

# Vienna

PARKS AND RECREATION PROGRAMS AND EVENTS GUIDE

WINTER 2016

WINTER  
SPECIAL EVENTS

*See pages 13 to 18*

DECEMBER  
Holiday Centerpiece  
Workshop

*See page 28*

ADULT & FAMILY  
TRIPS

*See pages 24 & 25*

TOWN OF VIENNA PARKS AND RECREATION  
*Creating community through people, parks and programs*

# TOWN OF VIENNA WINTER 2016 GENERAL INFORMATION

## TABLE OF CONTENTS



	PAGE
Youth Team Sports .....	2
Registration Dates .....	3
Webtrac .....	3 & 5
Historic Vienna, Inc. ....	3
General Information .....	4 & 5
About Our Parks .....	6
Shelter Fees & Reservations .....	6
Location Key .....	6
Youth Winter Camps .....	7
Infant and Preschool Classes .....	8
Youth Classes .....	9
Preschool/Youth/Teen Art .....	9 & 10
Club Phoenix Events .....	11 & 12
Special Events .....	13-18
Dog Days in Vienna .....	13
Santa Gram .....	14
Historic Church Street Stroll .....	15
Lunch with Santa .....	16
Holiday Tea Party .....	17
Caroling on the Green .....	18
Adult Pottery .....	19
Adult Art and Fitness .....	20
Adult Fitness and Athletics .....	21-23
Mature Adult and Family Trips .....	24 & 25
Adult Programs .....	26
Mature Adult Classes and Seminars .....	27 & 28
Free Mature Adult Lectures .....	29
Drop-In and On-Going Recreational Programs .....	30
Registration Form .....	31

## PARKS AND RECREATION DIRECTOR

Leslie Herman, CPRP..... 703-255-6357

## COMMUNITY CENTER

Leon Evans, Community Center Manager..... 703-255-6355

Nick Jones, Assistant Manager ..... 703-255-5726

## PARKS

John King, Parks Manager ..... 703-255-6336

Gary Lawrence, Arborist/Horticulturist ..... 703-255-6309

## RECREATION

Amy-Jo Hendrix, Recreation Program Manager..... 703-255-6357

Brandy Wyatt, Recreation Program Coordinator II ..... 703-255-5721

Brian Hanifin, Recreation Program Coordinator — Camps..... 703-255-6352

Kathy Blevins, Recreation Program Coordinator..... 703-255-7801

## PARKS AND RECREATION

Business Office ..... 703-255-6360

## PHONE NUMBERS

Community Center Front Desk..... 703-255-6360

Fax..... 703-255-6399

Weather, Special Events and Sports Line..... 703-255-7842

Virginia Relay Center..... 711

## BUSINESS OFFICE HOURS

**Monday – Friday — 8:00 a.m. – 4:30 p.m.**

## YOUTH TEAM SPORTS

**VIENNA BABE RUTH LEAGUE** — boys ages 13–18, call Ed Cazenias for information at **703-281-2671**. Website: [www.leaguelineup.com/viennababeruth](http://www.leaguelineup.com/viennababeruth)

**VIENNA LITTLE LEAGUE** — For children ages 5–12, Little League also sponsors a T-ball program. For further information email at [cerv1939@aol.com](mailto:cerv1939@aol.com)

**VIENNA GIRLS SOFTBALL LEAGUE** — Softball program for girls ages 6–18. For more information visit their website at [www.vgsl.org](http://www.vgsl.org)

**VIENNA YOUTH INC.** — Programs in football, lacrosse, rugby, and wrestling for boys, and cheerleading for girls ages 7–16 and basketball and track for boys and girls ages 7–16. For more information, the following are phone numbers for the various sports, or access the website at [www.vyi.org](http://www.vyi.org)

**Football** — Dave Hall — [chall14@cox.net](mailto:chall14@cox.net)

**Wrestling** — Rod Hines — [rodhines1@yahoo.com](mailto:rodhines1@yahoo.com)

**Basketball** — Jay Brigham — [brighamj@verizon.net](mailto:brighamj@verizon.net)

**Cheerleading** — Lisa McDonald — [vyicheer@gmail.com](mailto:vyicheer@gmail.com)

**Lacrosse** — Mary Forde — **703-281-3221**

**Rugby** — Cat Swiger — [viennarugby@outlook.com](mailto:viennarugby@outlook.com)

**Volleyball** — Chuck Pruitt — [volleyball@vyi.org](mailto:volleyball@vyi.org)

**Track & Field** — Craig Chasse — **703-319-2438** — [cchasse.acds@juno.com](mailto:cchasse.acds@juno.com)

**VIENNA YOUTH SOCCER** — For boys and girls ages 5–18, call VYS voice mail at **703-242-3828 #2** for information. Website is [www.vys.org](http://www.vys.org)

# WINTER 2016 REGISTRATION

## REGISTRATION DATES

### IN TOWN BEGINS

November 9 at 8:00 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.*

### OUT OF TOWN BEGINS

November 16 at 8:00 a.m.

## ON-LINE REGISTRATION WEBTRAC

### How does it work?

If you have registered for a class or program from January 2008 to present, you have been assigned a user name and password.

For first time user, your user name and password is your household ID number.

If you have questions about your user name or password, call the Community Center at **703-255-6360** and we will email your user name and password.

Log onto our website ([www.viennava.gov](http://www.viennava.gov)) click on the **Parks and Rec Registration in the FAQ**. Click on **WebTrac**.

1. Welcome Page — Enter your user name and password to sign-in. You are instructed to change your password when you log-in for the first time.
2. To view the list of activities select the **"Search"** option on the navigation bar and then select **"Activity Search"** from the drop-down list.
3. Enter the six-digit activity number of the desired program/activity and select **"Search"** to view.
4. If you do not know the six-digit activity number, you have the option to select a list of activities by type or choose to search **"All Types"** of programs to view.
5. Choose the shopping cart icon on the left of the activity you want to register for and select **"Enroll Now"**.
6. Select the family member you wish to enroll from the **"Family Member to Register"** pull-down box and select **"Add to Cart"**.
7. Select **"Continue Shopping"** or **"Proceed to Check Out"** and review your billing information.
8. Continue on to begin the payment authorization process. Use the **"View Your Receipt"** button to view and/or print a receipt.
9. Once you have closed your receipt, your transaction is complete and you can select to go back to the **"Home Page"** or **"Log-Out"**.
10. If you experience difficulties, please call our main number at **703-255-6360**.

### How to add your household to Webtrac?

Go to [www.viennava.gov](http://www.viennava.gov) click on departments — click on Parks and Recreation — click on registration information — click on webtrac.

Click on the link **Please use this link to register for the first time**. Input all household information then click finish.

## HISTORIC VIENNA, INC.



**HISTORIC VIENNA, INC.** is in need of volunteers to help staff and coordinate both old and new programs. Areas of need are: Tour Guides and Store Docents. Hours and times may vary. Training provided. Call **703-938-5187**.

### FREEMAN HOUSE MUSEUM AND STORE

Located at 131 Church Street NE, the Freeman House Museum and Store is jointly owned and operated by the Town of Vienna and Historic Vienna, Inc. Tours may be scheduled by calling **703-938-5187**.

#### Store Hours:

Wednesday through Sunday  
12 p.m.–4 p.m.

*The Store is closed during the month of January.*



### LITTLE LIBRARY

The Little Library is now open the first Sunday of each month (except January) from 1:00 p.m. to 4:00 p.m.

# GENERAL INFORMATION



## AMERICANS WITH DISABILITIES ACT

The Vienna Parks and Recreation Brochure will be made available in large print or on Audio Cassette upon request. Call **703-255-6360** • TTY **703-255-5739**  
Virginia Relay Center 711.

The Town of Vienna does not discriminate on the basis of disability in the administration or access to, treatment of, or employment in its programs or activities. The Director of Public Works at 127 Center Street S, Vienna, VA 22180 has been designated to coordinate ADA compliance.

Translation requests need to be made in writing at least fourteen working days before the day of the event.

## REGISTRATION DATES AND TIMES

- In Town (walk-in, mail-in, Webtrac, fax) begins November 9 at 8:00 a.m.
- Out of Town Registration (walk-in, mail-in, Webtrac, fax) begins November 16 at 8:00 a.m.

Registration can be dropped off at the Parks and Recreation temporary offices at

Cedar Lane Shopping Center  
262 M Cedar Lane SE, Suites 4 and 7  
Vienna, VA 22180.

Office Hours are Monday–Friday 8:00 a.m.–4:30 p.m.

All registrations, sent by mail, dropped off or faxed are randomly entered into the Rectrac System.

## 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 numbers and e-mail information.
- Include activity number, section, name and birthdate.

## 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** next to the fee indicates individuals that reside within the corporate limits of Vienna.
- **RSR** next to the fee indicates seniors 65 and over that reside within the corporate limits of Vienna.
- **NR** next to the fee 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, program or special event due to insufficient enrollment. All programs require a minimum number of participants. Programs are normally canceled one week before each session begins. A full refund will be given. **PLEASE REGISTER EARLY!**

## CLASS REFUNDS AND CREDITS

**REFUNDS** — To obtain a full refund or credit, 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.

**CREDITS** — There is no fee for a household credit submitted 14 calendar days prior to the start of the program. A household credit requested less than 14 calendar days prior to the start of the program will incur a 10% penalty per program.

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

**TRIPS** — No refunds or credits will be issued within 30 days of the trip. Trips do not include bus driver's gratuity.

**All requests for refunds or credits must be submitted in writing.**

## CAMP REFUNDS AND CREDITS

Camp fees must be paid in full at the time of registration. All requests for refunds prior to 14 calendar days of the camp start date will incur a 50% penalty or \$100 max per camp session.

There will be no refunds or credits less than 14 calendar days prior to the start of camp unless a doctor's note is presented and we can fill the vacant spot. Once the vacant spot is filled and paid for we will issue a full refund.

A Transfer can be made 14 calendar days prior to the start of camp without a penalty incurred. There are no transfers within 14 calendar days.

All transfers/cancellations must be made in writing.

Camps will be canceled if they do not meet the minimum number two weeks prior to start.

## PRORATED CLASSES

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



## CLASS LOCATIONS

Please note that pottery classes are held at the Bowman Arts and Crafts Center, 211 Center Street S. Locations are fully accessible to persons with disabilities. Request from persons with disabilities are to be requested in writing at least seven (7) working days before the day of the class. Call 703-255-6360.

See the **LOCATION KEY** on page 6 for other class locations during our renovation.

## CANCELLATION DUE TO INCLEMENT WEATHER

- We follow the Fairfax County Public Schools closings.
- If schools are cancelled for the day, all classes are cancelled.
- When Fairfax County schools have a delayed opening, classes are cancelled until noon.
- If Fairfax County schools are closing early, classes after 3:00 p.m. are cancelled.
- On weekends, we will follow Fairfax County Schools inclement weather policies.

## CONFIRMATION POLICY

Please note the date and time of your class. If registering by Webtrac a confirmation can be printed from the screen. For in person, drop off, mail-in and faxes a confirmation will be emailed to you within one week. We may also need to notify you if your class is canceled or changed, therefore we must have a day time telephone number and e-mail address.

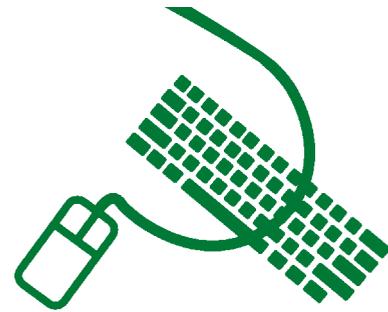
## GENERAL POLICY

- Please arrive on time for classes. We cannot hold up a classroom of students for those that are late.
- TO ENSURE THE SAFETY OF YOUR CHILD PLEASE ACCOMPANY YOUR CHILDREN TO AND FROM THE CLASSROOM.
- Please pick up your children promptly at the end of class. Before and after class supervision is not available. We may find it necessary to charge an additional fee of \$10 to parents who are habitually late in picking up their children.

- We will reschedule all classes we cancel, however, we cannot reschedule classes for students who miss classes.
- If students cannot be a cooperating member of class 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.

## BEHAVIOR POLICY

- Parks and Recreation classes are to be enjoyed by all from youth through adults. Participants that continually disrupt the class experience for other class members will be asked to withdraw from the class. You will receive a refund for the balance of the class, however materials fees or Pottery Lab fees will not be refunded.



## WEBTRAC

- **WEBTRAC WILL ALLOW YOU TO REGISTER ON-LINE.**
- **WebTrac** can be found on the Internet by going to [www.viennava.gov](http://www.viennava.gov) and clicking on the Parks and Recreation Registration listed under FAQ.
- Some trips, programs and events may require you to come to the Community Center or to fax or mail-in registration.
- Full payment is required at the time of registration and you must use a credit card (American Express, Discover, Master Card or Visa).
- **WebTrac** is secured by Verisign-Thwart and your credit card information is not viewable by any outside parties.

**IN ORDER FOR US TO KEEP YOUR INFORMATION UP TO DATE, REMEMBER TO NOTIFY US OF A CHANGE OF ADDRESS, PHONE NUMBER, E-MAIL, ETC.**

## CLASS AND CAMP RELOCATIONS

We are excited about the renovations to the Community Center. The Community Center will be shut down during the length of the renovation.

Thanks to many organizations in the area, we are able to relocate many of our programs.

We will keep everyone informed of any changes through email. Please make sure we have an accurate email and phone number.

# 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. There are no restrooms at this park.

**GLYNDON PARK** is located on the north side of Maple Avenue on Glyndon Street. It has two lighted tennis courts, a basketball court, ball field, picnic areas with pavilions, playground equipment and restrooms. The park pavilion may be reserved for picnics by contacting the Community Center. See reservation fees.

**MEADOW LANE PARK** is located on the corner of Meadow Lane, Ware Street and Courthouse Rd. This park has two lighted tennis courts, a basketball court, ball fields, playground equipment, restrooms and pavilions. The park pavilion may be reserved for picnics by contacting the Community Center. 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. This is also the site of Vienna Dog Park. No restrooms.

**NORTHSIDE PARK** 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 restrooms.

**PETERSON LANE PARK** is located on Malcolm Rd. 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, open fields and walkways. No Restrooms.

**SARAH WALKER MERCER PARK** new in 2006 this park is located at the corner of Nutley and Knoll Street NW. This is a neighborhood park with walking paths, seating areas and an abundance of plant material. This park has the Town's first rain garden. No restrooms.

**SOUTHSIDE PARK** is located on Ross Drive and is the site of Babe Ruth baseball, men's slow pitch, coed softball and youth football games. Playground equipment, sand volleyball court and basketball court are also available at this park. The park pavilion may be reserved for picnics by contacting the Community Center.

**VIENNA DOG PARK** located at 700 Courthouse Road. This off-leash dog park is situated in Moorefield Park. The fenced 90 x 150 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 restrooms.

**VIENNA TOWN GREEN** located at 144 Maple Avenue East. Our newest park is in the Town center and is home to the Town Green Performance 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 natural trails. No restrooms.

## SHELTER FEES AND RESERVATIONS

### *Reserve your picnic shelter on-line for the 2016 Picnic Season (April 1)*

Shelters are available for groups up to 75 people. Shelters are available for rent from April through mid-October.

To make a shelter reservation you must be in our webtrac system. Go to [www.viennava.gov](http://www.viennava.gov) in the FAQ click on Parks and Rec Registration then click on webtrac. Once in webtrac enter your user name and password or if you are new to webtrac create an account. To check availability of park shelters click on Facility tab to begin your search.

- Town of Vienna Groups — \$25 for 5 hours
- Out of Town — \$50 for 5 hours
- Bathroom Refundable Key Deposit — \$50
- Electricity Fee — \$25
- Water Fee — \$25

Fairfax County Park Authority (703-246-5700) and Northern Virginia Regional Park Authority (703-352-5900) also have park shelters.

## LOCATION KEY

- BH – Bowman House Arts and Crafts Center**  
211 Center Street S, Vienna VA
- CF – Caffi Field — Located next to the**  
**Community Center 120 Cherry St. SE, Vienna, VA**
- CL – Cedar Lane — 262M Cedar Lane SE, Unit 10, Vienna VA**
- GP – Glyndon Park — 300 Glyndon St. NW, Vienna, VA**
- JMHS – James Madison High School —**  
**2500 James Madison Drive, Vienna, VA**
- ML – Meadow Lane Park — 599 Meadow Lane, SW, Vienna, VA**
- PHL – Patrick Henry Library — 101 Maple Ave, E, Vienna, VA**
- PCC – Providence Community Center —**  
**3001 Vaden Drive Fairfax VA 22031**
- SSP – Southside Park — 1315 Ross Dr. SW, Vienna, VA**
- VBC – Vienna Baptist Church — 541 Marshall Rd SW, Vienna, VA**
- VES – Vienna Elementary School — 128 Center St. S, Vienna, VA**
- VPC – Vienna Presbyterian Church — 124 Parks St. NE Vienna, VA**
- VVFD– Vienna Volunteer Fire Department —**  
**400 Center St. S, Vienna, VA**
- WF– Waters Field — Corner of Center and Cherry St SE,**  
**Vienna, VA**
- TH – Town Hall — 127 Center Street S, Vienna, VA**

# YOUTH WINTER CAMPS

## BECOME A KID WHO CAN CODE!

### WINTER CODING CAMP

Instructor: Silver Knights Chess



#### BECOME A KID WHO CAN CODE!

In this introductory camp for students ages 6-12, you'll learn how to use Blockly, a visual coding language, to solve puzzles, navigate mazes, and design your own computer games! Campers will create, test, and debug algorithms using loops, nested loops, conditionals, and sequences. Campers will be introduced, through a fun mix of plugged and unplugged activities, to the Engineering Design Process and learn the logic and problem-solving skills central to computer science and STEM. We use a Code.org curriculum developed for elementary-age children, and introduced in schools throughout the country in the Hour of Code. Blockly uses the logic and patterns of JavaScript and most other programming languages. Laptops and all other materials are provided by Silver Knights.

**Location:** CL

Activity #	Dates	# of Classes	Day	Time	Age	R/NR Fee
315731-A1	12/21-12/23	3	M-W	9A-3P	6y-12y	\$295/\$345

## JEDI ENGINEERING CAMPS

### JEDI ENGINEERING WITH LEGO WINTER BREAK CAMP

Instructor: Playwell Technologies

**JEDI ENGINEERING:** Young Jedi will explore worlds far, far away and engineering principles right in front of them. Defeat the Empire by designing and refining LEGO X-Wings, R2-units, and settlements on far-flung edges of the galaxy. Imagination and engineering combine to create motorized and architectural projects such as energy catapults, shield generators and defense turrets.

**Location:** CL

Activity #	Dates	# of Classes	Day	Time	Age	R/NR Fee
315732-A1	12/28-12/31	4	M-Th	9A-12P	5y-7y	\$128/\$160



### JEDI MASTER ENGINEERING WINTER BREAK CAMP

Instructor: Playwell Technologies

**JEDI MASTER ENGINEERING:** The Force is strong in this class. Build complex machines and structures based on the best designs from a galaxy far, far away. Projects include LEGO X-Wings, AT-AT walkers, Pod Racers, Star Destroyers, Cloud Cities, settlements, and fortresses. Play-Well's Jedi instructors reinforce key engineering concepts such as gear trains, worm drives, pneumatics, eccentric motion and more as students tap into the powerful forces of imagination and engineering.

**Location:** CL

Activity #	Dates	# of Classes	Day	Time	Age	R/NR Fee
315733-A1	12/28-12/31	4	M-Th	1-4P	7y-12y	\$128/\$160

# INFANT AND PRESCHOOL CLASSES



## MUSIC TOGETHER

**Ages: Newborn–5 years and their moms, dads, relatives and/or caregivers**

**Tuesday — Anne Whitten**  
**Friday — Anne Whitten**  
**Saturday — Gail Browne**



This is the essential Music Together class, one that a child can attend from birth through age five through all nine song collections. This basic class follows the recommendations of child development researchers — grouping children of a variety of ages because this fosters natural, family-style learning. Younger children enjoy watching and imitating older ones; older children learn by leading younger ones; and adults are happy because the children in the family can go to class together to share this important family music experience. Each child participates at his or her own level in singing, moving, chanting, listening, watching, or exploring musical instruments. There is no charge for siblings under eight months (at start date of class). Your family will receive a professionally recorded CD of the semester's song collection, an illustrated songbook with activities and parent education, and access to Music Together's online Family Music Zone. In addition, all families new to Music Together receive a DVD explaining our principles, research and philosophy.

**Location for Friday and Saturday: VPC**

**Location for Tuesday: CL**

Tuesday — January 5 to March 15 (No class January 19)  
 9:30 a.m. and 10:30 a.m.

Friday — January 8 to March 18 (No class February 5)  
 9:30 a.m. and 10:30 a.m.

Saturday — January 9 to March 12  
 9:00 a.m., 10:00 a.m. and 11:00 a.m.

**To register, please visit [www.musictogetherofvienna.com](http://www.musictogetherofvienna.com)**  
 Fee: R \$215 / NR \$265—Ten Classes

## SPORTS & GAMES FOR KIDS

**Instructor: Chris Kurtzman**

Learn the fundamentals of team sports such as soccer, basketball, baseball, hockey and volleyball. Children can release energy, get exercise, learn new sports and games, and socialize with other children. Values such as sportsmanship, teamwork, sharing and consideration of others will be stressed. Please bring a large water bottle, and appropriate athletic shoes.

**Location: VVFD**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR Fee
304706-B1	1/13-3/16	10	W	1:30-2:45P	3.5y-6y	\$150/\$187

## ALL SPORTS FOR KIDS

**Instructor: Helen Petrakes**

All Sports will introduce a variety of team sports such as baseball, soccer, volleyball, basketball, and hockey in a safe, fun environment. Children will have a chance to socialize with their peers and release energy, while playing games and learning the fundamentals of various team sports. We will focus on motor skill development and ball handling skills as well as emphasizing good sportsmanship and teamwork. \*NO CLASS 2/4

**Location: VBC**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR Fee
304707-A1	1/13-3/16	10	W	2-3:15P	3y-6y	\$135/\$168.75
304707-B1	1/14-3/17	9	Th	2-3:15P	3y-6y	\$135/\$168.75

## TWOSEY 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 mom's helpers get to play too. Materials fee of \$32 for an eight week session is due the first day of class made payable to Abrakadoodle.

**Location: BH**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR Fee
307250-A1	1/12-3/1	8	Tu	9:15-10A	0y-3y	\$112/\$140
307250-B1	1/12-3/1	8	Tu	10:15-11A	0y-3y	\$112/\$140

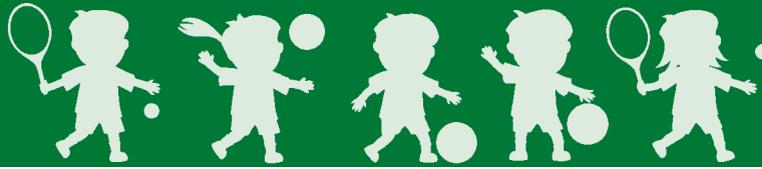
## MINI DOODLERS

**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. Materials fee of \$32 for an eight week class is due the first day of class made payable to Abrakadoodle.

**Location: BH**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR Fee
307251-A1	1/12-3/1	8	Tu	11:15A-12P	3y-6y	\$112/\$140



## TENNIS

### LITTLE SHOTS TENNIS — INTRO TO TENNIS

**Instructor: First Serve Tennis**

An introduction through fun games and activities designed to build eye-hand coordination and familiarity with the tennis ball and racket. A tennis racket is required. \*NO CLASS 3/21

**Location: Meadow Lane Park**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR Fee
304041-A1	3/7-4/4	4	M	4:30-5:15P	4y-6y	\$80/\$100

### FUN AND FUNDAMENTALS

**Instructor: First Serve Tennis**

Through fun skill building games, beginners and advanced beginners learn and develop the fundamental strokes. Students are encouraged to repeat this class until they can consistently put the ball in play. \*NO CLASS 3/21

**Location: Meadow Lane Park**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR Fee
304042-A1	3/7-4/4	4	M	5:30-6:30P	7y-10y	\$80/\$100
304042-B1	3/7-4/4	4	M	6:30-7:30P	10y-14y	\$80/\$100

### FUN AND FUNDAMENTALS TENNIS

**Instructor: First Serve Tennis**

Strengthen your body and tennis game with a great mix of high-paced drilling, heart-healthy aerobics, and important strengthening and stretching exercises. \*NO CLASS 3/21

**Location: Meadow Lane Park**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR Fee
304043-A1	3/7-4/4	4	M	7:30-8:45P	10y-14y	\$100/\$125



## DOODLERS

**Instructor: Abrakadoodle**

Children create their own unique masterpieces through painting, drawing, and exploring creative materials. Each lesson introduces children to new techniques and artists styles. The teacher provides and guidance and inspiration. Classes help children develop both skills and confidence! Materials Fee of \$32 is due the first day of class made payable to Abrakadoodle.

**Location: CL**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/Fee
307252-A1	1/16-3/5	8	Sa	12:30-1:30P	6y-12y	\$128/\$160

## CHILDREN'S CLAY STUDIO

**Instructor: Bonnie Fitzgerald**

This class will introduce children to the basics of working with clay: wedging, rolling and using slabs, tile making, coils, and hand built sculpture. Several small projects will be worked on and everyone can expect to complete at least three different pieces. The final week we will experiment with glazes and other surface enhancements. Open to all skill levels. Projects will be different from those offered in previous sessions. Repeat students welcome. Classes are held at the Bowman House, 211 Center St. S.

\*NO CLASS 2/15

Activity #	Dates	# of Classes	Day	Time	Age	R/NR Fee
317210-A1	1/25-2/22	4	M	4:15-6P	6y-13y	\$135/\$168

## YOUTH CLAY SCULPTURE

**Instructor: Bonnie Fitzgerald**

Children will learn various hand-building techniques to create at least one bas-relief sculpture and one 3-dimensional work. Students will experiment making small prototypes, learn technical considerations and elements of design will be introduced as it relates to sculpture: line, form, positive and negative spaces, etc. Open to all skill levels. Projects will be different from those offered in previous sessions. Repeat students welcome. Classes will be held at the Bowman House, 211 Center St. S.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR Fee
317211-A1	1/27-2/17	4	W	4:15-6P	10y-13y	\$135/\$168

## MINECRAFT



### MINECRAFT ANIMATION

**Instructor: C3Cyber Club**

In this class, students will be introduced to basic animation techniques using Minecraft characters and stages. Kids will expand their observation skills and imagination by studying motion in reality and how it influences motion in animation. Students will create various short animation exercises and projects by applying basic acting theories and animation principles to scenes they create. Does your child aspire to become an animator? Sign up for this class today!

**Location: CL**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR Fee
322558-A1	1/23-2/27	6	Sa	2-3P	6y-9y	\$178/\$223
322558-B1	1/23-2/27	6	Sa	3:15-4:15P	10y-14y	\$178/\$223

# YOUTH CLASSES



## THEATER



### MUSIC THEATER I

**Instructor: Barbara Dyer**

Come join us for an introduction to musical theater. No experience necessary. We will explore everything from the audition to the final curtain. Be ready to sing, dance and act. Comfortable clothing suggested. \*NO CLASS 2/15

**Location: VBC**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR Fee
318140-A1	1/25-3/7	6	M	4-5P	8y-12y	\$39/\$48.75

### MUSIC THEATER II

**Instructor: Barbara Dyer**

Ace your next audition. Find music to suit your style and monologues that fit your personality. Improve your dance ability. This class is for the serious performer. \*NO CLASS 2/15

**Location: VBC**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR Fee
318141-A1	1/25-3/7	6	M	5-6P	10y-16y	\$39/\$48.75

### ACT IT OUT

**Instructor: Dina Saunders**

Take an adventure every week through storybooks in this acting class that uses theater arts to teach kids about character education topics such as respect, truth, peace, etc. Each week, these young actors will learn various acting games as well as act out a story that draws out these positive values using costumes and props. This class will present their favorite story on the last day of class!

**Location: VBC**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR Fee
318142-A1	1/19-3/8	8	Tu	4:15-5P	3y-6y	\$112/\$140

### DRAMATIC KIDS

**Instructor: Dina Saunders**

This theater arts class for elementary age students is bound to keep you up on your feet and down on the ground with fun and laughter. Throughout the class, these fine actors will engage in improvisational theater, acting techniques and scene work while working on writing their own original monologues and skits based on character education topics. This class will write and perform their own original sketches on the last day of class!

**Location: VBC**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR Fee
318143-A1	1/19-3/8	8	Tu	5:15-6:15P	7y-10y	\$124/\$155

## GYMNASTICS

### TUMBLES AND TWISTS

**Instructor: Shannon Lake**

This fun filled program gives tots the chance to use their imagination to the fullest through creative movement, interactive songs, tumbling and stretching exercises designed to help them understand the movement abilities of their bodies. \*NO CLASS 1/18,2/15

**Location: VVFD**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR Fee
304061-A1	1/5-3/1	9	Tu	1:30-2:15P	3y-5y	\$49.50/\$63
304061-B1	1/7-3/3	9	Th	1:30-2:15P	3y-5y	\$49.50/\$63
304061-C1	1/4-3/7	8	M	3-3:45P	3y-5y	\$44/\$56

### MINI TUMBLERS

**Instructor: Shannon Lake**

This class focuses on beginning tumbling skills. While having fun children will learn body awareness through stretching exercises, animal walks and tumbling skills. Children need to be able to separate from their parent and be a cooperating member of class. \*NO CLASS 1/18,2/15

**Location: VVFD**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR Fee
304063-A1	1/5-3/1	9	Tu	2:30-3:15P	3y	\$49.50/\$63
304063-B1	1/5-3/1	9	Tu	3:30-4:15P	4y-5y	\$49.50/\$63
304063-C1	1/7-3/3	9	Th	2:30-3:15P	4y-5y	\$49.50/\$63
304063-D1	1/7-3/3	9	Th	3:30-4:15P	3y	\$49.50/\$63
304063-E1	1/4-3/7	8	M	2-2:45P	3y-5y	\$44/\$56



### TUMBLING PLUS

**Instructor: Shannon Lake**

These classes will focus primarily on gymnastics floor exercise skills. There will also be instruction on floor beam as well as springboard. Flexibility and strength will be included. All skill levels welcome. Children will progress based on individual ability levels.

**Location: VVFD**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR Fee
314064-A1	1/5-3/3	18	Tu,Th	4:30-5:30P	5y-13y	\$117/\$144
314064-B1	1/5-3/3	18	Tu,Th	5:30-6:30P	5y-13y	\$117/\$144



# CLUB PHOENIX TEEN CENTER

## CLUB PHOENIX TEEN CENTER



Students can enjoy a place of their own at Club Phoenix. The club, a drop in center, where teens can mingle with classmates, get assistances with homework, create crafts, partake in group activities and games. A registration form is required for all teens wishing to participate in any Club Phoenix activity. Registration forms may be picked up at the Parks and Recreations main office, Club Phoenix, and at our web site [www.viennava.gov](http://www.viennava.gov). Club Phoenix is staffed by the Vienna Parks and Recreation Department.

### CLUB PHOENIX LOCATION:

262M Cedar Lane, SE  
Room 10  
Vienna, VA 22180

### SCHOOL YEAR HOURS OF OPERATION:

6th, 7th & 8th Grade:  
Monday–Thursday  
2:30 p.m.–6:30 p.m.  
Friday  
2:30 p.m.–10:00 p.m.

### THE TEEN CENTER WILL BE CLOSED:

December 21st–January 1st  
January 18th  
February 15th

## CLUB PHOENIX AFTER SCHOOL PROGRAM

The Club Phoenix After School Program, for grades 6th through 8th, runs Monday through Friday 2:30 p.m. to 6:30 p.m. Homework help, special interest clubs and sports and fitness round out the day's activities. There are video games and games to play to occupy your time. The program is free and open to any teen in the Greater Vienna area. Registration is required. To register or for any question please contact Tammy Funk the Teen Center Program Coordinator at **703-255-5736** or by email, [TFunk@viennava.gov](mailto:TFunk@viennava.gov).



# CLUB PHOENIX TEEN CENTER



## TEEN COUNCIL



## TEEN COUNCIL

**President: Reese Noyes**  
**Vice President: Graham McCarthy**

The Teen Council, a group of youth from Club Phoenix participates in many events ranging from stream cleanups to kids' activities in hopes of making a difference in their community. The teens are also leaders at Club Phoenix by providing education on youth issues and volunteering at special events. If you are in 6th grade or older an application can be picked up at the Club Phoenix. Meetings are on alternating Fridays at 6:00 p.m.–7:00 p.m. Volunteer opportunities are typically on the weekends with a few opportunities after school and during school breaks. Teens are chaperoned by a Town of Vienna employee on each volunteer outing. Call **703-255-5736** or e-mail [tfunk@viennava.gov](mailto:tfunk@viennava.gov) for more information.



## TEEN IMPROV CLUB

**President: Natalie St. John**

The "Teen Improv Club" is a chance for teens to flex their comedy muscles by participation in a series of improv and sketch comedy classes. During the school year, the group meets once a week every Friday night from 7:00 p.m.–8:00 p.m. at Club Phoenix and will culminate in a final performance for family and friends. It doesn't matter if you have never tried comedy; the class is open to newcomers as well as experienced comics. You will participate in improv games and write comedic sketches to enhance your skills. Bring your funny bone, be ready to laugh and have a lot of fun! For more information please contact Jose Torres at **703-255-5736**.



## HIGH SCHOOL VOLUNTEER HOURS

High School students are encouraged to volunteer at the Teen Center during the after school program. Interested students should contact Tammy Funk at **703-255-5736** or by email, [TFunk@viennava.gov](mailto:TFunk@viennava.gov).

## "THE PHOENIX" PARENT E-NEWSLETTER

The Club Phoenix Parent E-Newsletter "The Phoenix" will keep you informed of schedule changes, special events, center closures and after school activities. You can add your e-mail at the Teen Center, call **703-255-5736** or email [BHanifin@viennava.gov](mailto:BHanifin@viennava.gov).



# SPECIAL EVENTS



## Come celebrate **DOG DAYS IN VIENNA**

Hosted by **Vienna Parks & Recreation**

**When: Sunday, November 1, 2015**

**Time: 2:00 p.m. — 4:00 p.m.**

**Where: Town Green — 144 Maple Ave.**

### **BARK IF YOU LOVE VIENNA!**

The Town of Vienna Parks and Recreation cordially invites all animal lovers and dog owners to support our pet-friendly event. Dog Days of Vienna is being held Sunday, November 1st from 2:00 p.m.–4:00 p.m. Please join us in celebration of our fabulous community and local dog organizations. This event is FREE for those interested in playing with their dogs (on a leash please) on the Town Green. There will be an “off leash” fenced in area with obstacles and toys for the dogs to play as well. Enjoy pet friendly exhibitors. Stop by the Parks & Recreation table — FREE dog bandanas or bone bag holder disposals for the first 35 dogs!



lady's Friends



**DogUniversity**  
where dogs and owners go to school



**OAKTON-VIENNA  
VETERINARY HOSPITAL**



Dog Training, Inc

Vienna  
Parks and  
Recreation



# Santa Gram

*The elves will be busy this year delivering mail for Santa to read and reply.*

Mail your wishes to Santa by November 23 and the elves promise Santa will reply.

Moms and Dads: All mail will be received from the North Pole and will be mailed to your child.

**PLEASE MAKE SURE TO FILL OUT  
YOUR COMPLETE ADDRESS WITH ZIP CODE!**



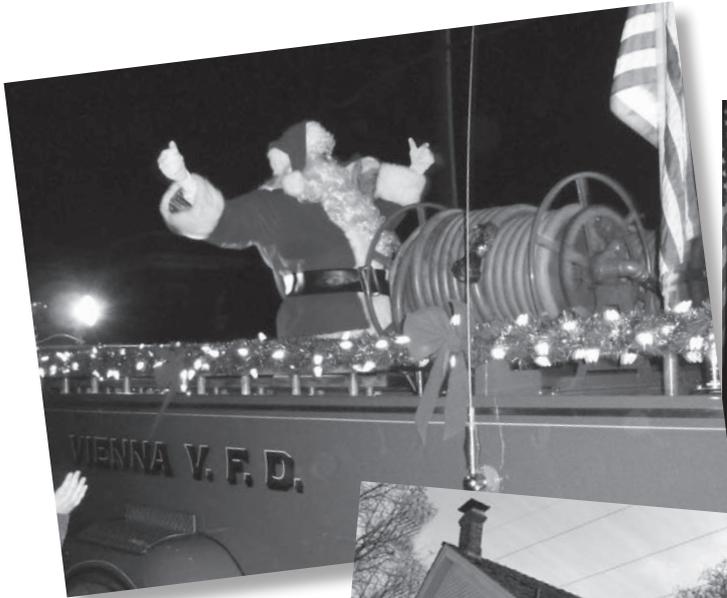
Moms and Dads, also please make sure your child's full name is PRINTED CLEARLY somewhere on their letter.

Letters should be sent to:

**Vienna Parks and Recreation Business Office  
262 M Cedar Lane SE, Unit 4 & 7 ★ Vienna VA 22180**

The staff will make sure the letters make it to the North Pole!

# Historic Church Street Stroll



**MONDAY, NOVEMBER 30**

*S*anta will arrive to greet children at the Historic Freeman Store. Various local musical groups will perform throughout the evening. Mayor Laurie DiRocco will light the Holiday Tree. Church Street will be closed to traffic during the event. All merchants along Church Street will remain open for holiday shoppers.

For more information, please call Historic Vienna at **703-938-5187** or visit **historicviennainc.org**.



## LUNCH WITH SANTA

Santa will visit the Vienna Volunteer Fire Department to hear all your holiday wishes on Saturday December 5, from 11:30 a.m.–12:45 p.m. Santa's Elves get lots of help from the Vienna Fire Department Ladies Auxiliary in preparing lunch; hot dogs, chips, juice and cookies.

There will be a fun craft and Patrick Henry Library will be reading holiday stories.

A maximum of 6 tickets can be purchased per family. At least one parent/guardian must accompany children and ticket must be purchased for each adult and child.

Tickets go on sale for Town of Vienna Residents on Monday, November 9 from 4:00 p.m.–5:30 p.m. and out of Town residents can purchase any remaining tickets beginning November 11 beginning at 8:00 a.m.

Tickets can be purchased at:

The Vienna Parks and Recreation  
Business Offices  
262 M Cedar Lane SE, Unit 4 & 7  
Vienna, VA 22180

Regular business hours are:

Monday–Friday  
8:00 a.m.–4:30 p.m.

**SATURDAY, DECEMBER 5 —  
11:30 a.m.–12:45 p.m.**

**LOCATION: Vienna Volunteer  
Fire Department  
400 Center Street S.  
Vienna, VA 22180**

**COST: \$5.00 per person (under 1 free)**





# SPECIAL EVENTS



Join us for a  
**HOLIDAY  
TEA!**

**Friday, Dec. 11th  
2-4 p.m.**

**Our Lady of Good  
Counsel (OLGC)**

**\$10 per person  
pay by Dec. 2**

**TO REGISTER:  
Call SCOV  
703-281-0538**



**shepherd's center**  
OF OAKTON-VIENNA

**Sponsored by:**  
Shepherd Center of  
Oakton-Vienna (SCOV) and  
Vienna Parks and Recreation

*Come celebrate  
the season  
with old friends  
and make some  
new ones!*

The afternoon includes  
tea, snacks and dancing  
to the music of  
**Tallwood Trio**

**LOCATION:**  
DeSales Hall  
8601 Wolftrap Road  
Vienna, VA

**Vienna  
Parks and  
Recreation**



4TH ANNUAL

## *Caroling on the Green*

6:30 P.M.

THURSDAY, DECEMBER 17

**NEED A LITTLE HOLIDAY SPIRIT?  
ARE YOU CAROLING CURIOUS?**

Join your community in a festive celebration for some traditional caroling lead by the Bridges choir. We will be meeting on the Town Green (weather permitting) at 6:30 pm on Thursday, December 17th . All ages welcome. Marshmallow roasting stations will be set around the green for your holiday enjoyment! The event is **FREE**.

## POTTERY

**NOTE: All adult pottery classes are held at the Bowman House Arts and Craft's Center (211 Center Street S)**

### POTTERY LAB

Open to all adults in the Pottery program. \$45 per person for unlimited lab time on each day offered. \$15 for 25 pounds of clay which includes glazes and firings. Only clay purchased from the Recreation Department may be used in the studio. Children may not accompany parents to lab.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
337210-A1	1/23-3/12	29	Sa	10-A3:30P	Adult	\$45/\$45/\$45
			TH	9:30A-5P		
			TH	7-10P		
			W	9:30A-1:30P		

### BEGINNER II/ INTERMEDIATE WHEEL

**Instructor: Lori Yankovitz**

This Beginner Two class is for students that have had at least 4 semesters of Beginning Wheel One class or the equivalent and have been introduced to the basics of wheel pottery, centering, throwing, trimming, and glazing. Students should purchase a basic tool kit consisting of a sponge, needle tool, wire and wooden sculpting tools, which are available at an arts and crafts store. Students wishing to work on larger pieces or multiple pieces should consider purchasing their own bats. \*NO CLASS 1/18,2/15

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
337211-A1	1/4-3/7	8	M	6:30-9:30P	Adult	\$144/\$180/\$144



### INTERMEDIATE WHEEL

**Instructor: Beth Kendall**

This class is designed to expand on the basics taught in beginning wheel. In this class we usually work in depth on one or two projects per session. Projects include, but are not limited to, throwing larger forms, lidded pieces, decorating techniques, refining our work, glazing and much more. All students interested in this class should have at least two years of current beginning classes or approval from the instructor prior to registering. Students should bring a sponge, old towel and bats to class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
337212-A1	1/12-3/1	8	Tu	4-7P	Adult	\$144/\$180/\$144

### ADVANCED WHEEL

**Morning Instructor: Beth Kendall**

**Evening Instructor: Lori Yankovitz**

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

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
337213-A1	1/12-3/1	8	Tu	9:30A-12:30P	Adult	\$144/\$180/\$144
337213-B1	1/13-3/2	8	W	6:30-9:30P	Adult	\$144/\$180/\$144



### HANDBUILDING

**Instructor: Treena Rinaldi**

You will learn various methods of handbuilding pots for both functional and decorative use and will learn a variety of glazing and decorating techniques. Advanced students entering the class are encouraged to develop and work on specialized projects.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
337214-A1	1/14-3/3	8	Th	9:30-12:30P	Adult	\$144/\$180/\$144
337214-B1	1/14-3/3	8	Th	7-10P	Adult	\$144/\$180/\$144

### BEGINNING WHEEL I

**Instructor: Lori Yankovitz**

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 store and on line. 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/RSR Fee
337215-A1	1/15-3/4	8	F	6:30-9:30P	Adult	\$144/\$180/\$144

# ADULT ART AND FITNESS



## PAINTING AND DRAWING



### 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 instructor for materials list prior to the first class. Classes are held at the Bowman House Arts and Crafts Center, 211 Center St. S.

\*NO CLASS 1/18,2/15

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
337240-A1	1/4-3/7	8	M	7-9P	Adult	\$80/\$100/\$80

### ADULT DRAWING

**Instructor: Kerry Burch**

Students will learn about line, contour, positive and negative space, shading, composition and perspective. Pencil, pen, conte and charcoal will be the primary tools used to create the basis for future work as well as finished pieces. Please bring an 11” x 14” sketch pad, one drawing pencil HB, one drawing pencil 4B and art gum eraser to class. Classes are held at the Bowman House Arts and Crafts Center, 211 Center St. S.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
337241-A1	1/5-2/23	8	Tu	7-9P	Adult	\$80/\$100/\$80



### JAZZERCISE

**Instructor: Joan Brown**

The original aerobic exercise class, Jazzercise, combines dance, strength training, yoga, Pilates and kickboxing movements into one fun and effective total body workout. The mix of Latin, hip hop and jazz dance movements make Jazzercise feel more like a girl’s night out than a workout!

Wildly imitated but never duplicated, routines are choreographed to current hits by major recording artists. With its fresh moves, new music and pure motivation, no other fitness program comes close. You’ll burn up to 600 calories in one 60-minute Jazzercise class! Ready to give Jazzercise a try?

**Schedule :**

M/W/F — Vienna Volunteer Fire Department  
9:30 a.m.–10:30 a.m.

M/W — Vienna Baptist Church  
6:30 p.m.–7:30 p.m.

TH — Vienna Baptist Church  
5:45 p.m.–6:45 p.m.

Fee : \$40 monthly EFT (electronic funds transfer) — unlimited (automatically debited from a credit card or checking account)

\$50 monthly unlimited pass — purchased in class  
\$15 daily walk-in (1 class)

\$30 one-time joining fee

Please call Joan at **703-362-6653** to register or go to [www.jazzercise.com](http://www.jazzercise.com) to register on-line



### TAI CHI BEGINNERS

**Instructor: Sabine Daly**

Beginner Tai Chi: Open the seven Stars through Tai Chi. Exercises help open and loosen joints, tendons and ligaments. Learn the exercises of Chan-Si-Gong, which teach balance, flexibility, mobility and strength. Both exercises will help instill quiet and peace in one’s mind for better focus and concentration.

**Location: CL**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
333030-A1	1/22-3/11	8	F	9:30-11A	Adult	\$60/\$75/\$60



# ADULT FITNESS AND ATHLETICS

## PILATES



### PILATES WITH PROPS

**Instructor: Bodymoves Fitness, LLC**

Pilates with Props extends the benefits of Pilates by employing small apparatus including flex bands and sponge balls to increase the range of intensity of Pilates mat exercises. The latter weeks of class add an element of balance work through the use of the Swiss Ball. (Optional material fee in class to purchase a burst-resistant, 55cm Swiss Ball from instructor or bring your own.) Please bring a mat to class.

**Location: CL**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
333500-A1	1/12-3/8	9	Tu	12:30-1:30P	Adult	\$108/\$135/\$108

### TONE AND STRETCH

**Instructor: Bodymoves Fitness, LLC**

This mat based class fuses elements of yoga, Pilates and dance training to restore/maintain/improve flexibility, strength, balance and range of motion in a gently and accessible format.

\*NO CLASS 1/18,2/15

**Location: CL**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
333501-A1	1/11-3/7	7	M	7:30-8:30P	Adult	\$84/\$105/\$84

### PILATES MAT

**Instructor: Bodymoves Fitness, LLC**

Enjoy the numerous benefits of this popular discipline. Strengthen the torso, including the body's "powerhouse" area; enhance balance and muscle control while increasing flexibility and range of motion; develop proper body alignment, "lengthening" the spine, and connect mind to muscles using the breath and mental focus. Please bring a mat to class.

**Location: VVFD**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
333502-A1	1/13-3/9	9	W	7-8P	Adult	\$108/\$135/\$108

## BOOT CAMP

**Instructor: Liz Lucca**

Join us for a workout that is fun, challenging and different each day. We will focus on strength, core, and cardiovascular endurance. Boot camp offers interval and strength training and is geared toward all fitness levels with modifications offered for the beginner to the advanced. We welcome kids of all ages to watch or play while you workout! Please remember to bring a water bottle and a mat.

**Location: VVFD**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR Fee
303050-A1	1/12-3/1	8	Tu	9:50-10:50A	Adult	\$40/\$50
303050-B1	1/14-3/3	8	Th	9:50-10:40A	Adult	\$40/\$50



## ZUMBA LATIN AEROBICS

**Instructor: Lupe Rother**

Have Fun dancing to Zumba, an aerobics dance class with Latin and other exotic world beats, and become a fitter you! This dancercise class promotes freedom of expression through body movement while tapping into the energy and excitement of Latin dancing. It will help you to strengthen, shape, burn calories, tone & sculpt your body, while you learn popular dances such as Merengue, Salsa, Belly, Cumbia, Samba, Bachata, Reggaeton, Cha Cha and more.

\*NO CLASS 1/18,2/15

**Location: M/W-VBC  
SA-VVFD**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
333021-A1	1/11-3/14	8	M	7-8P	Adult	\$80/\$100/\$80
333021-B1	1/13-3/16	10	W	7-8P	Adult	\$100/\$125/\$100
333021-C1	1/9-3/19	11	Sa	10-11A	Adult	\$110/\$137.50/\$110

## CARDIO BOXING

**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 2/3

**Location: VVFD**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
333022-A1	1/13-3/2	7	W	8:15-9P	Adult	\$77/\$96.25/\$77

# ADULT FITNESS AND ATHLETICS



## YOGA



### HATHA YOGA BEGINNER

**Instructor: John Giunta, MA/FRC**

Have fun while we gain flexibility, strength, improve concentration and achieve deeper union of body, mind and spirit with authentic classical yoga teachings. Dress for movement and bring a mat. Also bring a folded towel if you think you need extra padding. John has made a pilgrimage to India, studying Raja yoga and Vedanta. He is a senior yoga teacher certified by the Himalayan Institute and has over 35 years of teaching experience. John is a Reiki practitioner, a yoga therapist and consultant on yoga listed with George Mason University Arts Wellness Program. John is a degreed professional musician and provides his own live music on a variety of instruments for meditation at the end of the class. He has had numerous articles published on the subjects of yoga and music. He was ordained as an Interfaith Minister in 2004.

\*NO CLASS 1/18,2/15

**Location: VVFD**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
333050-A1	1/12-3/8	9	Tu	7-8:30P	Adult	\$90/\$112.50/\$90
333050-B1	1/11-3/7	7	M	12:30-1:30P	Adult	\$70/\$87.50/\$70



### HATHA YOGA BEGINNER/ INTERMEDIATE

**Instructor: John Giunta, MA/FRC**

This is John Giunta's 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. This is a classical yoga tradition from the teachings of Hatha yoga and Raja yoga as taught at the Himalayan Institute, founded by Swami Rama. While we move, other subjects to be addressed will be pranayama, the chakras, basic meditation, spiritual and psychological subjects related to yoga — all taught without dogma. Inverted postures will be taught according to the interests of the class. John, who is a professional musician, will provide his own live music at the beginning of the meditation portion of the class. For other details about John's background, see the course description under the beginner's class.

**Location: VVFD**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
333051-A1	1/9-3/12	10	Sa	7-8:30A	Adult	\$100/\$125/\$100

### HATHA YOGA ONGOING/ EXPERIENCED

**Instructor: John Giunta, MA/FRC**

This is John Giunta's 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. This is a classical yoga tradition from the teachings of Hatha yoga and Raja yoga as taught at the Himalayan Institute, founded by Swami Rama. While we move, other subjects to be addressed will be pranayama, the chakras, basic meditation, spiritual and psychological subjects related to yoga — all taught without dogma. Inverted postures will be taught according to the interests of the class. John, who is a professional musician, will provide his own live music at the beginning of the meditation portion of the class. For other details about John's background, see the course description under the beginner's class.

**Location: VBC**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
333052-A1	1/14-3/10	9	Th	7-8:30P	Adult	\$90/\$112.50/\$90

# ADULT FITNESS AND ATHLETICS

## FITNESS WAKE-UP

### MORNING FITNESS WAKEUP

**Instructor: Nathan Greiner**

This class is a group personal training program for adults run by certified personal trainers. Get the benefits of your own personal trainer at a fraction of the cost. The program runs monthly every Monday, Wednesday and Friday continuously throughout the year. It is designed to promote long lasting healthy habits and reduce the effects of aging in adults. Class will incorporate: ~ Interval Training — a combination of various HIIT interval styles designed to rev up the metabolism and burn calories ~Weight Training—using body weight training and/or free weights to build strong bones and muscles and maintain a healthy weight ~ Cardiovascular Conditioning Exercises—designed to increase heart efficiency and melt away fat ~ Flexibility Training — stretches and exercises designed to aid in connective tissue health and myofascial release. \*NO CLASS 1/18,2/15

**Location: VBC**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
333429-A1	1/4-1/29	11	M,W,F	6-7A	Adult	\$151.50/\$190/\$151.50
333429-B1	2/1-2/29	12	M,W,F	6-7A	Adult	\$165/\$206.25/\$165
333429-C1	3/2-3/30	13	M,W,F	6-7A	Adult	\$165/\$206.25/\$165



## TENNIS



### ADULT TENNIS 1

**Instructor: First Serve Tennis**

Players new to the game learn the fundamental strokes: forehand, backhand, volleys, overhead and serve. Students start to build consistency in the groundstrokes and develop an initial ability to rally. Students are encouraged to repeat this class until they can consistently put the ball in play. \*NO CLASS 3/25

**Location: Meadowlane Park**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
334042-A1	3/7-4/4	5	M	9:30-11A	Adult	\$110/\$138/\$110
334042-B1	3/11-4/8	4	F	11A-12:15P	Adult	\$110/\$138/\$110

### 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. For players who have completed Tennis 1 or have similar experience. \*NO CLASS 3/21,3/25

**Location: Meadowlane Park**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
334043-A1	3/7-4/4	4	M	11A-12:15P	Adult	\$110/\$138/\$110
334043-B1	3/11-4/8	4	F	9:45A-12:15P	Adult	\$110/\$138/\$110

Vienna  
Parks and  
Recreation

# MATURE ADULT AND FAMILY TRIPS

## VIRGINIA HISTORICAL SOCIETY & MAYMONT ESTATE

Join us as we visit the Virginia Historical Society in Richmond, Va. for a traveling exhibition of "Dressing Downton: Changing Fashion for Changing Times." The exhibition will highlight fashion from one of the most widely watched television dramas in the world, Downton Abbey. Follow your favorite characters, both upstairs, and down; walk through a costume chronicle of the period that showcases nearly 40 period costumes and jewelry from the hit series. After lunch we will visit Maymont Estate. Christmas at Maymont is simply magical. We will experience all the grandeur of the season with a Costumed docent tour of this 1893 mansion. The price of the trip includes lunch at Baker's Crust restaurant. The bus will pick up and drop off at the Vienna Volunteer Fire Department 400 Center St.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
341561-A1	12/2	1	W	8A-6P	Adult	\$104/\$130/\$104



## MONTPELIER — CONSTITUTION AND GARDEN TOUR

Montpelier, located in Montpelier Station, VA, was home to President James Madison, Father of the Constitution and Architect of the Bill of Rights, and Dolley Madison, America's first "First Lady." Liberty, democracy, and the ideas that inspired a nation and changed the world come alive as our mansion tour will feature the life and career of James Madison, Father of the Constitution, as well as the political philosophies and debates embodied in the U.S. Constitution. Gain a deeper understanding and appreciation for the "spirit" not just the "letter" of America's greatest document. Lunch will be on your own at the eXchange café at Montpelier. After lunch we will explore both the natural and human landscape — home to champion native trees, rare flowers, unique specimen plantings, and 200 years of landscaping that is still being revealed daily by Montpelier's archaeologists. This trip involves a fair amount of walking and standing. The bus will pick up and drop off at the Vienna Volunteer Fire Department 400 Center St.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
351511-A1	3/30	1	W	8:30A-5P	Adult	\$87/\$109/\$87



## PHILADELPHIA FLOWER SHOW

The PHS Philadelphia Flower Show is an annual event at the Pennsylvania Convention Center. It is the world's oldest and largest indoor flower show. The Show features large-scale gardens, elaborate landscapes, and over-the-top floral creations. Visitors to the PHS Philadelphia Flower Show are treated to fabulous design, live entertainment, gardening how-to workshops, and lectures by experts. The 2016 theme will celebrate the 100th anniversary of the National Parks. From Acadia and Cape Cod, to Valley Forge and Shenandoah, to Yellowstone and Yosemite, experience American beauty and glory through the eyes of the nation's premier floral and garden designers. Lunch and dinner will be on your own. The bus will pick up and drop off at the Vienna Volunteer Fire Department 400 Center St.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
351560-A1	3/9	1	W	9A-10P	Adult	\$76/\$95/\$76

## SIGHT AND SOUND THEATRE — MIRACLE OF CHRISTMAS

Go back in time and witness the greatest birth in history when Miracle of Christmas returns to Lancaster County, PA. Be surrounded by the bustling village of Bethlehem as camels, horses, donkeys and villagers pass by. Be transported to the hillside where legions of angels descend upon the shepherds to proclaim, "The Savior is born!" There is no better way to kick off the holiday season. You won't want to miss this spectacular performance. The price of the trip includes lunch at Miller's Smorgasbord. Tickets sell out fast so get yours today! The bus will pick up and drop off at the Vienna Volunteer Fire Department 400 Center St.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
351562-A1	12/9	1	W	8:30A-8:30P	Adult	\$145/\$181/\$145

# MATURE ADULT AND FAMILY TRIPS

## NEW YORK CITY — ELF THE MUSICAL

Join us for a 2:00pm showing of the hilarious musical "Elf," a tale of Buddy a young orphan child who mistakenly crawls into Santa's bag of gifts and is transported back to the North Pole. Unaware that he is actually human, Buddy's enormous size and poor toy-making abilities cause him to face the truth. With Santa's permission, Buddy embarks on a journey to New York City to find his birth father, discover his true identity, and help New York remember the true meaning of Christmas. This modern day Christmas classic is sure to make everyone embrace their inner ELF. Fee will include transportation and one ticket to the 2 ½ hour show. There will be some time before and after the show to enjoy the Big Apple on your own. There will be movies shown on the bus; and a stop going up and coming back. The bus will pick up and drop off at the Vienna Volunteer Fire Department 400 Center St.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
351563-A1	12/19	1	Sa	6:30A-12:30A	Adult	\$130/\$162/\$130



## THE NUTCRACKER & BULL RUN FESTIVAL OF LIGHTS

Manassas Ballet Theatre and the Manassas Ballet Theatre Orchestra present everyone's favorite, The Nutcracker. Known for its exquisite costumes, choreography and scenery, Manassas Ballet Theatre's production is a go-to family tradition. After the production we will visit the Bull Run Festival of Lights, a 2.5-mile drive-through holiday light show at Bull Run Regional Park featuring penguins, snowmen, candy canes, jumping deer, Santa's workshop, Frosty the Snowman, tin soldiers, elves and Santa. The seasonal event includes more than 40,000 animated lights set to music! A boxed meal from Panera Bread will be provided on the bus during the drive-through light show. The bus will pick up and drop off at the Vienna Volunteer Fire Department 400 Center St.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
351564-A1	12/21	1	M	1:30-8:30P	Adult	\$80/\$100/\$80



## TOBY'S DINNER THEATRE — "SOUTH PACIFIC"

Located in the heart of Columbia, MD, Toby's Dinner Theatre offers award-winning Broadway and original musicals with an exceptional buffet-style dinner. This Rodgers and Hammerstein classic features some of the most beautiful music ever composed for theatre. Love transcends both the harsh realities of war and social stereotypes in this sweeping tale that won a Pulitzer Prize and 10 Tony's. South Pacific features illustrious songs such as "Gonna Wash That Man Right Outa My Hair", "Some Enchanted Evening", and "Bali Hai". This lush, exotic musical by Rodgers and Hammerstein tells of two love stories, both filled with the passion of wartime romance and the challenge of overcoming prejudice for love. Pick up location will be the Vienna Volunteer Fire Station 400 Center St. S.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
351565-A1	3/16	1	W	9A-4:30P	Adult	\$95/\$118/\$95

## CELEBRATING PHOTOGRAPHY AT THE NATIONAL GALLERY OF ART

This exhibition at the National Gallery of Art in Washington, DC will highlight a selection of photographs donated in honor of the 25th anniversary of the National Gallery's photography's collection. Marking the culmination of a year-long celebration of photography at the museum, this installation brings together an exquisite group of gifts, ranging from innovative photographs made in the earliest years of the medium's history, to key works by important 20th-century artists and contemporary pieces that examine the ways in which photography continues to shape our experience of the modern world. Lunch will be on your own at the Cascades Café. Pick up location will be at the Vienna Volunteer Fire Dept. 400 Center St. S.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
241246-A1	11/18	1	W	9:30A-3:30P	Adult	\$40/\$55/\$40

### PLEASE NOTE:

**Buses for trips do not have restrooms.**

# ADULT PROGRAMS

## LIFESTYLE PROGRAMS

### ON CREATIVE CHANGE & TRANSFORMATION: A GUIDED WRITING WORKSHOP

**Instructor: Nina Sichel**

Our lives are creative works in progress, journeys we shape and interpret as we move through time. Where are you in your life's journey? Who are you becoming? How is your creative process transformative? What trace do you wish to leave behind? This six-part workshop combines writing exercises and discussion to explore personal change and creativity. A relaxed, supportive environment encourages you to tap into your creative spirit and move from introspection to expression, from personal awareness to written meditation. Between sessions, you will use your notebook to maintain a writer's journal, expanding on the exercises practiced in the group sessions and responding to additional writing prompts. Our last meeting will be a celebration of the creative process, during which we will gather some of your meditations and create a group compilation of your writings. \*NO CLASS 11/26

**Location: LIB**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
242485-A1	11/5-12/17	6	Th	1-3P	Adult	\$75/\$87.50/\$75

### TRACING YOUR FAMILY ROOTS

**Instructor: Gayle Yiotis**

If you have seen the show "Who Do You Think You Are? On NBC, sponsored by Ancestry.com you know that tracing your family roots can be an exciting and surprising journey that can lead to people and places never dreamed of! But this journey is not usually an easy or direct one and takes much research. Gayle is a former archivist and researcher at the Smithsonian Institute and genealogical researcher for Ancestry. Advanced students wishing to enroll will partner with beginner students and be taught how to interpret the data they find. We will conduct online searches in class, if you have a laptop please bring it to class.

**Location: CL**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
339480-A1	1/23-2/27	6	Sa	2-4P	Adult	\$53/\$67/\$53

## MUSICAL INSTRUMENTS

### GUITAR I

**Instructor: Bill Burke**

The beginner class will cover basic music fundamentals, the study of chords for song accompaniment, and note reading for melody playing. Class time will include learning new material, reviewing and practicing, music issues and stories and demonstrations. No prior music experience or instrumental background required. Each student must have a guitar (some rentals available from the instructor).

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
358130-A1	1/24-2/28	6	Su	11:15A-12:15P	Adult	\$37.50/\$46.50/\$37.50

### GUITAR II

**Instructor: Bill Burke**

If you can play chords then this is the class for you. We will cover various accompaniment styles explored through songs. Some areas of discovery will include strumming, fingerpicking, soloing, reading, composing ear training and various styles. Direction of this class is influenced by your interest! Each student must have a guitar (some rentals available from the instructor). A \$3 materials fee is due to the instructor the first day of class. Classes will be held at the Bowman House Arts and Crafts Center.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
358131-A1	1/24-2/28	6	Su	12:15-1:15P	Adult	\$37.50/\$46.50/\$37.50

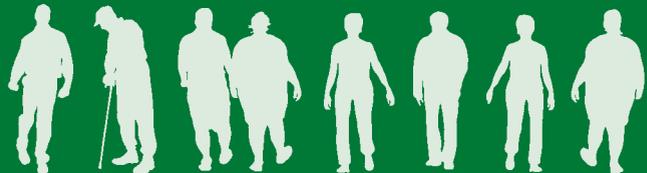
### IRISH FIDDLE

**Instructor: Randy Latimer**

Learn techniques to play the fiddle. Some experience needed. You will need to bring your own violin.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
358132-A1	1/14-3/3	8	Th	5-6P	Adult	\$50/\$62.50/\$50





# MATURE ADULT CLASSES AND SEMINARS

## TODAY'S TECHNOLOGY FOR BABYBOOMERS AND BEYOND

**Instructor: Andy Livingston**

Confused about all the technology that society is using? Want to learn how to use cell phones, computers, social media, digital cameras, GPS and other devices more effectively? Want to explore these questions in a user friendly environment? If so, then this course could be just for you! The class will present the integration of phones, computers, cameras, IPod/iPad, and other tools of technology. You will learn how to upgrade to a smart phone, which will help you connect with others while you are out and about. Learn how to share photos and use your digital camera to share photos with loved ones, and how social media can connect and get you engaged with your family, friends and community. Learn computer maintenance tips, websites to save you money and great travel websites; understand Skype/Webcam technology and learn the latest additions to Microsoft, Google and more.

**Location: TH**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
339750-A1	3/8-3/29	7	Tu,Th	10A-12P	Adult	\$120/\$150/\$120

## COMPUTER MAINTENANCE

**Instructor: Andy Livingston**

Students will learn how to keep their computers running smoothly by learning system tools, utility programs, firewalls, and virus protection. They will 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 and wireless network protection, and much more. Students can bring their own equipment if they like.

**Location: TH**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
339751-A1	1/12-1/19	2	Tu	10A-12P	Adult	\$75/\$93.75/\$75



## DECREASE YOUR TELECOM COSTS

**Instructor: Andy Livingston**

Want to explore ways to decrease your landline, wireless and cable bills? In this highly informative class, find out about new technologies like Roku & Hulu. Find out how to get free HDTV and go wireless to help save you money. Communicate via FaceTime & Google Voice to replace your landline phone.

**Location: TH**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
339752-A1	1/26	1	Tu	10A-12:30P	Adult	\$35/\$43.75/\$35

## BUY/SELL ON EBAY

**Instructor: Andy Livingston**

Have lots of "stuff" in your garage/basement collecting dust? In this "how to sell on eBay" course you will learn how to list items for sale, tend the auction, and finalize with PayPal. You also will learn all the tips and tricks to maximize your online auction experience, all part of this fun eBay class. Prerequisite: have an item in mind that you would like to sell when you come to class. Learn how to sue eBay effectively today! Laptop or tablet required.

**Location: TH**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
339754-A1	2/2-2/9	2	Tu	10A-12P	Adult	\$75/\$93.75/\$75

## SENIOR FITNESS



## HEART & SOLE CHAIR AEROBICS

**Instructor: Lisa Moscatello-Hartung**

This is a unique aerobic, strength and flexibility program of chair-assisted exercise for persons with limited mobility, arthritis, diabetes, neurological impairments, compromised balance and/or beginning exercisers! "Fun"ctional fitness that utilizes energetic, yet light hearted music (Broadway hits, big band, swing, oldies but goodies) to sharpen the mind, improve coordination and condition the body! This dynamic, effective program with an upper and lower body workout in a chair, helps strengthen the cardiovascular system, tone muscles, focus on posture, and increase range of motion and flexibility! Unconventional exercise props enhance and compliment the workout! Advanced registration is necessary. \*NO CLASS 1/29

**Location: VPC**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
342476-A1	1/8-3/18	10	F	11:30A-12:30P	Adult	\$85/\$107/\$85

## ABC'S FOR SENIORS

**Instructor: Teresa Fletcher**

This class is for older adults who want to improve and maintain their every day activities of daily living. The class includes balance exercises, a mild cardio workout, bending, squatting and reaching exercises as well as strength training, and stretches for increased flexibility. Seniors will perform most activities in a chair, and other movements while standing (holding on to a chair). The class uses hand weights, exercise bands, soft balls and other exercise props. If you have your own hand weights please bring them to class as the number of weights available are limited. The class runs for eleven sessions.

**Location: VPC**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
342576-A1	1/6-3/16	11	W	1:45-2:45P	Adult	\$88/\$110/\$88

# MATURE ADULT CLASSES AND SEMINARS



## SENIOR FITNESS

**Instructor:** Tuesday — Liz Lucca

Thursday — Theresa Fletcher

This class is for seniors who have been exercising on a regular basis. If you are new to exercise you should consider one of the beginner classes available. 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, hand weights and bands to class. Participants are asked to take responsibility for knowing and regulating their own fitness level. Please note: YOU MUST BE REGISTERED TO PARTICIPATE IN THIS CLASS. The class fee guarantees a minimum of 10 classes. There may be some classes cancelled based on the teacher's availability. For Town of Vienna residents 65 years and older, there is no fee.

**Location:** VVFD

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
343730-A1	1/5-3/17	22	Tu,Th	11A-12P	Adult	\$40/\$50/0

## 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, and children, 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. Writers may ask for Suggestions by class members, many of whom have written for many years. This class is run by participants and does not have formal instruction. It is for fun, friendship and supportive feedback. Participants, who have been attending this class for several years, welcome new people. If a more formal writing class is not for you, consider this program as a place to share stories. A \$5 cash donation is paid in class to purchase coffee, tea, sugar, and creamer to be served at each class. There are 30 spaces available in this class.

**Location:** LIB

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
343480-A1	1/7-3/31	13	Th	10:40A-12:40P	Adult	FREE



## MEMOIR WRITING WORKSHOP

**Instructor:** Joanne Lozar Glenn, Award-Winning Independent Writer

Experienced and aspiring memoir writers gather to write and read their ongoing work and respond to others' work. This term we'll focus on publishing—the short form and the long form, the near and the distributed audience. Bring a manuscript and some ideas of what "publication" looks like for you: A polished product that you gift to your loved ones? A piece in a local paper? A submission to an online journal? We'll apply revision and editing strategies to your draft-in-progress and then draw on the combined experience — and the collective enthusiasm and interest of the group — to fashion a class that helps you meet your publishing goal, small or large. Class is limited to minimum of six and a maximum of 12 participants. Registration will be not be accepted after the first class has started.

**Location:** CL

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
342481-A1	1/14-2/18	6	Th	9:30-11:30A	Adult	\$84/\$102/\$84



## HOLIDAY CENTERPIECE WORKSHOP

Create a fresh centerpiece for your holiday table! Limited to 10 participants. A Christmas centerpiece of a candle and fragrant evergreens beautifully welcomes family and friends to your holiday table (or brightens theirs as a gift). Evergreens last a long time; with care, your design will last through Christmas! You can make it with greens, ribbon, seasonal plant material and Hands-on instruction by members of the Ayr Hill Garden Club. All materials provided. Please bring a pair of garden clippers. \$25 per centerpiece.

**Location:** CL

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
340074-A1	12/14	1	M	10-11:30A	Adult	\$25/\$25/\$25

## TO PLACE OR NOT TO PLACE: 24/7 DEMENTIA CARE

To Place or Not to Place: 24/7 Dementia Care. Your loved one has dementia and lives with you. How do you know if you should move him or her somewhere else for 24/7 care? If you decide you must, how will you know when to act, and how do you find the best place. This is a very important topic for retirees and anyone doing in-home care for someone with a serious chronic affliction, which, for our presenter, Myra Gillum, was her husband's Alzheimer's. This discussion and Q & A lecture is based from Myra's experience in having to make the decision to place her husband into a 24/7 facility. *This is a FREE lecture however registration is preferred.*

**Location: CL**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
240072-A1	11/5	1	Th	1-2P	Adult	FREE



## SELLING YOUR HOME TO A BUILDER

Do you get letters in the mail from builders wanting to buy your house? Come to this program to find the best case scenario, ins and outs as well as how to protect yourself. Taught by a licensed Virginia realtor. *This is a FREE lecture however registration is preferred.*

**Location: CL**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
340070-A1	1/25	1	M	10-11A	Adult	FREE

## GETTING YOUR HOME READY TO SELL IN THE SPRING

This lecture will give tips and ideas for getting your home ready to sell in the 2016 Spring Selling Season. Discussion includes interior and exterior ideas and advice...taught by one of the leading Realtors in the Northern Virginia Market. *This is a FREE lecture however registration is preferred.*

**Location: CL**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
340071-A1	3/28	1	M	10-11A	Adult	FREE



## WHAT IS A REVERSE MORTGAGE?

What is a reverse mortgage and how does it work? Reverse mortgages are Federal Insured, but what does that mean? How does it work? Robin Jenks-Vanderlip, of Berkshire Hathaway Home Services Pen Fed Realty will take an in-depth look at the product and the advantages and disadvantages as well as the process and the projected outcomes. *This is a FREE lecture however registration is preferred.*

**Location: PCC**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
242525-A1	11/9	1	M	10-11A	Adult	FREE

## PROS AND CONS OF COUNTING ON YOUR KIDS TO TAKE CARE OF YOU

This lecture is real conversation about who you want to care for you and why. It discusses what your expectations are and what you should discuss with you kids. Robin Jenks-Vanderlip, of Berkshire Hathaway Home Services Pen Fed Realty will cover what the expectations are and how to begin a dialog. It is important to know what information you need to furnish them with and your willingness to allow them to know everything about you including your health, finances, dating/married life etc.

**Location: PCC**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
242526-A1	12/7	1	M	10-11A	Adult	FREE

## EFFECTIVE COMMUNICATION STRATEGIES

Communication is more than just talking and listening—it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore howcommunication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease. *This is a FREE lecture however registration is preferred.*

**Location: CL**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
340072-A1	2/1	1	M	10-11A	Adult	FREE

## STRESS MANAGEMENT

Dr. Brandon Lemuel, with Pure Chiropractic, who serves Vienna and surrounding communities, will discuss the ways in which everyday stressors effect our mind and body. He will offer ideas about how to cope with stress and apply holistic healing methods to better deal with the stressors we are all exposed to on a regular basis. *This is a FREE lecture however registration is preferred.*

**Location: CL**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR Fee
340073-A1	3/2	1	W	1-2P	Adult	FREE

# DROP-IN AND ON-GOING RECREATIONAL PROGRAMS



## DOMINOES

**Fridays — 9:00 a.m.–12:00 p.m.**

**Providence Community Center**

**Come out and make new friends as you play the game of Dominoes.** Simply show up at the center and play a fun game, as you make new friends. Newcomers welcome — it's easy to learn. NO DOMINOES 11/27 and 12/25

## CANASTA

**Tuesdays — 9:00 a.m.–12:00 p.m.**

**Providence Community Center**

**Come out and make new friends as you play the game of Canasta.** 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. Even if you do not remember all the details, a "Canasta Packer" is available to use as review or as a learning tool. There will be no formal instructor but there will be seasoned players willing to help others new to the game. Newcomers welcome at anytime.

## MAH JONGG

**Thursdays — 9:00 a.m.–12:00 p.m.**

**Providence Community Center**

**Come out and make new friends as you play the game of Mah Jongg.** Mah-Jongg was first played by the ruling class of China and dates back to the time of Confucius. This game was introduced into the United States back in 1920. There is no formal instruction, however regular players are glad to tutor new players to understand the game. The first Thursday of each month is recommended for beginners. At that time you are welcomed to observe our regular group of players. If you decide to play on a regular basis, you are asked to provide your own Mah Jongg set. There is no fee. All abilities are welcome. NO MAH JONGG 11/26 and 12/24

## PILEBALL

**Beginners — Tuesday**

**9:30 a.m.–10:30 a.m.**

**Competitive — Friday**

**10:30 a.m.–Noon**

**Providence Community Center**

Pickleball is a cross between tennis and badminton. This is a fun and easy game to learn and can be played by anyone regardless of athletic ability. Come and be part of our group of very enthusiastic players, some over 80 years of age! We have all levels of players in our groups. No reservations are necessary, just show up and play. NO PICKLEBALL 11/11, 11/27 and 12/25

## TABLE TENNIS

**Monday–Friday — 9:00 a.m.–4:00 p.m.**

**Providence Community Center**

Just show up and join us for a fun game of table tennis. Individuals of all playing abilities are welcome. This group is an on-going activity and run by group members. NO TABLE TENNIS 11/11, 11/27 and 12/25

## BRIDGING THE GAP IN TECHNOLOGY

**First Wednesday of each month**

**3:15 p.m.–4:00 p.m.**

**Cedar Lane Shopping Center**

Younger people usually learn from the knowledge and experience of their elders but technology has reversed that tradition, especially when it comes to learning about high-tech devices and the Internet. Whether you've just gotten a new device or just want to better operate the one you have, these FREE sessions will help you learn a little about how to use your iPad and iPhone. James Madison seniors, who have grown up in the digital age, will answer your questions in these one-on-one sessions. To make an appointment call **703-255-7801**.

## MATURE ADULTS

*The Vienna Community Center hosts the following activities for MATURE ADULTS. Kindly call the group coordinator for specific details about membership and events.*

### THE VIENNA SENIORS BRIDGE CLUB

**Group Coordinator: Keith Openshaw — 703-876-5306**  
[Openshaw.keith@gmail.com](mailto:Openshaw.keith@gmail.com)

**Please call the Group Coordinator for meeting time and location.**

### NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES ASSOCIATION (NARFE)

#### VIENNA-OAKTON CHAPTER

**Group Coordinator: Ralph Dantine — 703-938-9757**

**Please call the Group Coordinator for meeting time and location.**

### TAI CHI DROP-IN

Tai Chi Chaun is basically a martial art, but consists of a system of soft intrinsic exercises. It is the body controlled by the mind. It is this mind, which is actually the moving force present in every motion. All patterns and movements are composed of circles, arcs, curves, and spirals of all sizes, going in all directions. Tai Chi Chaun builds good physique and all muscles and joints are exercised. It will improve inner body health due to deep and concentrated breathing, cultivates patience and restraint, influences nervous, cardiovascular, and respiratory and digestive systems and immensely improves balance, which normally deteriorates with age.

**Location: VVFD**

**Beginner: Wednesday 7:15 a.m. – 8:15 a.m.**

**Intermediate: Tuesday/Thursday/Friday 7:15 a.m.–8:15 a.m.**

# REGISTRATION FORM

VCC USE ONLY • DATE: \_\_\_\_\_ REGISTRATION ACCEPTED BY: \_\_\_\_\_

## TOWN OF VIENNA PARKS AND RECREATION

120 Cherry Street, S.E. • Vienna, Virginia 22180 • Phone: 703-255-6360 • Fax: 703-255-6399 • www.viennava.gov

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: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: ( \_\_\_\_\_ ) \_\_\_\_\_ Work Phone: ( \_\_\_\_\_ ) \_\_\_\_\_

Cell Phone: ( \_\_\_\_\_ ) \_\_\_\_\_ Email Address: \_\_\_\_\_

Emergency Contact (Name): \_\_\_\_\_ Emergency Contact Phone: ( \_\_\_\_\_ ) \_\_\_\_\_

PARTICIPANT NAME FIRST/LAST NAME	BIRTH DATE	M/F	ACTIVITY NUMBER AND SECTION	ACTIVITY NAME	FEE
John Doe	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: \_\_\_\_\_

American Express \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Exp. date: \_\_\_\_ / \_\_\_\_

Discover \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Exp. date: \_\_\_\_ / \_\_\_\_

Master Card \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Exp. date: \_\_\_\_ / \_\_\_\_

VISA \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Exp. date: \_\_\_\_ / \_\_\_\_

Signature: \_\_\_\_\_ (I agree to pay above credit card total)

TOTAL FEES: \_\_\_\_\_

LESS HOUSEHOLD CREDIT: \_\_\_\_\_

TOTAL PAID: \_\_\_\_\_

**CHECK REFUND  
POLICY  
BEFORE REGISTERING  
FOR CLASS**

In consideration of the registrant being granted permission by the Town of Vienna, Virginia to participate in this program and associated activities. I hereby release the Town of Vienna, Virginia and its officers, employees, agents, and volunteers from any and all liability relating to or arising out of the registrant's participation. The Town neither endorses nor 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 assumed all risk of loss as a result of following any lecturer's advice. I authorize the Town of Vienna and its officials, employees, agents and volunteers, at any such person's discretion to administer emergency first aid treatment and at my expense to obtain the services of a physician(s) and/or rescue squad and 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

PRSR STD  
U.S. POSTAGE  
PAID  
VIENNA, VA  
PERMIT NO 36

**TOWN OF VIENNA RESIDENT  
VIENNA, VIRGINIA**

# **Bowman House Pottery Show and Sale**



**NOVEMBER 7  
SATURDAY  
10:00 a.m.–3:00 p.m.**

**D**on't miss out on great gifts for the holiday season. Students and teachers will have handmade pottery available for sale at the **BOWMAN HOUSE ARTS AND CRAFTS CENTER** 211 Center St. S.

.....  
*See Pages 13–18  
for More  
Special Events*