

MATURE ADULT LECTURES



MEDICARE ADVANTAGE

Do you know what Medicare Advantage plans are all about? Maddie Sharpe with United Healthcare will inform you about other options that could increase your coverage and decrease your premiums during this interactive 30-minute presentation.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
340070-A1	11/19	1	Tu	10:00-10:30am	55-99	FREE



ESTATE PLANNING 101

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

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
340071-A1	1/21	1	Tu	10:00-11:00am	55-99	FREE

10 THINGS EVERY EXECUTOR NEEDS TO KNOW

So you have finally selected your executor. The law holds executors and trustees to a very high standard and carelessness can result in law suits, removal and even criminal prosecution. Presented for executors trustees and the people who select them, this presentation will be a guide on how to do the job right. Presented by Wills, Trusts and Estates Attorney, David Hoffman.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
340072-A1	12/10	1	Tu	10:00-11:30am	55-99	FREE

PAYING FOR ASSISTED LIVING - CAN I AFFORD IT?

Do you know how much Assisted Living is going to cost? Are you aware of what expenses Medicare and Medicaid cover? Do you have a plan to pay for the most hopeful outcomes? Come learn the answers to these questions from Arvette Reid, Marketing and Outreach Director-Signature Estate and Investment Advisors

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
340073-A1	3/9	1	M	10:00-11:00am	55-99	FREE

MINGLE AND JINGLE- COOKIE EXCHANGE

It is the time of year when the best cookies are made, what fun to make extra (in order to trade)! Make enough of one kind of homemade (not store-bought) cookies, bars, bark or brittle along with the recipe to exchange. We will notify you about the number of dozens you should make. Bring a Tupperware container to take your cookies home. Coffee and tea are provided along with sampling.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
340074-A1	12/12	1	Th	10:00-10:45am	55-99	FREE



WHY GOOD WILLS GO BAD

Presented for the benefit of people with wills and people without them, this is an eye opening 90 minutes of common sense, common errors and common need to follow through. Presented by Wills, Trusts and Estates Attorney, David Hoffman.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
340075-A1	1/14	1	Tu	10:00-11:30am	55-99	FREE

THE TRUTH ABOUT TRUSTS

Through the use of hand-outs that define terms, explain the laws, and lay out the strategies, you will learn to use this most important will alternative to beat probate, cut taxes and lay waste to a host of other post mortem evils. Presented by Will, Trusts and Estates attorney, David Hoffman.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
340076-A1	2/11	1	Tu	10:00-11:30am	55-99	FREE



MEMORY SCREENINGS

Register for a free, confidential, face-to-face memory screening conducted by Lindsey Vajpeyi of Insight Memory Care. Educational materials will be provided upon request. Call 703-255-7801 for an individual appointment.

Monday, March 23

HEARING LOSS & DEMENTIA - THE COMMUNICATION CHALLENGES

Join Bonnie O'Leary from the Northern Virginia Resource Center for Deaf and Hard of Hearing Persons for a presentation on strategies that can be helpful when communicating with those who are also struggling with dementia. While the focus is on the hearing loss, some communication tips need to be slightly modified.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
340080-A1	1/28	1	Tu	10:00-11:00am	55-99	FREE



MATURE ADULT LECTURES



CRUISING 101

Learn all about the modern day cruise "seascape" in this presentation. Whether you are new to cruising or an old salt, something for everyone including changes within the cruise industry, pricing, new styles and more. You will be more knowledgeable about what you are seeing and how to pick the right cruise line for you. Presented by Pete Himmelberger- MCC, Travel Advisor, Destination Specialist.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
341240-A1	1/13	1	M	10:00-11:00am	18-99	FREE

FOCUS ON FIRE SAFETY

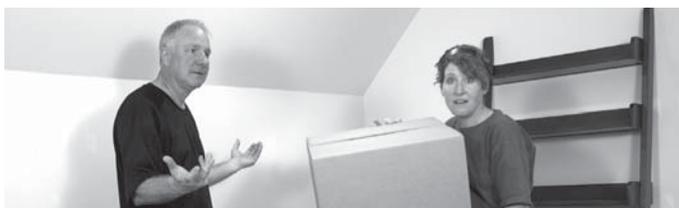
Come and discuss ways to be safe from fire in your home during the cold-weather months! Life Safety Education Specialist, Wyleng Liew will talk with participants about the most common fire types and best strategies for prevention. This workshop will also offer the File of Life medical information program and other Fire and Rescue Department initiatives for residents.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
341241-B1	1/14	1	Tu	10:00-11:00am	55-99	FREE

ESSENTIAL OILS FOR WELLNESS

Ever wonder how to decrease the toxins in your home and better your wellness? Join Marci Todd from Essentials by M, as she shares some tips for using essential oils and natural products to clean your home. Also, learn about some natural recipes for winter dry skin, respiratory and immune support. Stay well, be well, and be prepared for the season.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
341242-B1	2/4	1	Tu	10:00-11:00am	18-99	FREE



GETTING ORGANIZED

Do you spend too much time looking for things? Do you find yourself struggling to manage the things that seem to be taking over your life? Join Maria Spetalnick, certified professional organizer, who will discuss ways to find the right solutions to your problems and to help you live a better, easier life.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
341243-B1	2/3	1	M	10:00-11:00am	55-99	FREE

HOW HEARING LOSS AFFECTS YOUR BRAIN

When we think of hearing loss, we may think of people who turn up the TV too loud, who ask you to repeat yourself and have trouble following conversations in noisy places. But the effects of hearing loss go much deeper than that. Dr. Travis Stehouwer, with Ascent Audiology and Hearing will discuss the effects of hearing loss and how it affects the functioning of the brain.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
341244-B1	12/17	1	Tu	10:00-11:00am	55-99	FREE

S.O.S.-SUPERIOR OPTIONS FOR SENIORS

An introduction to Superior Options for Seniors- a group of trustworthy professionals that provide services in the senior marketplace that have come together to be a resource to guide seniors to solutions to problems that arise in life. Their focus is on planning, aging in place and housing transitioning for a safe and successful retirement. They will answer your questions and provide advice.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
341245-B1	12/9	1	M	10:00-11:00am	55-99	FREE



THE PROBATE PROCESS IN FAIRFAX COUNTY

This lecture, presented by Alison Mathey Lambeth, Attorney at Law, is designed to guide an executor or personal representative through all the nooks and crannies of the complicated probate process to make it as painless and as quick as possible.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
341246-A1	3/17	1	Tu	10:00-11:00am	55-99	FREE

SETTLING A DESCENDANT'S ESTATE

This lecture is designed to guide an executor, personal representative or trustee through all the hoops of settling an estate and make it as quick and painless as possible. Alison Mathey Lambeth, Attorney at Law, will introduce you to the four areas where a fiduciary works to settle an estate.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
341249-A1	2/18	1	Tu	10:00-11:00am	55-99	FREE

PERSONAL SAFETY

90% of personal safety is preventative education! Come learn how small changes to your daily routine can significantly increase your personal safety. We will discuss personal safety tips and techniques for home, work, school, travel, working out and social media. Presented by Amy Milliman, Vienna Police Department.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
341250-A1	3/3	1	Tu	10:00-11:00am	55-99	FREE

MATURE ADULT LECTURES



GOT ALLERGIES?

Are you suffering from food or environmental allergies? There are over 170 different foods and other environmental stressors responsible for inducing allergic reactions in approximately 15 million Americans today. Come find out the cause of your allergies and learn about a natural solution without shots. Presented by Dr. Katie with the Health Improvement Center.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
341334-A1	2/25	1	Tu	10:00-11:00am	55-99	FREE

REAL ESTATE AND PROBATE: TO TRUST OR NOT TO TRUST?

We all buy homes and expect our family will benefit from this part of the American dream. But laws surrounding death, wills, and probate complicate the transfer of your home to your loved ones. Is buying real estate in or placing your home in a revocable trust right for you? Join Bryan Bishop, Estate Planning Attorney and Jeff Wu, Associate Broker and Realtor for a discussion of the pros and cons of using a revocable trust instead of a will when preparing your estate plan.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
341342-A1	2/22	1	Sa	9:00-10:30am	18-99	FREE



Downsizing

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

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
341345-A1	1/11	1	Sa	9:00-10:30am	18-99	FREE

Understanding Annuities

Learn what an annuity is and how it is funded. There are several types of annuities and they are different! Learn about the tax advantages and how an annuity can assist you in maintaining financial independence. Presented by Greg Bernhard, CFP Chapter Director for the Foundation for Personal Financial Education.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
341381-A1	1/23	1	Th	10:00-11:00am	55-99	FREE



Coping with Depression

Discussion about understanding signs and symptoms. Learn coping skills and when to seek help or treatment. Learn how depression affects teens, young adults and family systems. Presented by Total Health Concepts.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
341382-A1	1/27	1	M	9:30-10:15am	55-99	FREE

Unlocking Social Security

Can you afford to wait until full retirement age, or beyond, or should you take a closer look at your options? Join Greg Bernhard, CFP Chapter Director for The Foundation for Personal Financial Education), who will discuss when you should file for benefits, how you can still work and collect benefits, how the benefits are calculated, what is the maximum benefit available and how taxes are calculated.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
341383-A1	2/27	1	Th	10:00-11:30am	50-99	FREE



Take Control of Your Health

Fatigue, digestive problems, allergies, hormonal issues, acid reflux, sleep issues and other chronic symptoms...these are indications that something is not working in your body. Come learn how your body can repair itself by getting to the cause of your health problem. Presented by Dr. Katie, with the Home Improvement Center.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
341343-A1	1/28	1	Tu	10:00-11:00am	55-99	FREE

How to Clean Your House Naturally

Do you want to keep your house clean but want to use less chemicals in your home? Come learn some safe and healthy ways to clean your house without polluting your body. Presented by Dr. Katie with the Health Improvement Center.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
341344-A1	3/31	1	Tu	10:00-11:00am	18-99	FREE



MATURE ADULT LECTURES & CLASSES

FUNCTIONAL FITNESS FOR BALANCE

We will discuss effective exercises to improve balance, strength, flexibility and posture. Learn types of movement to relieve stress and anxiety. Discover therapeutic techniques to manage back and joint pain and promote injury prevention and recovery. Presented by Total Health Concepts.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
341384-A1	2/24	1	M	9:30-10:15am	55-99	FREE



CONCUSSIONS

Concussions are not only a problem for adult and youth activities. In fact, most concussions are caused by slip-and-fall injuries, car crashes, and other trauma. Learn more about this important problem. Presented by Dr. Charles Masarsky.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
341561-A1	3/7	1	Sa	1:00-2:00pm	18-99	FREE

YOUR BRAIN HAS TO BREATHE

Learn breathing exercises designed to help support brain function. Improve your current level of mental clarity and sharpen focus at work, school, sports and everyday life. Presented by Dr. Charles Masarsky.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
342290-A1	2/20	1	Th	10:00-11:00am	55-99	FREE



ART GUIDANCE

Instructor: Nicole Pradas

Do you have an art project you want to turn into a masterpiece? Are you experiencing an artistic block, or simply looking for guidance? In this class, students find a place set aside for artistic progression where an experienced artist will give advice on technique, creativity, composition, and more. Bring projects from home and we will help you through the creative process. No Class Jan 20, Feb 17

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
342473-A1	1/6-3/23	10	M	12:45-1:45pm	55-99	\$100/\$125



THEATRE APPRECIATION

Instructor: Nicole Pradas

Whether you're a long-time patron of live theatre or have always wanted to try acting for yourself, this class is for you! Students will spend the first few classes reading plays out loud together and discussing the important elements such as overarching themes, character development, and how they might stage it if they were directors. Students will even get a chance to write their own scenes to be read aloud. This class will culminate with a group performance! No Class Jan 20, Feb 17

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
342474-A1	1/6-3/23	10	M	11:30am-12:30pm	55-99	\$100/\$125



CHAIR YOGA

Instructor: Ginny Inglese

This class enhances core strength, flexibility, and balance. A chair is used for support and assistance to enable individuals to practice exercises safely and build fitness at their own pace. There are many physical and emotional benefits to relieve stress, anxiety, and pain and enhance attitude and overall health and well-being.

No Class Jan 20, Feb 17

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
342475-A1	1/6-3/23	10	M	10:30-11:30am	55-99	\$100/\$125

HEART 'N' STRENGTH CHAIR AEROBICS

Instructor: Jennifer Booth

This is a unique aerobic, strength and flexibility program of chair-assisted exercise for persons with limited mobility, arthritis, diabetes, neurological impairments and compromised balance. This dynamic, effective program with an upper and lower body workout in a chair helps strengthen the cardiovascular system, tone muscles, focus on posture, sharpen the mind, improve coordination, and increase range of motion and flexibility! Unconventional exercise props enhance and compliment the workout.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
342476-A1	1/3-3/27	13	F	11:00am-12:00pm	55-99	\$104/\$130

MATURE ADULT CLASSES



ESSENTRICS STRETCH AND TONE

Instructor: Kate Montoya

Essentrics is a full body workout that can change the shape of your body through a dynamic combination of strengthening and stretching. The technique develops lean, strong and flexible muscles and changes your posture. This program rebalances the body, prevents and treats injuries and unlocks tight joints. This workout leaves you feeling energized, youthful and healthy. Please bring a yoga mat and towel to class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
342477-A1	1/7-3/24	12	Tu	8:15-9:15am	40-99	\$60/\$75



PERSONAL HISTORY

Our lives are filled with unique experiences, which make future generations more knowledgeable, when shared through written autobiographies. 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 pages. (Pieces may be handwritten). This class is run by participants and does not have formal instruction. This long-running group celebrated its 30th anniversary in October. A \$5 cash donation can be paid in class to purchase coffee, tea, sugar, and creamer to be served at each class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
342480-A1	1/2-3/26	13	Th	10:40am-12:40pm	21-99	FREE

INTERMEDIATE BRIDGE

Instructor: Neil McKinney

Short lessons followed by supervised play. Modern changes to the Standard American bidding system. The conventions everyone should know. Defensive signals. Some homework. There will be a "field trip" to play in a sanctioned duplicate game. This class not for beginners. The ideal student will be committed to improving his/her game and will have a sense of humor. Led by a Gold Life Master.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
342575-A1	1/3-3/27	13	F	9:30-11:30am	18-99	\$182/\$227.50



SENIOR FITNESS

Instructor: Liz Lucca

Teresa Fletcher

This energizing class is for older adults who have been exercising on a regular basis. This program will include cardio, weight lifting and stretching to aid in building physical endurance, muscle strength, balance and flexibility. Participants are asked to bring water and hand weights to class. Participants are asked to take responsibility for knowing and regulating their own fitness level. Due to the popularity of this class, you may register for no more than 2 days of Senior Fitness.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR/RSR
343730-A1	1/7-3/24	12	Tu	11:00am-12:00pm	55-99	\$24/\$30/\$5
343730-B1	1/9-3/12	10	Th	11:00am-12:00pm	55-99	\$20/\$25/\$5
343730-C1	1/10-3/6	9	F	11:30am-12:30pm	55-99	\$18/\$22.50/\$5



ABC'S FOR SENIORS

Instructor: Teresa Fletcher

This class is for older adults who want to improve and maintain their everyday 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. 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.

No Class Jan 20, Feb 17

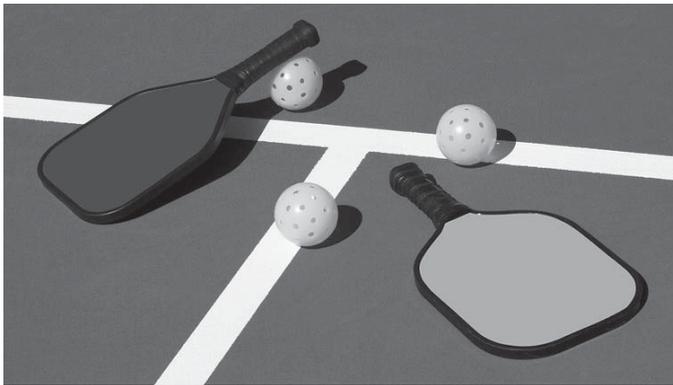
Activity #	Dates	# of Classes	Day	Time	Age	R/NR
342576-A1	1/6-3/9	8	M	2:00-3:00pm	55-99	\$68/\$88
342576-B1	1/8-3/11	10	W	2:00-3:00pm	55-99	\$85/\$110

DROP-IN AND ON-GOING RECREATIONAL PROGRAMS

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

BASKETBALL / VOLLEYBALL

Please call **703-255-6360** for more information about drop in youth and adult basketball hours and adult drop in volleyball hours.



PICKLEBALL

Monday/Wednesday — 11:00 a.m.-1:00 p.m.

Friday — 11:00 a.m.-2:00 p.m.

Pickleball is a cross between tennis and badminton. This fun game is easy to learn, and can be played by anyone regardless of athletic ability. Come and be part of our regular group of very enthusiastic players. All levels of players are welcome. Balls are provided. Fee: Free for in town residents/ \$3 non-residents (must show proof of residency)

No pickleball 11/18, 11/27, 11/29, 12/25, 1/20, 2/17

TABLE TENNIS

Monday – Friday — 7:30 a.m.-9:00 a.m.

Join us for table tennis Monday through Friday. Individuals of all playing abilities are welcome. This group is an on-going activity and run by group members. No fee

No table tennis 11/28, 11/29, 12/6, 12/24, 12/25, 12/31, 1/20, 2/17



SCRABBLE

Every Monday — 1:00 p.m. – 4:00 p.m.

Come out and make new friends as you play the game of Scrabble, a board game in which words are formed by placing lettered tiles in a pattern similar to a crossword puzzle. No scrabble 11/18, 1/20, 2/17



A STITCH IN TIME -Knitters Circle

Every Tuesday — 1:00 p.m. - 4:00 p.m.

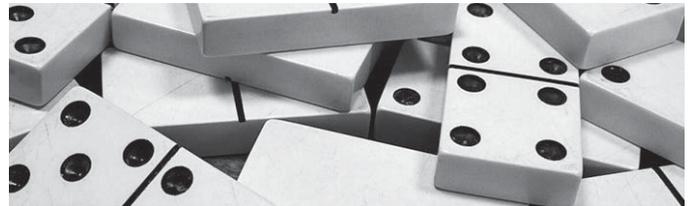
Come meet others who enjoy knitting and crocheting and sharing their craft with others. For knitters of all skill levels. A great way to get yourself to knit and gather together to have pleasant conversation. No knitters circle 12/24, 12/31

MAH JONGG

Every Thursday — 12:30 p.m. – 4:00 p.m.

There is no formal instruction, however, regular players are glad to tutor new players to understand the game. If you decide to play on a regular basis you are asked to provide your own Mah Jongg card. All abilities are welcome. American rules Mah Jongg is played.

No mah jongg 11/28



DOMINOES

Every Friday — 1:00 p.m.- 4:00 p.m.

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

No dominoes 11/29, 12/6

CHESS CLUB

Every Wednesday

10:00 a.m.- 12:00 p.m.

Join this newly forming group and make new friends as you enjoy the mental challenge. All levels welcome. Chess sets provided.

No chess 12/25



DROP-IN AND ON-GOING RECREATIONAL PROGRAMS



BRIDGING THE GAP IN TECHNOLOGY

First Wednesdays of each month
4:15 p.m.-5:00 p.m.

Whether you've just gotten a new device or want to learn to operate the one you have, these FREE sessions will help you learn a little about how to use your smartphone or tablet. James Madison high school 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**.



NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES ASSOCIATION (NARFE)

VIENNA-OAKTON CHAPTER

Group Coordinator: Kathy Arpa 703-205-9041
NARFE meets the second Tuesday of the month at 1:00 p.m.



NARFE

National Active and Retired Federal Employees Association

THE VIENNA SENIORS BRIDGE CLUB

Group Coordinator: Keith Openshaw 703-876-5306
Openshaw.keith@gmail.com

Intermediate and advanced bridge players are invited to attend our gatherings on Wednesdays at 10:30 a.m. - 1:30 p.m. for bridge. There are refreshments and a lunch break at about noon.

TAI CHI CHUAN DROP IN

Beginner: Monday/Wednesday 7:00 a.m.-8:00 a.m.

Intermediate: Tuesday/Friday 7:00 a.m.-8:00 a.m.

Qi Gong (exercise): Thursday 7:00 a.m.-8:00 a.m.

Easy, gentle, low-impact exercise for better balance, general health, and flexibility. Suitable and doable for all.

No tai chi 11/5, 11/11, 11/18, 11/28, 11/29, 12/6, 12/24, 12/25, 12/31, 1/20, 2/17



ESSENTRICS® GENTLE STRETCH

Every Friday

8:15 a.m.-9:15 a.m.

January 3-March 27

This is an age reversing workout that will restore movement in your joints, flexibility in your muscles, relieve pain, and stimulate your cells to increase energy, vibrancy and your immune system. A slow-paced, full body workout taught by a Level I Essentrics® instructor. Please bring a yoga mat and towel.

GOLDEN YEARS GAME NIGHT

Third Tuesday of each month

4:30 p.m.-6:30 p.m.

Games can be fun, good for socializing, improve memory, and help prevent medical conditions. Enjoy one of the many games available here or bring your own favorite game to play. This is also a great time to be social, get out of the house, catch up with old friends and meet new people. Spectators are welcome!

MONDAY MYSTERY BOOK CLUB

Third Monday of each month (Second Monday for January & February)

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

For all the people who are devoted to the genre of mystery fiction, this is the place to be. Mysteries will include amateur sleuths, police procedurals, the occasional spy thriller and maybe a space mystery! We'll explore both classic and new authors. Enjoy good conversation about Mystery novels and expand your reading selections in discussions led by a Patrick Henry Library staff member.

January 13 - *Hearts of the Missing* by Carol Potenza 2018

February 10 - *A Study in Scarlet Women* by Sherry Thomas 2016

March 16 - *Chesapeake Crimes: Storm Warning*, edited by Donna Andrews, Barb Goffman and Marcia Talley, 2016



FRIDAY FLICKS

Second Friday of each month: 4:00 p.m.-6:00 p.m.

Come socialize and enjoy an afternoon movie.

Join us for our new program showing classic movies along with popcorn at the Vienna Community Center. There will be a chance to discuss the movie as a group at the conclusion.

Call **703-255-7801** for the movie title.



MAKE MEMORIES WITH VPR EXCURSIONS!

GRATUITY FOR THE BUS DRIVER IS NOT INCLUDED IN TRIP FEES

OATLANDS HISTORIC HOUSE TOUR AND HOLIDAY TEA

Holiday teas are a tradition at Oatlands in Leesburg, Va. We will have a tour of the mansion in all its Christmas glory and enjoy a traditional afternoon tea in the Historic Carriage House.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
351511-A1	12/4	1	W	9:00am-2:00pm	55-99	\$95/\$118.75

SINGIN' IN THE RAIN AT OLNEY THEATRE

Singin in the Rain is a classic American musical! The greatest movie musical of all time comes to life on the Mainstage in Olney, MD and for once, rain during the holidays is guaranteed to make you smile. Lunch at Buca di Beppo is included in the trip fee.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
351512-A1	12/11	1	W	10:30am-6:00pm	55-99	\$98/\$122.50

PHILADELPHIA FLOWER SHOW

The PHS Philadelphia Flower Show at the Pennsylvania Convention Center is the world's oldest and largest indoor flower show. This year the theme of the show is Riviera Holiday. Visitors to the Philadelphia Flower Show are treated to fabulous design, live entertainment, gardening how-to workshops, and lectures by experts. Transportation is provided by a 55 passenger coach bus with a restroom. Lunch and dinner are on your own.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
351560-A1	3/4	1	W	7:00am-8:00pm	16-99	\$67/\$83.75

"GREASE" AT RIVERSIDE CENTER

Riverside Theatre in Fredericksburg, VA presents "Grease," a rollicking 1950's musical. Rydell High's senior class of 1959 will sing and dance its way through songs recalling the music of Buddy Holly, Little Richard, and Elvis Presley that became the soundtrack of a generation. This van trip is limited to 11 participants. A three course lunch is served.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
351562-A1	1/15	1	W	10:45am-5:30pm	55-99	\$70/\$87.50

NATIONAL MUSEUM OF AFRICAN AMERICAN HISTORY AND CULTURE

The National Museum of African American History and Culture in Washington, D.C. is the only national museum devoted exclusively to the documentation of African American life, history, and culture. We will have the opportunity to explore and revel in African American history through interactive exhibitions. Lunch will be on your own at the Sweet Home Cafe housed in the museum.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
351563-A1	2/5	1	W	9:00am-3:00pm	55-99	\$32/\$40

COLD WAR MUSEUM & VINT HILL WINERY

The Cold War Museum is a history museum in Warrenton, Virginia, focused on Cold War history. The museum was founded in 1996 to preserve Cold War history and honor Cold War veterans. We will have a private tour of the Museum's artifacts, organization, and eye-witness accounts to educate us. We will enjoy lunch from the Covert Cafe and have a wine tasting at Vint Hill Craft Winery.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
351564-A1	3/18	1	W	9:00am-3:00pm	55-99	\$96/\$120

TRIP ACTIVITY LEVELS

All of our trips feature Activity Level icons as guides to the type of itinerary and level of challenge you can expect to encounter while travelling with us. The information below explains what each activity level means, so you can make sure you find the right trip for you.

 **EASY GOING:** Minimal Walking

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

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

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