



# THE YOUNG AT HEART SENIOR CENTER Meeting the Needs of Today's Active Seniors

he Young at Heart Senior Center is always bustling, with people taking part in a variety of activities: drinking coffee, conversing, playing euchre, exercising, reading — and, most importantly, seeing friends.

Members and guests ebb and flow through the game room, fitness center, classrooms, library, and activity areas. They gather at tables and on couches, grab a snack, bring their lunch, or sit quietly at the computer. Many are members of centers in both Fairfax City and Fairfax County — and they always make time for Young at Heart.

Green Acres Center, where seniors age 55+ gather, is nestled in a quiet neighborhood at the southern corner of Fairfax City. Its members, who

live in Fairfax City, Fairfax County, and beyond, consider it one of the best-kept "secrets" in Fairfax.

Lately known as one of Fairfax's hottest pickleball haunts, the center offers a wide range of activities, classes, and trips. However, while members enjoy these amenities, the true draw to this cozy facility is community.

"It's a good place to be," said member Peggy Bullocks. "It's nice to have a place to come to, especially after you have retired, and you want to get away, you know, just meet people." She enjoys the informational seminars "to keep your mind busy, stay fresh, socialize, know what's happening in the community ... there's a little something for everyone."

Member Janice Miller said, "We like hanging out. It's like school: pickleball, cards, friendship."

Zinta Rogers Rickert, another member, said that after spending years around Fairfax City with her growing children, she is now spending time for herself

at the center.

The center's broad appeal and membership "builds community not only within the center, but so many members are from the county, it's building a sense of community with them as well — and that leads to people thinking,

and becoming friends, and looking at larger issues," said Tom Ross, a member of the Fairfax City Council and Senior Center who also serves as the council representative to the Village in the City Advisory Board. The center's broad sense of community also connects members to other programs, he said, like Fairfax Village in the City.

Senior Center Director Anne Chase said a number of members who have recently lost spouses told her the center is like their "second home," and if not for the center, "they would just fall apart."

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## CITYNEWS

#### **Personal Property Tax Payments** Due Oct. 5

Personal property and vehicle registration fee payments are due by Oct. 5. Late payments will incur a 10% penalty, plus interest.

#### Payment options:

- **Secure drop box** outside City Hall (off Armstrong Street)
- Mail checks only (must be postmarked by Oct. 5; consider mailing at the post office counter and receive proof of mailing); blue mailing envelope with New York address included with the bill
- **Online** via the *Payments* button on the city homepage (Note: e-checks are now fee-free)
- In person at Fairfax City Hall (8:30 a.m. to 4:30 p.m. weekdays, excluding holidays)
- **By telephone** at 703-385-7900 (option 5)

Confirm tax payments online via fairfaxva.gov/mytaxes. To request a copy of your bill, call 703-385-7900 (option 1). To make changes to your bill, call 703-385-7885. Reminder: decals are issued only for vehicles registered at addresses in Residential Parking Permit Districts. Info: fairfaxva.gov (search "Personal Property Tax")

#### **Drug Take Back Day,** Oct. 28

Bring unwanted or expired prescription and over-the-counter drugs to the City of Fairfax Police Department from 10 a.m. to 2 p.m. Oct. 28. Pills, ointments, and liquids in sealed containers are accepted. (No needles, syringes, or Epi-Pens.) Drop-off is anonymous; no identification or prescription information is required. Info: fairfaxva.gov/police, 703-385-7829

#### **Fall Community** Stewardship Day, Oct. 29

Join us from 9 a.m. to noon Oct. 29 at Van Dyck Park for the Fall Community Stewardship Day. All are invited to come celebrate our trees at the 36th Annual Arbor Dav Proclamation and tree planting and then participate in the fall clean-up of our city parks, forests, and streams. Residents may earn stormwater utility credit by volunteering in the community cleanup. Info and registration: fairfaxva.gov/ CommunityCleanup, 703-293-1661

#### Don't Bag It! Curbside Leaf Collection Begins Oct. 30

Curbside leaf collection will be provided from Oct. 30 through Dec. 29 in neighborhoods that receive city refuse collection service. Please rake leaves loose to the curb. Bagged leaves are not collected during this time. Info: fairfaxva.gov (search "leaf"), 703-385-LEAF

#### Trick or Treat Trail, Oct. 30

Celebrate Halloween with the City P.O.L.I.C.E. along the Trick or Treat

Trail from 5-7 p.m. Oct. 30 at Historic Blenheim, 3610 Blenheim Blvd. Please stay in your vehicle, and officers will distribute treats to you. This event is for Fairfax City residents ages 12 and younger (and the child must be present to receive the goodies). Costumes are encouraged. Info: fairfaxva.gov (search "Trick or Treat Trail")

> Trick-or-Treat, Oct. 31

Fairfax City welcomes boos and ghouls to trick-or-treat at Fairfax City government facilities: Green Acres front desk, 8 a.m. to 5 p.m.; Sherwood Center front desk, 8:30 a.m. to 8 p.m.; and Fairfax City Hall department offices, 1-4 p.m. Costumes encouraged! Info: fairfaxva.gov/news, 703-385-7800

#### Hands-Only CPR, Stop the Bleed, Stroke Awareness Training, Nov. 4

Fairfax City Fire Department offers free training for hands-only CPR, stop the bleed, and stroke awareness — because every second counts while waiting for medical assistance. Hour-long training sessions will be offered at 10 a.m. and 11:30 a.m. Nov. 4 at Fire Station 3, 4081 University Drive. Sign up for a session today: http://bit.ly/Nov23CPRAED

#### Early Voting Continues **Through Nov. 4**

Early voting for the Nov. 7 General Election continues in the Office of Elections (City Hall Annex, Room 300). Please bring your ID. The Office of Elections is open from 8:30 a.m. to 5 p.m. weekdays (excluding holidays), as well as from 8:30 a.m. to 5 p.m. Saturday, Oct. 28, and Saturday, Nov. 4. The final day to vote early in person is Nov. 4.

ballots by 5 p.m. on Oct. 27 via elections.virginia.gov/vote. By-mail ballots may be returned by mail, in person by the voter, or in the secure ballot drop box at the City Hall Atrium main

Request your by-mail

entrance (facing George Mason Blvd.).

Offices on the Nov. 7 General Election ballot are the Virginia Senate (District 37), Virginia House of Delegates (District 11), and three elected positions shared with Fairfax County: Clerk of Court, Commonwealth's Attorney, and Sheriff. Sample ballots are available at fairfaxva.gov/vote.

Info: fairvaxva.gov/vote, 703-385-7891



## DON'T LET YOUR FOOD WASTE HAUNT YO

#### fairfaxva.gov/composting

Drop off your pumpkins, jack-o'-lanterns, gourds, painted pumpkins, and other decomposable food décor at the City Hall composting center. Pumpkins can be composted in backyard composters, or even buried in the backyard. Please do not dispose of any pumpkins or food in the woods.

**FRONT** 



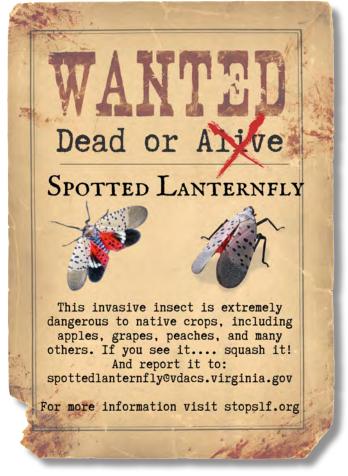
#### **Sanitary Sewer Overflow Averted!**

After nearly a quarter mile of aging sanitary sewer force main in the Warren Woods neighborhood was relined to extend its useful life, a public works crew member tried to restart the San Juan Drive pump station — but a problem with the priming system prevented the station from engaging. Joe Curry, Ezekiel Henriguez, and

Rene Romero (pictured, left to right),

from the city's wastewater maintenance crew leapt into action, creating the pressure needed to restart the pumps by flushing water from their vacuum truck into a manhole downstream from the station. Their quick thinking prevented wastewater from backing up into nearby homes.





#### YouTube

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47TH ANNUAL FAIL
FAIL
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\$30

PLUS: THE PETTING ZOO IS BACK!

**OCTOBER 14** 

10 a.m. to 5 p.m.

Everyone's favorite fall festival returns to Fairfax City. Come experience the sights, smells, tastes, and thrills of our seasonal street fair! Please leave pets at home.

Debuting this year is Haus of Marzipan.
Watch this daring duo perform dazzling aerial choreography, comedic acrobatics, and whimsical dances from 11 a.m. to 2 p.m.

Children of all ages will be enthralled by Irish dance performances, ballet dancers, and magic shows!

Stop by Old Town Hall to enjoy Fall for the Book activities for kids and adults. Don't miss Sparky's Harvest Bash at Fire Station 3. Visit the city's historic sites and explore their open houses.

Scorpion Rose headlines the After Fest Concert, 5:30-8:30 p.m. in Old Town Square.

#### PARKING AND FREE SHUTTLE SERVICE

- Accessible parking is located in the Old Town Village Parking Garage, 3925 Chain Bridge Road, and at City Hall, 10455 Armstrong St. (access via Chain Bridge Road).
- Public parking is located at the Judicial Center Parking Garage B, 10577-10553 Page Ave., and the Old Town Village Parking Garage.
- Free, fully accessible shuttle buses are recommended for easy access to the Fall Festival. Shuttles will run from 8:30 a.m. to 5:30 p.m. Board shuttles at George Mason University Rappahannock Parking Deck (4393 University Drive) or Fairfax High School (3501 Lion Run).

FEAST ON
BBQ,
PIZZA,
CRAB CAKES,
SMOOTHIES,
FUNNEL CAKES
ICE CREAM,
EMPANADAS,
ASIAN FARE

STAGES OF LIVE MUSIC

FEST CONCERT 5:30-8:30 P.M. OLD TOWN SQUARE 3 BEER
GARDENS
WILL SERVE SUDS
CRAFTED BY
LOCAL BREW
PUBS

#### Young at Heart Senior Center

continued from page 1

Ross said the center's magic is "its sense of community, people caring about each other, getting to know one another, sharing stories, sharing experiences, playing together but also just listening to one another, something that's really lacking in today's world."

These connections run deep: recently, euchre players noticed one of their regulars (who is in his 90s) hadn't been around for a while, so the group checked up on him. (He's okay.)

The center busts a lot of senior "myths," starting with who should be a member.

"You don't have to be retired to come enjoy the Senior Center," said Chase. "You just have to be 55. Many of the vounger members who are still in the workforce take time off work to take a trip or participate in an activity." Members range in age from 55 into their 90s.

What can you do at the Senior Center? A lot: play bocce, knit, join a book club, share your experiences in the military, let out your inner artist, get IT help for your tablet or phone and the list goes on. In fact, with so many options, the center began programming events and classes in the afternoon.

Members not only attend activities but often lead them. This allows programs to evolve organically to meet the changing needs of members, Chase said, Member Shana Wallace launched a euchre group, whose players sometimes bring their own cards.

Efren Strain wanted to share his love of music by playing his guitar and leading a sing-along. When he mentioned this goal on NextDoor, someone suggested the Senior Center. He became a member, and now the Air Force veteran leads 4Fun Singers on Tuesday afternoons and provides lyrics of 200 songs that span decades and generations.

Tuning his guitar before a recent sing-along, Strain observed that singers grow more confident the more they sing — but "the purpose

of this group is not really about singing. It's about expressing, and relieving stress, and enjoying, and reminiscing, being together."

Another popular program is Lunchtime Learning, where you lunch with friends while learning something new: estate planning, first aid, how to understand and enjoy watching football, and more. Members suggest topics and often lead the presentations.

Activities provide ample opportunity for seniors to socialize on their own terms, said fitness instructor Darlene Wujkowski. Some of her students live alone and don't often meet or encounter other people, she said, and her class Sit & BFIT "lets you do what feels comfortable to you."

Fairfax seniors can stay as active as they wish with a variety of activities in the game room, sports facilities, and fitness classes. The center participates in the Senior Olympics. An onsite fitness room and trainers for hire help meet fitness goals.

"These seniors are active and engaged," said Kris Titus, Parks & Recreation operations manager. "They like to see a wide range of activities.... I don't think I've met a slow-paced senior here."

Membership is free for Fairfax City and Fairfax County residents. Others pay \$50 per year, or a \$5 fee for guests or to drop in. (Please provide a valid ID to confirm eligibility.) Some trips and activities have additional fees.

New members have their own "meet and greet" at 12:30 p.m. on the first Friday of the month.

Getting to the center isn't an obstacle: members can use Fastran, a transit service, to travel to and from the center (with approval). Senior Center members who drive receive parking passes. The center recently provided shuttle service from a satellite parking location during parties and special events, and anticipates expanding the service in the fall; check with the center for details.

Discover the Young at Heart Senior Center for yourself! The center is open from 8 a.m. to 5 p.m. weekdays (excluding holidays). Info: fairfaxva.gov/ seniorcenter, 703-273-6090





Fall for the Book's 25th Anniversary Festival has something for the whole family, from rockstar bestsellers

like Nick Hornby, to climate activists Katharine Hayhoe and Michael Gunter, to thriller writers E.A. Aymar, I.S. Berry, and Alma Katsu, maverick Navy Captain Brett Crozier, and graphic novelists like Jonathan Roth. The festival brings together writers from around the world for four days of in-person and virtual programming. Explore the full schedule at FallfortheBook.org and discover your new favorite book. Events are free and open to the public except where otherwise noted.

#### The Beck Environmental Lecture: **Katharine Hayhoe**

7:30 p.m. Oct. 4, GMU Campus

Enjoy this festival preview event with Katharine Hayhoe, one of the world's most influential climate scientists. Her new book Saving Us: A Climate Scientist's Case for Hope and Healing in a Divided World presents an inspiring call to action based on interdisciplinary research and personal stories. Sponsored by Robert & Lucy Beck.

#### A Life in Books & Film: Nick Hornby

7:30 p.m. Oct. 13, Sherwood Center Nick Hornby's books have served as inspiration for filmmakers, from cult-classic High Fidelity, adapted as a film and now a Hulu series, to About a Boy starring Hugh Grant. Hornby's newest book, Dickens and Prince: A continued on page 7



#### **Comprehensive Plan Review Meeting**

The City of Fairfax 2035 Comprehensive Plan, adopted in February 2019, guides many policy decisions regarding the physical development of the city. As we are coming up on the five-year anniversary of this plan, the Code of Virginia requires the city review it to determine if any changes should be made.

A lot has happened over the last five years, and we are excited to update the plan, but we need to hear from you about what has worked, what hasn't, and what our new priorities are.

Please join us at an open house

from 6-8 p.m. Oct. 5 at Old Town Hall, 3999 University Drive, to provide your input on any aspects of the comprehensive plan.

Topics include land use, neighborhoods, commercial corridors and activity centers, community design and historic preservation, multimodal transportation, natural environment, sustainability initiatives, economic vitality, education, parks and recreation, cultural arts, government and public safety, and infrastructure and utilities. More information is available at https://engage.fairfax.gov.

## MAKING History

A Taste of the Vine, Oct. 6

Historic Fairfax, Inc. invites oenophiles to the annual wine and food pairing fundraiser, Taste of the Vine, from 6:30 - 9:30 p.m. Oct. 6 at the Civil War Interpretive Center at Historic Blenheim, 3610 Blenheim Blvd. The event includes fine wines from Leesburg's Stone Tower Winery, hors d'oeuvres by Artistry Catering, a silent auction with unique items from local businesses, and live music. Proceeds support the management, preservation, and promotion of the city's historic properties and rich history. Tickets are required: \$60 per person pre-sale, and \$65 at the door. Info: historicfairfax.org/events

Planned Communities of the D.C. Metro Area, Oct. 8

Learn about local planned communities from Alex Campbell, executive director of Reston Museum, at a talk at 2 p.m. Oct. 8 in the Fairfax Museum and Visitor Center, 10209 Main St. This talk is in conjunction with the traveling exhibition *Planned* 

Communities of the DC Metro Area on display through Nov. 5 at the museum. Free. Info: fairfaxva.gov (search "talk planned")



Plein Air Art Event, Oct. 28

Join the Fairfax Art League at
Historic Blenheim to learn to paint
plein air, or outdoors painting.
Artists will demonstrate this
method using acrylics and watercolors. Bring your own art supplies
or use ours. Young visitors may
have their faces painted and may
paint a small pumpkin to take home!
Be sure to visit the historic house to
see plein air watercolors by Barbara
Scott, the last family owner of
Blenheim. Free. Info: fairfaxva.gov
(search "plein air")

Traveling Exhibition:

Planned Communities of the

D.C. Metro Area, through Nov. 5

View historic documents and learn how the founding principles of

communities in Reston, Va., and Columbia and Greenbelt, Md., developed and shaped these areas to become those we know today. This exhibit was created by the Reston Museum, Greenbelt Museum, and Columbia Association. Fairfax Museum and Visitor Center, 10209 Main St. Free. Info: fairfaxva.gov (search "planned communities")

#### **HISTORIC TOURS**

The final **Old Town Fairfax Historic Tour** of the year is Oct. 28. Meet your guide at 11 a.m. in front of the Historic Fairfax County Courthouse, 4000 Chain Bridge Road, for the hourlong tour. Groups are limited to 15 people. Free. *Reservations*, weather cancellations: 703-385-8414.

Take a **guided tour of the Ratcliffe- Allison-Pozer House,** the oldest residence in the city, from noon to 3 p.m. on Saturdays through October at 10386 Main St. Free. *Info:* fairfaxva.gov (search "Ratcliffe")

Explore the **1799 Fairfax Courthouse** and **Historic Records Center** with a guided tour at 3 p.m. Fridays (excluding holidays and other court closures). Meet at the entrance to the 1799 Courthouse, 4000 Chain Bridge Road. Free. *Info: 703-246-4168* 

## MINUTES WITH ... C MARTINEZ CHIEF FINANCIAL OFFICER



JC Martinez was hired as the city's chief financial officer last December. He worked previously with the Virginia Department of Health at the Alexandria Health District for 11 years. As he approaches his one-year anniversary with the city, we asked him to share a little about his role leading the city's finance department.

What attracted you to Fairfax

City? "Everything: its central location in Northern Virginia, the relatively small size of both the population and city workforce, its consistent fiscal management accolades, and the ability in seeing decisions/actions made positively impacting the residents."

What is the "big picture" of your role? "As CFO, I lead, plan, develop, and administer the city's financial operations to include

real estate assessment, accounting, budgeting, capital programming, financial reporting and management, financial planning and analysis, annual city audit, accounts payable, payroll, the city's retirement plan, procurement, and the issuance and management of city debt."

What are some upcoming projects you're most excited about? "We will be working on reaffirming the city's AAA bond rating, which will ensure the most favorable financing terms for our capital improvement program projects."

What should residents know about your department? "Finance Department staff are distinguished professionals committed to maintaining and strengthening the long-term fiscal health of the city. The team has received the GFOA Distinguished **Budget Presentation Award for** 29 consecutive years, and the **GFOA Certificate of Achievement** for Excellence in Financial Reporting for 42 consecutive years."

Residents are invited to participate in the budgeting process. The annual budget review begins after the city manager presents the proposed budget during the Feb. 27, 2024, City Council meeting. City Council work sessions and public hearings are scheduled through May 7, 2024. Meetings begin at 7 p.m. in City Hall and are open to the public as well as cablecast on Channel 12 (Cox and Verizon) and livestreamed on the city website. The proposed budget will be posted online after Feb. 27 at fairfaxva.gov/budget.

#### Fall for the Book Festival

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Particular Kind of Genius, is a warm and entertaining reflection on art, creativity, and the unlikely similarities between Victorian novelist

Charles Dickens and modern American rock star Prince. Hornby will discuss his remarkable career, writing, and the power of art in this thoughtful and entertaining conversation, and will sign books after the event.

## lity of Fairfax Commission on the Arts

**Bonita Lestina Old Town Hall Performance Series:** 

> **Barclay Brass** 8 p.m. Oct. 20 Old Town Hall **FREE**

#### **City of Fairfax Band Association Main Street Community Band**

(Part of Fall Festival; see p. 4) 10:30 a.m. Oct. 14 Old Town Square **FREE** 

#### **City of Fairfax Band**

7:30 p.m. Oct. 28 Fairfax High School Tickets required

#### **City of Fairfax Theatre Company: Cabaret Fundraiser**

Oct. 21 **Sherwood Center** Tickets required

### **HELPING HANDS** THE CITY NEEDS

#### **PEOPLE LIKE YOU SERVE ON CITY BOARDS** AND COMMISSIONS

**Board of Building Code Appeals** (two vacancies; one mechanical or plumbing vacancy and one city resident); Board of Zoning Appeals (one vacancy); Commission on the Arts (two vacancies for city residents); **Economic Development Authority** (one vacancy for city resident or business owner); Fairfax Area Disability Services Board (one vacancy); Fairfax Village in the City Advisory Board (one vacancy for at-large member); Health Systems Agency representative (one vacancy); Historic Fairfax City, Inc. (one vacancy); Human Services Committee (one vacancy): Personnel Advisory Board (one vacancy); Regional -Continuum of Care Board (one vacancy for city representative). To apply, visit fairfaxva.gov and search "boards and vacancies," or call 703-385-7935.



City Hall • 10455 Armstrong St. • Fairfax, VA 22030

Cityscene is produced by the city's Communications and Marketing Office

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Cityscene is available in large print, Braille, and audio upon request.

Para solicitar ayuda con servicios de la ciudad o preguntas sobre esta publicación, por favor llame al 703-385-7800 (TTY: 711).

본 간행물과 관련하여 문의 사항이 있으시면 228 703-385-7800 (TTY: 711) (으)로 전화 주시기 바랍니다.

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To report a problem or request a service, please use Fairfax City Resolve. Look for the "Report" button on fairfaxva.gov.

Many of our schools have formal Career Days this fall and are looking for presenters! If you are interested in participating, contact carrie.dorsey@fairfaxva.gov. We are looking for all kinds of professions and industries. Our Fairfax Academy program specifically seeks career opportunities in the arts, including languages, theater, music, performing and technical arts, graphic design, social media, and much more. Most Career Days ask for a just a few hours, and you will meet and interact with students of all ages.

