

Senior Living

APRIL 2014

Sara Melendez enjoys a moment in boot camp class, which takes place at the Walter Reed Senior Center, in Arlington.

PHOTO BY VERONICA BRUNO/THE CONNECTION

The
Arlington
Connection

Senior Calendar

WEDNESDAY/APRIL 2

Combat Financial Fraud. 9:30 a.m. at Ernst Cultural Center, NOVA Community College, Annandale Campus, 8333 Little River Turnpike, Annandale. The Lifetime Learning Institute of Northern Virginia Speaker's Forum presents Nora Dowd Eisenhower who will discuss the complicated financial decisions about retirement, home equity, long-term care, and financial care taking responsibilities for seniors. Free. Garage parking is \$2 per hour. Call 703-503-0600.

FRIDAY/APRIL 4

Online Order Deadline. Native

plants can be pre-ordered and picked up on April 26, 1-5 p.m., at Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Visit www.arlingtonva.us/departments/parksrecreation/documents/file91228.pdf for more.

SATURDAY/APRIL 5

Navigating the Complexities of Lyme Disease. 9 a.m. - 12 p.m. Vienna Presbyterian Church, 124 Park St, Vienna. Topics include: diagnosis & treatment, emotional and spiritual effects, and navigating the medical maze. Cost \$15 preregistration/\$20 at door. To register, visit <http://bit.ly/lymecomplexities>.

TUESDAY/APRIL 8

Luncheon and Tour. 11 a.m.-2 p.m. at Westminster at Lake Ridge, 12191 Clipper Drive, Lake Ridge, Va. Explore retirement living at Westminster at Lake Ridge, a continuing care retirement community near Occoquan Village. Complimentary lunch and tour. RSVP to Michelle 703-496-3440, or visit wlrva.org for more.

Retirement Planning. 7 p.m., located in the large meeting room at the Beatley Central Library, 5005 Duke Street, Alexandria. Bryan Riley, a financial advisor for Ameriprise, presents, "Plan for Retirement: Challenge Your Concerns and Take Control." Call, 703-746-1751.

SUNDAY/APRIL 13

Book Look: Child of the Civil Rights Movement. 2 p.m. Artspace Herndon, 750 Center Street, Herndon. Poignant, moving, and hopeful, *Child of the Civil Rights Movement* is an intimate look at the birth of the Civil Rights Movement. Each Book Look event features a reading and craft project related to the book. Books will be available for purchase and signing by the author. The readings are free and open to the public, but seating is limited so reservations are recommended. Visit www.artspaceherndon.org for more information and to register.

WEDNESDAY/APRIL 16

125th Birthday Celebration for Charlie Chaplin. 7:30 p.m. The Alden, 1234 Ingleside Avenue, McLean. The Alden in McLean will celebrate Charlie Chaplin's 125th birthday with an evening of silent films with live musical accompaniment. For more information or to purchase tickets online, visit: www.aldentheatre.org or call 703-790-0123.

THURSDAY/APRIL 17

Vietnam Veterans of America Chapter Meeting. Neighbor's Restaurant, 262D Cedar Lane, Cedar Lane Shopping Center, Vienna.

SEE CALENDAR, PAGE 5

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Senior Living

Seniors Rush to Yoga

Yoga teachers, research point to health benefits for seniors.

BY MARILYN CAMPBELL
THE CONNECTION

Shortly after 10 a.m. on any given Tuesday or Thursday morning, 84-year-old Lola Wulchin can be found slowly stretching into a downward facing dog pose or lunging into a warrior one posture. The Vienna resident has been a yoga devotee at East Meets West Yoga Center in Vienna for slightly more than two years. In fact, she credits twice-weekly, gentle yoga practice with boosting her health and improving her quality of life.

"I had been bothered by a lot of neck pain from arthritis," said Wulchin. "I had seen a pain management doctor who gave me shots, I had physical therapy, but I still had neck pain and very little range of motion."

A turning point came after she was struck by a passing comment from one of her doctors. "My neurologist mentioned that his wife had been doing yoga for back pain and it had helped. So I decided to try it."

Wulchin embarked on a twice-weekly ritual that she describes as life changing. "My gentle yoga classes have been a Godsend," she said. "I have less pain now. I still



PHOTO COURTESY OF EAST MEETS WEST YOGA CENTER

Linda Liberatucci, 67, Colette Ashley, 70+, Ann Mandelbaum, 68, Lola Wulchin, 84 and Frankie Gibson, 74, do a downward facing dog pose during gentle yoga class at East Meets West Yoga Center in Vienna.

have some stiffness, but I have a better range of motion."

She isn't the only senior to reap the benefits of yoga. Researchers at the American

Congress of Rehabilitation Medicine and the American Academy of Physical Medicine and Rehabilitation conducted an eight-week study of 23 adults aged 62 to 83 years old.

They designed a yoga program for that age group with the goals of improving lower-body strength and flexibility. Participants SEE YOGA, PAGE 6

More Seniors Plan To Age in Place

BY MARILYN CAMPBELL
THE CONNECTION

The AARP reports that nearly 80 percent of adults age 65 and older want to remain in their current homes as long as possible. That population is growing. According to the Department of Health and Human Services' Administra-

Many local techniques and programs can help seniors stay in their homes longer.

tion on Aging, the population 65 years or older numbered 39.6 million in 2009. By 2030, that number will grow to about 72.1 million.

While people are living longer and healthier lives, there are still barriers to aging in place, including medication management, self-care, socialization and transportation. But there are innovative strategies and initiatives to help combat these roadblocks.

"We're showing people how to modify their home so that it is accessible," said said Robert C. Eiffert, the Long Term Care Program manager for the Fairfax County Health Department. Fairfax and other local counties are conducting workshops on how to make a home safe for a senior who wants to live alone. "We're talking about things like adding a ramp to your front door, changing your door knobs and cabinet handles for people who have arthritis in their hands."

"There are wonderful emerging technologies that allow adult children to monitor their parents who live alone," he said. "It is not intrusive. There are not cameras involved, but there are motion sensors. For example, if there is no movement in the morning, an adult child might think, 'Hmmm, I need to check.'"

Andrew J. Carle, director of the Senior Housing Administration at George Mason

University, recommends First Street for Boomers and Beyond (www.firststreetonline.com) which offers products for seniors and their caregivers. "Products like a nice walk in bathtub for seniors or an alarm that reminds you when to take your medicine are things you can do to change your home and make it safe."

A LACK OF SOCIAL interaction and mental stimulation can contribute to depression and mental deterioration, Carle said. Or-

SEE HOW TO AGE, PAGE 4



PHOTO COURTESY OF THE OSHER LIFELONG LEARNING INSTITUTE

Members of the Osher Lifelong Learning Institute (OLLI) at George Mason University take an educational field trip. Opportunities for socializing and learning are important as one ages.

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Senior Living

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Aging in Place Gracefully

FROM PAGE 3

ganizations like the Osher Lifelong Learning Institute (OLLI) at George Mason University, offer opportunities for intellectual stimulation and cultural experiences for retirees in Northern Virginia.

"OLLI, as we call it, is for people who don't want to sit around and watch television all day," said Carle. "Professors volunteer their time to give lectures on art, history, science and other topics. Listening to professors speak about stimulating topics helps keep their brains sharp."

Jennifer Disano, OLLI's executive director, says the group has 1,200 members, and is funded by an endowment from the Bernard Osher Foundation. The group's main campus is in Fairfax, but other campuses are in Reston and Sterling. It serves the needs of those who might not feel comfortable in traditional college classrooms and don't want the pressure of writing papers and taking tests, but are still interested in learning.

"We have people here who were economists and worked with finance, but in their retired life they want to explore areas ... like art classes or history classes," she said.

One of those members is 76-year-old John Woods. He has attended three to four OLLI events a week for 10 years. "We have a wide variety of professionals and a wide variety of groups that meet," he said. "We have a group that meets to talk about financial investments. Another group meets every Monday morning at 9 a.m. and looks at the past week's headlines from the Washington Post, New York Times and Wall Street Journal. They have insights that are important. The stimulating thing is sharing ideas among ourselves."

VILLAGES ARE community-based organizations designed to help members help each other remain independent and in the communities of their choice. "Back in 2000, villages started with a group in Boston, and in 2007 there was a big boom," said Barbara Sullivan, executive director of Mount Vernon at Home in Mount Vernon. "It is community-based. Every village is different, but they're there for people who want to age in place."

Eiffert, of George Mason, says village members define the type and scope of services. "A good starting point when creating a village is to survey the com-

munity members to determine their needs," he said. "We provide technical assistance to community groups that are interested in putting together a village and encouragement on what models work best for their community. Fairfax County is working with Montgomery County to rewrite the manual on how to start a village."

There are a few different models, including the "Concierge Village," which is a non-profit model that coordinates access to an array of services through vetted providers, including transportation, home repairs, care coordination and computer technicians. Most also include social and educational activities. Members arrange for services by calling a central phone number, and pay annual dues that can range from \$500 to \$800 for an individual and \$700 to \$1,200 for a couple.

The "All Volunteer" model organizes community volunteers to provide services and support to others. There are no paid staff. In some cases, hours donated by volunteers are "banked" and can be used in the future if the volunteer needs services or assistance. The "Neighborhood Network" is also informal. Groups meet on a regular basis to hear speakers on topics of interest selected by members.

ANOTHER BIG GAP is medication management, Eiffert said. "If someone can't manage their own medication and can't afford to pay someone to come in to do it for them, that is a service gap that forces people into assisted living facilities."

Carle agrees that the decision to age in place is complicated. "The first knee-jerk reaction is that when asked, seniors want to stay in their own homes," he said, adding that those surveys can be misleading: "The surveys are not always credible if you're surveying people who are 50-plus. I'm 54 and of course I want to stay in my house, but ask me again in 20 years. I think they should be surveying people who are 75-plus."

In addition, "people don't always understand the economic, social and safety aspects of it," he added. "You can create all kinds of technology and universal designs to create a house for aging in place, but a senior might not be able to afford it. It could end up costing far more than the best assisted living facility in town."

Granny Pods, small prefabricated homes that allow families to house their relatives in small backyard cottages, are another alternative. "These



PHOTOS COURTESY OF THE OSHER LIFELONG LEARNING INSTITUTE
Members of the Osher Lifelong Learning Institute (OLLI) at George Mason University play music for their peers. Below, other members listen to a lecture.



"Professors volunteer their time to give lectures on art, history, science and other topics."

small living units allow you to put an elderly relative in your backyard and hook up to your electricity," said Carle.

Senior Calendar

FROM PAGE 2

Edward D. Connor, WW II Army Air Corps veteran, will discuss the Battle of the Bismarck Sea of March 2-4, 1943. Admission is free. For information, call Len Ignatowski at 703-255-0353 or visit www.vva227.org.

Ideas for the Garden. 11 a.m. at the Little Falls Presbyterian Church, 6025 Little Falls Road. Landscape designer and horticulturalist Florence Everts will speak on design principles during the monthly program of the Rock Spring Garden Club. Free and open to the public, with an optional \$5 lunch following the program. RSVP by April 10 to rockspringgardenclub@gmail.com. Visit www.rockspringgardenclub.com.

WEDNESDAY/APRIL 23

Senior Services. 9:30 a.m.-noon at the Nannie J. Lee Center, 1108 Jefferson Street, Alexandria. Senior Services of Alexandria, Inova Alexandria Hospital and the successful aging committee of Alexandria are sponsoring a Health and Fitness Event. Free, open to the public. Visit www.seniorservicesalex.org, or call 703-836-4414, ext 10.

Author Lecture: Cheat the Clock. 1 p.m. at Westminster at Lake Ridge, 12191 Clipper Drive, Lake Ridge, Va. Margaret Pressler will discuss her book, "Cheat the Clock: How New Science Can Help You Look and Feel Younger." First 20 registrants receive free copy of the book. Call 703-496-3440 to attend. Visit wlrvva.org for more.

THURSDAY/APRIL 24

Condo Living Class. 7-9 p.m. at The Station at Potomac Yard, 650 Maskell St. The City and Arlington and Fairfax Counties will host a two-hour "Understanding Condominium Living" class. Free, seating is limited. Confirm attendance at 703-746-4990 or email shane.cochran@alexandriava.gov.

SATURDAY/APRIL 26

Community Cleanup. 9 a.m.-noon at five locations along Four Mile Run. Cleanup volunteers needed at Madison Manner, Glen Carlyn, Arlington Mill Community Center, Barcroft Park and Shirlington Park. An adult must accompany children under 16 years of age. Call 703-525-0168 or ParkRangers@arlingtonva.us.

WEDNESDAY/APRIL 30

How to Protect Yourself From Identity Theft. 1:30-2:30 p.m. at Westminster at Lake Ridge, 12191 Clipper Drive, Lake Ridge, Va. Courtney Sweeney of Wells Fargo Asset Management will share tips to prevent identity theft before. RSVP to Michelle 703-496-3440, or visit wlrvva.org for more.

SATURDAY/MAY 3

Plant Sale. 9:30 a.m.-2:30 p.m. at Wakefield High School, 1325 S. Dinwiddie St., on the Dinwiddie Street side of the building. Annuals, perennials, herbs, vegetables and flowering baskets available. Place an order before April 12 in the school main office; drop it off or mail it in. Order forms are available on the Wakefield Website <http://apsva.us/Page/17411>.

TAX HELP: AARP Tax-Aide. free Tax Preparation Services. The program, sponsored by the IRS, to help prepare tax returns for low to middle income families and elderly citizens. Bring government-issued picture IDs, and social security cards, printed copy of last year's tax return, if you itemized. Located at Lee Center, 1108 Jefferson St., Wednesdays and Fridays from 10 a.m.-2 p.m. Walk-ins welcome. Visit www.aarp.org/taxaide for additional information.

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Seniors Rush to Yoga

FROM PAGE 3

attended two 90-minute yoga classes per week, and were asked to complete at least 20 minutes of directed home practice on alternate days.

The study found yoga programs tailored to elderly adults can be a cost-effective way to prevent or reduce age-related changes, specifically an increased risk for falls, dependency and other ailments.

Local yoga teachers agree, saying that while yoga classes designed for the 55 and older crowd are increasing in popularity, myths about the practice keep some seniors out of yoga studios.

“The main thing that I hear is that you have to already be flexible to do yoga,” said Sandy Pradas of Joyful Heart Yoga in Mount Vernon. “People look at pictures in magazines of people wrapping their legs around their necks or doing other advanced poses and they think, ‘If I can’t do that, then I can’t do yoga.’”

Pradas, whose students are mostly between 50 and 75 years old, said, “Everybody can do yoga, but there are a lot of types of yoga and not every type is good for everybody.”

Dawn Curtis, owner of East Meets West Yoga Center, recently completed a course at Duke Integrative Medicine and believes an increasing interest in yoga among seniors will be known as the Silver Tsunami.

“That is baby boomers going into yoga,” she said. “Yoga for seniors is going to be



Arlington seniors take a hatha yoga classes. A recent study showed yoga programs specifically designed for seniors can improve strength and flexibility.



PHOTO COURTESY OF EAST MEETS WEST YOGA CENTER

Seniors Linda Liberatucci, 67, Colette Ashley, 70+, Ann Mandelbaum, 68, Lola Wulchin, 84 and Frankie Gibson, 74, do a downward facing dog pose during gentle yoga class at East Meets West Yoga Center in Vienna.

“Everybody can do yoga, but there are a lot of types of yoga and not every type is good for everybody.”

— Sandy Pradas, Joyful Heart Yoga

the biggest target audience that yoga teachers are going to have because of the number of baby boomers who are looking for alternative ways of exercise because they are not going to be able to keep up with impact exercises like running.”

In fact, she says gentle yoga classes are among the most popular at her studio. “I have students who are as old as 84. We deal with people who can’t get on the floor,” she said. “We use chairs. We work on balance because that is a main concern among seniors. We work on coordination because that is another thing that tends to diminish as we age.”

Jennifer Collins, a countywide program specialist in the Office of Senior Adult Programs in Arlington, said that yoga classes that are specifically tailored for those 55 and

older are among her office’s most popular.

“Some of our [yoga] classes fill up within minutes of opening,” said Collins. “We have people sitting at computers at our senior centers ready to register as soon registration opens because they know the classes are going to fill.”

Sean .FM (yes, that is his name) of OneAum in Potomac, works with seniors with a wide range of abilities. He said it’s important to find a class that is a good fit.

“There are many kinds of seniors,” he said. “There are seniors that are immobile and some who are really active. We have a student who is almost 70 and I just taught him how to do a handstand. We created Yoga Rx for those with mobility issues. We work them in the chairs. We also do a lot of private sessions.”

George Lynch, fitness director at Vinson Hall Retirement Community in McLean, is planning to incorporate yoga classes into the community’s fitness program. The instruction will be tailored to meet the needs of his clients. “We have residents who are in their 80s, 90s and some in their 100s. Everything we do is designed specifically for seniors.”

Andrew J. Carle director of the Senior Housing Administration at George Mason University said an increasing number of retirement communities are offer yoga classes as part of their fitness programs. “The future of senior housing will include science-based wellness activities like yoga,” he said. “Anything that gets us beyond senior activities such as birthdays, Bibles, bingo and bridge is a step up.”

PHOTO COURTESY OF ONEAUM YOGA

A 70-year-old yoga student performs a handstand at OneAum Yoga in Potomac, Md.



Senior Living



The Lee Center Dancers, who came in third in a 2013 Senior Olympics line dancing event, are: Kathy Fanelli, Annandale; Neelima Gokhale, Arlington; Inga Ercolano, Arlington; May McWilliams, Arlington; Marcia Diamond, Arlington; Janey Brauninger, Arlington; Melissa Mendell, Arlington; and Bill Wong, Fairfax.

Northern Virginia Senior Olympics Mission: Living Healthy Longer

“Living healthy longer is the mission of the Northern Virginia Senior Olympics,” said Dave Jerome, of Burke, chairman of the Northern Virginia Senior Olympics. “It is our goal to promote healthy aging through both mental and physical activity, which is why NVSO offers such a wide range of events from sports to board games.”

The 2014 Northern Virginia Senior Olympics will take place Sept. 13-24 at 18 venues throughout Northern Virginia. Adults 50 years of age and over who live in one of the sponsoring jurisdictions are eligible to participate.

Events include swimming, diving, track, field, tennis, table tennis, racquetball, pickleball, duplicate bridge, chess, scrabble, cribbage, men’s basketball, handball, ERG rowing, Wii bowling, ten pin bowling, eight ball pool, horse-

shoes, softball hit and throw, yo-yo tricks, bocce, Frisbee throw, golf, miniature golf, bunco, men’s and women’s basketball free throw, team line dancing, volleyball, badminton, cycling and more. Gold, silver and bronze medals are awarded after each event. All events are open to the public.

Online registration will be available at www.nvso.com after July 1. Registration forms will be available at senior residences, community centers, seniors centers or by calling 703-228-4721. Registration fee is \$12 which covers multiple events. There is no onsite registration. Registration deadlines are Aug. 29 (mail) and Sept. 5 (online). The Northern Virginia Senior Olympics is sponsored by the counties of Arlington, Fairfax, Fauquier, Loudoun and Prince William and the cities of Alexandria, Fairfax and Falls Church.



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Senior Living

Register with Arlington's OSAP ASAP

Arlington County's Office of Senior Adult Programs (OSAP), a unit of the Department of Parks and Recreation, coordinates activities and programs at the County's six senior centers and several community centers. It also administers a popular 55+ Travel Program. Arlington residents 55 years of age and older can register for a 55+ Pass with the Office of Senior Adult Programs which gives them access to programs at all of the centers plus free access to exercise facilities from 6:25 a.m. to 2:30 p.m. at Thomas Jefferson Community Center and Barcroft Sports and Fitness Center. They will also receive a bi-monthly, 36-page magazine (55+ Guide) and be eligible to participate in the travel program. The cost is \$20 annually.

Programs focus on fitness, sports, wellness, recreation, arts, education and community engagement. The travel program offers 15-20 trips per month to places of interest in the Metropolitan area as well as out of state. Many center programs are free; those requiring a professional instructor charge a small fee. The Office of Senior Adult Programs supports special events for the 55+ community such as health fairs,

retirement seminars, transition workshops and senior Olympics. It also partners with other age-related groups and services such as Encore Learning, AARP, the Area Agency on Aging and more.

Senior programming in Arlington began in 1954 by the Recreation Department when the first "senior citizens" group was formed with 42 residents interested in activities for seniors. Participation has grown to nearly 5,000 people and more than 155 different programs take place each week at the Centers.

"We strive to provide Arlington seniors with programs and resources to stimulate their minds and talents, keep their brains and bodies active and healthy, make social connections and expand their horizons through learning and travel," said Cheryl Johnson, Office of Senior Adult Programs manager.

To register for a 55+ Pass, call 703-228-4744, visit a senior center or online at www.arlingtonva.us, search 55+ Pass. For a complimentary copy of the 55+ Guide, call 703-228-4721 or email, jmassa@arlingtonva.us.



PHOTOS BY VERONICA BRUNO/THE CONNECTION

Ruth Ortiz, Jo Ann Allen, Esther Massey, Phyllis Talbert and Leanne Peters are all smiles as they work out to a variety of dances in Dance Fusion at the Walter Reed Senior Center. The class is very popular and usually fills up the auditorium.



Marian Macgilvray, from Arlington, takes a breath at the end of boot camp class on Friday morning. The class is taught by Angel McNamara from Capitol Heights, Md. and is almost full every time.



Jean Perry perfects her moves during a dance fusion class, offered at the Walter Reed Senior Center on Friday mornings.



Instructor Angel McNamara instructs the class (Marian MacGilvray pictured) in stretching during the boot camp class, one of many active offerings at the Walter Reed Senior Center in Arlington.



The boot camp class takes a moment to stretch. The boot camp class is on Friday mornings at 8:15 a. m. at the Walter Reed Senior Center and is almost always full.