

## Arlington 55+ Programs

Available 24/7

No

Other Eligibility Criteria

County residents age 55 and over; Non residents can also participate

Intake Contact

Denise Chauvette

Intake Contact Email

osap@arlingtonva.us

Intake Process

Register with the Arlington Office of Senior Adult Programs to receive a bi-monthly program guide and to participate in opportunities

Provider Refer

Yes

Report Problems

Other

Self Refer

Yes

Arlington County Department of Parks and Recreation

<http://parks.arlingtonva.us/>

<https://parks.arlingtonva.us/programs/adults-55/55-membership/>

Main

(703) 228-4744

TTY/TTD

(703) 228-4743

300 North Park Drive

22203 VA

United States

Fee Structure

Call for Information

Languages Spoken

English

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Spanish

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## Sign Language

Arlington offers a comprehensive program of services to individuals aged 55+. Included in Arlington's 55+ and Senior programs are six Activity Centers which provide physical and mental enrichment through a diverse program for individuals and groups. Programs include classes, physical activities, nutritional meals, wellness programs, friendship, travel, music, dance, bowling, computers and internet access, exercise programs, bridge, poker, cribbage, canasta, chess, brain health, golf, Tai Chi, Yoga, holiday activities, and many others. Arlington also has 5 additional activity centers which provide community programs.

For specific information on each center, call the center directly:

Senior Centers, 55+ Centers:

Arlington Mill at Fairlington--703-228-7791

Aurora Hills--703-228-5722

Culpepper Garden--703-228-4403

Langston Brown--703-228-6300

Lee--703-228-0555

Walter Reed--703-228-0955

Community Centers:

Lubber Run--703-228-4744

Barcroft--703-228-0701

Carver--703-2280701

Madison--703-228-0555

Thomas Jefferson--703-228-5920

Service Area(s)

Arlington County

Email

[osap@arlingtonva.us](mailto:osap@arlingtonva.us)