



**FRIENDLY REMINDERS
FOR the DAILY MEAL
PROGRAM:**

- Sign yourself in on the attendance sheet daily. Make a meal and taxi reservation for the next week.
- Cancel your reservation by 8:00 a.m. on the morning of your cancellation.
- Put your daily contribution in the available envelope and then place it in the money box.

We cannot order a meal and/or send you a taxi if you have not made a reservation

Phone: 703-228-6300

Firmar la hoja de asistencia usted mismo todos los días.

Hacer una reservación para comida o taxi para la siguiente semana.

Cancelar el taxi antes de las 8:00 a.m. del mismo día de La cancelación.

Depositar su diaria contribución en la caja.

No podemos ordenar una Comida o enviarle un taxi Si no ha hecho reservación Correspondiente.

Teléfono: 703-228-6300



Tai Chi*	Mons. & Weds.	2:45pm & 4:00pm
Volleyball (drop-in)	Tuesday	1:30pm
Strength Training *	Mon, Fri & Wed.	11:00am -2:00pm 11:30am-2:30pm
Line Dancing (drop-in)	Thursday	10:00am
Traditional Yoga*	Thursday	11:15am
Stretching	Thursday	1:00pm
Pilates	Thursday	2:15pm
Gentle Yoga *	Fridays	12:30pm
Chair Yoga*	Thursdays.	5:00pm
Women's Basketball* (Clinics & Games *)	Wednesdays	7:00pm

LANGUAGE GROUPS

Russian Language & Cultural

Mondays 11:00am

If you speak Russian and would like to join others in lively conversations - Please join us!

Spanish Dialogue

Tuesdays 1:00 -2:30 pm

Meet people, learn a little vocabulary and help someone else learn. The group talks about various topics, and discuss various topics and current events.

French Conversation

Wednesdays 1:00 – 3:00 pm

Practice French with a friendly group of people with advanced knowledge of the language. Interesting weekly dialogues will take place.

Italian Dialogue

Thursdays, 2-3pm

If you would like to converse in the world's most romantic language –join us for energetic and fun conversation.

German Language Conversation

Fridays 10:00 am -11:30 am

If you speak German join this friendly group in a weekly discussion. These gatherings provide a chance to converse in German on various topics and of interesting to all.

We can provide reasonable modifications for people with disabilities upon request. *Podemos proveer modificaciones razonables conforme la Ley de Personas con Incapacidades (ADA) con previo aviso al 703-228-6300 or TTY 711.*

INCLEMENT WEATHER:

For information on cancellations and delayed openings, call our Inclement Weather Hotline at 703-228-4715 or phone your senior center. You can also check online to learn about county-wide closures and delays at <http://parks.arlingtonva.us/dpr-inclement-weather/>.

**Langston-Brown Senior Center Staff
703-228-6300**

**Elizabeth Poole - Senior Center
Director 703-228-5321**

**Cindy Leiva -Program Coordinator
703-228-5315**

Mona Farah –Kitchen Assistant

**Anne Peret - Area Supervisor
703-228-4878**



JANUARY 2018

**LANGSTON-BROWN SENIOR CENTER
2121 N CULPEPER STREET ARLINGTON, VA.
703-228-6300**

Monday – Friday - 9:00 a.m. - 3:00 p.m.

ARLINGTON COUNTY SENIOR CENTER MISSION STATEMENT

The Mission of Arlington Senior Centers is to enhance the physical and mental well-being of Arlington's diverse over 55+ populations through programs and activities fostering wellness, a sense of purpose and social involvement.

ASK A NURSE

Join Joy Walker Capital Caring RN, BSN, for an opportunity to Ask a Nurse health related questions. Joy has been a home health and hospice nurse over for 24 years. This program will be recurring program highlighting different health topics. The program will give you the opportunity to ask health related questions that will be answered by a healthcare professional. Tuesday, Jan. 9 session will be related to Chronic Obstructive Pulmonary Disease(COPD) and Chronic Heart Failure (CHF) and on Thursday, Jan. 25 topic of discussion will be Pain and depression.

Tuesdays and Thursdays, Jan. 9-Jan. 25, 11am-noon

REBUILDING TOGETHER

Join Rebuilding Together Staff Representative, Daphne Lathouras, to learn about the possibilities available and how you may qualify to improve your quality of life and safety in your home. This national non-profit group provides repairs and upgrades to the homes of qualified elderly, at no cost to the homeowner. The results help seniors stay in their homes safely and increase independence. Also learn about how you can volunteer with this non-profit organization and make a difference in someone's life.

Wed., Jan. 17, 11am-noon



Langston-Brown Senior Center Advisory Committee

Chair: Greg Byrne
Vice Chair: Mary Cottrell
Secretary: Marlene Taylor
Treasurer: Kitty Collins

IDENTITY THEFT AND OTHER SCAMS

Join Marci Anderson, representative from Arlington Community Federal Credit Union as she discusses the realities of identity theft and how to overcome this scenario if your identity has been compromised. She will also discuss how to avoid other dangerous scams. You'll learn tactics to detect types of fraud, how to protect your identity, reporting requirements, and a checklist to ensure your financial bases are covered.

Tues., Jan. 23, 11am-noon

PICKLEBALL OVERVIEW

According to the U.S.A. Pickleball Association there are now more than 100,000 players in the United States and is one of the fastest growing sports. Join a representative from Source Physical Therapy as they discuss the history of the game, health benefits, what are the physical demands, how to prepare your body prior to playing and how to avoid some common injuries associated with the sport.

Tues., Jan. 30, 11am-noon

PODCAST TUTORIAL

You probably have heard about Podcasts. A Podcast is a MP3 file from the internet of an audio broadcast. You select what broadcast you want to hear and then it will continue to automatically down load additional series or shows you have selected to your electronic device. It is then available to you when you are ready to listen. Join Jennifer Weber, OSAP staff as she explains what a Podcast is and how to connect with one and how they can be part of your everyday life.

Thurs., Jan. 25, 1-2pm