A NOTE FROM SHARLEKA:

It's great to be back! 55+ Travel has been up and running since March and we've had some very enjoyable trips to the Smithsonian American Art Museum, Planet Word Museum, Virginia Museum of Fine Arts, National Gallery and more! For trips coming up in May, see page 3 and the calendar on page 4-5.

There are also many wonderful virtual programs planned for May. You can find these highlighted on page 2 and in the calendar on pages 4-5. We will record several virtual programs each month and post them on the 55+ YouTube channel for people who were not able to attend at the scheduled time.

Be on the lookout for the new Summer 55+ Program Guide, covering June, July and August, coming out in early May. Registration for summer trips and programs will begin on Wednesday, May 25 at 10 a.m. for Arlington residents and Thursday, May 26 at 10 a.m. for out-of-county residents.

A note about parking at Gunston—there are ample spots at the community center and the school connected to the center. Questions? Call the center at 703-228-3338.

Many thanks to everyone for your cooperation with the 55+ Travel COVID-19 bus protocols (page 7), which will remain in place for now. Masks will continue to be required on the bus. The trip venue’s rules will apply there.

We're looking forward to seeing you on a trip or at a virtual program soon!
HIGHLIGHTS OF MAY 55+ VIRTUAL PROGRAMS

There are many wonderful virtual programs coming up in May, but we only have space to highlight a few! Please refer to the 55+ Program Guide and the calendar (page 4-5) for a complete listing.

Wake & Make
Wake up with Community Arts Programmer Jen Drobylen as she leads you through a creative activity.
Mon., May 2, 9-10 a.m., #913303-13

Travel Trivia
Travel the far reaches of the globe with this stimulating trivia challenge.
Thurs., May 5, 11 a.m.-12:30 p.m., #913601-04

Aging in Place: Don't Blame the House
Patrice Winter, associate professor at George Mason University, will suggest modifications to make your home more suitable for aging in place.
Thurs., May 5, 1:30-2:30 p.m., #913404-06

Women Artists in the White House Collection
White House Historian Sarah Fling will discuss women artists whose work is on display in the White House and First Ladies who created art throughout White House history.
Thurs., May 12, 1:30-2:30 p.m., #913302-06

Short Story Reading and Discussion
Take turns reading “Bernice Bobs Her Hair” by F. Scott Fitzgerald and discuss it afterward.
Mon., May 16, 1-2:30 p.m., #913300-12 (in person at Aurora Hills); #913300-13 (virtual)

Planning for Family Members with Special Needs
Estate planning to provide for their wellbeing and future needs.
Wed., May 18, 11 a.m-12 p.m., #913404-07

Food Allergies
Learn about common food allergies and receive some tasty, allergen-free recipes to mark Food Allergy Awareness Week.
Thurs., May 19, 4-5 p.m., #913501-07

Just Beneath the Surface
Examine the context, history and techniques of famous artists with Community Arts Programmer Jim Halloran.
Fri., May 20, 10-11:30 a.m., #913302-03

Black Soldiers’ WWII Experience
Explore the commitment, challenges and bravery of African American soldiers in WWII with a representative of the National Museum of the U.S. Army.
Tues., May 24, 1:30-2:30 p.m., #913400-18

55+ Travel participants enjoying the exhibits at the new Planet Word Museum
UPCOMING MAY 55+ TRIPS

Tues., May 3—Kenilworth Park and Aquatic Gardens
Washington, DC: Discover this hidden gem in the nation’s capital, the only national park devoted to cultivated water-loving plants.
MAD 8:10 a.m., BAR 8:30 a.m., return 12:10 p.m.
$8 resident/ $9 non-resident, #902205-01

Fri., May 6—Flower Mart at Washington National Cathedral
Washington, DC: This outdoor spring floral festival, a 75-year tradition, features floral displays sponsored by various embassies; sales of plants, herbs, food and gifts; live entertainment and an antique carousel. Tour and dine on your own.
MAD 11:10 a.m., GUN 11:30 a.m., return 5:45 p.m.
$11 resident/ $13 non-resident, #902205-02

Thurs., May 12—“FUTURES” at the Smithsonian Arts and Industries Building
Washington, DC: Catch a glimpse of what’s ahead through interactive exhibits of innovative ideas, trends, art and technology that will shape our tomorrow.
MAD 10:40 a.m., BAR 11:00 a.m., return 4:15 p.m.
$8 resident/ $9 non-resident, #902205-03

Sat., May 14—Black Broadway Walking Tour
Washington, DC: Take a private walking tour of the U Street Corridor, once known as “Black Broadway,” a vibrant center of African American culture, bustling nightlife and thriving Black-owned businesses in the face of Jim Crow laws. Briana A. Thomas, author of Black Broadway in Washington, DC will lead the tour.
MAD 10:10 a.m., GUN 10:30 a.m., return 1:45 p.m.
$54 resident/ $62 non-resident, #902205-04

Wed., May 18—A Day in Fredericksburg
Fredericksburg, VA: Walk, shop, dine and explore Old Town Fredericksburg. Lunch on your own.
MAD 10:40 a.m., GUN 11:00 a.m., return 4:15 p.m.
$8 resident/ $9 non-resident, #902205-05

Tues., May 24—“Whistler to Cassatt: American Painters in France” Exhibit at the Virginia Museum of Fine Arts
Richmond, VA: Tour this new exhibit, showcasing the work of late 19th and early 20th century painters who left the U.S. as expatriates and returned as some of the greatest influencers to shape American art.
MAD 7:40 a.m., GUN 8:00 a.m., return 6:00 p.m.
$37 resident/ $39 non-resident, #902205-06

THANKS TO OUR WONDERFUL VOLUNTEERS!

55+ Travel Advisory Committee:

Ginger Bevard
Sidney Bruce
Dawn Edwards
Ann Folb
Cathy Knowles
Judy Metcalf
Randolph Randall

55+ Travel Leaders:

Bobbi Curry
Pamela Daragan
June Gallagher
Mort Glassberg
Kathleen Harrison
Sandra MacPherson
Jim Mason
Mary Jane Nelson
Annmarie Pittman
Randolph Randall
Benjamin Scott

YOU ARE THE BEST!!!
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<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<tbody>
<tr>
<td><strong>Wake &amp; Make</strong></td>
<td><strong>Kenilworth Park &amp; Aquatic Gardens</strong>*&lt;br&gt;Mad 8:10 a.m., BAR 8:30 a.m.&lt;br&gt;Return 12:10 p.m., <strong>#902205-01</strong>&lt;br&gt;$8 resident/$9 non-resident</td>
<td><strong>Local History Discussion</strong>&lt;br&gt;1:30-2:45 p.m., <strong>#913402-15</strong></td>
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<td><strong>Planting With Pete</strong></td>
<td><strong>Rock Music Legends: Folk Origins</strong>*&lt;br&gt;1:30-2:45 p.m., <strong>#913400-31 (AM)</strong>&lt;br&gt;<strong>#913400-31 (Virtual)</strong></td>
<td><strong>History Roundtable</strong>&lt;br&gt;11:15 a.m.-12:30 p.m., <strong>#913402-18</strong></td>
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<td>10</td>
<td><strong>Genealogy Discussion Group</strong>&lt;br&gt;3-4 p.m., <strong>#913402-12</strong></td>
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<td><strong>Short Story Reading and Discussion++</strong>&lt;br&gt;1-2:30 p.m., <strong>#913300-12 (AH)</strong>&lt;br&gt;<strong>#913300-13 (Virtual)</strong></td>
<td>16</td>
<td><strong>Study of Words</strong>&lt;br&gt;10:30-11:45 a.m., <strong>#913402-26 (LR)</strong>&lt;br&gt;<strong>#913402-27 (Virtual)</strong></td>
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<td><strong>A Day in Fredericksburg</strong>*&lt;br&gt;Mad 10:40 a.m., GUN 11 a.m.&lt;br&gt;Return 4:15 p.m., <strong>#902205-05</strong>&lt;br&gt;$8 resident/$9 non-resident&lt;br&gt;Planning for Family Members with Special Needs&lt;br&gt;11 a.m.-12 p.m., <strong>#913404-07</strong></td>
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<td><strong>“Whistler to Cassatt: American Painters in France” Exhibit at the Virginia Museum of Fine Arts</strong>*&lt;br&gt;MAD 7:40 a.m., GUN 8 a.m.&lt;br&gt;Return 6 p.m., <strong>#902205-06</strong>&lt;br&gt;$37 resident/$39 non-resident&lt;br&gt;Black Soldiers’ WWII Experience&lt;br&gt;1:30-2:30 p.m., <strong>#913400-18</strong></td>
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<td>THURSDAY</td>
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<td><strong>Aging in Place: Don’t Blame the House</strong></td>
<td><strong>Flower Mart at Washington National Cathedral</strong></td>
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<td>1:30-2:30 p.m., <a href="#913404-06">#913404-06</a></td>
<td>MAD 11:10 a.m., GUN 11:30 a.m.</td>
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<td>Return 5:45 p.m., <a href="#902205-02">#902205-02</a> $11 resident/$13 non-resident</td>
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<td><strong>“FUTURES” at Smithsonian Arts and Industries Building</strong></td>
<td><strong>Migratory Bird Hike</strong></td>
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<td>MAD 10:40 a.m., BAR 11 a.m.</td>
<td>8-9:30 a.m., <a href="#913106-19">#913106-19</a></td>
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<td>Return 4:15 p.m., <a href="#902205-03">#902205-03</a> $8 resident/$9 non-resident</td>
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<td><strong>Women Artists in the White House</strong></td>
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<td>1:30-2:30 p.m., <a href="#913302-06">#913302-06</a></td>
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<td><strong>Movie Discussions</strong></td>
<td><strong>Pond Life</strong></td>
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<td>3-4 p.m., <a href="#913402-05">#913402-05</a></td>
<td>1-2 p.m., <a href="#913106-18">#913106-18</a></td>
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<td><strong>Paint &amp; Sip</strong></td>
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<td>10-11:30 a.m., <a href="#913303-08">#913303-08</a></td>
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<td><strong>Food Allergies</strong></td>
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<td>4-5 p.m., <a href="#913501-07">#913501-07</a></td>
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<td><strong>Library of Virginia’s Genealogy Series (Chancery Records)</strong></td>
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<td>3-4 p.m., <a href="#913400-25">#913400-25</a></td>
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**ACTIVITY CALENDAR**

**MAY 2022**

**Summer Registration Dates:**
May 25, 10am—Residents
May 26, 10am—Non-Residents

**Key:**
* = fee required
+Hybrid; also at Lubber Run
++Hybrid; also at Aurora Hills
+++Hybrid; also at Arlington Mill

**Weekend Programming:**
Sat., May 14—Black Broadway Walking Tour*
MAD 10:10 a.m., GUN 10:30 a.m.
Return 1:45 p.m., [#902205-04](#902205-04) $54 resident/$62 non-resident

**About Hybrid Programs:**
Unless otherwise noted, the presenter will be appearing onscreen via Zoom at the center or you can watch the live broadcast at home. Register according to your preference.
NEW!! NATURE/HISTORY PROGRAM SERIES
In March, we launched a new program series of nature walks with park naturalists to explore the natural beauty of our area’s parks, streams and wildlife and their connection with history. These have been a great success! There are two more exciting nature walks coming up in May that you won’t want to miss:

Pond Life—Explore the organisms that reside in ponds and the interdependence of species within this aquatic ecosystem with park naturalist Jaron Winters at the Long Branch Nature Center. Thurs., May 12, 1-2 p.m., #913106-18

Migratory Bird Hike—Celebrate International Migratory Bird Day (May 14) early with a hike at Fort C.F. Smith Park, one of Arlington’s best locations for seeing spring migrants as well as year-round residents. Loaner binoculars available. Fri., May 13, 8-9:30 a.m., #913106-19

REFUND POLICY FOR TRIPS:
• No refunds are granted for any trips that require meal reservations, tickets or chartered transportation, unless staff is able to sell your reserved space.
• No refunds within 48 hours of trip departure time.
• Call Administrative Services at 703-228-4747 for refund requests.

LOOKING AHEAD: JUNE HIGHLIGHTS

Mormon Temple and Westfield Wheaton Shopping Center
Take advantage of this once-in-a-lifetime opportunity to view the inner sanctum of the Mormon Temple, open to the public for the first time in 50 years. Self-guided tour followed by lunch and shopping on your own at Westfield Wheaton Shopping Center.

Two Dates:
Wed., June 1—BAR 9:00 a.m., MAD 9:30 a.m., return 4:10 p.m., #902206-01
Fri., June 3—WR 9:00 a.m., MAD 9:30 a.m., return 4:10 p.m. #902206-02

Secret Garden Tour
Enjoy a lovely, self-guided walking tour of private gardens in a beautiful historic area of Annapolis with homes built in various periods and architectural styles. Tour and lunch on your own.
Sun., June 5, WR 10:25 a.m., MAD 10:55 a.m., return 6:30 p.m., #902206-03
The 55+ Travel Program is committed to providing safe charter bus rides, even in these unprecedented times. Several guidelines have been put into place to ensure participants are as safe as possible aboard charter buses:

1. Before each trip, buses will be cleaned and disinfected using commercial grade products and all seats and high-touch surfaces will be wiped down thoroughly throughout each trip by the charter company.

2. Before leaving home, please ensure that you show no signs of symptoms or fever (a fever of 100.4 or higher, difficulty breathing, cough, sore throat, stuffy nose, runny nose, feeling nauseated or vomited recently, muscle aches or chills, exceptionally tired or fatigued) and have not been in contact with or cared for someone with COVID-19 in the last 14 days.

3. There will be limited capacity on each trip to allow space for social distancing. If possible, a second bus will be used to accommodate overflow passengers.

4. Participants will be required to wear masks over their nose and mouth when boarding, riding, and exiting the bus (this is for the safety of both operators and 55+ travelers).

5. Participants will maintain social distancing while entering and exiting the bus.

6. Participants will board the bus and proceed towards the back of the bus. Participants will unload the bus beginning with the seats closest to the front and proceed to the back one seat at a time.

7. Due to limited capacity, we ask for family members to be seated next to each other. You are welcome to sit with a friend.

8. Participants are expected to keep the same seat throughout the trip.

**IMPORTANT TRAVEL INFORMATION:**

- You must have a valid 55+ Pass, except for first-time guests.
- Bus leaves promptly at the specified time from each pick-up site. Arrive at least 15 minutes prior to bus departure. Upon arrival, check in with volunteer travel leader.
- Please note: The first bus departure will be the last drop-off on the return. Return times are estimated.
- Meals: When a meal choice is advertised, indicate your choice when you register. A dollar sign means the lunch is on your own and a plate symbol means the meal is included in the stated price.
- Parking: At Barcroft, parking is in the garage and pick-up is in the front of the center. At Madison, and Gunston, parking is in regular lots and pick-ups are in the front of the center.
HOW TO REGISTER

ONLINE ▶ 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 on calendar), 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.

55+ CENTERS

| AM  | Arlington Mill  | 909 S. Dinwiddie St., 22204 | 703-228-7569 |
| AH  | Aurora Hills    | 725 S. 16th Street, 22202   | 703-228-5722 |
| LB  | Langston-Brown  | 2121 N. Culpeper St., 22207 | 703-228-6300 |
| LUBR| Lubber Run      | 300 N Park Dr., 22203        | 703-228-4767 |
| WR  | Walter Reed     | 2909 S. 16th St., 22204      | 703-228-0955 |

ACTIVITY / PICK-UP SITES

| BAR | Barcroft       | 4200 S. Four Mile Run Dr., 22204 | 703-228-0701 |
| FAIR| Fairlington    | 3308 S. Stafford St., 22206      | 703-228-6588 |
| GUN | Gunston        | 2700 S. Lang St., 22206          | 703-228-6980 |
| LONB| Long Bridge Aquatics & Fitness Center | 333 Long Bridge Dr, 22202 | 703-228-5338 |
| MAD | Madison        | 3829 N. Stafford St., 22207      | 703-228-5310 |
| TJ  | Thomas Jefferson | 3501 S. Second St., 22204     | 703-228-5920 |

1. Go online to 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.