

SPRING 2024 ISSUE

# THE PHOENIX



Club Phoenix Information:  
120 Cherry St. SE,  
Vienna, VA 22180  
703-255-5736

Hours of Operation:  
Monday - Thursday:  
2:30 - 6:30 p.m.  
Friday:  
2:30 - 9 p.m.

Student Holiday Extended  
Hours:  
Monday - Friday  
12:30 - 6:30 p.m.  
March 22, 25 - 29  
April 1, 2, 10  
May 3

Closed the following dates:  
May 27

Hello Spring! Join us as we welcome the Spring Celebrations like St. Patty's Party, Spring Break, and Spirit Week in May ending with our 10th Annual Phoenix Awards: Teen Wellness Festival. We are starting with a bang on Friday, March 8 for our HeroBox donation drive and packing event. A special thank you to all the local families and friends that have contributed to our donation drive. We could not have done it without your help! We teamed up with the Fairfax County Community Services Board to do two parent discussions and lead one Teen training regarding the Opioid

Overdose and Naloxone (REVIVE! Kit Training). Both training will be held on Wednesday, April 17 at 6 p.m. in different rooms at the Vienna Community Center. Peak inside to get the full list of programs and activities we have planned for the teens! Please let me know if you have any questions or suggestions. Stay safe! Thank you,

*Ianna Alhambra*  
After School Program  
Coordinator  
Ianna.Alhambra@viennava.gov  
703-255-5736

"LUCK IS WHAT  
HAPPENS WHEN  
PREPARATION MEETS  
OPPORTUNITY."  
SENECA





## Rise up and make a difference.

### ◆ OUR PURPOSE:

Our purpose is to provide a structured and safe environment for teens to develop overall health and wellness through participation in recreational and education activities.

This after school program is free for teens in the greater Vienna area, ages 11 - 17 in grades 6 - 8 and mentorship program for grades 9 - 12.



### ◆ OUR FOCUS:

We focus on self-development and the eight dimensions of wellness during the program, while incorporating the teens interests, hot topics, national heritage months, special events, special interest group clubs, and serving our community.

This is a safe space for teens to learn more about themselves and how they can make an impact on their community through a social environment.

### ◆ WHAT TO EXPECT IN THE TEEN CENTER:

Large tabletop games, video games, board games, independent activities, arts and crafts, and more! Snacks and drinks for purchase at the Nest, concession stand, ranging from \$0.25 - \$1.50. Monday – Thursday members get a free snack and free drink from selected items and soda is only sold on Fridays and Extended Hours days.



# Self-Development And Eight Dimensions of Wellness

## SELF-DEVELOPMENT

### SEPTEMBER

Self-Development is the process by which a person's character or abilities are gradually developed. Teen self-development is developing a strong sense of self, personality, connection to others and individuality.

## EIGHT DIMENSIONS OF WELLNESS

According to the Substance Abuse and Mental Health Services Administration (SAMHSA), the eight dimensions of wellness are Emotional, Environmental, Financial, Intellectual, Occupational, Physical, Social, and Spiritual.

Each month during the school year we will focus on a different wellness dimension every Wednesday for our Wellness Wednesday series.

## INTELLECTUAL WELLNESS

### OCTOBER

Intellectual development involves the ability to understand and meet your need to learn, be creative and broaden your knowledge-this can include areas of study, art and music.

## VOCATIONAL WELLNESS

### NOVEMBER

Vocational/ Occupational wellness involves participating in meaningful and purposeful activities at work and at school. It involves your satisfaction and ability to learn and grow from what you do. This dimension still applies to students that do not have a job.

## SOCIAL WELLNESS

### DECEMBER

Social wellness includes showing interest and concern in relationships with family, friends, peers, and the community. This dimension of wellness involves the ability to create a connection to others in your life, feel a sense of belonging and create a solid support system for themselves.



“Optimist is the faith that  
leads to achievement.  
Nothing can be done without  
hope and confidence.”  
- Helen Keller



“Our prime purpose in this life is to help others. And if you can’t help them, at least don’t hurt them.” -Dalai Lama

## Self Development And Eight Dimensions of Wellness

### FINANCIAL WELLNESS

#### JANUARY

Financial wellness is the understanding and application of financial situations and goals, savings, debt, and income. This dimension of wellness involves a feeling of contentment and future planning for financial stability.

### EMOTIONAL WELLNESS

#### FEBRUARY

Emotional wellness is the ability to express feelings, adjust to emotional challenges, cope with stress, and actively enjoy life. This dimension of wellness also includes creating and maintaining strong and satisfying relationships.

### PHYSICAL WELLNESS

#### MARCH

Physical wellness is developing a healthy body: including healthy habits through nutrition, exercise, sleep, hydration, and no impurities within the body. This dimension of wellness involves the recognition and process of taking care of your body by staying active, eating healthy, and getting rest.

### ENVIRONMENTAL WELLNESS

#### APRIL

Environmental wellness is a sense of safety, comfort, and connection with your physical surroundings. This dimension includes making sure that your surroundings- like your home, room, desk, car, workspace are safe, stable, and positive.

### SPIRITUAL WELLNESS

#### MAY

Spiritual wellness represents an individual’s personal beliefs, values, and what gives them meaning and purpose. This dimension of wellness does not necessarily involve specific religious values and customs, the focus is placed more on understanding your feelings on the meaning of life and your purpose in the world.



# Community Service

All of the volunteer opportunities are through the Vienna Parks and Recreation Department and all volunteers must sign a volunteer application prior to volunteering. Please contact Ms. Ianna Alhambra at [Ianna.Alhambra@viennava.gov](mailto:Ianna.Alhambra@viennava.gov).

## SERVICE OPPORTUNITIES

### Tutor/ Mentor Program

Are you in Middle School or High School and would like to join the Club Phoenix Teen Center as a mentor to the younger tweens and teens in the area? Volunteer your time at Club Phoenix Teen Center and connect with your peers.

### “The Nest” Snack Bar

Are you in Middle School or High School and would like to help in the concession stand of Club Phoenix Teen Center? Learn money handling skills and customer service skills by donating your time and serving the youth in the community.

### Special Event Volunteer

Support the Special Events by facilitating games, arts and crafts, be a sign spinner or hand out flyers and goodie bags. Who knows, you might even qualify to be a mascot at a local event.



## VOLUNTEER SIGNUPS

The Nest Concession Stand Signup Genius Link:  
<https://www.signupgenius.com/go/10C094AADAF2CA4FFC16-46983187-thenest#/>

Spring Special Event:

Friday, March 22 from 5:30 - 8:30 p.m.

Flashlight Egg Hunt Event, Glyndon Park. 10

Volunteers Needed. Sign up here:

<https://www.signupgenius.com/go/10C094AADAF2CA4FFC16-48415978-2024>

## MONTHLY THEMES

In order to be more inclusive, Club Phoenix Teen Center follows different National Heritage Months. These are not limited to different backgrounds alone. Each month we incorporate different decorations, activities, and learn more about the groups being honored that month.

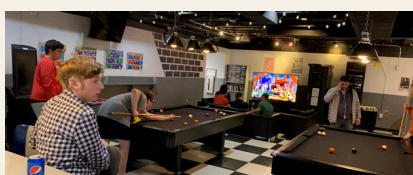
**March:**  
Irish- American  
Heritage Month

National Women's  
History Month

**April:**  
Arab American  
Heritage Month

**May:**  
Asian American and  
Pacific Islander  
Heritage Month

**June:**  
Caribbean American  
Heritage Month



## *Programs | Clubs | Activities*



### **Dungeons and Dragons® Club**

Every other Friday  
6 - 9 p.m.

Mar. 8 | Apr. 5 & 19 | May 3

Join the new and affluent Dungeons and Dragons® players for adventurous fun in the Teen Center. We have everything you need to succeed. Info sessions are at 5:30 p.m. prior to the meetings.

### **Worldwide Club**

Every other Friday  
4 - 4:30 p.m.

Mar. 1 & 15 | Apr. 12 & 26 | May 10 & 24 |  
June 7

The Club Phoenix Teen Center presents its very first Worldwide Club where students get to learn about different countries, cultures, cuisines, languages, and flags from all over the world. On the last meeting of every month, we will play Kahoot® to test our knowledge on the fun facts learned throughout the month.

### **Bring a Friend for a Spin-to-Win**

All Day, Every Day, Any Day

Presenting our new Club Phoenix Teen Center Member referral program. Bring a friend and earn the chance at Spin-to-Win. First time friends do not need to be a registered member to enjoy all the fun that the Teen Center has to offer. Bonus points will be rewarded for new friends that get registered for Club Phoenix Teen Center and get active in the Teen Center.

### **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  
The Club Phoenix Teen Center is opening its doors to all High School Students looking for a fun and safe space for older teens to hang out with their friends this winter season. Participation in the programmed activity is not required. Enjoy all the fun that the Teen Center has to offer without the younger teens. First time friends do not need to be a registered member and the Bring a Friend for a Spin-to-Win is still applicable.

### **Wellness Wednesday**

Every Wednesday

4 - 4:30 p.m.

March: Physical Wellness

April: Environmental Wellness

May: Spiritual Wellness

Join the Club Phoenix Teen Center mission in learning how to healthily navigate through the teen years by utilizing resources to gain perspective of the world you live in. These mini wellness lessons help teens and tweens more about themselves and the world they live in. From learning about the different types of rest to a Tasty Tuesday Series and a Spirit Week leading up to our Club Phoenix Awards: Teen Wellness Festival. Come learn today.



# MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
				1 4 - 4:30 p.m.: Worldwide Club: Learn about different countries and different cultures - Brazil	2/3 
4 4 - 4:30 p.m. Hike to Henry - Visit Patrick Henry Library with Club Phoenix Staff	5 Open 2:30 - 6:30 p.m. 4 - 4:30 p.m. Tasty Tuesday: Fruity Charcuterie Board with fresh fruit and dried fruit options.	6 4 - 4:30 p.m. Wellness Wednesday: Physical Wellness - Indoor: Sleeping Tips Outdoor: Sharks and Minos 6 - 7:30 p.m.: Parent Discussion #422302: QPR Suicide Prevention Training	7 4 p.m.: Outdoor Dodgeball 	8 5 - 6 p.m. Teen Council Meeting 6 - 7 p.m. Dungeons and Dragons Club 7 - 9 p.m. High School Only Night: Casino Night	9/10
11 Teens Choice	12 4 - 4:30 p.m. Tasty Tuesday: Veggie Charcuterie Board with healthier alternative dips from Greek Yogurt Ranch and non-dairy options dip options.	13 4 - 4:30 p.m. Wellness Wednesday: Physical Wellness - Indoor: Ghosts in the Graveyard Outdoor: Kickball	14 4 p.m.: Spike Ball 	15 4 - 6 p.m.: St. Patty's Party 4 - 4:30 p.m.: Worldwide Club: Learn about different countries and different cultures - Ireland	16/17 
18 Teens Choice	19 4 - 4:30 p.m. Tasty Tuesday: Meat and Cheese Charcuterie Board. Learn how to make homemade Cheez-its in an air-fryer.	20 4 - 4:30 p.m. Wellness Wednesday Physical Wellness - Indoor: Yoga Breathing Exercise Outdoor: Red Light Green Light	21 4 p.m.: Corn hole 	22 Early Release Day Extended Hours 12:30 - 6:30 p.m. 3/23- National Chips and Dip Day we will celebrate on 3/22 2 p.m.: Slime No Teen Council Meeting No D&D Club	23/24
25 Spring Break Extended Hours 12:30 - 6:30 p.m. 2 p.m.: Trivia 5 - 6:30 p.m.: D&D Club - Honey Heist	26 Spring Break Extended Hours 12:30 - 6:30 p.m. 2 p.m.: Relay Race 5 - 6:30 p.m.: D&D Club - Goat Crashers	27 Spring Break Extended Hours 12:30 - 6:30 p.m. 2 p.m.: Fashion Show	28 Spring Break Extended Hours 12:30 - 6:30 p.m. 2 p.m.: T-Shirt Tie-Dye 5 - 6:30 p.m.: D&D Club - Honey Heist / other role play games	29 Spring Break Extended Hours 12:30 - 6:30 p.m. 2 p.m.: Sports 5 - 6:30 p.m.: D&D Club - Goat Crashers / other role play games No Worldwide Club	30/31

## NATIONAL IRISH AMERICAN HERITAGE MONTH

### HIGHLIGHTS FOR THE MONTH:

Tasty Tuesday: Every Tuesday the Teen Center Staff will share fun facts about Physical Wellness while teens enjoy fruits, vegetables, and assorted meats and cheeses.

### IMPORTANT DATES:

Wednesday, March 6 at 6 p.m.: Parent Discussion: QPR, Suicide Prevention Training  
<https://vaviennaweb.myvscloud.com/webtrac/web/iteminfo.html?Module=AR&FMID=28490558>






Friday, March 15 at 4 p.m.: St. Patty's Party Celebration. Bring your friends as we learn about the Irish and enjoy pizza, games, and activities.

### EXTENDED HOURS DAYS:

Club Phoenix Teen Center will be open 12:30 - 6:30 p.m. on the following dates:  
 March 22 | March 25 | March 26 | March 27 | March 28 | March 29



# APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
1 <b>Extended Hours</b> 12:30 – 6:30 p.m. 2 p.m. – Chalk Day Outside	2 <b>Extended Hours</b> 12:30 – 6:30 p.m. 2 p.m. – Movie Day: Lilo and Stitch	3 4:30 – 4:45 p.m. Wellness Wednesday: Environmental Wellness Decorate Flowerpots	4 4 p.m.: Kickball	5 5 p.m.: <b>Movie Night and Popcorn</b> in the Auditorium. Bring your own Blanket to sit on! No outside snacks and drinks allowed. 5 – 6 p.m. Teen Council Meeting 6 – 7 p.m. Dungeons and Dragons Club	6/7 
8 4 – 4:30 p.m. Hike to Henry – Visit Patrick Henry Library with Club Phoenix Staff	9 4 p.m.: Arts and Crafts: Interior Design – Design your dream room 	10 <b>Extended Hours</b> 12:30 – 6:30 p.m. Wellness Wednesday: Environmental Wellness Plant Flower Seeds	11 4 p.m.: Corn Hole Contest	12 4 – 4:30 p.m.: Worldwide Club: Learn about different countries and different cultures – Madagascar 7 – 9 p.m. <b>High School Only Night:</b> Coffee House: Open Mic/ Poetry Reading	13/14 
15 Teens Choice	16 4 p.m.: Arts and Crafts: Splatter Paint Station	17 4:30 – 4:45 p.m. Wellness Wednesday: 5 ways to clean with Distilled Vinegar Display 6 – 7 p.m.: <b>Parent Discussion: Opioid Overdose and Naloxone Education (Revive! Kit Training)</b> 6 – 7 p.m.: <b>Teen Opioid Overdose and Naloxone Education Training</b>	18 4 p.m.: Flag Football 	19 5 – 6 p.m. Teen Council Meeting 6 – 7 p.m. Dungeons and Dragons Club	20/21
22 Teens Choice	23 4 p.m.: Spring Scavenger Hunt	24 4:30 – 4:45 p.m. Wellness Wednesday: Environmental Wellness Nature Walk / Trash Clean Up	25 4 p.m.: Pool Tournament	26 4 – 4:30 p.m.: Worldwide Club: Learn about different countries and different cultures – Egypt	27/28 
29 Teens Choice	30 4 – 4:30 p.m. NBA 2K Xbox Game Tournament 				

## NATIONAL ARAB AMERICAN HERITAGE MONTH

### HIGHLIGHTS FOR THE MONTH:

#### IMPORTANT DATES:

Friday, April 5 at 5 p.m.: Movie Night in the Vienna Community Center Auditorium

Wednesday, April 17 at 6 p.m.: Parent Discussion: Opioid Overdose and Naloxone Education (Revive! Kit Training). Registration Required. <https://vaviennaweb.myvscloud.com/webtrac/web/iteminfo.html?Module=AR&FMID=29257678>

Wednesday, April 17 at 6 p.m.: Teen Opioid Overdose and Naloxone Education (Revive! Kit Training) for teens. Registration Required. <https://vaviennaweb.myvscloud.com/webtrac/web/iteminfo.html?Module=AR&FMID=30806206>

#### EXTENDED HOURS DAYS:

Club Phoenix Teen Center will be open 12:30 - 6:30 p.m. on the following dates:  
April 1 | April 2 | April 20



# May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
		1 4:30 – 4:45 p.m. Wellness Wednesday: Spiritual Wellness – Clay Spirit Animals	2 4 p.m.: Sack Race	3 <b>Extended Hours</b> Open 12:30 – 6:30 p.m.  No Teen Council Meeting No Dungeons and Dragons	4/5
6 4 – 4:30 p.m.: Hike to Henry – Visit Patrick Henry Library with Club Phoenix Staff	7 4 p.m.: Teen Tourist Day in the Town of Vienna – Visit the Town Hall, the Freeman Store, The Little Library, and back to the Community Center.	8 4:30 – 4:45 p.m. Wellness Wednesday: Spiritual Wellness – Box Breathing Techniques for mindfulness	9 4 p.m.: Musical Chairs	10 4 – 4:30 p.m.: Worldwide Club: Learn about different countries and different cultures – Peru  6 – 9 p.m.: Dungeons and Dragons Club  7 – 9 p.m. High School Only Night: Fried Foods Challenge	11/12 
SPRIT WEEK 13  Sports Jersey Day -Soccer Shootout 	SPRIT WEEK 14  Pajama Day -Movie Day	SPRIT WEEK 15  College/ School Day -Career Fair	SPRIT WEEK 16  Superhero Day -Escape Room	SPRIT WEEK 17 6 – 8 p.m. 10th Annual Club Phoenix Awards: Teen Wellness Festival 	18/19
20 Teens Choice	21 4 p.m.: Karaoke	22 4:30 – 4:45 p.m. Wellness Wednesday: Spiritual Wellness – 5 min Yoga Flow	23 4 p.m.: Bingo 	24 4 – 4:30 p.m.: Worldwide Club: Learn about different countries and different cultures – Puerto Rico  6 – 9 p.m.: Dungeons and Dragons Club	25/26 
27 CLOSED	28 4 – 4:30 p.m. Arts and Crafts: Yarn Garland 	29 4:30 – 4:45 p.m. Wellness Wednesday: Spiritual Wellness – Gratitude Notes	30 4 p.m.: Madden Xbox Tournament	31 5 – 6 p.m. Teen Council Meeting  6 – 7 p.m. Dungeons and Dragons Club	

## NATIONAL ASIAN AMERICAN & PACIFIC ISLANDER HERITAGE MONTH

### HIGHLIGHTS FOR THE MONTH:

**SPIRIT WEEK:** Join the Club Phoenix Teen Center as we get ready for the 10th Annual Phoenix Awards: Teen Wellness Festival. Each day leading up to the Main Event we will be dressing up according to the corresponding day and enjoying fun activities.

### IMPORTANT DATES:

**Friday, May 17 at 6 p.m.:** 10th Annual Phoenix Awards: Teen Wellness Festival. Enjoy music, entertainment, an awards ceremony, and light refreshments.

### EXTENDED HOURS DAYS:

Club Phoenix Teen Center will be open 12:30 – 6:30 p.m. on the following dates:  
May 3

### CLOSED:

May 27



# JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
					1/2
Teens Choice 3	4 p.m.: Arts and Crafts: Sponge Painting 4 	4 p.m.: Water Themed Relay Races 5 	4 p.m.: Flag Football 6 	Teen Choice 7	8/9
Teens Choice 10	4p.m.: Summer Slime 11 	3:30 - 6:30 p.m.: End of Year Pajama Party 12	4 p.m.: Kickball 13 	Teen Choice 14	15/16
Monday Memories: Snap a Pic to help add to our Summer Scrapbook. 17	Spiritual Transformation Tuesday: Life Coaching from Ms. Ianna every Tuesday is a mini lesson from the wellness themes during the school year. 18	CLOSED 19	Theater Thursday: Disney Movie - Email <a href="mailto:Ianna.Alhambra@viennava.gov">Ianna.Alhambra@viennava.gov</a> for the complete movie list for the summer. 20	Freestyle Friday: Madden X-Box Game Tournament 21 	22/23
Monday Memories: Snap a Pic to help add to our Summer Scrapbook. 24	Emotional Transformation Tuesday: Life Coaching from Ms. Ianna every Tuesday is a mini lesson from the wellness themes during the school year. 25	Dog Days of Summer: Stop by Club Phoenix Teen Center to cool down from the heat of summer, enjoy a hot dog, a beverage, and the cool AC. 26	Theater Thursday: Disney Movie - Email <a href="mailto:Ianna.Alhambra@viennava.gov">Ianna.Alhambra@viennava.gov</a> for the complete movie list for the summer. 27	Freestyle Friday: Learn how to adjust your camera settings for the perfect photo. 28 	29/30

## NATIONAL CARRIBIEAN AMERICAN HERIGTAGE MONTH

### HIGHLIGHTS FOR THE MONTH:

Summer Series will be in further detail in the Summer Phoenix Issue.

### IMPORTANT DATES:

**Wednesday, June 12 at 4 p.m.:**  
End of Year Pajama Party, enjoy movies, popcorn, pizza, and games as we kick off the Summer Season and end the school year.

**CLOSED:**  
June 19







**TOWN OF**  
**VIENNA**  
*Parks and Recreation*