maintained to reflect all its Colonial-era charm. After our tour we'll stop for a buffet lunch at Tides Inn, featuring the area's wonderful seafood. CHARTER MAD 6:10am, LR 6:30am, return 7:30pm
\$91 resident/\$97 non-resident, #901206-10  

Sat., June 23 - Newseum (Intergenerational), Washington, DC Invite the whole family, and your friends, as we travel to a very popular museum. With hands-on exhibits and stories of important events through our shared history, there is something for every age to enjoy. You will have time for lunch at the Newseum's cafe. (Ticketed) LEE 9am, WR 9:15am, return 2:30pm
\$28 resident/\$33 non-resident, #901206-11  



Sun., June 24 - Jefferson Hotel Brunch, Richmond, VA Treat yourself to a champagne brunch served in the elegant surroundings of this grand old hotel. Select from a bountiful buffet of breakfast and luncheon items featuring Virginia's best seasonal ingredients, while enjoying live music and solicitous service. Before brunch we'll take a tour of the Maymont Mansion and estate gardens. (Ticketed) CHARTER TJ 6:30am, return 4:30pm
\$100 resident/\$106 non-resident, #901206-12  


Tues., June 26 - Ocean City Escape, Ocean City, MD Sun, sand, sea breezes and seafood await at this nearby beach town. Enjoy a day on the water with friends, exploring the tourist shops and lunching at one of the many great restaurants along the water. CHARTER MAD 7:10am, LR 7:30am, return 7:30pm
\$37 resident/\$41 non-resident, #901206-13  

Fri., June 29 - "Titanic": 100 Year Obsession-Special Exhibit, Washington, DC To mark the 100th anniversary of the Titanic sinking, the National Geographic Museum has prepared a new exhibit on the history and study of the famous ship. "Titanic: 100 Year Obsession" will highlight the work of Robert Ballard, who co-led a team that discovered the shipwreck site in 1985, and James Cameron, who made the film "Titanic." The exhibit will examine the ship's development and engineering, as well as its beautiful features. It will include a detailed scale model of the ship, as well as

a working model of the engine room and a recreated radio room. Replicas and props from the film will be on display. (Limited Tickets)
MAD 9:05am, TJ 9:25am, return 12:45pm
\$16 resident/\$18 non-resident, #901206-14 


july trips!

Mon., July 2 - National Gallery of Art - Castiglione and Bellows Exhibit, Washington, DC From Baroque opulence to modern realism, you'll have a unique opportunity to examine both styles in these fabulous exhibits. Castiglione is known as one of the most prolific of the Baroque painters and 80 of his masterpieces will be on display. George Bellows has been called one of America's greatest artists and you can judge for yourself from the 150 paintings featured. Lunch on your own at the gallery's cafes.
LEE 10:05am, WR 10:25am, return 3:30pm
\$11 resident/\$13 non-resident, #901207-01  

Thurs., July 5 - International Spy Museum, Washington, DC Learn the secrets of espionage through the ages. Fun, hands on exhibits will make you feel like you are 'James Bond.' After our tour, enjoy lunch at the Spy City Cafe, on your own. (Ticketed)
LR 9:15am, AH 9:30am, return 2:30pm
\$24 resident/\$26 non-resident, #901207-02  

Fri., July 6 - Kutztown Folk Festival, Kutztown, PA Enjoy exhibits on folk life, gardening, farming, arts and crafts and live entertainment. And don't forget the tasty, authentic Pennsylvania Dutch foods you can sample - served family style. It will be a day full of fun! (Ticketed) CHARTER MAD 6:40am, LR 7am, return 8pm
\$48 resident/\$54 non-resident, #901207-03  

Sun., July 8 - Castleton Festival - "Carmen" Castleton, VA This summer theater program brings together world renowned artists and young performers to provide a rich cultural experience for the audience. The troupe brings to life Bizet's fiery dramatic opera, featuring the gypsy Carmen, whose love is as fleeting as it is passionate. **LIMITED TICKETS**
TJ 11:40am, return 6:30pm
\$109 resident/\$115 non-resident, #901207-04

Tues., July 10 - Charles Town Races and Slots, Charles Town, WV Play all day at the fabulous entertainment destination. Try your hand at one of the many machines, enjoy a show and enjoy at great meal (on your own) at one of the many restaurant choices.
MAD 9:55am, LR 10:15am, return 6:45pm
\$12 resident/\$16 non-resident, #901207-05 

Wed., July 11 - Stratford University - Chef's Table, Falls Church, VA Enjoy this unique opportunity to sample the creations of budding culinary artists. Using the finest ingredients, these future superstar chefs will amaze you with their talents. The menu features the finest seasonal ingredients.

AH 10:45am, LR 11am, return 1:30pm
\$28 resident/\$33 non-resident, #901207-06



Fri., July 13 - La Bergerie Pre-Bastille Day Celebration, Alexandria, VA You'll feel as if you are in Paris at this elegant local French Restaurant. The award-winning menu features so many favorites - French Onion Soup, Bouillabaisse, even Crepes Suzette.

MAD 10:20am, TJ 10:40am, return 2pm
\$57 resident/\$63 non-resident, #901207-07



Fri., July 16 - Miss Minerva's Tea Room, Culpeper, VA You're invited to tea at this quaint shop, nestled in historic Culpeper in the Blue Ridge foothills. Sample Miss Minerva's famous chicken salad and the "Orange Coolers." Relax while sipping tea from a selection of more than 50 varieties.

MAD 9:10am, TJ 9:30am, return 5pm
\$37 resident/\$44 non-resident, #901207-08



Tues., July 17 - National Press Club, Washington, DC Enjoy a stimulating discussion with a fabulous lunch at the Press Club, the nation's foremost institution devoted to journalists, communicators and news makers. (Ticketed)

MAD 10:10am, TJ 10:30am, return 1:45pm
\$31 resident/\$35 non-resident, #901207-09



Fri., July 20 - Nationals VS Braves, Washington, DC The Nats take on conference rivals the Braves in another thrilling match-up. Enjoy our great seats while traveling to the game in the comfort of our AC 55 Travel bus, avoiding traffic and parking worries. (Ticketed)

MAD 5:10pm, LR 5:50pm, return 11pm (subject to change)
\$51 resident/\$57 non-resident, #901207-10



Sun., July 22 - Bay Lighthouse Cruise, Annapolis, MD Head out into the waters of the Chesapeake Bay on this 3-hour sightseeing cruise. Pass under the twin spans of the Bay Bridges and view the Sandy Point Shoal, Baltimore Harbor and Thomas Point Lighthouses. It's all brought to life through the entertaining narration of a turn of the century lighthouse keeper. Boxed lunch is included on board. (Choose from: 1. Taco Salad, 2. Turkey & Provolone Wrap, 3. Ham & American Wrap, 4. Veggie Wrap) (Ticketed)

TJ 9:45am, return 3:15pm
\$55 resident/\$61 non-resident, #901207-11



Tues., July 24 - Franciscan Monastery, Washington, DC The Mount Saint Sepulchre monastery is one of the area's hidden gems. The garden, set on a hillside and reached by winding paths, is full of big trees and places to sit quietly among the flowers and small outdoor shrines. Our tour will include the upper church's full-scale replicas of Holy Land shrines and the replica of the Roman catacombs, in the lower church.

LR 10:10am, AH 10:25am, return 1:30pm
\$11 resident/\$13 non-resident, #901207-12



Thurs., July 26 - Pirate's Cove, Galesville, MD Take in the views of the scenic West River while sampling some of the finest seafood in the area. From crab cakes to oysters, you'll find it all on the menu of this popular waterside restaurant—the perfect way to spend a summer day.

LR 12:30pm, AH 12:45pm, return 5:45pm
\$48 resident/\$54 non-resident, #901207-13



Fri., July 27 - Radio and Television Museum, Bowie, MD The Radio and Television Museum in Bowie offers visitors insight into the technology and development of two of the 20th century's most revolutionary modes of communication. See the story of their influence on American life and culture. After our visit, we head to Rip's Country Inn for a hearty lunch at this popular local spot. (Choose from 1. Herbed Baked Chicken, 2. Herbed Baked Cod) (Ticketed)
LEE 8:55am, WR 9:10am, return 3:15pm
\$41 resident/\$48 non-resident, #901207-14



Mon., July 30 - Luray Caverns, Luray, VA The best way to beat the late July heat in DC is to step into the Caverns, where it is always a cool 54 degrees. (So don't forget a light jacket and good walking shoes!) After our cavern tour, we'll head into historic downtown Luray where you can enjoy lunch at one of the many restaurants lining Main Street. There will be time for shopping, too. (Ticketed)
TJ 7:40am, MAD 8am, return 5pm



Online Registration Instructions for 55+ Trips

- Go to <https://registration.arlingtonva.us>
- Enter your login ID and Password. (If this is your first time and you do not know your ID and password, please call 703-228-4744 or 703-228-4747)
- Click on the "55-Plus" menu and then on "Browse/ Register for 55+ Trips."
- Find the trip you are interested in and click on it. Then click "Enroll Now."
- Select the name of the individual you are registering. Click "Add to Cart."
- Click on either "Continue Shopping" or "Checkout"
- When you are done, pay by credit card for your trip

heads up travelers!

PARKING TIPS:

- Lee-parking and pick-ups are on N. Kentucky St.
- Walter Reed-parking is in the back lot; pick-up in front of center.
- Thomas Jefferson-parking and pick-ups are by the tennis courts.

MEAL CHOICES: When meal choices are advertised, indicate your choice when you register. A dollar sign (\$) means lunch is on your own, a plate means the meal is included in stated price.

- No refunds are granted on any trips that require meal reservations, tickets or chartered transportation unless staff is able to sell your reserved space.
- 48 hours prior to trip departure time notice is required for a refund on all other day trips.
- Bus leaves **PROMPTLY** from each site at specified time.
- Return times are estimated.
- If you have a problem on the morning of the trip, call 202-630-4320 to reach the travel leader.
- You need a 55+ Pass to travel with us (except for first-time guests).
- Checks are the preferred method of payment.
- Returned Check Fee is \$50.

Don't Wait!

Registration has already opened for the following trips, but there may be space available. Sign up now for the following trips:

May 10 Women in Jazz Festival
 May 12 Embassies Open House
 May 14 Rosemont Manor Tea
 May 16 Annie Leibovitz "Pilgrimage"
 May 20 "Honky Tonk Angels" at Allenberry Resort
 May 21 Mike's Restaurant
 May 24 Rehoboth Beach
 May 25 Garrison Keillor at Wolftrap
 May 29 Mt. Vernon Tour and Lunch

June and July Early Registration:

Jun. 6 Gettysburg
 Jun. 9 Music Man at Arena Stage
 Jun. 21 Historic Christ Church Tour
 Jul. 6 Kutztown Folk Festival
 Jul. 8 Castleton Festival - 'Carmen'
 Jul. 20 Nationals VS Braves
 Jul. 22 Bay Lighthouse Cruise

Overnight Trips

Register now by calling 703-228-4748

NIAGRA FALLS AND TORONTO, June 11-15, 2012

Visit one of America's most awe-inspiring natural wonders at the perfect time of year. This five-day, four-night adventure includes a tour of Niagara Falls and Maid of the Mist Cruise, visit to Fallsview Casino, local winery tour and tasting, day trip to Toronto and other exciting outings. You'll have four nights accommodation on the Fall's Canadian side, four full breakfasts and four dinners. Round-trip motor coach transportation, taxes, baggage handling and gratuities included in price. **(A minimum of 20 participants) \$943 resident (dbl occ.), \$968 non-resident (dbl occ.), Single supplement is \$171 additional.**

ARIZONA, LAS VEGAS AND THE GRAND CANYON, October 4-10, 2012

Explore the wonders of the Old West on this seven-day, six-night excursion to some of the most beautiful destinations. Visit the south rim of the Grand Canyon; see the ancient cliff dwellings of lost Indian tribes; tour Sedona, Phoenix and Scottsdale; enjoy three nights amid the lights, glamour and excitement of Las Vegas. Price includes round-trip airfare from Dulles, motor coach touring, all hotel accommodations, three breakfasts, three gourmet dinners, baggage handling, taxes and gratuities. \$300 per person deposit required with reservation. **(A minimum of 20 participants) \$1704 resident (dbl occ.), \$1729 non-resident (dbl occ.). Single supplement is \$300 additional.**

THE GREENBRIER RESORT, December 17-19, 2012

Celebrate the season in luxurious style at this award-winning resort. See this National Landmark decked out in its holiday finery, while enjoying impeccable service and amenities. Your three day, two night get-away includes hotel tour of your choice, access to the President's Cottage, evening movies and nightly Champagne toasts. Also included are three breakfasts, two dinners, afternoon tea and concert, round-trip motor coach transport, baggage handling, taxes and gratuities. **(A minimum of 20 participants) \$1190 resident (dbl occ.)/\$1215 non-resident (dbl occ.). Single supplement is \$210 additional.**

WHITE HOUSE HOLIDAY TOUR

(December date to be announced)

Don't miss this 'once in a lifetime' opportunity to see the White House decked out in all its holiday splendor. From the many decorated trees, seasonal floral displays to the famous gingerbread creations, you'll get to see it all up close. This will be a private tour for our travel family, so reserve your place today. Word is getting out early due to the security clearances needed for all participants. To reserve your place and complete the necessary security information, call the Travel office at 703-228-4748.



Department of Parks and Recreation
Office of Senior Adult Programs
 300 N. Park Drive
 Arlington, VA 22203

PRSRT STD
 U.S. Postage Paid
 Arlington, VA
 Permit No. 924

who's who?

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 Supervisor
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 Supervisor
 703-228-4878
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Chrylle Bluford
 Operations Supervisor/
 Senior Center Director
 703-228-4406
 cbluford@arlingtonva.us

General Senior Program Info Call: 703-228-4744

senior centers

AM* - Arlington Mill
 (meeting at Fairlington,
 3308 S. Stafford St.)
 703-228-7791
 Emma Valencia
 evalencia@arlingtonva.us
 T-F: 8:30-1:30

AH - Aurora Hills
 735 S. 18th St., 22202
 703-228-5722
 Jenny Sparks
 jsparks@arlingtonva.us
 MWF: 10-3
 T/Th as scheduled

CUL - Culpepper Garden
 4435 N. Pershing Dr., 22203
 703-228-4403
 Chrylle Bluford
 cbluford@arlingtonva.us
 M-F: 9-3, S as scheduled
 * Indicates hot meals daily.

LB* - Langston-Brown
 2121 N. Culpeper St., 22207
 703-228-6300
 Elizabeth Poole
 epoole@arlingtonva.us
 M-F: 9-3, some nights/wknds

LEE - Lee
 5722 Lee Hwy., 22207
 703-228-0555
 Adriana Carr
 acarr@arlingtonva.us
 M-F: 10-3

WR* - Walter Reed
 2909 S. 16th St., 22204
 703-228-0955
 Jessica Vasquez
 jvasquez@arlingtonva.us
 M-F: 9-3, some nights/wknds

activity and trip pick-up sites

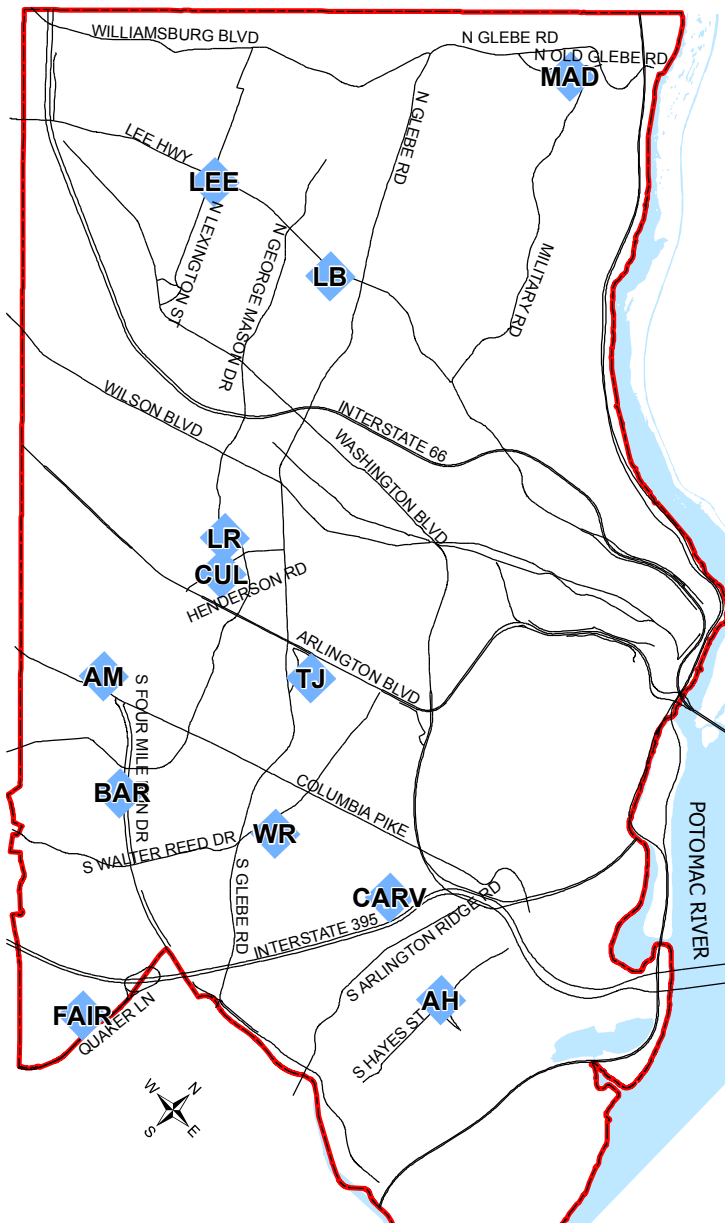
Lubber Run-LR
 300 N. Park Dr., 22203
 703-228-4744

Barcroft - BAR
 4200 S. Four Mile Run Dr.,
 22204
 703-228-0701

Carver - CARV
 1415 S. Queen St., 22206
 703-228-5706

Madison-MAD
 3829 N. Stafford St., 22207
 703-228-0555, -4878 or -5310

Thomas Jefferson-TJ
 3501 S. Second St., 22204
 703-228-5920



Registration for Classes with Fees Begins May 7