

AARP Dulles Chapter 2009 Information

MEETINGS: *The chapter meets at 7 PM on the third Thursday of each month, except July and August, at the Lake Anne Office Building in Reston, Virginia.*

DIRECTIONS: From Route 7, take the Reston turnoff and make a left on Village Road (the 4th traffic light from Rt. 7). At the end of the short road, turn right. Go through the traffic light at Fellowship House and make the 1st left into the parking lot for the Lake Anne Professional Building (street name is Washington Plaza W). We meet in Suite 140 on the 1st floor. (follow the hallway around to your right).

DATE

MEETING PROGRAM

January 15	Get fit with Connie Rudacille, aquatics aerobics instructor, and Ed Mentz, avid power walker
February 19	Grace Starbird shares information on the programs available in Fairfax County for the elderly
March 19	Author Steve Miller, "The writing life and how to get started putting your thoughts onto paper"
April 16	Beverly Cosham, "Music and artists of the 1940's & 50's"
May 21	Home Instead, "How to open a dialogue with your adult children about the things that concern you and vice versa"
June 18	Social: Hoedown, dancing and potluck supper. This event is held at the Reston Community Center at Lake Anne, Rose Gallery
September 17	Steve Gurney, "The Senior Assisted Living Experience"
October 15	Sandi Wickham, "American Artisanal Cheeses"
November 19	Victoria Schall, "Legal Aid Services"
December 17	Holiday Party Pot Luck and Celebration
January 21, 2010	Michelle Thompson, "Identity Theft"

COMMUNITY PROJECT: September 13, Classic Auto Show in Herndon, Virginia

FOR INFORMATION ON MEETINGS OR PROJECTS: Please call or email...

Sandi Wickham, Membership Chairman
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