

The Phoenix

Parent Newsletter



CLUB PHOENIX TEEN CENTER

“Autumn is proof that change is beautiful.”

Welcome to our Fourth Quarter Parent Newsletter! As we settle into this new school year, the crisp fall air continues to move us into new adventures and experiences! The Club Phoenix Teen Center is a perfect place for teens to learn new skills, make new friends, and open their world to new opportunities. Peek inside this quarterly newsletter to learn more about our Fall Field Trips, Wellness Wednesdays, Van Transportation Pick Ups, and Volunteer Opportunities. We have special events with free food for all members, and we're open for extended hours on holidays, early dismissals, and teacher workdays.

Find a recap from this Summer's Teen Excursion Camp, our 8 dimensions of wellness program from and all our other opportunities to get involved and stay connected.

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

Ianna
Alhambra
After School Program Coordinator



General Information:

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

Hours of Operation:
Monday - Thursday
2:30 - 6:30 pm.
Friday
2:30 - 9 p.m.

Extended Hours Days
Monday - Friday
12:30 - 6:30 p.m.
October: 2, 13, 20
November: 3, 4, 12, 26
December: 22, 23, 29, 30

Closed:
Oct. 9; Nov. 11, 27, 28;
Dec. 24, 25, 26, 31

Teen Excursion Camp 2025 Recap



Club Phoenix Teen Center

Rise up and make a difference.

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

This after school program is free for teens in the greater Vienna area, ages 11 – 17 and in grades 6 – 12.

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

Volunteer Community Service

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

The Nest, Concession Stand

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

Sign up here:

<https://www.signupgenius.com/go/10C094AADA-F2CA4FFC16-58202765-thenest#/>

What to expect in the Teen Center:

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

Apply for an OddJobs List

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

Club Phoenix Rentals

Club Phoenix is available for rentals on weekends to members of Club Phoenix Teen Center that have already received an in-person orientation. Contact Ms. Ianna Alhambra for inquiries at Ianna.Alhambra@viennava.gov or call 703-255-5736 to gain more information and set up a tour.

SELF-DEVELOPMENT AND EIGHT DIMENSIONS OF WELLNESS

Self-Development *September*

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

Eight Dimensions of Wellness

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

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

Intellectual Wellness *October*

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

Vocational Wellness *November*

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

Social Wellness *December*

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



“Confidence comes with maturity, being more accepting of yourself.”
–Nicole Scherzing



SELF-DEVELOPMENT AND EIGHT DIMENSIONS OF WELLNESS

Financial Wellness *January*

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

Emotional Wellness *February*

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

Physical Wellness *March*

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

Environmental Wellness *April*

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

Spiritual Wellness *May*

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

“You can’t knock on
opportunities door and
not be ready.”
-Bruno Mars

Teen Council | Fall Field Trips | Van Transportation System

Teen Council Program

The Teen Council volunteer program is a group of youth leaders from Club Phoenix Teen Center who participate in many events ranging from volunteering at special events to leading mini lessons to fellow teens in hopes of making a difference in their community.

Please join me in welcoming to the Teen Council School Year '25 – '26: Max Cook (8th grade at Thoreau Middle School), Lila Crane (10th grade at James Madison High School), Yordanos Geremew (9th grade at Marshall High School), Kyndall Kelso (10th grade at James Madison High School), Willow Race (8th Grade at Thoreau Middle School), and Natalie Syriani (10th grade at James Madison High School).

Fall Field Trips

Join other Club Phoenix members on these diverse Fall Field Trips. Begin and end your day in the Club Phoenix Teen Center. Participants will be transported to and from the activity by a fully trained Club Phoenix Teen Center Specialist in our 12-passenger Town vehicle. Participants are welcome to bring extra cash as desired.

Flight Adventure Park Activity #225401-A1

Monday, October 20, from 12:30 – 4 p.m.

Race down the slides, jump on a trampoline, and try to beat a Teen Center Specialist at a round of basketball.

<https://vaviennaweb.myvscloud.com/webtrac/web/iteminfo.html?Module=AR&FMID=79002541>

Cox Farms Activity #225400-A1

Monday, November 3 from 12:30 – 4:30 p.m.

Race down the slides, get lost in the corn maze, and enjoy Fall Festivities in the beautifully picturesque Cox Farms.

<https://vaviennaweb.myvscloud.com/webtrac/web/iteminfo.html?Module=AR&FMID=79002320>

Beat the Bomb: Escape Room Activity #225405-A1

Wednesday, November 26 from 2:30 – 6:30 p.m.

Enjoy this interactive escape room experience and Beat the Bomb or be splashed by paint!

<https://vaviennaweb.myvscloud.com/webtrac/web/iteminfo.html?Module=AR&FMID=79003431>

Van Transportation System

Club Phoenix Teen Center provides free transportation for any Club Phoenix member from Thoreau Middle School on Tuesdays and Kilmer Middle School on Fridays. To reserve your spot on the van, please follow the link below at your respective school. If you want Club Phoenix Teen Center to pick up at your school, send Ms. Ianna Alhambra an email request and spread the word at your own school about the Club Phoenix Teen Center.

Tuesday, Thoreau Middle School Van Pick Up Link:

<https://www.signupgenius.com/go/10C094AADAF2CA4FFC16-58197444-thoreau>

Friday, Kilmer Middle School Van Pick Up Link:

<https://www.signupgenius.com/go/10C094AADAF2CA4FFC16-58201936-kilmer>

Volunteer Opportunities

1) “A Million Thanks” Thanksgiving Letters: Friday, October 10 and Tuesday, October 14 from 3:30 – 4:30 p.m. Volunteers will earn one hour of community service writing letters to deployed U.S. military members, veterans, and those in military hospitals to provide hope and encouragement. This opportunity is located at the Club Phoenix Teen Center located in the Vienna Community Center 120 Cherry St. SE, Vienna, VA 22180. Please check-in with Ianna Alhambra or other Teen Center Specialists. No sign up required.

2) Halloween on the Green Event: (20 volunteers) – Saturday, October 11, 9:30 a.m. – 1:30 p.m. Volunteers will assist with set up and breakdown of decorations, games, crafts, sensory stations, entertainment lineup, and popcorn. This event is located at the Town Green, 144 Maple Ave E, Vienna, VA 22180. Please pick up and drop off volunteers at this location and check-in with Ianna Alhambra. This event is outdoors, so please dress appropriately for the weather and follow Fairfax County Public School dress code. Sign up here: <https://www.signupgenius.com/go/10C094AADAF2CA4FFC16-58962567-2025>

3) Seedling Preparation – Tree Advocacy Committee (6 volunteers) – Friday, October 17, 4 – 5 p.m. Volunteers will assist with preparing 150 seedlings for the TAC Seedling Giveaway on Saturday, October 18. (Great opportunity for science-based service hours). This opportunity is located at the Club Phoenix Teen Center located in the Vienna Community Center 120 Cherry St. SE, Vienna, VA 22180. Please check-in with Ianna Alhambra or other Teen Center Specialists. Sign up here:

<https://www.signupgenius.com/go/10C094AADAF2CA4FFC16-58961241-tree>

4) Halloween Parade Bag Stuffing (25+ volunteers) – Thursday, October 23 and Friday, October 24 from 2:30 – 6:30 p.m. No minimum time commitment required. Volunteers will assist in stuffing 1000 goodie bags for the kid participants in the Halloween Parade on Wednesday, October 29. This opportunity is located at the Club Phoenix Teen Center located in the Vienna Community Center 120 Cherry St. SE, Vienna, VA 22180. Please check-in with Ianna Alhambra or other Teen Center Specialists. Sign up here:

<https://www.signupgenius.com/go/10C094AADAF2CA4FFC16-59188407-halloween>

5) Handout Goodie Bags at the Halloween Parade (10 – 12 volunteers) – Wednesday, October 29 from 5:30 – 8:30 p.m. Volunteers will distribute 1000 Goodie Bags to kid participants walking in the Halloween Parade. This volunteer opportunity is located at the Caffi Fields Softball Pitching lanes located at 120 Cherry St. SE, Vienna, VA 22180. Please check-in with Ianna Alhambra or other Teen Center Specialists at this location. This event is outdoors, so please dress appropriately for the weather and follow Fairfax County Public School dress code. Sign up here:

<https://www.signupgenius.com/go/10C094AADAF2CA4FFC16-59190351-2025>

6) The Nest Concession Stand: Any day during Teen Center Hours. Time slots are available in the link below. Volunteers will learn customer service skills, organization and light cleaning, as well as financial management and other tasks to continue general upkeep of the Teen Center as assigned. Sign up here:

<https://www.signupgenius.com/go/10C094AADAF2CA4FFC16-58202765-thenest>

OCTOBER ACTIVITIES CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	OCTOBER 2025		1 Wellness Wednesday: Studying Tips and Tricks for Students	2 Extended Hours 12:30 – 6:30 p.m. Teen Choice	3 First Friday Flicks Haunted Mansion 4 – 6 p.m. National Latino Heritage Month Friday Fiesta	4
5	6 Teen Choice	7 Learn Cursive Writing “A – M”	8 Learn Cursive Writing “N – Z”	9 Practice Cursive Writing: Short Poems	10 “A Million Thanks” – Thanksgiving Letters High School Only Night: Escape Room 7 – 9 p.m.	11 Halloween on the Green Event 9:30 a.m. – 1:30 p.m.
12	13 Extended Hours 12:30 – 6:30 p.m. Halloween Slime Field Trip: Gaming Center 11:30 – 3:30 p.m.	14 “A Million Thanks” – Thanksgiving Letters Due 10/14/25	15 Wellness Wednesday: Explore Creative Outlets to Cope with Stress	16 Soccer	17 Tree Advocacy Committee – Seedling Volunteer Opportunity 4 – 5 p.m.	18
19	20 Extended Hours 12:30 – 6:30 p.m. Baking: Apple Crumble Field Trip: Adventure Park 12:30 – 4 p.m.	21 Pumpkin Decorating	22 Wellness Wednesday: Real Life Scenarios: What Would You Do?	23 Halloween Parade Bag Stuffing Part 1 2:30 – 6:30 p.m.	24 Halloween Parade Bag Stuffing Part 2 2:30 – 6:30 p.m.	25
26	27 Teen Choice	28 Madden 22 Xbox Game Tournament	29 Closed For Halloween Parade Handout Goodies Bag 5:30 – 8:30 p.m.	30 Haunted Mansion Competition	31 Halloween Glow Party 3:30 – 5:30 p.m.	

NOVEMBER ACTIVITIES CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		NOVEMBER 2025				1
2	3 Extended Hours 12:30 – 6:30 p.m. Teen Choice Field Trip: Cox Farms 12:30 – 4:30 p.m.	4 Extended Hours 12:30 – 6:30 p.m. "A Million Thanks" Holiday Letters	5 Wellness Wednesday: Resume Builder Workshop	6 "A Million Thanks" Holiday Letters	7 First Friday Flicks: Remember the Titans	8
9	10 Teen Choice	11 CLOSED	12 Extended Hours 12:30 – 6:30 p.m. Wellness Wednesday: Career Exploration	13 Mason Jar Lanterns	14 National Pickle Day High School Only Night: Friendsgiving	15
16	17 Teen Choice	18 Sticker Making	19 Wellness Wednesday: Interview Questions	20 Pre- Thanksgiving Party	21 Turkey Trivia	22
23	24 Teen Choice	25 Hot Cocoa Bar and One-Word Story	26 Extended Hours 12:30 – 6:30 p.m. Teen Choice Field Trip: Beat the Bomb – Escape Room 2:30 – 6:30 p.m.	27 CLOSED	28 CLOSED	29
30						

DECEMBER ACTIVITIES CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Teen Choice Church Street Stroll Volunteer 5:30 – 8:30 p.m.	2 Bake Sugar Cookies and Gingerbread Cookies	3 Wellness Wednesday: Ninja Game	4 Knitting	5 First Friday Flicks: Elf	6
7	8 Teen Choice	9 Winter Scavenger Hunt	10 Wellness Wednesday: Staring Contest	11 Winter Snowflake Craft	12 Winter Holiday Party High School Only Night: Open Mic	13
14	15 Teen Choice	16 Basketball Pickup Games	17 Wellness Wednesday: People Bingo	18 Teen Choice	19 Winter Trivia	20
21	22 Extended Hours 12:30 – 6:30 p.m. Fav Holiday Episodes	23 Extended Hours 12:30 – 6:30 p.m. 2025 Recap Scrapbook	24 Closed	25 Closed	26 Closed	27
28	29 Extended Hours 12:30 – 6:30 p.m. Vision Board 2026	30 Extended Hours 12:30 – 6:30 p.m. Movie Marathon	31 Closed	Jan. 1 Closed	Jan. 2 Closed	



TOWN OF
VIENNA
Parks and Recreation