TRAVEL AND VIRTUAL PROGRAMS NOTES:

SHARLEKA’S BACK!!! We are thrilled to welcome Sharleka back to the 55+ Travel Program! Sharleka has completed her temporary stint as Acting Special Events Coordinator in DPR’s Public Relations Unit and once again is serving as the 55+ Travel Supervisor. We couldn’t be more delighted!

55+ TRAVEL OPEN HOUSE – THURS., SEPT. 7, 11:15 A.M.-12:30 P.M.: You’re invited to meet and mingle with your fellow travellers and enjoy some light refreshments while getting the latest information about the 55+ Travel Program.

PLUS: Sharleka will be attending the Open House, so you’ll have an opportunity to celebrate her return and let her know how much she is appreciated.

OPENINGS ON UPCOMING TRIPS: There are still a few openings on the following September trips:

- Ladew Topiary Gardens – Thurs., Sept. 7
- 2023 Mushroom Festival – Sat., Sept. 9
- Apollo: When We Went to the Moon Exhibit at the Virginia Museum of Fine Arts in Richmond – Tues., Sept. 12
- Bridges of Madison County at Riverside Center for the Performing Arts – Wed., Sept. 27

ADDITIONAL KENNEDY CENTER CONCERTS: Two new NSO Coffee Concerts have been added to the fall schedule:

- Celebrating the Eternal City: Noseda conducts Respighi’s Roman Trilogy – Fri., Oct. 6
- Brahms’ Fourth Symphony & Tania León’s Pasajes Camille Thomas plays Elgar’s Cello Concerto – Fri., Nov. 3

Registration for these concerts will begin on Wed., Sept. 6 at 10 a.m.
SEPTEMBER 55+ VIRTUAL PROGRAMS
HIGHLIGHTS

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

55+ Travel Open House
Meet and mingle with your fellow travelers and enjoy some light refreshments while getting the latest information about the 55+ Travel Program.
**Thurs., Sept. 7, 11:15 a.m.-12:30 p.m., #911899-01 (Lubber Run), #911899-02 (Virtual)**

White House State Dinners
White House Historian Sarah Fling will explore the history of state dinners and preparation for these important events.
**Thurs., Sept. 7, 1:30-2:30 p.m., #911400-18**

Stroke Smart
Paramedic Margaret Probst will help you identify the signs of stroke, become confident in the immediate need to call 911 when you suspect a stroke and be inspired to share this life saving information with others.
**Tues., Sept. 12, 11 a.m.-12 p.m., #911500-03**

What is Estate Planning?
Ed Zetlin, elder law attorney, will discuss the main parts of estate planning and highlight the important documents that are associated with the estate process.
**Wed., Sept. 13, 11 a.m.-12 p.m., #911404-02**

Rock Music Legends: Songs of 1963-73
55+ volunteers and musicians Carl Gold and Rob Sprouse will discuss and perform your favorite songs from this era of groundbreaking groups and musical styles.
**Tues., Sept. 19, 1:30-2:45 p.m., #911400-31 (Arlington Mill)**
**Tues., Sept. 19, 1:30-2:45 p.m., #911400-32 (Virtual)**

Around the World to... Costa Rica
Mariana Rosales Aymerich, minister counselor of the Embassy of Costa Rica, will discuss the many reasons why Costa Rica is so unique, including stunning natural beauty, immense biodiversity, and strong support of environmental conservation.
**Thurs., Sept. 21, 11:30 a.m.-12:30 p.m., #911400-15**

PowerPoint and Google Slides
Learn the basics of how to build a presentation using both platforms, including how to duplicate slides, insert pictures and more.
**Fri., Sept. 22, 11 a.m.-12 p.m., #911403-03**

Desegregating Virginia’s Libraries
Authors Chris Barbuschak and Suzanne LaPierre will discuss barriers imposed on Black residents and efforts to achieve more equitable access to library services in Northern Virginia.
**Thurs., Sept. 28, 11:30 a.m.-12:30 p.m., #911400-25**

Discussion Groups:

**Study of Words**
Wed, Sept. 13, 10:30-11:45 a.m., #911402-23 (Lubber Run)
**History Roundtable**
Wed, Sept. 13, 11:15 a.m.-12:30 p.m., #911402-07

**Short Story Reading and Discussion**
Mon., Sept. 18, 1-2:30 p.m., #911402-17 (Aurora Hills)
Mon., Sept. 18, 1-2:30 p.m., #911402-18 (Virtual)
UPCOMING SEPTEMBER 55+ TRIPS

Thurs., Sept. 7 – Ladew Topiary Gardens
Monkton, MD: Start with a pleasant stroll on your own through this world-renowned living masterpiece featuring 15 themed “garden rooms” on 22 acres. Then we’ll enjoy a guided tour of the historic manor house. Lunch at the Ladew Café is included: please indicate your meal choice when registering.
WR 8:15 a.m., MAD 8:45 a.m., return 6 p.m., #902309-01
$56 Arlington County/ $65 Out-of-County

Sat., Sept. 9 – 2023 Mushroom Festival
Kennett Square, PA: Sample a variety of mushroom-centric foods, learn about the process of mushroom growing, visit craft vendors, shop at the delightful Kennett Square boutiques and enjoy a variety of restaurant options in town. There will be a $5 entrance fee: only cash is accepted.
WR 7:15 a.m., MAD 7:45 a.m., return 7 p.m., #902309-02
$25 Arlington County/ $29 Out-of-County

Tues., Sept. 12 – Apollo: When We Went to the Moon Exhibit at the Virginia Museum of History and Culture
Richmond, VA: We’ll have a guided tour of this special exhibit chronicling the social and political forces of the Space Race—the intense competition between the U.S. and Soviet Union to be the first to reach the moon—which later gave way to the collaborative culture of the International Space Station program and beyond. Lunch on your own.
MAD 7:15 a.m., BAR 7:45 a.m., return 7:00 p.m., #902309-03
$28 Arlington County/ $32 Out-of-County

Wed., Sept. 13 – A Day at Rehoboth Beach
Rehoboth Beach, DE: Walk along the boardwalk, shop and dine on the Avenue, or just enjoy the sun, sand and surf at Rehoboth Beach. Stop on the way back at Adams Fruit Market to buy delicious, farm fresh produce.
MAD 7 a.m., BAR 7:30 a.m., return 8 p.m., #902309-04
$15 Arlington County/ $18 Out-of-County

Wed., Sept. 20 – President Lincoln’s Cottage
Washington, DC: To escape the heat and humidity, President Abraham Lincoln spent his three summers in office at a 34-room hilltop “cottage” in Northwest DC. We’ll take a docent-led tour of the historic house museum and have free time for the visitor education center and gift shop. Lunch on your own at Busboys and Poets.
MAD 8:30 a.m., WR 9 a.m., return 3 p.m., #902309-05
$23 Arlington County/ $27 Out-of-County

Sat., Sept. 23 – Lovettsville Oktoberfest
Lovettsville, VA: The festival is a wonderful combination of Germany and country Virginia, and features authentic German dance and musical performances, costumes, food, crafts and more.
WR 9:15 a.m., MAD 9:45 a.m., return 6 p.m., #902309-06
$11 Arlington County/ $13 Out-of-County

Wed., Sept. 27 – Bridges of Madison County at Riverside Center for the Performing Arts
Fredericksburg, VA: Based on the best-selling novel and major motion picture starring Meryl Streep and Clint Eastwood, this sweeping romance will leave you breathless. A three-course, waiter-served lunch is included.
MAD 9:30 a.m., BAR 10 a.m., return 6:15 p.m., #902309-07
$87 Arlington County/ $100 Out-of-County

Fri., Sept. 29 – Virginia State Fair
Doswell, VA: A fun, carnival atmosphere awaits you, with amusement park rides, jugglers, magic shows, livestock races, blue-ribbon events, a rodeo, and fried foods and sweets. This is a very large event and involves extensive walking: please wear comfortable shoes.
MAD 9 a.m., BAR 9:30 a.m., return 6 p.m., #902309-08
$25 Arlington County/ $29 Out-of-County

THANKS TO OUR WONDERFUL VOLUNTEERS!

55+ Travel Advisory Committee:
Mary Bacchus
Ginger Bevard
Sidney Bruce
Dawn Edwards
Linda Harper
Cathy Knowles
Jim Mason
Judy Metcalf

55+ Travel Leaders:

Bobbi Curry
Pamela Daragan
June Gallagher
Mort Glassberg
Linda Harper
Kathleen Harrison
Carole Lieber
Sandra MacPherson
Jim Mason
Mary Jane Nelson
Annmarie Pittman
Randolph Randall
Benjamin Scott
Sharon Sellers
David Young

YOU ARE THE BEST!!!!

Volunteer to be a 55+ Travel Leader! Register online at: https://www.arlingtonva.us/Government/Departments/Parks-Recreation/About/Volunteer
SUBSCRIBE TO THE 55+ ENEWS!
Keep up to date on 55+ programs and trips by subscribing to the 55+ eNews. The 55+ eNewsletter is emailed to subscribers once a month with highlights of upcoming programs and helpful information. Also, the 55+ Guide is emailed to subscribers in an eNewsletter. Sign up by entering your email address on the 55+ Website (look for the 55+ eNews subscribe box on the lower right).

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>12</td>
<td>13</td>
</tr>
</tbody>
</table>
| Trip: Apollo: When We Went to the Moon Exhibit at the Virginia Museum of History and Culture**
MAD 7:15 a.m., BAR 7:45 a.m.
Return 7 p.m. |
| Stroke Smart*
11 a.m.-12 p.m. Virtual |
| It Takes a Village – In Arlington**
11:30 a.m.-12:30 p.m. Virtual |
| Trip: A Day at Rehoboth Beach**
MAD 7 a.m., BAR 7:30 a.m.
Return 8 p.m. |
| Study of Words*+
10:30-11:45 a.m. Virtual |
| What is Estate Planning?*
11 a.m.-12 p.m. Virtual |
| History Roundtable*
11:15 a.m.-12:30 p.m. Virtual |
| 18     | 19      | 20        |
| Short Story Reading and Discussion***
1-2:30 p.m. Virtual |
| Rock Music Legends: Songs of 1963-73****
1:30-2:45 p.m. Virtual |
| Trip: President Lincoln’s Cottage**
MAD 8:30 a.m., WR 9 a.m.
Return 3 p.m. |
| 25     | 26      | 27        |
| Trip: Bridges of Madison County at Riverside Center for the Performing Arts**
MAD 9:30 a.m., BAR 10 a.m.
Return 6:15 p.m. |

4
**Weather Watch:**
- Trips with an umbrella symbol in the 55+ Guide are rain or shine.
- Otherwise, if your trip is cancelled due to inclement weather, you will receive a phone call and/or an email to let you know.
- You can also call the Inclement Weather Hotline at 703-228-4715 or go online to arlingtonva.us/inclement-weather.

<table>
<thead>
<tr>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>German Conversation*</td>
</tr>
<tr>
<td></td>
<td>10 a.m.-12 p.m. Virtual</td>
</tr>
<tr>
<td>Trip: Ladew Topiary Gardens*^</td>
<td></td>
</tr>
<tr>
<td>WR 8:15 a.m., MAD 8:45 a.m. Return 6 p.m.</td>
<td></td>
</tr>
<tr>
<td>Trivia*</td>
<td></td>
</tr>
<tr>
<td>11 a.m.-12:30 p.m. Virtual [VCAA]</td>
<td></td>
</tr>
<tr>
<td>55+ Travel Open House**+</td>
<td></td>
</tr>
<tr>
<td>11:15 a.m.-12:30 p.m. Virtual</td>
<td></td>
</tr>
<tr>
<td>White House State Dinners*</td>
<td></td>
</tr>
<tr>
<td>1:30-2:30 p.m. Virtual [VCAA]</td>
<td></td>
</tr>
<tr>
<td>Flowers in Acrylic with Jim</td>
<td></td>
</tr>
<tr>
<td>11:30 a.m.-12:30 p.m. Virtual [VCAA]</td>
<td></td>
</tr>
<tr>
<td>Oh, My Aging Eyes!</td>
<td></td>
</tr>
<tr>
<td>1:30-2:30 p.m. Virtual [VCAA]</td>
<td></td>
</tr>
<tr>
<td>Around the World to... Costa Rica*</td>
<td></td>
</tr>
<tr>
<td>11:30 a.m.-12:30 p.m. Virtual [VCAA]</td>
<td></td>
</tr>
<tr>
<td>The Beauty and Backbone of Ukraine</td>
<td></td>
</tr>
<tr>
<td>1:30-2:30 p.m. Virtual [VCAA]</td>
<td></td>
</tr>
<tr>
<td>Desegregating Virginia’s Libraries*</td>
<td></td>
</tr>
<tr>
<td>11:30 a.m.-12:30 p.m. Virtual [VCAA]</td>
<td></td>
</tr>
<tr>
<td>Why Don’t My Hearing Aids Work for Me?</td>
<td></td>
</tr>
<tr>
<td>1:30-2:30 p.m. Virtual [VCAA]</td>
<td></td>
</tr>
</tbody>
</table>

**TRAVEL & VIRTUAL PROGRAM CALENDAR SEPTEMBER 2023**

<table>
<thead>
<tr>
<th>7</th>
<th>8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trip: Ladew Topiary Gardens*^</td>
<td>German Conversation*</td>
</tr>
<tr>
<td>WR 8:15 a.m., MAD 8:45 a.m. Return 6 p.m.</td>
<td>10 a.m.-12 p.m. Virtual</td>
</tr>
<tr>
<td>Trivia*</td>
<td></td>
</tr>
<tr>
<td>11 a.m.-12:30 p.m. Virtual [VCAA]</td>
<td></td>
</tr>
<tr>
<td>55+ Travel Open House**+</td>
<td></td>
</tr>
<tr>
<td>11:15 a.m.-12:30 p.m. Virtual</td>
<td></td>
</tr>
<tr>
<td>White House State Dinners*</td>
<td></td>
</tr>
<tr>
<td>1:30-2:30 p.m. Virtual [VCAA]</td>
<td></td>
</tr>
</tbody>
</table>

**Weekend Programming:**
- **Sat., Sept. 9:** Trip to the 2023 Mushroom Festival*^ WR 7:15 a.m., MAD 7:45 a.m. Return 7 p.m.
- **Sat., Sept. 23:** Trip to the Lovettsville Oktoberfest*^ WR 9:15 a.m., MAD 9:45 a.m. Return 6 p.m.
LOOKING FOR A LINK?

If you registered for a virtual program but haven’t received a Zoom meeting link, here’s what you can do:

- If the program is a discussion group or other program that meets regularly and you know who the programming staff member is, contact the staff member to request the link.
- If you don’t know who the programming staff member is, contact Sheila Budoff at sbudoff@arlingtonva.us to request the link.

PLEASE NOTE: Zoom links typically are emailed about two days before the program. This is because registration for virtual programs closes 48 hours in advance. For last-minute registration, call the Registration Office at 703-228-4747 and ask them to notify the programming staff member so they can send you the link.

NEED TO CANCEL A TRIP? Please call the 55+ Travel Office at 703-228-4748.

PICK-UP LOCATION: Check the bottom of your registration receipt (under “Special Questions”) to confirm your bus pick-up location. “Class Location” at the top is not necessarily where you will be picked up.

Parking and Pick-up:
- At Gunston: Parking and pick-up are in the lower parking lot, down the hill from the entrance to the school (the first building on your right when you enter from Lang Street), and just north of the tennis courts and soccer fields.
- At TJ: Parking and pick-up are in the parking lot to the right of the tennis courts, not in front of the community center.

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.

FIND VIRTUAL PROGRAMS ON ARLINGTON’S 55+ YOUTUBE CHANNEL

If you missed a virtual program, you may be able to view it on Arlington County’s 55+ YouTube channel: https://www.youtube.com/channel/UC8iQ7UX39Jc1KJZ3TEMb3cg. Each month we record several selected programs and post them on the YouTube channel. Subscribe to the channel and watch past sessions of the 55+ Live! Talk Show, exercise videos, history and other educational programs.

Newly added:
- Civil Rights Activist Barbara Johns
- Just Beneath the Surface
- Love, Sex and Marriage in the Civil War
- Senior Discounts
Travel things to know

The 55+ Travel Program is committed to providing safe charter bus rides for our travelers, even in these unprecedented times. To ensure participants' safety as much as possible aboard charter buses, several Covid-19 guidelines were put into place in March 2022 when 55+ Travel resumed. As Covid-19 indicators improved, those guidelines were modified accordingly, keeping in mind that older adults are more vulnerable to serious illness from Covid.

On May 11, the federal Covid-19 public health emergency declaration officially ended for the U.S. And on May 5, the World Health Organization declared an end to the Covid-19 public health emergency globally. In light of these announcements, Arlington County 55+ Travel is updating its policy regarding face coverings on 55+ Trips. Effective immediately, face coverings will be strongly recommended, but not required, on the bus. As before, if the trip venue (museum, theater, etc.) requires masks to be worn, travelers must comply with that requirement. Although the public emergency declaration has concluded, people are still contracting Covid-19 with the potential of serious consequences for adults 55 and over. You are therefore encouraged to be courteous to your fellow travelers and wear a mask covering your nose and mouth when boarding, riding and exiting the bus.

The following requirements continue to remain in effect:

1. If you are sick with or have tested positive for Covid-19, please stay home for at least ten (10) days, isolate from others and do not travel.

   If this means you will have to miss a 55+ trip you registered for, you may obtain a credit for the trip fee. Please email a photo of your positive Covid test or a note from your doctor to Sheila Budoff at sbudoff@arlingtonva.us to request a credit.

2. If you were exposed to or cared for someone with Covid-19 within the past ten (10) days, please get tested and do not travel unless you are able to wear a face mask for the duration of the trip, not just the bus ride.

Thank you in advance for your cooperation.

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, parking is in the regular lots and pick-up is in front of the center. At Gunston, parking and pick-up are in the lower parking lot down the hill from the entrance to the school and just north of the tennis courts and soccer fields. At TJ, parking and pick-up are in the parking lot to the right of the tennis courts, NOT in front of the community 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. Dinwiddle St., 22204
   703-229-7369

AH  Aurora Hills
   735 S. 18th Street, 22202
   703-229-5722

LB  Langston-Brown
   2121 N. Culpeper St., 22207
   703-229-6300

LUBR Lubber Run
   300 N. Park Dr., 22203
   703-229-4767

WR  Walter Reed
   2909 S. 16th St., 22204
   703-229-0955

ACTIVITY / PICK-UP SITES

BAR  Barcroft
   4200 S. Four Mile Run Dr., 22204
   703-229-0701

FAIR  Fairlington
   3308 S. Stafford St., 22206
   703-229-6588

GUN  Gunston
   2700 S. Lang St., 22206
   703-229-6980

LONB  Long Bridge Aquatics & Fitness Center
   333 Long Bridge Dr., 22202
   703-229-3338

MAD  Madison
   3829 N. Stafford St., 22207
   703-229-5310

TJ  Thomas Jefferson
   3501 S. Second St., 22204
   703-229-5920