

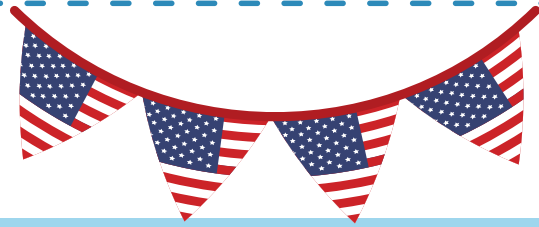
COFFEE AND CONVERSATION

Every Wednesday
from 10-11 am
May 2022



Join Our Weekly Speaker Series!

Attend via Zoom



Wed, May 4, 2022: *Marymount University Center for Optimal Aging*

The mission of Marymount University's Center for Optimal Aging is to drive and advance gerontological innovations, discoveries and solutions to promote a meaningful, enriching and dignifying life for all. Patricia C. Heyn, Ph.D., FGSA, FACRM, Founding Director and Professor will join us to talk about MUCOA's core focus areas of research, education, community service and advocacy.

Wed, May 11, 2022: *Arlington Neighborhood Village turns 8!*

A small team of volunteers started providing help and friendship to our initial members in April 2014. We will hear from ANV leadership - Maureen Markham and Wendy Zenker - about our progress since then and the future of our community.

Wed, May 18, 2022: *A Conversation with Del. Patrick Hope*

Patrick Hope is a Member of the Virginia General Assembly, serving as a delegate of Arlington's 47th district. He has been a long-time advocate of many of the issues that affect senior citizens, and was instrumental in passing bills to strengthen the rights of nursing home residents. Del. Hope will provide an update on the latest general assembly session, as well as on the House Public and Safety Committee and the House Health, Welfare, and Institutions Committee.

Wed, May 25, 2022: *No Coffee and Conversation*

Mark your calendar for our Arlington Senior Wellness Fair. ANV, Marymount University, and the VHC Senior Health Department will hold a Senior Wellness Fair on May 25 from 11 AM – 2 PM.

**More information and how to join via Zoom can be
found in the online calendar below**

For more information or to learn about the benefits of becoming a member of Arlington Neighborhood Village, contact us at 703.509.8057 or visit arlnvil.org

