

# 55+<sup>+</sup> ARLINGTON COUNTY GUIDE

EXERCISE  
LEARNING  
CONNECTIONS  
and MORE

## Our New Guide!

- Our New 55+ Talk Show! 04
- Holiday Celebrations 04
- A Tribute to John Lewis 06
- Coping with Covid-19 05
- Jacob Lawrence - Artist 08





# Sign Up and Get the Benefits!

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

### OPTION A

#### STEP 1 ▶ Choose Your Pass

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

#### STEP 2 ▶ Sign Up

There are three ways to sign up:

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

#### STEP 3 ▶ Use Your Pass

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

- See page 12 for information about registering online, by phone or by mail.
- See registration start dates on page 3.
- You must register for every program you wish to attend.

#### 55+ Pass Benefits

- Opportunities to participate in engaging activities
- Discounted trips and classes

#### ANNUAL FEES

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

### OPTION B

#### 55+ Gold Pass Benefits

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

Contact us for more information:

Call 703-228-4747 or visit [parks.arlingtonva.us](https://parks.arlingtonva.us) (search for "55+ Pass")

# 55+ ARLINGTON COUNTY GUIDE

## Hello, Everyone!

The holiday season is here! Although it can't be the same as usual, I hope you all will create new traditions and make many great memories. I also encourage you to stay in touch with friends and family if you cannot be together in person. Connect with a phone call, an online visit, a letter or email.

The onset of cold weather has ended our 55+ Programs in the Park, yet I'm confident you'll find virtual programs to interest you. In particular, we're observing the holidays with a special Variety Show on Friday, December 18 (p.4) and our New Year's Eve luncheon (p.4) will be online for your enjoyment. Please join us for those and remember to pre-register. Thanks for your continued support of our 55+ Programs and we hope you enjoy our new 55+ Guide - just in time for the holiday season!

Best wishes and Happy Holidays,  
Jennifer Collins, CPRP  
Office of 55+ Programs

## Registration Opens:

- **November 23 at 10 a.m. (Arlington County)**
- **November 24 at 10 a.m. (Out-of-County)**

## Registration Is Required!

You must pre-register for all programs. You can register online or by phone.

### **ONLINE** ▶ [registration.arlingtonva.us](https://registration.arlingtonva.us)

Registration is available anytime through our online WebTrac system. For step-by-step instructions see page 12.

*NOTE: You can link directly to the registration system when viewing the digital 55+ Guide. After registration has opened, just click on the blue Registration Number for the program that you are interested in. (Find instructions on page 12.)*

### **PHONE** ▶ **703-228-4747**

Available Monday – Friday, 8 a.m. – 5 p.m.

## THE SCOOP:

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

Pre-registration and 55+ Pass (membership) are required to participate.

Registration Info: page 12

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## Register for all the programs you want to attend!

Please note that you must pre-register for each meeting of a program, even if it recurs on a weekly or monthly basis.

Every date with its own registration number (hyperlinked) has a unique meeting ID for you to join.

# SOCIAL FUN

## GET TOGETHERS

### HOLIDAY CELEBRATIONS

#### New Year's Eve Celebration

Ring in 2021 at our virtual New Year's Party. Enjoy games and entertainment while connecting with other 55+ members. Although we can't meet in person make your favorite dish and we'll eat together. At the end of the party we'll toast the New Year! Must pre-register by Friday, Dec. 11 to receive a free New Year Party Bag; call 703-228-4771 for more info.

- |           |                            |                      |
|-----------|----------------------------|----------------------|
| • Dec. 31 | Thursday                   | 11:30 a.m.-1:30 p.m. |
| Virtual   | <a href="#">#912803-02</a> | 1 session            |

#### Holiday Variety Show

Tis the season for warm gatherings, comradery, and celebration, but events of 2020 changed those plans. Instead, tune in for a live special in the form of a variety show! Hosted by Office of 55+ Programs and the Senior Adult Council, this event will feature comedy, entertainment, holiday treats, prizes and more!

- |           |                            |           |
|-----------|----------------------------|-----------|
| • Dec. 18 | Friday                     | 2-3 p.m.  |
| Virtual   | <a href="#">#912803-01</a> | 1 session |

#### Ugly Sweater Party

Get in the holiday spirit for our virtual ugly sweater party as we celebrate National Ugly Sweater Day.

- |           |                            |             |
|-----------|----------------------------|-------------|
| • Dec. 20 | Sunday                     | 3-4:30 p.m. |
| Virtual   | <a href="#">#912803-03</a> | 1 session   |

#### Favorite Holiday Recipes

Find the latest tips, cooking advice and share your favorite recipes when you join your 55+ friends in this spirited holiday discussion. Your recipes will be collected and shared with the group afterwards.

- |           |                            |             |
|-----------|----------------------------|-------------|
| • Dec. 11 | Friday                     | 4-5:30 p.m. |
| Virtual   | <a href="#">#912803-04</a> | 1 session   |

#### 55+ Talk Show **New!**

As our outdoor programs wind down for the winter, we are excited to bring you a new way to stay involved with 55+ activities. Introducing 55+ Talk Show, a new talk show hosted by the Office of 55+ Programs! Stay up-to-date with upcoming programs and enjoy previews of entertainment, demonstrations, seminars, and other great programs you'd usually find in our centers - all from the comfort of your home. Don't miss this chance to catch up with your favorite 55+ friends and staff.

- |           |                            |           |
|-----------|----------------------------|-----------|
| • Dec. 1  | Tuesday                    | 12-1 p.m. |
| Virtual   | <a href="#">#912801-01</a> | 1 session |
| • Dec. 15 | Tuesday                    | 12-1 p.m. |
| Virtual   | <a href="#">#912801-02</a> | 1 session |

#### Afternoon Hang-out

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

- |           |                            |           |
|-----------|----------------------------|-----------|
| • Dec. 14 | Monday                     | 2-3 p.m.  |
| Virtual   | <a href="#">#912801-07</a> | 1 session |

#### Lee 55+ Center Auld Lang Syne

As the year 2020 draws to a close, we will also bid farewell to the Lee 55+ Center. Share memories of the good times we've had together over the years and renew "auld" acquaintances at this event on Zoom.

- |          |                            |                |
|----------|----------------------------|----------------|
| • Dec. 4 | Friday                     | 1:30-2:30 p.m. |
| Virtual  | <a href="#">#912899-01</a> | 1 session      |

#### Monday Morning Coffee Meetup

Start your week off right with coffee and great conversation. Get to know your neighbors.

- |           |                            |            |
|-----------|----------------------------|------------|
| • Dec. 7  | Monday                     | 10-11 a.m. |
| Virtual   | <a href="#">#912801-03</a> | 1 session  |
| • Dec. 14 | Monday                     | 10-11 a.m. |
| Virtual   | <a href="#">#912801-04</a> | 1 session  |
| • Dec. 21 | Monday                     | 10-11 a.m. |
| Virtual   | <a href="#">#912801-05</a> | 1 session  |
| • Dec. 28 | Monday                     | 10-11 a.m. |
| Virtual   | <a href="#">#912801-06</a> | 1 session  |

# WELLNESS

## Coping with Covid-19

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

- **Dec. 8**  
Virtual
- Tuesday**  
[#912500-01](#)
- 1-2 p.m.**  
1 session

## Coping With Chronic Pain

As we age, many of us must deal with chronic pain caused by a variety of different physical ailments. Managing persistent pain can be emotionally draining and stressful. Jeanne Meyer, LCSW, with the Virginia Hospital Center, will discuss non-drug strategies for coping with the emotional toll of chronic pain.

- **Dec. 17**  
Virtual
- Thursday**  
[#912500-02](#)
- 1-2 p.m.**  
1 session

## Brain Health

As we age, normal changes occur within our brains. Join Lindsey Vajpeyi, Director of Education and Outreach from Insight Memory Care Center, as she discusses changes in memory and learning, along with healthy practices to keep your brain sharp. Learn what to expect, what's normal and when to seek medical attention.

- **Dec. 7**  
Virtual
- Monday**  
[#912500-03](#)
- 1-2 p.m.**  
1 session

## Diabetes Peer Support

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

- **Dec. 14**  
Virtual
- Monday**  
[#912500-04](#)
- 11 a.m.-12 p.m.**  
1 session

## Need to Know About Knee Surgery?

Join Dr. John Hall, expert in total joint replacement, to learn when a total knee replacement is needed, different surgical interventions and what your recovery time will look like.

- **Dec. 17**  
Virtual
- Thursday**  
[#912500-05](#)
- 2-3 p.m.**  
1 session

## Happiness 101

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

- **Dec. 29**  
Virtual
- Tuesday**  
[#912500-06](#)
- 2-3 p.m.**  
1 session

## NUTRITIOUS & DELICIOUS

### Holiday Cooking with VCE

Virginia Cooperative Extension Master Food Volunteers will create a festive vegetable platter and share healthy recipes in this cooking and nutrition class.

- **Dec. 17**  
Virtual
- Thursday**  
[#912501-01](#)
- 11 a.m.-12 p.m.**  
1 session

## MEDICARE

### OPEN ENROLLMENT OCT. 15 - DEC. 7

Open Enrollment for Medicare Part D Prescription Drug Plans and Part C Medicare Advantage Plans runs Oct. 15 - Dec. 7. This is your opportunity to make changes to your plans. Virginia Insurance Counseling and Assistance Program, VICAP, is here to help.

Call 703-228-1725 for an appointment with a trained, certified VICAP Medicare counselor.

# LECTURES AND LEARNING

## Travel Gurus: Trekking Hadrian's Wall

Angelo Mercado will talk about his epic hike along Hadrian's Wall in England, an UNESCO World Heritage Site, which runs for 84 miles coast to coast. Explore its beauty and history!

- 
- Dec. 7 Virtual Monday [#912400-01](#) 3-4 p.m. 1 session

## Winter Hibernation

Hibernation is more complicated than just a deep sleep for the long winter. Many animals that are thought to be hibernators are not. Join Park Naturalist Ken Rosenthal to explore the different ways animals go dormant for the winter and discover what's going on inside their bodies.

- 
- Dec. 3 Virtual Thursday [#912400-02](#) 6-7:30 p.m. 1 session

## Genealogy Part 2: Census Records

Discover how to use census records in your genealogical research. Ashley Ramey, Outreach Specialist at Library of Virginia, returns to discuss this valuable resource.

- 
- Dec. 17 Virtual Thursday [#912400-03](#) 3-4:30 p.m. 1 session

## A Tribute to John Lewis

Join together to honor the memory of civil rights icon and longtime U.S. Representative from Georgia, John R. Lewis, who passed away on July 17, 2020. A true American hero and the "conscience of Congress," Lewis fought for freedom and justice for all, guided by principles of faith and nonviolence. Keynote Speaker Dr. Alfred O. Taylor Jr., former president of the Arlington NAACP and noted historian of African American life in Arlington, will reflect on Lewis's life and accomplishments, with particular emphasis on his impact in our local community.

- 
- Dec. 10 Virtual Thursday [#912400-05](#) 1:30-3 p.m. 1 session

## Great Leads on Great Reads

Looking for a good book to read or give as a holiday gift? Arlington Public Library's expert librarians have you covered! Brittany Ham, Library Associate, and Jennifer Rothschild, Collection Engagement Librarian, will share their recommendations of top picks from a variety of genres. They'll also provide tips on how to get these books in various formats using the Library's resources.

- 
- Dec. 7 Virtual Monday [#912400-06](#) 1-2 p.m. 1 session

## Genealogy 101

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

- 
- Dec. 22 Virtual Tuesday [#912400-04](#) 11:30 a.m.-1 p.m. 1 session

## Wedgwood Collectors Show and Tell

Join us in a show and tell for Wedgwood collectors. Nancy Blaney and Sophie Guiney of the Wedgwood Society of Washington DC will be guest speakers. Feel free to showcase your collection.

- 
- Dec. 4 Virtual Friday [#912400-09](#) 1-2:30 p.m. 1 session

## Elder Abuse: Understanding & Responding

Learn how to support a friend you are concerned about, how to prevent scams and what community resources are available to combat elder abuse. Sydney Palinkas from the ElderSAFE Center will discuss elder abuse, neglect and financial exploitation.

- 
- Dec. 10 Virtual Thursday [#912400-07](#) 11 a.m.-12 p.m. 1 session

## Arlington Hall's Hill

Hall's Hill was one of the first historically Black neighborhoods in Arlington, dating to 1881. Sandra Green, life-long Hall's Hill resident and descendent of one of the first property owners there, will recount the history of the neighborhood and her experiences living there.

- 
- Dec. 16 Virtual Wednesday [#912400-08](#) 2-3 p.m. 1 session

## DISCUSSION GROUPS

### History Roundtable

Take part in thought-provoking and informative discussions about pivotal events in world history. Meets second Tuesdays. December's topic will be The Impact of Famous Spies on History. Facilitated by Andrea Baumann.

- Dec. 8  
Virtual
- Tuesday  
[#912402-04](#)
- 11:15 a.m.-12:30 p.m.  
1 session

### Study of Words

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

- Dec. 9  
Virtual
- Wednesday  
[#912402-05](#)
- 10:30 a.m.-11:45 p.m.  
1 session

### History Discussions

Listen, contribute and reflect in this discussion group that focuses on cultural, economic, artistic and political history. Led by Dwight Rodgers of Encore Learning. Email [sreid@arlingtonva.us](mailto:sreid@arlingtonva.us) for the week's talking points.

- Dec. 3  
Virtual
- Thursday  
[#912402-06](#)
- 1-2:30 p.m.  
1 session
- Dec. 10  
Virtual
- Thursday  
[#912402-07](#)
- 1-2:30 p.m.  
1 session

### Movie Discussions

We're calling all cinema lovers to meet to discuss a new film monthly. This month's movie, *The Guernsey Literary and Potato Peel Pie Society*, is an elegant and engaging film that paints a portrait of an era when the Fuhrer ruled over subjects of the King in the Channel Islands.

- Dec. 10  
Virtual
- Thursday  
[#912402-01](#)
- 3-4 p.m.  
1 session

### Documentary Discussions

View some of the best documentaries and discuss them with other 55+ members. This month's film *China: Power and Prosperity*, from PBS, is an immersive feature-length exploration of the country's internal progress and growing sphere of power and influence across the globe.

- Dec. 30  
Virtual
- Wednesday  
[#912402-08](#)
- 11 a.m. - 12 p.m.  
1 session

### Lee Book Club

Get together for great books and conversation. December's book is *In the Midst of Winter* by Isabel Allende. First Tuesdays.

- Dec. 1  
Virtual
- Tuesday  
[#912402-02](#)
- 11 a.m.-12:30 p.m.  
1 session

### Local History Discussions & Reminiscences

Meet first Wednesdays to discuss the transformations of the area we call home. In December, we'll discuss Crystal City. Facilitated by volunteer Tom Sipusic. New time!

- Dec. 2  
Virtual
- Wednesday  
[#912402-03](#)
- 1:30-2:45p.m.  
1 session

## HOME & GARDEN

### Ask an Extension Agent Anything

Do you have horticulture questions and you're looking for answers? Send your inquiries to Agriculture Natural Resource Extension Agent Kirsten Conrad of the Virginia Cooperative Extension ([kbuhls@vt.edu](mailto:kbuhls@vt.edu)). Include the name of the plant as well as important information about the age and growing conditions. If possible, include a picture of the plant in your email.

- Dec. 21  
Virtual
- Monday  
[#912401-01](#)
- 1-2:30 p.m.  
1 session

## TECHNOLOGY

### Selling Stuff Online

Tech guru Nick Englund will explore tech apps for selling online. You've likely heard of eBay, but it requires posting, bidding and shipping which can be daunting. Recently, mobile apps such as Offer Up and Facebook Marketplace have simplified the process for buying and selling online. Nick will demonstrate these options and discuss the safety and etiquette of the final exchange.

- Dec. 16  
Virtual
- Wednesday  
[#912403-01](#)
- 3-4 p.m.  
1 session

## PLANNING AHEAD

### It Takes a Village - Here in Arlington

The “village movement” began in Massachusetts in 1999. The Arlington Neighborhood Village chapter (ANV) was founded by in 2011 to help older adults stay in their homes as they age. ANV volunteers provide extra help with tasks and appointments. ANV Executive Director Wendy Zenker will describe the village concept and explain ways to get involved.

- **Dec. 3**  
Virtual      **Thursday**  
[#912404-01](#)      **2:30-3:30 p.m.**  
1 session

### Safely Plan Your Car-Free Commute

Learn how to safely use public transit, walking and biking as you plan your commute. Get status updates for Metro, ART and stretch your dollar with Senior SmarTrip card. Also learn transit tips and trip planning apps. Whether it's Metro, bus, biking or walking — bring your transit questions for Ken Matthews (Bilingual Manager for Arlington's Car-Free Diet).

- **Dec. 9**  
Virtual      **Wednesday**  
[#912404-02](#)      **2-3 p.m.**  
1 session

También en español

- **Dec. 10**  
Virtual      **Thursday**  
[#912404-03](#)      **2-3 p.m.**  
1 session



# ARTS AND CRAFTS

### Intergenerational Pen Pal

The art of letter writing is a dwindling practice. If you love to write letters and want to rekindle that passion, you can become a pen pal to a high school student from an Honors English Club. Join us for some interesting conversations between the generations.

- **Dec. 2**  
Virtual      **Wednesday**  
[#912300-01](#)      **1-2 p.m.**  
1 session

### Pondering Poetry

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

- **Dec. 30**  
Virtual      **Wednesday**  
[#912300-02](#)      **2-3 p.m.**  
1 session

### Short Story Reading

Short stories pack a lot in a few pages. Read and discuss the holiday-themed short story “The Gift of the Magi” by O. Henry. Take turns reading the story aloud in round-robin fashion and discuss it afterward. Bring your thoughts and insights. Facilitated by 55+ member Bill Turner.

- **Dec. 14**  
Virtual      **Monday**  
[#912300-03](#)      **1-2:30 p.m.**  
1 session

## ART HISTORY

### Art That Resonates: *The Migration Series*

Renowned Black artist Jacob Lawrence’s outstanding “Migration Series” recounts the Great Migration as African-Americans moved North in the early 20th century. Lawrence’s epic work greatly expanded the public’s interest in the African American experience. Dr. LaNitra Berger, Senior Director of Fellowships at George Mason University, will discuss these remarkable paintings and how the themes depicted are reflected in contemporary struggles for justice and equality.

- **Dec. 9**  
Virtual      **Wednesday**  
[#912302-01](#)      **12-1 p.m.**  
1 session



## VISUAL ARTS

### Basic Drawing

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

- Dec. 11                      **Friday**                      **1-2:30 p.m.**  
Virtual                      [#912301-01](#)                      1 session

### Paint & Sip

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

- Dec. 10                      **Thursday**                      **10-11:30 a.m.**  
Virtual                      [#912301-02](#)                      1 session

### Painting Demo

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

- Dec. 7                      **Monday**                      **10:30 a.m.-12 p.m.**  
Virtual                      [#912301-03](#)                      1 session

### Artist Chat

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

- Dec. 3                      **Thursday**                      **4-5 p.m.**  
Virtual                      [#912301-04](#)                      1 session

### Get Involved with Senior Issues!

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

Commission on Aging meeting:  
Mon., Dec. 21, 9-11 a.m.  
[Join Microsoft Teams Meeting](#)  
+1 347-973-6905  
Conference ID: 242 248 99#

## PERFORMING ARTS

### Acoustic Cafe

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

- Dec. 8                      **Tuesday**                      **12-1 p.m.**  
Virtual                      [#912802-01](#)                      1 session

### Open Mic Online

Enjoy this Open Mic show hosted by Carl Gold and appreciate the talents of your 55+ neighbors. Consider sharing your talent at the next show.

- Dec. 16                      **Wednesday**                      **1:30-2:30 p.m.**  
Virtual                      [#912802-02](#)                      1 session

### Open Mic Talent Slots

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

### Holiday Concert

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

- Dec. 13                      **Sunday**                      **3-4:30 p.m.**  
Virtual                      [#912802-03](#)                      1 session

## CRAFTS

### Yarn Creations

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

- Dec. 1                      **Tuesday**                      **1-2:30 p.m.**  
Virtual                      [#912703-01](#)                      1 session
- Dec. 8                      **Tuesday**                      **1-2:30 p.m.**  
Virtual                      [#912703-02](#)                      1 session
- Dec. 15                      **Tuesday**                      **1-2:30 p.m.**  
Virtual                      [#912703-03](#)                      1 session
- Dec. 22                      **Tuesday**                      **1-2:30 p.m.**  
Virtual                      [#912703-04](#)                      1 session
- Dec. 29                      **Tuesday**                      **1-2:30 p.m.**  
Virtual                      [#912703-05](#)                      1 session

# FITNESS

## OUTDOOR WALKING GROUPS

# CHALLENGE YOUR BRAIN

## WALKING GROUPS

### Aurora Hills Fast Forwards

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

- Dec. 11      Friday      9-10:30 a.m.  
Aurora Hills      [#912201-01](#)      1 session
- Dec. 18      Friday      9-10:30 a.m.  
Aurora Hills      [#912201-02](#)      1 session

### 55+ Walks

Stay active with friendly walking companions. Walks may be cancelled for inclement weather.

- Dec. 2      Wednesday      9-10 a.m.  
Westover      [#912201-03](#)      1 session
- Dec. 9      Wednesday      9-10 a.m.  
Donaldson Run      [#912201-04](#)      1 session
- Dec. 16      Wednesday      9-10 a.m.  
Bluemont W&OD      [#912201-05](#)      1 session
- Dec. 23      Wednesday      9-10 a.m.  
Del Ray      [#912201-06](#)      1 session
- Dec. 30      Wednesday      9-10 a.m.  
Falls Church W&OD      [#912201-07](#)      1 session

FORESTRY AND NATURAL RESOURCES PLAN

## NATURALLY ARLINGTON

### How Should Arlington Support its Trees and Natural Resources?

Arlington is developing its [Forestry and Natural Resources Plan](#), which will provide strategies to support current conditions and future possibilities to advance Arlington’s stewardship of its trees and natural resources. Share your perceptions, interests and aspirations about the County’s conservation and maintenance of our ecosystems over the next year to inform the development of this plan and bring your priorities to life. [Sign up for updates.](#) [Even better, share your thoughts now!](#) [#NaturallyArlington](#)

### Holiday Travel Trivia

Get some holiday spirit playing trivia with your 55+ friends! All questions concern travel for the holidays.

- Dec. 2      Wednesday      11 a.m.-12:30 p.m.  
Virtual      [#912601-01](#)      1 session

### Holiday Scavenger Hunt

Follow seasonal clues and gather holiday-themed items in this fun and engaging Friday night game. Work with your team and make new friends in the process.

- Dec. 18      Friday      6-8 p.m.  
Virtual      [#912601-02](#)      1 session

### Holiday Jeopardy

This...Is...Jeopardy! Test your knowledge in this fun game covering a wide range of holiday topics.

- Dec. 11      Friday      2-3 p.m.  
Virtual      [#912601-03](#)      1 session

### Energy Master’s Bingo

Join the Virginia Cooperative Extension and EcoAction Arlington for an informative Energy Efficiency bingo. Learn how to be a good steward of energy this winter.

- Dec. 10      Thursday      10-11 a.m.  
Virtual      [#912601-04](#)      1 session

## LANGUAGES

### German Conversation

Sprechen Sie Deutsch? Join this cordial group with knowledge of the language for a weekly dialogue on topics that are easy to discuss and interesting to all.

- Dec. 4      Friday      10 a.m.-12 p.m.  
Virtual      [#912650-01](#)      1 session
- Dec. 11      Friday      10 a.m.-12 p.m.  
Virtual      [#912650-02](#)      1 session
- Dec. 18      Friday      10 a.m.-12 p.m.  
Virtual      [#912650-03](#)      1 session

# SERVICES

## ONE-ON-ONE APPOINTMENTS

### Mac, iPhone, iPad

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

- |                      |   |                                    |
|----------------------|---|------------------------------------|
| • Dec. 9<br>Virtual  | Wednesday<br><a href="#">#912900-01</a> | 10:15-10:55 a.m.<br>1 session      |
| • Dec. 9<br>Virtual  | Wednesday<br><a href="#">#912900-02</a> | 11-11:40 a.m.<br>1 session         |
| • Dec. 9<br>Virtual  | Wednesday<br><a href="#">#912900-03</a> | 11:45 a.m.-12:25 p.m.<br>1 session |
| • Dec. 2<br>Virtual  | Wednesday<br><a href="#">#912900-04</a> | 10:15-10:55 a.m.<br>1 session      |
| • Dec. 2<br>Virtual  | Wednesday<br><a href="#">#912900-05</a> | 11-11:40 a.m.<br>1 session         |
| • Dec. 2<br>Virtual  | Wednesday<br><a href="#">#912900-06</a> | 11:45 a.m.-12:25 p.m.<br>1 session |
| • Dec. 16<br>Virtual | Wednesday<br><a href="#">#912900-07</a> | 10:15-10:55 a.m.<br>1 session      |
| • Dec. 16<br>Virtual | Wednesday<br><a href="#">#912900-08</a> | 11-11:40 a.m.<br>1 session         |
| • Dec. 16<br>Virtual | Wednesday<br><a href="#">#912900-09</a> | 11:45 a.m.-12:25 p.m.<br>1 session |



### The Alliance for Arlington Senior Adult Programs

#### What have we done during in the pandemic?

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

#### Smile! We're on Amazon

The Alliance for Arlington Senior Programs (AASP) is an official charity of the Amazon Smile program. This program allows Amazon users to designate a charity to receive 0.5% of the cost of eligible purchases. Please use Amazon Smile and designate AASP. Go to [friendsofthealliance.org](http://friendsofthealliance.org) and link directly to Amazon Smile. You can also donate directly to AASP to support 55+ Programs. Go to [friendsofthealliance.org](http://friendsofthealliance.org) and donate using our secure Paypal button or mail your check to : The Alliance for Arlington Senior Programs, P.O. Box 5184, Arlington, VA 22205.

# COMMUNITY PARTNERS

### Encore Learning Special Event Open to All

Author Talk - Marc Grossman and John Limbert will discuss their new spy novel, *BELIEVERS: Love and Death in Tehran* on **Monday, Dec. 7 @ 3 p.m.** <https://us02web.zoom.us/j/84268052749>  
Or dial in by phone (for audio only): 301-715-8592.  
Meeting ID: 842 6805 2749

### Encore Chorale Holiday Concert

The Langston-Brown Chorale, along with other Encore Chorales, have rehearsed virtually these past few months. More than 400 singers have polished the holiday songs of this year's repertoire! Not only did they learn the correct notes and rhythms; they also had to create their own ad hoc recording studios in their homes. The combined chorales will premiere in a grand virtual concert online and will perform "Ose Shalom", "Deck the Halls", "Rise Up" and "Sleigh Ride". Go to [www.encorecreativity.org](http://www.encorecreativity.org) for access to the concert.  
**Thursday, Dec. 17 @ 7 p.m.**



### Is ANV Right for You?

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

If you think Arlington Neighborhood Village is right for you, because you need extra help, call 703-509-8057, email [info@arlnvil.org](mailto:info@arlnvil.org), or visit [www.arlnvil.org](http://www.arlnvil.org).

# HOW TO REGISTER

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

## ONLINE ► [registration.arlingtonva.us](https://registration.arlingtonva.us)

Online registration is available 24/7 (after registration opens) through our WebTrac system.

### Connect through the digital 55+ Guide:

You can link directly to the online registration system when viewing the digital 55+ Guide. After registration has opened (see dates above), click on the [blue registration number](#) for the program that you are interested in — and a page will open in your Internet browser where you can review the class and register.

## PHONE ► 703-228-4747

Call us to register: Monday - Friday, 8 a.m.- 5 p.m.

## Don't Let Fees Be A Barrier

Arlington County residents may request a fee reduction! Apply PRIOR to registration, since discounts are not retroactive. Fee reductions are available on a sliding scale based on household income and size. For more information, visit [here](#).

## We aim to please.

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

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

### Senior Adult Council Executive Committee

**Vera Libeau** / Chair

**Sue Lang** / Vice Chair

**Sandi Steinberg** / Secretary

**Valerie Turner** / Treasurer

**Marilyn Marton** / Past Chair

## Registration Opens:

- **November 23 at 10 a.m.** (Arlington County Residents)
- **November 24 at 10 a.m.** (Out-of-County Residents)

- 1** Go online to [registration.arlingtonva.us](https://registration.arlingtonva.us)
- 2** Enter your **Login ID** and **Password**.
  - A new page will appear after you login.
  - If this is your first time or you do not know your ID/password, call 703-228-4747.
- 3** Click on "**55 Plus**", then click "**Register for Classes**."
- 4** Find the classes you are interested in — then click on the **green + sign** next to each class.
  - Your selections will appear in a green bar at the bottom of the page.
- 5** After selecting classes, click "**Add to Cart**" in the green bar at the bottom of the page. A new page will appear showing all the items in your cart.
  - For each class, select the person who you are registering.
- 6** Choose "**Continue Shopping**" or "**Checkout**."
  - Note: YOU MUST CHECKOUT in order to complete the registration process — even when you register for free classes and owe nothing.

### PLEASE NOTE

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

### INCLEMENT WEATHER

To learn about delayed openings and cancellations, call our Inclement Weather Hotline at 703-228-4715 or go online and visit [parks.arlingtonva.us](https://parks.arlingtonva.us)

Arlington County 55+ GUIDE is a publication of the Arlington County Department of Parks and Recreation Office of 55+ Programs serving adults ages 55 and over. Arlington County's Department of Parks and Recreation is one of the 145 agencies (of more than 8,000) in the U.S. to have received national accreditation from the Commission for Accreditation of Parks and Recreation Agencies (CAPRA) by meeting 151 standards.

