SPRING 2024

Vienna

PARKS AND RECREATION PROGRAMS AND EVENTS GUIDE



SPECIAL EVENTS

See pages 14 to 18 and Back Cover

TOWN OF VIENNA
Parks and Recreation

TOWN OF VIENNA PARKS AND RECREATION

Creating community through people, parks and programs

SPRING 2024
GENERAL INFORMATION

TABLE OF CONTENTS



PAGE

General Information ..... 2 – 5
Registration Dates 3
Historic Vienna, Inc. 3
WebTrac Online Registration 4
About Our Parks 5
Preschool & Youth Classes ..... 6 – 9
Spring Break Camps 9
Club Phoenix Teen Center ..... 10 – 12
Adult Art & Pottery Programs ... 13 – 14
Special Events ..... 14 – 18
- Plant Swap & Garden Gab 14
- Bowman House Pottery Show 14
- Vienna Theatre Company ..... 15 – 16
- Flashlight Egg Hunt 16
- Spring Town Clean-up Day 17
- Family Fishing Rodeo 17
- Green Expo 17
- BrewFest 18
- Viva Vienna 18
- Walk on the Hill 18
- Mayor's Fitness Challenge 18

Adult Fitness Programs ..... 19 – 21
Adult Enrichment Classes 22
Adult Gardening Programs 23
Mature Adult Classes and Lectures ..... 24 – 26
Mature Adult Trips ..... 27 – 28
Adult Drop-In and On-Going Programs ..... 29 – 30
Registration Form 31
Vienna Photo Show ..... Back Cover

PARKS AND RECREATION

Leslie Herman, CPRP, Director 703-255-6356
Nicole Falceto, CPRE, Deputy Director 703-255-6355

COMMUNITY CENTER

Nick Jones, Assistant Building Manager 703-255-5726
Joy DiLillo Harrington, Administrative Assistant II 703-255-5741
Gagan Sandhu, Customer Care Specialist 703-255-6360

PARKS

Jeremy Edwards, Parks Superintendent 703-255-6336
Brian Harrington, Parks Supervisor 703-255-5755
Matthew Fuller, ISA Cert. Arborist, Town Arborist 703-255-6309

RECREATION

Amy-Jo Hendrix CPRP, Recreation Program Manager 703-255-6357
Brandy Wyatt, Recreation Program Coordinator II 703-255-5721
Lily Dunning Widman, Recreation Program Coordinator II – Special Events 703-255-5738
Kathy Blevins, Recreation Program Coordinator – Mature Adults 703-255-7801
Derrick Cowles, Recreation Program Coordinator – Youth and Camps 703-255-6352
Lisa Shackelford CPRP, Assistant Special Events Coordinator 703-255-6395
Ianna Alhambra, After School Program Coordinator 703-255-5736

PHONE NUMBERS

Community Center Front Desk/Business Office 703-255-6360
Fax 703-255-6399
Weather, Special Events and Sports Line 703-255-7842
Virginia Relay Center 711
Business Email ..... ParksRec@viennava.gov

BUSINESS OFFICE HOURS

Monday – Friday: 8 a.m. – 4:30 p.m.

COMMUNITY CENTER HOURS OF OPERATION

Monday – Friday: 8 a.m. – 10:30 p.m. | Saturday: 8 a.m. – 9 p.m.
Sunday: 12 p.m. (noon) – 6 p.m
Holiday hours and closures available at **viennava.gov/hours**.

YOUTH TEAM SPORTS

VIENNA BABE RUTH LEAGUE — boys ages 13–18, visit **gvrb.org** for more information.

VIENNA LITTLE LEAGUE — For children ages 5–12, Little League also sponsors a T-ball program. For further information see **vll.org**

VIENNA GIRLS SOFTBALL LEAGUE — Softball program for girls ages 3–18. For more information visit **vgsl.org**

VIENNA YOUTH INC. — Programs in football, lacrosse, rugby, wrestling, volleyball, cheerleading, basketball and track and field. For more information, visit the **vyi.org**

VIENNA YOUTH SOCCER — For boys and girls ages 5 – 18, for information, visit **vys.org**

AMERICANS WITH DISABLITIES ACT

In accordance with the Americans with Disabilities Act (ADA), Town of Vienna programs, services and facilities are available to all people regardless of race, color, national origin, sex, age or disability. The Director of Public Works at 127 Center Street S, Vienna, VA 22180 has been designated to coordinate ADA compliance. This location is fully accessible to persons with disabilities. Translation requests need to be made in writing at least 14 working days before the date of the event. The Vienna Parks and Recreation Brochure will be made available in large print or on an audio device upon request. Call **703-255-6360 TTY 703-255-5739 / Virginia Relay Center 711**.

REGISTRATION DATES

IN TOWN BEGINS
February 5 at 8 a.m.

OUT OF TOWN BEGINS
February 12 at 8 a.m.

Classes need to reach the minimum number one week prior to the start date or they will be canceled. Camps must meet the minimum two weeks prior to the start of camp. Trips must meet the minimum thirty days before the trip.



VIENNA COMMUNITY LEARNING AND DISPLAY GARDEN

The Vienna Community Learning and Display Garden located behind the Vienna Community Center. The garden features food, flowers and herbs and provides learning and volunteer opportunities throughout the year. Also visit the Take-a-book, Leave-a-book kiosk. Guided tours are available, contact **Vienna Parks and Recreation** at **703-255-6360**.

PICNIC SHELTERS INFORMATION AND RESERVATIONS

Park picnic shelters are a great place to hold a birthday party, corporate event, large family gathering, school picnic or any other special occasion. Come enjoy one of our three picnic shelters at Glyndon Park, Meadow Lane Park, and Southside Park. The picnic shelter rental season is from April through October. Reservations are accepted on a first come, first served basis. To view a picnic shelter calendar or make a reservation, please visit **viennava.gov/rentals**. Paper applications are available by calling the Town of Vienna Parks and Recreation Department **703-255-6360**. Reservations for picnic pavilions are in 2 blocks of 4 hours, 8 a.m. – 2 p.m. and 2 – 8 p.m.

RENTAL FEES:

Town Residents and Groups ▸ $50 for 4-hour max

Non-Town Residents and Groups ▸ $100 for 4-hours max

Bathroom/Water Key ▸ $50 Deposit
(Must pick up key in-person one week prior to the rental)

Electricity: $25 | **Water:** $25

HISTORIC VIENNA

HISTORIC VIENNA INC.

HVI is a non-profit corporation established by the Town of Vienna to preserve and promote Vienna's history through a knowledge of the past. New members and volunteers are always welcome. Throughout the year, we offer a variety of special events for the enjoyment of visitors, families and children.

For more information visit **historicviennainc.org** or call **703-938-5187.**



FREEMAN STORE AND MUSEUM

Located at 131 Church Street NE, behind the Town Green, the Freeman Store and Museum is jointly owned and operated by the Town of Vienna and Historic Vienna, Inc. Built in 1859, The Freeman Store is a museum, a gift shop and has a used book cellar. It remains the jewel of Vienna today. More information can be found at **historicviennainc.org** or call **703-938-5187** with any questions.



LITTLE LIBRARY

The Little Library is a museum located on the Freeman Store grounds. Although the Little Library no longer operates as a lending library, guests will enjoy visiting and learning the history of the first library in Fairfax County. If you are interested in being a volunteer and welcoming visitors on the days the building is open, please call **703-938-5187**.

GENERAL INFORMATION

REGISTRATION DATES AND TIMES

In Town *(walk-in, mail-in, WebTrac, fax)* begins
February 5 at 8 a.m.

Out of Town *(walk-in, mail-in, WebTrac, fax)* begins
February 12 at 8 a.m.

Registrations are accepted at the Community Center front desk.

REGISTRATION FORM

Please use a separate registration form for each distinct household. Example: do not sign up your neighbor or family member residing at a different address on your form. Please include complete address, phone number(s), birthdate and email information. Include activity number, section and name of each registrant.

WEBTRAC ONLINE REGISTRATION

Visit **viennava.gov/WebTrac** for instructions on how to access WebTrac or create an account. If you have questions about your username or password, call the Community Center at **703-255-6360**.

FEES

Full payment must be included with your registration form. Sending the incorrect fee will delay your registration.

- **Forms of payment** are **CREDIT CARD** (American Express, Discover, Master Card or Visa), **CHECK** (made payable to the *Town of Vienna*) or **CASH** (exact change only).
- **R** indicates individuals that reside within the corporate limits of Vienna.
- **NR** indicates individuals that reside outside the corporate limits of the Town of Vienna.

AGE REQUIREMENT

Participants must meet the age requirements by the first day of the program.

CLASS CANCELLATIONS

We reserve the right to cancel a class due to insufficient enrollment. All classes require a minimum number of participants. Classes are normally cancelled within one week before each session begins. A full refund will be given.

CLASS REFUNDS AND TRANSFERS

All requests for refunds must be submitted in writing.

Refunds – To obtain a full refund, a request must be submitted 14 calendar days prior to the start of the program. A refund requested less than 14 calendar days prior to the start of the program will incur a 50% penalty ($50 max) per program.

No refunds will be given after the first class without a doctor's note. No refunds will be given for a materials fee or Pottery Lab. All requests for refunds must be submitted in writing.

Trips – No refunds will be issued within two weeks of the trip.

PRORATED CLASSES

We will prorate classes for students registering late for a class; however, we cannot prorate the class fee for students who will miss classes in the middle of the session.

CAMP CANCELLATIONS

We reserve the right to cancel a camp due to insufficient enrollment. All camps require a minimum number of participants. Camps are cancelled two weeks before each session begins.

CAMP REFUNDS AND TRANSFERS

There will be no full refunds given once you sign up for camp. Camp fees must be paid in full at the time of registration. To receive a partial refund, you must submit a request 14 days prior to the start of camp. All refunds are subject to a 50% penalty ($100 max) per camp. Patrons also have the option to transfer to another camp 14 days before the beginning of camp. Any changes regarding registration must be presented in writing. Camps are canceled if they do not meet the threshold for minimum registration, two weeks prior to the start date of camp. If the Parks and Recreation Department cancels a camp, patrons will receive a full refund.

CONFIRMATION POLICY

Please note the date and time of your class. If registering by WebTrac, a confirmation can be printed at the end of your transaction. For in person, drop off, mail-in and faxes, a confirmation is emailed to you within one week. We may also need to notify you if your class is cancelled or changed, therefore we must have a **current daytime telephone number and e-mail address**.

INCLEMENT WEATHER POLICY

Weather related class or camp cancellations

Full Closure

- When the Town of Vienna is closed for the day, all classes are cancelled.

Modified Operating Schedule

- For classes scheduled to begin before 1 p.m., operating status will be announced by 5 a.m.
- For classes scheduled to begin after 1 p.m., operating status will be announced by 12 p.m. (noon).

For the most up-to-date information, please check the Town website at **viennava.gov** , visit the Town social media **@TownofViennaVa** or call **703-255-7842** for specific details on delays, early dismissals, and closings.

Outdoor Programs Held in Spring, Summer and Fall Seasons
Decision on outdoor programs/classes will be made one hour prior to the start of class. Late cancellations may occur due to unpredictable weather conditions. Programs and classes will be rescheduled when possible. For those programs and classes that cannot be rescheduled, a credit will be given for the class. Please call the weather line, **703-255-7842** for updated information.

TEXT ALERTS

The Vienna Parks and Recreation Department will now offer SMS Text Messaging for our WebTrac users. We ask that users **opt in to the program** to ensure they receive messages about inclement weather closures, camp, program and special event cancellations. You will only receive immediate emergency messages from our department. We will continue to post other communications through our email systems, on the Town of Vienna's website and through the Town's social media pages **@TownofViennaVa**. You must opt in through your WebTrac account. Please call **703-255-6360** for details on how to opt into the program. The Community Center front desk staff cannot opt in for you.

FAIRFAX COUNTY TEACHER WORKDAYS

Scheduled classes will meet when Fairfax County Public Schools are closed for teacher workdays.

GENERAL POLICY/BEHAVIOR POLICY

- Please arrive on time for classes. We do not delay the start of class for tardiness.
- To ensure the safety of your child, please accompany your children to and from the classroom.
- Pick up your children promptly at the end of class. Before and after class supervision is not available. If parents are continually late to pick up their child, the Parks and Recreation Department reserves the right to charge an additional fee of $10 per child per instance of late pickup.
- We attempt to reschedule all classes we cancel; however, we cannot reschedule classes for students who miss classes.
- If students cannot be a cooperating member of class or are a constant distraction during the class or camp, they will be asked to withdraw. A refund will be issued for the remaining classes. No refunds will be issued for supply fees or Pottery Lab.

ODD JOB LIST

Do you need help with shoveling snow or maybe to check off a few "to do" items from your list? Call the Vienna Parks and Recreation Department for our Youth Odd Job List. Vienna youth sign up to be on the list as a way to earn extra cash while helping their neighbors. The Town of Vienna is not responsible for setting wage expectations. **Please call the Community Center front desk for more information, 703-255-6360.**

FACILITY RENTALS

LOOKING FOR A PREMIER LOCATION FOR YOUR EVENT?

Look no further. The Vienna Community Center can host events for any occasion from intimate meetings to large scale events. To discuss your event needs or to book a room, please contact **Nick Jones** at **njones@viennava.gov**, **703 255-5726**. You can also find more information and rental guidelines on our website at **viennava.gov/rentals**.

ABOUT OUR PARKS

BRANCH ROAD TOT LOT is located at the intersection of Locust Street and Branch Road, SE. This park has playground equipment for children ages 2-5. No restroom facilities at this park.

GLYNDON PARK is located on the north side of Maple Avenue on Glyndon Street. It has lit tennis/pickleball courts, a basketball court, ballfield, picnic areas with pavilions, playground equipment, and restrooms. The park pavilion may be reserved for picnics online. See reservation fees.

MEADOW LANE PARK is located on the corner of Meadow Lane, Ware Street and Courthouse Road. This park has lit tennis/pickleball courts, a basketball court, ball fields, playground equipment, restrooms and pavilions. The park pavilion may be reserved for picnics online. See reservation fees.

MOOREFIELD PARK is located at 700 Courthouse Road adjacent to Nottoway Park. There is on-site parking with walking trails connecting to Nottoway Park. No restroom facilities at this park.

NORTHSIDE PARK-MAUD ROBINSON WILDLIFE PRESERVE is located at the end of Glyndon Street on the north side of Maple Avenue. The park is a slice of undisturbed woodland with winding trails. A hiker and biker connector boardwalk is open. No restroom facilities at this park. Visit Vienna's own LOVE sign, The Vienna Public Art Commission's project, designed and donated by a local family.

PETERSON LANE PARK is located on Malcolm Road NW and is jointly operated and owned by the Town of Vienna and Fairfax County Park Authority. This park has playground equipment, a basketball court, GaGa pit, open fields and walkways. No restroom facilities at this park.

SARAH WALKER MERCER PARK is located at the corner of Nutley Street and Knoll Street NW. This is a neighborhood park with walking paths, seating areas and an abundance of plant material. No restroom facilities at this park.

SOUTHSIDE PARK is located on Ross Drive and is the site of two softball fields. Playground equipment and a basketball court are also available at this park. The park pavilion may be reserved for picnics online.

VIENNA DOG PARK is located at 700 Courthouse Road. This off-leash dog park is situated in Moorefield Park. The fenced area is shaded with on-site water. Owners and dogs must follow posted rules and regulations. Dogs must be licensed by the Town of Vienna or Fairfax County. The park is open dawn to dusk. Please follow all rules and pick up after your dogs. No restroom facilities at this park.

VIENNA TOWN GREEN located at 144 Maple Avenue E. The park is in the Town center and is home to the Summer on the Green concert series. The Town Green includes a plaza, lawn area, amphitheater, seating and picnic areas, restrooms and parking. The park has Wifi on site.

WILDWOOD AND STREAM VALLEY PARKS are linear stream buffer parks with a combination of asphalt, woodchip and nature trails. No restroom facilities at this park.

SALSBURY SPRING is located at Lawyers and Windover Roads NW. Salsbury Spring is less park and more a quiet place of reflection. Named for Captain H.L. Salsbury, the land donor for both West End and Sons and Daughters cemeteries. It is quiet, shaded and unpretentious. No restroom facilities at the park.

PRESCHOOL & YOUTH CLASSES

WADDLERS

Instructor: MyGym Vienna

This stimulating program introduces balancing, tumbling, and agility skills, which helps the children develop a love of physical activity and a sense of pride in their achievements. Little ones will work on confidence building, socialization, and strength building through active play. A parent or caregiver must attend with the child.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
403701-A1	4/9-5/28	8	T	1-1:45pm	5mo-20mo	$200/$250
403701-B1	4/11-5/30	8	Th	1-1:45pm	5mo-20mo	$200/$250

GYMSTERS

Instructor: MyGym Vienna

During this engaging class the youngsters are elated as they sing, dance, play game, watch puppet shows, and take turns on special adventures! Our Gymsters feel great about themselves as they learn new strength building, gymnastics, and beginning sport skills in a constantly changing program with fresh ingredients and new equipment setups each week. A parent or caregiver must attend with the child.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
403702-A1	4/9-5/28	8	T	2-2:45pm	21mo-3.5	$200/$250
403702-B1	4/11-5/30	8	Th	2-2:45pm	21mo-3.5	$200/$250

PLAYFUL PRESCHOOL YOGA

Instructor: Warrior Kids Yoga

Come join us on our magic carpet as we travel to the beach, the moon, the circus and other real and fantasy destinations in our story based yoga session. The students will learn traditional and not-so-traditional yoga postures while working on focus techniques and fine and gross motor skills. Our studio will be filled with songs and rhythmic movement sure to get our little yogis moving and laughing in no time.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
403005-A1	4/17-6/5	8	W	2-2:45pm	3-5	$126/$156

TINKERGARTEN

Instructor: Wondermore

Join Ms. Michelle as she supports children and their caregiver's love of learning and exploration. Each week they will meet outside to sing songs, read stories, and participate in a child led activity. This class is perfect for both nature enthusiasts and those just wanting more time outside with friends. This class meets for 8 weeks and requires caregiver participation. Come explore with Tinkergarten!

Location: Glyndon Park

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
403307-A1	4/20-5/25	6	Sa	10-11am	18mo to 5	$150/$187.50

LITTLE HOOPERS

Instructor: Brian Lonardo

The Little Hoopers class is focused on fun and learning the basic fundamentals of basketball. The kids will play tag games, work on dribbling, shooting, passing, and play modified games.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
404091-A1	4/12-5/31	8	F	4-5pm	4-7	$200/$250

LIL' BOOTS JUNIORS



Instructor: Golden Boot Soccer

Specifically designed to create a positive first experience for preschool-aged players who will learn soccer fundamentals through fun activities and noncompetitive, small sided games. Players will build self esteem, confidence, and a sense of sportsmanship and fair play while developing coordination and physical, mental, and social skills.

Location: Caffi Field

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
404333-A1	4/10-5/29	8	W	1-2pm	3-5	$150/$188

SPORTS AND GAMES FOR KIDS

Instructor: Chris Kurtzman

Come join the fun and get active in this dynamic sports and games class while learning sportsmanship and team work. Each week we will introduce fundamental rules and skills of a sport and then reinforce with a variety of games. Sports and games include soccer, basketball, hockey, volleyball, track and field/triathlon, flag football, baseball, kickball, Battleship, Friendship Tag, Alarm Clock, Pound Puppies, Super Troopers and a lot more. This is a parent drop off class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
404706-A1	4/1-5/20	8	M	1:30-2:30pm	3-6	$138/$172

ALL SPORTS FOR KIDS

Instructor: Helen Petrakes

All Sports will teach the fundamentals of a variety of team sports including soccer, basketball, baseball, hockey, volleyball and track and field. Kids will enjoy playing new games such as Rainbow Run, End Zone Trappers, Battleship, Bye-Bye Tag and much more. We will focus on large motor skill development and ball handling skills, as well as emphasizing good sportsmanship and teamwork. This is a parent drop off class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
404707-A1	4/4-5/23	8	Th	1:30-2:45pm	3-6	$138/$172

LITTLE MUSIC MAKERS

Instructor: Chris Krouse

Join Miss Chris for an entertaining, educational and interactive class. Children will learn the fundamentals of music through singing, playing simple instruments, exploring beat and rhythm, dancing, using seasonal props and more! Your child will love this highly active and engaging class. If you have questions about your child's readiness for this class, please email MusicwithMissChris@gmail.com. A parent or caregiver must attend with the child. *No Class: 5/27*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
408140-A1	4/8-6/3	8	M	11-11:30am	2-5	$156/$196
408140-B1	4/8-6/3	8	M	1:15-1:45pm	2-5	$156/$196
408140-C1	4/8-6/3	8	M	2-2:30pm	2-5	$156/$196

GYMNASTICS | Instructor: Shannon Lake

PRESCHOOL GYMNASTICS

A fun and challenging class that teaches age appropriate skills on uneven bars, balance beam, floor, and springboard. Students need to be able to attend without an adult and be cooperating members of the class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
404062-A1	4/2-5/21	8	T	1:15-2pm	3-5	$66/$82
404062-B1	4/2-5/21	8	T	2:15-3pm	3-5	$66/$82
404062-C1	4/2-5/21	8	T	3:15-4pm	3-5	$66/$82
404062-D1	4/3-5/22	8	W	1:15-2pm	3-5	$66/$82
404062-E1	4/3-5/22	8	W	2:15-3pm	3-5	$66/$82
404062-F1	4/3-5/22	8	W	3:15-4pm	3-5	$66/$82
404062-G1	4/4-5/23	8	Th	10:45-11:30am	3-5	$66/$82
404062-H1	4/4-5/23	8	Th	1:15-2pm	3-5	$66/$82
404062-I1	4/4-5/23	8	Th	2:15-3pm	3-5	$66/$82
404062-J1	4/4-5/23	8	Th	3:15-4pm	3-5	$66/$82

GYMNASTICS FOR AGES 4-7

This class is set up for our younger gymnasts. The class will have three balance beams of different heights, a bar and floor and vaulting equipment. Everything students need to learn gymnastics skills.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
404060-A1	4/1-5/20	8	M	4:15-5pm	4-7	$66/$82
404060-B1	4/1-5/20	8	M	5:15-6pm	4-7	$66/$82
404060-C1	4/1-5/20	8	M	6:15-7pm	4-7	$66/$82

GYMNASTICS FOR PARENT AND CHILD

Kids! Grab your favorite grown up and come to gymnastics. This is an introductory class where kids will explore the bars, beam, floor, and springboard with a responsible adult. Instructor provides guidance and supervision. Adults and children need to be cooperative and participating members of the class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
404061-A1	4/3-5/22	8	W	9:45-10:30am	2-3	$66/$82
404061-B1	4/3-5/22	8	W	10:45-11:30am	2-3	$66/$82
404061-C1	4/4-5/23	8	Th	9:45-10:30am	2-3	$66/$82



GYMNASTICS FOR AGES 5-13

Children will receive instruction on the uneven bars, balance beam, vault and floor. Class also includes flexibility and strength building moves. Classes are for all ability levels: beginner through advanced. Children progress through the program based on individual ability levels. Gymnasts are grouped primarily by ability level and age. Join us for one, two or three days a week!

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
414061-A1	4/2-5/21	8	T	4:05-5pm	5-13	$80/$100
414061-B1	4/2-5/21	8	T	5:05-6pm	5-13	$80/$100
414061-C1	4/2-5/21	8	T	6:05-7pm	5-13	$80/$100
414061-D1	4/3-5/22	8	W	4:05-5pm	5-13	$80/$100
414061-E1	4/3-5/22	8	W	5:05-6pm	5-13	$80/$100
414061-F1	4/3-5/22	8	W	6:05-7pm	5-13	$80/$100
414061-G1	4/4-5/23	8	Th	4:05-5pm	5-13	$80/$100
414061-h1	4/4-5/23	8	Th	5:05-6pm	5-13	$80/$100
414061-I1	4/4-5/23	8	Th	6:05-7pm	5-13	$80/$100

ADVANCED GYMNASTICS

This class has a student/teacher ratio of 4 to 1 and is for the year-round student. Students will improve on and add to skills already learned as well as work on routines, dance, flexibility and strength. An instructor will approach a parent when a child is ready for this class. Registration will not be accepted without a written letter from the instructor. Participants need to be registered for a minimum of two classes a week in addition to the advanced class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
414063-A1	4/2-5/21	8	T	7:05-8pm	7-13	$160/$200
414063-B1	4/3-5/22	8	W	7:05-8pm	5-8	$160/$200
414063-C1	4/4-5/23	8	Th	7:05-8pm	7-13	$160/$200

TWOOSEY DOODLERS

Instructor: Abrakadoodle

This is a special art class just for toddlers and parents (or helpers). Little fingers will experiment with painting, gluing, sticking, printing and creating, while developing fine motor, language and self-help skills. This is an "I can do it!" class that is fun and creative! Each session has new activities and parents helpers get to play too. A $32 materials fee is due on the first day of class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
407250-A1	4/9-5/28	8	T	10:30-11:15am	1.5-3	$126/$158
407250-B1	4/11-5/30	8	Th	10:30-11:15am	1.5-3	$126/$158

MINI DOODLERS

Instructor: Abrakadoodle



Children develop their creativity through carefully designed lessons that ignite the imagination and develop skills. Using real artists' materials including watercolors, tempera paints, oil pastels, creative tools and more, the children create masterpieces that are truly unique. A materials fee of $32 is due the first day of class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
407251-A1	4/9-5/28	8	T	11:30am-12:15pm	3-6	$126/$158
407251-B1	4/11-5/30	8	Th	11:30am-12:15pm	3-6	$126/$158

PRESCHOOL & YOUTH CLASSES



MUSIC TOGETHER

Instructor: Little Steps Music

Music Together is an internationally recognized mixed age music and movement class. The Music Together approach develops every child's birthright of basic music competence by experiencing music through playful activities rather than learning music concepts. Find out more at littlestepsmusic.com. A $42 nonrefundable supply fee is included in the cost of the class. Adult participation is required.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
408141-A1	4/6-6/8	10	Sa	9-9:45am	0-5	$294/$344
408141-B1	4/6-6/8	10	Sa	10-10:45am	0-5	$294/$344
408141-C1	4/6-6/8	10	Sa	11-11:45am	0-5	$294/$344
408141-D1	4/9-6/11	10	T	9-9:45am	0-5	$294/$344
408141-E1	4/9-6/11	10	T	10-10:45am	0-5	$294/$344
408141-F1	4/9-6/11	10	T	11-11:45am	0-5	$294/$344

TENNIS 1&2

Instructor: First Serve Tennis

Players learn and review the fundamental strokes with emphasis on developing rallying skills. Player-Coach ratio is 6:1. *No Class: 5/27*

Location: Meadow Lane Park

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
414040-A1	4/8-6/10	9	M	3:30-4:25pm	6-8	$234/$283.50
414040-B1	4/8-6/10	9	M	4:30-5:25pm	7-10	$234/$283.50
414040-C1	4/8-6/10	9	M	5:30-6:25pm	7-10	$234/$283.50
414040-D1	4/8-6/10	9	M	6:30-7:25pm	10-14	$234/$283.50
414040-E1	4/9-6/11	10	T	3:30-4:25pm	6-8	$260/$315
414040-F1	4/9-6/11	10	T	4:30-5:25pm	7-10	$260/$315
414040-G1	4/9-6/11	10	T	5:30-6:25pm	7-10	$260/$315
414040-H1	4/9-6/11	10	T	6:30-7:25pm	10-14	$260/$315
414040-I1	4/11-6/13	10	Th	4:30-5:25pm	6-8	$260/$315
414040-J1	4/11-6/13	10	Th	5:30-6:25pm	7-10	$260/$315
414040-K1	4/11-6/13	10	Th	6:30-7:25pm	10-14	$260/$315

RWE BASKETBALL CLINICS

Instructor: Rodney Ward

Coach Rodney has held classes and camps for over 25 years at the Vienna Community Center. The RWE basketball clinics is designed to help beginning and intermediate players with ball handling, passing, receiving, footwork, and shooting. These skills are taught with a focus on having fun and making new friends in a positive environment.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
414090-A1	4/9-5/3	8	T & F	5:30-7:30pm	7-12	$132/$164

SUM MATH FUN

Instructor: Stemtree

The Stemtree Sum Math Fun program is a customized, grade specific curriculum that incorporates engaging exercises and physical manipulatives to make math more enjoyable. The Stemtree math curriculum provides a solid foundation for children to build on, as well as guidance for kids who may already know the basis but require assistance with more complicated concepts. Our objective is for students to not only comprehend math, but also apply what they've learned in class to their daily life.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
414461-A1	4/9-5/28	8	T	5:30-6:30pm	6-11	$208/$258

STEMTREE CODING WITH FUN

Instructor: Stemtree

Students will learn the computer programming concepts in a fun and interactive way. They will combine media elements to create and share their own interactive stories, animations, games, music, and art. Students will learn basic reasoning and problem solving skills; and they will have an opportunity to think creatively, communicate clearly, use technology fluently, and collaborate effectively. On the first day of the program students will be assessed on their grades and prior skill levels and placed into one of the three levels: Beginner, Intermediate, or Advanced. *No Class: 5/27*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
414462-A1	4/8-6/3	8	M	5:30-6:30pm	6-11	$208/$258

STEMTREE ROBOTICS

Instructor: Stemtree

Robo-Fun uses the wonder and genius of robots to inspire students to learn engineering, apply their knowledge and skills of basic science, model construction, computer programming, and problem solving to explore STEM concepts. This program utilizes instructional time, assessments, and hands-on activities to reinforce key concepts and improve problem solving skills. On the first day of the program students will be assessed on their grades and prior skill levels and placed into one of the following levels: Beginner, Intermediate, or Advanced.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
414463-A1	4/10-5/29	8	W	5:30-6:30pm	6-11	$208/$258

RUNNING CLUB

Instructor: Helen Petrakes

Join the Fun in our High Energy Running Club. Students will enjoy beginning each class with our challenging warm up games. Next, we break into our daily stations, training for fast pace running, building on endurance levels, quick footwork, agilities as well as proper running form. Kids will enjoy this well rounded class preparing them for races, as well as quickness and agilities used in most sports. *No Class: 5/27*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
414690-A1	4/8-6/3	8	M	4:15-5:15pm	5-9	$138/$172

CLAY-MAGINATION FOR KIDS

Instructor: Sydnie Swain

In these classes, children will explore the world of clay and ceramics with the power of play and discovery. Students will be shown a wide variety of different tricks and tips in order to bring their clay projects to life. Processes will allow the students to experiment in building, sculpting and decorating, all while trying out new techniques. Projects will include cups and bowls to use at home, funky figurines to display and everything in between. Students will find that clay can be just as unique and different as they are. Projects will go through a two-firing process of bisque to glazing and will be taken home on the last day and as they are completed throughout the program. The last 15 minutes of class will be dedicated to cleaning up.

Location: Bowman House Arts and Crafts Center

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
417210-A1	4/3-6/5	10	W	4-6pm	8-12	$230/$280



PRESCHOOL & YOUTH CLASSES AND SPRING BREAK CAMPS

TEEN POTTERY: WHEEL AND THROWING

Instructor: Sydnie Swain

Teens will enter a space of creativity, focus and the joy of learning something new while building their skills on the pottery wheel. Alongside their instructor, they will create both functional and aesthetic pieces that reflect their own unique perspective and personality. These classes will emphasize building skills on the wheel as well as hand building to add handles, lids and surface designs to their pieces. Teens will be empowered in their abilities as they sharpen their own unique sense of style through making one-of-a-kind art that will last a lifetime. The last 15 minutes of class will be dedicated to clean-up.

Location: Bowman House Arts and Crafts Center

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
427210-A1	4/3-6/5	10	W	6:30-8:30pm	Ages 13-18	$230/$280

ADRENALINE CHEER & TUMBLING

Instructor: Adrenaline Dance Force

Our cheer class is designed to teach basic to advanced concepts of cheer. We will work on motions and jump technique, stunting basics and cheer dances. All of our cheerleaders will gain strength, performance techniques and improve on their showmanship!
Our tumblers will learn tumbling basics, flexibility and beginning/intermediate level skills such as rolls, cartwheels and back bends. An in-class parent showcase will be held on the last day of class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
428105-A1	4/5-5/31	9	F	6:30-7:30pm	6-12	$135/$168.75

STORYBOOK BALLET

Instructor: Adrenaline Dance Force

This ballet class will expose your little ballerina to many of the classical ballet stories such as Sleeping Beauty, Cinderella and The Nutcracker through literature, storytelling and music. Basic ballet concepts will be introduced to lay a positive technical foundation (i.e.: positions, plies, etc.). Students will enjoy being exposed to real ballet stories to create a love for this classical art form! An in-class parent showcase will be held on the last day of class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
428107-A1	4/1-5/20	8	M	2-2:45pm	3-6	$120/$150
428107-B1	4/1-5/20	8	M	3-3:45pm	3-6	$120/$150
428107-C1	4/3-5/22	8	W	10-10:45am	3-6	$120/$150
428107-D1	4/3-5/22	8	W	11-11:45am	3-6	$120/$150

ADRENALINE DANCE FORCE HIP HOP ALL STARS

Instructor: Adrenaline Dance Force

Our ADF hip-hop dancers will learn the latest street dancing technique, performance skills and confidence. Hip-hop is an ever-evolving style performed to current hip-hop music. The Adrenaline Dance Force classes offer the ability to improve hip-hop style, increase memory and improve balance by staying grounded and strong through upper and lower body movement. Adrenaline's experienced staff brings excitement to this class with the latest hip-hop moves and age appropriate music! An in-class parent showcase will be held on the last day of class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
428108-A1	4/5-5/31	9	F	5:30-6:30pm	6-12	$135/$168.75

SPRING BREAK CAMPS



Instructor: Abrakadoodle

Take in the stunning scenery around the United States as you create prints, paintings, drawings and sculptures inspired by the land from sea to shining sea!

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
407253-A1	3/25-3/29	5	M-F	9am-3pm	6-12	$300/$350

RWE BASKETBALL CAMP

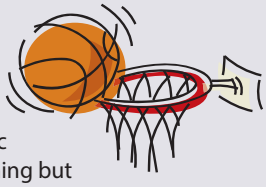
Instructor: Rodney Ward

CANCELLED

Coach Rodney Ward has over 25 years' experience hosting camps at the Vienna Community Center. The RWE fundamental skills camp is designed to help beginning and intermediate players with ballhandling, passing, receiving, footwork, and shooting. These skills are taught with a focus on having fun and making new friends in a positive environment.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
415090-A1	3/25-3/29	5	M-F	9am-3pm	7-12	$180/$225

NOTHING BUT NET SINGLE DAY CAMP



Instructor: Brian Lonardo

Have fun on this Fairfax County Public Schools No School Day with the Nothing but Net camp! We will focus on a variety of sports, including basketball, soccer, floor hockey, pillow polo, and many PE games.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
415102-A1	5/3	1	F	10am-2pm	6-12	$50/$62.50

STEMTREE CODING WITH FUN & ROBO FUN CAMP

Instructor: Stemtree

CANCELLED

Coding with Fun teaches campers the concepts of computer programming in a fun and interactive way while developing their basic reasoning and problem solving skills. Robo-fun camp uses robots to inspire campers to learn engineering, science, model construction, and knowledge to explore STEM concepts.
Coding with Fun teaches campers the concepts of computer programming in a fun and interactive way while developing their basic reasoning and problem solving skills. Robo-fun camp uses robots to inspire campers to learn engineering, science, model construction, and knowledge to explore STEM concepts.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
415310-A1	3/25-3/29	5	M-F	9am-3pm	6-12	$300/$350

CLUB PHOENIX TEEN CENTER



Club Phoenix Teen Center is an after-school program available for ages 11 – 17. We welcome all Teens and Tweens in the Greater Vienna area to enrich their lives through programs focused on their interests. We offer homework help on Tuesday's and Thursday's and for fun daily activities we have large tabletop games like air hockey, shuffleboard, and pool. We have video games, board games, virtual reality games, music, special events, special interest activities, and sports/fitness programs. Please contact Ianna Alhambra, After School Program Coordinator, at **703-255-5736** or via email at **Ianna.Alhambra@viennava.gov**, if you have any questions.

Club Phoenix Location:

Vienna Community Center
120 Cherry Street, SE • Vienna, VA 22180

Hours of Operation:

Monday through Thursday ..... 2:30 – 6:30 p.m.

Friday ..... 2:30 – 9 p.m.

Club Phoenix is closed the following dates:

May 27

Club Phoenix is OPEN on Student Holidays and Breaks

Monday through Friday ..... 12:30 – 6:30 p.m.

March 22 | March 25 – 29

April 1 | April 2 | April 10 | May 3

All programs held at the Vienna Community Center unless otherwise noted.

WEBTRAC REGISTRATION

Please register your child for Club Phoenix by creating a household on **WebTrac** and receive a key fob upon entry at Club Phoenix.

"THE PHOENIX" PARENT E-NEWSLETTER

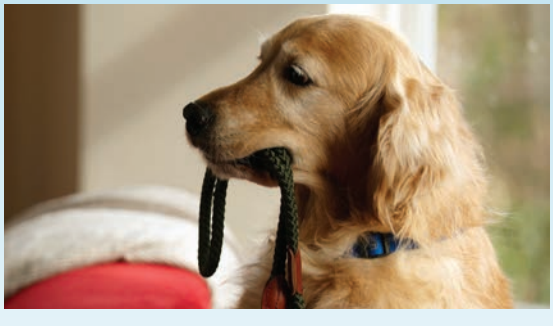
Get connected and stay informed with all the latest programs and activities in Club Phoenix by signing up to receive our quarterly e-Newsletter, "The Phoenix." You can learn more information regarding events, daily activities, parent discussions and teen council meeting details.

VOLUNTEER HOURS

All students may volunteer at the Teen Center during the after-school program. Volunteer opportunities include but are not limited to special events assistance, helping at "The Nest" snack bar, and in our local Town of Vienna community. Interested students can fill out a volunteer application at the Club Phoenix Teen Center.

CLUB PHOENIX RENTALS

Club Phoenix is available for rentals on weekends to members of Club Phoenix. Fill out an application from the After School Program Coordinator by emailing **Ianna.Alhambra@viennava.gov** and set up a tour for more information.



ODD JOB LIST

Calling all youth interested in earning some extra cash! Do you enjoy babysitting or have a passion for dog walking? The Vienna Parks and Recreation Department sponsors a program in which youth can sign up to be added to the Odd Job List to help their neighbors while potentially earning some extra cash. Applications can be found at the Vienna Community Center Front Desk.

TEEN COUNCIL SPECIAL EVENT

HEROBOX FUNDRAISER

JANUARY – MARCH

Please join the Club Phoenix Teen Council Members in supporting our troops overseas by donating common requested items to the Club Phoenix Teen Center for the months of January through March or leave in the donation box in the lobby of the Vienna Community Center. Common requested items include Beef Jerky, Hard Candy, Drink mix, Sunflower Seeds, Body Lotion, Hand Sanitizer, Toothbrush/ Paste, Feminine Hygiene Products, Tums, Books, DVDs/ CDs, Postcards, Pens/ Pencils, Journals, Socks, and Undershirts. Please refrain from donating aerosol, batteries, alcohol, weapons, cell phones, adult materials, or anything that can spill. Together we can make a difference in our communities and overseas.

CLUB PHOENIX SPECIAL EVENTS

DUNGEONS AND DRAGONS® CLUB

Every other Friday

6 – 9 p.m.

Friday, March 8 | Friday, March 22 | Friday, April 5 | Friday, April 19 | Friday, May 3

No Dungeons and Dragons® Club on Friday, May 17 due to the Phoenix Award and Teen Festival Event

Join new and affluent Dungeons and Dragons® players for adventurous fun in the Teen Center through this Dungeons and Dragons® Club! We have everything you need to succeed in the game.

WORLDWIDE CLUB

Every other Friday

4 – 4:30 p.m.

Friday, March 1 | Friday, March 15 | Friday, March 29 | Friday, April 12 | Friday, April 26 | Friday, May 10 | Friday, May 24 | Friday, June 7

The Club Phoenix Teen Center is presenting its very first Worldwide Club where teens get to learn about different countries, cultures, flags, cuisine, and languages across the world. On the last meeting of every month we will play Kahoot® to test our knowledge on the fun facts we learned previously.

ST. PATTY'S PARTY

Friday, March 15

4 – 6 p.m.



You don't need the luck of the Irish for this party. Remember to wear green for a night of activities and faire related to the people of Ireland. No leprechauns allowed.

HIGH SCHOOL ONLY NIGHT

Second Friday of the Month:

7 – 9 p.m.

Friday, March 8: *Casino Night*

Friday, April 12: *Coffee House: Open Mic/ Poetry Reading*

Friday, May 10: *Fried Foods Challenge*

Are you in high school and only want to hang with your high school friends on a Friday night? Enjoy all that the teen center has to offer without the younger teens. Bring a friend and get a chance at spin-to-win. Registration to Club Phoenix is not required for first time students.

TASTY TUESDAY FOR NATIONAL NUTRITION MONTH



Tuesdays in March

4 – 4:30 p.m.

During National Nutrition Month we will put our Culinary Skills to the test as we learn about healthy nutritional snacks, learn fun air-fryer recipes, and learn some nutritional facts along the way.

CELEBRATE WOMEN'S HISTORY MONTH

Wednesdays in March

4 – 4:30 p.m.

During Women's History Month we will learn about the roles and achievements of women in the history of the United States. We will enjoy cuisine, art, music, movies, and other influences that women from the past have accomplished.

CLUB PHOENIX TEEN CENTER

SPRING BREAK SPECIAL EVENTS

10TH ANNUAL PHOENIX AWARDS:

Teen Wellness Festival

Friday, May 17 ■ 6:30 – 8:30 p.m.



You are cordially invited to assist us in honoring the hard work and diligence of our Club Phoenix Teen Center members, Teen Council, volunteers, and staff members. This Teen Wellness Festival includes entertainment, guest speakers, resources, and light refreshments. Celebrate 10 years of Phoenix Awards.

Club Phoenix Extended Hours during Spring Break
12:30 – 6:30 p.m.

Monday, March 25: *Trivia Day*
Tuesday, March 26: *Relay Race Day*
Wednesday, March 27: *Fashion Show*
Thursday, March 28: *T-shirt Tie-dye Day*
Friday, March 29: *Sports Day*

Stop by the Club Phoenix Teen Center during FCPS Spring Break to enjoy games, movies, challenges, fashion and food.

END OF THE YEAR
PAJAMA PARTY

Friday, June 14 | 3:30 – 6:30 p.m.

What better way to celebrate the end of the school year than a pajama party?!?! There is no need for sleeping bags or blow-up mattresses for we are not sleeping over, but onesies, and the coziest pajamas are encouraged. We will provide the movie, popcorn, and food.

PARENT DISCUSSION: QPR (QUESTION, PERSUADE, AND REFER) SUICIDE PREVENTION TRAINING

The Club Phoenix Teen Center will be partnering with the Fairfax County Community Services Board for the QPR (Question, Persuade, and Refer) Suicide Prevention Training Workshop. In this training participants will learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to the help they need.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
422302-A1	3/6	1	W	6-7:30pm	18-99	Free

PARENT DISCUSSION: OPIOID OVERDOSE AND NALOXONE EDUCATION (REVIVE! KIT TRAINING)

Opioid Overdose and Naloxone Education (Revive! Kit Training): In this training participants will learn how and when to administer naloxone to reverse an opioid overdose, what to do and not to do in an overdose situation, and what to do afterwards.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
422303-A1	4/17	1	W	6-7pm	18-99	Free

ADULT ART & POTTERY PROGRAMS

ALL POTTERY CLASSES AND LABS ARE HELD AT THE BOWMAN HOUSE ARTS AND CRAFTS CENTER, 211 CENTER STREET S.



POTTERY LAB

Open to all adults enrolled in a pottery class. $17.50 for 25 pounds of clay, which includes glazes and firings. Only clay purchased from the Parks and Recreation Department may be used in the studio. Children may not accompany parents to lab. Lab registration is available online. Up to two labs per class participant.
No Lab: 4/25, 4/26, 4/27, 5/25, 5/27

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
437210-A1	4/8-6/10	9	M	9:30am-12:30pm	18-99	$45
437210-B1	4/8-6/10	9	M	6-9pm	18-99	$45
437210-C1	4/10-6/12	10	W	1-4pm	18-99	$50
437210-D1	4/11-6/13	9	Th	1-4pm	18-99	$45
437210-E1	4/12-6/14	9	F	9am-12pm	18-99	$45
437210-F1	4/13-6/15	8	Sa	9am-12pm	18-99	$40
437210-G1	4/13-6/15	8	Sa	1-4pm	18-99	$40

HANDBUILDING

Instructor: Treena Rinaldi

You will learn various methods of Handbuilding pots for both functional and decorative use and a variety of glazing and decorating techniques. Advanced students entering the class are encouraged to develop and work on specialized projects. *No Class: 4/25*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
437214-A1	4/4-6/6	9	Th	9:30am-12:30pm	18-99	$207/$252
437214-B1	4/4-6/6	9	Th	6:30-9:30pm	18-99	$207/$252

HANDBUILDING AND THROWING

Instructor: Ben Harrell III

Students will engage in both Handbuilding and throwing on the wheel in a hybrid class crossing over skills from both disciplines. Altering forms on and off the wheel will help develop keen understanding of the nature and malleability of clay. This class is recommended for students with intermediate experience with pottery.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
437215-A1	4/3-6/5	10	W	9:30am-12:30pm	18-99	$230/$280

ADULT PAINTING

Instructor: Kerry Burch

Learn the fundamentals of acrylic painting with canvas preparation and ground application, color mixing and "blocking in" technique. Overall development of composition and layout to final rendering of the finished piece will be the goal of this class. Students should arrive with a basic concept or idea for the painting they wish to produce. This should be an accurate preparatory drawing, photograph or some other fully developed idea. Contact the Community Center for materials list prior to the first class.
No Class: 5/27

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
437240-A1	4/15-6/10	8	M	7-9pm	18-99	$84/$108
437240-B1	4/17-6/12	9	W	7-9pm	18-99	$94.50/$121.50

ADULT POTTERY & SPRING 2024 SPECIAL EVENTS

POTTERY WHEEL



BEGINNING WHEEL

Instructor: Ben Harrell III

An overall introduction to the potter's wheel for beginners, including the basics of centering, throwing, trimming, and glazing. Students will learn to throw cylinders and bowls. It is mandatory that beginners attend the first two sessions of class as the foundation of throwing will be covered in those two classes. Students should purchase a basic tool kit consisting of a needle tool, wire, and wooden rib and wooden sculpting tool which are available at arts and crafts stores and online. Students should also bring an old towel and a large sponge for cleaning. Wear clothes you expect to get dirty.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
437211-A1	4/2-6/4	10	T	6:30-9:30pm	18-99	$230/$280

INTERMEDIATE WHEEL

Instructor: Bikki Stricker and Jennifer Coffin

This class is designed to expand on the basics taught in beginning wheel. Sample projects include throwing larger forms, making dinnerware sets, and exploring various decorating techniques. Students should bring a towel, tools, and bats to class. *No Class: 5/27*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
437212-A1	4/8-6/3	8	M	2-5pm	18-99	$184/$224
437212-B1	4/2-6/4	10	T	3-6pm	18-99	$230/$280

ADVANCED WHEEL

Instructor: Jennifer Coffin

You will learn a variety of advanced techniques and to refine your work both aesthetically and functionally during class. Students should bring a sponge, old towel and bats to class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
437213-A1	4/2-6/4	10	T	9am-12pm	18-99	$230/$280

INTERMEDIATE/ADVANCED WHEEL

Instructor: Rachelle Stefanik

This class will build on existing skills, with a focus on planning projects from conception to final glazing. Focus will be on refining techniques and pushing past your comfort zone. Students should be able to center and throw at least 3 pounds of clay. Required materials include a towel, tools and your own bats. *No Class: 4/26*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
437216-A1	4/5-6/7	9	F	7-10pm	18-99	$207/$252

SPECIAL EVENTS

PLANT SWAP & GARDEN GAB

May 11 | 9 – 11 a.m.
Vienna Learning Garden
FREE

Come by the Learning & Display Garden and spend a fun and enjoyable morning with other gardeners. Hang out at the Garden talking with other gardeners, asking questions, getting answers and sharing garden stories. Take the opportunity to have your garden questions answered by the pros. If you have any plants to swap or give-a-way, bring them along!





Saturday
April 27
10 a.m. – 3 p.m.

BOWMAN HOUSE POTTERY SHOW & SALE

Fill your shelves with some spectacular pottery. Students and teachers' handmade pottery available for sale at the Bowman House Arts and Crafts Center, 211 Center Street S. **Cash or check only.**

VIENNA THEATRE COMPANY

SHAKESPEARE *In Hollywood*

Written by Ken Ludwig



Ticket Price: $16

Performance Dates

Fridays and Saturdays | 8 p.m.
January 19, 20, 26, 27; Feb 2, 3

Sundays | 2 p.m.
January 28, February 4

More info at
www.viennava.gov/theatre

All performances are at the Vienna Community Center.

It's 1934, and Shakespeare's most famous fairies, Oberon and Puck, have magically materialized on the Warner Bros. Hollywood set of Max Reinhardt's A Midsummer Night's Dream. Instantly smitten by the glitz and glamour of show biz, the two are ushered onto the silver screen to play (who else?) themselves. With a little help from a feisty flower, blonde bombshells, movie moguls, and arrogant "asses" are tossed into loopy love triangles, with raucous results. The mischievous magic of moviedom sparkles in this hilarious comic romp.

Purchase your tickets at **www.viennava.gov/webtrac** or in person at the Vienna Community Center.

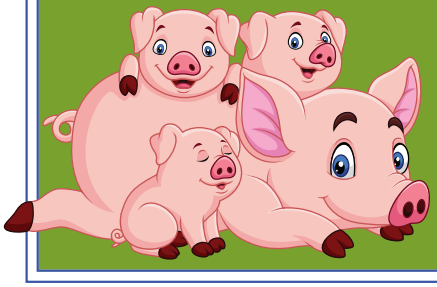
VIENNA THEATRE COMPANY
THEATRE FOR YOUNG AUDIENCES PRODUCTION:

Who's Afraid of the Big Bad Wolf



by Tom McCabe
Directed by Scott Olson
Produced by Maggie Swan

A hilarious comedy which cleverly combines the Three Little Pigs and Little Red Riding Hood with a very hungry wolf stuck between them.



Children and adults will delight in the whirlwind antics of the three pigs, a Canadian woodsman and Cornelius B. B. Wolf who might actually get something to eat, if he doesn't keep blowing things away. A real crowd pleaser for children and adults alike from ages 3 to 93!

Tickets

$5.00 Children | $10.00 Adults
$8.00 Seniors

Tickets available at the door only.

Performance Dates

Saturdays | 11 a.m. & 2 p.m.
January 27 & February 3

More info at
www.viennatheatrecompany.org

VIENNA THEATRE COMPANY PRESENTS:

THE 39 STEPS

Written by Patrick Barlow

In ***The 39 Steps***, a man with a boring life meets a woman with a thick accent who says she's a spy. When he takes her home, she is murdered. Soon, a mysterious organization called "The 39 Steps" is hot on the man's trail in a nationwide manhunt that climaxes in a death-defying finale! A riotous blend of virtuoso performances and wildly inventive stagecraft, ***The 39 Steps*** amounts to an unforgettable evening of pure pleasure!

Tickets on sale **February 5** for residents and February 12 for folks living outside Town limits. Purchase your tickets at **www.viennava.gov/webtrac** or in person at the Vienna Community Center.

PERFORMANCE DATES:

Fridays and Saturdays | 8 p.m.
April 19, 20, 26, 27 and May 3, 4

Sundays | 2 p.m.
April 28 and May 5

Ticket Price: $16
More info at www.viennava.gov/theatre

FLASHLIGHT EGG HUNT



Enjoy games and music before the hunt begins and do not forget your camera to take pictures of your kids visit with the bunny and friends. All kids are encouraged to bring a flashlight and a basket to collect eggs. The cost is $5 per family member and registration is required for all family members, except children 12 months and younger. Maximum of six participants per household. For more information visit **viennava.gov/egghunt**.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
450681-A1	3/22	1	F	6-7pm	Recommended 5 and under	$5
450681-B1	3/22	1	F	8-9pm	Recommended 6 and up	$5

SPRING Town Clean Up Day

Saturday
April 6
9 a.m. – 12 p.m.

Vienna Town Green
144 Maple Ave. E.

Help clean up Vienna parks and trails! After meeting at the Vienna Town Green, volunteers are assigned a location in town that needs some attention. The parks and recreation department coordinates the event, providing supplies and assistance throughout the day. Pre-registration is recommended not required. To register contact Brian Harrington at **bharrington@viennava.gov** or **703-255-5755**.

GREEN EXPO

Thursday, April 18
7 – 9 p.m.
Vienna Community Center

Hosted by the Town of Vienna's Conservation and Sustainability Commission, this annual event features local exhibitors offering information on sustainable practices, such as clean water, native plants, local wildlife, green landscaping, recycling, composting, zero waste, green living, and energy efficiency. For more information, email **CSC@viennava.gov** or call **703-319-8610**.

FAMILY FISHING RODEO



Join us at Wildwood Park for our annual Family Fishing Rodeo.

Registration costs $5 and is required for those who will be fishing. Limit 6 participants per household.

Youth 12 months and younger do not need to register. All participants over the age of 16 must possess a fishing license.

You can purchase online at **www.gooutdoorsvirginia.com**.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
450680-A1	4/6	1	Sa	8:30-9:15am	1 - 99	$5
450680-B1	4/6	1	Sa	9:15-10am	1 - 99	$5
450680-C1	4/6	1	Sa	10-10:45am	1 - 99	$5
450680-D1	4/6	1	Sa	10:45-11:30am	1 - 99	$5

Sign Up for
Vienna HAPPENINGS
E-Newsletter

Visit
www.viennava.gov/happenings
to receive the Town's weekly email with updates on what's going down around town.

SPRING 2024 SPECIAL EVENTS

THIRD ANNUAL

BREWFEST BEER GARDEN ON MILL ST

ALL PROCEEDS GO TO CHARITY

Now on Mill Street, right next to the Town Green!

Saturday, May 25 | Sunday, May 26
12 p.m. – 10 p.m.

Visit **vivavienna.org/backstage-brewfest** for details and updates.

Presented by Rotary Club of Vienna Rotary

40TH ANNUAL

VIVA VIENNA | *at Historic Church Street*

Saturday, May 25 & Sunday, May 26
10 a.m. – 10 p.m.

Monday, May 27
10 a.m. – 6 p.m.

Memorial Day Weekend festival presented by the Rotary Club of Vienna. All proceeds support local charities.

Rides • Music • Crafts • Food
Children's Entertainment • Memorial Day Tribute

More info at:
vivavienna.org

Rotary

WALK ON THE HILL

Sunday, April 28 | 2 – 5 p.m.
Windover Heights Neighborhood

Held each spring since 1974, Walk on the Hill is perhaps Vienna's loveliest event, offering self-guided tours through approximately 50 participating yards and gardens in the Town's historic Windover Heights neighborhood. Welcome in the Spring with live entertainment, exhibits, and refreshments. Call **703-255-6360** or visit **www.viennava.gov/walkonthehill** for updates and more details.



MAYOR'S FITNESS CHALLENGE

The Mayor's Fitness Challenge is an event coordinated between three jurisdictions City of Fairfax, Town of Vienna and City of Falls Church. Residents can get involved in a healthy competition to determine the "Most Fit City/Town". During the 8-week competition, participants will track their fitness minutes spent doing any physical exercise and log their minutes through a web form that will be sent to each participant. This event is open to those that live or work in the Town of Vienna. Let's continue Vienna's championship and keep the gold cup in Vienna. Register for free or purchase a T shirt for $16 when you register for section B1.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
450685-A1	3/16-5/11	57	M-Su	12am-11:59pm	All ages	Free
450685-B1	3/16-5/11	57	M-Su	12am-11:59pm	All ages	$16



ADULT FITNESS PROGRAMS

PILATES STRENGTH FUSION

Instructor: Sharon Turner

A Pilates based class which includes strengthening exercises using hand weights, exercise tubing and Pilates balls. We will target strength, balance, flexibility and core conditioning so no muscle group will be neglected. A series of stretches to help flexibility, range of motion, and posture will be included at the end of each workout. Please bring hand weights and a mat. *No Class: 5/27*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
433020-A1	4/8-6/10	9	M	8:30-9:30am	18-99	$135/$168.75
433020-B1	4/12-6/14	10	F	8:30-9:30am	18-99	$150/$187.50

CARDIOBOXING

Instructor: Fee Pearson

This 45-minute calorie blasting workout uses aerobics, kicks and punches to improve fitness. Although this class is high energy, variations are demonstrated for high and low impact. Kick, jab and punch your way to fitness to the hottest dance music. *No Class: 5/29*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
433022-A1	4/10-6/12	9	W	8:15-9pm	18-99	$99/$123.75

CARDIO MIX

Instructor: Sharon Turner

This is a cardio-based body conditioning program which incorporates HIIT (High Intensity Interval Training). The workout is broken down into three segments beginning with HIIT, followed by a strength portion and ending with core work and stretching. Please bring a set of hand weights and a mat. *No Class: 6/4*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
433023-A1	4/9-6/11	9	T	5:30-6:30pm	18-99	$135/$168.75
433023-B1	4/11-6/13	10	Th	5:30-6:30pm	18-99	$150/$187.50

QIGONG FOR HEALTH & HEALING

Instructor: Carol Ritter

Qigong (pronounced "Chee-gong") is a collection of ancient Chinese practices used for healing and enhancing well-being. Qigong practice consists of a series of gentle movements designed to balance our body, mind and spirit, and also includes breathing practices, meditation and self-massage. In this class, we will review the basics of Qigong, learn practices of Qigong Master Robert Peng, as well as Primoradial Qigong, a lovely practice of 12 movement patterns to support our health in spring. *No Class: 5/25*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
433029-A1	4/27-6/8	6	Sa	9:30-10:45am	18-99	$78/$97.50

TAI CHI-ALL LEVELS

Instructor: David Cohen

Tai chi's graceful and precise movements develop balance, alignment and relaxation. Unlike [illegible] physical exercise, this gentle yet powerful discipline integrates body, mind and spirit. Cohen, a certified instructor, will introduce you to techniques for balance and proper breathing.

CANCELLED

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
433030-A1	4/3-6/12	11	W	9:30-11am	18-99	$99/$123.75

HIGH INTENSITY INTERVAL TRAINING — (HIIT)

Instructor: David Cohen

A thirty-minute high intensity interval training program. Timed work periods alternate with timed rest periods. Scientifically proven to boost metabolism. Helps with weight loss, improves cardiorespiratory fitness, and improves muscle tone. Taught by a certified instructor. *No Class: 5/27*

CANCELLED

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
433031-A1	4/1-6/10	10	M	5:30-6pm	18-99	$50/$62.50

LEARN SELF DEFENSE

Instructor: David Cohen

The goal of this self-defense curriculum is to learn and practice all aspects of martial fighting. David Cohen will take you through fighting theory and techniques from a variety of martial arts, including Judo, Tae Kwon do, Wing Chun, and Hapkido. You will learn ground fighting basics, how to fall properly, throw, wrist locks and self-defense techniques. Learn to get out of bad situations. In this class there will be light sparring involved. Baggy sweatpants will be ideal.

Activity #	Dates	# of Classes	day	Time	Age	R/NR
433032-A1	3/12-4/30	8	T	5-6pm	18-99	$72/$90



JAZZERCISE

Monday/Tuesday/Wednesday/Friday/Saturday ..... 9:30 - 10:30 a.m.

Monday/Wednesday ..... 6:30 - 7:30 p.m.

Jazzercise is an inclusive woman-owned fitness company dedicated to helping people live healthier, happier lives. We believe that working out is about more than looking great—it is about feeling great. The program fuses dance cardio and strength training into one heart-pounding sweat session.

Take unlimited classes for $59 for 14 consecutive days - starting the day of purchase. Only at participating locations for new customers or those who have not attended and/or registered in one month or longer. Valid only during promotion dates. Special offer may be purchased in class or online at **jazzercise.com**. Other restrictions may apply. $83 unlimited classes month to month membership. Single class drop-in rate $25. Please call or text Yhomi Warshavsky at 703-909-6449 or email **ffxjazzercise@gmail.com**. To register visit **jazzercise.com**.

ADULT FITNESS PROGRAMS

MOUTH AND THROAT TONING FOR BETTER SLEEP

Toning the mouth and throat muscles can dial down the volume of your snoring, thereby improving the quality of your sleep. Recent research indicates that exercising these muscles can even reduce the severity of obstructive sleep apnea. These exercises can be helpful when used alone or in conjunction with CPAP or other interventions. Even if you do not have apnea and are not snoring, these exercises may improve your sleep quality and help subtly sculpt your chin and cheek areas for a better appearance. Presented by Charles Masarsky, D.C. Vienna Chiropractic Associates.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
433033-A1	6/11	1	T	10-11am	18-99	Free

BUILDING A HEALTHIER NECK

The nerves that pass through the neck control the shoulders, arms and hands, as well as several internal organ functions. In this presentation, you will be coached through three exercises that will help you build a healthier neck. A fourth exercise will be demonstrated. Plenty of time will be provided for questions and answers. Presented by Dr. Charles Masarsky, D.C. with Vienna Chiropractic Associates.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
433034-A1	5/21	1	T	10-11am	18-99	Free

MORNING FITNESS WAKEUP

Instructor: Nathan Greiner

This class is a group personal training program for adults run by a certified personal trainer. Get the benefits of your own personal trainer at a fraction of the cost. The class is designed to promote life long healthy habits, increase energy levels, improve muscular strength and endurance and reduce the adverse effects of aging. Class will incorporate interval training, HIIT training, strength training, body weight training, cardiovascular conditioning as well as balance and flexibility training. *No Class: 3/13, 3/15*



Activity #	Dates	# of Classes	Day	Time	Age	R/NR
433429-A1	2/23-3/22	11	M,W,F	6-7am	18-99	$214.50/$266.75
433429-B1	4/3-4/26	11	M,W,F	6-7am	18-99	$214.50/$266.75
433429-C1	4/29-5/22	11	M,W,F	6-7am	18-99	$214.50/$266.75

PILATES WITH PROPS

Instructor: Bodymoves Fitness, LLC

Pilates with Props extends the benefits of Pilates by employing small apparatus including flex bands, sponge balls and physio balls. (Optional material fee in class to purchase a burst-resistant, 55cm physio ball from instructor or bring your own.) Please bring a mat to class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
433500-A1	4/9-6/4	9	T	12:30-1:30pm	18-99	$108/$135

HATHA YOGA



HATHA YOGA BEGINNER

Instructor: John Giunta, MA/FRC

Have fun while we gain flexibility, strength, improve concentration and achieve a deeper union of body, mind and spirit with authentic classical yoga teachings. Dress for movement and bring a mat and towel if you think you need extra padding. John has made a pilgrimage to India, studying Raja yoga and Vedanta. John is a senior yoga teacher certified by the Himalayan Institute and has over 35 years of teaching experience. He is a Reiki practitioner, a yoga therapist and consultant listed with George Mason University Arts Wellness Program.
No Class: 5/27, 6/4

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
433050-A1	4/1-6/10	10	M	1:15-2:45pm	18-99	$120/$150
433050-B1	4/2-6/11	10	T	7-8:30pm	18-99	$120/$150

HATHA YOGA BEGINNER/ INTERMEDIATE

Instructor: John Giunta, MA/FRC

This is John Giuntas group of students with some past experience in any yoga tradition. Students who attend this group should know their safe range of motion and have a basic knowledge of some of the major postures/asanas in yoga.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
433051-A1	4/6-6/15	11	Sa	8-9:30am	18-99	$132/$165

HATHA YOGA ONGOING/EXPERIENCED

Instructor: John Giunta, MA/FRC

This group is comprised of students with significant past experience in any yoga tradition. *No Class: 4/18*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
433052-A1	4/4-6/13	10	Th	7-8:30pm	18-99	$120/$150



ADULT FITNESS PROGRAMS

YOGA + PILATES

Instructor: Bodymoves Fitness, LLC

This holistic integration energizes, relaxes and rejuvenates. Pilates exercises develop movement from a strong core, protecting and lengthening the spine, while yoga poses promote strength, flexibility, health of internal organs and stress relief. Please bring a yoga mat. *No Class: 5/27*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
433501-A1	4/8-6/3	8	M	7-8pm	18-99	$96/$120

PILATES MAT

Instructor: Bodymoves Fitness, LLC

Enjoy the benefits of Pilates to strengthen the core, enhance balance and muscle control, increase flexibility and range of motion, develop proper body alignment, and connect mind to muscles using the breath and mental focus. Please bring a mat to class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
433503-A1	4/10-6/5	9	W	7-8pm	18-99	$108/$135

PICKLEBALL 1

Instructor: First Serve Tennis

This is an introduction to all the basic strokes including dinks, volleys, forehands, backhands, the serve, and how to keep score. This class is best suited if you have never played, only tried playing with a friend, or if you never had a formal introduction to the game. Paddles and balls are provided. Please wear tennis shoes. Ratio 6:1. No Class : 5/27

Location: Meadow Lane Park

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
434047-A1	4/15-6/10	8	M	5:30-6:25pm	15-99	$208/$260
434047-B1	4/15-6/10	8	M	6:30-7:25pm	15-99	$208/$260
434047-C1	4/16-6/11	9	T	5:30-6:25pm	15-99	$234/$292.50
434047-D1	4/17-6/12	9	W	9:30-10:20am	15-99	$234/$292.50

PICKLEBALL 2

Instructor: First Serve Tennis

Drills and game play will help you improve your skills to hit balls that are more accurate and consistent. Prior playing experience required. Bring a paddle. Pickleballs are provided. Please wear tennis shoes. Ratio: 6:1. *No Class: 5/27*

Location: Meadow Lane Park

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
434048-A1	4/15-6/10	8	M	7:30-8:25pm	15-99	$208/$260
434048-B1	4/16-6/11	9	T	6:30-7:25pm	15-99	$234/$292.50
434048-C1	4/17-6/12	9	W	10:30-11:20am	15-99	$234/$292.50

PICKLEBALL 3

Instructor: First Serve Tennis

Learn how to play the game more strategically. Solid, consistent strokes and prior playing experience required. Bring your own paddle. Pickleballs are provided. Please wear tennis shoes. Ratio: 6:1.

Location: Meadow Lane Park

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
434049-A1	4/16-6/11	9	T	7:30-8:25pm	15-99	$234/$283.50
434049-B1	4/17-6/12	9	W	11:30am-12:20pm	15-99	$234/$283.50

ADULT TENNIS

ADULT TENNIS 1

Instructor: First Serve Tennis

Players new to the game learn the fundamental strokes: forehand, backhand, volleys, overhead and serve. Player-Coach ratio is 4:1. *No Class: 5/27*

Location: Meadow Lane Park

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
434040-A1	4/8-6/10	9	M	7:30-8:40pm	18-99	$315/$360
434040-B1	4/9-6/11	10	T	9:45-10:55am	18-99	$350/$400
434040-C1	4/9-6/11	10	T	7:30-8:40pm	18-99	$350/$400
434040-D1	4/11-6/13	10	Th	9:45-10:55am	18-99	$350/$400
434040-E1	4/11-6/13	10	Th	7:30-8:40pm	18-99	$350/$400

ADULT TENNIS 2

Instructor: First Serve Tennis

Players with limited on-court experience will strengthen stroke fundamentals and develop the movement, positioning and skills necessary for initial singles and doubles match play. Player-Coach ratio is 4:1. *No Class: 5/27*

Location: Meadow Lane Park

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
434041-A1	4/8-6/10	9	M	9:45-10:55am	18-99	$315/$360
434041-B1	4/9-6/11	10	T	11:05am-12:15pm	18-99	$350/$400
434041-C1	4/11-6/13	10	Th	11:05am-12:15pm	18-99	$350/$400
434041-D1	4/11-6/13	10	Th	8:50-10pm	18-99	$350/$400

PRIVATE TENNIS LESSONS

Instructor: First Serve Tennis

For students who seek the highest level of individual attention to improve their strokes and tennis game. Lessons meet once per week for 4 weeks. *No Class: 5/27*

Location: Meadow Lane Park

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
434043-A1	4/8-5/6	5	M	8:40-9:35pm	7-99	$425/$475
434043-B1	5/13-6/10	4	M	8:40-9:35pm	7-99	$340/$390

ADULT TENNIS 3

Instructor: First Serve Tennis

Techniques for improved shot making, tactics and strategy-based drilling combine with match play for intermediate players. Player-Coach ratio is 4:1. *No Class: 5/27*

Location: Meadow Lane Park

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
434045-A1	4/8-6/10	9	M	11:05am-12:15pm	18-99	$315/$365



ADULT ENRICHMENT CLASSES



COMPUTER MAINTENANCE

Instructor: Andy Livingston

Students will learn how to keep their computers running smoothly by learning to use system tools, utility programs, firewalls and virus protection. They will also learn how to handle a computer crash, decipher error messages, delete files, cookies and unwanted programs and keep their computers updated automatically. In addition, computer hardware maintenance will be discussed, along with proper surge protection, wireless network protection and much more! Students can bring their own equipment.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
437620-A1	4/11-4/18	2	Th	9:45-11:45am	35-99	$90/$112.50

TODAYS TECHNOLOGY

Instructor: Andy Livingston

Confused about all the technology that society is using? Want to stay connected and learn to utilize the latest in computers, tablets, and wireless devices? Want to explore the world and not leave your home? This informative, 2-week course will delve into smart phones, social media, apps and functions, and much more. You will be more productive and learn to connect with friends, family and the community.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
437621-A1	5/2-5/9	2	Th	9:45-11:45am	18-99	$90/$112.50

GET UP TO SPEED ON YOUR iPhone®/iPad®

Instructor: Andy Livingston

In this course we will help get you up and running with your iPhone/iPad® including topics such as text messaging, taking pictures, understanding iCloud, installing apps, maps, Facetime, Airdrop, Health app, notifications and much more!

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
437628-A1	4/25	1	Th	9:45-11:45am	18-99	$45/$56.25

GET UP TO SPEED ON YOUR ANDROID® PHONE/TABLET

Instructor: Andy Livingston

In this course we will help get you up and running with your Android® phone/tablet including topics such as your home screen, text messaging, taking/sharing pictures, understanding Google® play store, installing apps, maps, photos, notifications, and much more!

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
437629-A1	5/16	1	Th	9:45-11:45am	18-99	$45/$56.25

SECURESURF: NAVIGATING THE DIGITAL WAVE

Instructor: HDM Proserv LLC

Are you concerned about your online privacy? Do you want to learn how to protect your personal information from potential threats? Look no further than SecureSurf's comprehensive online privacy class! In an age where our digital footprints are constantly being tracked and our personal information is vulnerable to hackers and data breaches, it's essential to equip ourselves with the knowledge and tools to maintain a secure online presence. Safeguard your personal information from prying eyes, master data removal techniques for a safer online presence, and dive into strategies for managing your digital identity by learning how to curate the information you share online and control what others find about you. Whether you're tech savvy or someone who's looking to learn more, this class is designed for everyone.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
439740-A1	5/7	1	T	11am-12pm	18-99	$30/$37.50

DIGITAL MASTERY 360: ELEVATING YOUR DIGITAL PRESENSE IN THE AI ERA

Instructor: HDM Proserv LLC

Ready to elevate your digital game and seamlessly blend tech skills with ease? Look no further! Discover powerful websites that redefine your online finesse, streamline your daily tasks with cutting-edge AI applications, and craft a standout online presence that commands attention in the competitive job market. Bridge the tech gap confidently, regardless of age, and join a community eager to thrive in the ever-evolving tech landscape.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
439741-A1	4/23	1	T	11am-12pm	18-99	$30/$37.50



KEEPING SOCIALLY ENGAGED IN RETIREMENT

Instructor: Andy Livingston

Now that you have the time, get involved in your community. You'll learn about many resources and organizations where you can put your skills to use. There are an abundance of non-profit organizations in the area that can benefit from your expertise. Teach, mentor or coach others. Learn about MeetUp groups, and online resources to stay engaged. Volunteer opportunities abound.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
437627-A1	5/23	1	Th	1:30-3:30pm	18-99	$45/$56.25

HERBS, GARDENING AND COMPANION PLANTING



GROW FOOD IN THE SHADE

Instructor: Debby Ward

Many folks have shady areas of their yards and yearn to grow food, thinking they cannot because of the shade. See how and what you can grow in shadier areas of your property. Get a list of shade tolerant plants and design ideas including an introduction on creating a food forest on your property. Handout included.

Location: Vienna Learning Garden

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
439551-A1	4/6	1	Sa	9-10am	18-99	$5/$6.25

COMPOST!

Instructor: Debby Ward

Understand how living compost works and the benefits it has for your garden. Gain knowledge on the pros and cons of different composting tools and methods, including biodynamic composting, to make the right composting choices for you. See how we compost at the Learning Garden Compost Center. Handout included.

Location: Vienna Learning Garden

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
439552-A1	4/6	1	Sa	10:30-11:30am	18-99	$5/$6.25

GROW GREAT BERRIES

Instructor: Debby Ward

Adding luscious berries to your home garden is delicious and rewarding. We will look at blueberries, strawberries, raspberries, blackberries, and more. Get growing and pruning information so your berries thrive. Enjoy these yummy fruits fresh from your own backyard with confidence. Handout included.

Location: Vienna Learning Garden

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
439553-A1	4/6	1	Sa	12-1pm	18-99	$5/$6.25

HERB PROPAGATION METHODS

Instructor: Debby Ward

Enjoy some time in the herb section at the Learning Garden. Learn the best methods of propagating different herbs. See demonstrations of layering and dividing herbs to avoid buying more plants. We will talk about plant life cycles, harvesting your herbs and practical considerations on creating and herb garden or container. Handout includes an herb propagation chart.

Location: Vienna Learning Garden

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
439554-A1	6/8	1	Sa	9-10am	18-99	$5/$6.25

FOUR SEASON HARVEST PLANNING WORKSHOP

Instructor: Debby Ward



Enjoy food from your garden year-round. Optimum planning and seed starting for your fall and winter plants is mid-summer. Timing can make or break a successful garden. Understand when to start your seeds and how to layout your garden to follow-on your summer crops with fall and winter ones. Get ideas and tips on layout and design in this workshop. Handout included.

Location: Vienna Learning Garden

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
439555-A1	6/8	1	Sa	10:30am-12pm	18-99	$7.50/$9.50

MATURE ADULT CLASSES & LECTURES

PROTECT YOURSELF FROM FRAUD AND IDENTITY THEFT

Con artists don't care how hard you worked. They steal billions from Americans like you every year. We are fighting back with the AARP Fraud Watch Network. In this session, we will share an inside look at how scammers think, how to safeguard against identity theft and fraud, first-hand accounts from victims, and what to do if you or someone you know has been a victim. Presented by Trudy Marotta, a volunteer with AARP Virginia since 2016 and has represented AARP at many Fraud Watch Network programs throughout the County.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
441244-A1	4/29	1	M	10-11am	55-99	Free

MEDICARE 101 AND SOCIAL SECURITY

Come and learn how to choose a Medicare plan that is right for you, and find out how you can match the right plan to your needs and goals. Presented by Sharon Accardo, Senior Insurance Advisor/ Community Educator-Innovative Insurance Group, LLC and Gary Wong, Certified Financial Planner™ Edward Jones Financial Advisor

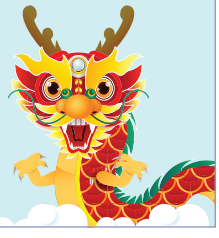
Activity #	Dates	# of Classes	Day	Time	Age	R/NR
441247-A1	4/16	1	T	10-11:30am	55-99	Free

LUNAR NEW YEAR CELEBRATION

YEAR OF THE DRAGON

Wednesday February 7 12 – 2 p.m.

Lunar New Year is a celebration of the arrival of spring and the beginning of a new year on the lunisolar calendar. It is the most important holiday in many Asian countries. Join us as we welcome the year of the Dragon by celebrating the Lunar New Year with friends. The celebration will feature Asian cuisine provided by the Davis Career Center, along with entertainment by Hong Dance School. This event is presented by Vienna Parks and Recreation and the Shepherd's Center of Northern Virginia. For mature adults 55+. The registration fee is $20 per person. Pre-payment is due by February 1. To register call the Shepherd's Center at **703-281-0538**.



THE ALPHABET SOUP OF MEDICARE

Are you confused about Medicare? Most seniors are so you are not alone. It's not only about the ABC's. There's also D and then there's Medical Supplement with it's own host of lettered plans! Have you heard about Medicare Advantage? That's where A+B+D (sometimes) =C. Yikes! And have you ever wondered how and if Medicare pays for nursing homes or long term care? If you have any of these questions, this course is for YOU. If you're not yet old enough for Medicare, come to the class so you can be a step ahead of the pack so that you know what to do when the time comes. If you're already on Medicare, come to better understand the benefits you currently have. 2 sessions at 1.5 hrs. each. Maddie Sharpe, CFP® Specializing in Senior Health, LTC, Life, and Annuity Protection.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
441250-A1	4/27	1	Sa	10am-1pm	55-99	$10/$12.50

THERAPY DISCIPLINES 101 AND MEDICARE

The 3 different disciplines of therapy (Physical Therapy, Occupational Therapy, and Speech Therapy) will be explained and how therapy can help you have the best quality of life as you age in place. There are a few ways to receive therapy under Medicare/ insurance including Home Health (Medicare Part A), outpatient in the home (Medicare Part B), or outpatient in a clinic (Medicare Part B). The ins and outs of Therapy disciplines and Medicare coverage will be discussed! Presented by Fox Rehabilitation.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
441332-A1	5/6	1	M	10-11am	55-99	Free

AGING IN YOUR HOME

Looking to improve your living environment and not ready to move?? Learn best practices and philosophies from Home Care, Realtor, Builder and other Senior focused Business Professionals; on how to optimize your living environment.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
441333-A1	4/18	1	Th	10-11am	55-99	Free



55+ WELLNESS & SAFETY EXPO

11 a.m.-2 p.m. | Friday, May 10

Vienna Parks and Recreation is offering a Wellness & Safety Expo for adults 55 and over at the Vienna Community Center. Attendees will benefit from medical screenings and educational opportunities from many local vendors providing a wide range of resources to enhance the physical and mental well-being of older adults. This Wellness & Safety Expo will provide a wonderful environment to nurture personal interest, learn something new, foster friendships and gather vital information. To be a vendor contact **Kathy Blevins at kblevins@viennava.gov, or call 703-255-7801**.

SORTING FACT FROM FICTION ONLINE

Do you believe everything you see online? There are plenty of sensationalized headlines, misleading stories and even complete falsehoods circulating on the Internet, making it hard for even the most discerning reader to sort fact from fiction. This presentation will equip you with valuable tools and resources to help you stay safe online. Presented by AARP.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
441560-A1	4/15	1	M	10-11am	55-99	Free

MENTAL HEALTH RESOURCES FOR OLDER ADULTS

The Fairfax-Falls Church Community Services Board's (CSB) Wellness, Health Promotion & Prevention (WHPP) team strengthens our community's emotional health and ability to handle challenges related to mental health concerns and substance misuse through trainings, workshops, presentations, and campaigns. Find more details about specific Older Adult resources within Fairfax County and what is available to you! Presented by Lori Naveda, BS, SACII Behavioral Health Specialist II, Fairfax-Falls Church Community Services Board.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
441565-A1	3/25	1	M	10-11am	50-99	Free

MAXIMIZE YOUR PROFITS WHILE DECLUTTERING AND DOWNSIZING

Learn techniques for maximizing value of your prized possessions. Making charitable donations of items that may benefit others in need. Sorting and recycling in an environmentally conscious way. Stacey Peterson, Arority Services and Jamie Grasso, JG Jewelry and Estates will share their expertise on proven techniques for maximizing the value of your possessions and the steps needed to get from where you are today to a new chapter in your life!

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
441566-A1	4/22	1	M	10am-12pm	50-99	Free

LEARN BALLROOM DANCE



Come and learn ballroom dance, or brush up on your steps with a professional ballroom dancer, Sophia Hsieh. Sophia has been dancing for over 20 years, and competes throughout the country. She is a volunteer teacher at Liang Hong Dance School and the Lewinsville Senior Center. Sophia is excited to be teaching ballroom dance at the Vienna Community Center. Single ballroom dance, no partner necessary. Requires advance registration.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
442487-A1	4/5-6/14	13	F	11am-12:30pm	55-99	Free/$5

A MATTER OF BALANCE: 8-WEEK PROGRAM

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels. Through discussion and exercise you will learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home and exercise to increase strength and balance. This 8-week program is presented by Fairfax County Area Agency on Aging. This program requires a minimum of 8 people and a maximum of 12.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
441574-A1	4/1-5/20	8	M	10am-12pm	55-99	Free

DOWNSIZING

Comprehensive seminar helping you to plan for the future by discussing various aspects of the downsizing process. Some topics to be discussed: decluttering your current home, organizing and getting it ready for sale and selling your home to researching future home options involving different types of living and levels of care available. Presented by Jeff Wu, Agent Knows Homes Realtor.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
441576-A1	5/16	1	Th	10-11am	55-99	Free

CHAIR YOGA

Instructor: John Giunta, MA/FRC

The Chair Yoga class will be conducted while sitting in sturdy, armless chairs, with some asanas/postures in the standing position, as your abilities dictate. Complete safety, along with self-knowledge will be the mainstays of this class. Any limitations in your movement will be respected and nurtured. We will study yogic anatomy, breathing, meditation, and the elements of solid and confident balance. We will have the same traditional approach that John Giunta uses in his other classes. John is an Initiate of the Himalayan Institute, founded by Swami Rama, and he has made a pilgrimage to India. His varied background and life experience as a US Army veteran, Interfaith Minister and musician will serve us well across all spiritual and secular Paths. John plays his own live music for the introduction to each meditation. *No Class: 5/27*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
442472-A1	4/1-6/10	10	M	10-11am	55-99	$100/$125

PERSONAL HISTORY

Our lives are filled with unique experiences, which make future generations more knowledgeable, when shared through written autobiographies. This is an opportunity to record the story of your life for your children, grandchildren, and generations to come. At the beginning of each session class members themselves select topics about which to write. Each week each class member comes to class prepared to read the equivalent of one to two typed written pages (pieces may be handwritten). There is no formal critique of writing. This class is run by participants and does not have formal instruction. It is for fun, friendship and supportive feedback. A $5 cash donation is paid in class to purchase coffee, tea, sugar, and creamer to be served at each class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
442480-A1	4/4-6/13	11	Th	10:15am-1pm	50-99	Free

MATURE ADULT CLASSES & LECTURES

ESTATE PLANNING 101

This lecture is designed to highlight the main parts to an estate plan and the critical importance of each document. Topics include wills, revocable living trusts, advance medical directives, power of attorney and probate. Presented by Alison Mathey Lambeth, Attorney at Law.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
442482-A1	5/7	1	T	10-11am	55-99	Free

ESSENTRICS STRETCH AND TONE

Instructor: Kate Montoya

Essentrics is a full body workout that can change the shape of your body through a dynamic combination of strengthening and stretching. The technique develops lean, strong and flexible muscles and changes your posture. This program rebalances the body, prevents and treats injuries and unlocks tight joints. This workout leaves you feeling energized, youthful and healthy. Please bring a thin yoga mat, theraband or yoga strap and towel to class. Participants must be able to get down and up from the floor on their own.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
442575-A1	4/5-5/31	9	F	11am-12pm	40-99	$63/$78.75

S.A.I.L.- STAY ACTIVE IN LIFE

Instructor: Teresa Fletcher

Stay Active and Independent for Life (SAIL) is an evidence-based fall prevention program centered around a strength, balance and fitness program for adults 65 and older. The SAIL curriculum includes aerobics, balance exercises, stretching routines and education-the exercises can be done standing or sitting. SAIL classes are proven to improve balance, mobility, strength and flexibility and to reduce known risk factors for falls. Two classes a week are recommended.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
442577-A1	4/3-6/5	10	W	2-3pm	55-99	$85/$105
442577-B1	4/5-6/7	10	F	2-3pm	55-99	$85/$105

SENIOR FITNESS

Instructor: Teresa Fletcher and Jennifer Booth

This energizing class is for older adults who have been exercising on a regular basis. This program will include cardio, weight lifting and stretching to aid in building physical endurance, muscle strength, balance and flexibility. Participants are asked to bring water and hand weights to class. Participants are asked to take responsibility for knowing and regulating their own fitness level.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
443730-A1	4/2-6/4	10	T	11:30am-12:30pm	55-99	$22.50/$27.50
443730-B1	4/4-6/6	10	Th	10:30-11:30am	55-99	$22.50/$27.50



Instructor: Sunny Kim Art LLC

Do you want to discover the artist within you and to tell your story through your art? This class is about sharing your story through art and is designed for adults 55 and up. It's for participants to connect, to create art using both conventional and non-conventional materials (such as glass marbles, flower petals, seaweed, etc.) and to share their special life memories and stories with others. Participants will also get to learn and incorporate artistic expressions from other cultures. No prior art experience nor art talent necessary. Just bring kindness and willingness to try something fun and new.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
447620-A1	4/2-6/11	11	T	10-11:30am	55-99	$234/$284

MONDAY MORNING WALKERS

Instructor: Dadia Stern

This walking program will teach you how to safely and comfortably incorporate physical activity into your everyday lifestyle while enjoying a fun hour of socializing and walking. Walks will be on local trails, scenic paths, neighborhoods and parks in the area beginning at the Vienna Community Center. You should be able to walk each 2-3 mile route in about one hour, and be able to keep up with the group. The program will meet rain or shine, with the exception being heavy rain or thunderstorms. This program is led by a certified instructor. *No Class: 5/27*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
443282-A1	4/1-5/6	6	M	10-11am	55-99	$18/$22.50
443282-B1	5/13-6/24	6	M	10-11am	55-99	$18/$22.50



Philadelphia FLOWER SHOW

The PHS Philadelphia Flower Show is the nation's largest and longest-running horticultural event and features stunning displays by the world's premier floral and landscape designers. The 2024 theme of 'United by Flowers" will illustrate the beauty and power of flowers to transform, inspire, delight, and connect us to one another. This trip is in collaboration with the City of Fairfax. Transportation will be a 55-passenger bus with a restroom.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
351560-A1	3/6	1	W	7am-6:30pm	16-99	$98/$122.50



SETON SHRINE & NATIONAL SHRINE GROTTO OF OUR LADY OF LOURDES

The Seton Shrine, located in Emmitsburg, M.D. is the home of an American saint, Saint Elizabeth Ann Seton. Elizabeth Ann Seton was a wife and mother who was widowed at the age of 29 in 1803. Despite great hardships, she went on to do amazing work, and eventually became the first American-born saint in 1975. We will have a guided tour of the two historic homes and grounds Mother Seton lived and worked as well as the Basilica which has the tomb of Mother Seton. We will also visit the National Shrine Grotto of Our Lady of Lourdes just down the road. This beautiful mountainside shrine features the oldest US replica of the Lourdes Shrine in France. This trip requires a significant amount of walking in grassy areas and uneven surfaces. Boxed lunches at the Seton Shrine are included in the trip fee.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
351562-A1	3/20	1	W	9am-4:30pm	55-99	$75/$93.75



View the cherry blossom trees from the water with the sunshine reflecting off the Potomac River. There is no better place to enjoy an afternoon in Washington, D.C. than aboard a lunch cruise. Treat yourself to a historical tour of some of the most iconic landmarks in the country like Old Town Alexandria, the National Harbor, and the Washington Monument. The trip fee includes transportation, a scenic two-hour cruise, a freshly prepared entree, salad and dessert, unlimited coffee, hot tea, iced tea, and water, and a guaranteed table for our group.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
441236-A1	4/3	1	W	11am-3pm	55-99	$136/$170

MT. CUBA CENTER

CANCELLED



Mt. Cuba Center is a non-profit botanical garden located in Hockessin, Delaware, near Wilmington. Its woodland gardens produce some of the most spectacular displays of wildflowers in the mid-Atlantic region. We will have an in-depth guided walking tour to learn more about the history of the gardens, native plants, and conservation tips that can be applied at home. Then we will sit back and relax on a guided hayride through their natural lands to take in the seasonal scenery in a beautiful outdoor setting. There will be time to shop from their exclusive selection of native plants available. A boxed lunch is included in the trip fee. This trip is in collaboration with the City of Fairfax on a 55-passenger bus with a restroom. This trip requires a significant amount of walking on many paths that are uneven, narrow, or steep.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
441237-A1	4/17	1	W	7:30am-7pm	55-99	$102/$127.50

TRIP ACTIVITY LEVELS

All of our trips feature activity level icons as guides to the type of itinerary and level of challenge you can expect to encounter while travelling with us. The information below explains what each activity level means, so you can make sure you find the right trip for you. If you require an accommodation to participate on a trip, please call ***703-255-7801****.*

EASY GOING: Minimal Walking

ON YOUR FEET: Getting on and off the bus, standing and strolling through museums

KEEP THE PACE: Walking historic areas at a moderate pace, stairs, able to keep up with the group

LET'S GO! Physically challenging, capable of walking three or more miles over uneven terrain including hills and rocks

MATURE ADULT TRIPS

BELLE GROVE PLANTATION AFTERNOON TEA



Belle Grove is in the northern Shenandoah Valley near Middletown, Virginia. It was the home of Major Isaac Hite and his wife Nelly Madison Hite, sister of President James Madison. Situated on 283 acres of the original 483 acres, Belle Grove showcases the Shenandoah Valley's breathtaking mountain views. We will have an enlightening tour giving us an informative look at the rich history, Jeffersonian architecture, captivating landscape, the free and enslaved people who lived and worked here, and the important collections of Belle Grove Plantation. To add some gracious hospitality to our visit, we will have Afternoon Tea to include tasty finger sandwiches, sweet treats, and hot or iced tea. There will be time for our group to enjoy the spectacular landscape and visit the Museum Shop. This trip requires a significant amount of walking.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
441238-A1	5/1	1	W	12-5:30pm	55-99	$87/$108.75



AGECROFT HALL

A 16th Century Gem in the Heart of Central Virginia. While oceans may separate England and Virginia, Agecroft Hall traveled on ships, trains, and a little luck from Lancashire to be reconstructed overlooking the banks of the James River in the 1920s. Agecroft now exhibits centuries of English daily life as a manor home that grew and evolved from the 16th century on -- a history that continually intersects with significant events in both Virginia and the United States. We will have a fascinating docent-led combined museum and garden tour. A boxed lunch is included in the trip fee. This trip requires a significant amount of walking.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
441239-A1	5/15	1	W	8am-4pm	55-99	$95/$118.75



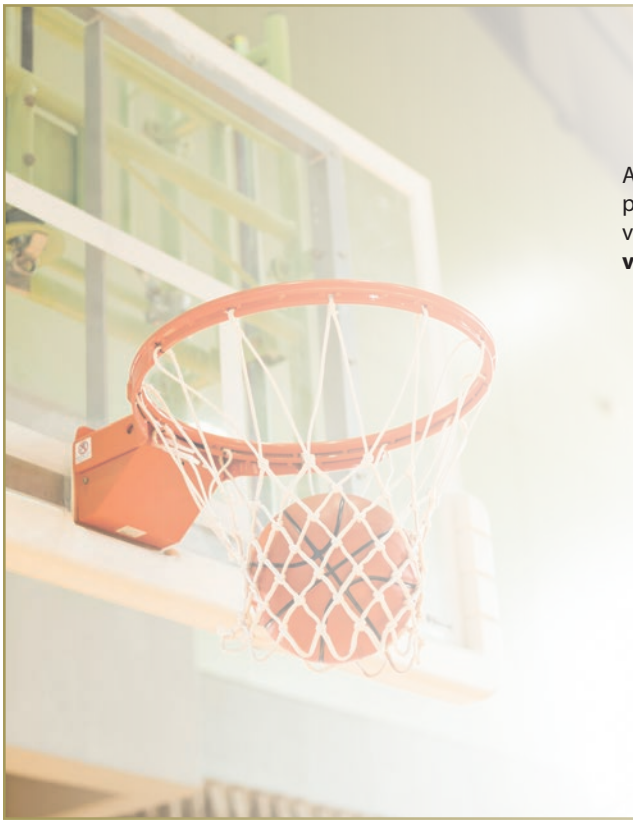
US CAPITOL TOUR

We will have a tour led by a professional tour guide to visit the Crypt, the Rotunda and National Statuary Hall, as well as a Halls of The Senate tour. Italian-American artist Constantino Brumidi's best known painting is the "Apotheosis of George Washington" high above the Rotunda on the inside of the Capitol Dome. We will see his work in the Senate Wing of the Capitol and learn about his life and art. A premium lunch voucher for the Capitol Cafe is included in the trip fee.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
441240-A1	5/29	1	W	9:30am-2:30pm	55-99	$56/$70

ADULT DROP-IN & ON-GOING PROGRAMS

****PLEASE NOTE: Drop-in programs may be moved or cancelled due to special programs. Every effort will be made to inform participants.**



DROP-IN BASKETBALL, VOLLEYBALL, PICKLEBALL AND TABLE TENNIS

All drop-in participants must have a pass (fob) to participate. Vienna residents play for free. Out of town residents can pre-pay for up to 40 visits at $5 per visit. In-person registration is required. Please bring a valid photo I.D. Visit **viennnava.gov/opengym** for details.

BASKETBALL
Monday/Wednesday/Friday | 8 – 10:30 p.m.

VOLLEYBALL
Monday/Friday | 8 – 10:30 p.m.

INDOOR PICKLEBALL
Monday/Wednesday | 11 a.m. – 1 p.m.
Friday | 11 a.m. – 2 p.m.
Thursday *(starting mid-March, check website for exact date)*
6 p.m. – 10 p.m

TABLE TENNIS
Wednesday/Friday | 8 – 9 a.m.

OUTDOOR PICKLEBALL AND TENNIS COURTS

Please visit viennava.gov/courts for more information

THE VIENNA SENIORS BRIDGE CLUB

Wednesdays
10 a.m. – 1:30 p.m.
Group Coordinator: Fatechand Shah 703-758-9547
fateshaw@yahoo.com
Meets at the Vienna Community Center Intermediate and advanced bridge players are invited to attend our gatherings. There are refreshments and a lunch break at about noon.n.

TAI CHI CHUAN – QIGONG



Tai Chi Chuan-Qigong is an easy, gentle, low-impact exercise for better balance, general health, and flexibility. Suitable for all. To join this fun, welcoming group in-person or via Zoom® contact **hanname1122@gmail.com**.
The Tai Chi group meets in-person on Tuesdays, Wednesdays, and Fridays at the Vienna Community Center from 7:30 - 8:30 a.m. and Zoom® Monday and Thursday from 7:30 - 8:30 a.m. The Qigong group meets in-person Mondays from 7:30-8:30 a.m. *No Qigong 5/27*

NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES ASSOCIATION (NARFE)

VIENNA-OAKTON CHAPTER

Group Coordinator: Kathy Arpa 703-205-9041

NARFE meets the second Tuesday of the month at 1 p.m. at the Vienna Community Center.

ADULT DROP-IN & ON-GOING PROGRAMS



SCRABBLE

Every Monday | 12:30 – 4 p.m.

Come out and make new friends as you play the game of Scrabble, a board game in which words are formed by placing lettered tiles in a pattern like a crossword puzzle.

A STITCH IN TIME – KNITTERS CIRCLE

Every Tuesday | 1 – 4 p.m.

Come meet others who enjoy knitting and crocheting and sharing their craft. For knitters of all skill levels. A great way to get yourself to knit and gather to have pleasant conversation.
No Knitting 6/4



MAH JONGG

Every Thursday | 12:30 – 4 p.m.

Mah Jongg was introduced to the United States in 1920. American rules Mah Jongg is played here. There is no formal instruction, however, regular players are glad to tutor new players. All abilities are welcome.

DOMINOES

Every Friday | 12:30 – 3:30 p.m.

Come out and make new friends as you play the game of Dominoes. Newcomers and beginners, this is an easy game to learn.

CANASTA

Every Wednesday | 12:30 – 3:30 p.m.

Canasta is a card game in which four people play in fixed partners opposite each other. Two 52 card standard packs plus 4 jokers are shuffled together to make a 108-card pack. Seasoned players are willing to help others and welcome newcomers to the game.

RUMMIKUB

Thursday | 12:30-4:30 p.m.

Rummikub is a tile-based game for 2 to 4 players, combining elements of the card game rummy and mahjong. Players try to be the first to play all of the tiles in their rack by placing them in runs and groups, rummy style.



FIRST FRIDAY FLICKS

First Friday of every month | 2 p.m.

April 5
"The Hill"— 2023

May 3
"Adam's Rib"— 1949

June 7
"The Big Red One"— 1980

First Friday Flicks is back with a bigger screen and bolder sound! Come and enjoy an afternoon of entertainment as we show classic movies at the Vienna Community Center for adults 55+ on our brand-new 13' X 9' dimension screen with specialized surround sound. Free popcorn will be available, or you may bring your own snack.

TOWN OF VIENNA
Parks and Recreation

REGISTRATION FORM

TOWN OF VIENNAPARKS AND RECRATION
120 CHERRY ST. SE
VIENNA, VA 22180
PH: 703-255-6360 / FAX: 703-255-6399
www.viennava.gov

VCC USE ONLY - DATE: _____
REGISTRATION ACCEPTED BY: _____

CHECK ONE: RESIDENT ☐ Non RESIDENT ☐
CHANGE OF ADDRESS: YES ☐ NO ☐
EMAIL ADDRESS CHANGE: YES ☐ NO ☐

ONE HOUSEHOLD PER REGISTRATION FORM

HEAD OF HOUSEHOLD LAST NAME: _____ FIRST NAME: _____

ADDRESS: _____ BIRTHDATE: _____

CITY: _____ STATE: _____ ZIP CODE: _____

HOME PHONE:(____) _____ WORK PHONE:(____) _____

CELL:(____) _____ (CELL PROVIDER): _____ EMAIL: _____

EMERGENCY CONTACT: _____ EMERGENCY PHONE NUMBER:(____) _____

PARTICIPANT NAME FIRST/LAST NAME	BIRTHDATE	M/F	ACTIVITY NUMBER AND SECTION (222222 A1)	ACTIVITY NAME	FEE
SAM SAMPLE	1/2/03	M	(222222 B1)	GYMNASTICS	$32

PAYMENT METHOD

CHECK MADE PAYABLE TO: TOWN OF VIENNA **Total:** _____

CASH ***(Exact change only)*** **Total:** _____

CREDIT CARD: **Total:** _____

❑ VISA ❑ MasterCard ❑ AMEX ❑ Discover

_____-_____-_____-_____ **Exp. Date:** _____/_____ **CVC:** _____

Signature _____ ***(I agree to pay above credit card total)***

TOTAL FEES:	
LESS HOUSEHOLD CREDIT:	
TOTALPAID:	

PLEASE REVIEW OUR REFUND POLICY BEFORE REGISTERINGFORCLASS.

In consideration of the registrant being granted permission by the Town of Vienna, Virginia to participate in this program & associated activities, I hereby release the Town of Vienna, Virginia & its officers, employees, agents, & volunteers from any & all liability relating to or arising out of the registrant's participation. The Town neither endorses no provides any financial advice or counseling and financial counselors and/or lecturers are not employed by the Town. Any registrant to a financial counseling seminar or lecture assumes all risk of loss as a result of following any lecturer's advice. I authorize the Town of Vienna and its officials, employees, agents & volunteers, at any such person's discretion to administer emergency first aid treatment & at my expense to obtain the services of a physician(s) and/or rescue squad & authorize the same to effect such treatment of the registrant as they deem advisable. Participants in activities sponsored or cosponsored by the Park and Recreation Department consent to the department's use of any photograph, in film or videotape of the activity in any marketing or promotional materials.

SIGNATURE OF PARTICIPANT, PARENT, GUARDIAN _____ DATE _____

Town of Vienna
Parks and Recreation
120 Cherry Street, S.E.
Vienna, Virginia 22180

VIENNA **PHOTO** SHOW

CONTEST AND EXHIBIT

— Vienna Community Center —

ENTRIES ACCEPTED

March 14
5 – 8 p.m.

March 15
12 – 3:45 p.m.



SHOW DATES

March 16
10 a.m. – 3 p.m.

March 17
12 – 3 p.m.

Open to Metropolitan area amateur photographers.

ENTRY FEE: $10 per person. **Entries limited to three photos with a maximum of two photos in any one category.**

Applications are available online at **viennava.gov/photo** or at the Vienna Community Center front desk.

Separate judging for Middle and High School students grades 7-12.

Ribbons will be awarded in six categories.

THE SIX CATEGORIES INCLUDE: nature, pictorial, scenic, architecture, photojournalism and portraiture.

For questions or more information visit **viennava.gov/photo** or contact **Lisa Shackelford** at **lisa.shackelford@viennava.gov** or **703-255-6395**.