



**FRIENDLY REMINDERS  
FOR Social 60+Cafes:**

- 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

**Langston-Brown 55+ Center Staff  
703-228-6300**

**Elizabeth Poole – 55+ Center Director  
703-228-5321**

**Cindy Leiva - Social 60 + Café Program  
Coordinator  
703-228-5315**

**Beatriz Izcue – Kitchen Assistant**

**55+ Membership Fees:**

	55+ Pass	55+Pass	55+ Gold Pass
Arlington County resident		\$20	\$60
Arlington County household		\$30	\$90
Non-Arlington County resident		\$45	\$90
Non-Arlington County household		\$65	\$135

Note: [Long Bridge Aquatics & Fitness Center](#) senior memberships are not associated with the 55 + Program (including the 55+ Pass or 55+ Gold Pass). Learn the difference between [Long Bridge memberships and other Parks & Recreation memberships](#).

Hyperlink for Long Bridge Aquatics & Fitness Center:

<https://parks.arlingtonva.us/long-bridge-aquatics-and-fitness-center/>

Membership options “Learn the difference”

<https://parks.arlingtonva.us/parks-and-recreation-memberships/>

**LANGUAGE GROUPS**

**French Conversation (Drop-in)**

**Wednesdays 1– 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 (Drop-in)**

**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 (Virtual – Must Register) #911650**

**Fridays 10-noon**

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.



**For more information on our 55+ programs visit**

**<https://parks.arlingtonva.us/programs/adults-55/seniors-activities/>**

**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.***

**ARLINGTON  
VIRGINIA**

DEPARTMENT OF PARKS  
AND RECREATION

**NOVEMBER 2021**

**LANGSTON-BROWN 55+ CENTER**

**2121 N CULPEPER STREET**

**ARLINGTON, VA.**

**703-228-6300**

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

**ARLINGTON COUNTY 55+ 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.**

**Getting Your Home Market Ready**

Thinking you might sell your house now or down the road? Want to know how you can get the best return on the investment for your home? Nancy Murphy licensed Realtor with Weichert Realtors will give you some step-by-step tips on how to get your home ready for today’s Arlington home buyers.

**Wednesday Nov.3 at 1:00pm**

**#911404-5 [Register Here](#) (must register)**

**Morning Meetup**

Get together with friends for great conversation. Meets first and third Wednesdays.

**Wednesdays - November 3 and 17 (drop in)**

**PAINTING DEMO (Virtual)**

Painting along with Community Arts Programmer as they present a detailed step-by-step painting demonstration. Picture and supplies will be sent prior to class.

**Monday, Nov. 15 at 10:30am**

**#911301-13 [Register Here](#) (must register) Virtual**

**Drop-in Activities** are ongoing programs that participants can join anytime with a valid 55+ pass. Any program listed as a drop-in does not require pre-registration. All programs do have a capacity limit and may fill up. Participants need to sign the attendance sheet for these programs. Any program that is not notated as a drop-in program requires registration.

**Want to volunteer? We are looking for new Langston-Brown Advisory Committee Members  
Call 703-228-6300 for more information or email**

**HERBS & SPICES AND EVERYTHING NICE**

Learn about the benefits of using spices and herbs and how to use them in seasonal recipes.

**Thursday, November 18**

**#911501-1 [Register Here](#) (must register)**

**SECRETS REVEALED- FAMOUS ARTISTS' TECHNIQUES (Virtual)**

Interactive exploration of famous artists and their unique and sometimes secretive techniques. Join Jen Droblyen, Community Arts Programmer, for a virtual exciting art series She will discuss methods of artists.

**Monday, Nov. 29 at 10:30-11:30am**

**#911301-3 [Register Here](#) (must register) Virtual**

**DROP-IN ACTIVITIES**

**Volleyball-Mondays & Wednesdays, 9:00am-11:00am  
Tuesdays 3-6pm**

**Rummikub - Tuesdays, 9:30am-11:30am**

**Mah Jongg – Thursdays 9:30am-11:30am**

**Pinochle – Mondays & Fridays, 12:30- 2:30pm**

**Inclement Weather information**

**County’s inclement weather policy has changed we no longer follow school delays and closures look for more information in your 55+ Guide or at 55+ Centers.**

**Hotline 703-228-4715 or Senior Center 703-228-6300**

**<http://parks.arlingtonva.us/dpr-inclement-weather/>**

**Langston-Brown 55+ Center Advisory Committee**

**Chairperson: Linda Sholl**

**Vice Chair: Mary Cottrell**

**Secretary: Denise Massaro**

**Treasurer: Kitty Collins**