

Two valuable resources for information in Arlington County

Arlington Alerts

<https://www.arlingtonva.us/alerts/>

eSubscriptions & eUpdates

<https://www.arlingtonva.us/subscribe/>

You can select what information you want to receive, what you do not want to receive and how you want to receive it – either by email or text.

Helpful tools for staying informed!



Let Us Know You're Coming. Please register ahead!

Even when the programs are free, we ask that you call ahead to say you plan to attend. We need to know how many to expect in order to have sufficient materials prepared and to reserve the proper-size room for the activity. Also, this allows us to call you when a program is cancelled due to low enrollment or instructor illness. We welcome you to join us, but it is tremendously helpful if you assist us in planning by calling to reserve your space – 703-228-0955.

Arlington County Department of Parks and Recreation, in an effort to eliminate barriers, develop skills, and promote inclusion and positive attitudes, is committed to promoting participation by providing reasonable modifications for individuals with disabilities upon request. Two weeks advance notice is preferred. Please call: 703-228-0955 or TTY 711

55+ Pass Registration Fees:

55+ Arlington County Residents:	
Individual	\$20
Household	\$30
Non-Arlington Resident:	
Individual	\$45
Household	\$65

55+ Pass Gold Registration Fees:

55+ Arlington County Residents:	
Individual	\$60
Household	\$90
Non-Arlington Resident:	
Individual	\$90
Household	\$135

You must be registered and have a current "55+ Pass" to be able to participate in our programs and classes.

Register at the front desk or online

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"), please call 703-228-4744, or speak to a Senior Center staff member

Walter Reed 55+ Senior Center

January 2018

OFFICE OF SENIOR ADULT PROGRAMS

703-228-0955



2909 S. 16th Street,
Arlington, VA 22204

<http://parks.arlingtonva.us>

LeeAnne Kaniut
Director

Lucy Matzner
Congregate Meal
Program
Coordinator

Meaza Beraki
Kitchen Assistant

Main Line
703-228-0955

CENTER HOURS

Monday-Friday
9am – 3pm

* Evening and
Weekend
programs as
scheduled

Class
Registration
(In-Person) Sign-up
Wed., Jan. 3
Begins at 10am

55+ Travel
(In-Person) Sign-up
Mon., Jan 8
10am-Noon

From LeeAnne...

With Lucy away on a very well-deserved vacation, I am writing for the both of us.

As I write this, we are still in full swing of our holiday programs and activities. I hope you were able to participate in at least one!

Three "literary" programs and a new wellness program I would like to draw your attention to this month include:

Tues., Jan. 15, 11am to Noon

Dr. Alfred Taylor will share some highlights from his book *Bridge Builders of Nauck/Green Valley: Past and Present*. Light refreshments will be served.

Fri., Jan. 19, 10-11am

First meeting of our very own Walter Reed Book Club. The book discussed will be *Catch 22* by Joseph Heller.

Tues., Jan. 30, 11am to Noon

Bring your books – literary classics, bestsellers, fiction, non-fiction, history, mysteries, romance and education magazines – and help us stock bookshelves, establish a lending library and donate to others. Light refreshments will be served.

And now for a wellness topic...

Fri., Jan. 26, 12:30-2:30

A Matter of Balance has arrived! Registration is required. This 8-week program will emphasize practical strategies to reduce a fear of falling and exercises to increase strength and balance.

Don't forget to call 703-228-0955 to register for all programs.

Happy New Year!

Programs

Fraud	Monday, Jan. 8, 10-11am
Warm Up with Soups and Stews	Wed., Jan. 10, 11am-Noon
Arlington Senior Golf Club	Wed., Jan. 10, 11:30am-1:30pm
NARFE	Wed., Jan. 10, 12-2pm
Tools & Projects	Thurs., Jan. 11, 10-11am
Movie – <i>Arrival</i>	Thurs., Jan. 11, 3-5pm
Dr. Alfred Taylor’s Bridge Builders	Tues., Jan. 16, 11am-12pm
iPhone Basics VII	Fri., Jan. 19, 10-11:30am
Walter Reed Book Club – NEW	Fri., Jan. 19, 10-11am
Valentine’s Day Card	Wed., Jan. 24, 1-3pm
Your Brain and You	Thurs., Jan. 25, 10-11am
Before You Start Your Exercise Routine	Fri., Jan. 26, 10-11am
Walter Reed Garden Group	Mon., Jan. 29, 1-2:30pm
Book Swap & Lending Library	Tues., Jan. 30, 11am-12pm

Evening Programs

Ukulele	Tuesdays, Jan. 2, 16	6:00-7:00pm
Game Night	Thursdays, Jan. 4, 18	4:00-7:00pm
Firehouse Jam	Thursday, Jan. 18	7:00-9:00pm
Name that Tune	Tuesday, Jan. 23	6:30-7:30pm

Tech Corner

Tech Tutor (Computer Help)	Fri., Jan. 5, 4-5:30pm
Learn Mac, iPad, iPhone	Wed., Jan. 10 and 24, 9:30-11:45am
PC and iPad/iPhone Support	Thurs., Jan. 11 and 25, 9:30-11am
Technology Tuesdays	Tues., Jan. 30, Facebook, 1:00-2:30pm

Services

Legal Services of Northern Virginia provides free, confidential legal assistance.	Tues., Jan. 16, 10-11:00am
Blood Pressure Clinic Representatives will be available for complimentary blood pressure testing. First come, first served.	Thurs, Jan 18, 9:30-11am
Objective Sound and Hearing Loss Information & Screenings	Wed., Jan. 31, 10-2:00pm

Weekly Activities

Mondays

Rummikub	10-11am
Cranium Crunches	10:30-11:30am
Mah Jongg	Noon-2:00pm
Mexican Train Dominoes	2-4pm
Canasta	5-7pm

Tuesdays

The Merrymakers	10-2pm
Rummikub	10-11am
Bridge Practice	2-4pm (Dec. 12 only)
Taoist Tai Chi Practice	1-3pm
Sudoku	10-10:45am

Wednesdays

High Beginner Line Dancing	9:30-10:30am
Canasta	10am-Noon
Rummikub	10-11am
Intermediate Line Dancing	10:30-12:00pm
Social Bridge	12:15-3pm (drop-in)

Thursdays

Rummikub	10-11am
Mah Jongg	12:30-3pm

Fridays

Cribbage	10am-Noon
Rummikub	10-11am
Scrabble	10:15-3pm
Intermediate Line Dancing	1:15-3:15pm
Sunshine Gang	1-3pm

Saturdays

Rummikub	10am-Noon
Mah Jongg	Noon-3:45pm

Sundays

Yarn Circle	1-3pm
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Sports

Pickleball

Mondays	10am-3:30pm
Tuesdays	10am-3:30pm
Thursdays	10:30am-3:30pm (1 court 10:30-11:30am)
Fridays	11:30am-4:00pm

Pickleball – Absolute Beginners

Mondays	9:45-10:30am (1 court)
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Badminton

Wednesdays	10am-Noon (1 court)
Thursdays	10:30-11:30am (1 court)

Basketball

Wednesdays	12:00-2:00pm
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Pool

Mondays-Fridays	10am-Noon
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Ping Pong

Mondays-Fridays	10am-Noon
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Shuffleboard

Thursdays, Jan 11 and 18	1:30-4pm
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