

The Phoenix

Parent Newsletter



“Life starts all over again when it gets crisp in the fall.” - F. Scott Fitzgerald

Lets round out 2026 with an Autumn like no other! In this parent newsletter you’ll find highlights from Teen Excursion Camp 2026, Vienna Vibin’: Teen Festival, and all the updated programs for the 2026 School Year. The Teen Council ‘26-’27 is photographed above and they’re excited to make a difference in their community. If you want to help your community alongside the Teen Council members, sign up for volunteer opportunities on page 5. We’re mixing things up this school year so dive in and see our new programs.

Ianna Alhambra
After School Program Coordinator



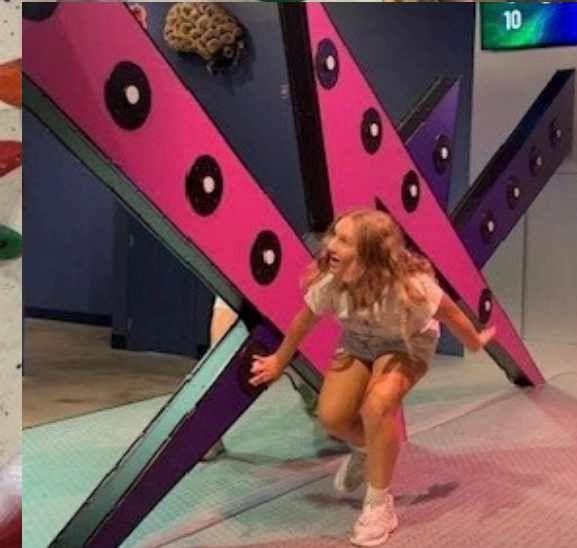
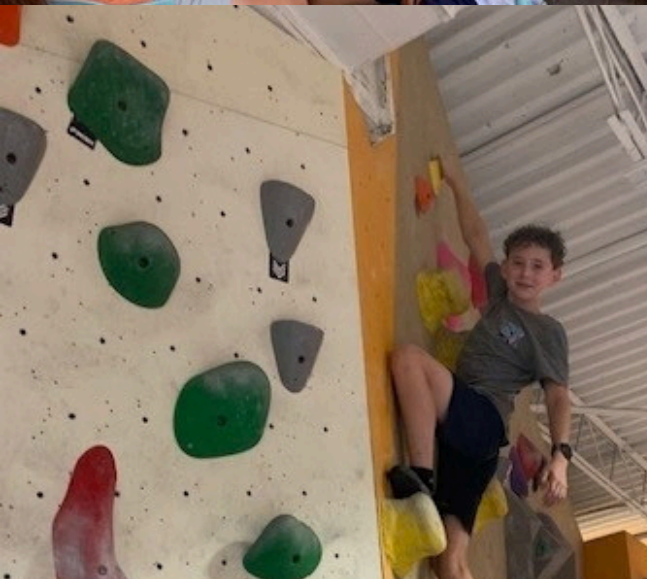
CLUB PHOENIX TEEN CENTER GENERAL INFORMATION

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

Teen Center Webpage
www.viennava.gov/teencenter

Extended Hours Days
Monday - Friday
12:30 - 6:30 p.m.
Oct. 12, 31 | Nov. 2, 3, 25
| Dec. 21 - 23

Closed:
Oct. 28 | Nov. 11, 26, 27 |
Dec. 24 - Jan 1



TEEN EXCURSION
CAMP 2026

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.



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, range from \$0.25 - \$1.50.

Apply for an Odd Jobs 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 on the Teen Center Webpage starting in August.

www.viennava.gov/teencenter

Sign up to Receive Alerts

On your WebTrack account, sign up to receive message alerts for Vienna Community Center program cancellations, delays, and closures.



TEEN EXCURSION CAMP 2026



Volunteer Opportunities, Rentals, Field Trips

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, the 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. Email Ms. Ianna Alhambra at Ianna.Alhambra@viennava.gov for the link.

Halloween on the Green

Saturday, October 17, 2026

From 8:45 a.m. - 12:45 p.m.

At the Town Green

Help facilitate games, prizes, popcorn and arts and crafts at this carnival style event for families and children.

[Sign up here!](#)

Field Trips! Sign up below

1. Mon, Oct 12, 12 - 4 p.m.: Up!
Adventure Park
2. Mon. Nov 2, 12 - 4 p.m. : The Outer
Limits Gaming Center
3. Tues. Nov 3, 12:30 - 4:30 p.m.: Cox
Farms
4. Wed. Nov 25 12:30 - 4:30 p.m.:
Monster Mini Golf
5. Tue. Dec 22, 10 a.m. - 2 p.m.: Level99
6. Tue. Dec 29, 9 a.m. - 1 p.m.: Topgolf

Halloween Goodie Bag Stuffing

Thursday, October 22, 2026

Anytime from 2:30 - 6:30 p.m.

At the Club Phoenix Teen Center

Help the Teen Center stuff 1000 goodie bags for the kids in costume walking in the Halloween Parade.

[Sign up here!](#)

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 needs 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.



“One step at a time. One
punch at a time. One
round at a time.” Rocky
Balboa (*Creed*)



“Books! And cleverness! There are more important things - friendship and bravery.”
Hermione Granger

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.

Teen Council Program | Scholarships 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 several events ranging from volunteering at special events in the Town of Vienna hosted by the Parks and Recreation department to leading mini lessons for fellow teens in hopes of making a difference in their community. Teen Council is a great opportunity to gain leadership experience, make new friends, and make a difference in their community. We've also partnered with the Sunrise Senior Living Center to host game days with the seniors throughout the school year.

Introducing the 2026 - 2027 Teen Council Members:

Sammy Al-Hasani (10th Grade), Isla Aguero (10th Grade), Malachi Aguero (10th Grade), Lila Crane (11th Grade), Carter Frantzen (6th Grade), Yordanos Geremew (10th Grade), Daniel Henderson (10th Grade), Kyndall Kelso (11th Grade), Gregory Langhorn (10th Grade), Alex Leach (7th Grade), Natalie Syriani (11th Grade).

Scholarships

The Town of Vienna offers scholarships to children in grades K-12 who live within Town of Vienna limits. Scholarships are available to children who qualify for free or reduced-price lunches, temporary assistance for needy families, Aid for dependent children, foster care, or Medicaid. Find additional information about the program, an application, or assistance on the webpage link below. Scholarship applications should be submitted with a completed class registration form.

<https://www.viennava.gov/Town-Departments/Parks-and-Recreation/Class-and-Program-Information#section-6>

Van Transportation System

Club Phoenix Teen Center provides free transportation for any Club Phoenix member from Thoreau Middle School on Tuesdays and Thursdays and Kilmer Middle School on Fridays. To reserve your spot in the van, please go to the Teen Center Webpage at www.viennava.gov/teencenter. The remaining seats on the van will be distributed to students on a first come first serve basis.



VIENNA VIBIN': TEEN FESTIVAL 9/25/26



TEEN CENTER ACTIVITIES

Teens get to team up with the CPTC Staff members and choose what they'd like to do in the Teen Center based on the theme of the day. No pressure to participate. Teens will be encouraged to expand their horizons and broaden their skill sets in this safe, social environment.

Move Monday – Get up and move! Whether it's a five-minute dance party, a relay race, basketball at the playground or going for a nature walk around town.

Tournament Tuesday – Bring your A-game and beat your friends in fun obstacle races, billiards tournaments, in a round of Uno or during Super Smash Bros on the Switch.

Whimsical Wednesday – Lets try something new, from arts and crafts to mysterious STEAM activities, to different social hobbies of other teens in the area.

Theater Thursday – Chill and chat or be entertained with popcorn and a movie, we might even throw in an Open Mic night or an Improv game.

Favorites Friday – Enjoy the festivities with your favorite hobbies, themed parties, and freestyle fun games.

October

10/6/26, 4 - 5 p.m. Teen Council Meeting

10/9/26, 7 - 9 p.m. High School Only Night: Escape room

10/12/26 Extended Hours 12:30 - 6:30 p.m.

10/12/26, 12 - 4 p.m. Fall Field Trip to Up! Adventure Park

10/15/26, 4:30 - 5:30 p.m. GOTR Wellness Workshop: Facing Challenges with I Can Power

10/17/26, 8:45 a.m. - 12:45 p.m. Halloween on the Green Volunteer Opportunity

10/20/26, 4 - 5 p.m. Teen Council Meeting

10/21/26 Extended Hours 12:30 - 6:30 p.m.

10/22/26, 2:30 - 6:30 p.m. Halloween Bag Stuffing Volunteer Opportunity

10/28/26 Club Phoenix Teen Center Closed Due to Halloween Parade

10/30/26 Extended Hours 12:30 - 6:30 p.m.

10/30/26, 3:30 - 5:30 p.m. Halloween Party

Event Highlights

November

11/2/26 Extended Hours 12:30 - 6:30 p.m.

11/2/26, 12 - 4 p.m., Fall Field Trip: The Outer Limits Gaming Center

11/3/26 Extended Hours 12:30 - 6:30 p.m.

11/3/26, 12:30 - 4:30 p.m., Fall Field Trip: Cox Farms

11/3/26, 4 - 5 p.m., Teen Council Meeting

11/11/26 Club Phoenix Teen Center Closed Observance of Veterans Day

11/13/26 7 - 9 p.m., High School Only Night: Friendsgiving

11/17/26 4 - 5 p.m., Teen Council Meeting

11/19/26, 4:30 - 5:30 p.m., GOTR Teen Wellness Workshop: Facing the Future Fearlessly: Cultivating Resilience

11/25/26 Extended Hours 12:30 - 6:30 p.m.

11/25/26, 12:30 - 4:30 p.m. Fall Field Trip: Monster Mini Golf

11/26 - 27/ 26 Club Phoenix Teen Center Closed Observance of Thanksgiving

11/30/26, 5:15 - 8:30 p.m., Church Street Stroll Volunteer Opportunity, Email Ms. Ianna at Ianna.Alhambra@viennava.gov to sign up.

December

12/1/26, 4 - 5 p.m., Teen Council Meeting

12/2/26, Extended Hours 12:30 - 6:30 p.m.

12/5/26, Donuts with Santa Volunteer Opportunity, More info and to sign up, email Ms. Ianna at Ianna.Alhambra@viennava.gov.

12/11/26, 3:30 - 5:30 p.m. Winter Wonderland Party

12/11/26, 7 - 9 p.m., High School Only Night: Winter Wonderland Party

12/15/26, 4 - 5 p.m., Teen Council Meeting

12/17/26, 4:30 - 5:30 p.m., GOTR Teen Wellness Workshop: Using Agency to Stand Up for Ourselves and Others

12/21/26, Extended Hours 12:30 - 6:30 p.m.

12/22/26, Extended Hours 12:30 - 6:30 p.m.

12/22/26, 10 a.m. - 2 p.m., Winter Field Trip: Level99

12/23/26, Extended Hours 12:30 - 6:30 p.m.

12/24/26 - 1/1/27 Closed for the Holidays, CPTC will resume January 4, 2027

12/29/26, 9 a.m. - 1 p.m. Winter Field Trip: Topgolf

Club Phoenix Teen Center Presents:

Teen Wellness Workshops

Instructed by Girls on the Run

Located at The Vienna Community Center

Ready to build new leadership skills and strategies? Join Girls on the Run for a fun, interactive and empowering workshop series dedicated to growing this winter! Attendees will explore a variety of leadership topics designed to **enhance their inner confidence, stand up for themselves and others, make intentional decisions, welcome and work through emotions, and build overall balance and healthy habits.** Open to all teens, individuals can attend all workshops or pick and choose topics that resonate with them!

**Registration is Free! Sign up today on WebTrac:
GOTR Teen Wellness Workshops Activity #422410**

- Activity #322411 - A1 | Thursday, December 17; 4:30-5:30 p.m.
-Using Agency to Stand Up for Ourselves & Others
- Activity #322411 - B1 | Thursday, January 21; 4:30-5:30 p.m.
-Intentional Decision Making
- Activity #322411 - C1 | Thursday, February 18; 4:30-5:30 p.m.
-Welcoming and Working with our Emotions
- Activity #322411 - D1 | Thursday, March 18; 4:30-5:30 p.m.
-Building Balance, Creating Healthy Habits



Email Ms. Ianna Alhambra for more information at
ianna.alhambra@viennava.gov
www.viennava.gov/teencenter



TOWN OF
VIENNA
since 1890



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Parks and Recreation