

# Vintage Vienna

APRIL-JUNE 2025 ISSUE

TOWN OF VIENNA MATURE ADULT NEWSLETTER

## THE VITAL ROLE OF MENTAL HEALTH

Mental Health Awareness

Mental Health Awareness Month has been observed in May in the United States since 1949 and was started by Mental Health America (MHA). The 2025 theme-*Turn Awareness into Action* was chosen with the goal of celebrating the progress we've made in recognizing the importance of mental health—and challenging us to turn understanding into meaningful steps toward change. The vital role of mental health is more visible than ever before, but awareness alone isn't enough. Now is the moment to turn awareness into powerful, positive action for lasting change.

Mental health is important because it can help you to: cope with the stresses of life, be physically healthy, have valued relationships, make meaningful contributions to your community, work productively, and realize your full potential.

Being part of a safe, positive community is vital for our mental health and wellbeing. We thrive when we have strong connections with other people and supportive communities that remind us we are not alone. Communities can provide a sense of belonging, safety, support in hard times, and give us a sense of purpose. To cultivate good mental health, prioritize regular physical activity, maintain a balanced diet, build strong social connections, practice mindfulness and relaxation techniques, and seek professional help when needed

This May, let's turn awareness into meaningful action for ourselves and our communities, building a future where everyone can thrive.



[Take a Mental Health Test](#)

[Crisis Services](#)

Visit <https://mhanational.org/>



### Vienna Community Center hours of operation


Monday –Friday 8 a.m.– 10:30 p.m.

Sat.8 a.m.-9 p.m. Sun.12 -6 p.m.

Vienna Theater Company &  
Vienna Department of Parks and Recreation  
present

## Decision Height

by  
Meredith Dayna Levy



Fridays and Saturdays- 8 p.m.  
April 18, 19, 25, 26 and May 2, 3

Sundays-2 p.m.  
April 27 and May 4

## Spring 2025

Tickets \$16

Vienna Community Center, 120 Cherry St. SE 22180  
for more information  
[www.viennatheatercompany.org](http://www.viennatheatercompany.org) [vtcshows@Yahoo.com](mailto:vtcshows@Yahoo.com)





## Virtual Center for Active Adults

Please join in a variety of fun activities such as fitness classes, special presentations, interactive games and much more!

You can join us using your computer, smartphone, tablet or telephone. You may join in as many activities as you would like and share this information with friends!

VCAA Zoom Activities: [bit.ly/VCAAzoom2](https://bit.ly/VCAAzoom2)

VCAA website: [bit.ly/NCSvcaa](https://bit.ly/NCSvcaa)

Prerecorded activities: [bit.ly/VCAAvideos](https://bit.ly/VCAAvideos)

The Virtual Center for Active Adults is brought to you in partnership with Arlington County, Fairfax County, Prince William County, and ServiceSource.

### Arbor Day Celebration April 25 5 p.m.

#### Vienna Community Center

The Town of Vienna Parks and Recreation Department, with help from local scouts, will plant a tree as part of the Town's Arbor Day Celebration.

### Arbor Day Community Tree Planting April 26 9 a.m.

As a part of this year's Arbor Day Celebration, the Town of Vienna will host a community tree planting. Volunteers will plant 75 trees and shrubs, all native local ecotype. This project is funded by the Maud Robinson Trust for municipal beautification, specifically for planting new trees within the Town of Vienna.

The new tree plantings will add to the beautification of the Town, while also supporting efforts to increase the Town's tree canopy.

To volunteer at this community tree planting contact [Jermy.Edwards@viennava.gov](mailto:Jermy.Edwards@viennava.gov). Visit [viennava.gov](https://viennava.gov) for more information.



# Mind Body Practices at the VCC



## Tai Chi Chuan and Qigong

Tai Chi Chuan is an easy, gentle, low-impact exercise for better balance, general health and flexibility.

This Tai Chi group meets in-person on Tuesdays, Wednesdays and Fridays from 7:30-8:30 a.m. and on Zoom on Monday and Thursday from 7:30-8:30 a.m. This drop-in program is free.

## Qigong for Health & Healing

Qigong is a collection of ancient Chinese practices developed to promote healing and personal unfoldment. The Qigong repertoire includes movement, breathing, meditation and self-massage, all designed to balance the energies of our mind body and spirit in support of our health and well-being.


This class meets on Saturdays April 19-May 31 from 9:30-10:45 a.m. FEE: \$78/\$97.50

## Tai Chi-All levels

Gentle mind-an-body workout to improve balance, posture and coordination. Through slow moving forms of standard Tai Chi movements and Health Qigong exercises.

This class meets on Wednesdays April 2-June 11 from 9:30-10:30 a.m. Fee: \$80/\$100

## Walk on the Hill

 Sunday, April 27  
2-5 p.m.

Held each spring since 1974, the Walk on the Hill is perhaps Vienna's loveliest event, offering self-guided tours through participating yards and gardens in Vienna's historic Windover Heights neighborhood. Come to Walk on the Hill to enjoy lovely gardens and live entertainment. An event map and brochure with more details will be shared in early April. [WOTH](https://www.woth.org)

Call 703-255-6360 for more details

## Herbs, Gardening & Companion Planting at the Vienna Learning Garden



### Introduction to Permaculture

April 5 9-10 a.m. \$5/\$6.25

### Grow Food in the Shade

April 5 10:30-11:30 a.m. \$5/\$6.25

### Compost!

April 5 12-1 p.m. \$5/\$6.25

### Grow Great Berries

April 5 1:30-2:30 p.m. \$5/\$6.25

### Herb Propagation Methods

June 7 9-10 a.m. \$5/\$6.25

### Four Season Harvest Planning

June 7 10:30 a.m.-12 p.m. \$7.50/\$9.50

To register click [here](#)

## Vienna Farmer's Market May 3– October 25

The Vienna Farmers Market is a locally grown, local producer-only market. Vendors must grow, raise, bake or make all products at the market that they sell. The Vienna Farmers Market is located at the Vienna Community Center parking lot, 120 Cherry Street SE. Hosted by the Optimist Club of Greater Vienna, it is open from 8 a.m.– Noon Saturdays. The market features over 25 local vendors providing fresh produce, meats, homemade foods and more.

For more information call 571-354-6933



## Lending a Helping Hand

Do you need help with yard work or maybe to check a few "to do" items off your list around the house? 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 is not responsible for setting wage expectations. Please call the Community Center front desk for more information, 703-255-6360.





# UPCOMING EVENTS

## More Bingo, More Fun!



### DATES:

**Bingo, Bunnies & Peeps- April 14**

**Bingo Ice Cream Social- June 13**

**1:30-3:30 p.m.**

**Location: Vienna Community Center**



Join your friends for an afternoon of bingo and fun! Enjoy a traditional bingo game in a fun atmosphere while you win bargain prizes. Bingo cards are \$2 for 2 cards (Limit 2 cards per person). Pre-registration is required. Please bring in a white elephant item to donate to the prize table.

Click [here](#) to register

Questions: call (703)255-7801

## Summer Green Concert Series

**June 6– August 22**

**Fridays 6:30 p.m.**

**Vienna Town Green**

Sponsored by  
The Rotary Club of Vienna  
[Viennava.gov/summeronthegreen](http://Viennava.gov/summeronthegreen)



**Get ready for  
Vienna style block parties**



**3rd FRIDAYS**

**June-September**

**AT CHURCH & MILL STREET**

**Live Music, Beer & Wine Sales**

**Food Trucks**

**6:30-9:30 p.m.**

Click [HERE](#) for more details [viennava.gov/chillin](http://viennava.gov/chillin)





**'Free!'**

You're invited to Vienna Parks & Recreation's

# 55+ WELLNESS & SAFETY EXPO

Activities Include:

Over 40 vendors:  
Government agencies,  
Nonprofits and Local  
businesses

Giveaways

Special guest:  
Quinn's Auction Galleries  
Appraisal Event

1-2 items per person  
First come, first served  
11 a.m.-2 p.m.

Health Screenings

May 9, 2025  
11 a.m.-2 p.m.

Vienna Community Center 120 Cherry St. SE



Call 703-255-7801 to be a vendor

Click [here](#) to see a list of participating vendors



# TOWN OF VIENNA PARKS AND RECREATION

## Classes starting in April

### PERSONAL HISTORY WRITING GROUP

**Dates: 4/3-6/12 Time: 10:30 a.m.-12:30 p.m.**

This is an opportunity to record the story of your life for your children, grandchildren, and generations to come. Class members select topics about which to write. There is no formal critique of writing and there is no formal instruction. It is for fun, friendship and supportive feedback.

FEE: Free

### MAGIC CIRCLE TONING

**Date: Tues. 4/1-6/10 Time: 10-11 a.m.**

With each Magic Circle Toning class, you can expect a fully body workout that challenges and improves your strength, stability, mobility, breathing and the mind-body connection. The Magic Circle (a Pilates prop) works for all fitness levels, and the exercises emphasize moving intentionally and taking deep, focused breaths.

FEE: 120 residents/\$150 non-residents

### MONDAY MORNING WALKERS

**Dates: Mon. 4/14-5/19 Time: 10-11 a.m.**

Come and walk on local trails, scenic paths and parks in the area. You should be able to walk each 3-mile route in about one hour.

Walks will begin at the Vienna Community Center and go through local neighborhoods.

FEE: \$18 residents/\$22.50 non-residents



### CHAIR YOGA

**Date: Mon. 4/7-6/9 Time: 10-11 a.m.**

This class will be conducted while sitting in sturdy, arm-less chairs, with some asanas/postures in the standing position, as your abilities dictate. Any limitations in your movement will be respected and nurtured.

FEE: \$80 residents/\$100 non-residents

### S.A.I.L.– Stay Active & Independent for Life

**Dates: Wed. 4/2-6/4 Time: 2-3 p.m.**

**Fri. 4/4-6/6 Time: 2-3 p.m.**

S.A.I.L. is an evidence-based fall prevention program centered around a strength, balance, and fitness program for adults 65 & older. The curriculum includes aerobics, balance exercises, stretching routines and education. Exercises can be done standing or sitting.

FEE: \$76.50 residents/\$94.50 non-residents

### ESSENTRICS® Level 1 & 2

**Dates: Level 1– Wed. 4/2-5/28 Time: 11:15 a.m.-12:15 p.m.**

**Level 2– Fridays 4/4-5/30 Time: 11:15 a.m.-12:15 p.m.**

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.

FEE: \$67.50 Residents/\$83.25 non-residents

### MY STORY AND ART

**Dates: Tues. 4/8-5/20 Time: 10-11:30 a.m.**

This class is about sharing your story through art and is designed for adults 60 & up. It's for participants to connect, to create art using both conventional and non-conventional materials. No prior art experience nor art talent necessary. Just bring kindness and willingness to try something fun and new. Supplies are provided.

FEE: \$210 residents/\$262.50 non-residents



### SENIOR FITNESS

**Dates: Tues. 4/8-6/10 Time: 11:30 a.m.-12:30 p.m.**

**Thurs. 4/3-6/5 Time: 10:30-11:30 a.m.**

This energizing class is for older adults who have been exercising on a regular basis. It includes cardio, weightlifting and stretching to aid in building physical endurance, muscle strength, balance and flexibility.

FEE: \$22.50 Residents/\$27.50 non-Residents



**To register go to**

**[www.viennava.gov/register](http://www.viennava.gov/register)**



# TOWN OF VIENNA PARKS AND RECREATION

## Classes starting in April

### Zumba FEVER!

*Move your body, Feel the Rhythm!!*

#### Zumba®

Take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Feel the hypnotic rhythm of Latin and international music. Super effective and fun for all ages!

Thursdays, 4/3-6/12 6-7 p.m. \$120/\$150

Saturdays, 11 a.m.-12 p.m. \$120/\$150

#### Gold Zumba®

Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Class focuses on all elements of fitness: cardio, muscular conditioning, flexibility and balance. Once the Latin and World rhythms take over, you'll get an awesome dose of energy each class.

Tuesdays, 4/1-6/10 8-9 a.m. \$120/\$150

Thursdays, 4/3-6/12 12-1 p.m. \$120/\$150



To register go to

[www.viennava.gov/register](http://www.viennava.gov/register)

Questions call 703-255-6360

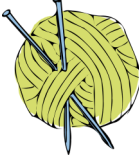



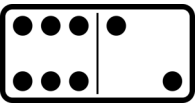


# MATURE ADULT DROP-IN AT THE VCC



**This is where we play!**



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>Scrabble</b> 12:30-4 p.m.	 <b>A Stitch in Time- Knitting Circle</b> 1-4 p.m.	<b>Table Tennis</b> 8-9 a.m.	<b>Mah-Jongg</b> 12:30-4 p.m.	<b>Table Tennis</b> 8-9 a.m.
<b>Pickleball</b> 11 a.m.-1 p.m.		<b>Pickleball</b> 11 a.m.-1 p.m.	 <b>Rummikub</b> 12:30-4:30 p.m.	<b>Pickleball</b> 11 a.m.-2 p.m.
		<b>Canasta</b> 12:30-3:30 p.m.	<b>Pickleball</b> 6-10 p.m.	<b>Dominoes</b> 12:30-3:30 p.m.
				

## Sign up for Vienna Happenings E-Newsletter

Visit [viennava.gov/happeningssignup](http://viennava.gov/happeningssignup)

To sign up to receive the Town's weekly email with updates on what's going down around town.

**Text Alerts:** The Vienna Parks and Recreation Department offers 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, 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. The Community Center front desk staff cannot opt in for you.

Please call 703-255-6360 for details on how to opt into the program.



## First Friday Flicks

FIRST FRIDAY OF EVERY MONTH  
2 p.m.

April 4: *"I Confess"*- 1953

May 2: *"The Maltese Falcon"*- 1941

June 6: *"36 Hours"*-1964

Come and enjoy an afternoon of entertainment as we show classic movies for adults 55+ on our giant 13' X 7' dimension screen with specialized surround sound.

Free popcorn will be available.



All these programs take place at the Vienna Community Center 120 Cherry St. SE

Questions? Call 703-255-6360





# PLANT SWAP AND GARDEN GAB

## MAY 10 9-11 A.M. FREE

### Vienna Learning Garden

Come by and spend a fun and enjoyable morning with other gardeners. Bring and pick up plants at the Plant Swap and Giveaway. Take the opportunity to have your garden questions answered by the pros.



## Green Expo

Thursday, April 24 7-9 p.m. @ VCC

Hosted by the Town of Vienna's Conservation and Sustainability Commission, this annual event features more than 30 local exhibitions offering information on sustainable practices, including environmentally friendly landscaping, composting, recycling, energy efficiency, solar power, water conservation, wildlife conservation and more. For more information call 703-319-8610

## UPCOMING LECTURES YOU DON'T WANT TO MISS

Thursday, April 3 Medicare 101 and Social Security 10-11:30 a.m.

Wednesday, April 9 Downsizing 10-11 a.m.

Monday, April 21 Staying Home vs. Moving to a Community 10-11 a.m.

Monday, May 5 Estate Planning 101 10-11 a.m.

Thursday, May 8 Aging in Your Home 10-11 a.m.

Tuesday, May 13 Building a Healthier Neck 10-11 a.m.

Monday, May 19 Maximize Your Profits While Decluttering 10 a.m.-12 p.m.

Thursday, May 29 Keeping Socially Engaged in Retirement 1:30-3:30 p.m. \$45/\$56.25

Tuesday, June 10 Mouth & Throat Toning for Better Sleep 10 a.m.-11 a.m.

### The Alphabet Soup of Medicare

Come to better understand the benefits you currently have and the host of lettered plans available.

Saturday April 5 10 a.m.-1p.m. Fee: \$10 res/\$12.50 non residents

To register for these programs [visit www.viennava.gov/register](http://www.viennava.gov/register)



# VIVA VIENNA! 5/24-26

For more information [click here](#)





## SHARE YOUR STORY

Area residents and businesses are encouraged to submit family stories about what it has meant to be or become an American through a new Liberty Amendments Month interactive program called "Our American Liberty Stories." If you have an interesting story to tell about your journey to America, path to citizenship, or what it means to be American, share it with us! Stories can be shared in any format from now through May 15. A worksheet and submission form are available on [www.viennava.gov/story](http://www.viennava.gov/story).

Registration is required. Questions? Contact [lily.widman@viennava.gov](mailto:lily.widman@viennava.gov) or 703-255-5738

### Are you new to registering for a class with Vienna Parks & Recreation?

### Do you have trouble registering for classes?

Follow our step-by-step help guide to navigate through our registration website.



### [Webtrac Help Guide](#)



FLIP THE SCRIPT ON AGING: MAY 2025

Every May, ACL leads the nation's observance of Older Americans Month (OAM), a time to recognize older Americans' contributions, highlight aging trends, and reaffirm our commitment to serving older adults.

The 2025 theme, Flip the Script on Aging, focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions.



### The Vienna Seniors Bridge Club at the VCC

Wednesdays 10 a.m.-1:30 p.m.

Intermediate and advanced bridge players are invited to attend our gatherings.

There are refreshments and a lunch break at noon.

To join the group call

Fatechand Shah 703-758-9547

### Learn Ballroom Dance

April 5-June 14

Fridays 11 a.m.-12:30 p.m.

Come and learn ballroom dance, or brush up on your steps with a professional ballroom dancer. Single ballroom dance, no partner necessary. Free to Vienna residents. Non-residents \$5 for 11 classes.

[www.viennava.gov/register](http://www.viennava.gov/register)

## Poetry Appreciation And Writing Class

This class, for which no previous poetry writing experience is necessary, involves reading poems aloud and discussing the feelings they evoke, and what you like and don't like about them. The facilitator will introduce poems by Mary Oliver, Dylan Thomas, Elizabeth Bishop, Robert Frost, Shakespeare, among many other. You will use these poems as inspiration. There will be time for free writing in class for approximately five or ten minutes. During that time, for example, you will write about someone you know well or something that made you happy or sad. You will learn to use rhyme, repetition, and metaphor in your writing. Then you may want to write poems at home. Using your imagination is key to unlocking the emotions within you and that will be the source of your poetry. You will be encouraged share your poems with class members but that is optional. Facilitated by Marjorie Sadin

Thursdays 2-3 p.m.

April 10

May 8

June 12

Click [here](#) to register



## Tech to the Rescue

### Computer Maintenance

April 10 & 17 9:45-11:45 a.m.

\$90/\$112.50

### Today's Technology

May 1 & 8 9:45-11:45 a.m.

\$90/\$112.50

### Get Up to Speed on Your iPhone/iPad

April 24 9:45-11:45 a.m.

\$45/\$56.25

### Get Up to Speed on Your Android phone/tablet

May 15 9:45-11:45 a.m.

\$45/\$56.25

### Securesurf:

Navigating the Digital Wave

April 22 11 a.m.-12 p.m.

\$30/\$37.50

### Digital Mastery 360: Elevating Your Digital Presence in the AI Era

April 8 11 a.m.-12 p.m.

\$30/\$37.50

To register for these classes click [here](#)



## Spring Town Clean Up Day

Saturday, April 5

9 a.m.-12 p.m.

Vienna Town Green



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. Parks and Recreation coordinates the event, providing supplies and assistance throughout the day. Contact 703-255-5755.



# Join us for an excursion and join the fun!



Glenstone Art Museum

April 18 9 a.m. – 3 p.m.

Residents \$51/Non-residents \$63.75



**US Naval Academy Tour & Tea**  
**May 7 11:30 a.m.-6 p.m.**  
**Residents \$132/Non-residents \$165**

Manassas Ballet-“Sleeping Beauty”

May 11 11 a.m.-6:30 p.m.

Residents \$110/\$137.50 Non-residents



## Upcoming Summer Trips

Registration begins May 12 for Vienna residents

A Day in St. Michaels, MD- June 18

“Les Misérables” at the Kennedy Center- July 10

“Million Dollar Quartet” at Shenandoah Summer Theatre- August 5

“Saturday Night Fever” at Toby’s Dinner Theatre- September 3

White House & Library of Congress- September 17

To register for a trip visit [www.viennava.gov/register](http://www.viennava.gov/register)

For more information call (703)255-6360



# Vienna Tennis and Pickleball

Court Schedule

March 1 - November 30

## GLYNDON PARK

## MEADOW LANE PARK

### PICKLEBALL

**MONDAY/WEDNESDAY/  
FRIDAY**  
9 AM - 7 PM

**SATURDAY**  
9 AM - 1 PM

**TOWN RESIDENTS CAN  
MAKE RESERVATIONS TO  
PLAY DURING POSTED  
PICKLEBALL HOURS**

### TENNIS

**MONDAY/WEDNESDAY/  
FRIDAY**  
8-9AM/7-10PM

**TUESDAY/THURSDAY**  
8AM-10PM

**SATURDAY**  
1-10PM

**SUNDAY**  
8AM-10PM

**NO RESERVATIONS**

**AVAILABLE FOR FIRST  
COME FIRST SERVE  
PLAY UNLESS  
RESERVED FOR A PARKS  
AND RECREATION  
CLASS OR PROGRAM**

8AM-10PM  
NO RESERVATIONS



VISIT [VIENNA.GOV/COURTS](http://VIENNA.GOV/COURTS) FOR MORE INFORMATION AND RECOMMENDED QUIETER PICKLEBALL PADDLES

Vienna Community Center

120 Cherry St. SE Vienna, VA 22180

Kathy Blevins-Mature Adult Program Coordinator

[kblevins@viennava.gov](mailto:kblevins@viennava.gov) (703)255-7801

Front Desk: (703)255-6360

Park Maintenance: (703)255-6336

Vienna Police Non-Emergency (703)255-6366

**TOWN OF VIENNA PARKS AND RECREATION**

*Creating community through people, parks and programs*



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