



Arlington Neighborhood Village
Making Arlington your home for a lifetime

www.arlnvil.org

703-509-8057

COFFEE AND CONVERSATION

Every Wednesday from 10-11 am

November 2018

**APAH - The Springs Apartments, Multipurpose Room,
4318 North Carlin Springs Road, Arlington, VA.
Entrance is located on Thomas Street.**

**Join Arlington Neighborhood Village's
"Coffee and Conversation" series. Bring your own coffee,
learn about aging in place, and hear from the speakers
listed below. No RSVP Needed.**

November 7: Gwendolyn Beck, Manager of Senior Health will provide an update on the latest at Virginia Hospital Center including expansion plans, what's new in Senior Health Programs, and the Fall line-up for the Healthy Aging Lecture series.

November 14: Dean Naujoks, Potomac Riverkeeper for the Potomac Riverkeeper Network will share the Network's activities over the past 3 years.

November 21: Tim Horn, hypnotherapist and certified instructor, will discuss how therapeutic hypnosis can help everyone.

November 28: Theresa Twiford, Director of Land Use & Development/ Realtor, Advon Real Estate will describe the Railroad Cottages in Falls Church City and housing alternatives for older people.

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.

