

The Phoenix

Parent Newsletter



CLUB PHOENIX TEEN CENTER

“The beautiful spring came, and when nature resumes her loveliness, the human soul is apt to revive also.” - Harriet Ann Jacobs.

Spring has Sprung! As new opportunities arise to connect, celebrate, and serve your community, join other members of Club Phoenix Teen Center to spread hope and change in your community. From daily activities that spark creativity to vibrant clubs that expand perspective by learning about new cultures. This Teen Center is where friendships spark and teens can find something for everyone.

We will focus on Environmental and Spiritual Wellness this quarter and spotlight the Arab American Heritage Month in April and Asian American and Pacific Islander Heritage Month in May every Wednesday through programs, activities, and trivia.

Peek inside this quarter's parent newsletter to learn more about parent discussions, clubs, and the 11th Annual Phoenix Award Ceremony on Friday, May 9 with live performances featuring the School of Rock – Vienna.

If you are looking for more resources as a parent to a teen we've partnered with the Fairfax/Falls Church Community Services Board for more local resources to navigate through these times. Leap into this newsletter for more details to get involved and make a difference in our community!

Ianna
Alhambra
After School Program Coordinator

Club Phoenix Teen Center General Information:

Vienna Community
Center Basement
120 Cherry St. SE,
Vienna, VA 22180

Hours of Operation:

Mon - Thu:
2:30 - 6:30 pm.
Fri:
2:30 - 9 p.m.

Extended Hours Days

Mon - Fri
12:30 - 6:30 p.m.
Apr: 1, 28
May: 19

Closed:
Apr: 14 - 18 | May 26



Club Phoenix Teen Center

Rise up and make a difference.

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

This after school program is free for teens in the greater Vienna area, ages 11 - 18 in grades 6 - 8 and mentorship program for grades 9 - 12.

We focus on self-development and the eight dimensions of wellness during the program, while incorporating the teens interests, hot topics, national heritage months, special events, special interest group clubs, and serving our community. This is a safe space for teens to learn more about themselves and how they can make an impact on their community through a social environment.

What to expect in the Teen Center:

Large tabletop games, video games, board games, independent activities, arts and crafts, and more! Snacks for purchase at the Nest, concession stand, ranging from \$0.25 - \$1.50.

VOLUNTEER

Community Service

All of the volunteer opportunities are through the Vienna Parks and Recreation Department unless otherwise stated and all volunteers must sign a volunteer application form prior to volunteering. Please contact Ms. Ianna Alhambra at Ianna.Alhambra@viennava.gov for any questions.

The Nest, Concession Stand

This is an ongoing volunteer opportunity that meets the needs of the different availabilities for teens that need service hours. They develop leadership skills, cash handling experience, and display customer service skills.

Sign up here:

<https://www.signupgenius.com/go/10C094AADAFC2CA4FFC16-54008155-thenest>



OddJobs List

Calling all youth interested in earning some extra cash! Do you enjoy babysitting or have a passion for dog walking? The Vienna Parks and Recreation Department sponsors a program in which youth can sign up to be added to the Odd Job list to help their neighbors while potentially earning some extra cash.

Applications can be found at the Vienna Community Center Front Desk and the Club Phoenix Teen Center.



Club Phoenix Rentals

Club Phoenix is available for rentals on weekends to members of Club Phoenix. Fill out an application at the front desk or on the web and speak with the After School Program Coordinator, Ianna Alhambra, at 703-255-5736, to gain more information and set up a tour.

SELF-DEVELOPMENT AND EIGHT DIMENSIONS OF WELLNESS

Self-Development *September*

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

Eight Dimensions of Wellness

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

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

Intellectual Wellness *October*

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

Vocational Wellness *November*

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

Social Wellness *December*

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



“You’ve always had the power my dear, you just had to learn it for yourself.”

–Glinda the Good Witch



“Success is not an accident; success is actually a choice.” - Stephen Curry

SELF-DEVELOPMENT AND EIGHT DIMENSIONS OF WELLNESS

Financial Wellness *January*

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

Emotional Wellness *February*

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

Physical Wellness *March*

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

Environmental Wellness *April*

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

Spiritual Wellness *May*

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

Programs | Clubs | Activities



Chess Club

Our newest club to the Club Phoenix Teen Center is our Chess Club! Join Dylan Ballagh from James Madison High School, every other Friday starting Friday, April 25 at 5 p.m. to learn, play, and verse other Club Phoenix Members in this Chess Club!



Worldwide Club

Join the Worldwide Club as we explore different countries, cultures, cuisine, languages, and flags all over the world. The countries are related to the national heritage month themes and involve trivia games, presentations, and prizes.



High School Only Nights

2nd Friday of the Month
Apr. 11
7 - 9 p.m.

The Teen Center will close to all elementary and middle school students at 7 p.m. for the Club Phoenix Teen Center High Schoolers to have a safe space to be teens. Bring a friend and earn a chance at spin-to-win.



Wellness Wednesday

Every Wednesday
4 - 4:30 p.m.
Enjoy mini wellness lessons related to each wellness theme per month every Wednesday with guest speakers, interactive activities, resource presentations, and sponsors.



Van Transportation System

The Town of Vienna provides van transportation from local schools to Club Phoenix Teen Center. Sign up to reserve your spot below:

Tuesdays, Thoreau Middle School:
<https://www.signupgenius.com/go/1OC094AADAF2CA4FFC16-50555924-thoreau>

Fridays, Kilmer Middle School:
<https://www.signupgenius.com/go/1OC094AADAF2CA4FFC16-50555925-kilmer>

Parent Discussions

Thursday, April 24 | 11 a.m. - 12 p.m.
Activity #422303 - AI
Virtual

[Opioid Overdose and naloxone Education \(Revive! Kit Training\)](#)

Tuesday, May 20 | 6 - 7:30 p.m.
Activity #422302 - AI
Club Phoenix Teen Center
[Question, Persuade, and Refer - Suicide Prevention Training](#). [Club Phoenix Teen Center](#)

APRIL ACTIVITIES CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 EXTENDED HOURS 12:30 – 6:30 p.m. Teen Choice	2 Teen Choice	3 Planted Board Game	4 First Friday Flicks @4 p.m.	5
6	7 Worldwide Club: Egypt	8 Egg Decorating @ 4 p.m. Teen Council Meeting @ 5 p.m.	9 Wellness Wednesday: Mine Field Maze Arab American Heritage Month: Presentation/ Craft pt. 1	10 Flower Decorating	11 Blackjack High School Only Night: Karaoke 7 – 9 p.m.	12
13	14 CLOSED	15 CLOSED	16 CLOSED	17 CLOSED	18 CLOSED	19
20	21 Worldwide Club: Saudi Arabia	22 Acts of Kindness Walk @ 4 p.m. Teen Council Meeting @ 5p.m.	23 Wellness Wednesday: Craft with recycled materials Arab American Heritage Month: Presentation/ Craft pt. 2	24 Chalk Artwork Activity #422303 – A1: Parent Discussion: Opioid Overdose and Naloxone Education (Virtual) 11 a.m. – 12 p.m.	25 Spring Slime	26
27	28 EXTENDED HOURS 12:30 – 6:30 p.m.	29 T-Shirt Tie-dye	30 Wellness Wednesday: Photo Nature Walk Arab American Heritage Month: Trivia	April 2025		

Thursday, April 24
11 a.m. – 12 p.m.
Activity # 422303 – A1
Parent Discussion: Opioid Overdose Naloxone Education (Virtual)

Club Phoenix Teen Center
CLOSED
Monday, April 14 through Friday, April 18 due to FCPS Spring Break

Arts and Crafts Days:
Friday, April 25
Spring Slime
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Tuesday, April 29
T-Shirt Tie-dye Day

Club Phoenix Teen Center
Extended Hours:
12:30 – 6:30 p.m.
Tuesday, April 1
Monday, April 28

MAY ACTIVITIES CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
May 2025				1 Spring Scavenger Hunt	2 First Friday Flicks @4 p.m.	3
4	5 Worldwide Club	6 Flowerpot Painting Teen Council Meeting @ 5 p.m.	7 Wellness Wednesday: Jersey Day AAPIHM: Learn the Haka: Traditional Māori Ceremonial Dance	8 Twister	9 Club Phoenix Awards	10
11	12 Teen Choice	13 Slime	14 Wellness Wednesday: Pajama Day AAPIHM: Lilo and Stitch Movie and Popcorn	15 Paint Swap	16 Steam Activity! Guest Speaker: Jyll Turner, ispycreative	17
18	19 EXTENDED HOURS 12:30 – 6:30 p.m. Teen Choice	20 Flower potting activity Teen Council Meeting @ 5 p.m. Activity #422302 – A1: Parent Discussion: QPR (Question, Persuade, and Refer) Suicide Prevention 6 – 7:30 p.m.	21 Wellness Wednesday: Mini Meditation Session AAPIHM: Presentation on Art/ History/ Culture	22 Sudoku	23 Baking Day: Monkey Bread	24
25	26 CLOSED	27 Scrap Book Page	28 Wellness Wednesday: Summer Intentions Sound Bath AAPIHM: Luau Dance Party and Trivia Game	29 Game Night	30 Puzzles	31

Club Phoenix 11th Annual Phoenix Award
Friday, May 9 | 6 – 8 p.m.
Celebrate the hard work of the teens from 2024 – 2025 and enjoy the live entertainment from School of Rock – Vienna.

Parent Discussion
Tuesday, May 20 | 6 – 7:30 p.m.
Question, Persuade, and Refer: Suicide Prevention Training
Register Here:
<https://vaviennaweb.myvscloud.com/webtrac/web/iteminfo.html?Module=AR&FMID=44342802>

CLOSED
Monday, May 26

Extended Hours
12:30 – 6:30 p.m.
Monday, May 19

JUNE ACTIVITIES CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Teen Choice	3 Teen Council Meeting	4 Slime	5 Yard Games Outdoors	6 Kickball	7
8	9 Teen Choice	10 Knock Out	11 Last Day of School Splash Bash!!	12 Uno	13 Ninja Game	14
15	16 Mindful Monday: reference the Summer Phoenix Issue for the full schedule.	17 Transformation Tuesday: reference the Summer Phoenix Issue for the full schedule.	18 Water Wednesday: reference the Summer Phoenix Issue for the full schedule.	19 Closed	20 Freestyle Friday: reference the Summer Phoenix Issue for the full schedule.	21
22	23 Mindful Monday: reference the Summer Phoenix Issue for the full schedule.	24 Transformation Tuesday: reference the Summer Phoenix Issue for the full schedule.	25 Dog Days of Summer 3:30 – 6:30 p.m. Enjoy a free hot dog at the Teen Center.	26 Thrilling Thursday: reference the Summer Phoenix Issue for the full schedule.	27 Freestyle Friday: reference the Summer Phoenix Issue for the full schedule.	28
29	30 Mindful Monday: reference the Summer Phoenix Issue for the full schedule.	June 2025				

Wednesday, June 11
 3:30 – 5:30 p.m.
 Last Day of School
 Splash Bash!
 Enjoy food, fun, and music
 and be prepared to make
 splash into Summer!

Reference the Summer Issue
 of The Phoenix for a detailed
 list of the Summer daily
 activities.

Club Phoenix Teen Center
 Closed
 Thursday, June 19

Wednesday, June 25
 2:30 – 5:30 p.m.
 Dog Days of Summer: Enjoy
 free hot dogs and the
 refreshing AC from the heat
 of the Summer Sun.



TOWN OF
VIENNA
Parks and Recreation