

Parks & Rec Connected

A COMPLETE GUIDE TO **FAIRFAX CITY**
EVENTS, ARTS, PROGRAMS, AND PARKS

WINTER/SPRING 24-25



ELITE SPONSOR
FAIR CITY MALL

CHOCOLATE LOVERS • PG 6

**SCHOOL DAY OFF
PROGRAMS • PG 11**



Parks & Recreation
fairfaxva.gov/parksrec

DIRECTOR'S MESSAGE

Last Spring while scanning in photos from the parks archive, we found a small box labeled "Van Dyck Construction". It was remarkable to get a window into the creation of this flagship City Park and to see much the surrounding neighborhoods have changed since then. These sneak peeks into the history of the City's Parks have only increased my appreciation of the Park's Master Plan. Having wonderful spaces to enjoy does not happen by accident. It is part of a long-term vision that we as staff work to create in partnership with our community.



This year we are excited to invite you to participate in the update of our Parks Master Plan, a comprehensive guide to shaping the future of our community's parks and green spaces over the next 10 years. Last updated in 2014, this is a unique opportunity for you to share your thoughts, ideas, and vision for how we can improve and expand our local parks to better serve everyone in our community.

Our parks play a vital role in the health and well-being of our residents. They provide spaces for recreation, relaxation, and connection to nature. The Parks Master Plan will help us make informed decisions on the development of future parks, trails, facilities, programs, and events and guide us for the next ten years.

How can you get involved? Over the next year we will be announcing a variety of ways to participate. We will staff tables at City events to solicit feedback, offer online surveys, and invite you to participate in virtual or in-person meetings, just to name a few. We really want to hear your perspective! What parks, facilities, programs, and events you think would benefit our community, what are we doing well, and what could we be doing better. We want to hear it all. Whether you enjoy walking your dog in the park, utilize our athletic facilities, belong to our senior center, enroll a child in camp, attend our free arts programs, or have attended one of our community events, your perspective is invaluable. Together, we can shape the future of Parks and Recreation for the City of Fairfax. Stay Connected! For updates and more information, please visit www.fairfaxva.gov or follow us on Facebook or Instagram.

Thank you for your continued support and commitment to ensuring that our parks, trails, facilities, programs, and events exceed expectations now and in the future.

Stacey Sommerfield
Director of Parks and Recreation

PARKS & RECREATION ADVISORY BOARD (PRAB)

- Sarah Ross, *Chair*

Kelly O'Brien, *Vice-Chair*

Charish Bishop

Inigo Francis

Diana Gibson

Matthew Hoffert
- Rachael McQuillen, *School Board Representative*

Chuck Pacely, *Senior Center Representative*

Matt Rice, *Planning Commission Representative*

Rusty Russell, *Environmental Sustainability Committee Representative*

Kelsey Sandoval, *Commission on the Arts Representative*

Douglas Stewart, *NOVA Parks Representative*

Yolanda Ortiz, *Commission on the Arts Representative*



2023-24 MAYOR & COUNCIL

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catherine.read@fairfaxva.gov



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Jon R. Stehle Jr.
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AT THE TIME OF PRINTING THE 2025-2026 MAYOR AND CITY COUNCIL ELECTION RESULTS WERE NOT CERTIFIED. VISIT FAIRFAXVA.GOV FOR DETAILS ON ELECTION RESULTS

PARKS & RECREATION LOCATIONS

GENERAL INFORMATION:
parksrec@fairfaxva.gov • 703-385-7858
fairfaxva.gov/ParkRec

CITY HALL
10455 Armstrong St. Suite 123, Fairfax, VA 22030
Hours: Mon-Fri, 8:30am - 5pm
Phone: 703-385-7893

Staff:

- **Stacey Sommerfield**, CPRP, *Parks and Recreation Director*
stacey.sommerfield@fairfaxva.gov
- **Kay Kaelin**, *Administrative Services Coordinator*
kay.kaelin@fairfaxva.gov
- **Megan DuBois**, CPRP, *Cultural Arts Manager*
megan.dubois@fairfaxva.gov
- **Christine Vincent**, *Cultural Arts Assistant*
christine.vincent@fairfaxva.gov
- **Mitzi Taylor**, CPRP, *Events & Athletic Manager*
mitzi.taylor@fairfaxva.gov
- **Deanna Payne**, *Special Events Assistant Manager*
deanna.payne@fairfaxva.gov
- **Richard Wyant**, *Athletics Supervisor*
richard.wyant@fairfaxva.gov

STACY C. SHERWOOD CENTER
3740 Blenheim Blvd
Fairfax, VA 22030
Hours: Mon-Fri, 8:30am - 8pm, Sat, 9am - 4pm
(Open evenings and Sundays for scheduled events)
Phone: 703-385-1695

Staff:

- **Katie MacCammon**, CPRP, *Recreation Manager*
katherine.maccammon@fairfaxva.gov
- **Aster Minehart**, *Assistant Recreation Manager*
aster.minehart@fairfaxva.gov

OLD TOWN HALL
3999 University Dr., Fairfax, VA 22030
Hours: 11am - 3pm

GREEN ACRES CENTER
4401 Sideburn Road, Fairfax, VA 22030
Hours: Mon-Fri, 8am - 5pm
(Open evenings and weekends for scheduled events)
Green Acres Fitness Room Hours
Mon-Thurs, 5 - 9pm; Sat-Sun, 9am - 2pm
Phone: 703-273-6090

Green Acres Staff:

- **Anne Chase**, CPRP, *Senior Center Manager*,
anne.chase@fairfaxva.gov

Facility Rentals Staff:

- **Kris Titus**, CPRP, *Operations Manager*,
kris.titus@fairfaxva.gov
- **Kaveh Tajalli**, CPRP, *Assistant Operations Manager*,
kaveh.tajalli@fairfaxva.gov


PARKS


- **Mac Ryan**, *Parks Manager*, michael.ryan@fairfaxva.gov
- **Christopher Fleming**, *Parks Supervisor*,
christopher.fleming@fairfaxva.gov
- **Demetric Willingham**, *Parks Supervisor*,
demetric.willingham@fairfaxva.gov

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 **WINTER/SPRING REGISTRATION OPEN: DECEMBER 9, 2024 AT 8:30AM**

 **PARKS & REC CONNECTED IS PUBLISHED 3 TIMES A YEAR:**
Winter/Spring-January through April
Summer-May through August
Fall-September through December

 **WE APPRECIATE YOUR FEEDBACK!**
Please contact our office at 703-385-7858 or email parksrec@fairfaxva.gov with questions, suggestions or comments.

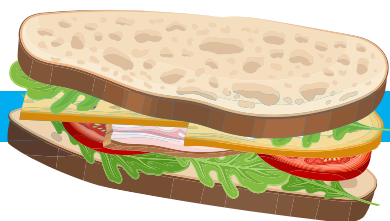


CAPRA ACCREDITATION
The Fairfax City Parks and Recreation Department is a National Parks and Recreation Association accredited department proving the highest level of service to our community. There are only 213 accredited CAPRA departments nation wide.

Happenings



Reeling in Retirement: Farewell to Mac Ryan and Hello to New Parks Managers



As of November 1st, after nearly a decade with Fairfax City Parks and Recreation, Michael (Mac) Ryan has retired. Many of you likely met or worked with Mac over the years. He was always quick with a joke and an offer to help. We certainly will miss him and wish him a happy retirement filled with uninterrupted hours of fishing.

Mac's retirement did provide us an opportunity to re-evaluate the staffing structure of the Parks Maintenance Division. Over the past decade the workload of this Division has increased exponentially while the number of staff and the organizational model has stayed the mostly the same.

During Mac's tenure the organizational structure featured a single manager with two parks supervisors. These supervisor positions managed daily crew operations, but did not have a defined role in higher level tasks. A review identified that a two-manager system would benefit the Division's ability to complete the crew's packed schedule of events, maintenance, and Capital Improvement Projects. This new structure would maintain the same number of FTE's by only replacing a single Park Supervisor.

Within the division, two candidates stood out as more than qualified for the job of Parks Maintenance Manager. Demetric Willingham has been with the City for 20 years, 17 of those years with Parks and Recreation. He brings a vast knowledge of athletic facility management, crew leadership, and event supervision. Christopher Fleming has been with the City for over 5 years with 10 years of landscaping experience prior to his time with the City. He is a certified arborist who brings a knowledge of greenspace management, invasive plant removal, and workforce development.

We are excited to announce that as of September 16th both were promoted to Park Manager. Over the next few months, we will continue to refine each manager's roles and responsibilities. This is an extremely positive development for the Parks & Recreation Department.

Welcome Demetric and Christopher to your new roles as Parks Manager!

From Mascots to Modern Restrooms: Fairfax City Brings Home Three State Awards

The City of Fairfax Parks and Recreation team had a big moment at the 71st Annual Virginia Recreation and Park Society (VRPS) Conference in Norfolk, Virginia. Competing with over 140 entries from across the state, the department stood out by winning awards in three categories, showing off their creativity and commitment to making Fairfax a great place to live and play.

In the Snapshot Moment category, the department captured the spirit of Fairfax City's Independence Day Parade with a stunning 360-degree photo. Highlighting the historic Old Town Hall, vibrant crowds, and the annual bi-plane flyover, the image celebrated community pride and tradition.

The department also excelled in the Most Creative Marketing Piece category with its "Sneakers Stickers," featuring their mascot, Sneakers the Fairfax. These custom stickers engaged children and adults alike, promoting recreation programs in an accessible and joyful way.

Lastly, the innovative Smart Restroom Pilot Project earned the award for Best New Renovation/Addition. These solar-powered, ADA-compliant restrooms improved accessibility and received glowing feedback for their user-friendly design and advanced features.

These awards highlight the City of Fairfax Parks and Recreation Department's leadership and dedication to creating a vibrant, inclusive community through innovative programs and projects.



Aster Joins the Team: Big Changes and Exciting Times at the Sherwood Center

We're thrilled to introduce Aster Minehart, who joined our team in August as the Volunteer Coordinator and has recently transitioned to a full-time role as the Assistant Recreation Manager at the Sherwood Center.

A proud graduate of Radford University, Aster brings a rich background in Parks and Recreation to our department. In her time as Volunteer Coordinator, she's been instrumental in building strong connections throughout the City, organizing impactful volunteer opportunities, and championing the Adopt-a-Spot program to keep our public spaces clean and welcoming.

We're excited to see Aster continue to make her mark in the Assistant Recreation Manager role. If you see her around town, don't hesitate to say hello and join us in welcoming her to the City of Fairfax!





FINANCIAL ASSISTANCE



SCAN TO
LEARN MORE
AND APPLY

Fees shouldn't prevent you from enjoying our programs

City of Fairfax Parks and Recreation's goal is to have all government programs, services, classes and camps accessible to all residents



Reductions based on household size and income



Only available to Fairfax CITY residents



Available for programs of all ages (Adult, Youth, & Senior Programs)

Happenings



THAISS PARK'S HOME RUN MAKEOVER SET TO BEGIN!

Exciting things are happening! Currently, Thaiss Memorial Park is a 12-Acre Community Park used primarily by Fairfax Little League for baseball games throughout the year and parking for trail users.

In mid December of 2024 Thaiss Park will close for redevelopment! This is expected to take 18 months with the Park slated to reopen in the Spring of 2026. During construction the site will be closed to the public. We apologize for this inconvenience, but we promise it will be worth it.

When the Thaiss Park reopens in Spring of 2026 it will feature...

- A new playground
- Adult fitness area
- Pavilion
- Walking track
- Half Court Basketball Area
- Restrooms
- Community meeting space,
- Enhanced baseball fields.

To find out more about this project visit our website at fairfaxva.gov/parksrec.



Special Events



FESTIVAL OF LIGHTS & CAROLS

Date: Saturday, December 7, 12-6pm
Old Town Square, 10415 North Street
Free Admission

Holiday Festivities • 12NOON - 5PM

Come listen to live holiday music, crafts and enjoy s'mores and hot cider at Old Town Square.

Tree Lighting Ceremony • 5:30PM

Come enjoy caroling and the lighting of the Christmas tree at Old Town Square at 6 pm.

THANK YOU TO
OUR SPONSORS

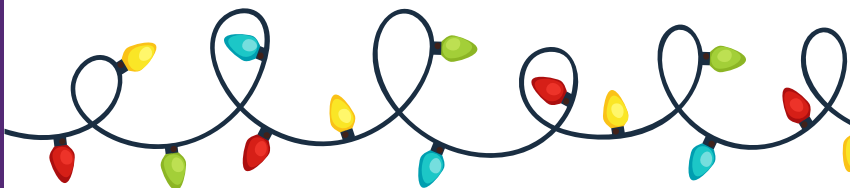
FAIR CITY MALL



AMERICAN STALLS
Luxury Stabling Equipment & Hardware



Kiwanis



CLAUS AND COOKIES



Sponsored by:
FAIR CITY MALL

Date: Saturday, December 14, 11am & 12:30pm
Old Town Hall, 3999 University Drive
\$5 per child (No fee or ticket required for adults)

Decorate your own cookie and grab a photo with Santa!

\$5 per child will go on sale November 1 at the Parks & Recreation office at City Hall, Green Acres Center, and Sherwood Community Center or online. *Limit of 10 tickets per person.*

8th Annual

HOLIDAY MARKET

at Old Town Square

10415 NORTH STREET, FAIRFAX



Join us for the 8th Annual Fairfax City Holiday Market at Old Town Square. Come and shop at the market of artisans as you enjoy Old Town Square in the heart of Historic Downtown Fairfax covered in holiday lights. The festival will include live holiday music, hot drinks, gourmet treats and more!

Event updates and a full list of vendors for the Holiday Market can be found on our website at fairfaxva.gov/specialevents

First Two Weekends of December

December 6 - 8
December 13 - 15

Market Times

Fridays: 5:00pm - 8:00pm
Saturdays: 12:00pm - 6:00pm
Sundays: 12:00pm - 5:00pm



CHOCOLATE LOVERS FESTIVAL

Jan 31 - Feb 2 • Old Town Fairfax

FULL EVENT DETAILS: CHOCOLATEFESTIVAL.NET

This delicious festival features three days of chocolate celebration. Some events require a small fee while other events are free to all visitors. The schedule is subject to change.

Event Highlights:

TASTE OF CHOCOLATE

Surround yourself with hundreds of the finest chocolate sensations area confectioners have to offer. Goodies to sample include cakes, candies, brownies, fudge, ice cream and other delicious concoctions. Admission to the Taste of Chocolate is free. Pogs, traded for chocolate merchandise, cost \$1 each.

LIQUID CHOCOLATE

Taste all the liquid chocolate your heart could desire. This heated tent will host different types of chocolate soda, chocolate wine, chocolate beer, hot chocolate, dessert wine pairings, chocolate milk and more! Visa & MasterCard accepted at this event. Free Admission; Alcohol Tasting - \$2; Non-Alcohol Tasting - \$1.



Special Events

FIND OUT
MORE
ABOUT
ALL OUR
EVENTS



FAIRFAXVA.GOV/
SPECIALEVENTS

ELITE SPONSORS: FAIR CITY MALL

Fairfax City Parks and Recreation Department is pleased to announce Fair City Mall and HB Home Services as its Elite Sponsors. These sponsorships will help to offset expenses of the city's special events while providing marketing and promotional opportunities for Fair City Mall and HB Home Services year round through the recreation department's many programs and events. Fair City Mall website: faircitymall.com and HB Home Services website: hb-service.biz

FAIR CITY MALL

BECOME A SPONSOR: MULTIPLE LEVELS AVAILABLE!

For opportunities to partner with the City of Fairfax through sponsorship, please visit fairfaxva.gov/ParksRec. Your organization can benefit from this comprehensive year round marketing package. For more info call 703-385-7858 or email specialevents@fairfaxva.gov

ROCK THE BLOCK

MARK YOUR CALENDARS FOR
THE 2024 ROCK THE BLOCK
SEASON!



MAY 23

JUNE 27

JULY 25

AUGUST 24

SEPTEMBER 28

OCTOBER 26

STAY TUNED FOR BAND
ANNOUNCEMENTS COMING SOON!

Time: 6:30 - 9:30pm

Location: Old Town Square
10415 North Street, Fairfax

FEE: Free entry! Food and drink available for purchase.

SPECIAL EVENT REQUESTS

Parties who wish to make a request to hold a special event on public property (i.e., runs, walks, and festivals) in the City of Fairfax, must complete a Special Event Policy/Application form. The form can be found at fairfaxva.gov - search 'Hold Event'. The completed request form can be submitted to Mitzi Taylor, Event and Athletic Manager. All applications must be received at least **90 days** prior to the requested date except for road-race requests, which will follow a new policy.

New policy for road-race requests: An annual deadline of July 1 will be set for all road-race request applications with an event date between January 1 through December 31 of the following year. A lottery will be held for all road-race applications submitted by the deadline date except those previously accepted in by the new policy.

For more information, please contact Mitzi Taylor at 703-385-7949 or email SpecialEvents@fairfaxva.gov



Fairfax HisTree Day

Saturday, April 26 • 10am - 4pm
Historic Blenheim • 3610 Blenheim Blvd

Discover the past and invest in our future at HisTree Day! This event will combine living history presenters and music with learning and exploratory activities celebrating both Fairfax history and Earth Day. Free admission!

ANTIQUE CAR SHOW



Date: Saturday, May 18
Time: 10am - 3pm
Location: City Hall
10415 Armstrong St.
FEE: Free!

Antiques, Classics,
Modifieds, & Rods 25 Years
or Older Welcomed!

Registration begins at 9am

Participants can enjoy the
Historic Auto Display Area,
various children's activities,
live music, and trophies!

EGG-STREME TEEN EGG HUNT

Ages: 10 - 14 years old
Date: Thursday, April 4
Time: 8pm, hunt at dark
Location: Historic Blenheim,
3610 Blenheim Blvd, Fairfax
FEE: \$5 per participant

Enjoy an evening searching for
eggs and prizes in the
dark! Please bring a
flashlight and a
bag/basket so
you can find and
collect eggs.
Visit with the
Easter Bunny
beginning at 7pm.



SPECIAL EVENT VOLUNTEERS NEEDED

Interested in working special events in the city? A small-time commitment is requested to help with administration duties prior to an event and working the actual event (activity leader, balloon handler, parade line-up or route official, etc.) There are many fun jobs to be had here!

Contact us! 703-385-7949 or specialevents@fairfaxva.gov



INDEPENDENCE DAY CELEBRATION PARADE AND FOOD VENDOR APPLICATIONS

The Independence Day Celebration parade and food vendor applications will be available at the beginning of January. Food vendors must submit an application to be considered for participation in the parade and evening show

at Fairfax High School. Deadline to register is Monday, April 3, 2023. To receive a parade application, please visit www.fairfaxva.gov/july4

To receive a food vendor application, please visit www.fairfaxva.gov/vendors or call 703/385-7858.



FAIRFAX CITY SUMMER CAMPS

TRADITIONAL & SPECIALTY

REGISTRATION OPENS
**MARCH 4 &
MARCH 11**

CAMPS@FAIRFAXVA.GOV
FAIRFAXVA.GOV/SUMMERCAMP






Rental Venues

Planning a party, wedding, or special event and need a one-of-a-kind space? Consider one of the exquisite venues in Fairfax City.

Here's a quick look at some of the spaces. For more information, visit fairfaxva.gov/rentalvenues or call 703-385-7858



Old Town Hall OLD TOWN HALL WILL BE CLOSED FOR RENOVATIONS IN 2025

Time Honored Hall in the Heart of the City

Nestled in the heart of Old Town Fairfax City, this restored historic venue built in 1900, features Tuscan columns, impressive dormers, and classic woodwork. This beautiful building sits next to the popular Old Town Square park and sets the perfect backdrop for any event.

Historic Blenheim

Experience Nature & History in an Intimate Setting

This modern Civil War interpretive center functions as the optimal setting for your next event. The intimate building's vaulted ceilings, glass roof atrium, and floor-to-ceiling windows look out to the scenic Historic Blenheim grounds. Enjoy history and nature along with the convenience of present-day amenities.



Stacy C. Sherwood Center

Stylish & Contemporary Cultural Arts Center

This multi-use Cultural Arts Center has the flexibility to meet the needs for any size event, from the intimate small group meeting to your most anticipated wedding reception or anniversary party. Choose from three flexible rooms featuring state of the art technology, hardwood floors, and exhibited artwork.

Green Acres Center

Functional, Affordable, Convenient

This converted school offers many options for your next meeting as well as your next social occasion. The rooms at Green Acres can accommodate both large and small groups at an affordable rate. Host your next meeting, birthday party, or family gathering!



Youth Programs



INTRO TO BALLET

Ages: 3-4 years
Instructor: Judy Keefe-Massaró
Thursdays: 5-5:45 pm
Session A: Jan 14 - Feb 18
Session B: Mar 6 - Apr 10
Location: Sherwood Center
FEE: \$65 per session

Intro to Ballet provides an introduction to the fundamentals of classical ballet. Through storytelling and creativity, students are introduced to the basic positions, postures, fundamental sequences and ideals of classical ballet.

BALLET

Ages: 5-8 years
Instructor: Judy Keefe-Massaró
Thursdays: 6-6:45
Session A: Jan 14 - Feb 18
Session B: Mar 6 - Apr 10
Location: Sherwood Center
FEE: \$65 per session

This class will introduce children to the fun of classical ballet and creative movement. Children will learn basic ballet vocabulary and technique while improving coordination, flexibility and concentration. This course is taught by a professional ballet dance instructor with a master's degree in dance and a specialization in children's dance.

FUNDAY MONDAY

fairfaxva.gov/culturalarts
703-352-ARTS (2787)
Sponsored by the City of Fairfax Commission on the Arts
Mondays: 10:30 am
1st Monday Fun & Songs
2nd Monday Storytime & Crafts
3rd Monday Music & Arts with Music Together
4th Monday Movement Monday with My Gym
5th Monday Special Event (as applicable)

*No program on 12/25/2023 & 1/1, 1/15, 2/19, 3/25, 4/29, or 5/27, 2024

Location: Old Town Hall
FEE: Free (Donations are greatly appreciated)

Family programming every Monday for children of all ages, especially those who haven't started school yet. There will be music, movement, storytelling, performances, crafts, and more! Visit our website for the complete schedule. My Gym will be held at the Sherwood Center.

MUSIC TOGETHER: MIXED AGES

Ages: Newborn - 5 years accompanied by adult
Times: 9:30am & 10:30am
Instructor: Little Steps Music Instructional Staff

Thursdays:
Session A: Jan 9 - Mar 13
Session B: Apr 3 - June 12

Saturdays:
Session A: Jan 11 - Mar 15
Session B: Apr 5 - June 21

Location: Sherwood Center
FEE: \$254 per child

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. A \$42 non refundable supply fee is included in the cost of the class. Adult participation is required.

WINTER BREAK CAMPS

TINY CHEFS COOKING CAMP: CUPCAKE WARS

Ages: 6-10 yrs
Instructor: Tiny Chefs Staff
Time: 9am - 3pm
Dates: December 26 & 27
Location: Sherwood Center
FEE: \$225

Cupcake Wars: Cupcakes are all the rage and it's a trend that's clearly here to stay! If you've ever been curious about how the pros make those cupcakes so precious and ornate, and if competition is your middle name, then this is the week for you! We'll spend three days on cupcake basics - measuring, mixing, baking, and frosting, and then finish the week with two days of baking battle! Small teams will face off with one another to compete for the title of "Best Cupcake!". May the best cupcake win!

ICODE: HOLIDAY GRAPHIC DESIGN WITH CANVA

Ages: 7-10
Instructor: iCode Instructor
Time: 9am - 3pm
Dates: December 26 & 27
Location: Sherwood Center
FEE: \$200

Unleash your creativity this holiday season! Kids will learn to design festive cards, posters, and digital art using Canva. This camp teaches the basics of graphic design, color theory, and layout while sparking their imagination to create one-of-a-kind holiday-themed projects.

TINY CHEFS: LET'S MAKE TODAY A HOLIDAY!

Ages: 5-10 yrs
Instructor: Tiny Chefs Staff
Time: 9am - 3pm
Dates: January 2 & 3
Location: Sherwood Center
FEE: \$225 per week

Let's Make Every Day A Holiday: Holidays conjure up memories and nostalgia and so much of it food related! Get ready to create delicious celebrations to bring us into the upcoming holiday season. We will whip up Pumpkin parfaits, Warm Apple Turnovers, chicken potpies, plus much, much more! Can't wait to spend the holidays with you!

ICODE: MINECRAFT DESIGN

Ages: 7-10
Instructor: iCode Instructor
Time: 9am - 3pm
Location: Sherwood Center
FEE: \$200

Dive into the creative world of Minecraft to explore the basics of art and design! Kids will learn about color theory, patterns, and spatial design as they create their own masterpieces within the Minecraft universe. Perfect for combining creativity and fun in a digital playground!



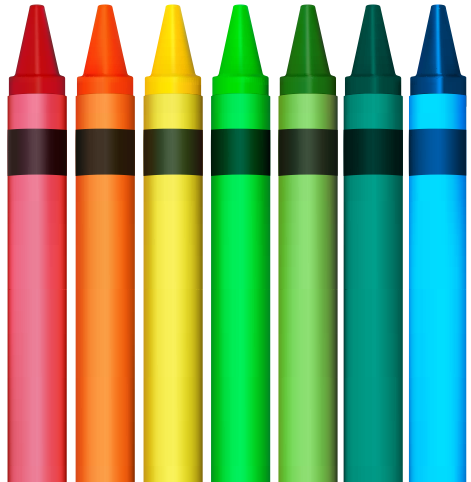
Preschool Programs



2024-25 SCHOOL YEAR
REGISTRATION NOW OPEN

FOR LITTLE SCHOOL AND MICHUCHUTREN
SPANISH IMMERSION PRESCHOOL

Registration:
app.campdoc.com/register/cityoffairfax



PAYMENTS:

Please see the fees for each program. A non-refundable **registration fee of \$230** is due at the time of registration. Monthly automatic payments will be made on Sept 1, 2024 – May 1, 2025. All participants will be required to provide a credit card number on their account for these transactions.

POLICIES AND PROCEDURES:

Michuchutren and Little School are VA State Licenced Childcare schools and require the following paperwork: *(before start of program)*

- Proof of age verification (birth certificate or current passport)
- VA State School Entrance Health Form – must be signed by the doctor (This includes a physical examination within 12 months and immunization records)

A parent handbook is provided with policies and the parents / guardians must agree to abide by all policies and procedures set forth by the City of Fairfax Parks and Recreation Department.

Parents must complete an Emergency Contact/Medical Forms before the start of the program. Information on Inclement Weather cancellations and delays will be listed in this book. Children must be potty trained.

LITTLE SCHOOL



Ages: 3-5 years *(must be 3 by first day attending the program)*
Instructors: Cassandra Nabti and Karina Espinoza
Location: Sherwood Community Center, 3740 Blenheim Blvd
Monday – Friday: Sept 5, 2023 – May 24, 2023, 9:30am -12:30pm
Location: Sherwood Center

FEES:

- **Two Days:** (Tuesday and Thursday): **\$345/month**
- **Three Days** (Monday, Wednesday, Friday): **\$520/month**
- **Five Days** (Monday- Friday): **\$805/mo**

Little School is a fun recreational preschool program for the busy little ones! This interactive class will prepare them for school while learning and having fun. Each day they will enjoy circle time, story time, art, music, singing, games and snack time. Different themes will be incorporated into the program.

Children in Little School will focus on learning ABC's, numbers 1-20, learning to write their names, as well as working towards other pre-k developmental milestones. Teachers will incorporate arts, crafts, music, science, snack and active play into this fun and enriching morning program.

MICHUCHUTREN SPANISH IMMERSION PROGRAMS

Ages: 2.6 – 5 years
Instructors: Human Advance LLC Staff
Monday – Friday: Sept 3, 2024 – May 20, 2024
Location: Green Acres Center, 4401 Sideburn Rd, Fairfax

FEES:

HALF DAY PROGRAMS : 9am – 12pm

- **Three Day:** Tues, Wed, Thurs: **\$660/mo**
- **Five Day:** Mon – Fri: **\$970/mo**

FULL DAY PROGRAMS : 9am – 4pm

- **Three Day:** Tues, Wed, Thurs: **\$1280/mo**
- **Five Day:** Mon – Fri: **\$1890/mo**

Extended Lunch Hour: Five Day – \$290 per month
Three Day – \$180 per month

Annual Enrollment: \$230 per student

Activity Fee: Full Day: \$430; Half Day: \$330

*Enrollment & Activity fee paid directly to Michuchu by the first day of class.

DISCOUNTS:

Siblings: 10% OFF second child tuition
Military and Veteran parents: 5% OFF
Discounts can NOT be combined.

About MiChuChuTren Preschool:

Through a 100% Spanish immersion environment, students naturally learn the Spanish language. The program carefully designed, enable children to gain bilingual confidence through a play-based approach. They understand that knowing a second language is a gift that will benefit them for life. Through multicultural experiences, lots of music and STEAM project-based activities, we help them understand the world around them and the strengths within them. Our holistic approach provides opportunities for an individualized process, allowing learners the time and space to develop their passion.

Requirements

- Children must be 2 years and 6 months and must be potty trained before first day of starting class.
- Children can be registered if they turn 5 years old before October 31st of the current school year.

For questions and Inquires:

Contact us at info@michuchutren.com

To learn more please visit:

michuchutren.com/preschool/

WWW.MICHUCHUTREN.COM

CHIKUITINES: SPANISH IMMERSION PARENT AND ME CLASS

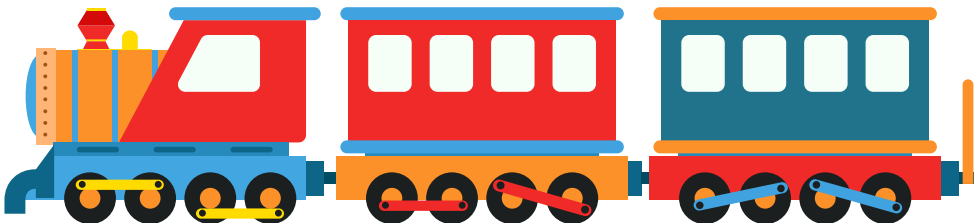
Ages: 18 months – 2.5 years – Chikuitines
Instructor: Human Advance LLC
Fridays: 10:00-10:45 am
Location: Green Acres Center
FEE: \$95 per month

Our Parent and Me program: Chikuitines, is a great start for every child. By the hand of their loved ones (parents, grandparents, caregiver), they will develop their love for the Spanish Language. We will expose them 100% to the language and open their minds through what they love most: Play. We create adventures through music experiences, storytelling, role play, art projects and much more to arouse their natural curiosity for learning. Self-creativity, imagination and lots of fun is our main goal.

ACADEMIA: SATUDAY SPANISH IMMERSION PROGRAM

Ages: 5-12 years
Instructor: Human Advance LLC
Saturdays: 9:00am – 12:00 pm
Location: Green Acres Center
FEE: \$325 per month (+\$290 activity fee)

This is a school year program to help children acquire competency in all areas of the Spanish language. Through experiential learning, children will be 100% immersed in the language while learning reading comprehension, writing skills and effective communication. You can join anytime during the year and the price will be pro-rated. All materials are included in the price





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Fairfax Village

in the City

Fairfax Village in the City is a city-supported, volunteer-driven program developed to support Fairfax City residents aged 55 and older, as well as Fairfax City adults with disabilities, who wish to stay independent while remaining in their homes. The Village does not replace existing supports and services currently available to city residents through Fairfax County and local nonprofits. Rather, when appropriate, the Village can facilitate access to these services and resources.



APRIL 4, 2025 • 10AM - 2PM

Over 30 Exhibitors
& 4 Speakers

free event

4 Expert Talks Include:
Decluttering
Technology Support
Estate Planning
Dementia Care

Information:
fairfaxva.gov/village
703-385-5738

Stacy C. Sherwood Community Center
3740 Blenheim Blvd. Fairfax, VA 22030

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Our vetted volunteers provide services to members that keep them connected, involved, and safe in their own home. Join the Village today and become a member or a volunteer, or both!

Info: 703-385-5738 • village@fairfaxva.gov • fairfaxva.gov/village

Find out more:
fairfaxva.gov/village

FAIRFAX



VILLAGE

IN THE CITY

FAIRFAX VILLAGE
IN THE CITY

Friday Morning Speaker Series

coffee, learning, companionship

FREE EVENT

Steve Gurney
publisher of the Positive Aging Sourcebook
“Emerging Trends in Senior Living”
February 21, 2025

Jennifer Pauldurai
Cognitive Behavioral Neurologist
“How Do We Treat Memory Loss”
June 6, 2025

Heather Suri
founder & CEO of Pathways in Aging
“Preparing for a Health Crisis”
November 14, 2025

Location:
Sherwood Center
9:30am coffee
9:45am presentation

Register by contacting the Village at 703-385-5738 or email village@fairfaxva.gov

Adult Programs

FITNESS

CLOGGING - LOW INTERMEDIATE

Ages: 13 years and up
Instructor: Martha Hemingway
Wednesdays, 7-8pm
Session A: Feb 5 - Mar 26
Session B: Apr 9 - May 28
Location: Green Acres Room 111
FEE: \$68 per session

Low Intermediate clogging class with faster-paced routines to various music styles. Tap or clogging shoes required.

IRISH SOCIAL DANCE

Ages: 18 years and up
Instructor: Hugh Conway
Tuesdays, 7:30-8:45pm
Session 1: Jan 28 - Feb 25
Session 2: Mar 4 - Apr 1
Session 3: Apr 8 - May 6
Location: Green Acres, Room 111
FEE: \$38
Drop-In FEE: \$9

Enjoy Irish music and social dances, suitable for beginners. Light shoes recommended.

SUNDAY IRISH SOCIAL DANCES

Ages: 18+ (under 18 with adult)
Instructor: Shepherd's Pie Ceili Band
Sunday, Mar 16, 3-6pm
Location: Historic Blenheim
FEE: \$12 (Half-price for under 18)

Celebrate St. Patrick's with live Irish music and dance basics. Light shoes recommended.

NEW INTERMEDIATE LINE

GREEN ACRES FITNESS PASS

Ages: 16-54 years
Location: Green Acres Center Fitness Rooms
Yearly Fee: \$96; **Monthly Fee:** \$15
Daily Drop in Fee: \$5
Open Use of our Fitness Room:
Monday - Thursday 5 - 9pm
Saturday - Sunday 9am - 2pm

Start Living a Healthier Life Today! Sign up for our new Fitness Pass and have the flexibility to work out on your own schedule. Fitness Room contains cardio equipment, free weights and a stretching area. Please note: this pass is only good at Green Acres Center and registration for fitness pass must be purchased at Green Acres to receive a picture id pass. Always sign in and out on podium notebook before & after.

DANCING

Ages: 13 years and up
Instructor: Martha Hemingway
Thursdays, 7:30-8:30pm,
Session A: Jan 9 - Feb 27
Session B: Mar 6 - Apr 24
Location: Green Acres Cafeteria
FEE: \$68 per session
Drop-In FEE: \$10

Intermediate line dancing with faster routines and music. No partner needed.

AEROBIC DANCING BY JACKI SORENSEN

Ages: 18+
Instructor: Sharon Allen
Tuesdays, 6:45-7:45pm
Session A: Jan 14 - Feb 25
Session B: Mar 4 - Apr 8
Session C: Apr 22 - Apr 29
Location: Green Acres
FEE: Session A: \$56
Session B: \$48
Session C: \$16
Drop-In FEE: \$11

Aerobic dance class incorporating stretching, strength training, and cardio. First day free.

NEW YOGA FOR ALL LEVELS

Ages: 18+

Instructor: Tenzin Youdon
Mondays, 6-7pm
Sundays, 9-10am
Session A: Jan 6 - Mar 3
Session B: Mar 2 - Apr 13
No class Jan 20 or Feb 17
Location: Green Acres
FEE: \$60
Drop-In FEE: \$10 per class

Yoga class focusing on breathing, meditation, strength, balance, and flexibility.

OPEN PICKLEBALL PLAY

Ages: 18+

Mondays, 5:30-7pm
Jan 6 - Apr 28
No class Jan 20, Feb 17, Apr 14, Apr 22
Monitors: Jill McNeil & Trisha Heyer
Saturdays, 10:30am-12:30pm
Jan 4 - Feb 24
Monitors: Pete Pollak & Sig Schipper

Location: Green Acres Gym
Drop-In FEE: \$5 per night

Want to try the fastest growing sport in the U.S.? Get your paddle ready. Similar to tennis, the court is smaller, and players are closer to the action. We have 2 courts established in the gym. This is for those who know how to play. Bring your own paddle, though loaners available the first time; balls provided.

NEW MUAY THAI SELF DEFENSE

Ages: 14+
Instructor: Xena James, Carabao Muay Thai, LLC
Tuesdays and Thursdays, 7-8:30pm
Session A: Jan 7 - Feb 27
Session B: Mar 4 - Apr 24
Location: Green Acres
FEE: \$136
Drop-In FEE: \$10

Traditional Muay Thai techniques, focusing on self-defense and physical fitness.

OKINAWA KENPO KARATE MARTIAL ARTS

Ages: 14 years and up
Instructor: Raleigh Marshall, Matthew Miller, Stephen Brock
Monday and Wednesday, 7 - 8:30pm
Jan 6, 2025 - Apr 30 (No class on holidays)
Location: Green Acres + Virtual (Zoom)
FEE: \$30 per month; \$120 for 4-month session
Drop-In FEE: \$10

Learn the traditional style of Okinawa Kenpo from our instructor trained in Okinawa, Japan - the birthplace of karate. Our club is authorized to operate under the Okinawa Kenpo Karate Association and is a satellite school of the Okinawa Kenpo Kenyukai dojo. Karate yields many long-term benefits to its practitioners including improvements to overall health, increased confidence, sense of community, plus knowledge of practical self-defense. Students will experience traditional training methods with a real connection to the Okinawan masters of this art. No previous experience is necessary, and all persons are welcome to join in our patient and cooperative learning environment.



YOGA AT SHERWOOD

Ages: 16+
Instructor: Molly Aden
Tuesdays: 2-3:15pm, ongoing
Thursday: 7 - 8:15pm, ongoing
Location: Sherwood Center
FEE: \$10 per class
***Passes can only be used at the Sherwood Community Center Yoga classes and are non-refundable.*

This is a yoga class taught by a Yoga Alliance-certified instructor. These classes use basic poses in a slow moving, low-impact way and aim to address key issues of balance, agility, strength and flexibility for seniors who wish to remain active. Please bring a yoga mat, 2 yoga blocks, 1 strap and a small throw blanket.

NIA DANCE

Ages: 15 years and up
Instructor: Cami St. Germain
Wednesdays: 7-8pm
Session A: Jan 8 - Feb 26
Session B: Mar 12 - Apr 30
Location: Sherwood Center
FEE: \$88 per session
Drop-in Fee: \$14

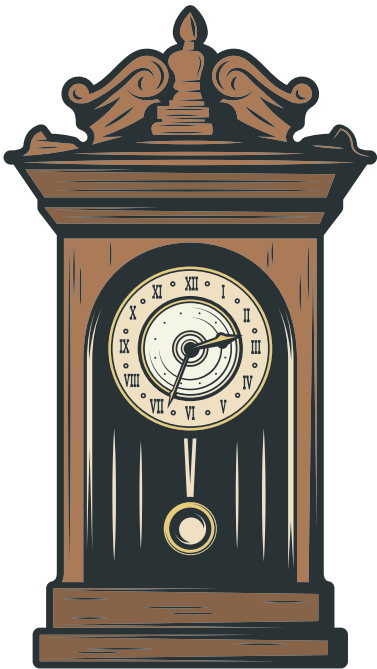
Come shimmy, kick, breathe, and laugh your way to a healthful relationship with your body! Nia is a joyful, non-impactive cardiovascular movement practice that engages the body, mind, emotions and spirit. Inspired by martial arts, dance, and healing arts such as yoga, Nia is performed barefoot (though soft soled shoes can be worn) to diverse, soul-stirring music. Nia adapts to each participant's ability and provides aerobic and strength benefits at every fitness level.

ENRICMENT

CLOCK REPAIR WORKSHOP

Ages: 18+
Instructor: Horological Association of Virginia, Inc.
Mondays and Wednesdays,
Jan 13 - Apr 16, 6:30-9pm,
No class Jan 20, Feb 5, Feb 17
Location: Green Acres Center
FEE: \$235 (+\$25 supply fee on first day)

Learn to repair American 8-day clocks. Hands-on learning, diagnosis, and repair guidance.



Young at Heart

SENIOR CENTER INFORMATION

AGES 55 AND BETTER!

Green Acres Center, 4401 Sideburn Rd, Fairfax VA

OPEN: Monday - Friday, 8am - 5pm

703-273-6090 • fairfaxva.gov/seniorcenter

The Fairfax City Senior Center is a vibrant recreational hub for active adults aged 55 and older, offering a wide variety of activities. The center features engaging speakers, educational classes, and optional local trips available at an additional cost. Fitness rooms are accessible during regular Senior Center hours, with extended hours on weekends (Saturday-Sunday, 9am-2pm) and evenings (Monday-Thursday, 5-9 pm) for the convenience of members, all at no extra charge. For a complete list of activities, check out the monthly Young at Heart newsletter and calendar on our website.

SENIOR CENTER ADVISORY COUNCIL

The City of Fairfax Senior Center Advisory Council is made up of Fairfax City and Fairfax County members of Green Acres Senior Center. Meetings are open to all members of the Senior Center.

CONGRATULATIONS TO OUR NEW SENIOR COUNCIL MEMBERS!

Deb DiFalco, Pat Giffey, Micheal Kallini, Betsy Passuth, Barbara Smith and Debra Sparkman.

They will be joined by Sam Crumpler, Chuck Paceley, and Senior Center Manager Anne Chase.

CURRENT OFFICERS

Debra Sparkman - Chair
Pat Giffey - Vice Chair
Barbara Smith - Secretary
Betsy Passuth - Treasurer
Chuck Paceley - PRAB Representative

Senior Center Council meets 3rd Tuesday at 1 pm at the Green Acres Community Center

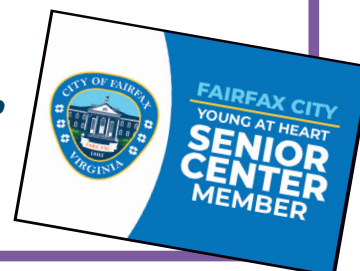
For more information, contact the Senior Center at seniorcenter@fairfaxva.gov

YOUNG AT HEART MEMBERSHIP FEES:

Fairfax City and Fairfax County residents: FREE
Non-Fairfax City or County Residents: \$50/year
(\$5/day guest drop in)

ID cards and registration forms are required for participation.
Memberships available any time at the front desk at Green Acres Center.

Current Members:
Please stop by the front desk to get a new ID card!
New cards include one wallet card and two key tags!



Ongoing Senior Center Activities: Winter 2025

All Activities are held at Green Acres Center, 4401 Sideburn Rd. Fairfax VA 22030
More information: fairfaxva.gov/seniorcenter or drop in at the Senior Center for a current calendar.



Game Room - Room 112

Monday - Friday: 9am - 4pm

Ping Pong, Billiards, Air Hockey, Shuffleboard, and Foosball.

Morning Coffee Group

Monday - Friday: 8:15 - 10am

Enjoy coffee, breakfast treats, and lively conversation.

Bocce

May - September: Thursdays, 10am;

October: Mondays/Thursdays

Outdoor courts; tournament-style play.

Monthly Birthday Celebrations

First Friday of the month at 12pm

In the Senior Center.

Military History

Every Wednesday, 1 - 3:30pm

Covers military history from the Revolutionary War to the present.

Library

Books loaned on an honor system—enjoy and return. Donations of books published after 2003 and fiction after 2010 are appreciated.

Cards and Games

Available each day in the Senior Center

Enchure

Monday and Thursday at 1:30pm

Bingo

Two Fridays Per Month at 10:30am

\$2/2cards + \$1 for each additional card (see monthly calendar for dates).

Pinochle/Mexican Train/Canasta

Played throughout the week

Grief Group

First Friday of the month, 3pm

Lunch Bunch Group

First Monday of the month, 11:30am

At a restaurant in the City of Fairfax; see calendars for details.

Decluttering Club

First Wednesday of the month,

11am - 12pm

Musical Jam Group

Mondays, 3:30pm

Bring your instruments and join the fun!

Movie & Popcorn

Once a month on Tuesdays,

10am - 12pm

See schedule on the monthly calendar.

Book Club

Fourth Tuesday of the month,
10:30 - 11:30am and 2:30 - 4pm

55+ Pickleball Open Play

- Mondays: Beginner play and lessons, 1:30 - 3:30pm

- Tuesdays: Beginning and all levels lessons, 12:30 Pm - 3:30 Pm

-Wednesdays, Thursdays, Fridays: All Levels

When weather is nice, play outdoors on courts behind Green Acres Center, first come first service

Knit & Crochet

Wednesdays, 10am in the Senior Center Library

Mah Jongg

Thursdays, 10am

International and American styles.

Space to Create

Thursdays, 1 - 4pm

Artists bring in their own projects and supplies; all forms of art welcome.

German Conversation

Thursdays, 10:30am - 12pm

Engage in discussions and learning; beginners and friends of German culture are welcome: Auf Wiedersehen!

Bridge Groups

Contact staff for more information

- Bridge: Mondays & Fridays,
9:30am - 12:30pm

- Party Girl Bridge: Mondays & Fridays,
9:30am -12:30pm

Do you have a talent or skill to share?

Please contact the Senior Center Staff at seniorcenter@fairfaxva.gov

Young at Heart

TRIP SIGN-UP INFORMATION:

All trips require a reservation – first come, first served.

January & February trips open on Monday, December 9

March & April trips open on Monday, February 3

Walk-In Registrations:

Starting at 8am, walk in registrations will receive a number upon arrival for their place in the registration line. Registration for trips will begin at the following times:

- 8:30am: Fairfax City Residents ONLY
- 10:30 am: Fairfax County and Registered Senior Center members

On-site registrants may register one additional person. If you are a City resident and want to sign up an additional second friend who is a Fairfax County resident, you may get a number upon arrival for the Fairfax County line and register them starting at 10:30am.

Trip flyers will be available at the Senior Center and online with the most current updates. All trips and schedule subject to change.

Payment:

Payment is due in full at time of registration, unless placed on a waitlist. If space becomes available then payment will be due at the time you are enrolled.

Day of Trip:

All trips depart from Green Acres Center, 4401 Sideburn Road, unless otherwise noted.

- Please arrive 15 minutes before departure to check-in with your Fairfax City Senior Center membership card or identification.

Refund Policy:

- ALL SALES FINAL. No refunds given on tickets already purchased.
- Inclement Weather: Cancellations due to weather will be decided on an individual basis for the safety of the participants. If a trip is cancelled staff will notify participants.

For further trip information, please check our website or call Green Acres Center: 703-273-6090.



YOUNG AT HEART DAY TRIPS

JANUARY

SOUND OF MUSIC AT TOBY'S DINNER THEATRE (COLUMBIA, MD)

Wednesday, January 8, 9:00am – 5:00pm
FEE: \$130

One of the most beloved musicals of all time! In Austria, 1938, a young postulant, Maria, is sent to serve as a governess to the seven children of the imperious Captain von Trapp. Maria finds love while bringing music and joy back to a broken family. But as the forces of Nazism take hold of Austria, the entire von Trapp family must make moral decisions. This Tony and Oscar winning musical features a trove of cherished songs including: "Climb Ev'ry Mountain," "My Favorite Things," "DoRe-Mi," "Sixteen Going on Seventeen" and the title number, "The Sound of Music." Delicious gourmet buffet lunch included in trip price. This trip in partnership with the Town of Vienna; transportation is on a motor coach with a restroom.

PARIS 1874: THE IMPRESSIONIST MOMENT AT THE NATIONAL GALLERY OF ART (WASHINGTON, DC)

Wednesday, January 15, 9:30am – 2:30pm
FEE: \$35

How did Impressionism begin? Discover the origins of the French art movement in a new look at the radical 1874 exhibition considered the birth of modern painting. A remarkable presentation of 130 works includes a rare reunion of many of the paintings first featured in that now-legendary exhibition. Revisit beloved paintings by Paul Cézanne, Edgar Degas, Claude Monet, Berthe Morisot, Camille Pissarro, and Pierre-Auguste Renoir and meet their lesser-known contemporaries. Don't miss the unique chance to immerse yourself in the dynamic Parisian art scene of 1874-- the only American stop for this historic exhibition. Please note there are no guided tours for this exhibition. Lunch afterwards, not included in trip price.

FEBRUARY

THE PEOPLE'S HOUSE: A WHITE HOUSE EXPERIENCE (WASHINGTON, DC)

Wednesday, February 5, 12:00pm – 4:00pm
FEE: \$35

This cutting-edge educational museum experience tells the story of the Executive Mansion, its inhabitants and the people who have dedicated their careers to its functions. Exhibits are on permanent display year-round. Included is a presentation by an expert about First Families, featuring stories about some of its most famous occupants – presidents, first ladies, children and grandchildren and even pets.

HIRSHHORN MUSEUM: OSGEMEOS: ENDLESS STORY (WASHINGTON, DC)

Wednesday, February 26, 9:30am – 2:00pm
FEE: \$35

View the largest US exhibition of work by identical twin brothers Gustavo and Otavio Pandolfo (b. São Paulo, Brazil, 1974), known globally as OSGEMEOS—Portuguese for "the twins." The yearlong, full-floor presentation brings together approximately 1,000 artworks, photographs, and archival materials to highlight the trajectory of their collaborative multidisciplinary practice, including the roots of their fantastical artistic language, inspired by their upbringing in urban Brazil. OSGEMEOS: Endless Story spotlights the artists' playful combination of universal themes with magical elements drawn from their heritage, urban art and graffiti traditions, and shared imagination. Lunch afterwards, not included in trip price.

MARCH

PHILADELPHIA FLOWER SHOW (PHILADELPHIA, PA)

Wednesday, March 5, 9:00am – 5:30pm
FEE: \$110

The 2025 Philadelphia Flower Show will explore its theme, Gardens of Tomorrow. Globally renowned for its stunning floral displays, garden landscapes, and premier plant and botanical art competitions, this year's exhibits invite you to explore the future through the eyes of visionary designers, expert gardeners, and passionate green enthusiasts as they merge nature's brilliance with human ingenuity. Guests will experience imaginative designs, innovative ideas, and boundless inspiration on how to cultivate the possibilities of tomorrow through gardening. Lunch on your own, not included in trip price. This trip is in collaboration with the Town of Vienna on a 55-passenger bus with a restroom.



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Young at Heart

YOUNG AT HEART DAY TRIPS

RIVERDANCE AT THE KENNEDY CENTER (WASHINGTON, DC)

Thursday, March 13, 12 - 5pm
FEE: TBA

Riverdance will embark on a special anniversary tour in 2025 to celebrate its incredible 30th year milestone. This spectacular production rejuvenates the original show with new innovative choreography and costumes and state-of-the-art lighting, projection, and motion graphics. Audiences will enjoy a unique and memorable performance which blends the traditional and the contemporary, showcasing the skill and passion of the dancers, musicians, and singers in the Riverdance ensemble. Bring money for lunch or snacks at KC Café prior to the show.

CHERRY BLOSSOM CRUISE ABOARD THE ODYSSEY (WASHINGTON, DC)

Wednesday, March 26, 10:15am - 3:15pm
FEE: \$155

Come aboard the Odyssey to celebrate the history and beauty of the banks of the Potomac River during the National Cherry Blossom Festival. Enjoy a delicious gourmet plated lunch, dance to music by an entertaining DJ, and enjoy unparalleled views of DC, potentially covered in gorgeous cherry blossoms. Plated lunch and cruise included in trip price.

APRIL

HILLWOOD IN THE SPRING (WASHINGTON, DC)

Wednesday, April 16, 10:00am - 3:30pm
FEE: TBA

Escape into an oasis only five miles from downtown Washington and enjoy a guided tour of the pristine historic mansion and delight at the beauty of the formal gardens on a docent-led tour. Delicious buffet lunch at Merriweather Café included in trip price.

FLYING ACE FARM BREWERY & DISTILLERY AND VANISH FARMWOODS BREWERY (LOVETTSVILLE, VA)

Wednesday, April 30, 10:30am - 3:30pm
FEE: \$40

Come on out to the country to Flying Ace Farm to enjoy delicious farm-to-table food products (Monks on the Farm) and farm-to-bottle beverages (beer and spirits) produced from crops that are grown, harvested, stored and milled on property. Second stop is Vanish Farmwoods Brewery for another brewery experience. Bring money for food and beverages, not included in trip price.



St. Patrick's Day Ceili

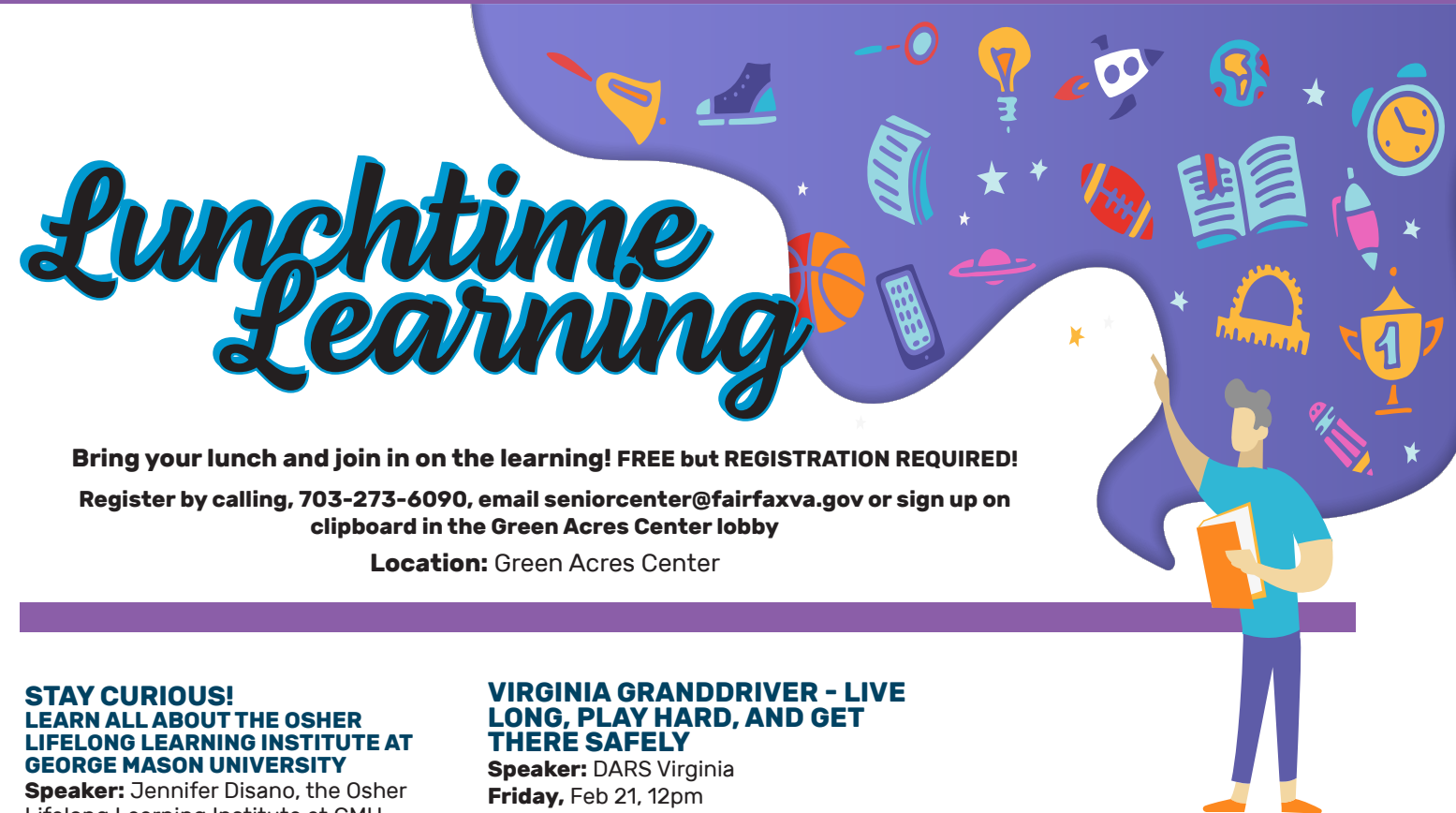
Sunday, March 10, 3-5:30 pm
3610 Blenheim Blvd. Fairfax, Va. 22030

Celebrate St. Patrick's Day with Irish Social dancing. Dancers of all levels are invited to step onto the Sherwood Center's dance floor to live music by the Shepherd's Pie Ceili Band. Experienced dancers will be on hand to guide beginners. All dances are called. Come dance and chat, and have some laughs. Bring a dessert to share if you wish. Do not let St. Patrick's Day pass you by.

It is best to wear light shoes (no tap shoes)

Fee \$12/adults. \$6 /12 years and under (must be accompanied by an adult)

Young at Heart



Lunchtime Learning

Bring your lunch and join in on the learning! **FREE but REGISTRATION REQUIRED!**
Register by calling, 703-273-6090, email seniorcenter@fairfaxva.gov or sign up on clipboard in the Green Acres Center lobby
Location: Green Acres Center

STAY CURIOUS!
LEARN ALL ABOUT THE OSHER LIFELONG LEARNING INSTITUTE AT GEORGE MASON UNIVERSITY
Speaker: Jennifer Disano, the Osher Lifelong Learning Institute at GMU
Friday, Jan 10, 12pm
The Osher Lifelong Learning Institute at GMU offers intellectual and cultural experiences in a welcoming atmosphere for Northern Virginia retirees, with opportunities to explore subjects and share talents in a warm setting.

NUTRITION, BIOHACKING AND ENERGY
Speaker: David Saah
Friday, Jan 17, 12pm
Explore how diet, supplementation, and bio hacks can influence energy levels.

AGING IN PLACE & HOW TO DO AN IN-HOME ESTATE SALE
Speaker: Zinta Rodgers-Rickert
Friday, Jan 24, 12pm
Guidance on home renovations, care options, and estate sales to free up cash and clear unwanted items, including a discussion on in-home versus assisted living.

BASIC BALLROOM
Speaker: Hugh Conway
Friday, Jan 31, 12pm
Introduction to basic ballroom dancing.

VIRGINIA GRANDDRIVER - LIVE LONG, PLAY HARD, AND GET THERE SAFELY
Speaker: DARS Virginia
Friday, Feb 21, 12pm
Safety tips and warning signs for older adults who still drive, aimed at promoting public safety awareness.

SIP AND PAINT FOR SENIORS ART CLASS
Speaker: Bernard Odi, Artist
Friday, Feb 28, 12pm
Seniors are guided to use their innate creativity on canvas while enjoying hot chocolate, with a focus on inspiring a healthy future.

GET STARTED WITH NATIVE PLANTS/BEYOND MONARCH AND HONEYBEES
Speaker: Clean Fairfax
Friday, Feb 28, 12pm
Come learn how to support local biodiversity by putting more native plants in your landscaping and understanding native bee population

MENTAL WELLNESS AS WE AGE
Speaker: Susan Jacobson
Friday, March 21, 12pm
A presentation and group discussion on maintaining mental wellness during the aging process. Learn to naturally lower pain levels, improve energy and focus, and reduce disease risk.

FAIRFAX INVASIVE REMOVAL ALLIANCE: UNITING FAIRFAX COUNTY RESIDENTS TO ADDRESS THE INVASIVE PLANT CRISIS
Speaker: Wendy Cohen, FFX Invasive Removal Alliance
Friday, March 28, 12pm
Learn about the invasive plant problem in Fairfax County and ways to help combat it.

UNLOCKING HEALING: THE HOLISTIC PATH TO WHOLE-BODY PAIN RELIEF... AND SO MUCH MORE!
Speaker: Dana Scarton
Friday, April 11, 12pm

JUST WRITE
Speaker: Yolanda Nicely
Friday, April 18, 12pm
A session for writing and sharing short stories, poems, or memories. Attendees are asked to keep all shared writing within



Mark YOUR Calendars

DECEMBER
Mon, Dec 9
• Registration Opens for Classes
• Registration for Jan & Feb Day Trips Opens
• 8:30 am - City Residents
• 10:30 am Senior Center Members & County Residents
Fri, Dec 13: 11:30am
Senoir Center Holiday Party
Tues, Dec 24
Center Closed Half Day: Christmas Eve (Observed)
Wed, Dec 25
Center Closed: Christmas Day

JANUARY
Wed, Jan 1
Center Closed: New Year Day
Mon, Jan 20
Center Closed: MLK Day
FEBRUARY
Fri, Feb 14: 11:30am
Valentine's Day Party
Mon, Feb 10 • Registration for March/April Day Trips Opens
• 8:30 am - City Residents
• 10:30 am Senior Center Members & County Residents
Mon, Feb 17
Center Closed: Presidents Day
Mon, Feb 28
Sip and Paint

MARCH
Sat, Mar 8: 9am-2pm
Young at Heart Senior Center Advisory Council Craft and Vendor Market
Stacy C. Sherwood Community Center. Join us to shop, eat, and enjoy friendly company while supporting this Green Acres Senior Center fundraiser.
Friday, Mar 14: 11:30am
St. Patricks Day Celebration
SAVE THE DATE
Fri, May 2: 11am-2pm
Kick off and celebrate Older Americans Month
Friday, May 19: 11am
Mother's Day Tea



Young at Heart Senior Center Advisory Council

CRAFT & VENDOR MARKET

MARCH 8, 2025 | 9AM - 2PM

STACY C. SHERWOOD COMMUNITY CENTER
3740 BLENHIEM BLVD, FAIRFAX



Senior Programs



FITNESS

 **SENIOR MORNING WALK**
Mondays, 8am-9:30am
Jan 6 - April 28
(No session on holidays)
Location: Green Acres Gym
FEE: Free with registration

Come walk inside our gymnasium in a climate-controlled atmosphere at your own pace. Please wear non-marking tennis or walking shoes.

INTRODUCTION TO LINE DANCING

Instructor: Martha Hemingway
Thursdays, 10am-11am
Session A: Jan 9 - Feb 27
Session B: Mar 6 - Apr 24
Location: Green Acres
FEE: \$60 per session
Drop-In Fee: \$8

This introductory class is for seniors who have little or no line dance experience. Easier steps and combinations will be taught at a slower pace. Learn basic steps like the grapevine, shuffle, and triple. Participants are in rows and dance to a series of choreographed steps that are repeated throughout the song. Several routines will be taught during each class to country, pop, and oldies music. Line dancing is a fun way to work your body and your mind at the same time! No partner necessary.

ADVANCED BEGINNER LINE DANCING

Instructor: Martha Hemingway
Mondays, 10am-11am
Session A: Jan 6 - Feb 24
(No class on 1/20 and 2/17)
Session B: Mar 10 - Apr 28
Location: Green Acres
FEE: Session A: \$45
Session B: \$60
Drop-In Fee: \$8

This line dance class is for seniors who have previous line dancing experience. More intricate steps and combinations will be taught at a faster pace. Several routines will be taught during each class to country, pop, and oldies music. Get some exercise, work your brain, hear good music, and have fun! No partner necessary.



DARLENE'S SENIOR FIT PLAN

Certified Instructors: Darlene Wujkowski
Tuesdays, Wednesday, & Thursday: 10 classes per week
Location: Sherwood Community Center, 3740 Old Lee Hwy

Get moving, feel better & stay forever young! Enroll in this program and choose to attend as many classes from the calendar that fit into your schedule. Bring your water bottle and wear comfortable clothing. *Calendar subject to change.*

4-Months: January 7 - April 30 **Fee:** \$215
2-Months: January 7 - February 27 **Fee:** \$125
2-Months: March 4 - April 30 **Fee:** \$125

Drop-in Fee: \$10 per day

TIME	TUESDAY	WEDNESDAY	THURSDAY
9:35 - 10:30 am	SENIORCISE	SENIORCISE	SENIORCISE
10:35 - 11:30 am	ZUMBA GOLD	ZUMBA GOLD	ZUMBA GOLD
11:35 am -12:30 pm	PILATES/YOGA	PILATES/YOGA	PILATES/YOGA
12:45 - 1:45 pm		WALKING WORKOUT	

**Once registered for plan, you may attend all the class offered*

SENIOR FIT PLAN CLASS DESCRIPTIONS



SENIORCISE

9:35 - 10:30am

Cardio, abs, balance work, toning, 20-minutes strength training with weights, & tubing; cool down and stretch.

ZUMBA GOLD FITNESS

10:35 - 11:30am

For active adults who are looking for a fun Zumba workout at a lower intensity. Includes balance, range of motion and toning sticks.

PILATES/YOGA MIX

11:35am - 12:30pm

Gentle total body workout with focus on core muscles of back and abs combined with standing yoga poses. Please bring 2 mats.

WEDNESDAY WALKING WORKOUT

12:45 - 1:45pm

A walking based cardio class that includes seated strength training intervals using weights, bands and other types of resistance equipment.

SIT & BE FIT

Instructor: Darlene Wujkowski
Tuesdays, 12:45pm-1:45pm
Session A: Jan 7 - Feb 25
Session B: Mar 4 - Apr 29
Location: Sherwood
FEE: Session A: \$60
Session B: \$68
Drop-In Fee: \$10

Enjoy a total body workout while using fun props such as scarves, paper plates & bouncy balls plus weights and toning sticks for strength training. At the end of class, calm stretching will have you feeling fit and fabulous.

YOGALATES BLENDER

Instructor: Darlene Wujkowski
Thursdays, 12:45pm-1:45pm
Session A: Jan 9 - Feb 27
Session B: Mar 6 - Apr 24
Location: Sherwood
FEE: \$60 per session
Drop-In Fee: \$10

Strengthen your core plus work all muscles and joints with gentle Pilates-based movements while seated in a chair. Yoga-style stretches will have you feeling toned and relaxed.

WEDNESDAY WALKING WORKOUT

Instructor:
Wednesdays, 12:45pm-1:45pm
Session A: Jan 8 - Feb 26
Session B: Mar 5 - Apr 30
Location: Sherwood
FEE: Session A: \$60
Session B: \$68
Drop-In Fee: \$10

A walking-based cardio class that includes seated strength training intervals using weights, bands, and other types of resistance equipment. Enjoy a total body workout that will strengthen your muscles, improve balance, and keep you forever young.

Senior Programs

BEGINNER PICKLEBALL LESSONS

Instructor: Pete Montanino
Wednesdays, 12:30pm-1:30pm
Jan 8, 15, 22
Feb 5, 12, 19
Mar 5, 12, 19
Apr 9, 16, 23
Location: Green Acres Gym
FEE: \$30 per session

Learn the fastest growing court game in the USA! Similar to tennis, the court is smaller, and the players are closer to the action. Learn the basics and prepare for indoor play. After your 3 consecutive lessons, practice in our weekly 55+ Pickleball Play. Senior center membership required. Class session limited to 8 students.

ADVANCED BEGINNER PICKLEBALL

Instructor: Ron Tugwell
Mondays, 11:30am-12:30pm
Jan 6, 13, 20
Location: Green Acres Center
FEE: \$35 per session

Take your game to the next level! A second-level class of competitive play and drills to improve strategy, teamwork, and communication. Focus on the short and long dinks, improving serves through variance and depth drills, and working on the all-important volley. Open only to those who have taken beginner classes or with instructor approval. Class session limited to 8 students.

INTERMEDIATE PICKLEBALL

Instructor: Ron Tugwell
Mondays, 11:30am-12:30pm
Session A: Mar 3, 10, 17
Location: Green Acres Center Gym
FEE: \$35 per session
Drop-in Fee:

For level 3 players who are playing regularly and have consistency in the volley, ground strokes, serve, and dink. Strategy in play will become a key part of the class.

ADVANCED SKILLS AND DRILLS

Instructor: Ron Tugwell
Mondays, 11:30am-12:30pm
Session A: Apr 7, 14, 21
Location: Green Acres Center
FEE: \$35 per session

This is a level 3 class, whose primary focus will be on competitive skills and drills. Emphasis on developing team strategies and stroke development.

ENRICHMENT

AMERICAN SIGN LANGUAGE

Instructor: Christine Smith
Mondays, 2pm-3pm
Apr 7 - Apr 28
Location: Green Acres Center
FEE: \$30 per session

ASL is the fourth most-used language in the U.S. It was formed independently of English and has its own unique sentence structure and symbols. Learn about this visual language, including the alphabet, numbers, basic and commonly used signs, and other key features of ASL.



BEGINNER UKULELE

Instructor: Christine Smith
Thursdays, 2pm-3pm
Feb 6 - Mar 27
Location: Green Acres Center
FEE: \$80 for 8 weeks

Join the growing trend of playing the ukulele, a fun and social instrument. Learn parts of the instrument, tuning, basic chords, strumming patterns, and songs. Instrument available or bring your own. Limited to 8 students per session. No drop-ins.



GREEN ACRES INDOOR OPEN PICKLEBALL PLAY

Please note that in order to play pickleball at Green Acres you must be a member of the Senior Center. Membership is free to all Fairfax City and County Residents age 55 and older. See the front desk to join!

SKILL LEVEL	MON	TUES	WED	THUR	FRI	SAT
BEGINNERS ONLY	1:30 - 3:30 PM	12:30 - 1:30 PM	-	-	-	-
ALL LEVELS	5:30 - 7 PM*	1:30 - 3:30 PM	1:30 - 3:30 PM	12:30 - 3:30 PM	12:30 - 3:30 PM	10:30 - 12:30 PM

*\$5 daily drop-in FEE to play

Live Life in the Arts

THE BONITA LESTINA OLD TOWN HALL PERFORMANCE SERIES

fairfaxva.gov/culturalarts
703-352-ARTS (2787)
Sponsored by the City of Fairfax Commission on the Arts

Fridays: 8 pm
Dec 13 - Doc Nix
Jan 10 - Harbor String Quartet
Jan 24 - U.S. Army Woodwind Quintet

Jan 31 - Bootsie & the Groove
Feb 14 - The Cathedral Brass
Feb 28 - Mason Jazz Vocal Night
Mar 14 - Baltimore Composers Forum
Mar 28 - John 'JJ' Mitchell -Organ*

Location: Shewood Center
(Please note the location change due to construction at Old Town Hall)
* Truro Anglican Church, 10520 Main Street
FEE: Free

ARTSCREEN

fairfaxva.gov/culturalarts
703-352-ARTS (2787)
Sponsored by the City of Fairfax Commission on the Arts

Fridays: Doors will open at 7pm. Films will begin at 7:30pm

Dec. 6 - Spirited Away
Feb. 21 - Amazing Grace
March 7 - Field of Dreams

Location: Sherwood Center
FEE: Free

Join us as we celebrate the arts in movies! Free refreshments will be provided.



FUNDAY MONDAY

fairfaxva.gov/culturalarts
703-352-ARTS (2787)
Sponsored by the City of Fairfax Commission on the Arts

Mondays: 10:30 am

*No program on 12/23 & 12/30, 2024 & 1/20, 2/17, 3/24, 4/21, 5/26

Location: Sherwood Center
Beginning January 2025

FEE: Free (Donations are greatly appreciated)

Join us for family programming every Monday for children of all ages, and especially for those who haven't started school yet! On any given day, there may be music, movement, storytelling, live performances, crafts, and more! A great way to make new friendships for both children and adults!

"JINGLE BRONZE" HOLIDAY HANDBELL CONCERT WITH THE C.G. WOODSON VOCAL ENSEMBLE

Saturday, Dec 7, 8pm
Location: Sherwood Center
FEE: \$15

Come join Music to Free's handbell ensemble, Bronze Unlimited, for an evening of Christmas handbell music. Musical presentations of both familiar Christmas music with a twist, such as Jingle Bell Boogie, and holiday music from other countries, including Alla baja Jesuchristo. The evening also includes a one-night-only joint performance with C.G. Woodson's Vocal Ensemble! Come hear these wonderful students join Bronze Unlimited and combine their voices with our handbells.

THE FAIRFAX BALLET COMPANY PRESENTS

The Nutcracker

THANKSGIVING WEEKEND
NOV 30 & DEC 1
FAIRFAX HIGH SCHOOL, FAIRFAX, VA

PURCHASE TICKETS AT
BUY.TUTUTIX.COM/FAIRFAXBALLET

THE FAIRFAX BALLET

The Fairfax Ballet is in Residence at The Russell School of Ballet, in Chantilly, VA.
FAIRFAXBALLET.ORG
RSDANCE.COM

Programs are funded in part by Friends of the Fairfax Ballet and:

Live Life in the Arts

WOMEN'S STORYTELLING FESTIVAL

betersaidthandone.org
703-352-ARTS (2787)

Fri- Sun: March 21 – 23
Location: Sherwood Center

Early Bird (Ends 2/16):

- Virtual Only Festival Pass: \$35
- In-Person Festival Pass: \$53

Regular Pricing:

- Virtual Only Festival Pass: \$45
- In-Person Festival Pass: \$70

"Day Of" and Weekend Passes will be available at the door

The Women's Storytelling Festival, produced annually in March by Better Said Than Done, is a festival celebrating all women and gender nonconforming spoken-word performing artists. The Women's Storytelling Festival is performed live, in-person, as well as live-streamed and available to online viewers for one month after the live-stream. The Women's Storytelling Festival is intended for a mature audience.

The Women's Storytelling Festival 2025 storytellers are: Laura Deal, Swapna Deshpande, Linda Gorham, Jennifer Hillery, Tobey Ishii Anderson, Andrea Kamens, Amanda Lawrence, Carol Moore, Miriam Nadel, Ingrid Nixon, Laura Packer, Jessica Robinson, Aimee Snow, and Sarah Snyder. Karin Amano, Sarah Brady, Sarah Beth Nelson, Shani Womack, and Janel Woodland will be performing in a virtual-only concert, premiering March 20, 2025 and available to everyone who buys a ticket.



Women's Storytelling Festival

March 20 - 23, 2025
in Fairfax City, VA and online



VIRGINIA OPERA

The Consitution and Loving vs. Virginia

Thursday, Feb. 6, 7pm
Location: Sherwood Center
FEE: Free, Pre-registration required

Virginia Opera is presenting a legal panel discussion to discuss the origins, challenges and significance of the 1967 Supreme Court ruling that struck down state laws banning marriage between individuals of different races.

This panel discussion will be free and open to the public; participating panelists and moderators will include constitutional scholars, ACLU leaders, active attorneys and/or judges, and other adjacent experts in the area, including Mary Bauer, Executive Director of ACLU-VA. There will be a brief Q & A after the discussion.

DANCE

FAIRFAX ACADEMY DANCE

Fairfax Academy Dance Benefit Concert

Friday, Feb 21, 7pm
Location: Fairfax High School
FEE: Donations accepted

FAIRFAX BALLET

The Nutcracker
Saturday, Nov 30, 4pm
Sunday, Dec 1, 4pm
Location: Fairfax High School
FEE: \$30-35

Join us for a festive Christmas Eve with The Fairfax Ballet's "The Nutcracker." Experience Tchaikovsky's classic performed by The Fairfax Ballet Company, Russell School students, and guest artists. Get your tickets now for this beloved holiday tradition!

MUSIC

CITY OF FAIRFAX BAND ASSOCIATION

www.fairfaxband.org

CITY OF FAIRFAX BAND

Christmas in Fairfax with the Fairfax Choral Society

Saturday, Dec 21, 7pm
Location: Fairfax High School
FEE: Free, reserved tickets required

Family Movie Night

Saturday, March 15, 7:30pm
Location: Fairfax High School
FEE: \$15 Adulst, \$10 Seniors, Students Free (Under 25)

MAIN STREET COMMUNITY BAND

Home for the Holidays

Sunday, Dec 15, 4pm
Location: Katherine Johnson MS
FEE: Free, reserved tickets required

Music We've Missed!

Sunday, March 2, 4pm
Location: Katherine Johnson MS
FEE: \$10 Adults, \$5 Seniors, Students Free (Under 25)

HERSHEL ~AND THE~ HANUKKAH GOBLINS

Written by Rebecca Kalant
From the book by Eric Kimmel

DEC 5 - 8, 2024

FRIDAY MORNING MUSIC CLUB

www.fmmc.org

Fridays, 12pm

Jan 24

Feb 28

March 28

April 25

Location: Sherwood

FEE: Free

Free and open to the public. This series is presented by the Friday Morning Music Club, Inc., a community of music lovers and musicians dedicated to promoting classical music throughout the metropolitan area. All performances begin at noon.

THEATRE

CITY OF FAIRFAX THEATRE COMPANY

www.fairfaxcitytheatre.org

Hershel and the Hanukkah Goblins

Thursday, Dec 5, 7:30pm
Friday, Dec 6, 7:30pm
Saturday, Dec 7, 1pm and 7:30pm
Sunday, Dec 8, 1pm and 7:30pm

Location: Pozez Jewish Community Center of Northern Virginia, 8900 Little River Turnpike
FEE: \$20 Adult, \$15 Child

The story of Hershel of Ostropol, a clever traveler who arrives in a village haunted by goblins that have been ruining Hanukkah celebrations for years. Determined to restore the holiday's joy, Hershel accepts the daunting challenge of spending eight nights in the old synagogue, outsmarting the goblins who try to stop him. Can he outsmart the Goblin King and light the candles, saving Hanukkah for the village? A heartwarming and humorous tale about courage, cleverness, and the spirit of the season, this play brings Eric Kimmel's beloved book to life with vibrant characters, thrilling encounters, and a message of hope.



FAIRFAX ACADEMY'S MUSICAL THEATRE & ACTORS STUDIO

www.mtasacademy.weebly.com

Fairfax Academy Musical Theatre & Actors Studio Cabaret

Thursday, Dec 12, 7pm
Location: Fairfax High School
FEE: Donations accepted.

MTAS Winter Musical "Once Upon a One More Time"

Friday, Jan 31, 7pm
Saturday, Feb 1, 7pm
Sunday, Feb 2, 2 pm
Thursday, Feb 6, 7pm
Friday, Feb 7, 7 pm
Saturday, Feb 8, 2 pm & 7pm
Location: Fairfax High School
FEE: \$20 at Door; \$15

This winter, Fairfax Academy's Musical Theatre & Actors Studio will become one of the first schools in the entire nation to produce Once Upon a One More Time! Powered by the chart-topping hits of the undisputed Princess of Pop, Once Upon a One More Time turns our favorite fairytales upside down with a clever twist! When a fairy godmother goes rogue and plops copies of The Feminine Mystique in the laps of classic heroines, the damsels go on a quest to rewrite their stories and redefine "happily ever after." Once Upon a One More Time weaves 23 of Britney Spears' smash singles into a fun and brilliant book by Jon Hartmere, culminating in a show that will appeal to groups and audiences of all ages!

FOOD

FASHION

FUN

AND YOU!





SAFeway

LIFETIME ATHLETIC

Burlington

Marshalls

HomeGoods

SIERRA

Plus 30 other stores, services and restaurants!

FAIR CITY MALL

9600-9688 Main Street, Fairfax, VA 22031

Partner Sports

Fairfax Police Youth Club (FPYC), Fairfax Little League and HUSEL Youth Hockey operate independently of the City of Fairfax Parks and Recreation Department. Please note that the city doesn't control or guarantee the accuracy, relevance, timeliness or completeness of this information. Also, the inclusion of these groups isn't intended to endorse any views expressed or products or services offered by these organizations.

FPYC REGISTRATION

Register online—it's easy at fpycsports.com
Walk-in registration is held at the FPYC Clubhouse at Providence Park on select dates.
Visit FPYC's website for details.

FPYC

BASKETBALL

Offers both house leagues for boys and girls, ages 7-18, and select teams of various ages for boys and girls to compete in the Fairfax County Youth Basketball League. The season begins in Dec. and Jan., with games every Sat. or Sun. through March, and practices one night a week.

FIELD HOCKEY

Registration is for girls and boys in grades 3-8 during the spring. Teams are formed by age and ability. Players learn the game in nine clinic-and-game-play sessions. Practices and scrimmages are held Sun. from 6:30-8:30pm.

FLAG FOOTBALL

Non-contact, recreational league open to all boys and girls ages 5 to 14. Fosters an "Everyone Plays" policy, children of all athletic abilities and experience are encouraged to participate. FPYC provides a fun environment while providing a platform for the growth and discipline that football requires. Through movement, decision making and reaction, your child will take part in this unique football experience.

FOOTBALL

The program is a member of the Fairfax County Youth Football League. Practices are held at Draper Drive Park beginning in late August. The season is eight weeks, with most games on Saturdays. The season kickoff is the Kopper Bowl.

IRISH FOOTBALL

FPYC Football is an easy-to-learn and very low-impact game (also known as Gaelic football) that mixes everything from soccer to volleyball to non-contact rugby. For boys and girls, grades K-12, the Sunday-only format (Sept-Nov) includes fun clinics and matches each week with certified coaches. Great for cross-training!

LACROSSE

Open to girls and boys, ages 7-15, regardless of experience. FPYC lacrosse is a spring sport with practices twice a week and games on Saturdays (boys) and Sundays (girls).

RUNNING/TRACK & FIELD

During the fall, the FPYC Cheetahs running program focuses on off-road distance running (1K to 5K). In the spring, the focus is on track and field, including sprints, distance running, jumps and throws. Practices are on Sundays, Tuesdays and Thursdays.

SOCCER

Team play (house and travel) for boys and girls, ages 3-18. Soccer plays two seasons, fall and spring. Both seasons consist of eight to 10 weeks of practices and Saturday (house) or Sunday (travel) games.

VOLLEYBALL

Runs in the fall and spring seasons. Teams vary from the elementary to high-school levels. We cover fundamentals and develop strong team-building skills. Scrimmages and matches are arranged within FPYC and neighboring organizations.

WRESTLING

Boys and girls ages 5-14 learn basic through advanced skills and techniques. Registration begins in September, and the season runs from November through February.

YOUTH CHALLENGED

Youth Challenged League provides an opportunity for mentally or physically challenged children and young adults to learn the games of soccer, basketball and lacrosse while participating in an organized sports program.

HUSEL FIELD HOCKEY

HUSEL Youth Hockey offers high performance field hockey training for elementary, middle school, and high school student-athletes. HUSEL has been honored as a USA Field Hockey National Club of the Year Finalist, 3x USA National Indoor Champion (U14, U16, U19), and 2020 Mid-Atlantic Champion. HUSEL athletes commit to play at some of the most prestigious colleges in the country. For more information, you can visit their website at husesports.com

FAIRFAX LITTLE LEAGUE

Celebrating more than 60 years of providing young people the opportunity to participate in organized baseball in the Fairfax area. Little League baseball offers young people between 4 and 26 years of age a timeless team sport. Fairfax Little League comprise two separately chartered leagues—American and National—that work together under a single board of directors. Our divisions provide players appropriate level of play based on their age and skill: t-ball, minors, majors, intermediate, juniors, seniors, big and challenger.

www.FairfaxLL.com

Historic Resources



REIMAGINING AMERICA: THE MAPS OF LEWIS AND CLARK

Mon-Sun, Oct 18 – Jan 22,
11 am – 4 pm (Mon-Sat)
1 pm – 5 pm (Sun)
Location: Fairfax Museum and Visitor Center, 10209 Main St.
FEE: Free

This traveling banner exhibition from the Lewis and Clark Trail Heritage Foundation uses large-scale reproductions of historic maps, photos, and explanatory text to show how America looked before the journey of Lewis and Clark, and what it looked like after.

HOLIDAY-FOCUSED GUIDED TOURS OF RATCLIFFE-ALLISON-POZER HOUSE

Saturday, Dec 7 & Dec 14,
12pm – 3 pm
Location: Ratcliffe-Allison-Pozer House, 10386 Main St.
FEE: Free

Tour the exhibition: Kitty Barrett Pozer: A Life to Honor and learn about holiday customs from time periods related to the house's many owners and residents.

VICTORIAN CHRISTMAS WITH SANTA CLAUS

Saturday, Dec 14, 12 – 3 pm
Location: Ratcliffe-Allison-Pozer House, 10386 Main St.
FEE: Free

Create handmade ornaments and meet a Victorian era Santa Claus!

FREDERICK DOUGLASS: ADVOCATE FOR EQUALITY

Daily, Jan 29 – Mar 2, 11 am – 4 pm
Location: Fairfax Museum and Visitor Center, 10209 Main St.
FEE: Free

In this traveling banner exhibition, viewers can learn about Douglass's escape from slavery, his work as an abolitionist, and his tireless fight for equality for all individuals in the Jim Crow era. This exhibition explores Douglass's impact and his life through his own words and in photographs and documents from the Gilder Lehrman Collection.

CIVIL WAR DEFENSES OF WASHINGTON, D.C. AND USCT

Saturday, Feb 22, 2:00 PM
Location: Historic Blenheim, 3610 Blenheim Blvd.
FEE: Free

Historian Bryan Cheeseboro will discuss the building of the Civil War Defenses surrounding Washington, D.C. and the role of the United States Colored Troops in defending the nation's capital.

WOMEN'S HISTORY MONTH ACTIVITIES

Daily, Month of March
11 am – 4 pm (Mon-Sat)
1 pm – 5 pm (Sun)
Location: Fairfax Museum and Visitor Center, 10209 Main St.
FEE: Free

Crafts and activities celebrating Women's History Month.

OFFICE OF HISTORIC RESOURCES

The Office of Historic Resources (OHR) oversees the operation and management of city-owned historic properties, museums, and collections to ensure their preservation, promote public awareness, and to provide regional heritage tourism information.

OHR further offers a variety of monthly talks, special programs, tours, permanent and temporary exhibitions, and produces the annual Fairfax History Day.

MORE HISTORIC FAIRFAX INFORMATION:

Website: fairfaxva.gov/government/historic-resources
Email: historicresources@fairfaxva.gov
Phone: 703.385.8414

SCHOOL DAY OUT

Monday, Mar 31, 11 am – 3 pm
Location: Fairfax Museum and Visitor Center, 10209 Main St.
FEE: Free

Crafts and activities concluding Women's History Month.

LANTZ MILLS DEAF VILLAGE

Daily, Apr 7 – May 17, 11 am – 4 pm
Location: Fairfax Museum and Visitor Center, 10209 Main St.
FEE: Free

This six-panel traveling exhibition from the Library of Virginia features the history of the Lantz Mills Deaf Village in Shenandoah County, Virginia. Each panel includes a QR code that links to ASL interpretation of the featured text.



Fairfax HisTree Day

Saturday, April 26 • 10am - 4pm
Historic Blenheim • 3610 Blenheim Blvd

Discover the past and invest in our future at HisTree Day! This event will combine living history presenters and music with learning and exploratory activities celebrating both Fairfax history and Earth Day. Free admission!

fairfaxva.gov/histreeday

Parks & Trails



PARK PAVILION RENTALS

Any time of the year is a perfect time to celebrate a special occasion at one of our park pavilions! Pavilion rentals are available year round from dawn to dusk.

To reserve a City of Fairfax park pavilion, visit fairfaxva.gov/parksrec, or email parksrec@fairfaxva.gov

RENTAL FEES

(all fees must be paid at the time of reservation)

Large Pavilion (8 tables; capacity of 60):
\$100 for 4 hours of use, \$15 for each additional hour

- **Providence Park**, 10715 West Drive
- **Van Dyck Park (Upper)**, 3720 Old Lee Highway

Small Pavilion (4 tables; capacity of 40):
\$75 for 4 hours of use, \$10 for each additional hour

- **Kutner Park**, 3901 Jermantown Road
- **Ratcliffe Park**, 10300 Sager Avenue
- **Van Dyck Park (Lower)**, 3720 Old Lee Highway
- **Westmore Park**, 4030 Fern Street

Find out more about reservations, refunds, and cancellations, at fairfaxva.gov/parksrec.

ATHLETIC FACILITIES

The City of Fairfax has many athletic amenities for use by the community. Some fields and gyms can be reserved through the City of Fairfax Parks and Recreation Department. This includes:

- Synthetic turf fields are located at Draper Drive Park (2), Stafford Drive Park (1) and Fairfax High School (1)
- Diamond/rectangular fields (various schools and parks)
- Gyms (which can be scheduled for volleyball, basketball, or other gatherings, located at Daniels Run Elementary, Providence Elementary, Lanier Middle School and Fairfax High School)

Prices vary depending on use. To apply for a facility use permit, download, complete and submit the appropriate application by visiting fairfaxva.gov/parksrec.

If you have any questions regarding registration or prices, please contact the Athletic Services Division at 703-220-5102 or 703-385-7893, Monday -Friday, 8:30am - 5pm, or email richard.wyant@fairfaxva.gov

Parks

	Map Quadrant	Parking Spaces	Restrooms/Portables (R)Restroom (P)Portable (T)Throne	Ball Diamonds	Basketball Courts	Gardens	Pavilions	Picnic Tables	Playgrounds	Rectangular Fields	Skate Parks	Tennis Courts	Trails Paved (Miles)	Trails Unpaved (Miles)	Volleyball Courts	Benches
Ashby Pond Conservatory	6-D	2				1		1					0.07	0.31		3
Belle's Bird Sanctuary Park	4-C					1								0.03		
Cardinal Park	6-A				1			2	1					0.26		6
Cobbdale Park	3-B							3	1					0.01		3
Country Club Hills Commons	5-B						1	3								3
Dale Lestina Park	5-A							4	2					0.28		
Daniels Run Park	6-C		P					3	1				0.06	0.95		11
Draper Drive Park	6-A	83	R						1	2			0.42			12
Fairchester Woods Park	2-B				0.5			1	1				0.06			3
Gateway Regional Park (NVRPA)	7-B						1	5								
Judicial Drive Trail	3-D													0.13		
Kenmore Drive Trail	4-C												0.14			4
Kutner Park	2-B	41	P			1	1	4	1	1		1	0.64		1	8
Old Town Square	3-D	46	T			1										12
Pat Rodio Park	3-C	19	P	2				5	2	1			0.11			8
Presbyterian Trail	2-C													0.17		
Providence Park	3-E	70	P	0			1	9	2	1		2		0.77		5
Ratcliffe Park (CLOSED FOR CONSTRUCTION)	4-D		P	1	1		1	5	2	1						6
Lions Way Open Space	5-B															
Sager Trail	4-D												0.08			
School Street Park	3-E					1							0.01			1
Shiloh Street Open Space	4-B															
Shiloh Street Park	4-B							4								10
Stafford Park	5-B	52	R						1	1			0.31	0.15		10
Ted Grefe Park	5-E													0.15		2
Thaiss Memorial Park	7-B	68	P	5			1	4	1				0.07	0.17		2
University Park	4-E												0.05			2
Van Dyck Park	4-C	77	T		1	1	3	22	4		1	4	1.23		3	30
Westmore Park	2-D				2		1	5	1							3
Westmore School Site & Dog Park	2-C	28		1	0			1	1				0.11	0.17		8
Wilcoxon Trail	6-B												0.39	0.25		
City Hall (Main Office)	3-D	100	R			1		3								15
Green Acres Center & Senior Center	4-E	51	R	1	1.0	1.0		2	1	2						5
Historic Blenheim	5-C	26	R											0.38		1
Old Town Hall	4-D	14	R			1										
Stacy C. Sherwood Community Center	4-C	78	R					1								6
Daniels Run Elementary School	5-C	104	P	2	2			4	2	2			0.08	0.35		7
Fairfax High School	5-B	811	P	2		1		19		2		6				18
Providence Elementary School	1-B	158	P	4	2			6	2					0.57		10
Katherine Johnson Middle School	1-B	195	P	1	4 x .5	1		18		3			0.09	0.19		1

Facilities

Schools

GENERAL INFO & REGISTRATION INFORMATION

WINTER/SPRING REGISTRATION OPENS DECEMBER 9

HOW TO REGISTER:

1. **ONLINE:** 24 hours a day, fairfaxva.gov/ParksRec

2. **WALK-IN:** See below for office locations and hours

3. **MAIL-IN:** Use the form on page 43 or download registration form at fairfaxva.gov/parksrec and mail to
City of Fairfax Parks and Recreation,
10455 Armstrong St., Fairfax, VA 22030

PAYMENT METHODS ACCEPTED

- **CREDIT/DEBIT CARDS:**
American Express, Discover, MasterCard or Visa

• **CHECKS** (Payable to 'City of Fairfax')

• **CASH**

Payment must be made at the time of registration (unless otherwise specified). Assumption of Risk Waiver, found on registration form, must be signed by all participants at time of registration. Parent/legal guardian signature is required for participants under the age of 18 years.

FAIRFAX CITY REGISTRATION LOCATIONS

GENERAL INFORMATION:

All locations are:
Fairfax, VA 22030

Main Line: 703-385-7858
parksrec@fairfaxva.gov

Website:
fairfaxva.gov/parksrec

Stacy C. Sherwood Center
3740 Old Lee Highway

Office Hours:
Monday–Friday: 8:30am–8pm
Saturday: 9am–4pm
703-385-1695

City Hall
10455 Armstrong St. Suite 123

Office Hours:
Monday - Friday: 8:30am–5:00pm
703-385-7858

Green Acres Center
4401 Sideburn Road

Office Hours:
Monday–Friday: 8am–5pm
703-273-6090

OFFICES CLOSED

Friday, Dec 22 - Christmas Eve
Monday, Dec 25 - Christmas
Wednesday, Jan 1 - Labor Day
Monday, Jan 20 - Martin Luther Kind Day
Monday, Feb 17 - Presidents Day

ADA

The City of Fairfax Parks and Recreation Dept. complies with the Americans with Disabilities Act (ADA), which prohibits discrimination on the basis of disability. The City of Fairfax Parks and Recreation Dept. will make reasonable accommodations in recreation programs to enable participation by an individual with a disability who meets essential eligibility requirements for that recreation program. The ADA requires that recreation programs offered by City of Fairfax Parks and Recreation Department be available in the most integrated setting appropriate for each individual.

INCLEMENT WEATHER

Please see our fairfaxva.gov/parksrec for inclement weather policy.

ADVERTISEMENTS

Advertisement in this publication does not express or imply the endorsement of a business or its products and services by the City of Fairfax Parks and Recreation Dept.

CODE OF CONDUCT

The City of Fairfax Parks and Recreation Department promotes an environment that is conducive to the recreation and enjoyment of all patrons utilizing the facilities, programs and events provided and requests participants and spectators to observe the Code of Conduct. Visit fairfaxva.gov/parksrec for more details.

BEHAVIOR POLICY

Parks and Recreation classes are to be enjoyed by all from youth through adults. Participants that continually disrupt the class experience for other class members will be asked to withdraw from the class. Refunds will be offered for the balance of classes.

NSF CHECKS

Checks returned for insufficient funds will be assessed an additional \$25 fee, and the check writer may be restricted from paying by check for future classes or trips.

PHOTO RELEASE

Participants in activities sponsored or co-sponsored 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.

FINANCIAL ASSISTANCE

City of Fairfax Parks and Recreation's goal is to have all government programs, services, classes and camps accessible to all residents. While anyone and everyone is welcome to take our classes/programs, only **Fairfax City** residents can qualify for fee reductions for classes and camps. These discounts are available on a sliding scale based on household income. Annual income verification is required. For more information, visit fairfaxva.gov/ParksRec/financialassistance.

REFUNDS

If a class is cancelled by the Parks and Recreation Department, the registrant will receive a full refund. A registrant requesting a refund for a class must complete the 'Refund Request Form' found at any of the Fairfax City Parks and Recreation offices or online at fairfaxva.gov/parksrec. The City of Fairfax Parks and Recreation Department reserves the right to accept or decline refund requests.



CITY OF FAIRFAX
PARKS AND RECREATION
DEPARTMENT
FAIRFAXVA.GOV/PARKSREC

ADMINISTRATION OFFICE
10455 ARMSTRONG STREET
FAIRFAX, VA 22030
PARKSREC@FAIRFAXVA.GOV
PHONE: 703-385-7858

*PLEASE COMPLETE ALL REQUIRED FIELDS OF THIS FORM FOR REGISTRATION

PRIMARY HOUSEHOLD MEMBER (Must be over 18yrs old)

FIRST NAME*

LAST NAME*

DATE OF BIRTH*

GENDER

PRONOUNS

PRIMARY PHONE*

SECONDARY PHONE

PRIMARY EMAIL*

ADDRESS*

CITY*

STATE*

ZIP CODE*

SECONDARY HOUSEHOLD MEMBER

FIRST NAME

LAST NAME

DATE OF BIRTH

GENDER

PRONOUNS

PRIMARY PHONE

SECONDARY PHONE

PRIMARY EMAIL

ADDRESS

CITY

STATE

ZIP CODE

EMERGENCY CONTACT #1

NAME*

RELATION*

PHONE #*

EMERGENCY CONTACT #2

NAME

RELATION

PHONE #

PARTICIPANT LAST NAME	FIRST NAME	DATE OF BIRTH	PRONOUNS	PROGRAM	SESSION

In consideration of the registrant being granted permission by the City of Fairfax, Virginia to participate in this program and associated activities. I hereby release the City of Fairfax, Virginia and its officers, employees, agents, and volunteers from any and all liability relating to or arising out of the registrant's participation. I authorize the City of Fairfax and its officials, employees, agents and volunteers, at any such person's discretion to administer emergency first aid treatment and at my expense to obtain the services of a physician(s) and/or rescue squad and 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. I further understand that Parks and Recreation classes are to be enjoyed by all from youth through adults. Participants that continually disrupt the class and/or program experience for others will be asked to withdraw from the class and/or program with expectation of a refund, if applicable, for the balance of the class/and or program.

PRINT NAME*

PARTICIPANT/PARENT OF GUARDIAN SIGNATURE* (Must be over 18 years old to sign)

DATE*

PAYMENT METHOD (Only to be completed for mail-in registrations)

☐ CHECK # _____
Checks payable to City of Fairfax

☐ ACCOUNT CREDIT

CREDIT CARD PAYMENT:
ONLINE OR IN-PERSON ONLY

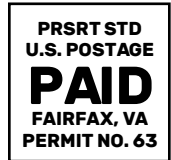
CASH PAYMENT:
IN-PERSON ONLY

ONLINE REGISTRATION LINK AVAILABLE AT FAIRFAXVA.GOV/PARKSREC



Parks and Recreation

City Hall, 10455 Armstrong Street, Fairfax VA 22030
Phone: 703-385-7858 • fairfaxva.gov/parksrec



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Greenhouse Gases	602 lbs. CO2 equiv.
Wastewater	173 gallons
Solid Waste	395 pounds



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CityofFairfaxVA

**FOR MORE INFORMATION
PLEASE VISIT:**
fairfaxva.gov/parksrec
or call 703-385-7858

WINTER/SPRING REGISTRATION OPENS DECEMBER 4

