

THE VOICE OF
THE HILLS
JANUARY 2018

ARLINGTON COUNTY DEPARTMENT OF PARKS AND RECREATION
OFFICE OF SENIOR ADULT PROGRAMS parks.arlingtonva.us

AURORA HILLS 55+ SENIOR CENTER

735 S. 18th ST. ARLINGTON, VA 22202 (703) 228-5722

Hours: Monday, Wednesday, Friday 10am – 3pm (Tuesday/Thursday as scheduled)

YOUR 55+ PASS: PLEASE SCAN IN AT THE NEW AURORA HILLS FRONT DESK!

ALL SENIORS PARTICIPATING IN ARLINGTON COUNTY SENIOR ACTIVITIES MUST BE REGISTERED WITH THE OFFICE OF SENIOR ADULT PROGRAMS AND YOUR 55+ PASS MUST BE CURRENT.

PLEASE REGISTER AHEAD OF TIME FOR PROGRAMS AND CLASSES.

PAINT, BUILD, CREATE! *Saturday, Jan. 20, 11am-2pm at Fairlington Community Center*

A free day of creative exploration for all ages! Reserve a seat to paint and sip, or try your hand at origami or a Chuck Close art project among many other opportunities.

VISION BOARD *Monday, Jan. 22, 1-2pm*

Create a vision board to help clarify, concentrate and maintain focus on a specific life goal. Join Madeline Caporiccio and learn how to display images that represent whatever you want to be, do or have in your life.

ENVIRONMENTAL DESTRUCTION *Wed., Jan. 24, 1:30-2:30pm*

Aurora Hills Senior Center Director, Michelle Atkin, MPH, will take a look at what is destroying the environment. We will look at facts about landfills, electronic waste, the overuse of plastics and how it all began with the surge of disposable products.

CELEBRATE WINTER SQUASH *Mon., Jan. 29, 1-2pm*

Fill your kitchen with bright orange fall colored squash, roots, and whole grains this season. Learn practical tips and tricks for preparing fall vegetables with a demonstration by Virginia Cooperative Extension experts.

UPCOMING FEBRUARY PROGRAMS

HEART HEALTHY SMOOTHIE *Monday, Feb. 5, 1-2pm*

MUSICAL BINGO with The Hermitage *Friday, Feb. 9, 10:30-11:30am*

MOVIE: MILLION DOLLAR BABY *Friday, Feb. 9, 12:30-2:45pm*

BALANCE & COORDINATION *Monday, Feb. 12, 1-2pm*

PAL DOGS: People Animals Love *Monday, Feb. 26, 11am-12pm*

RECYCLING: WHAT & HOW *Wednesday, Feb. 28, 1:30-2:30pm*

~INCLEMENT WEATHER CLOSING~

For information on delayed openings and cancellations, call our hotline at 703-228-4715 or phone the center.

January Ongoing Events

Gentle Hatha Yoga Classes

Mondays, Jan. 22-Mar. 5, 10-11am \$30/6 sessions, #918012-02

Wednesdays, Jan. 17-Mar. 7 (no class Feb. 21), 10-11am \$35/7 sessions, #918012-03

Cardio Tone Exercise Classes *Tuesdays, 9:30 -10:30am & Thursdays 11am-12pm \$60/15 classes*

Tai Chi Practice *Mondays, 2-3pm* Fun practice for beginner and intermediate students. Participant self-lead. Free.

The “Fast Forwards” Walking Group *Fridays* Will return in March.

Line Dancing *Fridays, 10:30-11:30am.* Learn the basics, improve your technique and learn new dances!

Learn Mac, iPad, iPhone 3rd & 5th *Wednesday, 10am-12:15pm* One-on-one appointments!

Duplicate Bridge *Wednesdays, 10am-1:30 pm* Call for details. *\$50/10 games*

Foursome Bridge *Wednesdays, 10am-1:30pm* It’s social!

Yarn Crafters *Mondays, 10am-12:30pm* Items are made for local charities.

Please bring your needles or hooks with you. Patterns and yarn are supplied.

Comedy Club *Wednesday, Jan.17, 11:30am-12:30pm* Classic audio or video comedy selections.

The Play’s The Thing *Fridays* Will return in February.

Movie *Monday, Jan. 8, 1-2:45pm – Enchanted April (PG-13)*

Friday, Jan. 26, 10:30am-12:45pm – The Zoo Keeper’s Wife (PG-13)

Note: 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 for all movies. Please see staff for more details or to notify us of your special request (at least two weeks advance notice is preferred). TTY 711

Registration for fee-based programs

Online: Go to <https://registration.arlingtonva.us> **By phone:** Call 703-228-4747 **In person:** Stop by any Arlington Co. Sr. Center

By mail: Send check (payable to Arlington County Treasurer) to Registration Office: 3700 S. Four Mile Run, Arlington VA 22206

Let us know if you have questions about the refund process for fee-based classes.

Arlington County no longer accepts American Express as payment for classes. Return Check Fee \$50.

55+ Travel

The Office of Senior Adult Programs offers through their 55+ Travel Office trips throughout the year. To sign-up for a trip, please visit <https://registration.arlingtonva.us> or call 703-228-4748. More information can be found in the 55+ Guide.

Fee Reduction

You may qualify for fee reductions based on household income and size. Fee reductions on classes and travel 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 senior center staff.

Transportation Options

Take a Taxi: Senior 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.

For an application call 703-892-8747.

Public Transportation: Metro Bus 10A Metro Blue & Yellow Lines @ Pentagon City (0.4 mile walk)

Aurora Hills Advisory Committee

President: Marge Corletti

Vice President: vacant

Corresponding Secretary: Benece Leavitt

Treasurer: Cathy Duthie

Recording Secretary: Eileen Garvin-Akers

Members: Fran DeLuca, David Litman, Rosario Nagy

We are recruiting - join the Advisory Committee to help make the Aurora Hills Senior Center yours!

Advisory Committee Meeting: January 8 at 11:30am

Next Advisory Committee Meeting: February 5 at 11:30am

Meetings take place on the 1st Monday of each month (unless otherwise noted) and are open to the public, but please notify staff in advance if you wish to attend.

Senior Center Staff: Director: *Michelle Atkin*

Arlington County is committed to providing open and accessible programs. We can provide reasonable modification people with disabilities upon request. Call 703-228-5722 to speak with senior center staff or TTY 711.

