

Next General Membership Meeting

Tuckahoe Elementary School
Cafeteria
Thursday, April 3, 7:30 PM

Save the date, and bring a friend!

THE POINT

ARLINGTON-EAST FALLS CHURCH
CIVIC ASSOCIATION



WINTER 2013

Shop Like You Mean It!

Come out and see all that Arlington has to offer this Saturday, November 30, during the second Arlington Small Business Day. Show your community support by shopping retail and online businesses, visiting Arlington eateries, and taking advantage of a myriad of local



services. In return, receive exclusive deals and discounts that only happen once a year. There is something special about Arlington small businesses! To learn more: visit

www.arlingtonsmallbusinessday.org.

The Next (Silver Line) Train Will Arrive in . . .

The Silver Line is Washington Metropolitan Area Transportation Authority's largest project by mileage since the 1976 inception of Metro. Its opening of the extension's first phase will have a particularly strong impact on the East Falls Church station since the Silver Line will branch off the Orange Line between the East Falls Church and West Falls Church Stations. Service then goes through Tysons (4 stops) and onto Wiehle Avenue (1 stop) in Reston. Phase 2 will extend from Reston and Herndon to Dulles International Airport and into eastern Loudoun County. Phase 2 construction is expected to



begin Spring 2014, with service to Dulles to begin in 2018.

In time, the Silver Line will have a transformative impact on the Dulles Toll Road corridor and eastern half of the Dulles Greenway, triggering massive reconstruction of those areas similar to what already is seen in Tysons Corner. Opening a transit project of this complexity and scope will trigger a host of changes in the region from transportation to land usage. A great site for more information is the new Silver Line site: www.silverlinemetro.com.

(Article taken from *The Leeway Overlee Leader*)

Executive Board

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How Will the Silver Line Affect Us?

Silver Line's debut in early 2014 will have an impact on all Virginia Orange Line stations but riders at our East Falls Church station may feel it the most. The East Falls Church Metro station will be the transfer point for those wishing to switch between the Orange and Silver lines. The amount of commuter traffic running through that station each day will increase significantly. As a result the demand for housing anywhere near the station could rise accordingly.

Our civic association general membership meeting is tentatively scheduled for Thursday April 2, 2014 at 7:30 pm. As of this writing, we hope to host speakers from WMATA and Arlington County to discuss how the new rail service might affect our neighborhood and answer some of the questions you might have. Little public discussion has been held on what we can anticipate in terms of additional parking demands, car and pedestrian traffic patterns, station platform improvements and altered commuter routes. You may want to come out to hear what they have to say.

Let it Snow? Volunteers Needed

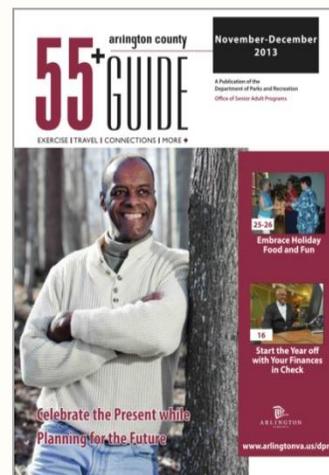
If Arlington is hit by a snowstorm – or series of major snow events, the clearing of our sidewalks is best accomplished by local residents. The county does not have the resources to clear paths on heavily used routes quickly enough to help walkers get to and from the Metro or schools. However, there is a County-sponsored snow blower loan program if some of you are willing to take the free training and store their equipment over the winter. Interested Good Samaritans may contact lizmconigle@verizon.net for more information.

Young at Heart!

If your chronological age is a mere 55 or older, you may want to cash in on some fun Arlington has store for you. First step is to register with the Office of Senior Adult Programs. (The \$20 annual fee which includes a 36-page bi-monthly magazine, "Arlington County 55+ Guide.") Registration forms are available by calling

703-228-4721 or by visiting a senior center. The current issue of the 55+ Guide can be downloaded here: [Nov.-Dec. 2013](#)

Besides special events, all levels and types of exercise classes and programs are offered at Arlington's senior centers, including aerobics, pilates, tai chi, yoga, zumba, strength training, flexibility, balance, walking clubs, water exercises, personal trainers, weight rooms, and much, much more.



Arlington's senior centers are at the following locations:

Arlington Mill (AM)
909 S. Dinwiddie St
(at Columbia Pike)
M through F, 9-3
703-228-7791

Langston-Brown (LB)
2121 N. Culpeper St.
(corner of Lee Hwy)
703-228-6300
M through F, 9-3

Aurora Hills (AH)
735 S. 18th St
(near Pentagon City)
703-228-5722
M-W-F., 10-3

Lee
5722 Lee Hwy
(corner N. Lexington)
M through F, 9-3
703-228-0555

Culpepper Garden (CG)
4435 N. Pershing Dr.
(off George Mason)
703-228-4403
M through F, 9-3

Walter Reed (WR)
2909 S. 16th St
M through F, 9-3
703-228-0955

The December schedule of events gives an idea of the range of senior center activities held throughout the year. Events are free except where specified, and registration is required.

Dec. 2

LB Holiday wreath making, 10 am, \$5
CG Pearl Harbor remembered series, 1 pm
AH Right sizing to age in place, 1:30 pm
WR Holiday bake & ornament sale, 5-9 pm
WR Tom Cunningham Orchestra rehearsal, 8 pm

Dec. 3
LEE Happiness Hour, 2:15 pm
LB Legal Services of NVA, 9:30 am, L-B
LB Healthy holiday snacks, 11 am, L-B
LEE Book club, 11:15 am
WR Dealing with stress from dementia, 6:30 pm

Dec. 4
AH Long-term care Q&A, 1:30 pm
AM The Science of Happiness, 7 pm

Dec. 5
AM Incontinence prevention & treatment, 11 am
LB Budget Blue Print, 11 am
LEE Reverse mortgages explained, 1 pm
WR Advanced directives explained, 1 pm
LB Arlington Poets Group, 2 pm

Dec. 6
AM Alcohol & Aging, 10 am
AH Apple products basics, 10:30 am
CG Sharing holiday memories, Noon
LEE Ballroom Dance, 1 pm

Dec. 9
CG Current events roundtable, 10 am

Dec. 10
LB Healthy holiday sweets, 11 am
LEE History roundtable, 11:15 am
LEE 55+ Travel program info, 1 pm

Dec. 11
LEE Making holiday centerpieces. 10 am

Dec. 12
WR Holiday Music with The Merrymakers, 11 am
WR Holiday cooking ideas, 1 pm

Dec. 13
AH Comedy Club, old-time favorites, 10:30 am
LB Holiday Sing-A-Long, 12:30 pm
LEE CoolYule Music Social, 1 pm

Dec. 15
Encore Chorales Holiday Concert
@ Kenmore Middle School, 3 pm.

Dec. 16
Senior living in Arlington

Dec. 17
LEE Rubber Stamp workshop, 11:30 am
LEE Buying the right exercise shoe, 1:30 pm
WR Put your debt on a diet, 6:30 pm

Dec. 19
AM Medicare updates, 11 am

Dec. 20
AM Healthy holiday sweets, 10 am
AH Vision loss and assistance, 1:30 pm

Dec. 21
CG Spanish Club, 10 am

Dec. 23
CG Christmas Music Galore, 10 am – 2 pm

Dec. 31
New Year's Eve Luncheon, Tutto Bene, \$30
Reserve at 703-228-4745

The County also sponsors and organizes a wide variety of trips and activities for 55+ members. A partial list of those scheduled for November appears below. For more information, please call 55+ Travel at 703-228-4748

Dec. 2 Potomac Mills shopping, \$9
Dec. 3 Radio City Music Hall and dinner, \$189
Dec. 5 Reynolds Tavern Tea, Annapolis, \$39
Dec. 6 U.S. Botanic Garden, D.C., \$9
Dec. 7 Middleburg Christmas Parade, \$9
Dec. 9 GardenFest of Lights and dinner, Richmond, \$51
Dec. 11 Bull Run Festival of Lights and dinner, \$34
Dec. 12 Newseum's JFK exhibit, D.C., \$32
Dec. 13 Vienna Boys Choir, Patriot Center, \$61
Dec. 14 U.S. Army Band Holiday Concert, Ft. Myer, \$7
Dec. 16 Maryland Live! Casino, \$9
Dec. 17 Capitol Tour of Richmond, \$23 (includes lunch)
Dec. 18 Ice! at National Harbor, \$34
Dec. 20 International Gem & Jewelry Show, Chantilly, \$10
Dec. 21 Handel's Messiah, The Kennedy Center, \$75
Dec. 24 Holiday Buffet at the Mansion on "O" Street, \$104
Dec. 29 "Porgy and Bess," National Theatre, \$104

Lots Happening...Keep in Touch!

Help us spread the word to your neighbors. Ask them to please visit www.aefcca.org. click on RESOURCES, click on the earlier Fall 2013 or this Winter Holiday 2013 newsletter! AEFCCA hosts an e-mail group, the AEFCCA Community Listserv. Subscribers receive all messages sent to the Listserv. The homepage has instructions for signing up for aefccalistserv to have emails and newsletters sent directly to you.

Next General Membership Meeting — Save the Date

Please join us at the next general membership meeting Thursday, April 3, 2014 at 7:30PM Tuckahoe Elementary School Cafeteria

Let us know your interests and we can arrange for guest speakers to talk about whatever you like. Interested in hearing from the Arlington Bike Arlington/Walk Arlington bureau? Perhaps you would like to ask a few questions of County planners working on the East Falls Church Area Plan development? Just let us know. It is your neighborhood, your meeting and we want to make it worth your while to join us.

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La Côte D'Or Café and Bistro de Celestins — C'est Magnifique!

Located right in our back yard, La Côte D'Or Café is a cozy restaurant where you can enjoy authentic French cuisine from several regions of France. This is the perfect, charming corner of our neighborhood to enjoy delicious, aromatic coffee and a memorable Sunday brunch with out of town relatives. And more.

A little history from their website and we learn that we have been fortunate to have this establishment in our community since 1992. That is when, after owning a Capitol Hill "hot spot" for 15 years, Lynne and Raymond Campet decided to open a new restaurant LA CÔTE D'OR closer to their home. La Côte D'or and its surroundings have made many changes since the 1990s. The once industrial neighborhood has built up around them and continues to do so. The addition of the Bistro Des Celestins offers customers a casual and less expensive menu.

Raymond and Lynne, partners at home and La Côte D'Or have different backgrounds but have managed to succeed in their endeavor. Born in New York and raised in Maryland; Lynne worked for Warner Brothers Studios until she left to become partners with Raymond in the restaurant business. Raymond graduated from L'Ecole Restaurante de Clermont-Ferrand of France in 1969. In 1971, he became the maitre d' of French Ambassador Charles Lucet. He managed Le Café de Paris of Georgetown for five years after which he opened La Brasserie on Capitol Hill with Lynne at his side. In 1992, after thirteen years on The Hill, Raymond and Lynne moved on to open La Côte d'Or Café.



Since opening in November of 1992, La Côte D'Or Café has evolved into an award-winning restaurant; one of Washingtonian's 100 Best Restaurants, rated in The ZAGAT Survey of New York as excellent and have been included in the Mobile Travel Guide for several years.

Plan a day to enjoy a "staycation." Take a trip down the street or around the corner, and be sure to enjoy this little French bistro that serves Gallic standards such as crepes, frog legs and steak tartar. Between courses you will receive a sorbet to cleanse your palate and possibly a visit from one of the owners!

La Côte d'Or Cafe and Bistro de Celestins
6876 Lee Highway, Arlington, VA 22213
Tel: (703) 538-3033

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Please email any comments, questions or submissions for future newsletters to
lizmcgonigle@verizon.net