

# Vienna *adVentures*

PARKS AND  
RECREATION  
PROGRAMS  
AND EVENTS  
GUIDE

LAST UPDATED: 1/21/2026

WINTER 2026

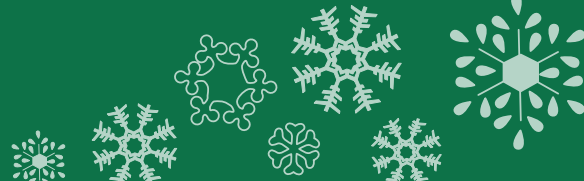
## SPECIAL EVENTS

*See pages 17 to 19  
and Back Cover*



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

# WINTER 2026 GENERAL INFORMATION



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## PARKS AND RECREATION

Leslie Herman, CPRP, Director .....	703-255-6356
Nicole Falceto, CPRE, Deputy Director .....	703-255-6355

## OPERATIONS

Jillian Franklin, Operations Superintendent .....	703-255-5726
Joy DiLillo Harrington, Office Manager .....	703-255-5741
Gagan Sandhu, Customer Care Specialist .....	703-255-6360

## PARKS

Jeremy Edwards, Parks Superintendent .....	703-255-6336
Brian Harrington, Parks Supervisor .....	703-255-5755
Matthew Fuller, Town Arborist, ISA Cert. Arborist .....	703-255-6309
Jason Perry, Urban Forrester, ISA Cert. Arborist, .....	703-255-6358

## PROGRAMS

Brandy Wyatt, Program Superintendent.....	703-255-5721
Derrick Cowles, Recreation Program Coordinator II—Programs and Camps ....	703-255-6352
Kathy Blevins, Recreation Program Coordinator—Mature Adults.....	703-255-7801
Ianna Alhambra, After School Program Coordinator .....	703-255-5736

## EVENTS & CULTURE

Lily Dunning Widman, Events and Culture Superintendent.....	703-255-5738
Stephanie Junkin, Recreation Coordinator—Arts and Culture.....	703-255-6357

## PHONE NUMBERS

Community Center Front Desk/Business Office .....	703-255-6360
Fax.....	703-255-6399
Weather, Special Events and Sports Line .....	703-255-7842
Virginia Relay Center .....	711
Business Email .....	ParksRec@viennava.gov

## BUSINESS OFFICE HOURS

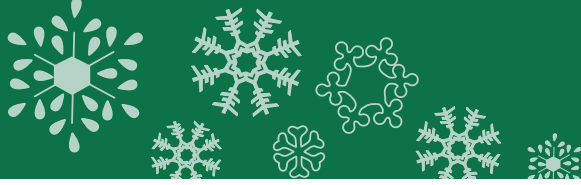
**Monday – Friday: 8 a.m. – 4:30 p.m.**

## COMMUNITY CENTER HOURS OF OPERATION

**Monday – Friday: 8 a.m. – 10:30 p.m. | Saturday: 8 a.m. – 9 p.m.**

**Sunday: 12 p.m. (noon) – 6 p.m.**

Holiday hours and closures available at **viennava.gov**.



# WINTER 2026 REGISTRATION

## REGISTRATION DATES

### IN TOWN BEGINS

**November 3 at 8 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 10 at 8 a.m.**



## VIENNA COMMUNITY LEARNING AND DISPLAY GARDEN

The Vienna Community Learning and Display Garden located behind the Vienna Community Center. The garden features food, flowers and herbs and provides learning and volunteer opportunities throughout the year. Also visit the Take-a-book, Leave-a-book kiosk. Guided tours are available, contact **Vienna Parks and Recreation** at **703-255-6360**.

## YOUTH TEAM SPORTS

**VIENNA BABE RUTH LEAGUE** — boys ages 13–18, visit **gvbr.org** for more information.

**VIENNA LITTLE LEAGUE** — For children ages 5–12, Little League also sponsors a T-ball program. For further information see **vll.org**

**VIENNA GIRLS SOFTBALL LEAGUE** — Softball program for girls ages 3–18. For more information visit **vgsl.org**

**VIENNA YOUTH INC.** — Programs in football, lacrosse, rugby, wrestling, volleyball, cheerleading, basketball and track and field. For more information, visit the **vyi.org**

**VIENNA YOUTH SOCCER** — For boys and girls ages 5 – 18, for information, visit **vys.org**

## HISTORIC VIENNA

### HISTORIC VIENNA INC.

HVI is a non-profit corporation established by the Town of Vienna to preserve and promote Vienna's history through a knowledge of the past. New members and volunteers are always welcome. Throughout the year, we offer a variety of special events for the enjoyment of visitors, families and children.

For more information visit **historicviennainc.org** or call **703-938-5187**.



### FREEMAN STORE AND MUSEUM

Located at 131 Church Street NE, behind the Town Green, the Freeman Store and Museum is jointly owned and operated by the Town of Vienna and Historic Vienna, Inc. Built in 1859, The Freeman Store is a museum, a gift shop and has a used book cellar. It remains the jewel of Vienna today.

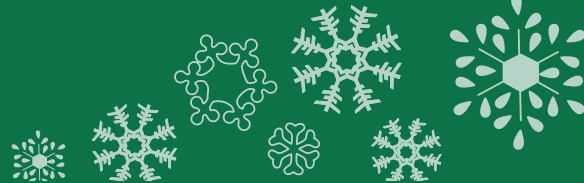


### LITTLE LIBRARY

The Little Library is a museum located on the Freeman Store grounds. Although the Little Library no longer operates as a lending library, guests will enjoy visiting and learning the history of the first library in Fairfax County. If you are interested in being a volunteer and welcoming visitors on the days the building is open, please call **703-938-5187**.



# GENERAL INFORMATION



## REGISTRATION DATES AND TIMES

In Town (*walk-in, mail-in, WebTrac, fax*) begins

**November 3 at 8 a.m.**

Out of Town (*walk-in, mail-in, WebTrac, fax*) begins

**November 10 at 8 a.m.**

Registrations are accepted at the Community Center front desk.

## 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 number(s), birthdate and email information. Include activity number, section and name of each registrant.

## WEBTRAC ONLINE REGISTRATION

Visit [viennava.gov/WebTrac](http://viennava.gov/WebTrac) for instructions on how to access WebTrac or create an account. If you have questions about your username or password, call the Community Center at **703-255-6360**.

## 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** indicates individuals that reside within the corporate limits of Vienna.
- **NR** 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.

## WAITLIST NOTIFICATION

If a spot opens in a class or camp, waitlisted students will be notified via email from our automated system. Please ensure your email address is up to date and correct in our system. The offer is valid for 72 hours. If you do not accept the offer, you will be removed from the waitlist after the offer expires.

## CLASS CANCELLATIONS

We reserve the right to cancel a class due to insufficient enrollment. All classes require a minimum number of participants. Classes are normally cancelled within one week before each session begins. A full refund will be given.

## CLASS REFUNDS

**Refunds** – To obtain a full refund, 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.

**No refunds will be given after the first class without documentation from a licensed medical professional. No refunds will be given for a materials fee or Pottery Lab. All requests for refunds must be submitted in writing.**

**Trips** – No refunds will be issued within two weeks of the trip.

## THEATER AND EVENT TICKET REFUNDS

No refunds or ticket transfers for special event registration and theater tickets.

## PRORATED CLASSES

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

## CAMP CANCELLATIONS

We reserve the right to cancel a camp due to insufficient enrollment. All camps require a minimum number of participants. Camps are cancelled two weeks before each session begins.

## CAMP REFUNDS AND TRANSFERS

There will be no full refunds given once you sign up for camp. Camp fees must be paid in full at the time of registration. To receive a partial refund, you must submit a request 14 days prior to the start of camp. All refunds are subject to a 50% penalty (\$50 max) per camp. Patrons also have the option to transfer to another camp 14 days before the beginning of camp. Any changes regarding registration must be presented in writing. Camps are canceled if they do not meet the threshold for minimum registration, two weeks prior to the start date of camp. If the Parks and Recreation Department cancels a camp, patrons will receive a full refund. No refunds will be given after the first day of camp without documentation from a licensed medical professional.

## CONFIRMATION POLICY

Please note the date and time of your class. If registering by WebTrac, a confirmation can be printed at the end of your transaction. For in person, drop off, mail-in and faxes, a confirmation is emailed to you within one week. We may also need to notify you if your class is cancelled or changed, therefore we must have a **current daytime telephone number and e-mail address**.

## INCLEMENT WEATHER POLICY

**Weather related class or camp cancellations**

### Full Closure

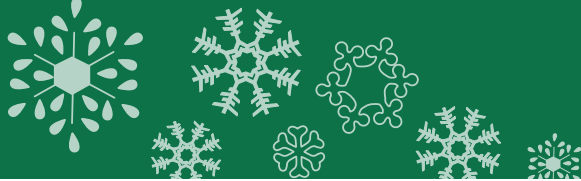
- When the Town of Vienna is closed for the day, all classes are cancelled.

### Modified Operating Schedule

- For classes scheduled to begin before 1 p.m., operating status will be announced by 5 a.m.
- For classes scheduled to begin after 1 p.m., operating status will be announced by 12 p.m. (noon).

For the most up-to-date information, please check the Town website at [viennava.gov](http://viennava.gov), visit the Town social media @[TownofViennaVa](https://www.facebook.com/TownofViennaVa) or call **703-255-7842** for specific details on delays, early dismissals, and closings.





# GENERAL INFORMATION

## Outdoor Programs Held in Spring, Summer and Fall Seasons

Decision on outdoor programs/classes will be made one hour prior to the start of class. Late cancellations may occur due to unpredictable weather conditions. Programs and classes will be rescheduled when possible. For those programs and classes that cannot be rescheduled, a refund will be given for the class. Please call the weather line, **703-255-7842** for updated information.

## TEXT ALERTS

The Vienna Parks and Recreation Department offers SMS Text Messaging for our WebTrac users. Users must **opt into the program through their WebTrac account** to ensure they receive messages about inclement weather closures, camp, program and special event cancellations. You will only receive immediate emergency messages from our department. We will continue to post other communications through our email systems, on the Town of Vienna's website and through the Town's social media pages @TownofViennaVa. Call **703-255-6360** for details on how to opt into the program. The Community Center front desk staff **cannot opt in** for you.

## FAIRFAX COUNTY TEACHER WORKDAYS

Scheduled classes will meet when Fairfax County Public Schools are closed for teacher workdays.

## ODD JOB LIST



Do you need help with shoveling snow or maybe to check off a few "to do" items from your list? Call the Vienna Parks and Recreation Department for our Youth Odd

Job List. Vienna youth sign up to be on the list as a way to earn extra cash while helping their neighbors. The Town of Vienna is not responsible for setting wage expectations.

**Please call the Community Center front desk for more information, 703-255-6360.**

## FACILITY RENTALS

### HOST YOUR NEXT EVENT AT THE VIENNA COMMUNITY CENTER!

Looking for a venue for your next event? Look no further!

The Vienna Community Center offers flexible spaces ideal for everything from small meetings to large-scale celebrations. Whether you're planning a retreat, a birthday party, or a community gathering, we have the right space to fit your needs.

**Ready to book or have questions?** Email us at **Rentals@viennava.gov** to discuss your event or check availability.

**Learn more:** Visit **viennava.gov/rentals** for rental guidelines, rates, and additional details.

## PARKS

The Town of Vienna has 12 parks that range from natural woodland areas and trails and streams to more structured parks with playgrounds, athletic fields, and courts. To learn more about our park system and its amenities, visit **www.viennava.gov/parks**.



## GENERAL POLICY/BEHAVIOR POLICY

- Please arrive on time for classes. We do not delay the start of class for tardiness.
- To ensure the safety of your child, please accompany your children to and from the classroom.
- Pick up your children promptly at the end of class. Before and after class supervision is not available. If parents are continually late to pick up their child, the Parks and Recreation Department reserves the right to charge an additional fee of \$10 per child per instance of late pickup.
- We attempt to reschedule all classes we cancel; however, we cannot reschedule classes for students who miss classes.
- If students cannot be a cooperating member of class or are a constant distraction during the class or camp, 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.

## AMERICANS WITH DISABILITIES ACT



In accordance with the Americans with Disabilities Act (ADA), Town of Vienna programs, services and facilities are available to all people regardless of race, color, national origin, sex, age or disability. The Director of Public Works at 127 Center Street S, Vienna, VA 22180 has been designated to coordinate ADA compliance. This location is fully accessible to persons with disabilities. Translation requests need to be made in writing at least 14 working days before the date of the event. The Vienna Parks and Recreation Brochure will be made available in large print or on an audio device upon request. Call **703-255-6360 TTY 703-255-5739 / Virginia Relay Center 711**.

# PRESCHOOL & YOUTH CLASSES



## LITTLE HOOPERS

**Instructor: Brian Lonardo**

The Little Hoopers class is focused on fun and learning the fundamentals of basketball. Players will work on dribbling, shooting, passing, and play modified games.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
304091-A1	1/9-3/13	10	F	4-5pm	4-7	\$250/\$312.50

## HOOPS CLASS WITH NOTHING BUT NET

**Instructor: Brian Lonardo**

This class will get your basketball player ready for the season by working on dribbling, passing, tripping moves and playing full court games. Each class will run like a practice and build on learning the fundamentals of the game.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
304092-A1	1/9-3/13	10	F	5-6pm	8-12	\$250/\$312.50

## SPORTS & GAMES FOR KIDS

**Instructor: Chris Kurtzman**

Join the fun and get active in this dynamic sports and games class while learning sportsmanship and teamwork. Each week we introduce fundamental rules and skills of a sport and then reinforce with a variety of games. Sports and games include soccer, basketball, hockey, volleyball, track and field/triathlon, flag football, baseball, kickball, battleship, friendship tag, alarm clock, pound puppies, super troopers and a lot more. This is a parent drop off class.

*No Class: 1/19, 2/16*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
304706-A1	1/12-3/16	8	M	1:30-2:30pm	3-6	\$156/\$196

## ALL SPORTS FOR KIDS

**Instructor: Helen Petrakes**

This class will teach the fundamentals of a variety of team sports including soccer, basketball, baseball, hockey, volleyball and track and field. Students will enjoy playing new games such as rainbow run, end zone trappers, battleship, bye-bye tag and much more. Coaches focus on large motor skill development and ball handling skills, as well as emphasizing good sportsmanship and teamwork. This is a parent drop off class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
304707-A1	1/13-3/10	9	T	1:30-2:30pm	3-6	\$162/\$202.50

## TWOOSEY 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 parents helpers get to play too. A \$32 materials fee is due on the first day of class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
307250-A1	1/13-3/3	8	T	10:30-11:15am	1.5-3	\$120/\$150
<b>CANCELLED</b>	1/13-3/3	8	T	11:30am-12:15pm	1.5-3	\$120/\$150
307250-C1	1/15-3/5	8	Th	10:30-11:15am	1.5-3	\$120/\$150

## 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. A materials fee of \$32 is due the first day of class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
307251-A1	1/15-3/5	8	Th	11:30am-12:15pm	3-6	\$120/\$150



## MUSIC TOGETHER

**Instructor: Little Steps Music**

Music Together is an internationally recognized mixed age music and movement class. The Music Together approach develops every child's birthright of basic music competence by experiencing music through playful activities rather than learning music concepts. Find out more at [littlestepsmusic.com](http://littlestepsmusic.com). A \$42 non refundable supply fee is included in the cost of the class. Adult participation is required. *No Class: 2/17*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
308141-A1	1/13-3/17	9	T	9:30-10:15am	birth-5	\$252/\$315
308141-B1	1/13-3/17	9	T	10:30-11:15am	birth-5	\$252/\$315

## Tiny Tots Dance



**Instructor: Velocity Dance**

This class focuses on teaching your dancer the basics of dance as well as working on overall body awareness, performance and showmanship, musicality, following directions and working with peers. Dancers will learn Ballet, Jazz and Hip-Hop. We use popular music, upbeat choreography and games to keep dancers engaged and excited about class. *No Class: 1/19, 2/16*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
308100-A1	1/12-3/16	8	M	4-5pm	3-7	\$120/\$150

# PRESCHOOL & YOUTH CLASSES

## GYMNASTICS

Instructor: Shannon Lake

### PRESCHOOL GYMNASTICS

A fun and challenging class that teaches age appropriate skills on uneven bars, balance beam, floor, and springboard. This is a parent drop off class so students must attend without an adult and be cooperating members of the class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
304062-A1	1/6-3/10	10	T	1:15-2pm	3-5	\$95/\$115
304062-B1	1/6-3/10	10	T	2:15-3pm	3-5	\$95/\$115
304062-C1	1/6-3/10	10	T	3:15-4pm	3-5	\$95/\$115
304062-D1	1/7-3/11	10	W	1:15-2pm	3-5	\$95/\$115
304062-E1	1/7-3/11	10	W	2:15-3pm	3-5	\$95/\$115
304062-F1	1/7-3/11	10	W	3:15-4pm	3-5	\$95/\$115
304062-G1	1/8-3/12	10	Th	10:45-11:30am	3-5	\$95/\$115
304062-H1	1/8-3/12	10	Th	1:15-2pm	3-5	\$95/\$115
304062-I1	1/8-3/12	10	Th	2:15-3pm	3-5	\$95/\$115
304062-J1	1/8-3/12	10	Th	3:15-4pm	3-5	\$95/\$115

#### Mini Session

304062-K1	12/2-12/16	3	T	1:15-2pm	3-5	\$28.50/\$34.50
304062-L1	12/2-12/16	3	T	2:15-3pm	3-5	\$28.50/\$34.50
304062-M1	12/2-12/16	3	T	3:15-4pm	3-5	\$28.50/\$34.50
304062-N1	12/3-12/17	3	W	1:15-2pm	3-5	\$28.50/\$34.50
304062-O1	12/3-12/17	3	W	2:15-3pm	3-5	\$28.50/\$34.50
304062-P1	12/3-12/17	3	W	3:15-4pm	3-5	\$28.50/\$34.50
304062-Q1	12/4-12/18	3	Th	10:45-11:30am	3-5	\$28.50/\$34.50
304062-R1	12/4-12/18	3	Th	1:15-2pm	3-5	\$28.50/\$34.50
304062-S1	12/4-12/18	3	Th	2:15-3pm	3-5	\$28.50/\$34.50
304062-T1	12/4-12/18	3	Th	3:15-4pm	3-5	\$28.50/\$34.50

### GYMNASTICS FOR PARENT/CHILD

This is an introductory class where gymnasts will explore the bars, beam, floor, and springboard with a responsible adult. Instructor provides guidance and supervision. Adults and gymnasts must be cooperative and participating members of the class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
304061-A1	1/7-3/11	10	W	9:45-10:30am	2-3	\$95/\$115
304061-B1	1/7-3/11	10	W	10:45-11:30am	2-3	\$95/\$115
304061-C1	1/8-3/12	10	Th	9:45-10:30am	2-3	\$95/\$115

#### Mini Session

304061-D1	12/3-12/17	3	W	9:45-10:30am	2-3	\$28.50/\$34.50
304061-E1	12/3-12/17	3	W	10:45-11:30am	2-3	\$28.50/\$34.50
304061-F1	12/4-12/18	3	Th	9:45-10:30am	2-3	\$28.50/\$34.50

### GYMNASTICS FOR AGES 4-7

This class is set up for our younger gymnasts and includes three balance beams of different heights, floor and vaulting equipment and a bar. Everything students need to learn gymnastics skills.

No Class: 1/19, 2/16

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
304060-A1	1/5-3/9	8	M	4:15-5pm	4-7	\$76/\$92
304060-B1	1/5-3/9	8	M	5:15-6pm	4-7	\$76/\$92
304060-C1	1/5-3/9	8	M	6:15-7pm	4-7	\$76/\$92

#### Mini Session

304060-D1	12/1-12/15	3	M	4:15-5pm	4-7	\$28.50/\$34.50
304060-E1	12/1-12/15	3	M	5:15-6pm	4-7	\$28.50/\$34.50
304060-F1	12/1-12/15	3	M	6:15-7pm	4-7	\$28.50/\$34.50

### GYMNASTICS FOR AGES 5-13

Gymnasts will receive instruction on the uneven bars, balance beam, vault and floor. Class includes flexibility and strength building moves and are for all ability levels: beginner through advanced. Gymnasts progress through the program based on individual ability levels and are grouped primarily by ability level and age. Join us for one, two or three days a week!



Activity #	Dates	# of Classes	Day	Time	Age	R/NR
314061-A1	1/6-3/10	10	T	4:05-5pm	5-13	\$112.50/\$140
314061-B1	1/6-3/10	10	T	5:05-6pm	5-13	\$112.50/\$140
314061-C1	1/6-3/10	10	T	6:05-7pm	5-13	\$112.50/\$140
314061-D1	1/7-3/11	10	W	4:05-5pm	5-13	\$112.50/\$140
314061-E1	1/7-3/11	10	W	5:05-6pm	5-13	\$112.50/\$140
314061-F1	1/7-3/11	10	W	6:05-7pm	5-13	\$112.50/\$140
314061-G1	1/8-3/12	10	Th	4:05-5pm	5-13	\$112.50/\$140
314061-H1	1/8-3/12	10	Th	5:05-6pm	5-13	\$112.50/\$140
314061-I1	1/8-3/12	10	Th	6:05-7pm	5-13	\$112.50/\$140

#### Mini Session

314061-J1	12/2-12/16	3	T	4:05-5pm	5-13	\$33.75/\$42
314061-K1	12/2-12/16	3	T	5:05-6pm	5-13	\$33.75/\$42
314061-L1	12/2-12/16	3	T	6:05-7pm	5-13	\$33.75/\$42
314061-M1	12/3-12/17	3	W	4:05-5pm	5-13	\$33.75/\$42
314061-N1	12/3-12/17	3	W	5:05-6pm	5-13	\$33.75/\$42
314061-O1	12/3-12/17	3	W	6:05-7pm	5-13	\$33.75/\$42
314061-P1	12/4-12/18	3	Th	4:05-5pm	5-13	\$33.75/\$42
314061-Q1	12/4-12/18	3	Th	5:05-6pm	5-13	\$33.75/\$42
314061-R1	12/4-12/18	3	Th	6:05-7pm	5-13	\$33.75/\$42

### ADVANCED GYMNASTICS

This invite only class has a student/teacher ratio of 4 to 1 and is for the year-round gymnast. Gymnasts will improve on and add to skills already learned as well as work on routines, dance, flexibility, and strength. An instructor will approach a parent when a gymnast is ready for this class. Registration will not be accepted without a written letter from the instructor. Participants need to be registered for a minimum of two classes per week in addition to the advanced class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
314063-A1	1/6-3/10	10	T	7:05-8pm	7-13	\$220/\$275
314063-B1	1/7-3/11	10	W	7:05-8pm	5-8	\$220/\$275
314063-C1	1/8-3/12	10	Th	7:05-8pm	7-13	\$220/\$275

#### Mini Session

314063-D1	12/2-12/16	3	T	7:05-8pm	7-13	\$66/\$82.50
314063-E1	12/3-12/17	3	W	7:05-8pm	5-8	\$66/\$82.50
314063-F1	12/4-12/18	3	Th	7:05-8pm	7-13	\$66/\$82.50



# PRESCHOOL & YOUTH CLASSES



## SPANISH FOR BEGINNERS

**Instructor: Children's Center for Language and Culture, Inc**

An introduction to Spanish that combines dynamic and fun teaching strategies with traditional classroom instruction. Students will begin with the vocabulary and develop speaking and conversational skills through a variety of fun activities such as games, skits, plays, puppetry, song, dance, storytelling, and more. A fantastic way to introduce students to Spanish and nurture a love for the language.



Activity #	Dates	# of Classes	Day	Time	Age	R/NR
309323-A1	1/13-3/19	20	T & Th	4:30-5:30pm	6-8	\$390/\$479

## MUSIC FOR TODDLERS

**Instructor: Chris Krouse**

Join Miss Chris for a fun-filled class that focuses on building the most fundamental music skills. We will sing, bounce, clap, explore simple instruments, use seasonal props and have fun. The first 10 minutes of the 40 minute class is for children to warm up to the instruments and build friendships. This is a parent participation class.

*No Class: 1/19, 2/16*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
308142-A1	1/12-3/16	8	M	10-10:40am	10mo-30mo	\$156/\$196
308142-B1	1/12-3/16	8	M	11-11:40am	10mo-30mo	\$156/\$196
308142-C1	1/15-3/5	8	Th	10-10:40am	10mo-30mo	\$156/\$196
308142-D1	1/15-3/5	8	Th	11-11:40am	10mo-30mo	\$156/\$196

## CODING WITH FUN

**Instructor: Stemtreet**

Students will learn the computer programming concepts in a fun and interactive way. They will combine media elements to create and share their own interactive stories, animations, games, music, and art. Students will learn basic reasoning and problem solving skills; and they will have an opportunity to think creatively, communicate clearly, use technology fluently, and collaborate effectively. On the first day of the program students will be assessed on their grades and prior skill levels and placed into one of the three levels: Beginner, Intermediate, or Advanced.

*No Class: 1/19, 2/16*



Activity #	Dates	# of Classes	Day	Time	Age	R/NR
314460-A1	1/12-3/16	8	M	5:30-6:30pm	6-11	\$208/\$260

## SCIENCE EXPLORERS

**Instructor: Stemtreet**

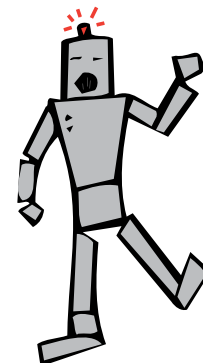
Stemtreet's science program keeps campers engaged through our customized science curriculum. On the first day of the program, students will be assessed on their grades and prior skill levels. Based on their assessment, they will be provided with a personalized lesson plan and activities that are skill level appropriate. They work through these individualized lessons with the one-on-one guidance of an instructor and conduct hands-on activities. Our goal is to make science fun for your child!

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
314462-A1	1/13-3/3	8	T	5:30-6:30pm	6-12	\$208/\$260

## STEMTREE ROBOTICS

**Instructor: Stemtreet**

Robo-Fun uses the wonder and genius of robots to inspire students to learn engineering, apply their knowledge and skills of basic science, model construction, computer programming, and problem solving to explore STEM concepts. This program utilizes instructional time, assessments, and hands-on activities to reinforce key concepts and improve problem solving skills. On the first day of the program students will be assessed on their grades and prior skill levels and placed into one of the following levels; Beginner, Intermediate, or Advanced.



Activity #	Dates	# of Classes	Day	Time	Age	R/NR
314661-A1	1/14-3/4	8	W	5:30-6:30pm	6-11	\$208/\$260

## RUNNING CLUB



**Instructor: Helen Petrakes**

Join the fun in our high energy running club. Students will enjoy beginning each class with our challenging warm up games. Next, we break into our daily stations, training for fast paced running, building on endurance levels, quick footwork, agility, and proper running form. Kids will enjoy this well rounded class preparing them for races, as well as quickness and agility used in most sports. *No Class: 1/19, 2/16*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
314690-A1	1/12-3/23	9	M	4:15-5:15pm	5-9	\$162/\$202.50

# PRESCHOOL & YOUTH CLASSES



## Adrenaline Cheer & Tumbling

**Instructor: Adrenaline Dance Force**

This class is designed to teach basic to advanced concepts of cheer and tumbling. Students work on motions and jump technique, stunting basics and cheer dances. Cheerleaders will gain strength, performance techniques and improve on their showmanship. Our tumblers will learn tumbling basics, flexibility and beginning/intermediate level skills such as rolls, cartwheels and back bends. An in-class parent showcase will be held on the last day of class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
328105-A1	1/9-3/13	10	F	6:30-7:30pm	6-12	\$170/\$212.50

## CHESS CLUB

**Instructor: Silver Knights Chess**

Learn chess with Magnus Academy, five-time world champion Magnus Carlsen's academy! Class time is divided between lessons and practice games, and lessons range from the basic rules to advanced tournament strategies. This in-person club includes free online extras including weekly practice tournaments, a Chesskid Gold Membership (\$49 value!), and an event with a chess celebrity. All chess supplies provided, and all skill levels welcome.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
319710-A1	1/15-3/5	8	Th	5:30-6:30pm	5-12	\$170/\$212

## STORYBOOK BALLET

**Instructor: Adrenaline Dance Force**

This ballet class will expose your little ballerina to many of the classical ballet stories such as Sleeping Beauty, Cinderella and The Nutcracker through literature, storytelling and music. Basic ballet concepts will be introduced to lay a positive technical foundation (i.e.: positions, plies, etc.). Students will enjoy being exposed to real ballet stories to create a love for this classical art form! An in-class parent showcase will be held on the last day of class.

*No Class: 1/19, 2/16*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
<del>328107-A1</del>	<del>1/12-3/16</del>	<del>8</del>	<del>M</del>	<del>1-1:45pm</del>	<del>3-6</del>	<del>\$136/\$170</del>
328107-B1	1/12-3/16	8	M	2-2:45pm	3-6	\$136/\$170

## ADRENALINE DANCE FORCE HIP HOP ALL STARS

**Instructor: Adrenaline Dance Force**

Adrenaline Dance Force (ADF) classes offer the ability to improve hip-hop style, increase memory and improve balance by staying grounded and strong through upper and lower body movement. Our ADF hip-hop dancers will learn the latest street dancing technique, performance skills and confidence. ADF's experienced staff brings excitement to this class with the latest hip-hop moves and age-appropriate music! An in-class parent showcase will be held on the last day of class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
328108-A1	1/9-3/13	10	F	5:30-6:30pm	6-12	\$170/\$212.50

## MUSICAL THEATER

**Instructor: Adrenaline Dance Force**

Lights, camera, action! This class is a fun introduction to performing arts combining dance, music and acting. Your child will cultivate the technical and emotional skills needed to excel in a musical theater by developing their confidence and charisma. A family friendly musical will be selected and all will get to have their big moments in the spotlight during their performance on the last day for family and friends. *No Class: 1/19, 2/16*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
328313-A1	1/12-3/16	8	M	5:30-6:30pm	6-8	\$136/\$170

## SECURESURF TEEN EDITION: SMART, SAFE, AND SOCIAL

**Instructor: HDM Proserv LLC**

SecureSurf Teen Edition: Smart, Safe, and Social offers three independent, lecture-style digital safety classes designed for today's teens. Each session tackles a unique topic, from protecting social media privacy to recognizing online scams and managing digital footprints, giving teens essential tools to navigate the internet wisely.

- A1- Social Media Privacy and Oversharing
- B1- Scams, Phishing, and How Teens Get Targeted
- C1- Your Digital Footprint and What Colleges/Employers See

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
329741-A1	1/20	1	T	6-7pm	13-17	\$52/\$65
329741-B1	2/11	1	W	6-7pm	13-17	\$52/\$65
329741-C1	3/19	1	Th	6-7pm	13-17	\$52/\$65

# HOLIDAY EVENTS & SCHOOL BREAK WINTER CAMPS



## Holiday Programs

### COCOA BOMBS AND MUGS HOLIDAY WORKSHOP

**Instructor: Inspired By Love**

Is your child ready for some holiday fun and cheer? Children will participate in making their own hot cocoa bombs and personalized coffee mugs. They will also create fun packaging and gift tags to share with their family. Spots are limited. Sign up early so you don't miss out on this fun holiday workshop!

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
312600-A1	12/13	1	Sa	9-11:30am	7-12	\$40/\$50

### GINGERBREAD HOUSE EXTRAVAGANZA

**Instructor: Inspired By Love**

Bring the whole family for a festive Gingerbread House Workshop! Enjoy an evening of holiday cheer as you design and decorate your very own gingerbread house. We'll provide everything you need—gingerbread pieces, frosting, candies, and a full candy bar—to spark your creativity. This family-friendly event is perfect for all ages and a wonderful way to share in a sweet seasonal tradition. Registration includes one gingerbread house kit for up to four participants. Additional kits are available for \$10 each.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
312602-A1	12/12	1	F	5:30-7:30pm	Ages 5+	\$25/\$31.25

### HOLIDAY CANDLE MAKING

**Instructor: Inspired By Love**

Does your child love the aromas of the holidays? If they do, this is a workshop that they don't want to miss! Your child will participate in holiday candle making using various molds and shapes, and create their own signature scent. Each child will also have the opportunity to create an extra candle that would be donated to the Katherine Hanely Women's and Children's Shelter. Don't miss this fun experience!

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
312601-A1	12/13	1	Sa	12-2:30pm	7-12	\$40/\$50

### HOLIDAY CRAFTING WORKSHOPS

**Instructor: Inspired By Love**

Join us for three weeks of festive fun in our Holiday Crafting Workshops! Each week features a new holiday-themed project, from cookie decorating, making ornaments and decorations to crafting seasonal gifts. Our workshops provide all the materials and guidance needed for kids to create unique, handcrafted treasures. Ideal for children of all ages, these sessions offer a creative way to celebrate the season, develop artistic skills, and make lasting memories. Sign up and let your child's imagination shine this holiday season!

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
312603-A1	12/4-12/18	3	Th	5-6:30pm	7-12	\$50/\$62.50

### NOTHING BUT NET SINGLE DAY CAMP

**Instructor: Brian Lonardo**

Have fun on this FCPS No School Day with the Nothing but Net camp! We will focus on a variety of sports, including basketball, soccer, floor hockey, pillow polo, and many PE games.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
315102-A1	12/22	1	M	9am-1pm	6-12	\$50/\$62.50
315102-B1	12/23	1	T	9am-1pm	6-12	\$50/\$62.50
315102-C1	12/29	1	M	9am-1pm	6-12	\$50/\$62.50
315102-D1	12/30	1	T	9am-1pm	6-12	\$50/\$62.50







# CLUB PHOENIX TEEN CENTER



**Club Phoenix Teen Center**, an after-school program available for ages 11 – 17. All Teens and Tweens in the Greater Vienna area are welcome. From homework help on Tuesday's and Thursday's to fun daily activities that enrich teens lives through programs focused on their interests, there is something for everyone at Club Phoenix. The teen center boasts large tabletop games like air hockey, shuffleboard, and pool, video games, board games, virtual reality games, music, special events, special interest activities, and sports/fitness programs. Please contact Ianna Alhambra, After School Program Coordinator, at **703-255-5736** or via email at **Ianna.Alhambra@viennava.gov**, if you have any questions.

## Hours of Operation:

**Monday through Thursday ..... 2:30 – 6:30 p.m.**

**Friday ..... 2:30 – 9 p.m.**

## Club Phoenix is closed the following dates:

**November 27 - 28 | December 24 – 26 | December 31**  
**January 1 - 2 | January 19 | February 16**

## Club Phoenix is open on Student Holidays and Breaks:

**12:30 – 6:30 p.m.**

**November 26 | December 22 - 23 | December 29 - 30**  
**January 29 - 30 | February 17 | March 20**

*All programs held at the Vienna Community Center  
unless otherwise noted.*

## REGISTRATION

Please register your child for Club Phoenix at **viennava.gov/register**. Once registered, your child will receive a key fob upon their first visit Club Phoenix. Registration is free and open to any teen in the greater Vienna area.

## “THE PHOENIX” PARENT E-NEWSLETTER

Get connected and stay informed with all the latest happenings in Club Phoenix by signing up to receive our seasonal e-Newsletter, “The Phoenix.” You can learn more information regarding events, daily activities, parent discussions and teen council meeting details. Receive your e-Newsletter every three months.

## TEEN COUNCIL

Our Teen Council, in hopes of making a difference in their community. Driven teens learn and apply leadership skills by providing education on youth issues and volunteering at special events. Applications can be picked up at Club Phoenix. Meetings are on alternating Tuesday's from 5 p.m. – 6 p.m., volunteer opportunities are after school and during school breaks. Teens are chaperoned by a Town of Vienna employee on each volunteer outing.

## VOLUNTEER HOURS

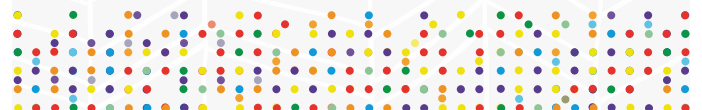
All students may volunteer at the Teen Center during the after-school program. Volunteer opportunities include but are not limited to special events assistance, helping in “The Nest” snack bar, and at our local Town of Vienna community. Interested students must fill out a volunteer application that can be found at Club Phoenix Teen Center.

## APPLY FOR THE ODD JOB 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.

## 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.





## CLUB PHOENIX SPECIAL EVENTS

### HIGH SCHOOL ONLY NIGHT

**Second Friday of the Month**  
**7 – 9 p.m.**

Are you in High School and only want to hang with your high school friends on a Friday night? You're in luck! The Club Phoenix Teen Center is hosting "High School Only Night's" every second Friday of the month during the school year. Each month will have a different planned activity from escape rooms and Friendsgiving's to improv nights and pool tournaments. Not up for a planned activity? Enjoy all the fun that the teen center has to offer without the younger teens. Must be Club Phoenix Teen Center Members only. Bring a friend and receive a chance at spin-to-win.

**December 12:** Open Mic Night

**January 9:** Sip and Paint Night (*Hot Cocoa and Apple Cider*)

**February 13:** Volunteer Night

**March 13:** Casino Night



### WELLNESS WEDNESDAY *themes*

**December – March | 4 – 4:30 p.m.**

The Club Phoenix Teen Center round out all the activities with health and wellness programs every Wednesday afternoon. These mini lessons help teens and tweens learn more about themselves and the world they live in to optimize on their health and wellness journey. Programs range from icebreaker games to learn emotional regulation, finance simulators bringing the game of life into real play and learning how to create healthy snacks for a well-balanced nutritional diet.

**DECEMBER:** *Social* – teens show interest and concern in relationships with family, friends, coworkers, and community.

**JANUARY:** *Financial* – teens learn about savings, income, and debt through understanding financial situations.

**FEBRUARY:** *Emotional* – teens will develop a deeper ability to express feelings, adjust to emotional challenges and cope with stress.

**MARCH:** *Physical* – teens will better understand a healthy body is one that balances nutrition, sleep, and exercise.

### OPEN MIC NIGHT

**December 12 | 7 – 9 p.m.**

Join us for a fun night filled with laughter and test your skills to work a crowd through this open mic night supported by your peers. Test your comedy skills, share your acting skills, or work a crowd with a poetry slam, or share your talent through song and dance on the stage! Enjoy popcorn and be entertained all night long.



### WINTER WONDERLAND PARTY

**December 12 | 3:30 – 6:30 p.m.**

This is our version of our winter holiday party, where teens are encouraged to wear any holiday or winter themed sweater or outfit. There will be music, food, games, prizes, and more. Do not miss out on this annual event.



### WINTERBREAK ACTIVITIES

Club Phoenix Teen Center Winter Break Schedule:

**December 22:** Extended Hours – *Holiday Episodes of your favorite shows*

**December 23:** Extended Hours – *2025 Recap Scrap Book*

**December 29:** Extended Hours – *Vision Board 2026*

**December 30:** Extended Hours – *Movie Marathon*

This winter break lets enjoy the holiday season with puzzles, movies, board games, and video games. Enjoy holiday movies, music, and games. During all viewing parties we will also enjoy free popcorn. Soda will be sold every day during winter break, as well.

*Extended Hours: 12:30 – 6:30 p.m.*



# CLUB PHOENIX TEEN CENTER

## CLUB PHOENIX SPECIAL EVENTS

### Finance Simulator

**January 21 | 4 – 5 p.m.**

Enjoy the game of life through this reality simulator. The wellness theme for the month of January is finance. Teens will better understand how to budget their life after choosing a career and starting salary in this interactive game.



FEBRUARY IS



### *Special Events*

During Black History Month, teens will learn about the roles and achievements of African Americans in the history of the United States. Every Wednesday, We will enjoy cuisine, art, music, and other influences of African American culture.

### CANVAS AND *Cocoa Party*

**January 15 | 4 – 5 p.m.**

Guided by our artistically proficient teenagers, we will learn how to blend and mix colors to create a masterpiece, while sipping hot chocolate.



### SECOND SEMESTER OPEN HOUSE FOR PARENTS AND FAMILIES

**February 5 | 2:30 – 7 p.m.**

Please enter from the Blue Club Phoenix Canopy entrance. Parents, friends, and family are welcome to see where their Teens come to hangout after school. Meet the staff and ask any questions about the programs, daily activities, sign up to volunteer, mentor, tutor, etc. Compete against your parent in a game of pool, play Phase 10 against your siblings, or play Rocket League against your friends. Admission is free, and if you like what you see, register by creating an account on WebTrac.

### PARENT DISCUSSION: CONSCIOUS PARENTING LUNCH AND LEARN

**March 3  
11 a.m. – 12 p.m.**

Join us for a one-hour Introductory workshop on conscious parenting. Reserve your spot today to learn effective communication techniques to reduce conflict and create a deeper connection with your children.

Call 703-255-5736 for details and register.



MARCH IS

**WOMEN'S**  
HISTORY MONTH

### *Special Events*

During Women's History Month, teens will learn about the roles and achievements of women in the history of the United States. Each Wednesday, we will enjoy cuisine, art, music, and other influences that women from the past have accomplished.

### St. Patty's Party

**March 17 | 3:30 – 5:30 p.m.**

You do not need the luck of the Irish for this party. Remember to wear green, for a night of activities and faire related to the people of Ireland. No leprechauns allowed.





# ADULT DROP-IN & ON-GOING PROGRAMS



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

## ADULT DROP-IN BASKETBALL, VOLLEYBALL and PICKLEBALL

### BASKETBALL

Monday/Wednesday/Friday | 8 – 10 p.m.

### VOLLEYBALL

Monday/Friday | 8 – 10 p.m.

### INDOOR PICKLEBALL

Monday/Wednesday | 11 a.m. – 1 p.m.

Friday | 11 a.m. – 2 p.m.

Thursday | 6 – 10 p.m.

*Ends mid-November • Resumes mid-March*

All drop-in participants must have a pass (fob) to participate. Vienna residents play for free. Out of Town residents fees are \$5 per visit. Please bring a valid photo I.D.

## OUTDOOR PICKLEBALL AND TENNIS COURTS

Visit [viennava.gov/courts](http://viennava.gov/courts) for more information

## TAI CHI CHUAN - QIGONG

Tai Chi Chuan-Qigong is an easy, gentle, low-impact exercise for better balance, general health, and flexibility. Suitable for all. To join this fun, welcoming group in-person contact [hannan1122@gmail.com](mailto:hannan1122@gmail.com). The Tai Chi group meets in-person Tuesday through Friday at the Vienna Community Center from 7:30 - 8:30 a.m. The Qigong group meets in-person Mondays from 7:30 - 8:30 a.m.

## SCRABBLE

**Every Monday | 12:30 – 4 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 like a crossword puzzle.

## CANASTA

**Every Wednesday | 12:30 – 3:30 p.m.**

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. Seasoned players are willing to help others and welcome newcomers to the game.

## THE VIENNA SENIORS BRIDGE CLUB

**Every Wednesday | 10 a.m.-1:30 p.m.**

Group Coordinator: Fatechand Shah 703-758-9547, [fateshaw@yahoo.com](mailto:fateshaw@yahoo.com)  
Meets at the Vienna Community Center  
Intermediate and advanced bridge players are invited to attend our gatherings. There are refreshments and a lunch break at about noon.

## A STITCH IN TIME — KNITTERS CIRCLE

**Every Tuesday | 1 – 4 p.m.**

Come meet others who enjoy knitting and crocheting and sharing their craft. For knitters of all skill levels. A great way to get yourself to knit and gather to have pleasant conversation.



# ADULT DROP-IN & ON-GOING PROGRAMS



## FIRST FRIDAY FLICKS

*sponsored by Humana*

**First Friday of every month | 2 p.m.**

**November 7**

*"Ordinary People" — 1980*

**December 5**

*"From Here to Eternity" — 1953*

**January 2**

*"Revolution" — 1985*

**February 6**

*"Sparkle" — 1976*

**March 6**

*"Suffragette" — 2015*

Come and enjoy an afternoon of entertainment as we show top-rated movies at the Vienna Community Center for adults 55+ on our large 13' X 9' dimension screen with specialized surround sound. Free popcorn will be available, or you may bring your own snack.



## MAH JONGG

**Every Thursday | 12:30 – 4 p.m.**

Mah Jongg was introduced to the United States in 1920. American rules Mah Jongg is played here. There is no formal instruction, however, regular players are glad to tutor new players. All abilities are welcome. *No Mah Jongg 11/27*

## RUMMIKUB

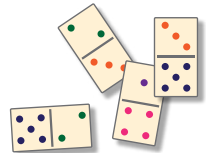
**Every Thursday | 12:30 – 4:30 p.m.**

Rummikub is a tile-based game for 2 to 4 players, combining elements of the card game rummy and mahjong. Players try to be the first to play all of the tiles in their rack by placing them in runs and groups, rummy style. *No Rummikub 11/27*

## DOMINOES

**Every Friday | 12:30 – 3:30 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.



Sign Up for

## Vienna HAPPENINGS

E-Newsletter

Visit [www.viennava.gov/happenings](http://www.viennava.gov/happenings) to receive the Town's weekly email with updates on what's going down around town.

## 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 p.m. at the Vienna Community Center.**

# ART & POTTERY PROGRAMS



ALL POTTERY CLASSES AND LABS ARE LOCATED AT THE BOWMAN HOUSE  
ARTS AND CRAFT CENTER (211 CENTER STREET SW)

## POTTERY WHEEL

### CLAY-MAGINATION FOR KIDS

**NEW**

**INSTRUCTOR:** Shelby Magalis

In this classe, children will explore the world of clay and ceramics with the power of play and discovery. Students will be shown a wide variety of different tricks and tips in order to bring their clay projects to life. Processes will allow the students to experiment in building, sculpting and decorating, all while trying out new techniques. Projects will include cups and bowls to use at home, funky figurines to display and everything in between. Students will find that clay can be just as unique and different as they are. Projects will go through a two-firing process of bisque to glazing and will be taken home on the last day and as they are completed throughout the program. The last 15 minutes of class will be dedicated to clean up.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
317210-A1	1/21-3/4	7	W	4pm-6pm	8-12	\$21.50/\$26.50



### TEEN WHEEL - THROWING

**NEW**

**INSTRUCTOR:** Shelby Magalis

Teens will enter a space of creativity, focus and the joy of learning something new while building their skills on the pottery wheel. Alongside their instructor, they will create both functional and aesthetic pieces that reflect their own unique perspective and personality. These classes will emphasize building skills on the wheel as well as hand building to add handles, lids and surface designs to their pieces. Teens will be empowered in their abilities as they sharpen their own unique sense of style through making one-of-a-kind art that will last a lifetime. The last 15 minutes of class will be dedicated to clean-up.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
317212-A1	1/21-3/4	7	W	6:30pm-8:30pm	13-18	\$21.50/\$26.50

### BEGINNING WHEEL

**Instructor:** Ben Harrell III

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 stores and online. 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
337211-A1	1/6-3/3	9	T	6:30-9:30pm	18-99	\$211.50/\$263.25

### BEGINNER WHEEL 2

**Instructor:** Ben Harrell III

A further introduction to the potter's wheel for continuing to work on the fundamentals learned from the Beginning Wheel class, bridging the gap between a beginner level to intermediate. Students will learn in-depth foundational techniques emphasizing handling greater amounts of clay for form development, continued practice of making and attaching handles, lugs, and knobs, and a detailed exploration of glaze application. Registration is limited to those who have completed two sessions of Beginning Wheel or equivalent at another studio. This is not a true beginner class. Required materials include: a basic tool kit consisting of a sponge,

needle tool, wire and wooden sculpting tools. Students wishing to work on larger pieces or multiple pieces should consider purchasing their own bats.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
337217-A1	1/6-3/3	9	T	9am-12pm	18-99	\$211.50/\$263.25

### INTERMEDIATE WHEEL

**Instructor:** Bikki Stricker and Ben Harrell III

This class is designed to expand on the basics taught in beginning wheel. Sample projects include throwing larger forms, making dinnerware sets, and exploring various decorating techniques. Students should bring a towel, tools, and bats to class.

*No Class: 1/19,2/16*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
337212-A1	1/5-3/2	7	M	2-5pm	18-99	\$164.50/\$204.75
337212-B1	1/6-3/3	9	T	3-6pm	18-99	\$211.50/\$263.25

### INTERMEDIATE/ADVANCED WHEEL

**Instructor:** Rachelle Stefanik

This class will build on existing skills, with a focus on planning projects from conception to final glazing. Focus will be on refining techniques and pushing past your comfort zone. Students should be able to center and throw at least 3 pounds of clay. Required materials include a towel, tools and your own bats.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
337216-A1	1/9-3/6	9	F	6:30-9:30pm	18-99	\$211.50/\$263.25





# ADULT ART & POTTERY PROGRAMS

## WINTER 2026 SPECIAL EVENTS

### POTTERY LAB

Open to all adults enrolled in a pottery class. Up to two labs per class participant. \$20.00 for 25 pounds of clay, which includes glazes and firings. Only clay purchased from the Parks and Recreation Department may be used in the studio. Children may not accompany parents or caregivers to lab. *No Class: 1/19, 2/16*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
337210-A1	1/12-3/9	7	M	9:30am-12:30pm	18-99	\$35/\$35
337210-B1	1/12-3/9	7	M	6-9pm	18-99	\$35/\$35
337210-C1	1/14-3/11	9	W	1-4pm	18-99	\$45/\$45
337210-D1	1/15-3/12	9	Th	1-4pm	18-99	\$45/\$45
337210-E1	1/16-3/13	9	F	9am-12pm	18-99	\$45/\$45
337210-F1	1/17-3/14	9	Sa	9am-12pm	18-99	\$45/\$45
337210-G1	1/17-3/14	9	Sa	1-4pm	18-99	\$45/\$45

### HANDBUILDING

**Instructor: Treena Rinaldi**

You will learn various methods of handbuilding pots for both functional and decorative use and 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
337214-A1	2/5-3/5	5	Th	9:30am-12:30pm	18-99	\$117.50/\$146.25

### HANDBUILDING AND THROWING

**Instructor: Ben Harrell III**

Students will engage in both handbuilding and throwing on the wheel in a hybrid class crossing over skills from both disciplines. Altering forms on and off the wheel will help develop keen understanding of the nature and malleability of clay. This class is recommended for students with intermediate experience with pottery.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
337215-A1	1/7-3/4	9	W	9:30am-12:30pm	18-99	\$211.50/\$263.25



### ACRYLIC 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. A materials list is emailed prior to the first class. Classes held at the Vienna Community Center. *No Class: 1/19, 2/16*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
337240-A1	1/5-3/9	8	M	7-9pm	18-99	\$88/\$110

### CHURCH STREET HOLIDAY STROLL

**December 1  
6-8:30 p.m.**

**Location: Church Street  
(in front of the Freeman  
Store)**



Enjoy visits with Santa, live holiday music from local groups, a tree lighting lead by Mayor Linda Colbert and great deals from local Church Street Businesses! Warm your hands or roast a marshmallow by our firepits, then stop by historic sites such as the Freeman Store and Museum, Little Library, Caboose, Train Station, Knights of Columbus (formerly First Baptist Church) and Vienna Presbyterian's Old Chapel.

As you stroll down Church Street you'll also find gingerbread ornament decorating stations. Bring your decorated ornament to the Explore Vienna VA tent (across from the Freeman Store) by 6:50 p.m. to officially submit it for judging. A prize pack of gift cards to local businesses will be awarded in several categories to ornament artists of all ages. Winners will be announced at 7 p.m. at the event by Mayor Linda Colbert.

Don't forget to complete your visit to Gingerbread Wonderland with a selfie or festive family photo at our gingerbread house arch at the end of Church Street near Lawyers Road.

For more information:

Call Historic Vienna at **703-938-5187** or visit  
**[www.viennava.gov/stroll](http://www.viennava.gov/stroll)**.

# WINTER 2026 SPECIAL EVENTS



## BIG SCREEN FAMILY MOVIE NIGHT

Thanks to our sponsor:  
Navy Federal Credit Union

More info at  
[www.viennava.gov/bigscreen](http://www.viennava.gov/bigscreen)

Friday, December 12 | 6:30 p.m.

Vienna Community Center

**Home Alone** (Rated PG)

An eight-year-old troublemaker, mistakenly left home alone, must defend his home against a pair of burglars on Christmas Eve.

Enjoy a movie on the Community Center's BIG screen! Complimentary water and popcorn will be available while supplies last. Celebrate the season with a free, family friendly movie night.

No registration required, doors open at 6 p.m. 200 seat capacity. Seats available first come, first served.



## EGGNOG & BINGO

A popular game and the perfect holiday drink all wrapped in one for National Bingo Month! Enjoy a traditional bingo game in a friendly atmosphere while you win bargain prizes. Bingo cards are \$3 for 2 cards (limit 2 cards/person). Please bring an inexpensive or lightly used item to donate to our prize table (no food items or clothing). For mature adults ages 55+. Pre-registration required.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
341565-A1	12/12	1	F	1:30-3:30pm	55-99	\$3



## SANTA GRAM

Send your holiday wishes by **November 24** to the Vienna Parks and Recreation Department, and the elves will make sure Santa gets your letter. We have a special mailbox, in the Community Center lobby, that goes straight to the North Pole.

**Parents and Caretakers:** All mail is sent to the North Pole and Santa will respond to your child. Please make sure to include your complete address with zip code and clearly print your child's full name on their letter. Send letters to Vienna Parks and Recreation, 120 Cherry Street SE, Vienna VA 22180 or drop off at the mailbox in the Community Center lobby. Letters must be received by November 24 to guarantee a letter back from Santa.



## BINGO, Cookies and Cocoa



Join your friends for an afternoon of bingo, cookies and hot cocoa. Enjoy a traditional bingo game in a friendly atmosphere while you win bargain prizes. Bingo cards are \$3 for 2 cards (limit 2 cards/person). Please bring an inexpensive or lightly used item to donate to our prize table (no food items or clothing). For mature adults ages 55+. Pre-registration required.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
341563-A1	1/23	1	F	1:30-3:30pm	55-99	\$3

## FAMILY HOLIDAY BINGO



**Instructor: Inspired By Love**

Join us for a night of laughter, memories, and a little friendly competition at our Family Holiday Bingo Night! Come dressed in your coziest Christmas PJs or your favorite Ugly Sweater, and get ready for some giveaways, games, and plenty of holiday cheer. Let's make this the merriest bingo night ever, we can't wait to see you there!

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
350100-A1	12/5	1	F	6-8pm	5-99	\$5/\$6.25

# WINTER 2026 SPECIAL EVENTS

## VIENNA THEATRE COMPANY PRESENTS:

### IT'S A WONDERFUL LIFE:

### A LIVE RADIO PLAY



*It's A Wonderful Life* is based on the story *The Greatest Gift* by Philip Van Doren Stern. *The Greatest Gift* is used by permission of The Greatest Gift Corporation  
Adapted by Joe Landry

A theatrical adaptation of the classic film, presented as a 1940s live radio broadcast. The story follows George Bailey, a man on the brink of despair on Christmas Eve, who is shown the impact of his life by his guardian angel, Clarence. The play uses a small ensemble cast to portray multiple characters and create sound effects, immersing the audience in the world of Bedford Falls.

Recommended for ages 8 and up.

**Performance Date**  
**Saturday December 6 | 4 p.m.**

**Ticket Price** \$5.00 Children, \$10.00 Adults, \$8.00 Seniors

Tickets available at the door only: cash, check, and credit card (Visa and Mastercard). More information at [viennava.gov/theatre](http://viennava.gov/theatre)

## VIENNA THEATRE COMPANY PRESENTS:



Al and Willie as "Lewis and Clark" were top-billed vaudevillians for over forty years. Now they aren't even speaking. When CBS requests them for a "History of Comedy" retrospective, a grudging reunion brings the two back together, along with a flood of memories, miseries, and laughs. The story follows the attempt by a young theatrical agent to re-unite his elderly uncle, a former vaudevillian great, with his long-time stage partner for a TV reunion. Despite their celebrated reputation, the two old men have not spoken in twelve years. Besides remastering their sketch, the two men have numerous issues to work out before they are ready to return to the public eye. "The Sunshine Boys" is presented by arrangement with Concord Theatricals on behalf of Samuel French, Inc. [www.concordtheatricals.com](http://www.concordtheatricals.com)

Recommended for ages 10 and up.

**Performance Dates**  
**Fridays and Saturdays**  
**January 23, 24, 30, 31; February 6, 7 | 8 p.m.**

**Sundays February 1, 8 | 2 p.m.**

**Ticket Price** \$16

Tickets on sale November 3 for residents and November 10 for folks living outside Town limits. Purchase your tickets at [www.viennava.gov/register](http://www.viennava.gov/register) or in person at the Vienna Community Center. More info at [www.viennava.gov/theatre](http://www.viennava.gov/theatre).



# ADULT FITNESS PROGRAMS



## ZUMBA®

**Instructor: Edita Dolunts**

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Feel the hypnotic rhythm of Latin and international music. You'll enjoy this muscle-toning, calorie-burning class as you lose yourself to the music and find yourself in shape. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective and Super fun. For all levels of experience. Bring a towel and a water bottle.

*No Class: 3/10, 3/12*



Activity #	Dates	# of Classes	Day	Time	Age	R/NR
333025-A1	1/8-3/26	11	Th	6-7pm	16-65	\$132/\$165
333025-B1	1/10-3/28	12	Sa	11am-12pm	16-65	\$144/\$180
333025-C1	1/6-3/24		T	6-7pm	16-65	\$132/\$165

## CARDIO MIX

**Instructor: Sharon Turner**

This is a cardio-based body conditioning program which incorporates HIIT (High Intensity Interval Training). The workout is broken down into three segments beginning with HIIT, followed by a strength portion and ending with core work and stretching. Please bring a set of hand weights and a mat. *No Class: 3/12*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
333023-A1	1/6-3/10	10	T	5:30-6:30pm	18-99	\$150/\$187.50
333023-B1	1/8-3/12	9	Th	5:30-6:30pm	18-99	\$135/\$168.75

## 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.



Activity #	Dates	# of Classes	Day	Time	Age	R/NR
333022-A1	1/14-3/18	10	W	8:15-9pm	16-99	\$110/\$137.50

## VINYASA FOUNDATION AND FLOW

**Instructor: Sharon Turner**

Come build your yoga practice from the ground up. We will begin class by introducing basic yoga postures while learning the proper techniques to execute each posture. We will continue our journey by connecting our postures into a meaningful vinyasa flow. We will practice breathwork and mindfulness along the way. Class will end with a relaxing savasana and leave you ready to begin your day. All fitness levels are welcome.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
333027-A1	1/9-3/13	10	F	7:15-8:15am	18-99	\$150/\$187.50

## TAI CHI- ALL LEVELS

**Instructor: Ed Tang**

Gentle mind-and body workout to improve balance, posture, and coordination, through slow moving forms of standard Tai Chi movements and Qigong exercises. The instructor will introduce proper form as a foundation. After the basic form is mastered, the instructor will integration of intention and the eventual energy movements and transfer. Tai Chi and Qigong have roots in martial arts and relating to traditional healing. Dependent on depth of proper learning and frequency of practice, students can achieve individual health and healing experiences.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
333030-A1	1/7-3/25	12	W	9:30-10:30am	18-99	\$96/\$120

## JAZZERCISE

**Monday/Tuesday/Wednesday/Friday/Saturday**  
9:30 – 10:30 a.m.

**Monday/Wednesday**  
6:30 – 7:30 p.m.

**Starting December 4 — Thursdays, 8:30 – 9:30 a.m.**



Jazzercise is an inclusive woman-owned fitness company dedicated to helping people live healthier, happier lives. We believe that working out is about more than looking great—it is about feeling great. The program fuses dance cardio and strength training into one heart-pounding sweat session.

Take unlimited classes for \$59 for 14 consecutive days - starting the day of purchase, for new customers or those who have not attended and/or registered in one month or longer. Special offer may be purchased in class or online at [jazzercise.com](http://jazzercise.com) enter location Jazzercise Vienna Community Center. Single class drop-in rate \$25. Buy classes on-line or our app.



# ADULT FITNESS PROGRAMS

## HIIT (HIGH INTENSITY INTERVAL TRAINING)

**Instructor: Jennifer Booth**

A 45-minute-high intensity interval training program. Timed work periods alternating with timed rest periods. Scientifically proven to boost metabolism. Helps with weight loss, improves cardio-respiratory fitness, and improves muscle tone.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
333054-A1	1/13-3/24	11	T	5-5:45pm	18-99	\$154/\$192.50

## PILATES STRENGTH FUSION

**Instructor: Sharon Turner**

A Pilates based class which includes strengthening exercises using hand weights, exercise tubing and Pilates balls. We will target strength, balance, flexibility and core conditioning so no muscle group will be neglected. A series of stretches to help flexibility, range of motion, and posture will be included at the end of each workout. Please bring hand weights and a mat. *No Class: 1/19, 2/16*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
333020-A1	1/5-3/9	8	M	8:30-9:30am	18-99	\$120/\$150
333020-B1	1/9-3/20	11	F	8:30-9:30am	18-99	\$165/\$206.25

## YOGA + PILATES

**Instructor: Bodymoves Fitness, LLC**

This holistic integration energizes, relaxes and rejuvenates. Pilates exercises develop movement from a strong core, protecting and lengthening the spine, while yoga poses promote strength, flexibility, health of internal organs and stress relief. Please bring a yoga mat. *No Class: 1/19, 2/16*



Activity #	Dates	# of Classes	Day	Time	Age	R/NR
333501-A1	1/12-3/16	8	M	7-8pm	18-99	\$96/\$120

## PILATES MAT

**Instructor: Bodymoves Fitness, LLC**

Enjoy the benefits of Pilates to strengthen the core, enhance balance and muscle control, increase flexibility and range of motion, develop proper body alignment, and connect mind to muscles using the breath and mental focus. Please bring a mat to class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
333502-A1	1/14-3/18	10	W	7-8pm	18-99	\$120/\$150

## HATHA YOGA



## HATHA YOGA: MINDFUL MOVEMENT & MEDITATION WITH JOHN GIUNTA

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

Have fun while we gain flexibility, strength, improve concentration and achieve a deeper union of body, mind and spirit with authentic classical yoga teachings. John has made a pilgrimage to India, studying Raja yoga and Vedanta. John is a senior yoga teacher certified by the Himalayan Institute and has over 50 years of teaching experience. He is a Reiki practitioner, and a yoga therapist. John is also a professional musician and plays his own music at the beginning of each meditation.

- Hatha Yoga for all levels and abilities
- Appropriate for beginners and students with significant experience in any yoga tradition.
- Dress for movement and bring a mat, and a towel if you think you need extra padding.
- A shawl to cover yourself may be helpful during the meditation.

*No Class: 1/19, 2/16*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
333050-A1	1/5-3/23	10	M	1:15-2:45pm	18-99	\$120/\$150
333050-B1	1/6-3/24	12	T	7-8:30pm	18-99	\$144/\$180
333050-C1	1/8-3/26	12	Th	7-8:30pm	18-99	\$144/\$180
333050-D1	1/10-3/28	12	Sa	8-9:30am	18-99	\$144/\$180

## MORNING FITNESS WAKEUP



This class is a group personal training program for adults run by a certified personal trainer. Get the benefits of your own personal trainer at a fraction of the cost. The class is designed to promote life long healthy habits, increase energy levels, improve muscular strength and endurance and reduce the adverse effects of aging. Class will incorporate interval training, HIIT training, strength training, body weight training, cardiovascular conditioning as well as balance and flexibility training. *No Class: 11/26, 11/28, 1/19, 2/16*

**Instructor:**  
**Nathan Greiner**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
333429-A1	11/21-12/19	11	M,W,F	6-7am	18-99	\$231/\$288.75
333429-B1	1/5-1/30	11	M,W,F	6-7am	18-99	\$231/\$288.75
333429-C1	2/2-2/27	11	M,W,F	6-7am	18-99	\$231/\$288.75

# ADULT ENRICHMENT CLASSES



## YOUR DUSTY FLUTE

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

Do you have a flute that you have not touched in years? Would you like to engage with the instrument again? This will be a no-pressure, group workshop to refresh your memory about this wonderful instrument. We will work on assembling the flute, breathing, tone production and basic music notation. Reading music notation helpful but not required. Bring a flute in playable condition, a cleaning rod and soft cloth, a music stand and pencil. Information sheets will be provided. John is a conservatory-trained musician with amazing experience.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
332301-A1	3/3-3/24	4	T	5:30-6:30pm	18-99	\$60/\$75

## YOUR DUSTY GUITAR

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

It seems that everyone has a guitar somewhere. In this no-pressure, group environment, we will look at the several ways the guitar is played, and how to progress on your own. We will review the care of the guitar, the various ways of picking and strumming the guitar, how to interview a teacher, the various approaches to learning and teaching. Bring a guitar in playable condition, any method books or notes you have, and a music stand. Information sheets will be provided. John is a conservatory-trained musician with amazing experience.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
332302-A1	3/5-3/26	4	Th	5:30-6:30pm	18-99	\$60/\$75

## BUILDING A HEALTHIER NECK

The nerves that pass through the neck control the shoulders, arms and hands, as well as several internal organ functions. In this course, you will be coached through three exercises that will help you build a healthier neck. A fourth exercise will be demonstrated. Plenty of time will be provided for questions and answers. Presented by Dr. Charles Masarsky, D.C. with Vienna Chiropractic Associates.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
341561-A1	1/20	1	T	12-1pm	18-99	Free

## BREATHING EXERCISES FOR OPTIMAL BRAIN HEALTH

Are you happy with your current level of mental clarity, or are you interested in improving? Would you like to sharpen your focus at work, further excel at school, achieve more in your favorite sports and games, or just be more "together" in your everyday life? Would you like to help your brain maintain that level as you age? In this course, you will learn breathing exercises designed to help support brain function. Presented by Charles Masarsky, D.C. Vienna Chiropractic Associates.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
340082-A1	3/17	1	T	12-1pm	18-99	Free

## MOUTH AND THROAT TONING FOR BETTER SLEEP

Toning the mouth and throat muscles can dial down the volume of your snoring, thereby improving the quality of your sleep. Recent research indicates that exercising these muscles can even reduce the severity of obstructive sleep apnea. These exercises can be helpful when used alone or in conjunction with CPAP or other interventions. Even if you do not have apnea and are not snoring, these exercises may improve your sleep quality and help subtly sculpt your chin and cheek areas for a better appearance. Presented by Charles Masarsky, D.C. Vienna Chiropractic Associates.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
341562-A1	2/17	1	T	12-1pm	18-99	Free

## MASTERING DIGITAL SECURITY AND SCAM PREVENTION

**Instructor: Andy Livingston**

In today's increasingly connected world, it's more important than ever to ensure that your digital life is secure. This seminar is designed to provide practical, easy-to-understand guidance on how to safeguard your personal information, keep your devices running smoothly, and keeping yourself safe from the everyday scams that occur.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
337628-A1	1/22	1	Th	9:45-11:45am	18-99	\$45/\$56.25

## Poetry Appreciation & Writing Class

**Instructor: Marjorie Sadin**

This class, for which no previous poetry writing experience is necessary, involves reading poems aloud and discussing the feelings they evoke, and what you like and don't like about them. The facilitator will introduce poems by Mary Oliver, Dylan Thomas, Elizabeth Bishop, Robert Frost, Shakespeare, among many others. You will use these poems as inspiration. There will be time for free writing in class for approximately five or ten minutes. During that time, for example, you will write about someone you know well or something that made you happy or sad. You will learn to use rhyme, repetition, and metaphor in your writing. Then you may want to write

poems at home. Using your imagination is a key to unlocking the emotions within you and that will be the source of your poetry. You will be encouraged to share your poems with class members but that is optional.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
339171-A1	1/22	1	Th	2-3pm	18-99	Free
339171-B1	2/19	1	Th	2-3pm	18-99	Free
339171-C1	3/19	1	Th	2-3pm	18-99	Free





# ADULT ENRICHMENT CLASSES

## NOT ANOTHER HOME MOVIE WINTER BOOT CAMP

**Instructor: Hanan Daqqa**

Not Another Home Movie course is for parents and grandparents and family members who want to preserve a family story for the next generation or want to preserve early childhood memories of their children in a 3-5 min film before they grow up. Hanan Daqqa, who teaches the course at George Washington University, will give you effective shortcuts to finding your family story, writing, filming and editing it in just 4 weeks. She believes we actualize ourselves when we tell our stories. You will screen your family film on the last day of the course and start a new you! 1st session: Find and write the family story, 2nd session: The Art of the Interview, 3rd session: Film grammar and editing techniques, 4th session: Storyboard and edit your first draft.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
339173-A1	3/5-3/26	4	Th	6-9pm	18-99	\$300/\$350

## TELL YOUR TRUE & MEANINGFUL STORY IN 100 WORDS

**Instructor: Hanan Daqqa**

In this session, Hanan Daqqa will lead you in several writing activities to help you find those lines to preserve a family memory in 100 words. Oh, the possibilities your 100-word story has!

Hanan Daqqa is an independent media journalist and an adjunct faculty member at George Washington University, teaching the course, "Not Another Home Movie."

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
339174-A1	1/31	1	Sa	11am-1pm	18-99	\$100/\$125
339174-B1	2/28	1	Sa	11am-1pm	18-99	\$100/\$125
339174-C1	3/28	1	Sa	11am-1pm	18-99	\$100/\$125

## FIND YOUR FAMILY STORY

**Instructor: Hanan Daqqa**

You know you have a unique family story, but you are not sure which memory will bring it to life. In this one-hour workshop, we will do activities that have been proven to help many people connect with themselves and a memory that is meaningful to them. You will leave with an "Aha!" moment and more!

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
339175-A1	1/3	1	Sa	11am-12pm	18-99	\$45/\$56.25
339175-B1	2/7	1	Sa	11am-12pm	18-99	\$45/\$56.25
339175-C1	3/7	1	Sa	11am-12pm	18-99	\$45/\$56.25

## FAMILY FILMS SCREENING EVENT

**Instructor: Hanan Daqqa**

Are you looking for inspiration to tell your own family story? Come watch artistic and meaningful family films created by George Washington University Students and engage in a discussion on the power of telling our own stories. After the screening, you have the chance to vote on top films and share your questions with Hanan Daqqa, the creator of Not Another Home Movie. Refreshments will be provided.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
339176-A1	1/29	1	Th	6-8pm	15-80	Free

## SECURESURF INTENSIVE: LOCK DOWN YOUR DIGITAL LIFE

**Instructor: HDM Proserv LLC**

Take control of your online privacy in this hands-on, two-session workshop. "SecureSurf Intensive: Lock Down Your Digital Life" equips participants with practical, step-by-step guidance to protect personal information, clean up digital footprints, and secure everyday devices. Designed for everyone, this immersive experience focuses on doing, not just learning — using your own phone or laptop, you'll walk through real tasks like opting out of data broker sites, setting privacy controls, and recognizing phishing scams.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
339742-A1	2/18-2/25	2	W	6:30-8:30pm	18-99	\$120/\$150

## TODAYS TECHNOLOGY

**Instructor: Andy Livingston**

Confused about all the technology that society is using? Want to stay connected and learn to utilize the latest in computers, tablets, and wireless devices? Want to explore the world and not leave your home? This informative, 2-week course will delve into smart phones, social media, apps and functions, and much more. You will be more productive and learn to connect with friends, family and the community.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
339750-A1	2/26-3/5	2	Th	9:45-11:45am	18-99	\$90/\$112.50

## COMPUTER MAINTENANCE

**Instructor: Andy Livingston**

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

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
339751-A1	1/29-2/5	2	Th	9:45-11:45am	18-99	\$90/\$112.50

# ADULT ENRICHMENT CLASSES & GARDENING PROGRAMS



## GET UP TO SPEED ON YOUR iPhone/iPad

**Instructor: Andy Livingston**

In this course we will help get you up and running with your iPhone/iPad including topics such as text messaging, taking pictures, understanding iCloud, installing apps, maps, Facetime, Airdrop, Health app, notifications and much more!

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
339756-A1	1/8	1	Th	9:45-11:45am	18-99	\$45/\$56.25

## GET UP TO SPEED ON YOUR ANDROID PHONE/TABLET

**Instructor: Andy Livingston**

In this course we will help get you up and running with your Android phone/tablet including topics such as your home screen, text messaging, taking/sharing pictures, understanding Google play store, installing apps, maps, photos, notifications, and much more!

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
339757-A1	3/19	1	Th	9:45-11:45am	18-99	\$45/\$56.25

## KEEPING SOCIALLY ENGAGED IN RETIREMENT

**Instructor: Andy Livingston**

Now that you have the time, get involved in your community. You'll learn about many resources and organizations where you can put your skills to use. There are an abundance of non-profit organizations in the area that can benefit from your expertise. Teach, mentor or coach others. Learn about MeetUp groups, and online resources to stay engaged. Volunteer opportunities abound.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
339753-A1	2/19	1	Th	1:30-3:30pm	55-99	\$45/\$56.25



## ADULT GARDENING PROGRAMS

**Instructor: Debby Ward**

### HOW TO START A VEGGIE GARDEN WORKSHOP

Not sure how to start a vegetable garden? You'll get Debby's 5 Steps Proven Professional Process to start a vegetable garden that works for you and your lifestyle. Gain personal support to decide what type of garden is best for you, your garden's location, plant spacing, soil, seeds, materials, tools and more. Workshop handout included.



**Location: Vienna Community Center**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
339552-A1	2/7	1	Sa	9-10:30am	18-99	\$15/\$18.75

### ANNUAL SEED SWAP AND SEED CLASS

Join other gardeners to swap seeds at the Town of Vienna Annual Seed Swap. Please bring seeds that are two or less years old, or within their expected germination life. Enjoy a class on seed starting while we organize the seeds you bring. Be ready for spring planting and let's seed swap.

**Location: Vienna Community Center**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
339550-A1	2/21	1	Sa	9-11am	18-99	Free

### WHEN TO PLANT YOUR SPRING AND SUMMER CROPS

Not sure the best time to put your spring and summer crops in the ground? Timing can make or break a successful garden. Come learn optimum times to put your spring and summer crops in the ground. Get ideas and tips on layout and design. Handout included.

**Location: Vienna Community Center**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
339551-A1	2/7	1	Sa	11am-12pm	18-99	\$10/\$12.50

### HOW AND WHY TO MULCH YOUR GARDEN

Have questions about mulching your garden? Different types of plants like different types of mulch and mulches can serve different purposes. Join us to make sure you are using the best mulch for each area of your garden and understand your mulching options. Handout included.

**Location: Vienna Community Center**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
339553-A1	3/7	1	Sa	11am-12pm	18-99	\$10/\$12.50





# ADULT GARDENING PROGRAMS

## ADULT GARDENING PROGRAMS

Instructor: Debby Ward | All classes located at the Vienna Community Center

### SUCCESS WITH CONTAINER GARDENING

Dive into details for successful container gardening. We will look at types of containers, soil, and varieties for containers. A timeline for container maintenance, and handout included.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
339556-A1	2/7	1	Sa	12:30-1:30pm	18-99	\$10/\$12.50

### MAXIMIZE YOUR GARDEN SPACE

Learn five ways to maximize your garden space, whatever size garden you have so you can get the most out of it. We will look at tips to get maximum production and harvest, including design ideas for four seasons harvesting and a lot more. Handout included.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
339557-A1	2/14	1	Sa	11:30am-12:30pm	18-99	\$10/\$12.50

### COMPANION PLANTING FLOWERS, VEGGIES, HERBS AND FRUIT

Let plants be your garden helpers. Understand how to implement and harness the benefits of companion planting veggies, herbs, and flowers to create a thriving garden so you work less. Discover the power of permaculture plant guilds for your fruit trees and shrubs. Handout included.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
339558-A1	2/14	1	Sa	9-11am	18-99	\$20/\$25

### GROW GREAT TOMATOES

Love home grown tomatoes and want to maximize your yield? Enjoy this class specifically about growing luscious summer tomatoes. We will look at pruning, caging and trellising methods, critter protection and tips and tricks for early and extended harvests. Debby will also pass on some of her favorite varieties and why she loves them. Handout included.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
339559-A1	2/21	1	Sa	11:30am-12:30pm	18-99	\$10/\$12.50

### INTRODUCTION INTO PERMACULTURE

Heard of permaculture and wondered what it is? Enjoy this exciting class that defines permaculture and introduces concepts you can use for deciding how to best use, improve and maintain your yard. We will cover the basics of permaculture design principles, zones and

sectors. If you are looking to make changes or improvements to your yard, or just curious about the topic, this class is for you.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
339560-A1	2/28	1	Sa	9-10am	18-99	\$10/\$12.50

### ORGANICS: BIODYNAMICS FOR THE HOME GARDENER

Also called homeopathy for the garden, biodynamics means dynamic life. Learn what it is, and how it boosts your garden's vibrancy. Be inspired by stories of how it creates amazing garden abundance. Illuminate these methods that use the power of herbs and calls in the energy of the cosmos to transform your garden spaces. Get proven practical ways to start unlocking biodynamic secrets, specifically for your home garden. Handout included.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
339561-A1	2/28	1	Sa	10:30-11:30am	18-99	\$10/\$12.50

### THE KEY TO GARDEN SUCCESS — BUILD SOIL AND WATER LESS

Building high quality organic soil is the key to a healthy garden of happy plants. Happy plants do not require as much maintenance. Uncover how healthy living soil will grow your plants for you and get a method of that not only builds soil, but waters your garden and looks good too. Handout included.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
339555-A1	3/7	1	Sa	9-10:30am	18-99	\$15/\$18.75

### ORGANIC PEST CONTROL AND STRATEGY WORKSHOP

There are ways to handle pests before they bother your garden. In the workshop, begin creating your strategy for handling pests for your garden. Debby will include solutions for the most common pests we see in our local veggie gardens. She will uncover her favorites organic controls for a variety of pests including deer, rodents, cabbage moths, squash vine borer and whiteflies among others. Do not let those critters bug you and your veggies. Chart and workshop handout included. There will be a break part way through the session.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
339554-A1	3/14	1	Sa	9am-12pm	18-99	\$30/\$37.50





# MATURE ADULT LECTURES



Lunar New Year is a celebration of the arrival of spring and the beginning of a new year on the lunisolar calendar. It is the most important holiday in many Asian countries. Join us as we welcome in the year of the Horse by celebrating the Lunar New Year with friends. The celebration will feature Asian cuisine provided by the Davis Career Center, along with live entertainment by the Hong Dance School. This event is sponsored by Vienna Parks and Recreation and the Shepherd's Center of Northern Virginia. For mature adults 55+. The registration fee is \$20 per person. Pre-payment is due by February 9. To register call the Shepherd's Center at **703-281-0538**.

## HEARING AIDS: BEWARE AND BE WISE

Thinking about getting hearing aids or know someone who is? Join Bonnie O'Leary from the Northern Virginia Resource Center (NVRC) who will present a program about hearing aids from the consumer/wearer's perspective. Her presentation will include a discussion about the impact of hearing loss on communication, the hearing evaluation, the differences between an audiologist and a hearing instrument specialist, types and styles of hearing aids, and how they can be used with other assistive listening devices. Bonnie is a late-deafened adult who has been wearing hearing aids for 20 years. She is a Certified Hearing Loss Support Specialist and Outreach Manager for NVRC.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
340070-A1	3/9	1	M	10-11am	55-99	Free

## ESTATE PLANNING 101

This lecture is designed to highlight the main parts to 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	1/13	1	T	10-11am	55-99	Free

## THE PSYCHOLOGY OF MONEY

In this class with 4J Wealth Management, you'll explore how deeply ingrained psychological tendencies—such as loss aversion and evolutionary instincts—can influence financial decisions. We'll examine the science behind saving and investing, and how emotions and survival-driven behaviors shape our relationship with money. By understanding these patterns, you'll gain practical strategies to reduce financial stress, reframe money habits, and build the resilience needed for lasting financial well-being.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
340072-A1	1/26	1	M	10-11am	55-99	Free

## MEDICARE: GETTING READY AND MAKING THE MOST OF YOUR OPTIONS

Are you turning 65 soon or preparing to enroll in Medicare within the next six months? Or are you already enrolled and looking to make informed decisions during Medicare Open Enrollment? This class is designed for you. We'll walk through the key components of Medicare—Parts A, B, C (Medicare Advantage), and Part D (prescription drug coverage)—and take a deeper look at Medicare Supplement (Medigap) policies. You'll gain a clearer understanding of what each option covers, how costs compare, and what questions to ask when evaluating plans. We'll also discuss how to avoid common mistakes and maximize the value of your Medicare benefits. Whether you're new to Medicare or considering a plan change during Open Enrollment, this session will give you the tools to make confident, well-informed decisions. Bring your questions—we'll provide practical answers and resources to help you navigate the Medicare landscape with clarity. Presented by Maddie Sharp, CFP® Specializing in Senior Health, LTC, Life, and Annuity Protection.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
<del>340073-A1</del>	2/27	1	T	9am-12pm	55-99	\$10/\$12.50
340073-B1	2/28	1	Sa	10am-1pm	55-99	\$10/\$12.50
340073-C1	3/19	1	Th	9am-12pm	55-99	\$10/\$12.50

## INVESTING WISELY

In this class with 4J Wealth Management, you'll discover how to align your investments with your goals and values, rather than chasing short-term market trends. We will cover strategies for maintaining peace of mind, avoiding common pitfalls, and resisting the psychological traps that derail investors. You will leave with a practical game plan designed to help you grow and protect your wealth over the long term.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
340074-A1	3/2	1	M	10-11am	55-99	Free

## AGING IN PLACE

Looking to improve your living environment and not ready to move?? Learn best practices and philosophies from Home Care, Realtor, Builder and other Senior focused Business Professionals; on how to optimize your living environment. Realtor Jeff Wu and Home Builder Norm Gardner along with John Kipps of ComForCare, will share their insights.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
340075-A1	2/12	1	Th	10-11am	55-99	Free

## MOVING FORWARD: UNDERSTANDING ARTHRITIS AND WHEN IT'S TIME TO CONSIDER JOINT REPLACEMENT

Join Dr. Carlock, a fellowship-trained orthopedic surgeon, for an engaging and informative session on arthritis and joint health, with a special focus on the hip and knee. This talk will cover the causes and symptoms of arthritis, non-surgical treatment options, and when hip or knee replacement might be the right choice. Whether you're managing arthritis now or planning for the future, this talk offers expert insights in a welcoming, easy-to-understand format.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
340077-A1	3/30	1	M	10-11am	50-99	Free

# MATURE ADULT CLASSES & LECTURES

## BONE HEALTH

Dr. Christopher Seidel is a fellowship-trained orthopedic spine surgeon with extensive experience diagnosing and treating various spinal conditions. He is known for his patient-centered approach and commitment to educating the community on ways to improve musculoskeletal. Dr. Seidel will lead an informative community discussion on the importance of bone health and common spine-related conditions. Topics will include osteoporosis, degenerative disc disease, and other spine issues that affect individuals across all age groups. Attendees will gain valuable insights into prevention strategies, treatment options, and practical steps for maintaining a strong and healthy spine.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
340085-A1	1/14	1	W	10-11am	55-99	Free

## HYPNOTHERAPY BENEFITS

Elizabeth Austin-Benard, a retired U.S. Marine Colonel and federal employee in the Intelligence Community, has spent decades interviewing personnel, studying human nature, and conducting in-depth research to identify "the root cause." She has found that while traditional medicine and prescribed medications resolve issues daily, clinical hypnotherapy helps clients access their own natural ability to relax, improve their ability to sleep, accelerate healing, and further enhance their quality of life. Come to the hour-long workshop and listen to what your subconscious highlights for you!

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
340080-A1	1/5	1	M	10-11am	55-99	Free

## UNDERSTANDING SHOULDER PAIN

Dr. Mihir Sheth is a fellowship-trained shoulder and elbow surgeon specializing in the comprehensive care of shoulder and elbow conditions. His expertise includes treating advanced arthritis, rotator cuff tears, dislocations, sports-related elbow injuries, and complex fractures. He is dedicated to helping patients regain mobility and return to the activities they enjoy. Dr. Sheth will lead an engaging community talk focused on understanding shoulder pain for active adults. The discussion will explore the most common causes of shoulder pain, including rotator cuff tears, arthritis, and overuse conditions. Attendees will learn about strategies to avoid a painful shoulder, as well as non-surgical and surgical treatment options for these problems.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
341382-A1	2/11	1	W	10-11am	55-99	Free

## TAMING THE PAPERWORK BEAST

Shopping lists, tax documents, medical info, and even your kid's treasured drawings — The daily flow of paper can be overwhelming! In this relatable, amusing and informative session, we will discuss different organization tips and techniques, to sort, file, toss and finally TAME the paperwork beast. Presented by Conquer the Clutter.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
340078-A1	2/6	1	F	10-11am	55-99	Free

## NV RIDES

Do you need transportation to get to appointments and errands, or are you looking for a rewarding way to help your neighbors? Learn about NV Rides, a local volunteer transportation program that support friendly and reliable rides for older adults in our community.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
340083-A1	2/9	1	M	10-10:30am	55-99	Free

## HIP & KNEE REPLACEMENT OPTIONS

Dr. Aaron Gebrelul is a fellowship-trained orthopaedic surgeon specializing in hip and knee joint replacement. He has particular expertise in robotic-assisted surgery and minimally invasive techniques, which allow for more personalized care and rapid recovery. Dr. Gebrelul will explain how personalized hip and knee replacement options can lead to less pain, shorter recovery times, and better outcomes for individuals looking to maintain an active, independent lifestyle.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
340084-A1	12/10	1	W	10-11am	55-99	Free

## THE INTEGRATIVE POWER OF THE BODY & HEALTH CARE MODEL

Virginia University of Integrative Medicine will be discussing acupuncture and the holistic approach to healthcare by treating the whole person. This is a mind-body-spirit medicine. Understanding the ancient science behind the tradition and how that "translates" into our understanding of the interconnected aspects of the body systems and the mind-body interactions. Using this understanding to promote health care and lifestyle balance through an integrated approach to the whole person.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
341246-A1	3/16	1	M	10-11am	55-99	Free

## OPTIONS FOR SENIORS

To move or not to move, that is the question. Join Faiqa Clark with Brightview Senior Living for a presentation that will help you understand the pros and cons of each option, as well as tips on how to pay for the cost of care regardless of where you live.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
341248-A1	2/23	1	M	10-11am	55-99	Free

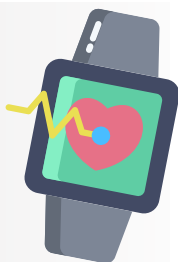
# MATURE ADULT CLASSES & LECTURES



## APPLE WATCH CONTROLS & FEATURES

**Instructor: Amy Burk**

Discover the power of the Apple Watch in this hands-on session. Whether you're new to the Apple Watch or looking to enhance your skills, this workshop will help you unlock the full potential of your Apple Watch. Learn about essential apps that can enhance your daily life—track your health, read & answer messages and calls, use reminders and much more. We'll cover everything from fitness tracking to emergency features, ensuring you feel confident and empowered using your device. This series is designed for Apple Watch & iPhone users. Bring your Apple Watch and iPhone with you to class and know your Apple ID & password. With over 25 years' experience teaching technology to adults, Amy will help you build your technology confidence and skills and become more Tech Wise.



Activity #	Dates	# of Classes	Day	Time	Age	R/NR
341253-A1	3/11	1	W	10am-12pm	55-99	\$45/\$56.25

## GREEN CLEANING

Learn about the benefits of green cleaning. Our solutions, made only of salt, water, and electricity, are the greenest solutions available. See how you can clean without harsh chemicals and bleach. Presented by Krystle Zivkovic with Maid Brigade.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
341334-A1	2/2	1	M	10-10:30am	55-99	Free

## DOWNSIZING

Comprehensive seminar helping you to plan for the future by discussing various aspects of the downsizing process. Some topics to be discussed: decluttering your current home, organizing and getting it ready for sale and selling your home to 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	3/12	1	Th	10-11am	55-99	Free

## PILATES RING TONING

**Instructor: Edita Dolunts**

With each Pilates Ring Toning class, you can expect a full body workout that challenges and improves your strength, stability, mobility, breathing and the mind-body connection. The Pilates ring prop works for all fitness levels and the exercises emphasize moving intentionally and taking deeper focused breaths. Pilates Ring Toning is great for reducing stress and improving mental focus and body awareness. This is a seated exercise class with a chair. *No Class: 3/10, 3/11*



Activity #	Dates	# of Classes	Day	Time	Age	R/NR
342474-A1	1/6-3/24	11	T	11am-12pm	55-99	\$132/\$165
342474-B1	1/7-3/25	11	W	10-11am	55-99	\$132/\$165

## UNDERSTANDING YOUR SMART TV & CABLE BILL

In this two-part presentation, Fairfax County's Department of Cable and Consumer Services will explain everything you need to know about Smart TVs and the steps you can take to lower your cable TV bill. Specifically, you will learn what smart TVs are, how they work, and what features to look for when shopping for one. You will also gain insight into the various charges on your cable bill, how to reduce your monthly costs for video programming, and which discounted internet programs may be available to you. Participants are encouraged to bring a copy of their most recent cable bill from Cox, Verizon, or Comcast, as we'll walk through it together.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
342291-A1	3/23	1	M	10-11am	50-99	Free

## GOLD ZUMBA

**Instructor: Edita Dolunts**

Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Class focuses on all elements of fitness: cardio, muscular conditioning, flexibility and balance. Once the Latin and World rhythms take over, you'll get an awesome dose of energy each time you leave class. *No Class: 1/19, 2/16, 3/9, 3/12*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
<del>CANCELLED</del>	2/26	11	Th	12-1pm	40-99	\$132/\$165
342473-B1	1/5-3/23	9	M	12-1pm	40-99	\$108/\$135

## CHAIR YOGA

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

The Chair Yoga class will be conducted while sitting in sturdy, armless chairs, with some asanas/postures in the standing position, as your abilities dictate. Complete safety, along with self-knowledge will be the mainstays of this class. Any limitations in your movement will be respected and nurtured. We will study yogic anatomy, breathing, meditation, and the elements of solid and confident balance. We will have the same traditional approach that John Giunta uses in his other classes. John is an Initiate of the Himalayan Institute, founded by Swami Rama, and he has made a pilgrimage to India. His varied background and life experience as a US Army veteran, Interfaith Minister and musician will serve us well across all spiritual and secular Paths. John plays his own live music for the introduction to each meditation. *No Class: 1/19, 2/16*



Activity #	Dates	# of Classes	Day	Time	Age	R/NR
342475-A1	1/5-3/23	10	M	10-11am	55-99	\$100/\$125



# MATURE ADULT CLASSES & LECTURES



## SENIOR FITNESS

**Instructor: Teresa Fletcher and Robin Monroe**

This energizing class is for older adults who have been exercising on a regular basis. This program includes cardio, weightlifting 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 responsible for knowing and regulating their own fitness level.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
343730-A1	1/13-3/17	10	T	11:30am-12:30pm	55-99	\$30/\$37.50
343730-B1	1/8-3/12	10	Th	10:30-11:30am	55-99	\$30/\$37.50

## ESSENTRICS LEVEL 1

**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. Perfect for men and women of all fitness levels. 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
342478-A1	1/7-3/25	12	W	11:15am-12:15pm	40-99	\$90/\$111

## ESSENTRICS LEVEL 2

**Instructor: Kate Montoya**

This class will add another level of complexity and strength training to the exercise sequences. This program rebalances the body, prevents and treats injuries and unlocks tight joints. Perfect for men and women of all fitness levels. This workout leaves you feeling energized, youthful, and healthy. Must have completed three semesters (or sessions) of Level 1. Please bring a yoga mat and towel to class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
342477-A1	1/9-3/27	12	F	11:15am-12:15pm	40-99	\$90/\$111

## 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. This class is run by participants and does not have formal instruction. It is for fun, friendship and supportive feedback.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
342480-A1	1/8-3/26	12	Th	10:30am-12:30pm	21-99	Free

## LEARN BALLROOM DANCE

Learn to ballroom dance or brush up on your steps with a professional ballroom dancer, Sophia Hsieh. Sophia has been dancing for over 20 years and competes throughout the country. She is a volunteer teacher at Liang Hong Dance School and the Lewinsville Senior Center. Single ballroom dance, no partner necessary. Requires advance registration.

**NO CLASS DATES: 2/13 THRU 3/20**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
342487-A1	1/16-3/27	11	F	11am-12:30pm	55-99	Free/\$5

## S.A.I.L. — STAY ACTIVE & INDEPENDENT FOR LIFE

**Instructor: Teresa Fletcher**

Stay Active and Independent for Life (SAIL) is an evidence-based fall prevention program centered around a strength, balance and fitness program for adults 65 and older. The SAIL curriculum includes aerobics, balance exercises, stretching routines and education—the exercises can be done standing or sitting. SAIL classes are proven to improve balance, mobility, strength and flexibility and to reduce known risk factors for falls. Two classes a week are recommended.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
342577-A1	1/7-3/11	10	W	2-3pm	65-99	\$85/\$105
342577-B1	1/9-3/13	10	F	2-3pm	65-99	\$85/\$105

## My Story and Art

**Instructor: Sunny Kim Art LLC**

Now in its third year, this reflective class is about telling your story through art and incorporating artistic methods from other cultures. We will discuss specific memories from childhood to the present and create artworks reflective of those memories using both conventional and non-conventional materials (such as glass marbles, flower petals, etc.). Highlights have included 2D ikebana (Japanese flower arrangement), Sumi ink scroll painting, glass marble printmaking, rangoli (Indian tradition of creating a personal/family pattern using flower petals). Each class will be theme-specific. Just bring kindness and a willingness to connect with others and to try something fun and new. No prior art experience necessary and all skill levels are welcome!

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
347620-A1	1/27-3/24	9	T	10-11:30am	60-99	\$210/\$262.50

# MATURE ADULT TRIPS



The 250th anniversary of the American Revolution has arrived, and it promises to be among the most significant commemorations in the nation's history.

Join us in celebrating America's 250th birthday by visiting historic sites, witnessing reenactments, and touring the residences of individuals who played a pivotal role in gaining our independence.

## HOLIDAY TEA AT CREST HILL TEA ROOM



Crest Hill Tea Room is an English style tearoom in The Plains, Va. We will enjoy a holiday themed menu to highlight seasonal flavors including assorted tea sandwiches, tea bread, cookies, fruits, scones, and tea. This tradition is a great way to celebrate the holidays with a touch of elegance and warmth.



Activity #	Dates	# of Classes	Day	Time	Age	R/NR
351511-A1	12/17	1	W	10am-3pm	55-99	\$98/\$122.50

## GUNSTON HALL



Gunston Hall was built between 1755 and 1759. The plantation home of George Mason, a key figure in the American Revolution, located in Mason Neck, Virginia.



George and Ann Mason's stylish home showcased the Masons' wealth and prominence. During our guided Mansion tour, we will explore the complexities of Col. Mason's life as a family man, community leader, and founding father, and discover the lives of all the people who lived at Gunston Hall. Lunch will be on your own at Glory Days Grill.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
351512-A1	1/22	1	Th	9:30am-2:30pm	55-99	\$52/\$65

## "LITTLE WOMEN" AT RIVERSIDE THEATRE



Riverside Center for the Performing Arts in Fredericksburg, Virginia, is staging the production of "Little Women: The Musical" based on Louisa May Alcott's classic novel and follows the lives of the March sisters as they navigate love, ambition, and loss. The musical features songs like "Sometimes When You Dream," "More Than I Am," and "Take a Chance on Me". Before the show

we will enjoy a three-course, chef-prepared meal. The ticket price includes transportation, the meal and the show.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
351564-A1	3/25	1	W	10am-5:30pm	50-99	\$143/\$178.75

## 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. Persons with disabilities requiring ADA accommodations must call **703-255-7801** at least 10 business days in advance of the scheduled trip. Vienna Parks and Recreation retains the right to decline, accept or retain any person as a member of a trip when such action is deemed to be in the best interest of the health, safety or general welfare of the tour group or the individual concerned.



**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

## GADSBY'S TAVERN MUSEUM



Gadsby's Tavern Museum in Alexandria, Va. consists of two buildings, a ca. 1785 tavern and the 1792 City Tavern and Hotel. In those seven short years, the young Republic began to take shape through the conversations and choices being made in these tavern spaces. Named for Englishman John Gadsby who operated them from 1796 to 1808, the tavern businesses were central to Alexandria's port-based economy, offering spaces to dine, entertain, and spend the night. Notable patrons that enjoyed this hospitality included George and Martha Washington, Thomas Jefferson, and the Marquis De Lafayette. We will explore life in the new Republic and learn more about the many people of the tavern with an expert guide. We will enjoy a rich and flavorful plated lunch in one of the elegant Colonial dining rooms of the historic Gadsby's Tavern. Lunch is included in the trip fee. Please note: About 70% of the Gadsby's tour involves ascending/descending 1-2 flights of stairs; unfortunately, there is no elevator.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
351562-A1	2/26	1	Th	9:30am-2pm	55-99	\$90/\$112.50



## "LIBERTY OR DEATH"

HISTORIC RICHMOND



St. John" Church in Richmond, Virginia, is one of America's most important historic sites, where — swayed by Patrick Henry's powerful argument — the delegates made a decision that changed the course of history, lighting the spark of the War for Independence. We will join Patrick Henry inside St. John's Church as he tells the story of his life and government in colonial Williamsburg. We will witness Henry's most famous speech "Give me liberty, or Give me death!" inside the place where it happened. Our next stop will be the Capitol of Virginia for a guided tour. The Capitol of Virginia was designed in 1785 by Thomas Jefferson. It is the first American State Capitol designed after the Revolutionary War and the first public building in the New World to be constructed in the form of a classical Roman temple. A plated lunch at Tarrant's Downtown is included in the trip fee. This trip requires a significant amount of walking and standing.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
351563-A1	3/12	1	Th	8:30am-6pm	55-99	\$114/\$142.50



TOWN OF

VIENNA

Parks and Recreation

# REGISTRATION FORM

TOWN OF VIENNAPARKS AND RECREATION  
120 CHERRY ST. SE  
VIENNA, VA 22180  
PH: 703-255-6360 / FAX: 703-255-6399  
www.viennava.gov

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

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: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_  
CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_  
HOME PHONE:(\_\_\_\_) \_\_\_\_\_ WORK PHONE:(\_\_\_\_) \_\_\_\_\_  
CELL:(\_\_\_\_) \_\_\_\_\_ (CELL PROVIDER): \_\_\_\_\_ EMAIL: \_\_\_\_\_  
EMERGENCY CONTACT: \_\_\_\_\_ EMERGENCY PHONE NUMBER:(\_\_\_\_) \_\_\_\_\_

PARTICIPANT NAME FIRST/LAST NAME	BIRTHDATE	M/F	ACTIVITY NUMBER AND SECTION (222222 A1)	ACTIVITY NAME	FEE
SAM SAMPLE	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: \_\_\_\_\_

☐ VISA ☐ MasterCard ☐ AMEX ☐ Discover

\_\_\_\_\_-\_\_\_\_\_-\_\_\_\_\_-\_\_\_\_\_-\_\_\_\_\_-\_\_\_\_\_- Exp. Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ CVC: \_\_\_\_\_

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

TOTAL FEES: \_\_\_\_\_  
LESS HOUSEHOLD \_\_\_\_\_  
CREDIT: \_\_\_\_\_  
TOTALPAID: \_\_\_\_\_

**PLEASE REVIEW OUR  
REFUND POLICY BEFORE  
REGISTERINGFORCLASS.**

In consideration of the registrant being granted permission by the Town of Vienna, Virginia to participate in this program & associated activities, I hereby release the Town of Vienna, Virginia & its officers, employees, agents, & volunteers from any & 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 assumes all risk of loss as a result of following any lecturer's advice. I authorize the Town of Vienna and its officials, employees, agents & volunteers, at any such person's discretion to administer emergency first aid treatment & at my expense to obtain the services of a physician(s) and/or rescue squad & 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



Saturday  
November 8  
10 a.m. – 3 p.m.

## BOWMAN HOUSE POTTERY SHOW & SALE

Don't miss out on great gifts for the holiday season.  
Students will have handmade pottery available for sale.  
Cash, check and credit accepted.  
Bowman House Arts and Crafts Center, 211 Center Street S.

THANKS TO OUR 2025  
VIENNA HALLOWEEN PARADE  
TITLE SPONSOR

**CARNEGIE**  
DINER & CAFE

## DONUTS WITH SANTA

Get ready for a sweet holiday tradition at the Vienna Community Center! Santa is making a special stop in Vienna to hear all your wishes and share plenty of holiday cheer. Mrs. Claus will be serving up a festive donut bar for all, while seasonal music fills the air. The fun does not stop there—kids can enjoy a craft with the Vienna Arts Society and giggle along with a jolly holiday themed puppet show!

Maximum of 8 registrations per household, and every attendee must be registered. Children under 12 months are free. Children must be accompanied by a parent/guardian. Make this magical morning part of your family's holiday tradition!

Activity #	Dates	Day	Time	Age	R/NR
350681-A1	12/6	Sa	9-10:20am	Ages 1yr +	\$5
350681-B1	12/6	Sa	10-11:20am	Ages 1yr +	\$5

More details and tickets at  
[www.viennava.gov/register](http://www.viennava.gov/register).

