

# MATURE ADULT LECTURES & CLASSES

## UNLOCKING MEDICARE

For years you've been contributing to Medicare. Now the time is getting close or you are already reaping the rewards. While Medicare doesn't cover everything, it does lighten the load of health care costs for older Americans. This program is designed to give you an overview of how Medicare works and update you regarding important changes to the program. Come review your options or ask your questions. Greg Bernhard, CFP Chapter Director for The Foundation for Personal Financial Education will be presenting.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR FEE
441560-A1	4/4	1	F	10:00-11:00am	50-99	FREE

## ESTATE PLANNING FOR NORMAL PEOPLE

What's the difference between a will and a trust? Who is entitled to your estate when you die? How do you estimate potential estate taxes? What is probate anyway? Walk into any bookstore, visit any library, turn on the radio or search the Internet and you will be overwhelmed by the complex answers to these very simple questions. Why bother? Simply attend this 90-minute presentation and learn the fundamental laws behind estate planning presented by Wills, Trusts and Estates Attorney, David Hoffman. Registration is preferred.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR FEE
441561-A1	4/9	1	Tu	10:00-11:30am	50-99	FREE

## NORMAL AGING vs. DEMENTIA

Join us for a discussion on changes that occur with age, warning signs of a memory problem, and what to do if someone you love is experiencing symptoms of dementia. Presented by Lindsey Vajpeyi, BA, ADC/MC, Director of Education and Outreach, Insight Memory Care Center.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR FEE
441562-A1	4/29	1	M	10:00-11:00am	18-99	FREE



## REBEL RAIDERS ON THE HIGH SEAS

This presentation will focus on Stephen R. Mallory's three most successful commerce raiders: the *CSS Florida*, *Alabama* and *Shenandoah*. William S. Connery grew up in Baltimore, Maryland, and has a degree in history from the University of Maryland — College Park. Since 1989, Mr. Connery has lived in Fairfax County. He contributes to the *Civil War Courier* and other publications. In 2012, he was awarded the prestigious Jefferson Davis Historical Gold Medal, from the Fairfax Chapter of the United Daughters of the Confederacy, for his History Press book *Civil War Northern Virginia 1861*.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR FEE
441563-A1	5/20	1	M	10:00-11:00am	50-99	FREE



## SILVER SHIELD: ANTI SCAM CAMPAIGN

Every day, con artists swindle senior citizens in Fairfax County, taking their hard-earned savings or stealing their identities. Once duped, seniors may be targeted again. So how and why does this happen and what can be done to prevent a vulnerable segment of our adult population from being victimized? TO STRIKE BACK against fraud and protect older adults, Melissa Smarr, with Fairfax County Government will share critical information about current scams and the Silver Shield Anti-Scamming Program.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR FEE
441564-A1	5/6	1	M	10:00-11:00am	50-99	FREE

## ASSISTANCE FOR THE VISUALLY IMPAIRED

Virginia's Department for the Blind and Vision Impaired (DBVI) is committed to providing quality services to assist citizens who are blind, deaf/blind or visually-impaired. DBVI representative Alex Diaz will discuss the array of services they provide and offer simple solutions to everyday problems. Learn about programs available such as low-vision exams, glasses, magnifiers and tips and tricks to get around Northern Virginia.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR FEE
441566-A1	5/13	1	M	10:00-11:00am	50-99	FREE

## 10 THINGS EVERY EXECUTOR NEEDS TO KNOW

So you have finally selected your executor. Now, the question is, will they know how to be a good one. 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 90-minute presentation is a guide on how to do the job right. Topics include: preparing probate paper; filing tax returns; prudent investing; taking a commission; basic fiduciary accounting and more. Presented by Wills, Trusts and Estates Attorney, David Hoffman. Registration is preferred.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR FEE
441567-A1	5/14	1	Tu	10:00-11:30am	50-99	FREE

## CONTINUUM OF CARE

A panel of professionals from various agencies will share information on aging-in-place and assistance available as you or your loved ones age in your community. By preparing for the possibility of needing some type of assistance as you age, you can remain in control of where you live and receive care, the quality of care you receive, who will provide your care and how you can pay for your care.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR FEE
441568-A1	6/3	1	M	10:00-11:00am	50-99	FREE

# MATURE ADULT LECTURES & CLASSES



## 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. This workshop will clearly explain the differences between annuities, 401 (K) plans and IRA's. You will learn about the owner, the issuer, the annuitant and the beneficiary and the roles they play in an annuity. Greg Bernhard, CFP Chapter Director for the Foundation for Personal Financial Education will discuss how an annuity works, advantages of annuities over other investment options, tax implications, and pay out options and death benefits.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR FEE
441569-A1	5/2	1	Th	7:00-8:00pm	18-99	FREE

## WHY GOOD WILLS GO BAD

Some wills just won't do their jobs. Shoved into drawers and locked up in banks, the pitiful will is all but forgotten and yet, it is somehow expected to deal with nonexistent financial records, uninformed children, out-of-state property and ever-changing tax laws. Presented for the benefit of people with wills and people without them "Why Good Wills Go Bad" is an eye-opening 90 minutes of common sense and common errors. Presented by Wills, Trusts and Estates Attorney, David Hoffman.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR FEE
441570-A1	6/11	1	Tu	10:00-11:30am	50-99	FREE

## COPING WITH ANXIETY

Join Ginny Inglese, with Total Health Concepts to learn about body image and self esteem enhancement, as well as building positive self talk, attitude and empowerment.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR FEE
441571-A1	4/1	1	M	10:00-10:45am	18-99	FREE

## FUNCTIONAL FITNESS

This presentation offered by Ginny Inglese, with Total Health Concepts is for individuals who want to tone, reshape, prevent injuries, or rehab for balance, posture enhancement and alignment and post recovery from injuries.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR FEE
441572-A1	6/10	1	M	10:00-10:45am	18-99	FREE



**A MATTER OF BALANCE**  
MANAGING CONCERNS ABOUT FALLS

## A MATTER OF BALANCE: INFORMATION SESSION

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR FEE
441573-A1	4/3	1	W	10:00-11:00am	18-99	FREE

## A MATTER OF BALANCE: 8-WEEK PROGRAM

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels. Through discussion and exercise: You will learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home and exercise to increase strength and balance. Presented by Fairfax County Area Agency on Aging.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR FEE
441574-A1	4/10-5/29	8	W	10:00am-12:00pm	18-99	FREE

## GENERAL JUBAL EARLY'S MISSED STEPS LEADING TO FORT STEVENS

In June 1864, General Robert E. Lee sent General Jubal A. Early to disrupt Union Army efforts in The Shenandoah Valley. By July 11, General Early was almost on the doorstep of Washington City. If Early had been there one or two days earlier, he probably would have easily captured the U.S. Capital. Award-winning author, William Connery will go into detail on Early's Campaign that could have caused President Lincoln to lose the 1864 election and changed the outcome of the War.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR FEE
441575-A1	5/28	1	Tu	10:00-11:00am	50-99	FREE

## LUNAR NEW YEAR CELEBRATION — THE YEAR OF THE PIG

**Tuesday, February 12**  
**12:00 p.m.–2:00 p.m.**

**Location: Vienna Community Center**

Welcome in the Year of the Pig by celebrating the Lunar New Year. February 5 marks the start of the Lunar New Year, a time for many joyous celebrations. This event sponsored by Vienna Parks and Recreation and the Shepherd's Center of Oakton/Vienna will feature cuisine, a New Year craft, and entertainment by senior members of The Fairfax Chinese Dance Troupe, as well as a performance by Vienna's Tai Chi Chuan program.

Registration: \$15 per person.

Pre-payment is due by February 1. To register call the Shepherd's Center **703-281-0538**. For Mature Adults 55+.

# MATURE ADULT LECTURES & CLASSES

## AARP SMART DRIVER

**Instructor: Ralph Rosenthal**

The Vienna Community Center hosts the AARP Smart Driver Program in the fall and spring. This comprehensive classroom driver retraining course is geared to the specific needs of motorists aged 50 and older. The course will cover the effects of aging and medications on driving, basic driving rules, license renewal, local traffic hazards, adverse road conditions and accident prevention measures. Graduates of the course receive a discount from their car insurance company. Class size is limited to 25 participants. Individuals are given a 1-hour break for lunch. It is suggested that you bring a bag lunch to class. Both classes must be attended. The cost of the course is \$15 for AARP members and \$20 for non-members and paid on the first day of class. Checks should be made payable to AARP. Advanced registration is required. Registration cannot be taken over the phone. Register early this course fills very quickly!

Activity #	Dates	# of Classes	Day	Time	Age	R/NR FEE
442290-A1	4/8-4/9	2	M,Tu	10:00am-3:00pm	50-99	\$15 for AARP mbrs \$20 for non-mbrs



## SOLE ENERGY EXPRESS

**Instructor: Lisa Moscatello-Hartung**

This low impact, high energy standing 45-minute aerobic class is designed to enhance coordination, core strength and balance while building body awareness through movement. Seated modifications are optional. We incorporate non-traditional prop routines utilizing music from various genres (Broadway, Country, Oldies but Goodies etc.) in this FUN-ctional workout. A resistance band segment follows the aerobic component. We end with a stretch/ flexibility routine. Sole Energy supports brain and body performance. Make it part of your workout regimen! \*NO CLASS 4/12

Activity #	Dates	# of Classes	Day	Time	Age	R/NR FEE
442477-A1	4/5-6/14	10	F	12:15-1:00pm	50-99	\$64/\$80



## 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 relieving stress, anxiety, and pain and enhancing attitude and overall health and well-being. \*NO CLASS 5/27

Activity #	Dates	# of Classes	Day	Time	Age	R/NR FEE
442472-A1	4/8-6/24	11	M	10:30-11:30am	50-99	\$110/\$137.50

## HEART AND SOLE CHAIR EXERCISE

**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! Functional 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! \*NO CLASS 4/12

Activity #	Dates	# of Classes	Day	Time	Age	R/NR FEE
442476-A1	4/5-6/14	10	F	11:00am-12:00pm	50-99	\$85/\$106.25

## PERSONAL HISTORY

Our lives are filled with unique experiences, which make future generations more knowledgeable, when shared through written autobiographies. This is an opportunity to record the story of your life for your children, grandchildren, and generations to come. At the beginning of each session class members themselves select topics about which to write. Each week each class member comes to class prepared to read the equivalent of one to two typed written pages. (Pieces may be handwritten). There is no formal critique of writing. 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. 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 for this class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR FEE
442480-A1	4/4-6/27	13	Th	10:40am-12:40pm	50-99	FREE

## APPRAISAL EVENT

Look around at the items in your home and decide which ones you want to learn more about: gems, jewelry, diamonds, gold, silver, timepieces and coins. Jamie Grasso, a JG Jewelry and Estates GIA Certified Appraiser will be presenting and advising you on what you have, how old it is, where to sell, estate planning, insurance, tax issues and donations, as well as repair and restoration. Participants are invited to bring 1 item per person for evaluating during the discussion based on first come, first served.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR FEE
442484-A1	4/2	1	Tu	10:00am-12:00pm	18-99	FREE

# MATURE ADULT CLASSES



## TELLING OUR LIFE STORIES

Come create your life story and preserve your family heritage in digital form to keep it for generations to come. Your life story consists of your family heritage, major steps in life, passions, life challenges, achievements and philosophy. You will learn how to organize your life story materials, find out what tools are available and explore how to weave your story using different approaches. Presented by Vienna resident, Olga Sheymov.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR FEE
442485-A1	4/30	1	Tu	12:00-1:30pm	50-99	FREE

## HORMONES GOT YOU WACKED OUT?

Are you tired? Do you feel cranky? Do you have trouble falling asleep or have interrupted sleep? Dr. Katie, with the Health Improvement Center, will explain how balancing your hormones can improve your energy, quality of sleep and overall mood. She will demonstrate how she uncovers nutritional deficiencies that have led to stress on the female system. You will get a complete understanding of symptoms that occur during PMS, perimenopause and menopause.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR FEE
442486-A1	5/7	1	Tu	10:00-11:00am	50-99	FREE

## THE KETO PROGRAM

Do you struggle with trying to lose weight and as soon as you say to yourself, "I'm going on a diet", you immediately want to eat everything in site? The Keto Solution is for everyone if they want to lose weight, get healthy, ward off illness and disease. Come find out what this way of eating is all about. Presented by Dr. Katie from the Health Improvement Center.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR FEE
442487-A1	6/4	1	Tu	10:00-11:00am	50-99	FREE

## THE A TO Z ON DIGESTION

Suffering with acid reflux, constipation, colitis, Irritable Bowel Syndrome, belching gas, etc.? Find out how to get the help you have been looking for without the use of drugs or surgery. Dr. Katie, with the Health Improvement Center, will demonstrate how she uncovers nutritional deficiencies that stress the digestive system.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR FEE
442488-A1	4/4	1	Th	10:00-11:00am	50-99	FREE

## BRAIN HEALTH WORKSHOP

Join Cogniciti for this workshop created to help older adults get an answer on where their brain health is today. To do this, researchers at Baycrest Hospital created an online memory assessment that older adults will take in the workshop. Each older adult will take the Brain Health Assessment on a laptop that is provided, which only takes about 15 - 30 minutes. The extra time is allowed to provide the adults with the best tips on brain health and to answer any questions about memory concerns they might have. Basic computer skills are required.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR FEE
442489-A1	4/11	1	Th	12:00-1:00pm	50-99	FREE
442489-B1	4/11	1	Th	1:00-2:00pm	50-99	FREE

## ABCs 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. \*NO CLASS 4/15, 4/17, 5/27

Activity #	Dates	# of Classes	Day	Time	Age	R/NR FEE
442576-A1	4/3-6/5	9	W	2:00-3:00pm	50-99	\$76.50/\$96
442576-B1	4/1-6/10	9	M	2:00-3:00pm	50-99	\$76.50/\$96

## SENIOR FITNESS

**Instructor: Teresa Fletcher — Thursday and Friday  
Liz Lucca — Tuesday**

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, hand weights and bands 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. \*NO CLASS 4/16, 4/18, 4/19

Activity #	Dates	# of Classes	Day	Time	Age	R/N/RSR
443730-A1	4/9-6/11	9	Tu	11:00am-12:00pm	55-99	\$18/\$22.50/\$5
443730-B1	4/11-6/13	9	Th	11:00am-12:00pm	55-99	\$18/\$22.50/\$5
443730-C1	4/12-6/7	8	F	11:30am-12:30pm	55-99	\$16/\$20/\$5

## MONDAY MORNING WALKERS



**Instructor: Dadia Stern**

Come and walk on local trails, scenic paths and parks in the area. You should be able to walk each 3-mile route in about one hour. One route runs from the Vienna Community Center parking lot onto the W&OD Trail, circling around the Navy Federal Credit Union and back. Other walks will begin at the Vienna Community Center and go through local neighborhoods. Come prepared to meet new walking buddies and to have a generally great time! Bring a cell phone if you have one. Classes will meet in light rain or shine, the only exception being thunderstorms. Advanced registration is necessary.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR FEE
443282-A1	4/1-5/20	8	M	10:00-11:00am	50-99	\$12/\$15

# 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. Call **703-255-6360** for more information.

## DROP-IN PROGRAMS

### TINY TOTS DROP IN AUXILIARY GYM

Monday: 10:00 a.m.–11:00 a.m.

### YOUTH BASKETBALL DROP IN

FIELD HOUSE

Monday/Tuesday/Wednesday/Thursday/Friday:

3:15 p.m.–5:15 p.m.

AUXILIARY GYM

Monday and Friday: 4:00 p.m.–5:45 p.m.

### ADULT BASKETBALL DROP IN FIELD HOUSE

Wednesday: 8:30 p.m.–10:30 p.m.

AUXILIARY GYM

Monday and Friday: 8:30 p.m.–10:30 p.m.

18 and older

Residents: No Fee • Non-Residents: \$3.00

ID required to play

### ADULT VOLLEYBALL DROP IN FIELD HOUSE

Monday and Friday  
8:30 p.m.–10:30 p.m.

18 and older

Residents: No Fee • Non-Residents: \$3.00

ID required to play

## TABLE TENNIS

Monday–Friday: 8:00 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 1/21, 2/18, 5/27



## 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. If you like words, and can spell correctly most of the time, Scrabble is the game for you. \*NO SCRABBLE 1/21, 2/18, 5/27

## CORN HOLE ON THE COMMONS

April 3, May 1, June 5: 10:00 a.m.–12:00 p.m.

Want to learn a new game and meet new friends while staying active? Then join us for this self-lead bean bag toss game of corn hole. Corn hole is a lawn game similar to horseshoes except you use wooden boxes called corn hole boards and corn bags instead of horseshoes and metal stakes. A Parks and Recreation staff person will be on hand to explain the rules and scoring of this fun, easy to learn game.

## A STITCH IN TIME — KNITTERS CIRCLE

Every Tuesday: 1:00 p.m.–4:00 p.m.

Come meet others who enjoy knitting, 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.

## MAH JONGG

Every Thursday: 12:30 p.m.–4:00 p.m.

Mah Jongg was first played by the ruling class of China and dates back to the time of Confucius. This game was introduced to the United States in 1920. There is no formal instruction, however, regular players are glad to tutor new players. 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.



## 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.



## 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. No equipment is necessary, paddles and balls are provided. \*NO PICKLEBALL 1/21, 2/18, 4/5, 5/27  
Residents: No Fee • Non-Residents: \$3.00

# 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.

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 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 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.

## 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.

Tai Chi Chuan is basically a martial art, but consists of a system of soft intrinsic exercises. It is the body controlled by the mind. All patterns and movements are composed of circles, arcs, curves, and spirals of all sizes, going in all directions. It will improve inner body health due to deep and concentrated breathing, cultivates patience and restraint, influences nervous, cardiovascular, respiratory and digestive systems and immensely improves balance, which normally deteriorates with age. \*NO TAI CHI 1/21, 2/18, 5/27

## ECCENTRIC STRETCHING

Every Friday: 8:00 a.m.–9:00 a.m.

Eccentrics is a full-body program designed to rebalance the entire body through simultaneous stretching and strengthening. It does not subject the joints to impact. Goals include improved posture, strength, flexibility and a feeling of physical rejuvenation. Taught by a volunteer, level one Eccentrics Instructor. Please bring a yoga mat to class.



## 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.

## 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

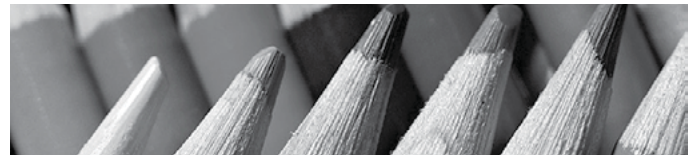
Third Monday of each month: 11:30 a.m.–12:30 p.m.

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.

**APRIL 15:** *The Coroner's Lunch* by Colin Cotterill (2004) featuring Dr. Siri in 1960s Laos

**MAY 20:** *Death at La Fenice* by Donna Leon (1992) featuring Inspector Guido Brunetti in contemporary Venice

**JUNE 17:** *Firemaker* by Peter May (1999) featuring Margaret Campbell and Li Yan in contemporary Beijing



## COLORING AND CLASSICAL TUNES

Third Wednesday of each month: 1:00 p.m.–2:00 p.m.

Coloring may sound like a simple activity, but many people are discovering that engaging in creative activities like coloring can improve health. It's a quick way to help you relax, relieve tension and socialize. And it's fun! Coloring pages, crayons and colored pencils will be provided, while classical music plays in the background.

*Vienna Parks and Recreation hosts the following activities for Mature Adults. Kindly call the group coordinator for specific details about membership and events.*

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

VIENNA-OAKTON CHAPTER

Group Coordinator: Ralph Dantine 703-938-9757

NARFE meets the second Tuesday of the month at 1:00 p.m.

## THE VIENNA SENIORS BRIDGE CLUB

Group Coordinator: Keith Openshaw 703-876-5306

Openshaw.keith@gmail.com

Meets at the Vienna Community Center

Intermediate and advanced bridge players are invited to attend our gatherings on Wednesdays at 10:30 a.m.–2:00 p.m. for bridge. There are refreshments and a lunch break at about noon.

# MATURE ADULT TRIPS



## BLUE BELL TRAIL HIKE & THE WINERY AT BULL RUN



Just off the Bull Run Occoquan Trail lies the Bluebell Trail, a two and a half mile loop that explores the forest around Bull Run. Mid-April will be the perfect time for us to explore the Bluebell trail, with over 25 varieties of wildflowers in bloom and to experience the carpet of blue that runs throughout the park and along the trails. After our hike we will visit the new Winery at Bull Run and enjoy a delicious picnic lunch provided by Amphora and a wine tasting in a beautiful vineyard setting. This van trip is limited to 11 participants.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR FEE
441237-A1	4/10	1	W	9:30am-1:30pm	50-99	\$34/\$42.50

## LAW ENFORCEMENT MUSEUM AND MEMORIAL



Join us on a visit to this new museum in Washington D.C. as we are introduced to the proud history and many facets of American law enforcement through innovative and engaging exhibits and artifacts. We will have a guided tour and then enjoy a boxed lunch in their Cafe. After our lunch we will walk across the street for a tour of The National Law Enforcement Officers Memorial, the nation's monument to law enforcement officers who have died in the line of duty. Dedicated on October 15, 1991, the Memorial honors federal, state and local law enforcement officers who have made the ultimate sacrifice for the safety and protection of our nation and its people. Lunch is included in the ticket price.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR FEE
441240-A1	4/24	1	W	9:00am-2:30pm	50-99	\$55/\$68.75

## AN AFRICAN AMERICAN HISTORICAL VAN TOUR



Did you know that within the Town of Vienna, there is a rich African-American heritage? What was the first church built in Vienna? Where did West Street get its name? What prominent citizen lived to be 104? What school was previously named Vienna Colored School? Join Sylvia Taylor, a member of Historic Vienna, Inc. and Gloria Runyon, a lifetime Vienna resident and Historic Vienna, Inc. member, as we visit a number of historical sites that will take us back in time beginning in 1867 and spanning 3 centuries. You will be inspired as you learn about the contributions and enduring legacies of individuals, families, institutions, and streets that have enriched the Town of Vienna! The tour includes homes, churches, cemeteries, neighborhoods, a baptismal site, a school, a lodge, a park and a spring. After the tour we will enjoy lunch at Amphora Restaurant. The van will be driven by a Vienna Parks and Recreation staff person. This tour is limited to 9 people, so register early!

Activity #	Dates	# of Classes	Day	Time	Age	R/NR FEE
441242-A1	4/27	1	Sa	9:45am-1:00pm	18-99	\$20/\$25

## THE TUDOR PLACE TEA AND NATIONAL POSTAL MUSEUM



One of America's first National Historic Landmarks, Tudor Place overlooks Georgetown and the Potomac River, a grand residence whose design salutes the early American Republic. Our elegant Victorian tea will be followed by an informative tour of the historic house. Our next stop will be the National Postal Museum for a highlights tour of the whole museum to include their Beautiful Blooms: Flowering Plants on Stamps exhibition featuring flowers and diverse elements of a garden.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR FEE
441241-A1	5/8	1	W	9:00am-3:00pm	50-99	\$62/\$77.50

## BLACKBEARD AT SIGNATURE THEATRE



Set sail with the most infamous pirate of all time in a riotous, rowdy high-seas adventure. Hilarious, wildly original, and immersive staged entirely on a pirate ship, Blackbeard is a fresh musical salute to the Seven Seas. This world premiere is commissioned by Signature Theatre in Arlington, Va. Run time is 90-minutes, with no intermission. Contains theatrical haze and lighting effects. Before the show grab a casual meal on your own in the Village at Shirlington for a variety of great restaurants. This van trip is limited to 10 participants.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR FEE
441238-A1	6/12	1	W	5:15-9:45pm	50-99	\$55/\$68.75

## A DAY IN ST. MICHAEL'S, MD



Escape for a day to St. Michael's, MD. Our day will start with a guided tour of the Chesapeake Bay Maritime Museum to include the working boatyard, the 1879 Hooper Strait Lighthouse, Waterman's Wharf, Oystering on the Chesapeake and their Floating Fleet. You will have time to enjoy shopping and sightseeing on your own before we board The Patriot-for our 65-minute narrated cruise to experience the beauty of the Eastern Shore and the Miles River. On our cruise we will see wonderful 200 year old Historic mansions and amazing wildlife. A delicious seafood lunch with harbor views at the Crab Claw Restaurant is included.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR FEE
441239-A1	6/5	1	W	8:00am-6:30pm	50-99	\$105/\$131.25

## 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