



McLean
Community
Center
The Center of It All

Summer 2023

PROGRAM GUIDE



McLEAN DAY
Est. 1915

Page 8

SCHEDULE OF CLASSES, CAMPS AND EVENTS

**OLD FIREHOUSE
BLOCK PARTY**

8

**DOG OBEDIENCE
CLASSES**

13

“L’CHAIM”

18

THE McLEAN COMMUNITY CENTER

1234 Ingleside Ave • McLean, VA 22101

HOURS:

Monday–Thursday: 8 a.m.–11 p.m.

Friday: 8 a.m.–midnight

Saturday: 9 a.m.–midnight

Sunday: noon–6 p.m.

Website: www.mcleancenter.org

E-mail: mail@mcleancenter.org

The Center will be CLOSED on the following days:

Memorial Day (5/29), Juneteenth (6/19) and
Independence Day (7/4).

Main telephone number: 703-790-0123

TTY: 711 (hearing impaired only)

Class & Activity Registration: 703-744-9365

Facility Rentals: 703-744-9362

The Alden Box Office: 703-790-9223

McLean Project for the Arts: 703-790-1953

Old Firehouse Center: 703-448-8336

1440 Chain Bridge Road, McLean, VA 22101

The McLean Community Center reserves the right to
photograph and videotape all of its activities, events,
classes, programs and facilities for promotional
purposes.

Are You a McLean Community Center Tax District Resident?

You are a McLean Community Center supporter if you
live within the following boundaries:

NORTH: The Potomac River

EAST: The Arlington County Line

WEST: Difficult Run

SOUTH: Route 66, Route 7 or Dulles Access Road
(*whichever is furthest north*)

Still not sure? Call the Center at **703-744-9365**,

TTY: 711, prior to registering for programs that
have nonresident fees.



Love us on Instagram
[www.instagram.com/
mcleancenterva](http://www.instagram.com/mcleancenterva)



Pin us on Pinterest
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Sign up for e-mail updates
@ www.mcleancenter.org

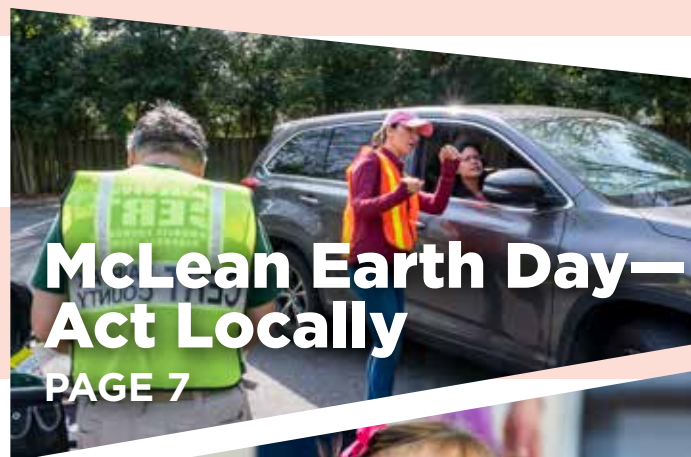


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publication



McLean Earth Day— Act Locally

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Fairfax County is committed to nondiscrimination
on the basis of disability in all county programs,
services and activities. Reasonable accommoda-
tions will be provided upon request. For
information, call McLean Community Center at
703-790-0123, TTY: 711

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OUTDOOR
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VIRTUAL
EVENT



FREE
EVENT

ALDEN RATINGS



FAMILY
FRIENDLY



ALL
AGES



AGE 13
AND UP



AGE 17
AND UP

LETTER FROM THE EXECUTIVE DIRECTOR

At its core, the McLean Community Center is a place for people to come together to learn, play, relax and connect. I want to thank you for welcoming and entrusting me as the new Executive Director. In my first few months, I have been enormously impressed with the breadth of programming and engagement at the Center: from the little ones participating in Music Together, the dancers running throughout the building, the community comradery and connection at the large-scale events such as the recent Fiesta del Sol, the engagement of the teens, the Unruly Theatre Project improv performances, the very engaged Seniors in Action (SIA) and the amazing, first-rate theater and music productions brought to you by the Alden Theatre. As we look to late spring and summer, I am delighted to share the upcoming offerings and ways for you to engage with your community and find your opportunity to connect.



A few highlights: In April we have expanded our Earth Day programming throughout the month including a recycling Day on April 22. In May, join us in celebration of Jewish Heritage Month with **"L'Chaim,"** a musical journey that pays tribute to the Jewish legacy of musical theater. In June, we wrap up the year-long residency with local dance company **Furia Flamenca**, with a performance combining flamenco and middle eastern dance traditions. In July, the McLean Community Players return to MCC with a Tony award-winning hit musical production of Green Day's **"American Idiot."**

Our family-friendly Summer Sunday Concerts in the Park start up in June and July with something for everyone, including: Go-Go for Families for a Father's Day percussion-driven, interactive show; the Gay Men's Chorus of Washington D.C., a 14-voice harmony pop ensemble, in celebration of PRIDE Month; Six Pack Rodeo, featuring country and classic rock led by a McLean-local, as well as performances of a capella, Balkan jazz, Americana and West Virginia bluegrass.

And we can't wait to see you at our signature community programs including the McLean Day Festival at Lewinsville Park on May 20, where you can enjoy amusements and help elect the next round of MCC Governing Board members! In July, come celebrate the 4th of July McLean style with fireworks and festivities at Langley High School. And mark your calendar for our Annual Block Party at the Old Fire House to bring in the new school year on September 16.

Please see the many more offerings listed here in the program guide. We so look forward to seeing you around MCC and the community!

Sincerely,
Betsy May-Salazar



WHO WE ARE, WHAT WE DO

The McLean Community Center (MCC) was built and is funded by residents of Greater McLean for their use through a real estate tax surcharge, the result of a 1970 bond referendum (Small District 1A-Dranesville).

Center facilities include the 383-seat Alden Theatre, the McLean Project for the Arts galleries, the Susan B. DuVal Art Studio, meeting and conference rooms, a rehearsal studio, a multipurpose classroom and catering kitchen.

Local open clubs and organizations use the center for their monthly meetings with a nominal charge. Center facilities may be rented for private functions such as business conferences, receptions, parties and recitals. District residents and businesses pay reduced fees. Registrations for McLean Youth Athletics and McLean Little League activities are regularly held at the center, and information on their activities is always available.

The center also operates the award-winning Old Firehouse Center, located at 1440 Chain Bridge Rd. in downtown McLean.



CENTER NEWS

McLEAN COMMUNITY CENTER 2023 GOVERNING BOARD ELECTION

McLean Community Center strongly encourages all qualified residents to vote for members of MCC's 2023-2024 Governing Board. Your vote sends a very important message of your support of the Center's programs and services.

ABSENTEE VOTING

Absentee Voting begins on **Wednesday, March 15**, at MCC. Residents may vote in person or by mail. To request ballots for your household, you may fill out an online form on the center's website, mcleancenter.org, phone **703-744-9348** or send an email to elections@mcleancenter.org.

Please indicate how many adult or youth ballots are needed for your household. The requested ballots will be mailed to your home. The package will include a pre-addressed return envelope for each ballot. A signed affidavit must accompany each completed ballot. Please mail or drop off your ballot to McLean Community Center, 1234 Ingleside Avenue, McLean, Va. 22101.

Absentee Balloting will end on **Wednesday, May 17, at 5 p.m.** All absentee ballots must be **received** at MCC by 5 p.m. on Wednesday, May 17 to be counted.

IN-PERSON VOTING OPPORTUNITY

Residents may vote between the hours of 10:30 a.m. and 5 p.m. at McLean Day on **Saturday, May 20**, at Lewinsville Park, located at 1659 Chain Bridge Rd.

QUALIFICATION TO VOTE

- 1.** You must be a resident of the McLean Community Center tax district (Dranesville Small District 1A); however, you need not be registered to vote in the general election. Tax district residents (property owners, renters, occupants) are eligible to vote.
- 2. ADULT VOTERS:** You must be at least 18 years old on McLean Day, Saturday, May 20, to vote for adult candidates (born on or before May 20, 2005).
- 3. YOUTH VOTERS:** You must be 15 through 17 years old on McLean Day, Saturday, May 20, to vote for youth candidates (born May 21, 2005 to May 20, 2008). Youth voters may vote for one candidate from each of the two high school boundary areas: McLean or Langley high schools. You must live within a boundary area but need not attend the school.



MEET THE CANDIDATES

ADULT CANDIDATES THREE POSITIONS OPEN



GLORIA MARRERO CHAMBERS gloriamcnclean@gmail.com

I was born in Puerto Rico and attended college in Baltimore, where I met my husband. I became a teacher. Our kids attended The Langley School and we moved to McLean in 2013. My commitment to public service and volunteer work in the past 26 years is extensive: I've served as sports team parent, parish Catechism teacher, Vice President, Langley School Board. MCC is a wonderful community resource. As Board member, I'll ensure programs/events engage our community. I'll be a responsible steward of tax dollars and commit my decades of leadership and board experience to give back to our community.



MATT COLSIA matt.colsia@gmail.com

Hello fellow McLean residents. I'm seeking to serve on the MCC Governing Board. My family and I have enjoyed living in McLean for three years and I'd like to give back to the community through servant leadership and volunteer service. I recently retired after serving 26 years in the U.S. Army, most recently as specialty aeromedical staff officer, National Guard HQ, Arlington. My awards include the Bronze Star, the Air Medal and the Senior Aviator Badge and I'm a member of the Army Association of the United States. I also volunteer at McLean High, Longfellow Middle and Franklin Sherman schools.



KATIE GORKA katiegorkamclean@protonmail.com

I moved to McLean in 2008 and found it a wonderful place to raise our children. Now that they are grown, I wanted to find a way to give back to the community. I always enjoyed MCC events and feel it's a great community asset. I've had a long career in public policy, at think tanks and in government. After the Berlin Wall fell, I put together a Central and Eastern European film festival in NYC. As a board member, I'd ensure programming represents all members of the community and that MCC responsibly stewards funds and resources entrusted to it.



KATHLEEN COONEY PORTER kcptrademarks@gmail.com

I moved to McLean in 1998 with my husband. Together, we raised twin girls who attended Chesterbrook Elementary and Longfellow Middle schools. Our girls went to many programs at MCC, especially The Alden Theatre. The Old Firehouse was my go-to summer camp. I cannot say enough great things about OFC. I have practiced intellectual property for over 30 years. I worked on many matters involving animation, theatre, publications and more. I have a background in the stewardship of funds as a managing partner. I believe my experience will advance the programs of MCC and increase representation of our diverse community.



LINCOM aka AMIRTHALINGAM THILLAICHIDAMBARAM lincoln133MCC@gmail.com

I am affectionately called Lincoln or Lingam by my friends and neighbors in the McLean Hunt. Attending my grandchild's events, I have a heightened appreciation for the arts, education and our community. As an 89-year-old, I bring a lifetime of experiences in literary, legal and management skills to the McLean Community Center Governing Board. In addition, I would enrich the Governing Board decisions with my perspectives on aging and living life fully. I commit to adding my love of education, community building and leadership to the MCC Governing Board. I humbly ask for your vote.

MEET THE CANDIDATES

YOUTH CANDIDATES LANGLEY HIGH SCHOOL BOUNDARY AREA ONE POSITION OPEN



SOPHIA BRUNO sophiabruno2048@gmail.com

I am Sophia Bruno, a junior at Langley, and I am running for the MCC Board. I am an active member of the Langley community, both in and out of school. I am constantly looking for ways to give back, including organizing a meal-making event to feed the homeless, volunteering as an assistant at St. Luke's Sunday School and teaching kids at Mathnasium. I have learned that being a leader is being humble, responsible and approachable. With my experience, creativity and passion, I intend to represent my fellow McLean youths and ensure that all voices are heard.



CABOT FISHER cabot4MCC@gmail.com

I am Cabot Fisher, and I am running for the McLean Community Center Board. Teens need representation on the board, and I am confident that I can be a strong voice for the community. I am involved with different groups such as my school's debate team, handbell choir and the Jewish student alliance, which will make me a valuable voice on the board. I will advocate for a tutoring space for students so they can get help with academics. My education and background give me the necessary tools to represent teens and all members of the community on the board.



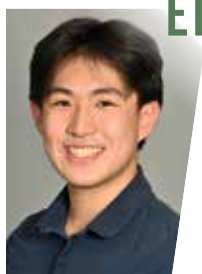
CHARLOTTE LOVING charlotterloving@gmail.com

The Community Center has been an important part of my life growing up in McLean and I would like to make sure others have the same positive experience. Through extra-curricular activities I have friends at McLean and Langley. I am co-president of the Langley Nice Cream Club, a member of the Principal's Advisory Council and Co-Captain of the Langley Softball team, all of which have taught me to communicate, lead, plan and achieve goals. If re-elected, I will work to make sure the Community Center and Old Firehouse continue to be valuable and enjoyable resources for high school students.



DUY (MIKEY) NGUYEN mikey983e@gmail.com

I'm Duy (Mikey) Nguyen and I'm running to be an MCC Governing Board member to become more involved in my community and learn more about the people in my community. I have been involved in the community through helping coach swimmers and flag football, as well as teaching my peers at school how to play chess, my favorite game. Another one of my interests is learning about history. In AP World and AP U.S. my understanding of the world has been modified heavily by learning about past trends and events and I'm grateful to my teachers for that.



ETHAN PWU ethanpwu123@gmail.com

Since moving to McLean in 2017, the community has been nothing but welcoming. I am grateful for the opportunity to run for the Governing Board of the MCC. I have the privilege of being involved with LHS's marching band and crew team, which have taught me discipline, teamwork and diligence. Volunteering at MCC events has been an important part of my life, as giving back to my community is a core value of mine. I believe that my positive connections with members of the community will allow me to create a worthwhile impact and help all members of our community.



SONYA THOTT sonya4mclean@gmail.com

Hello MCC Governing Board! My name is Sonya Thott, a sophomore at Langley High School. I am petitioning for the MCC Governing Board Youth leader role. As a contributor to the MCC mission to make our community a better place for all, I have great ideas on how to improve our community collaboratively. I love listening to others' perspectives and ideas with attentiveness, empathy, tenacity and diligence. I care for the community and feel that every voice should be heard in decisions made by the MCC to promote inclusion and diversity. I hope that you accept me as a candidate!

MEET THE CANDIDATES

YOUTH CANDIDATES McLEAN HIGH SCHOOL BOUNDARY AREA ONE POSITION OPEN



ELEANOR AGUE eleanor.ague@gmail.com

My name is Eleanor Ague, and I am running for the McLean Community Center Governing Board to benefit the community of McLean. I am currently a junior at McLean High School and am committed to becoming an integrated member of our society through the missions of the McLean Community Center. I am very interested in public policy and recently completed the United States Senate Page Program, which gave me the opportunity to witness democracy in action. This experience gave me great sense of enthusiasm for service, which I am excited to apply to the McLean community.



RAFIK HANNA rafhanna06@gmail.com

For the past two years, I have been in the Unruly Theatre Project, an award-winning professional improv troupe. A truly challenging experience, I believe the UTP has allowed me to develop diverse leadership, communication and confidence skills that are suitable for this position. McLean as a community has been nothing short of wonderful to me, and I believe the MCC Governing Board is an excellent opportunity to give back to this wonderful community. I care deeply about McLean, and I am honored to be a candidate for the MCC Governing Board.



KATY PEREZ k.pereznesmith@gmail.com

Hi! I am Katy Perez and I am running to be a McLean Community Center board member because I love my town and want to be a voice for our youth! My family has been part of the McLean community for over 50 years, and I am excited to play an important role in its future. In my role as a board member, I plan to create opportunities to keep our city clean, happy and connected with our neighbors. I will do this through outreach and being open to advice and opinions on what we should do in our community!



PHILIP ROTONDO philiprotondo@gmail.com

I am Philip Rotondo, a junior at McLean High School, and I'm running for MCC Governing Board. I know how important MCC is to making McLean so vibrant – MCC gave me my first exposure to live music and theater and helped me connect with friends and neighbors. Staying active in the community is very important to me. I stay involved through my work on McLean's *Highlander Magazine* and the MCC's Youth Ambassador Program. I'd love the opportunity to serve on our community's Governing Board to help maintain and expand MCC's programming to appeal to people of all ages and backgrounds.

COMMUNITY EVENTS

All events are produced by the McLean Community Center and will be held at MCC (1234 Ingleside Ave.) unless specified otherwise. For more information or to register for any of the events listed, go to mcleancenter.org/special-events.

SPRING COMMUNITY PARKING LOT SALE



Saturday, April 15, 9 a.m.-1 p.m.

Free admission. Vendor Advance Registration Required.

Got stuff? Need stuff? Find bargains at this festive parking lot sale with approximately 60 vendors! Lighten the load and join your friends and neighbors as a vendor for this fun community event. Residents selling household items are welcome. Limited commercial vendors or flea market dealers are also welcome.

Adults (All Items)

Vendor Space Fee: \$30/\$20 MCC district residents

Activity No. 2001.323

Children up to 15 years old (Children's Items Only- Must be supervised by an adult)

Vendor Space Fee: \$15/\$5 MCC district residents

Activity No. 2002.323

Vendor enrollment deadline is **Wednesday, April 12**. Vendor spaces are available on a first come, first served basis. Register online, in person or by phone by calling the MCC Registrar at 703-744-9365.

McLEAN EARTH DAY—ACT LOCALLY



Saturday, April 22, 9 a.m.- noon

For MCC tax district residents only. Free admission; registration required. Pick a time frame.

9 a.m. Activity No. 2010.323

10 a.m. Activity No. 2011.323

11 a.m. Activity No. 2012.323

Shred, reuse, recycle and replenish and make McLean an even better place to be by acting locally. This outdoor environmental action event is designed to support McLean residents in creating a healthier planet.

This event includes document shredding (up to five file boxes - no paper clips, please), composting, bike donations, a recycled art display, paint recycling, electronics shredding and more. Don't leave without your free gifts of a tree seedling and pollinator seeds!

Spring
Community
Parking
Lot Sale



CELEBRATE EARTH DAY @ MCC ALL MONTH

Plant Nova Natives Information Table @ Spring Fest

Saturday, April 8, 10 a.m.-Noon (Open to All)

McLean Trees Presentation

Monday, April 10, 6-7 p.m. (Open to All)

Personal Climate Action Planning

Tuesday, April 18, 1-2 p.m. (Open to All)
Presented by the Fairfax County Office of Environmental and Energy Coordination

McLEAN DAY 2023

This event will be held at Lewinsville Park, 1659 Chain Bridge Rd.

COME ENJOY THE CARNIVAL RIDES!

T.G.I.F. CARNIVAL RIDES

Friday, May 19, 2-10 p.m.

Advance purchase of ride tickets will be available online for Friday and Saturday.

Check our website for more information closer to event date: mcleancenter.org.

A COMMUNITY FESTIVAL SINCE 1915

McLEAN DAY FESTIVAL

Saturday, May 20, 11 a.m.-5 p.m.

Free admission

MCC GOVERNING BOARD ELECTIONS

10:30 a.m.-5 p.m.

Vote for your favorite MCC Governing Board Candidates!

Need fun? Bring your friends and family and celebrate McLean's biggest annual festival. This event draws approximately 10,000+ patrons throughout the day. Enjoy music, games, balloon animals, a petting zoo, amusements, sponsors, exhibitors, gourmet food trucks, large and small carnival rides and much more! Ride tickets can be pre-purchased online and are also sold onsite.



SPONSORSHIPS

Become a McLean Day sponsor and show your community spirit at this highly visible event. For more information, go to our website or contact catherine.nesbitt@fairfaxcounty.gov.

EXHIBITOR SPACE

Sign up for a McLean Day exhibitor booth space to promote your organization, community group or business. Artisans and crafters are welcome! Sold on a first come, first served basis.

More details and the exhibitor application are available on our website.

McLEAN DAY

Est. 1915

OFC
Block
Party



SAVE THE DATE!



JULY 4TH COMMUNITY FIREWORKS CELEBRATION

Check our website for the fireworks date.

Join us at Langley High School, 6520 Georgetown Pike, from 6:30-10:30 p.m.



33 YEARS OF SERVING THE COMMUNITY!



OLD FIREHOUSE BLOCK PARTY

Saturday, Sept. 16, 1-4 p.m.

Free admission.

After School Program Open House, Music, Giveaways, Games, Food, Amusements, Crafts and more...

CLASSES

PRESCHOOL/ TODDLERS

0-5 YEARS

DANCE

PRE-PRIMARY I/II

Little dancers love this enchanting adventure in dance. They develop rhythm, grace, poise, coordination and musicality through pre-primary classical ballet, beginning tap skills, tap routines and improvisations using magical props and adorable costumes. Our dance class enriches your child in five areas of development: physical, creative, social, cognitive and emotional.

Instructor: AIM Dance Staff.

3-4 years

6 lessons @ 45 mins, \$118/\$108 MCC district residents
1712.123 Tu, 7/11-8/15 4:30-5:15 p.m.

FAIRYTALE BALLET

Young dancers will enjoy dancing to their favorite cherished tunes from fairytales such as "Cinderella," "Sleeping Beauty" and "Beauty and the Beast," to name a few. They will learn ballet dances to popular classical ballets and perform in costumes. The session will conclude with a Parent Watch Day.

Instructor: AIM Dance Staff.

3-6 years

6 lessons @ 45 mins, \$118/\$108 MCC district residents
1716.123 Th, 7/13-8/17 4:30-5:15 p.m.

MUSIC

MUSIC TOGETHER®

Music Together® is an internationally recognized music and movement program. Through mixed-aged classes it engages infant, toddler, and preschool-age children and their parents and other primary caregivers in early childhood music development. The Music Together approach develops every child's birthright to basic music competence by encouraging the actual experience of music through playful activities, rather than learning concepts or information about music.

Instructor: Music Together Staff.

Infants-5 years

7 lessons @ 45 mins, \$180/\$168 MCC district residents
1500.123 M, 6/26-8/14 9:15-10 a.m.

No lesson on 7/3.

7 lessons @ 45 mins, \$180/\$168 MCC district residents
1501.123 M, 6/26-8/14 10:15-11 a.m.

No lesson on 7/3.

7 lessons @ 45 mins, \$180/\$168 MCC district residents
1502.123 M, 6/26-8/14 11:15 a.m.-noon

No lesson on 7/3.

8 lessons @ 45 mins, \$200/\$186 MCC district residents
1503.123 Tu, 6/20-8/15 9:15-10 a.m.

No lesson on 7/4.

8 lessons @ 45 mins, \$200/\$186 MCC district residents
1504.123 Tu, 6/20-8/15 10:15-11 a.m.

No lesson on 7/4.

8 lessons @ 45 mins, \$200/\$186 MCC district residents
1505.123 Tu, 6/20-8/15 11:15 a.m.-noon

No lesson on 7/4.

8 lessons @ 45 mins, \$200/\$186 MCC district residents
1506.123 Th, 6/22-8/10 9:15-10 a.m.

8 lessons @ 45 mins, \$200/\$186 MCC district residents
1507.123 Th, 6/22-8/10 10:15-11 a.m.

8 lessons @ 45 mins, \$200/\$186 MCC district residents
1508.123 Th, 6/22-8/10 11:15 a.m.-noon

8 lessons @ 45 mins, \$200/\$186 MCC district residents
1509.123 F, 6/23-8/11 9:15-10 a.m.

8 lessons @ 45 mins, \$200/\$186 MCC district residents
1510.123 F, 6/23-8/11 10:15-11 a.m.



YOUTH

6-13 YEARS

DANCE

BALLET AND TAP COMBO 1

Children develop lovely technical ballet skills while learning French vocabulary; enhancing their artistic growth, and nurturing poise, grace, and musicality. Young dancers learn basic tap technique using fun Broadway-style song and tap routines showcasing their fantastic stage presence. This class is for kindergarten/first grade students.

Instructor: Art in Motion Dance Staff.

5-7 years

6 lessons @ 45 mins, \$118/\$108 MCC district residents
1713.123 Tu, 7/11-8/15 5:30-6:15 p.m.

HIP-HOP KIDS

Young hip-hop artists will begin with building blocks of hip-hop technique. Students will learn hip, funky moves to the latest kids' rock and hip-hop tunes. The focus will be on hip-hop choreography utilizing the latest hit music from hip-hop and pop stars such as Ava Max, Sia, Taylor Swift, JoJo Siwa, Harry Styles, Ariana Grande, Katy Perry and Selena Gomez!

Instructor: Art in Motion Dance Staff.

5-8 years

6 lessons @ 45 mins, \$118/\$108 MCC district residents
1714.123 W, 7/12-8/16 4:30-5:15 p.m.



TUMBLING

Beginner tumbling focuses on developing strength, coordination and flexibility as well as mastering skills such as forward and backward rolls, cartwheels, roundoffs, handstands, bridge kickovers and front walkovers. Waiting their turn, sharing with other children and working together are social skills that are also developed in the class.

Instructor: Art in Motion Dance Staff.

6-9 years

6 lessons @ 45 mins, \$118/\$108 MCC district residents
1717.123 Th, 7/13-8/17 5:30-6:15 p.m.

HIP-HOP PRE-TEEN

This fun, fast-paced, lively class will combine fundamentals of jazz technique, hip-hop, and urban style moves as seen in your favorite music videos and movies. It will feature the latest hit music from hip-hop and pop stars such as Justin Timberlake, Bruno Mars and Taylor Swift! Don't miss being a part of this dynamic dance craze!

Instructor: Art in Motion Dance Staff.

8-11 years

6 lessons @ 45 mins, \$118/\$108 MCC district residents
1715.123 W, 7/12-8/16 5:30-6:15 p.m.



TEENS

13-17 YEARS

CULINARY ARTS

Teens age 16 and older may attend adult culinary arts classes. See page 12.

FITNESS

YOGA FOR ATHLETES

This two-day workshop focuses on enhancing strength and flexibility and improving balance, coordination and core stability. It also focuses on building mental resilience in young athletes. Designed to help athletes improve performance, reduce stress and prevent injury, the workshop is appropriate for athletes at all levels and involved in all sports. Students will learn age-appropriate and sport-specific poses. Students will receive specialized programs to practice at home. The class also builds long-term body awareness for long-term injury prevention.

Instructor: Emily Weeks Fitness.

13-17 years

2 lessons @ 60 mins, \$42/\$38 MCC district residents
1660.123 Th-F, 6/29-6/30 6-7 p.m.



PARENT & CHILD CULINARY ARTS

FAMILY FUN RAMEN NIGHT

No packets of skinny noodles or pouches of MSG in this class! Ramen noodles are fun to make and fun to eat, and every bowl of ramen can contain any number of delicious ingredients. Everyone can customize their favorites. Families will learn to make ramen noodle dough from scratch, then roll, stretch and cut the dough into fresh noodles. They will also learn to make wonderful pork, chicken, miso and vegetable broth. Then, the class will set up a ramen feast with the broths, freshly simmered homemade noodles and a variety of classic ramen garnishes to enjoy.

Instructor: Chef Joel Olson.

1 lesson @ 2 hrs, \$59/\$54 MCC district residents. \$45 each additional child.

1311.123 W, 7/14 5:30-7:30 p.m.

PARENT CHILD SAVORY AND SWEET BEIGNETS

Spend a fun Saturday morning learning how to make a delicious classic treat from New Orleans and Mardi Gras. Adult-child pairs will learn the basics of making beignets (French-style doughnuts from New Orleans) as well as tasty savory twists on the classic recipe. On the menu: Parmesan Cheese Beignets & Classic Cinnamon-Sugar Beignets.

Instructor: Chef Joel Olson.

1 lesson @ 2 hrs, \$59/\$54 MCC district residents. \$45 each additional child.

1312.123 S, 7/15 10 a.m.-noon

ADULTS

18+ YEARS

CULINARY ARTS

A CUT ABOVE

Take this knife skills workshop to learn and practice the techniques that help take the chore out of cooking. Techniques include: boning a chicken; cutting onions, carrots and other vegetables; cutting fruits and pasting garlic. Knife selection, sharpening and care will also be covered. Bring your own knives or use ours. A light meal will be served at the end of class.

Instructor: Chef Joel Olson.

1 lesson @ 3 hrs, \$79/\$72 MCC district residents
1306.123 M, 7/10 6-9 p.m.

MY THAI

Enjoy these wonderful vegetarian Thai dishes that will leave you soothed and satiated. On the menu: Thai Green Curry Spring Vegetable Lettuce Wraps; Baked Tofu in Thai Peanut Sauce; Thai-style Corn Fritters with Soy-Lime Dipping Sauce; Vegetarian Pad Thai with Eggplant, Crunchy Cashews and Rice Noodles; Crisp Chai-Spiced Sugar Cookies.

Instructor: Chef Joel Olson.

1 lesson @ 3hrs, \$79/\$72 MCC district residents
1307.123 Tu, 7/11 6-9 p.m.

MEXICAN FIESTA

Enjoy an evening of soon-to-be favorite Mexican-inspired recipes. On the menu: Mexican Gazpacho with Lime Cream; Yukon Gold, Chorizo and Bell Pepper Tacos with Queso Blanco and Three-Onion Salsa; Cocktail Turkey Meatballs with Chipotle Sauce; Rice with Oregano and Lime; Mexican Cinnamon Cookies.

Instructor: Chef Joel Olson.

1 lesson @ 3 hrs, \$79/\$72 MCC district residents
1308.123 W, 7/12 6-9 p.m.



ALOHA: GREAT TASTES FROM HAWAII

Come experience these delicious Hawaiian dishes that will transport you to a place where tropical breezes waft! Macadamia Hummus with Pineapple Flatbread; Tangy Hawaiian Gazpacho; Hawaiian-Style Teriyaki Pork Kebabs; Hawaiian Food Truck Garlic Shrimp; Pineapple and Pepper Rice; Macadamia Tartlets.

Instructor: Chef Joel Olson.

1 lesson @ 3 hrs, \$79/\$72 MCC district residents
1309.123 Th, 7/13 6-9 p.m.

SUMMER DESSERTS

Impress yourself, your family and your friends with these delicious takes on classic desserts. Raspberry and Chocolate Souffles; Baked Alaska with Peppermint Ice Cream and Fresh Chocolate Cake; Summer Berry Clafoutis with Strawberry Sauce; Salted Caramel Tarts.

Instructor: Chef Joel Olson.

1 lessons @ 3 hrs, \$79/\$72 MCC district residents
1310.123 Sa, 7/15 1-4 p.m.



DOG TRAINING

K9 BEGINNER NOSE CLASS

Prior training is not required. A low-impact course for dogs of all ages. Nose work builds a better bond between owners and their dogs, stimulates their minds and improves obedience skills. Learn handler skills in working search patterns, new terminology and how to imprint one scent odor through reward-based systems. This method is used to instruct police and military detect dog handlers.

Instructor: Kevin Healy.

6 lessons @ 60 mins, \$95/\$86 MCC district residents
1451.123 M, 6/12-8/7 7-8 p.m.

No lesson on 6/19 and 7/3.

K9 ADVANCED NOSE CLASS

This course is for students and their canines who have completed a Level 1 K9 Nose class. Course will offer advanced techniques such as odor recognition, multiple vehicle search and an open area with "point-to-point" training for advanced area search methods.

Instructor: Kevin Healy.

6 lessons @ 60 mins, \$95/\$86 MCC district residents
1452.123 M, 6/12-8/7 8-9 p.m.

No lesson on 6/19 and 7/3.

DOG OBEDIENCE

This basic obedience course is for dogs six months or older who have no prior obedience training. Topics include heeling on a leash, come/recall command, down, sit and stay commands. Situational training as related to real life problems will be encompassed. Behavior related problem-solving methods will be addressed as well.

Instructor: Kevin Healy.

8 lessons @ 60 mins, \$126/\$115 MCC district residents
1453.123 Tu, 6/13-8/8 7-8 p.m.

No lesson on 7/4.

ADVANCED DOG OBEDIENCE

This course is offered to all dogs and owners who have previously attended and completed an introductory dog obedience course. Topics include heeling off leash, extended stay commands, recalls under distraction, down in motion and advanced situational training.

Instructor: Kevin Healy.

8 lessons @ 60 mins, \$126/\$115 MCC district residents
1454.123 Tu, 6/13-8/8 8-9 p.m.

No lesson on 7/4.



FITNESS

YOGA FOR ALMOST EVERYBODY

No previous experience is necessary; all levels of experience are welcome. Stretch and improve your range of motion. Breathe and meditate for clarity and calm. Bring a yoga or exercise mat, and a large towel.

Instructor: Mary Elizabeth Beim.

11 lessons @ 1 hr, 25 mins, \$261/\$237 MCC district residents
1966.123 Th, 6/15-8/24 7:30-8:55 p.m.

CARDIO, STRENGTH & BALANCE

A custom blend of cardio conditioning suitable for all levels, this training format uses bodyweight, free weights and balance work to improve coordination, stability and spatial awareness. You will need aerobic shoes, light weights and a yoga mat.

Instructor: BodyMoves Fitness, LCC.

9 lessons @ 55mins, \$142/\$129 MCC district residents
1850.123 M, 6/12-8/21 10:15-11:10 a.m.

No lesson on 6/19 and 7/3.

BODY SCULPT



For all fitness levels. Shape and tone upper, middle and lower body, building and maintaining muscle strength, bone density, endurance and ease of movement, working all major and minor muscle groups. You will need aerobic shoes, hand weights and a mat.

Instructor: BodyMoves Fitness, LLC.

In-Person

9 lessons @ 55 mins, \$142/\$129 MCC district residents
1851.123 M, 6/12-8/21 7:45-8:40 p.m.

10 lessons @ 55 mins, \$158/\$144 MCC district residents
1853.123 Tu, 6/13-8/22 10:15-11:10 a.m.

No lesson on 7/4. No lesson on 6/19 and 7/3.

Virtual

9 lessons @ 55 mins, \$142/\$129 MCC district residents
1852.123 M, 6/12-8/21 7:45-8:40 p.m.

No lesson 6/19 or 7/3.

ZUMBA GOLD® (FORMERLY AEROBIC DANCE WORKOUT)

Enjoy fitness fun with this accessible, low-impact, joint-friendly, full-body dance workout that provides cardiovascular and toning benefits while focusing on coordination, balance and range of motion. You will need dance fitness shoes and a water bottle.

Instructor: BodyMoves Fitness, LLC.

11 lessons @ 55 mins, \$174/\$158 MCC district residents
1854.123 W, 6/14-8/23 9:15-10:10 a.m.

TOTAL FIT



For all fitness levels. This moderate intensity, low-impact aerobics program incorporates weight training, core strength, flexibility, balance and body awareness techniques to provide a comprehensive fitness workout. You will need aerobic shoes, hand weights and a mat.

Instructor: BodyMoves Fitness, LLC.



In-Person

11 lessons @ 55 mins, \$174/\$158 MCC district residents
1855.123 Sa, 6/17-8/26 9-9:55 a.m.

Virtual

11 lessons @ 55 mins, \$174/\$158 MCC district residents
1856.123 Sa, 6/17-8/26 9-9:55 a.m.

11 lessons @ 55 mins, \$174/\$158 MCC district residents
1857.123 Th, 6/15-8/24 10:15-11:10 a.m.

TAI CHI

This ancient practice offers health and fitness benefits including improved circulation and immunity, reduced chronic pain and blood pressure, stress calming, and enhanced balance and coordination. All levels welcome. Please wear soft-soled shoes and loose, comfortable clothing.

Instructor: BodyMoves Fitness, LLC.

10 lessons @ 55 mins, \$158/\$144 MCC district residents
1858.123 Tu, 6/13-8/22 11:30 a.m.-12:25 p.m.

No lesson on 7/4.

QIGONG



Qigong or “energy work” is an easier-to-learn precursor/companion to Tai Chi. More accessible to participants, regardless of fitness level, Qigong builds stamina and promotes emotional and physical vitality. Please wear soft-soled shoes and comfortable clothing.

Instructor: BodyMoves Fitness, LLC.

In-Person

10 lessons @ 55 mins, \$158/\$144 MCC district residents
1859.123 Tu, 6/13-8/22 12:30-1:25 p.m.

No lesson on 7/4.

Virtual

11 lessons @ 55 mins, \$174/\$158 MCC district residents
1860.123 F, 6/16-8/25 11-11:55 a.m.

KUNDALINI YOGA FOR VITALITY & BALANCE



Accessible regardless of age or physical ability, this style of yoga uses exercises, breathwork, mantra and meditation to foster vitality in body, balance in mind and openness in spirit. You will need a thick yoga mat and a pillow for floor sitting.

Instructor: BodyMoves Fitness, LLC.

Virtual

10 lessons @ 80 mins, \$231/\$210 MCC district residents
1861.123 Tu, 6/13-8/22 5:30-6:50 p.m.

No lesson on 7/4.

YOGA SCULPT & STRENGTH



Integrate the advantages of muscle conditioning with the alignment benefits of yoga practice. Bring mind and body into harmony, using breath and focus to work fully with decreased stress and injury. You will need a yoga mat and block.

Instructor: BodyMoves Fitness, LLC.

In-Person

11 lessons @ 55 mins, \$174/\$158 MCC district residents
1862.123 W, 6/14-8/23 11:30 a.m.-12:25 p.m.

Virtual

11 lessons @ 55 mins, \$178/\$154 MCC district residents
1863.123 W, 6/14-8/23 11:30 a.m.-12:25 p.m.

ACTIVE SENIORS

(55+)

GENTLE YOGA FITNESS



Enjoy increased flexibility, strength, balance, and energy as you challenge yourself, while respecting and honoring your body. You will need a yoga mat, strap and block; a resistance band; a set of 1- to 2-lb hand weights and water.

Instructor: BodyMoves Fitness, LLC.

In-Person

11 lessons @ 55 mins, \$174/\$158 MCC district residents
1864.123 Th, 6/15-8/24 11:30 a.m.-12:25 p.m.

Virtual

9 lessons @ 55 mins, \$142/\$129 MCC district residents
1865.123 M, 6/12-8/21 11:30 a.m.-12:25 p.m.

No lesson on 6/19 and 7/3.

FUNCTIONAL FITNESS

Enhance stamina, functional fitness and bone health, using strength training to prevent injury and improve psychological wellbeing. You will need aerobic shoes, light weights, a flex-band and a Bender Ball (6-9 inch).

Instructor: BodyMoves Fitness, LLC.

11 lessons @ 55 mins, \$174/\$158 MCC district residents
1866.123 W, 6/14-8/23 10:15-11:10 a.m.



SENIORS IN ACTION (SIA)

Come be a part of the Seniors in Action (SIA) Program! Participate in a variety of programs designed to keep you healthy, active and having fun! Build relationships and foster a sense of community while enjoying fitness classes, games, speakers and social activities. Seniors in Action Program Manager Carrie Conley will help make your time at the MCC fulfilling and fun!

The SIA Summer 2023 Program meets Tuesday, Wednesday and Thursday, June 13–August 10.

Skip Dates:
No SIA @ MCC 7/4–7/6.

SIA WEEKLY SCHEDULE

Tuesdays

9 a.m.–9:55 a.m.	SIA SAIL EXERCISE
10 a.m.–Noon	Mah Jongg Practice and Play

Wednesdays

10 a.m.–Noon	SIA Mah Jongg Practice & Play
12:45 p.m.–1:45 p.m.	SIA Chair Yoga

Thursdays

9 a.m.–9:55 a.m.	SIA SAIL EXERCISE
10 a.m.–Noon	SIA Bridge

SIA Membership:
\$100 per year/\$48 MCC district residents.
To purchase membership, visit mcleancenter.org, click the Register button on the top right of the homepage.

SIA Book Club

Meets the 2nd Tuesday of the Month

9:30–11 a.m.

Tuesday, June 13

Tuesday, July 11

No meeting in August

For full calendar and updates visit
mcleancenter.org

Questions? Contact SIA Program Manager Carrie Conley at caroline.conley@fairfaxcounty.gov.

DROP-IN GAMES: FREE PARTICIPATION, OPEN TO ALL!



Meet up with your friends or make some new ones and enjoy fun and games in your community! Registration is NOT required for this self-led activity. MCC staff will ensure all necessary gaming supplies are available.

Game	Location	Date/Time	Description
Bridge	MCC Hampton Room	Tuesday 7-10 p.m.	Participation is free and players of all skill levels are welcome to join.
Mah Jongg	Old Firehouse	Wednesday 10 a.m.-1 p.m.	Participation is free and players of all skill levels are welcome to join.
Various games	Old Firehouse	Thursday 6:30-9 p.m.	Ping Pong, Pool, Scrabble and much more are available at this free activity open to players of all skill levels.
Bridge	MCC Hampton Room	Friday 7-10 p.m.	Participation is free and players of all skill levels are welcome to join.
Ping Pong	Old Firehouse	Tuesday & Thursday 10 a.m.-1 p.m.	Participation is free and players of all skill levels are welcome to join. (Excludes the second Thursday of each month)
Bridge	Old Firehouse	Tuesday & Thursday 10 a.m.-1 p.m.	Participation is free and players of all skill levels are welcome to join. (Excludes the second Thursday of each month)

Drop-In Games activities will not be held on Fairfax County Government Holidays.

Children under 18 must be accompanied by an adult.

Do you have an idea for a game you'd like to play at the MCC or OFC?

Please give us your suggestions!
Email classes@mcleancenter.org and tell us what games you'd like to play.

Open Games Rules & Expectations

- MCC Staff will ensure that all game supplies are available for the games
- Games will always be free and registration is never required.
- For games/spaces where table space is limited, it's first-come, first-served for play.
- Open Games welcome ALL participants of all skill levels to play. However, a basic understanding of the game being played is necessary to participate.
- Be kind and courteous to all participants.
- If questions or conflicts arise, MCC/OFC staff are available to help, please go to the front desk to speak with staff.





Jennifer
Cutting
and OCEAN
Celtic
Quartet

MUSIC

JEWISH AMERICAN HERITAGE MONTH EVENT "L'CHAIM"

Sunday, May 7, 2 p.m.

\$30/\$20 MCC district residents
\$25 students and seniors



From the stages of the lower east side to the bright lights of Broadway, "L'Chaim" is a musical journey that pays tribute to the Jewish legacy of musical theater by exploring and celebrating the unique role of Jewish composers and lyricists.

JENNIFER CUTTING AND OCEAN CELTIC QUARTET "THE LUSTY MONTH OF MAY"

Saturday, May 13, 5 p.m.

McLean Central Park, 1468 Dolley Madison Blvd.
Free admission



The ancient Irish festival of Beltane (May Day) signaled the end of winter and the coming of summer. Come hear this celebrated Celtic band in a program of traditional and original music.

THEATER

HONOLULU THEATRE FOR YOUTH:

"THE PA'AKAI WE BRING"

Saturday, May 6, 4 p.m.

\$15/\$10 MCC district residents
\$12 students and seniors



Bringing together stories and shared ritual, Honolulu's Theatre for Youth's latest performance is centered around practices and perspectives of healing, including elements such as salt, breath and Hooponopono, a traditional system of restorative justice.

THE ALDEN

DANCE

FURIA FLAMENCA

Saturday, June 3, 7 p.m.

\$25/\$15 MCC district residents
\$20 students and seniors



Local flamenco dance company, Furia Flamenca, ends their 2022-23 residency at The Alden with a program combining flamenco and Middle Eastern dance traditions.

CHAMBER MUSIC

THE KOBAYASHI/GRAY DUO

Sunday, June 4, 2 p.m.

\$10/\$5 MCC district residents
\$7 students and seniors



Chicago/DC-based piano and violin duo.

FOREIGN FILMS

ASIAN AMERICAN PACIFIC ISLANDER
HERITAGE MONTH EVENT

"TAMPOPO" (NR; Japan; 1 hr, 54 mins)

Thursday, May 4, 1 p.m.

Shown in Japanese with English subtitles.

PERFORMING ARTS MOVIES

"L'CHAIM" PRIMER

**"BROADWAY MUSICALS: A
JEWISH LEGACY"** (NR; 85 mins)

Thursday, April 20, 1 p.m.

Tracing Broadway's Yiddish roots and exploring back-stories behind many landmark shows from "Showboat" to "Wicked," filmmaker Michael Kantor chronicles the unique role of Jewish musicians in the creation of the modern American musical.

ASIAN AMERICAN PACIFIC ISLANDER HERITAGE
MONTH EVENT

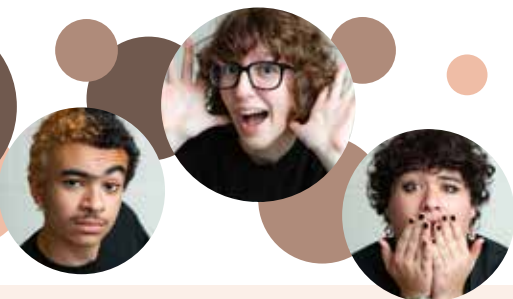
"THE ROAD TO FAME"

(NR; 80 mins)

Thursday, May 25, 1 p.m.

China's top drama academy stages the American musical, "Fame." During the eight-month rehearsal, five students compete for roles, struggle with pressure from family and authorities and prepare to graduate into China's corrupt entertainment industry.

(the) Unruly
Theatre
Project



SUMMER SUNDAY CONCERTS IN THE PARK

Eight Sundays in June and July at 3 p.m. June Sundays are all family-friendly!
McLean Central Park Gazebo, 1468 Dolley Madison Blvd.
Free and open to the public.

TIM KUBART AND THE SPACE CADETS

Sunday, June 11, 3 p.m.

"The Best of the Best." – Parents' Choice Awards.

Tim Kubart and the Space Cadets are Grammy Award-winners whose heartfelt songs celebrate real life kid and family moments and milestones.



UNCLE DEVIN & FRIENDS PRESENT:

"GO-GO FOR FAMILIES, A DC LEGACY!"

Sunday, June 18, 3 p.m.

Join us for McLean Community Center's Celebration of Juneteenth and the brilliance of black cultural contributions. Calling all dads! On your special day, bring the kids to experience the infectious energy of original Go-Go tunes, funky grooves and the D.C. style of African call-and-response. This percussion-driven, interactive show will have you dancing and singing as you experience what it was like in the 70s and 80s when Go-Go was born.



(THE) UNRULY THEATRE PROJECT

(the) Unruly Improv is The Alden's professional teen improv company dedicated to bringing comedic performances to the community. Members audition to be in the company and are paid for each performance or workshop they do for the community. In May 2022, UTP was named 1st place Champions at Improvicon of Northern Virginia!

UPCOMING PERFORMANCES

Friday, May 5 @ The Old Firehouse Center, 1440 Chain Bridge Rd., McLean

Saturday, May 20 @ McLean Day, Lewinsville Park, 1659 Chain Bridge Rd., McLean



GAY MEN'S CHORUS OF WASHINGTON: POTOMAC FEVER

Sunday, June 25, 3 p.m.

Join us for McLean Community Center's Celebration of PRIDE Month and honoring the beauty in all of us. GMCW's 14-voice harmony pop ensemble will sing a fun mix of contemporary pop, crowd favorites and Broadway songs—all without a single instrument.



CAPITAL BLEND

Sunday, July 2, 3 p.m.

Watch out, "Pitch Perfect." D.C.'s all-female a cappella group will knock your socks off with their original arrangements and mash-ups of pop songs.



CZARNA WOLGASTAR— INTERGALACTIC BALKAN SURF JAZZ TRIO

Sunday, July 9, 3 p.m.

Get ready for something weird, McLean. Czarna Wolgastar is a strange, other-worldly cocktail of Balkan beats and Milky-Way mischief crossed with the American songbook, Hollywood film soundtracks and more.



SIX PACK RODEO**Sunday, July 16, 3 p.m.**

Six Pack is back! Led by McLean-local Gerry Last, Six Pack Rodeo plays country, classic rock and all the tunes you can sing along to.

JUSTIN TRAWICK AND THE COMMON GOOD**Sunday, July 23, 3 p.m.**

Somewhere between John Prine and Jason Mraz lies Justin Trawick. With a raw, emotional take on Americana, Justin Trawick and the Common Good take the genre to exciting new places.

PHILIP BOWEN**Sunday, July 30, 3 p.m.**

Born and raised in West Virginia, Philip Bowen's uplifting sound is heavily inspired by his Appalachian roots. From NPR's "Mountain Stage" to his 1M TikTok followers, Philip's guitar and fiddle playing has captivated music lovers of all ages.

UPCOMING OPPORTUNITIES

Audition information for (the) Unruly Theatre Project, and The Alden's Spring Show as well as the 2024 Macdonald Performing Arts Scholarship Competition will be available at aldentheatre.org by the end of August 2023.

COMMUNITY ARTS**MCLEAN COMMUNITY PLAYERS' PRODUCTION OF "AMERICAN IDIOT"****Weekends July 21-30**

Fridays at 8 p.m.; Saturdays at 2 p.m. and 8 p.m.;
Sundays at 2 p.m.
\$27/\$20 for seniors, students and MCC district residents

McLean Community Players returns to The Alden for 2023, with a production of Green Day's "American Idiot." The two-time Tony Award-winning hit musical boldly goes where the American musical has never gone before. Three friends struggling to find meaning in a post 9/11 world find themselves on drastically different paths. They must choose between duty, family, love, addiction and brotherhood. Composed of songs from two acclaimed Green Day albums, "American Idiot" and "21st Century Breakdown." Visit McLeanPlayers.org for more information.

SNEAK PEEK OF THE ALDEN'S '23-'24 SEASON**NEW YORK GILBERT AND SULLIVAN PLAYERS: "THE PIRATES OF PENZANCE"****Friday, Oct. 13** (All Ages)**"WHEN YOU WISH UPON A STAR: A JAZZ TRIBUTE TO 100 YEARS OF DISNEY"****Saturday, Nov. 4** (All Ages)**BARTER PLAYERS "FROSTY"****Tuesday, Dec. 19** (Family Friendly)**"ANIMANIACS" IN CONCERT****Saturday, Feb. 10** (All Ages)*LIGHTWIRE THEATRE:***ELECTROLUMINESCENT PUPPETRY****Friday, April 12** (Family Friendly)*BRUSH THEATRE:***"POLI POP"****Sunday, April 21**

Tickets on sale beginning July 1! More information at aldentheatre.org.

BOX OFFICE**Saturdays, 3-7 p.m.****Sundays 12 noon-4 p.m.****Closed on July 4.**

Patrons are always welcome to buy tickets online at aldentheatre.org.

THE OLD FIREHOUSE

MONDAY-FRIDAY, 9 A.M.-6 P.M. • 1440 CHAIN BRIDGE RD., McLEAN, VA. 22101
OLDFIREHOUSE.ORG • 703-448-TEEN (8336)

The Old Firehouse Center (OFC) provides an incredible experience and safe atmosphere for 5th-9th graders. Participants will enjoy exposure to new recreational activities and develop social skills under the supervision of professionally experienced staff members who facilitate organized activities, daily clubs and trips. Teens can enjoy their time at the Old Firehouse after school, during school breaks and at Friday night activities and trips.

OLD FIREHOUSE MEMBERSHIP

Memberships are open to 5th-9th Graders.
August 21, 2023-June 12, 2024

MEMBERSHIP BENEFITS

- Daily Snack and Drink
- Themed Clubs (Cooking, Fitness, Art, Gaming)
- Computer Lab Access
- Monthly Pet Therapy (Every 3rd Friday)
- Homework/Study Assistance
- Transportation from Cooper Middle School and other local elementary schools. Fairfax County Public Schools' (FCPS) buses provide transportation from Longfellow Middle School
- Discounted Friday Night Activity Fees
- Valid until June 12, 2024

\$325/\$300 MCC district residents

Registration for the 2023-2024 school year begins June 20, 2023. 25% discount on OFC memberships purchased from June 20-September 16.

To join, drop off a completed and signed OFC Participant Contract and your payment to OFC. Participant Contracts are available at the Old Firehouse and online. For additional information, visit oldfirehouse.org.

Please Note: Membership paperwork will not be accepted at evening activities. OFC is open Monday through Friday, 9 a.m. to 6 p.m. when staff can assist you with filling out forms or other needs.

FRIDAY NIGHT ACTIVITIES

Register your kids for our Friday Night Activities to enjoy a much-needed date night. Or, come to our family programs for some wholesome family fun. Old Firehouse members and non-members can register. Prices vary based on activity. Preregistration is highly recommended!

LUAU PARTY*

Friday, June 2, 7-9:30 p.m.

Activity No. 4605.323

\$35/\$25 MCC district residents, \$20 for OFC members (Members must call OFC to make payments). Preregistration is recommended.

Old Firehouse 5th-6th grader parties are themed and decorated accordingly. Free catered food and beverages will be distributed to participants. Parties feature a DJ, an open dance floor and a variety of activities.

**Open to 7th and 8th graders*

Volunteers: Parents who wish to volunteer for parties must submit an email request to Aaron Greene at oldfirehouse@mcleancenter.org. Please include your name, your child's name and your home address. Volunteer hours are 6:30-9:45 p.m. Each parent volunteer will receive one free admission for his or her child. Volunteer spots are limited.

Register online at oldfirehouse.org or call OFC at **703-448-TEEN (8336)**.

OLD FIREHOUSE FACILITY RENTALS

Have your next party or event at the Old Firehouse with access to our wide dance floor, game room and kitchenette. Reservations can be accepted six months in advance, on a first-come, first-served basis. For details, forms and rates, visit mcleancenter.org/teens/about/rentals or call **703-448-8336, TTY: 711**.

CELEBRATE 33 YEARS OF OFC AT THE BLOCK PARTY!

For more details, see page 8.

INSTRUCTOR SPOTLIGHT

VAN NGA PHAM

Tai Chi and Qigong Instructor

There's no question that MCC's Tai Chi and Qigong participants are fortunate to have an instructor as experienced as Van Nga Pham. Not only does she have 20 years of Tai Chi training working alongside world championship instructors, Pham owns multiple national competition titles in both France and the United States.

A retired English and ESL teacher, Pham spent 30 years in the Fairfax and Loudoun County Public School systems, and was also an English instructor at Virginia Tech. In her seventh year at MCC, Pham leads Tai Chi 1, Tai Chi 2, and Qigong classes, teaching patrons the intricacies of her favorite forms of martial arts.

It's possible that you may not know what Tai Chi or Qigong is, which is the case for many of Pham's students looking to improve their wellbeing. "Qigong and Tai Chi are new to many participants," she said. "In normal everyday activities, we're used to moving fast and automatically without being aware of our movement and our breathing. In the classroom, to achieve optimal balance, flexibility, mental stability, calm and control, we slow down and train balance by moving deliberately, coordinating with the breathing, relaxed mind and coordinated parts of the body. It is rewarding to see that in a short time, participants become familiar with the practice and improve quickly."

Pham began teaching because she enjoyed seeing growth in her students, and, as a result, in herself.

"After years of training with top-rated instructors, I strongly believe that teaching is the best way to learn," she said, "so that's what I'm doing. I keep improving by performing and sharing with my students."

Coaching the complexities of arts like Tai Chi and Qigong can be difficult at times, but Pham is up for the challenge.

"Coordination needs to be quite precise to develop an optimal mind, breathing and movement patterns," she said, "so the challenge is in teaching students the more detailed and numerous aspects of coordination for upper body, lower body, with direction for the head, arms, legs and waist."

At 80 years young, Pham is grateful for the opportunity to teach the classes she does at a facility like MCC. "The room is large, bright and clean," she said. "The personnel are very friendly and helpful. I always feel warmly welcome...I feel very lucky to have chosen these forms of martial arts."



STAFF SPOTLIGHT

ASMA SARWARY

MCC Special Events Coordinator

The MCC-produced events that you have come to know and love wouldn't be what they are without Special Events Coordinator Asma Sarwary. Working behind the scenes, at an information stand or in a volunteer tent, Sarwary helps facilitate the planning and execution of some of McLean's most popular programs. McLean Day, the July 4th Fireworks and Pet Fest are just some of the events that have her fingerprints all over them. Literally. In addition to her work on the logistical front, Sarwary can often be found doing some of the heavy lifting required for event set-up, staging and breakdown.



Sarwary graduated with a degree in Communications from St. John's University in 2012. Now in her seventh year at MCC, Sarwary began as a Programs Assistant for the center. Before that, she spent time working in education, serving in administrative roles at New York University and Johns Hopkins University, and was most recently a Student Information Assistant for Fairfax County Public Schools at Spring Hill Elementary School.

Thanks to her time in education – a field where things don't always go as planned – Sarwary has learned how to be more adaptive when faced with unforeseen circumstances in her current role. "Even the best laid plans can have unexpected bumps," she said. "There is so much to event planning, and when we have an event there can sometimes be situations outside our control." Having a supportive team around her has proven to be invaluable in such conditions. "I work with amazing people," Sarwary said. "I am so fortunate for everyone I work with, not just in the Special Events or programs department, but everyone in the center."

Sarwary finds joy in seeing the response from families participating in the events she helps put on. "Just seeing how children react in general is so fun," she said. "So many of them are excited for Harvest Happenings and Spring Fest. Then there are the few who are terrified of Santa or the Spring Bunny. There is just so much range of emotion."

Included in the children who attend MCC Special Events are Sarwary's own son and daughter, Zachary and Eva. They also have a family dog, Mercy, a hound mix who was adopted around the time Sarwary began working at MCC. When she's not putting on events or spending time with her family, you can find her enjoying video games and horror movies.

REGISTRATION PROCESSING

EASY WAYS TO REGISTER

ONLINE

Just click on the pink "Register" button in the upper right corner of any page of our website, or on a seven-digit activity number, which will link you to our online registration system. Online registration begins at midnight on the registration start date.

MAIL

Mail a completed registration form with payment in the form of a check, money order or credit card to:

McLean Community Center
Attn: Registrar
1234 Ingleside Ave.
McLean, VA 22101.

IN PERSON/DROP OFF

You may register in person at the Center from 8 a.m. to 5 p.m., Monday through Friday. At other times, drop a completed registration form and payment (in the form of a check or money order, or by completing the credit card information on the form) into the registration box.

REGISTRATION BEGINS

Registration opens on the dates listed below and is ongoing. Registration forms that are mailed in or dropped off before the designated open registration date will be processed on the open date. Instructors may not accept registration forms or extend verbal commitments.

Fall Session: 2nd Monday in August

Winter-Spring Session: 1st Monday in December

Summer Camp: 2nd Monday in February

Summer Session: 2nd Monday in May

PAYMENT

- Payment is due at the time of registration in the form of a check, money order or credit card (American Express, Discover, MasterCard, or Visa) number with expiration date. If paying by check, please make payable to McLean Community Center, unless otherwise noted.
- Receipt confirmations will be emailed. If no email address is provided, receipt confirmations will be mailed.

SENIOR DISCOUNTS

- Seniors (age 60 and older) are eligible to receive a 10% discount on classes of \$50 or more, except where noted.

MATERIALS FEE

- All materials fees are due to the instructor on the first day of class, unless otherwise noted.

REFUND POLICY

- All withdrawals, refund and cancellation requests must be submitted in writing to registrar@mcleancenter.org
- Patrons who submit refund requests 14 days or more before the start date of a class or activity, will be granted a refund. Refunds requested less than 14 days before the start date of the class or activity will not be granted.

RESTRICTIONS

- Once a class, camp or activity is in session, refunds may be granted only for medical reasons or for extenuating circumstances as determined by the General Programs Director and the Registrar. Medical requests must be accompanied by a doctor's note (verification).

ABSENCES FROM CLASS

- The Center is not obligated to make up classes due to absences and personal scheduling conflicts. However, each instructor has her/his own make-up policy; arrangements for make-up classes are scheduled through individual instructors. Please do not contact the Center.

GENERAL INFORMATION

HOLIDAYS & INCLEMENT WEATHER

- See MCC's holiday schedule on our website (mcleancenter.org).
- The class program follows Fairfax County Public Schools' inclement weather policy. In case of inclement weather, check our website (mcleancenter.org) or listen for cancellation information on local radio stations.
- Classes canceled due to inclement weather will be rescheduled, if possible. If not, a prorated refund will be issued.

ACCOMMODATIONS

- To make arrangements for accommodations in accordance with the Americans with Disabilities Act (ADA), please mark the appropriate box on the registration form so the Center may contact you to ascertain your needs.
- Request should be made no fewer than 14 working days prior to the start to of the activity by calling Michael Fisher at **703-744-9247**.
- **Financial Assistance:** When registering for a class or purchasing tickets to an Alden Theatre performance, you can request to receive a subsidy by writing to: programs@mcleancenter.org. For purposes of public accountability, we will ask that you sign an affidavit to document your stated need.



The Friends of the McLean Community Center founded and helped support development of the Center. Today, they remain committed to helping support its many programs and activities. If you enjoy the MCC and want to amp up your appreciation and involvement in Center endeavors, then join Friends today. Become a part of this legacy of achievement and support Friends with your \$25 tax-deductible membership. In appreciation, Friends members receive special benefits as pre-sales and registrations allow.

Join & Learn More at: FriendsMCC.com

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Rasheq Rahman, *Vice-Chair*
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Katie Fedora, *Registrar*
Ellen Fox, *Administrative Assistant*
Julia Jones, *Administrative Assistant*

Recreation Aides

Jonathan Davis, *Booking Manager*
Scott Bowen, Craig Morris, Susan Stankus,
Steve Caruso, Arthur Lee

Performing Arts

Sarah Schallern Treff, *Director*
Jennifer Garrett, *Technical Director*
Danielle Van Hook, *Director, Youth Theatre Programs*
Justin King, *Assistant Technical Director*
Evelyn Hill, *Patron Services Manager*
Deion Roulhac, *Theatre Technician*
Jeff Virchow, *Performing Arts Assistant*
Elizabeth Katz, *Performing Arts Coordinator*

General Programs Department

Mike Fisher, *General Programs Director*
Erin Bieger, *Instructional Programs Manager*
Caroline Conley, *Seniors in Action Manager*
Catherine Nesbitt, *Special Events Manager*
Matthew Hockensmith, *Special Events Asst. Manager*
Asma Sarwary, *Special Events Coordinator*
Andrew Carter, *Old Firehouse General Manager*
Aaron Greene, *Afterschool Program Manager*
Takayla Carter, *OFC Trip Coordinator*
Benjamin Barber, *OFC Lead Facilitator*

OFC Activity Facilitators

Daniel Deguefu, Barry Pinder-Robinson, Jimmy Reed

HERE'S WHAT OUR PATRONS SAY...

"PADDINGTON GETS IN A JAM"

“

Overall, very well organized and easy for families to attend with wiggly kids. The stage hands of Paddington were excellent and the set design was fabulous.

”



"SWEET HONEY IN THE ROCK®"

“

I'm a big Sweet Honey fan, so I was thrilled to see them on The Alden's roster this year. Congratulations for getting such an outstanding group! The McLean community obviously supported them, but I was happy to see others from outside the area too. Anything that brings DC residents to the "burbs" is wonderful, I think. The Alden did itself proud: I overheard people talking about what a nice facility it is.

Sweet Honey may have been the best concert I've ever seen at The Alden. Thank you for a fantastic evening!

”





McLean
Community
Center
The Center of It All

1234 Ingleside Ave.
McLean, VA 22101
703-790-0123 TTY: 711
mcleancenter.org

SUMMER SUNDAY CONCERTS IN THE PARK

Eight Sundays in June and July at 3 p.m.



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JULY 4TH COMMUNITY FIREWORKS CELEBRATION

Date TBD

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