



**Arlington Neighborhood Village**  
*Making Arlington your home for a lifetime*

[www.arlnvil.org](http://www.arlnvil.org)

703-509-8057

## COFFEE AND CONVERSATION

Every Wednesday from 10-11 am

*June 2018*

**Langston-Brown Community Center,  
2121 North Culpeper St. at the corner of Lee Highway.**

Free parking is available in the parking lot adjacent to the Center.

**Open to all – bring your own coffee, learn about  
aging in place with Arlington Neighborhood Village,  
and hear one of these speakers.**

**No RSVP needed.**

**June 6:** Rob Swennes, Arlington Boathouse Foundation will provide an overview of this local organization whose mission is to provide direct access to the Potomac River by building a community boathouse in Rosslyn.

**June 13:** Robert Sharer, Certified Financial Planner, on “Financial Planning Issues Most Relevant to Retirees”

**June 20:** Ron Bashian, MD will introduce us to ACT, Acceptance and Commitment Theory, an innovative and creative mindfulness-based theory which is based on values, acceptance, compassion and living in the present moment.

**June 27:** Tina Leone, CEO, Ballston BID will provide an update on the BID’s activities and what’s the latest in Ballston.

**SPECIAL LOCATION:** The BID will host us in their offices at 4600 North Fairfax Drive, Ballston. Parking is available in the Holiday Inn parking lot.



For more information or to learn more about the benefits of becoming a member and/or volunteering with Arlington Neighborhood Village, call the ANV office at (703) 509-8057 or visit [www.arlnvil.org](http://www.arlnvil.org).