



**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

*January 2019*

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

### **AGE IN PLACE WITH ARLINGTON NEIGHBORHOOD VILLAGE**

Everyone is invited to participate in these ANV Activities:  
Join Arlington Neighborhood Village's "Coffee and Conversation"  
series. Bring your own coffee, learn about ANV along with interesting  
things about our community from the speakers listed below.

**No RSVP Needed.**

**January 2:** *Pat Velandar*, RN, BS, MS, CLTC will provide the latest  
information on Long Term Care Insurance.

**January 9:** *Bob Sinclair*, ANV member & volunteer, will share his  
adventurous commute to & from work as a member of the  
CIA Canoe Pool for many years.

**January 16:** *Neville Welch*, a Major in the United States Marine Corp,  
will highlight the extraordinary 129-year history and  
activities of Masonic Lodge #58, its African-American  
roots and visionaries.

**January 23:** *Ben Aiken*, Arlington's new Resident Ombudsman &  
Director of Constituent Services in the County  
Manager's Office will discuss outreach to the  
Arlington community.

**January 30:** *Zaya Coughlin* will discuss the Mongolian community  
in Northern Virginia and the programs and services  
focused on their culture.

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).