



McLean  
Community  
Center  
*The Center of It All*

# FALL 2023 PROGRAM GUIDE

SCHEDULE OF CLASSES,  
CAMPS AND EVENTS

THE ALDEN'S 2023-2024  
SEASON IS FULL OF

# WONDER

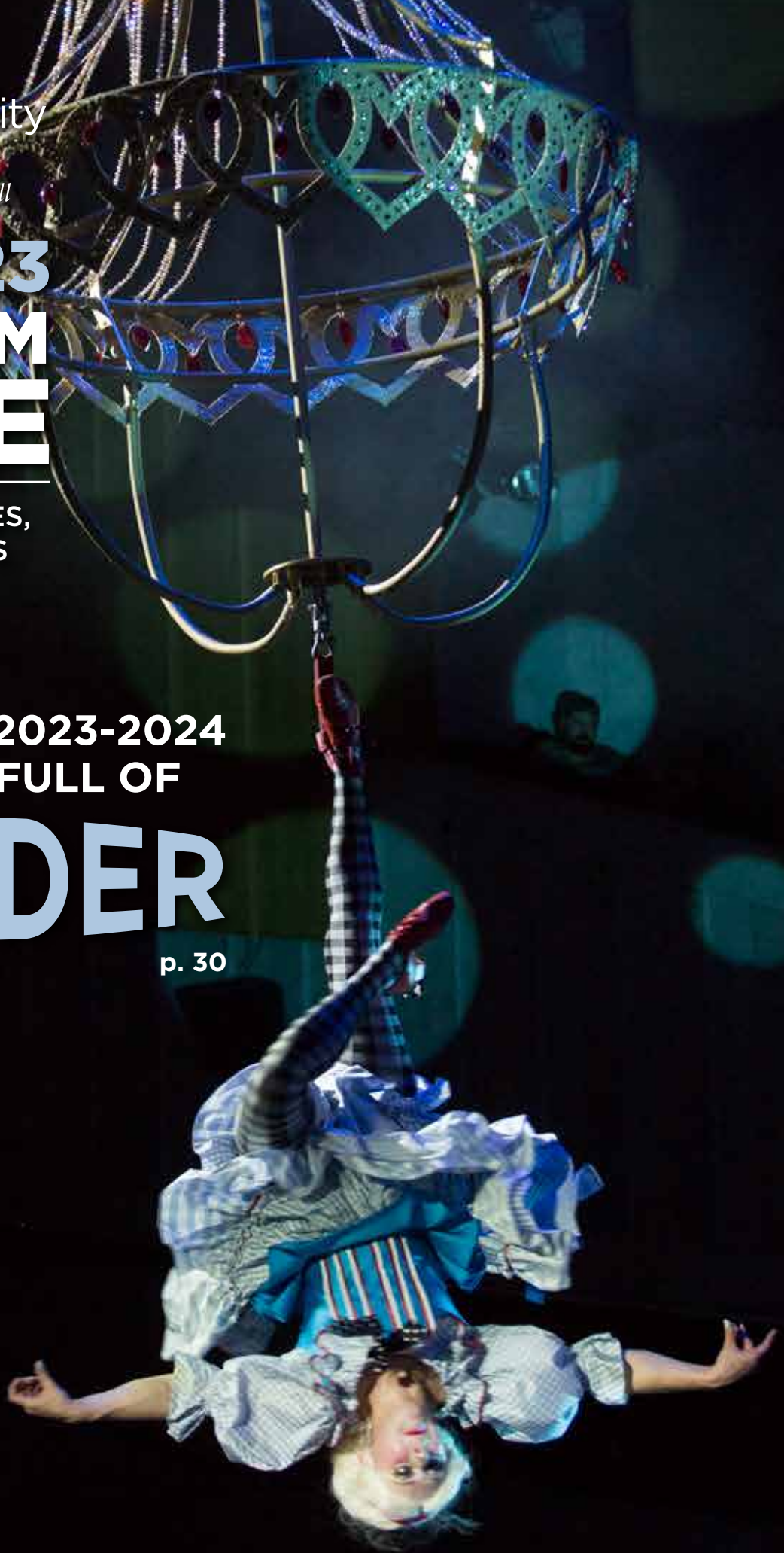
p. 30

**Pet Fest**

p. 6

**Seniors  
in Action**

p. 23



## 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](http://www.mcleancenter.org)

**E-mail:** [mail@mcleancenter.org](mailto:mail@mcleancenter.org)

### The Center will be CLOSED on the following days:

Labor Day (9/4), Election Day (11/7), Veterans Day (11/10), Thanksgiving (11/23–24), Christmas Eve (half day, 12/22), Christmas Day (12/25).

**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](https://www.instagram.com/mcleancenterva)



Pin us on Pinterest  
[www.pinterest.com/mcleanvcenter](https://www.pinterest.com/mcleanvcenter)



Follow us on Twitter  
[@mcleanvcenter](https://twitter.com/mcleanvcenter)



Sign up for e-mail updates  
[@ www.mcleancenter.org](http://www.mcleancenter.org)



Like us on Facebook  
[www.facebook.com/mcleanvcenter](https://www.facebook.com/mcleanvcenter)

Published by the McLean Community Center



A Fairfax County, VA,  
publication

## TABLE OF CONTENTS

1

LETTER FROM THE  
EXECUTIVE DIRECTOR

2

CENTER NEWS

4

COMMUNITY  
EVENTS

7

CLASSES

7

PRESCHOOL/  
TODDLERS

9

YOUTH

14

PARENT & CHILD

15

TEENS

17

ADULTS

23

SENIORS IN  
ACTION

25

DROP-IN GAMES

26

CALENDAR

28

McLEAN PROJECT  
FOR THE ARTS

30

THE ALDEN

33

THE OLD FIREHOUSE

35

REGISTRATION  
INFORMATION

36

STAFF



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

# LETTER FROM THE EXECUTIVE DIRECTOR

As we enter the new Fall season, we are delighted to roll out our recently approved strategic plan. We are committed to our guiding values of **Equity, Innovation, Responsiveness, Sustainability, Transparency** and **Joy**, and use these values to lead our daily interactions, planning and community offerings. We are beginning to focus on our core goals and ensuring that the work we do, our planning for the future and the programs we provide are aligned. These goals include **Be Visible; Welcome All of McLean and its Global Community; Invite Discovery; Showcase Excellence;** and **Model Sustainability and Good Stewardship.**



At MCC we strive to cultivate a warm and inviting environment where all feel welcome – a place where you can make a connection with your neighbors, discover new things, enjoy excellent programming and find a place to play and relax. We hope that you will join us at the tremendous offerings coming this fall including many community events for all ages – starting in September with the Old Firehouse Block Party and Harvest Happenings, and later including some annual favorites such as the McLean Antique Show and the McLean Holiday Arts and Crafts Festival.

Join us for the launch of the new season at The Alden Theatre, including the “shoulder season” concerts in McLean Central Park. Notice the expansion of our Foreign Language Film Series to include new evening showings. The very active and growing Seniors in Action Program welcomes you. Our robust class schedule offers something for everyone, and our many activities focused on preteens and teens at the Old Firehouse Center are enjoyable and enriching. **If you have a 5th to 9th grader in your household – or as a neighbor – please suggest they join the Old Firehouse as a member where there are daily afterschool activities and clubs, and transportation included from MCC district schools.**

Another opportunity to get involved with the MCC is to attend the September Public Hearing on the FY25 budget. This is your opportunity to learn about and comment on the center’s budget process.

Please take the time to peruse and bookmark the program guide – it is chock full of must-attend events. Also, please encourage your neighbors and friends to **sign up for our newsletters and follow us on social media channels** if they aren’t already doing so. We often put out sneak peeks and special offers there.

We look forward to seeing you soon!

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.





Above, from left: MCC Governing Board members Kristina Groennings, Anna Bartosiewicz, Rasheq Rahman, Lisa Mariam, Dranesville District Supervisor John W. Foust, Katie Gorka, Gloria Marrero Chambers, Kathleen Cooney Porter, Sophia Bruno and Eleanor Ague

## CENTER NEWS

### BOS APPOINTS FIVE NEW MEMBERS TO MCC GOVERNING BOARD

*New Officers Elected for FY2024*

On Tuesday, May 23, the Fairfax County Board of Supervisors appointed five new members to the McLean Community Center's (MCC) Governing Board. Residents of Dranesville Small District 1A, the new members won their seats by receiving the highest number of votes in the MCC's 2023 Governing Board Election.

The new adult members, Kathleen Cooney Porter, Gloria Marrero Chambers and Katie Gorka, will serve three-year terms. New teen members, Sophia Bruno for the Langley High School Boundary Area and Eleanor Ague for the McLean High School Boundary Area, will serve one-year terms.

At the first meeting of the new board on Wednesday, June 7, Dranesville District Supervisor John W. Foust swore in the new board members and officers were elected for the FY2024 budget year. Rasheq Rahman was elected Board Chair, Kristina Groennings, Vice-Chair, Anna Bartosiewicz, Secretary and Kathleen Cooney Porter, Treasurer.

For more information, call MCC at 703-790-0123, TTY: 711, or visit [mcleancenter.org](https://mcleancenter.org).

#### ADULT WINNERS



**KATHLEEN  
COONEY  
PORTER**



**GLORIA  
MARRERO  
CHAMBERS**



**KATIE GORKA**

#### YOUTH WINNERS



**SOPHIA BRUNO**



**ELEANOR AGUE**

## DISTRICT RESIDENTS INVITED TO FINANCE COMMITTEE AND PUBLIC HEARING ON FY2025 BUDGET

The McLean Community Center (MCC) Governing Board invites residents of Dranesville Small District 1A to attend in-person two upcoming meetings and/or submit comments on the center's 2025 fiscal year budget, which begins July 1, 2024 and ends June 30, 2025. All meetings of the MCC Governing Board are open to the public. MCC is located at 1234 Ingleside Ave.

The first meeting, the **Finance Committee Meeting of the Whole**, will be held at 6:30 p.m. on Wednesday, Sept. 6. MCC Governing Board Treasurer Kathleen Cooney Porter and the full board will work on the FY2025 budget. The departmental and consolidated budget proposals will include a review of FY2023 year-end actuals, the current year's budget (FY2024) and new proposals for FY2025.

Following the Meeting of the Whole, the preliminary consolidated budget will be posted on the MCC website, [mcleancenter.org](http://mcleancenter.org), and will be available at the center a week prior to the public hearing.

The second meeting, the **Public Hearing on the FY2025 Budget**, is at 6:30 p.m. on Wednesday, Sept. 27. This meeting will give residents a second opportunity to review and comment on the FY2025 budget proposal. District residents who wish to speak at the public hearing are asked to call 703-790-0123, TTY: 711, to have their names placed on a speakers' list. In addition, written comments may be sent to the Governing Board by mail (address to: McLean Community Center, 1234 Ingleside Ave., McLean, VA 22101) or by email to [feedback@mcleancenter.org](mailto:feedback@mcleancenter.org).

District residents may continue to submit written comments after the public hearing through Monday, Oct. 23. The board will approve the FY2025 budget when it meets at 6:30 p.m. on Wednesday, Oct. 25. The final budget will be approved by the Fairfax County Board of Supervisors in spring 2024.

For more information, call the center at 703-790-0123, TTY: 711, or visit [mcleancenter.org](http://mcleancenter.org).



*From left:  
Former Fairfax  
County Board of  
Supervisors Chair  
Sharon Bulova &  
Holly Novak*

## MCC EXECUTIVE ASSISTANT RECOGNIZED

Congratulations to MCC Executive Assistant Holly Novak, who was honored on Thursday, April 27 at the 2023 Administrative Resource Team (ART) Conference. Novak is one of five recipients of the 2022 Sharon Bulova Award for Exemplary Administrative Professionals.

Holly was nominated by MCC leadership last year because of her outstanding contributions: "In every aspect of her work, Holly has shown initiative, is willing to take on new ideas or projects, learn skills and technologies, is willing to pilot unproven ideas and brings in such exuberant positive energy that everyone wants to support her and make her projects a success. This hard work and approach have led to outstanding results, efficiency and cultivating cooperation while achieving a level of thoughtful detail that is astonishing."

Nominees were evaluated on the categories of excellence, initiative and leadership.

## IN CASE YOU MISSED IT!

### MCLEAN DAY 2023





## HARVEST HAPPENINGS

**Saturday, Sept. 23, 11 a.m.-2 p.m.**  
Free Admission

Join us during the Fairfax County Public Schools' holiday for this FREE event that gives kids and families the chance to see, touch and explore some of their favorite vehicles.

**Monday, Oct 9, 10 a.m.-Noon**  
Free Admission

**New this year!** Families can now come see and touch the trucks without all the noise from 9:30–10 a.m. Registration is required for this portion of the event:  
**4506.223**



Celebrate the holidays with us! Families decorate a gingerbread house making their own one-of-kind designs. We'll supply a pre-built house, frosting and traditional and not-so-traditional toppings.

**Please Note:** Parental supervision is required for children ages 12 years or younger. **Products may contain, dairy, gluten, eggs and other allergens.**

**Thursday, Dec 7, 6:30-8 p.m.**  
**\$45/\$35 MCC district residents**  
**4505.223**

Milk and Cookies with Santa is a new event for families! Meet and greet Santa and other holiday characters and enjoy cookie decorating and snowy crafts. Milk and hot chocolate will be served by an adult. All attendees must register.

**Please Note:** Parental supervision is required for children ages 12 years or younger. **Products may contain, dairy, gluten, eggs and other allergens.**

**Saturday, Dec 9, 10 a.m.-Noon**  
\$20/\$15 MCC district residents  
**5407.223**

## FAMILY FUN BINGO

Join us for an evening of family fun!  
Enjoy free popcorn on us. Winners will  
take their pick of prizes!

**Friday, Nov. 3, 7-9:30 p.m.**  
\$15/\$10 MCC district residents.  
Preregistration is recommended.  
**4703.223**

Whether you are a beginner or an expert, love snacks or want to get your hands dirty with some paint, come on down to the Old Firehouse for our Snack & Paint Night. Led by a professional art teacher, you and your family will create your own masterpieces while having tons of fun. All materials and snacks are included in the fee.

**Friday, Sept. 8, 7-9 p.m.**  
\$15/\$10 MCC district residents.  
Preregistration is recommended.  
**4701.223**

**Friday, Nov. 18, 7-9 p.m.**  
\$15/\$10 MCC district residents.  
Preregistration is recommended.  
**4704.223**

# The Old Firehouse 1990-2023



33 Years of Serving the Community!

## Old Firehouse Block Party

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



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



## OLD FIREHOUSE'S FESTIVAL OF FRIGHTS AND TRUNK OR TREAT

Calling all families of ghouls and goblins! Come join the Old Firehouse in your best Halloween costumes for a night of live music, games, food, contests and tons of candy!

Families who wish to volunteer themselves and their vehicles for Trunk or Treat, should submit an email request to [oldfirehouse@mcleancenter.org](mailto:oldfirehouse@mcleancenter.org) by **Friday, Sept. 29**. Please include your name and your trunk theme. Volunteer hours are 4-8:30 p.m. Each vehicle will receive candy to distribute to the trunk or treaters. Volunteer spots are limited.

**Saturday, Oct. 28, 5-8 p.m.**

Free for all participants. Preregistration is required.

**4702.223**

## LIGHT UP McLEAN HOLIDAY HOUSE DECORATING CONTEST

The Light Up McLean Holiday Decorating Contest is your opportunity to show off your home in all its holiday splendor! Think your holiday decorations are the best? Enter the competition and prove it! Your McLean neighbors will vote for the top two winners in the following categories:

- 1. Best Overall:** An exceptionally attractive, unique and complete design that utilizes space and resources well.
- 2. Most Creative/Original:** Exceptional use of creative ideas and lots of originality evident in design.
- 3. Best Holiday Theme:** Eye-catching decorations that clearly communicate a fully conceptualized theme.

**Registration for House Decorators  
Ends Friday, Dec. 8**

**Contest and Voting Runs  
December 18-January 2**

**4705.223**

Families who register will receive a thank you gift from the Old Firehouse. Register online at [oldfirehouse.org](http://oldfirehouse.org) or call OFC at **703-448-TEEN**





## SPECIAL EVENTS

Registration and information, see our website:  
[mcleancenter.org/special-events](https://mcleancenter.org/special-events).

### FALL COMMUNITY PARKING LOT SALE

Got stuff? Need stuff? Residents can find or sell treasures at this outdoor community sale with 60+ vendors! Limited commercial vendors or flea market dealers are also welcome.

**Saturday, Sept. 16, 9 a.m.-1 p.m.**

McLean Community Center,  
1234 Ingleside Ave.

Free

**Adults - All Items**

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

**2001.223**

**Kids' Row - Children up to 15 years old. Strictly Children's Items Only – Must be supervised by a parent**

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

**2002.223**

Vendor enrollment deadline is

**Wednesday, Sept. 13.** Advanced registration required. Vendor spaces are available on a first come, first served basis.

*A Fun Run!*

### THE McLEAN 5K

Hosted by the McLean Community Center with the support of generous sponsors, Century 21 New Millennium and the Greater McLean Chamber of Commerce, the race features a USATF-certified course through the heart of McLean and is designed to appeal to runners of all abilities.

Amazing prizes! Recruit a team of coworkers, teammates, neighbors, family or friends. Proceeds benefit the McLean Community Foundation (MCF).

Volunteers needed! Download the volunteer application at  
[mclean5k.com](https://mclean5k.com)

**Saturday, Oct. 7, Race begins at 8 a.m.**

McLean Square Shopping Center,  
6631 Old Dominion Dr.

Registration and information at  
[mclean5k.com](https://mclean5k.com)

### McLEAN PET FEST

Have fun at the park and bring your furry friends (leashed, please)! Enjoy free music, Fido's Bone Bar, a photo booth, pet tricks, gourmet food trucks, giveaways and demonstration shows. Find valuable pet-related resources including pet rescue, adoption, pet sitters, groomers and trainers. Costumes are welcome for the Pet Parade at 3 p.m.

**Sunday, Oct. 15, 11 a.m.-4 p.m.**

McLean Central Park, 1244 Oak Ridge Ave. Free parking at the Dolley Madison Library and MCC.

Free

To become an exhibitor, go to  
[mcleancenter.org/exhibitor-applications](https://mcleancenter.org/exhibitor-applications).

### McLEAN ANTIQUES SHOW & SALE

Discover fine antiques, art and collectibles from scores of reputable dealers at this highly celebrated show of almost 50 years. The show features antiques, decorative accessories, furniture, folk art, porcelain, silver, jewelry, paintings and prints, glass, carpets, vintage clothing and more. Relax with a cup of coffee or stay for lunch at the onsite café. Proceeds benefit the James C. Macdonald Scholarship Fund. For more information and a list of dealers, see [dfshows.com](https://dfshows.com).

**Saturday, Nov. 11, 10 a.m.-5 p.m.**

**Sunday, Nov. 12, 11 a.m.-4 p.m.**

Admission: \$10; Free for children 17 and under. Good for both days. Take \$1 off with a show card or this ad.



*Since 1982*

### McLEAN HOLIDAY ART & CRAFTS FESTIVAL

Experience seasonal cheer at this delightful three-day indoor juried show featuring approximately 80 talented regional artisans. Celebrating more than 40 years, this feast of one-of-a-kind gifts for every budget includes pottery, glass, jewelry, holiday decor, mixed media, fashion accessories, wood, fine art, artisanal foods, soaps and more. Stroll to music as you shop and enjoy a beverage or lunch at the onsite café.

**Friday, Dec. 1, 11 a.m.–6 p.m.**

**Saturday, Dec. 2, 10 a.m.–6 p.m.**

**Sunday, Dec. 3, 11 a.m.–4 p.m.**

Admission: \$5, good for all three days of the show. Free admission for children 12 and under.

**New! Muffins & Mimosas V.I.P. Preview**

**Friday, Dec. 1, 9-11 a.m.**

V.I.P. preview: \$15, includes show admission.

Show management provided by the Northern Virginia Handcrafters Guild.





# CLASSES

## PRESCHOOL/TODDLERS

0-5 YEARS

### DANCE

#### BALLET & TAP (PREPRIMARY I)

Little dancers love this enchanting adventure in dance. Children develop rhythm, grace, poise, coordination and musicality through preprimary classical ballet, beginning tap skills, tap routines and improvisations with magical props and adorable costumes. Our dance class enriches your child in five areas of development: physical, creative, social, cognitive and emotional. Instructor: Art in Motion Dance.

##### 3-4 years

11 lessons @ 45 mins  
\$217/\$198 MCC district residents  
**1700.223**  
W, 9/20-12/6 2:30-3:15 p.m.  
*No lesson on 11/22.*

8 lessons @ 45 mins  
\$118/\$108 MCC district residents  
**1701.223**  
Sa, 9/30-11/25 9:30-10:15 a.m.  
*No lesson on 11/11.*

#### 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'll also learn ballet dances to popular classical ballets and perform in costumes. The session will conclude with a Parent Watch Day. Instructor: Art in Motion Dance.

##### 3-5 years

9 lessons @ 45 mins  
\$118/\$108 MCC district residents  
**1702.223**  
Th, 9/21-12/7 3:30-4:15 p.m.  
*No lesson on 11/9, 11/23, 11/30.*

#### BALLET & TAP (PREPRIMARY II)

Young dancers are introduced to a classical ballet syllabus, incorporating magical variations and dance class etiquette. Cognitive skills of counting, sequencing, spatial awareness and immersion in the French language are introduced in this class. Dancers learn tap technique and delightful song and tap routines that develop coordination, rhythm, timing and stage presence. Instructor: Art in Motion Dance Staff.

##### 4-5 years

11 lessons @ 45 mins  
\$217/\$198 MCC district residents  
**1703.223**  
W, 9/20-12/6 3:30-4:15 p.m.  
*No lesson on 11/22.*

8 lessons @ 45 mins  
\$118/\$108 MCC district residents  
**1704.223**  
Sa, 9/30-11/25 10:30-11:15 a.m.  
*No lesson on 11/11.*



### FITNESS

#### FUNFIT®

Parent/Guardian participation is required with children. A fun-filled, full-of-energy, active games class, emphasizing songs and creative movement with a parachute, balls, and loads of active fun! Develops self-confidence, motor skills, coordination, socialization and cooperation and reinforces cognitive learning. Special needs welcome! Instructor: Matt Swink.

##### 11 months-1.5 years

9 lessons @ 45 mins  
\$132/\$120 MCC district residents  
**1801.223**  
W, 9/20-11/15 9:45-10:30 a.m.

##### 1.5 years-4 years

9 lessons @ 45 mins  
\$132/\$120 MCC district residents  
**1802.223**  
W, 9/20-11/15 10:35-11:20 a.m.

9 lessons @ 45 mins  
\$132/\$120 MCC district residents  
**1803.223**  
W, 9/20-11/15  
11:25 a.m.-12:10 p.m.



### MUSIC

#### MUSIC TOGETHER®

Music Together®, an internationally recognized music and movement program, engages early childhood music development for infant, toddler and preschool children and their caregivers through mixed-aged classes. It develops every child's birthright to basic music competence by encouraging the experience of music through playful activities, rather than through concepts or information. Instructor: Music Together Staff.

*continued on the next page*

## MUSIC TOGETHER® CONTINUED

### Infants-5 Years

#### MONDAY

11 lessons @ 45 mins  
\$210/ \$191 MCC district residents  
**1500.223**  
M, 9/18-12/4 9:15-10 a.m.  
*No lesson on 10/9.*

11 lessons @ 45 mins  
\$210/ \$191 MCC district residents  
**1501.223**  
M, 9/18-12/4 10:15-11 a.m.  
*No lesson on 10/9.*

11 lessons @ 45 mins  
\$210/ \$191 MCC district residents  
**1502.223**  
M, 9/18-12/4 11:15 a.m.-noon  
*No lesson on 10/9.*

#### TUESDAY

11 lessons @ 45 mins  
\$210/\$191 MCC district residents  
**1503.223**  
Tu, 9/19-12/5 9:15-10 a.m.  
*No lesson on 11/7.*

11 lessons @ 45 mins  
\$210/\$191 MCC district residents  
**1504.223**  
Tu, 9/19-12/5 10:15-11 a.m.  
*No lesson on 11/7.*

11 lessons @ 45 mins  
\$210/\$191 MCC district residents  
**1505.223**  
Tu, 9/19-12/5 11:15 a.m.-noon  
*No lesson on 11/7.*

#### THURSDAY

11 lessons @ 45 mins  
\$210/\$191 MCC district residents  
**1506.223**  
Th, 9/21-12/7 9:15-10 a.m.  
*No lesson on 11/23.*

11 lessons @ 45 mins  
\$210/\$191 MCC district residents  
**1507.223**  
Th, 9/21-12/7 10:15-11 a.m.  
*No lesson on 11/23.*

11 lessons @ 45 mins  
\$210/\$191 MCC district residents  
**1508.223**  
Th, 9/21-12/7 11:15 a.m.-noon  
*No lesson on 11/23.*

#### FRIDAY

9 lessons @ 45 mins  
\$172/\$156 MCC district residents  
**1509.223**  
F, 9/22-12/8 9:15-10 a.m.  
*No lesson on 11/10, 11/24, 12/1.*

9 lessons @ 45 mins  
\$172/\$156 MCC district residents  
**1510.223**  
F, 9/22-12/8 10:15-11 a.m.  
*No lesson on 11/10, 11/24, 12/1.*

## VISUAL ARTS



The McLean Project for the Arts offers visual arts classes and workshops for children, teens and adults taught by its professional art faculty. To view instructors, supply lists or to register for classes, visit [mpaart.org](http://mpaart.org).

## ABRAKADOODLE TWOOSY DOODLERS

One parent, or guardian must accompany the child for the class. Little ones experiment with painting, gluing, sticking, printing and creating while developing fine-motor, language and self-help skills. This Abrakadoodle class for toddlers and their parents, inspires creativity while emphasizing an I-can-do-it spirit! Instructor: Abrakadoodle.

### 20-36 months

9 lessons @ 45 mins  
\$150/\$135 MCC district residents. Material fee \$45, to be paid to the instructor on the first day of class.  
Tu, 10/3-12/5 10-10:45 a.m.  
*No lesson on 11/7.*

9 lessons @ 45 mins  
\$150/\$135 MCC district residents. Material fee \$45, to be paid to the instructor on the first day of class.  
Th, 10/5-12/7 10-10:45 a.m.  
*No lesson on 11/23.*

## SPORTS

### FIRST STRIKE SOCCER

Instruction for young athletes ages 2 to 5, providing the perfect balance between learning and having fun! Players are introduced to fundamental techniques of kicking, passing, dribbling and defense. Classes include games and scrimmages incorporating skills learned. Instructor: JST Athletics.

### 2-3 years

8 lessons @ 45 mins  
\$118/\$108 MCC district residents  
**1651.223**  
Th, 9/21-11/9 9:15-10 a.m.

### 4-5 years

8 lessons @ 45 mins  
\$118/\$108 MCC district residents  
**1652.223**  
Th, 9/21-11/9 10:15-11 a.m.



6 lessons @ 45 mins  
\$105/\$95 MCC district residents. Material fee \$24, to be paid to the instructor on the first day of class.  
Sa, 10/7-11/18 10-10:45 a.m.  
*No lesson on 11/11.*



## ABRAKADOODLE MINI DOODLERS

Parent/Guardian not required.  
Children must be potty trained.  
Children will develop their creativity through lessons carefully designed to ignite their imaginations and development skills. Using real artists' materials, including watercolors, tempera paints, oil pastels, creative tools and more, your child will create truly unique masterpieces. Instructor: Abrakadoodle.

### 3-6 years

9 lessons @ 1 hr

\$200/\$180 MCC district residents.  
Material fee \$45, to be paid to the instructor on the first day of class.

Tu, 10/3-12/5

11:30 a.m.-12:30 p.m.

*No lesson on 11/7.*

9 lessons @ 1 hr

\$200/\$180 MCC district residents.  
Material fee \$45, to be paid to the instructor on the first day of class.

Th, 10/5-12/7

11:30 a.m.-12:30 p.m.

*No lesson on 11/23.*

6 lessons @ 1 hr

\$130/\$120 MCC district residents.  
Material fee \$24, to be paid to the instructor on the first day of class.

Sa, 10/7-11/18

11:30 a.m.-12:30 p.m.

*No lesson on 11/11.*



## YOUTH

6-13 YEARS

## BUSINESS

### MY FIRST PIGGY BANK

Earn, save, spend, donate—let's learn about money! This innovative program provides a solid foundation on financial literacy for kids in a fun setting. Games and hands-on activities help students internalize key concepts (like money, budgeting, saving) in an engaging, supportive environment fostering teamwork. Students make their own piggy banks. Instructor: SPARK Business Academy.

#### 5-9 years

11 lessons @ 1 hr

\$174/\$158 MCC district residents

**1050.223**

Tu, 9/19-12/5 4:30-5:30 p.m.

*No lesson on 11/7.*

### LITTLE INVENTORS

Are you ready to innovate? Get your creative juices flowing in this project-based program, where you will identify the need for an invention, think on your feet and create real structures and solutions. Students also learn about famous inventors and internalize how recent innovations improve our lives. Instructor: SPARK Business Academy.

#### 5-9 years

8 lessons @ 1 hr

\$128/\$115 MCC district residents

**1051.223**

Sa, 9/30-11/25 9:15-10:15 a.m.

*No lesson on 11/11.*



### DEBATE CLUB

Young debaters learn to think on their feet, enhance their public speaking skills and gain self-confidence in the process. Using a public debate format and in a supportive environment, they'll work in groups, developing arguments, issuing rebuttals, providing examples, rebuilding their cases and summarizing points of view. Instructor: SPARK Business Academy.

#### 9-14 years

12 lessons @ 1 hr

\$190/\$172 MCC district residents

**1052.223**

W, 9/20-12/6 4:30-5:30 p.m.

### ASPIRING FASHIONISTA

In this stylish program for boys and girls, students gain knowledge of the fashion industry and develop skills in fashion design, marketing, journalism and branding. Students develop sketching skills, explore popular brands, analyze industry trends, design various articles of clothing, define their own brand, explore careers in fashion and more! Instructor: SPARK Business Academy.

#### 9-14 years

8 lessons @ 1 hr

\$128/\$115 MCC district residents

**1053.223**

Sa, 9/30-11/25 10:15-11:15 a.m.

*No lesson on 11/11.*

## CHESS

### CHESS CLUB

Learn chess with Magnus Academy (formerly Silver Knights) and world champion Magnus Carlsen's Academy! We've taught 100,000 children to play, including state and national champions, but most students are beginners learning new skills. Class is divided between lessons and practice games and ranges from basic rules to advanced tournament strategies. Instructor: Magnus Chess Academy.

#### 5-8 years

9 lessons @ 55 mins  
\$142/ \$129 MCC district residents  
**1251.223**  
W, 10/4-12/6 5:30-6:25 p.m.  
*No lesson on 11/22.*

#### 8-13 years

9 lessons @ 55 mins  
\$142/ \$129 MCC district residents  
**1252.223**  
W, 10/4-12/6 6:30-7:25 p.m.  
*No lesson on 11/22.*

## CULINARY ARTS

### COOKING, MANNERS AND ETIQUETTE

A popular and effective etiquette class. Day One: Students prepare a variety of food and enjoy it while discussing manners and etiquette. Day Two: Students dine and share a four-course, restaurant-style meal while dining etiquette is critiqued by Chef Joel in a lively and productive manner. Menu on the website. Instructor: Chef Joel Olson.

#### 8-13 years

2 lessons @ 2 hrs  
\$118/\$108 MCC district residents  
**1302.223**  
M-Tu, 10/16-10/17 4:15-6:15 p.m.

### YOUTH KNIFE SKILLS

Empower your child to help with the cooking by learning real knife skills. Students learn special techniques for cutting onions, carrots, peppers and other fruits and vegetables. Learn how to paste garlic, mince parsley, make a chiffonade of lettuce and safely cut French bread. A light meal will be served. Instructor: Chef Joel Olson.

#### 8-13 years

1 lesson @ 2 hrs  
\$59/\$54 MCC district residents  
**1303.223**  
W, 10/18 4:15-6:15 p.m.



### YOUTH INTERNATIONAL BREADS

Learn the techniques and tips to make a variety of popular and traditional yeast and quick breads from around the world. On the menu: Moroccan Khobz, Saboob (Egyptian Flatbread), Irish Soda Bread and delicious Italian Goopy Three-Cheese Loaf. Instructor: Chef Joel Olson.

#### 8-13 years

1 lesson @ 2 hrs  
\$59/\$54 MCC district residents  
**1304.223**  
Th, 10/19 4:15-6:15 p.m.

## YOUTH VEGETARIAN DUMPLINGS

Steamed Mushroom and Bok Choi Sui Mai Dumplings w/Sweet Red Chili Dipping Sauce; Gnocchi Parisienne (made with Pate au Choux); Japanese-Style Gyoza w/Rice Noodles, Cabbage and Ginger; Mirin Soy Dipping Sauce; Spicy Spinach, Bell Pepper and Potato Samosas w/Cilantro Mint Chutney; Three-Cheese Empanadas with Roasted Red Pepper Dip. Instructor: Chef Joel Olson.

#### 8-13 years

1 lesson @ 2 hrs  
\$59/\$54 MCC district residents  
**1305.223**  
F, 10/20 4:15-6:15 p.m.

### YOUTH FALL BAKING

Enjoy a crisp fall afternoon baking delicious treats! You'll be able to enjoy them in class as well as take some home to share (or not!). On the menu: Cranberry Oat Bars; Pumpkin Cheesecake Muffins; Sweet Potato Biscuits with Honey Butter; Butterscotch Toffee Crisps. Instructor: Joel Olson.

#### 8-13 years

1 lesson @ 2 hrs  
\$59/\$54 MCC district residents  
**1306.223**  
Sa, 10/21 Noon-2 p.m.



## YOUTH HOLIDAY DESSERTS

If your children love to bake sweet treats, they'll love this class! They'll practice basic baking techniques—measuring, stirring, kneading, proofing, working with yeast—then bake a variety of tasty goods. Menu: Swedish Butter Cookies; Red Velvet Brownies w/Cream Cheese Frosting; Chocolate Chip Orange Soufflés; Tart Tatin w/Cinnamon Crème Chantilly. Instructor: Chef Joel Olson.

### 8-13 years

1 lesson @ 2 hrs  
\$59/\$54 MCC district residents  
**1313.223**  
W, 12/13 4:15-6:15 p.m.

## YOUTH FRENCH BAKING

Make, bake and take a variety of delicious, sweet and savory baked goods, while learning French baking/pastry techniques. Menu: Flammkuchen (French "pizza" made with French bread dough, fresh pesto, tomato, smoked cheese); Parmesan Gougeres w/Herbed Boursin (baked cheese puffs w/herbed fresh cheese); Orange and Chocolate Madeleines; Sablés Bretons (French shortbread). Instructor: Chef Joel Olson.

### 8-13 years

1 lesson @ 2 hrs  
\$59/\$54 MCC district residents  
**1314.223**  
Th, 12/14 4:15-6:15 p.m.

## YOUTH DIM SUM

Learn to make delicious small, savory dishes for a great Dim Sum meal. Menu: Steamed Cabbage and Ginger Shao Mai Dumplings w/Sweet and Spicy Dipping Sauce; Savory BBQ Sweet Potato Buns (dough wrapped around BBQ sweet potatoes); Vegetable Fried Rice w/Eggplant, Bamboo Shoots and Bok Choi; Chinese Butter Cookies. Instructor: Chef Joel Olson.

### 8-13 years

1 lesson @ 2 hrs  
\$59/\$54 MCC district residents  
**1315.223**  
F, 12/15 4:15-6:15 p.m.

## YOUTH HOLIDAY TREATS

Teens learn to make delicious, homemade holiday treats to gift, share or consume immediately! Participants will prepare and take some home (if there are any left): Baby Bûche de Noël with Chocolate Frosting; Classic Holiday Gingerbread Cookies; Chocolate Peppermint Jingle Balls; and Savory Sweet Potato and Cranberry Crisps. Instructor: Chef Joel Olson.

### 8-13 years

1 lesson @ 2 hrs  
\$59/\$54 MCC district residents  
**1316.223**  
Sa, 12/16  
Noon-2 p.m.



## DANCE

### BALLET & TAP (COMBINATION I)

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.

### 5-6 years

11 lessons @ 45 mins  
\$217/ \$198 MCC district residents  
**1705.223**  
W, 9/20-12/6 4:30-5:15 p.m.

8 lessons @ 45 mins  
\$118/\$108 MCC district residents  
**1706.223**  
Sa, 9/30-11/25  
11:30 a.m.-12:15 p.m.  
*No lesson on 11/11.*

## HIP-HOP KIDS

Young dancers begin with the building blocks of jazz technique. They'll learn funky moves to the latest kids' rock and hip-hop tunes. Class focus will be on hip-hop choreography, utilizing the latest hit music from stars, such as Carly Rae Jepsen, Taylor Swift, Katy Perry, Demi Lovato and Selena Gomez! Instructor: Art in Motion Dance.

### 5-7 years

11 lessons @ 1 hr  
\$290/\$264 MCC district residents  
**1707.223**  
Tu, 9/19-12/12 4:30-5:30 p.m.  
*No lesson on 10/31 and 11/7.*

## HIP-HOP INTERMEDIATE

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. Instructor: Art in Motion Dance.

### 8-11 years

11 lessons @ 1 hr  
\$290/\$264 MCC district residents  
**1708.223**  
Tu, 9/19-12/12 5:30-6:30 p.m.  
*No lesson on 10/31 and 11/7.*

## HIP-HOP INT/ADVANCED

### 11 years+

11 lessons @ 1 hr  
\$290/\$264 MCC district residents  
**1722.223**  
Tu, 9/19-12/12 6:30-7:30 p.m.  
*No lesson on 10/31 and 11/7.*

## CHEER AND TUMBLING

This beginning level tumbling/cheer class focuses on students stretching, jumping and learning the beginning skills of tumbling. In addition, students will be introduced to different aspects of cheerleading, including chants, dance and teamwork. This class is a great way to introduce tumbling, cheer and working together as a team. Instructor: Art in Motion Dance.

### 5-8 years

11 lessons @ 1 hr  
\$290/\$264 MCC district residents  
**1709.223**  
W, 9/20-12/6 5:30-6:30 p.m.  
*No lesson on 11/22.*

### 8-10 years

11 lessons @ 1 hr  
\$290/\$264 MCC district residents  
**1710.223**  
W, 9/20-12/6 6:30-7:30 p.m.  
*No lesson on 11/22.*

## BALLET, TAP & JAZZ (COMBINATION II)

Students are trained in the classical ballet syllabus and the tap technique syllabus, incorporating tap barre, progressions, combinations, stylized Broadway tap routines and jazz syllabus. Instructor: Art in Motion Dance Staff.

### 6-7 years

12 lessons @ 1 hr  
\$316/ \$288 MCC district residents  
**1711.223**  
M, 9/18-12/4 4:30-5:30 p.m.

8 lessons @ 1 hr  
\$211/\$192 MCC district residents  
**1712.223**  
Sa, 9/30-11/25 12:30-1:30 p.m.  
*No lesson on 11/11.*



## BALLET, TAP & JAZZ (COMBINATION III)

Students are trained in the classical ballet syllabus through barre, adagio and allegro variations. Students learn tap technique to Broadway-style songs and the jazz syllabus. Instructor: Art in Motion Dance.

### 7-9 years

12 lessons @ 1 hr  
\$316/\$288 MCC district residents  
**1713.223**  
M, 9/18-12/4 5:30-6:30 p.m.

## BALLET GRADE I

This beginning level class is designed to develop awareness of alignment along with technique and basic ballet vocabulary. Your dancer will have a blast exploring different ways to move at the barre and through the space. Instructor: Art in Motion Dance.

### 7-9 years

9 lessons @ 1 hr  
\$237/\$216 MCC district residents  
**1714.223**  
F, 9/22-12/8 4:30-5:30 p.m.  
*No lesson on 11/10, 11/24 and 12/1.*

## BALLET GRADE II/III

### 9-12 years

9 lessons @ 1 hr  
\$237/\$216 MCC district residents  
**1721.223**  
F, 9/22-12/8 5:30-6:30 p.m.  
*No lesson on 11/10, 11/24 and 12/1.*

## BALLET, TAP & JAZZ (COMBINATION IV)

Students are trained in the classical ballet syllabus through barre, adagio and allegro variations. Students learn tap technique to Broadway-style songs and jazz syllabus. Instructor: Art in Motion Dance.

### 8-10 years

12 lessons @ 1 hr  
\$316/\$288 MCC district residents  
**1715.223**  
M, 9/18-12/4 6:30-7:30 p.m.



## BALLET, TAP & JAZZ (COMBINATION V)

Students are trained in the classical ballet syllabus through barre, adagio and allegro variations. Students learn tap technique to Broadway style songs and jazz syllabus. Instructor: Art in Motion Dance.

### 9-11 years

9 lessons @ 1 hr, 30 mins  
\$297/\$270 MCC district residents  
**1716.223**  
Th, 9/21-12/7 4:30-6 p.m.  
*No lesson on 11/9, 11/23 and 11/30.*



## BALLET, JAZZ & LYRICAL (BEGINNING COMPANY)

Prerequisite dance training in Combination V+ level or equivalent experience. New students may have to audition for this class. Students advance in training in three dance forms: classical ballet (focusing on coordination, musicality and performance quality), jazz and contemporary. Instructor: Art in Motion Dance.

### 10-12 years

9 lessons @ 1 hr, 30 mins  
\$297/\$270 MCC district residents

**1717.223**

Th, 9/21-12/7 6-7:30 p.m.

*No lesson on 11/9, 11/23 and 11/30.*

## LYRICAL I

Prerequisite dance training in Combination V or equivalent experience. New students may have to audition for this class. Students will explore different ways to move their bodies through space, using techniques and a variety of music. Instructor: Art in Motion Dance.

### 9-11 years

11 lessons @ 1 hr  
\$290/ \$264 MCC district residents

**1718.223**

Tu, 9/19-12/5 4:30-5:30 p.m.

*No lesson on 11/7.*

## MUSICAL THEATER JAZZ I

Class combines jazz technique and introduces students to a Broadway-style of dance. This class focuses on beginner jazz warm-up, center floor work, progressions, kicks, leaps, turns, splits and isolations. Your child will be a dancing Broadway star on Parent Watch Day! Instructor: Art in Motion Dance.

### 9-12 years

11 lessons @ 1 hr  
\$290/\$264 MCC district residents

**1719.223**

W, 9/20-12/6 5:30-6:30 p.m.

*No lesson on 11/22.*

## MUSICAL THEATER JAZZ II

### 13+ years

11 lessons @ 60 mins  
\$290/\$264 MCC district residents

**1720.223**

W, 9/20-12/6 6:30-7:30 p.m.

*No lesson on 11/22.*

## FITNESS

### KIDS' YOGA

This class focuses on building a child's confidence, strength and flexibility through a combination of Iyengar yoga and Chi universe yoga practices. Topics cover physical and mental wellbeing, including how to manage anxiety, build self-esteem, develop strength and flexibility, and improve concentration, memory and body awareness through practices of mindfulness. Instructor: Emily Weeks Fitness.

### 5-9 years

8 lessons @ 1 hr  
\$161 \$147 MCC district residents

**1663.223**

Sa, 9/30-11/25 10:30-11:30 a.m.

*No lesson on 11/11.*



## SCIENCE

### EXPERIMENT-A-MANIA!

Children uncover the vital role that science plays with detective work, examine the science behind popular toys and get a buzz out of the amazing world of insects. Your Mad Scientists will explore earth science and weather phenomena, experiment with kitchen chemistry and create their very own short, animated cartoon. Instructor: Mad Science.

#### 5-10 years

7 lessons @ 1 hr

\$155/\$141 MCC district residents

**1101.223**

W, 10/4-11/15 4:30-5:30 p.m.

## THEATER

See theater classes in The Alden's section on page 32.

## VISUAL ARTS

To register, visit [mpaart.org](http://mpaart.org).

### ART IN MOTION

Children will learn about kinetic art and create their own sculptures and 3D art, exploring different ways to design art that moves! Instructor: Pamela Saunders.

#### 7-12 years

8 lessons @ 1 hr

\$125/\$115 MCC district residents

M, 10/16-12/4 4:30-5:30 p.m.

## ABRAKADOODLE: SCULPT IT!

Abakadoodle in 3D! Have a blast creating 3-D art using a variety of modeling compounds and other materials. We'll mold, bend, twist, stretch and balance while we design each unique creation. Learn about a variety of amazing artists while creating three dimensional artworks that are dynamic, creative and fun! Instructor: Abakadoodle.

#### 7-12 years

9 lessons @ 1 hr

\$140/\$130 MCC residents. Material fee \$45, to be paid to the instructor on the first day of class.

W, 10/4-12/6 4:30-5:30 p.m.

## PARENT AND CHILD CULINARY ARTS

### FAMILY FOOD AND FUN NIGHT: LUCKY FOODS

Make foods that inspire good luck: Three-Cheese Raviolis w/Brown Butter Sauce (symbolizes a wealth of coins); Long Noodles w/Wilted Spinach and Pomegranate (embodies living a long life); Gold=wealth, and Golden Honeyed Cornbread Muffins with Three-Bean Chili (wards off bad luck); Cinnamon Apple Buns w/Salted Caramel Sauce (signifies life coming full circle). Instructor: Chef Joel Olson.

#### Parent and Children 6 years+

1 lesson @ 2 hrs

\$59/\$54 MCC district residents (per person)

**1308.223**

F, 10/13 5:30-7:30 p.m.



### PARENT AND CHILD DONUTS

Spend Saturday morning making delicious homemade donuts! Adult-child pairs will prepare cake donut dough, roll it out and hand-form it. They'll then fry both cake and yeast donuts to enjoy in class and to take home to share. Menu: Classic Cake Donuts, Grandma Sig's Yeast Donuts, and Cinnamon Sugar Donuts. Instructor: Chef Joel Olson.

#### Parent and Children 6 years+

1 lesson @ 2 hrs

\$59/\$54 MCC district residents (per person)

**1309.223**

Sa, 10/14 9:30-11:30 a.m.

### PARENT AND CHILD PIZZA AND PASTA

Menu: Classic Thin-Crust Whole Wheat or Regular Pizza Dough; Traditional Red Sauce; Three-Cheese Pizzas; Macaroni and Cheese Pizza; Basic Egg Pasta Dough; Alfredo Sauce. Instructor: Chef Joel Olson.

#### Parent and Children 6 years+

1 lesson @ 2 hrs

\$59/\$54 MCC district residents (per person)

**1310.223**

Sa, 10/14 Noon-2 p.m.



## PARENT AND CHILD FALL BAKING

Enjoy a crisp fall morning with a special child baking delicious treats! You'll be able to enjoy them in class as well as take some home to share (or not!). On the menu: Cranberry Oat Bars; Pumpkin Cheesecake Muffins; Sweet Potato Biscuits w/Honey Butter; Butterscotch Toffee Crisps. Instructor: Chef Joel Olson.

### Parent and Children 6 years+

1 lesson @ 2 hrs  
\$59/\$54 MCC district residents (per person)

**1311.223**

Sa, 10/21 9:30-11:30 a.m.

## FAMILY FUN: HALLOWEEN TREATS

Get excited for Halloween by making some spooky, fun, delicious snacks and treats together. On the menu: Witches Fingers with Garlic Scabs and Red Blood Sauce (Marinara); Halloween Candy Bark; Ghoulish Mints; Pick of the Litter Box (hand-rolled Tootsie Rolls); Bloody S'mores. Instructor: Chef Joel Olson.

### Parent and Children 6 years+

1 lesson @ 2 hrs  
\$59/\$54 MCC district residents (per person)

**1312.223**

Su, 10/22 1-3 p.m.

## PARENT AND CHILD HOLIDAY TREATS

Adult-child pairs will spend a fun Saturday afternoon learning to prepare delicious holiday treats to gift or share (or not!). On the menu: Baby Bûche de Noël with Chocolate Frosting; Classic Holiday Gingerbread Cookies; Chocolate Peppermint

Jingle Balls; Savory Sweet Potato and Cranberry Crisps. Instructor: Chef Joel Olson.

### Parent and Children 6 years+

1 lesson @ 2 hrs  
\$59/\$54 MCC district residents (per person)

**1317.223**

Sa, 12/16 9:30-11:30 a.m.

## FITNESS

### PARENT AND CHILD YOGA

A fun yoga routine designed to accommodate wandering little minds and parents keen to get in a little exercise. The class incorporates partner and group poses that encourage family bonding and help children build confidence and self-esteem. Children can build their skills across several levels of achievement and receive awards. Instructor: Emily Weeks Fitness.

#### 2-4 years

9 lessons @ 1 hr  
\$182/\$165 MCC district residents  
**1661.223**

F, 9/22-12/8 9-10 a.m.

No lesson on 11/10, 11/24, 12/1.

8 lessons @ 1 hr  
\$161/\$147 MCC district residents  
**1662.223**

Sa, 9/30-11/25 9:15-10:15 a.m.

No lesson on 11/11.



## TEENS

### 13-17 YEARS

## DANCE

### PILATES FOR YOUNG DANCERS

Focused on building confidence, strength and flexibility. Through a combination of Iyengar yoga and Chi universe yoga practices, students can build their skills across several levels of achievement and receive awards. Class focuses on physical and mental wellbeing, including managing anxiety, building self-esteem, developing strength and flexibility and improving concentration. Instructor: Emily Weeks Fitness.

#### 12 years+

11 lessons @ 50 mins  
\$222/\$202 MCC district residents

**1664.223**

M, 9/18-11/27 5:30-6:20 p.m.

### BALLET, JAZZ & LYRICAL (INTERMEDIATE COMPANY)

Prerequisite dance training in Junior Company or equivalent experience. New students may have to audition for this class. Students advance in training in three dance forms: classical ballet (focusing on coordination, musicality and performance quality), intermediate jazz and contemporary. Instructor: Art in Motion Dance.

#### 12-14 years

9 lessons @ 1 hr, 30 mins  
\$297/\$270 MCC district residents

**1723.223**

Th, 9/21-12/7 7:30-9 p.m.

No lesson on 11/9, 11/23 and 11/30.

## BALLET GRADE IV

This beginning level class is designed to develop awareness of alignment along with technique and basic ballet vocabulary. Your dancer will have a blast exploring different ways to move at the barre and through the space! Instructor: Art in Motion Dance.

### 12-14 years

9 lessons @ 75 mins

\$273/ \$248 MCC district residents

**1724.223**

F, 9/22-12/8 6:30-7:45 p.m.

No lesson on 11/10, 11/24 and 12/1.

## BALLET, JAZZ & LYRICAL (ADVANCED COMPANY)

Prerequisite dance training in Junior Company or equivalent experience. New students may have to audition for this class. Students advance in training in three dance forms: classical ballet (focusing on coordination, musicality and performance quality), advanced jazz and contemporary. Instructor: Art in Motion Dance.

### 15 years

9 lessons @ 1 hr, 30 mins

\$297/\$270 MCC district residents

**1725.223**

Th, 9/21-12/7 7:30-9 p.m.

No lesson on 11/9, 11/23 and 11/30.

## LYRICAL II

Prerequisite dance training in Advanced Company or equivalent experience. New students may have to audition for this class. Students will explore different ways to move their bodies through space using techniques and a variety of music. Instructor: Art in Motion Dance.

### 13 years+

11 lessons @ 1 hr

\$290/\$264 MCC district residents

**1726.223**

Tu, 9/19-12/12 7:30-8:30 p.m.

No lesson on 10/31 and 11/7.



## FITNESS

### YOGA FOR ATHLETES

Focuses on enhancing strength and flexibility and improving balance, coordination and core stability along with building mental resilience in young athletes. The class helps athletes improve performance, reduce stress and prevent injury. It caters to all athletic levels (recreational, high school, pre-college and competitive) and sports (field, court, track, gymnastics). Instructor: Emily Weeks Fitness.

### 12 years+

1 lesson @ 1 hr, 30 mins

\$33/\$30 MCC district residents

**1665.223**

Su, 10/8 2-3:30 p.m.

## THEATER

See theater classes in The Alden's section on page 32.

## VISUAL ARTS

To register, visit [mpaart.org](http://mpaart.org).

### FUNDAMENTALS OF ANIMATION: STORYBOARDING

A storyboard presents an idea in a series of picture frames that tell the story from start to finish. Students will develop their skills to create sequential and dynamic images and will learn to grow their ability to create a narrative. Some knowledge of design is recommended. Instructor: Ahmed Zaidan.

### 13 years+

6 lessons @ 2 hrs

\$190/\$175 MCC district residents

Sa, 10/7-11/18 2-4 p.m.

No lesson on 11/11.



## ADULTS CULINARY ARTS

### CATCH OF THE DAY

Menu: Braised Haddock Steaks w/Tomato and Garlic Puree; Vietnamese-Style Squid Stir Fry w/Rice Noodles and Asian Vegetables; Salmon and Scallop Mousse Napoleons w/Dill Cream; Hot Smoked Trout w/Creme Fraiche and Shoestring Potatoes; Tom Yum Talay (Thai Fish Soup) w/Coconut Rice. Instructor: Chef Joel Olson.

1 lesson @ 3 hrs

\$92/\$84 MCC district residents

**1318.223**

M, 10/16 10:30 a.m.-1:30 p.m.

1 lesson @ 3 hrs

\$92/\$84 MCC district residents

**1319.223**

M, 10/16 7-10 p.m.

### A TASTE OF BARCELONA

Take a taste-trip to Catalonia with dishes from this sun-drenched Mediterranean port! On the menu: Patatas Bravas (crispy fried potatoes with smoky salsa brava); Garlic Shrimp w/Fresh Buttery Breadsticks; Chorizo, Butter Bean and Roasted Bell Pepper Stew; Eggplant, Tomato and Zucchini Paella; Delicious Magdalenas (fluffy lemony cupcakes). Instructor: Chef Joel Olson.

1 lesson @ 3 hrs

\$79/\$72 MCC district residents

**1320.223**

Tu, 10/17 10:30 a.m.-1:30 p.m.

1 lesson @ 3 hrs

\$79/\$72 MCC district residents

**1321.223**

M, 10/17 7-10 p.m.

### A CUT ABOVE

Take this knife skills workshop to learn and practice techniques that take the chore out of cooking. Topics include boning chicken, pasting garlic, cutting onions and other vegetables and fruits. Knife selection and care are also covered. Bring your own knives or use ours. A light meal will be served. Instructor: Chef Joel Olson.

1 lesson @ 3 hrs

\$79/\$72 MCC district residents

**1322.223**

W, 10/18 10:30 a.m.-1:30 p.m.

1 lesson @ 3 hrs

\$79/\$72 MCC district residents

**1323.223**

W, 10/18 7-10 p.m.

### INTERNATIONAL BREADS

Learn the techniques and tips to make a variety of popular and traditional yeast and quick breads from around the world. On the menu: Japanese Hokkaido Milk Loaf; Brazilian Cheese Bread; Moroccan Khobz; Iranian Barbari Bread; Irish Soda Bread; Saboob-Egyptian Flatbread; Delicious Italian Gooney Three-Cheese Loaf. Instructor: Chef Joel Olson.

1 lesson @ 3 hrs

\$79/\$72 MCC district residents

**1325.223**

Th, 10/19 10:30 a.m.-1:30 p.m.

1 lesson @ 3 hrs

\$79/\$72 MCC district residents

**1326.223**

Th, 10/19 7-10 p.m.

### VEGETARIAN DUMPLINGS

Steamed Mushroom and Bok Choi Sui Mai Dumplings w/Sweet Red Chili Dipping Sauce; Gnocchi Parisienne (made w/Pate au Choux, poached and baked w/Parmesan cheese); Japanese-Style Gyoza w/Rice Noodles, Cabbage and Ginger; Mirin Soy Dipping Sauce; Spicy Spinach, Bell Pepper and Potato Samosas w/Cilantro-Mint Chutney; Three-Cheese Empanadas w/Roasted Red Pepper Dip. Instructor: Chef Joel Olson.

1 lesson @ 3 hrs

\$79/\$72 MCC district residents

**1327.223**

F, 10/20 10:30 a.m.-1:30 p.m.

1 lesson @ 3 hrs

\$79/\$72 MCC district residents

**1328.223**

F, 10/20 7-10 p.m.

### ENTERTAINING DESSERTS

Learn to make delicious desserts for the holidays (or any day) that will impress you, family and friends. Make these delicious takes on classic desserts: Butterscotch Lava Cakes w/Brown Sugar and Bourbon Cream; Apple "Rose" Tarts w/ Caramel Sauce; Red Velvet Soufflés w/White Chocolate Sauce; Key Lime Tartlets w/Raspberry Sauce. Instructor: Chef Joel Olson.

1 lesson @ 3 hrs

\$79/\$72 MCC district residents

**1329.223**

W, 12/13 10:30 a.m.-1:30 p.m.

1 lesson @ 3 hrs

\$79/\$72 MCC district residents

**1330.223**

W, 12/13 7-10 p.m.



## FRENCH BAKING

Make, bake and take delicious sweet and savory baked goods, while learning French baking/pastry techniques. Menu: Flammkuchen (French "pizza" made w/French bread dough, pesto, tomato, smoked cheese); Parmesan Gougeres w/Herbed Boursin (baked cheese puffs w/herbed cheese); Ratatouille Gratin (eggplant, zucchini and tomato bake w/creamy basil cheese sauce); Tarte au Citron (lemon tart w/fresh lemon curd and pâte sablée); Orange and Chocolate Madeleines; Sablés Bretons (French shortbread). Instructor: Chef Joel Olson.

1 lesson @ 3 hrs

\$79/\$72 MCC district residents

**1331.223**

Th, 12/14 10:30 a.m.-1:30 p.m.

1 lesson @ 3 hrs

\$79/\$72 MCC district residents

**1332.223**

Th, 12/14 7-10 p.m.

## DIM SUM

Create and then enjoy: Steamed Cabbage and Ginger Shao Mai Dumplings; Mushroom and Water Chestnut Wontons w/Sweet and Spicy Dipping Sauce; Savory BBQ Sweet Potato Buns (dough wrapped around BBQ sweet potatoes); Congyoubing (Chinese scallion pancakes); Vegetable Fried Rice w/Eggplant, Bamboo Shoots and Bok Choi; and Chinese Butter Cookies. Instructor: Chef Joel Olson.

1 lesson @ 3 hrs

\$79/\$72 MCC district residents

**1333.223**

F, 12/15 10:30 a.m.-1:30 p.m.

1 lesson @ 3 hrs

\$79/\$72 MCC district residents

**1334.223**

F, 12/15 7-10 p.m.

## SCONE WORKSHOP

Make delicious scones to enjoy in class and at home. We'll start with the basics, then explore sweet and savory options. Menu: Basic Buttermilk Scones; Lemon Cranberry Scones w/Sparling Sugar; Ham and Cheddar Scones; Peanut Butter and Chocolate Chip Scones. Use add-in options to design your own signature scones. Instructor: Chef Joel Olson.

1 lesson @ 2 hrs

\$79/\$72 MCC district residents

**1335.223**

Su, 12/17 1-3 p.m.



## DANCE

### INTRODUCTION TO BALLROOM DANCE (BEGINNER)

This class introduces new dancers to traditional American ballroom dance basics. Dancers learn foundational footwork, lead and follow, proper positioning and musicality in the Foxtrot, Waltz, Tango, Cha-Cha and Swing. Instructors Jeff Virchow and JoJo DiPaolo have over 20 years of experience in the performing arts. Come join the fun!

12 lessons @ 1 hr

\$316/\$288 MCC district residents

**1727.223**

M, 9/18-12/4 6:30-7:30 p.m.

### ADVANCED BALLROOM DANCE (BUILDING SOCIAL FOUNDATION)

For dancers who have taken an introductory class or equivalent. Class builds upon the basics to develop confidence, rhythm, styling and more advanced patterns. Foxtrot, Waltz, Tango, Cha-Cha, Swing and other dances! Instructors Jeff Virchow and JoJo DiPaolo have over 20 years of experience in the performing arts.

12 lessons @ 1 hr

\$316/\$288 MCC district residents

**1728.223**

M, 9/18-12/4 7:45-8:45 p.m.

## DOG OBEDIENCE

### BEGINNER DOG OBEDIENCE

Basic dog obedience for dog owners and dogs that have had little or no previous training will learn leash skills, heeling, sit, down, stay and recall commands. Problem solving for house soiling, biting, jumping and chewing will be addressed. Instructor: Dog Solve.

8 lessons @ 1 hr

\$126/\$115 MCC district residents

**1450.223**

M, 9/18-11/6 7-8 p.m.

## K-9 NOSE WORK LEVEL 1

A great way to bond with your dogs, stimulate their minds, hone their search and obedience skills and build their confidence and focus. This class encourages dogs to use their sense of smell and natural hunt instincts to search and problem solve as an outlet for their love of hunting. This is a low impact class with no prior obedience or training required. Instructor: Dog Solve

8 lessons @ 1 hr  
\$126/\$115 MCC district residents  
**1451.223**

M, 9/18-11/6 8–9 p.m.



## FITNESS

### MOVE YOUR MIND: HOW EXERCISE CHANGES THE WAY YOU THINK

A revolutionary new understanding of the mind-body connection indicates our movement influences how we think and feel. Learn six practices to improve the mind through movement. We'll begin with an overview of new science/research on the mental benefits of exercise. Then, we'll dance, breath, stretch and learn a daily routine. Instructor: Emily Weeks Fitness.

1 lesson @ 1 hr, 30 mins  
\$33/\$30 MCC district residents  
**1666.223**

Sa, 10/7 11:45 a.m.-1:15 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, LLC.

11 lessons @ 55 mins  
\$174/\$158 MCC district residents  
**1850.223**

M, 9/18-12/4 10:15-11:10 a.m.  
*No lesson on 10/9.*

## 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.

11 lessons @ 55 mins  
\$174/\$158 MCC district residents  
**1851.223**

Tu, 9/19-12/5 10:15-11:10 a.m.  
*No lesson on 11/7.*

## ZUMBA®

Boost your heart health, build endurance and de-stress with this fun 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.

### In-Person

11 lessons @ 55 mins  
\$174/\$158 MCC district residents  
**1852.223**

Tu, 9/19-12/5 5:30-6:25 p.m.  
*No lesson on 11/7.*

### Virtual

11 lessons @ 55 mins  
\$174/\$158 MCC district residents  
**1853.223**

Tu, 9/19-12/5 5:30-6:25 p.m.  
*No lesson on 11/7.*

## ZUMBA GOLD® (FORMERLY AEROBIC DANCE)

Enjoy fitness fun with this accessible, low-impact, joint-friendly 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.

12 lessons @ 55 mins  
\$190/\$172 MCC district residents  
**1854.223**

W, 9/20-12/6 9:15-10:10 a.m.

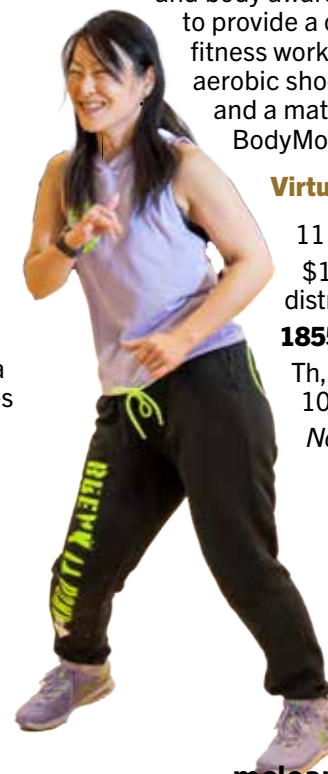
## TOTAL FIT

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.

### Virtual

11 lessons @ 55 mins  
\$174/\$158 MCC district residents  
**1855.223**

Th, 9/21-12/7 10:15-11:10 a.m.  
*No lesson on 11/23.*



## TAI CHI-1

All levels welcome. 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. Please wear loose, comfortable clothing and soft-soled shoes. Instructor: BodyMoves Fitness, LLC.

11 lessons @ 55 mins  
\$174/\$158 MCC district residents  
**1857.223**  
Tu, 9/19-12/5 12:30-1:25 p.m.  
*No lesson on 11/7.*

## 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

12 lessons @ 55 mins  
\$190/\$172 MCC district residents  
**1858.223**  
W, 9/20-12/6  
11:30 a.m.-12:25 p.m.

### Virtual

12 lessons @ 55 mins  
\$190/\$172 MCC district residents  
**1859.223**  
W, 9/20-12/6  
11:30 a.m.-12:25 p.m.

## NEW! TAI CHI-2

Prerequisite: several sessions of Tai Chi-1. Tai Chi-2 refines and brings closer attention to the movement patterns introduced in Tai Chi-1 while participants work to further develop and balance chi internally. Please wear loose, comfortable clothing and soft-soled shoes. Instructor: BodyMoves Fitness, LLC.

11 lessons @ 55 mins  
\$174/\$158 MCC district residents  
**1856.223**  
F, 9/19-12/5  
11:30 a.m.-12:25 p.m.  
*No lesson on 11/7.*

## 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.

11 lessons @ 55 mins  
\$174/\$158 MCC district residents  
**1861.223**  
Th, 9/21-12/7  
11:30 a.m.-12:25 p.m.  
*No lesson on 11/23.*

## SAFETY

### INTRODUCTION TO PREPAREDNESS

Are you prepared for emergencies? Join us for this workshop to learn more about preparing yourself and your family for an emergency. Learn the basics of how to put together an emergency plan, make an emergency kit, stay informed during an emergency and how to get involved. Instructor: Fairfax County Department of Emergency Management and Security.

1 lesson @ 1 hr, 30 mins  
Free  
**1480.223**  
Th, 10/19  
6-7:30 p.m.



## UNTIL HELP ARRIVES

Life-threatening emergencies can happen fast, and emergency responders aren't always nearby. You may be able to save a life by taking simple actions immediately. The Until Help Arrives Program educates and empowers civilian bystanders to take action and provide life-saving care when they're the first on the scene during an emergency. Instructor: Fairfax County Department of Emergency Management and Security.

1 lesson @ 3 hrs  
Free  
**1481.223**  
Th, 10/26 6-9 p.m.

## CPR, FIRST AID, AND AED

This course will prepare you to recognize and care for a variety of first aid, breathing and cardiac emergencies involving adults and children. Instructor: Respond and Rescue.

1 lesson @ 3 hrs  
\$102/\$82 MCC district residents  
**1482.223**  
Su, 10/29 1-4 p.m.

## VISUAL ARTS

To register, visit [mpaart.org](https://mpaart.org).

### COLORFUL MIXED MEDIA

Learn the basics of abstract painting as well as color theory. The class explores using the principles of art while you work with acrylic, collage and drawing. All levels of art experience are welcome. Instructor: M. Jane Johnson.

8 lessons @ 3 hrs  
\$370/\$345 MCC district residents  
M, 10/16-12/4 10 a.m.-1 p.m.



## ABSTRACT PAINTING TECHNIQUES AND STRUCTURES

Whether you're just beginning abstraction or have experience, learn how to express yourself using inventive techniques to create an abstract painting. These techniques will get you creating with ideas that you would not have thought of previously. You will easily be an abstract painter before you know it! Instructor: Marise Riddell.

8 lessons @ 3 hrs  
\$370/\$345 MCC district residents  
Tu, 10/3-11/28 10:30 a.m.-1:30 p.m.  
*No lesson on 11/7.*

## DRAWING BASICS (COLORS, LINES AND MOTION)

For all skill levels. Beginning students work with the fundamentals of drawings—lines, angles and shading—from light to dark and develop a smart eye toward forms, shapes and details. More experienced students have the privilege to choose any images, topics or subjects with which to work. Instructor: Ahmad Zaidan.

9 lessons @ 2 hrs  
\$280/\$260 MCC district residents  
W, 10/4-12/6  
10:30 a.m.-12:30 p.m.  
*No lesson on 11/22.*

## FIBER ARTS CLASSES

Coming Soon... A variety of classes, workshops, and Open Studio time dedicated to Fiber Art techniques and approaches. Make sure to check our website for updates, [mpaart.org](http://mpaart.org).

8 lessons @ 3 hrs  
\$370/\$345 MCC district residents  
W, 10/4-12/6 1-4 p.m.  
*No lesson on 11/22.*

6 lessons @ 3 hrs  
\$280/\$260 MCC district residents  
Th, 10/5-11/16 1-4 p.m.  
*No lesson on 11/9.*

## FIGURE DRAWING

Students will study the basics of figure drawing with a model, learning how to capture a human form in space. We will explore drawing techniques including gesture, contour, and value using a variety of drawing materials. Instructor: Marise Riddell.

8 lessons @ 2.5 hrs  
\$360/\$340 MCC district residents.  
Model fee included in price.  
W, 10/4-11/29 6:30-9 p.m.  
*No lesson on 11/22.*

## VIBRANT OIL PAINTING

All levels welcome. Capture the beauty of vibrant colors in oil projects with new techniques! Projects, which include flowers, landscape and still life, take two to three classes to complete. Learn essential techniques for composing and framing, creating an underpainting, blocking in major shapes, controlling your values and adding lifelike details. Instructor: Joyce Lee.

9 lessons @ 2.5 hrs  
\$345/\$325 MCC district residents  
Th, 10/5-12/7 10 a.m.-12:30 p.m.  
*No lesson on 11/23.*

## WATERCOLOR AND BEYOND: NAVIGATING ARTIST BLOCK AND BRAIN FOG

Join us for an exciting watercolor-based workshop where you'll not only learn new techniques but also discover how to deal with artists' struggles such as creative block and brain fog. Under the guidance of our expert artist, explore unique and enjoyable exercises and sketches that help enhance your creative abilities. Instructor: Barbara Januszkiewicz.

1 lessons @ 3 hrs  
Price TBA  
Su, 10/8 1-4 p.m.

## FREEDOM OF WATERCOLOR

Classes will be held virtually through Zoom. Students of all levels welcome. Students will work with changeable subject matter as they develop their ideal styles as artists. Elements of design, composition and balance will be discussed. Discover the versatility and fluidity of this medium. Instructor: Barbara Januszkiewicz.

### Virtual

9 lessons @ 2 hrs  
\$260  
Th, 10/5-12/7 10 a.m.-Noon  
*No lesson on 11/23.*

## DRAWING AND PAINTING STUDIO

A working studio classroom for beginners, experienced students and artists seeking to improve their skills. This course covers the fundamentals of drawing and painting. Experienced artists will develop a body of work and critique it in a creative environment. Students are encouraged to explore their concepts and style of expression. Instructor: David Carlson.

9 lessons @ 2.5 hrs  
\$345/\$325 MCC district residents  
Th, 10/5-12/7 10 a.m.-12:30 p.m.  
*No lesson on 11/23. Virtual lessons on 11/9 and 11/30.*



## LANDSCAPE IN OIL

The instructor will demonstrate step-by-step how to capture a beautiful landscape on your canvas. Students will study proportions of landscapes and how to block in a composition on canvas. They'll also continuously study value, edges and color relationships while they finish two or three different landscapes. Instructor: Joyce Lee.

### Virtual

9 lessons @ 2.5 hrs  
\$325  
Th, 10/5-12/7 7-9:30 p.m.  
*No lesson on 11/23.*

## CONTEMPORARY ART FOCUS: PAINTING AND MIXED MEDIA

For all skill levels. Working from individual drawings, painted images and photographs, students will create a series of paintings and drawings containing mixed media and collaged surfaces. Students can find and explore their own choices of subject matter in addition to working from still life, photographs and patterned abstract paintings. Instructor: Sharon Fishel.

6 lessons @ 2.5 hrs  
\$235/\$220 MCC district residents  
F, 10/6-11/17 10 a.m.-12:30 p.m.  
*No lesson on 11/10.*

## PORTRAIT AND FIGURE PAINTING

Some drawing experience necessary. Learn figure painting in oils, acrylics or pastels from a live model. Gain knowledge of basic painting concepts/techniques including value, color temperature, composition and transition. Learn various approaches to starting a painting and the theories behind them. Step-by-step instructions/short demos given by the instructor. Instructor: Marcia Klioze.

6 lessons @ 2.5 hrs  
\$295/\$280 MCC district residents.  
Model fee included in the price.  
Sa, 10/7-11/18 4:30-7 p.m.  
*No lesson on 11/11.*

## CREATING ARTWORK WITH LAYERED PAPER: TREES IN AUTUMN

Beginners welcome. Learn a fun and exciting new art form with the artist who created it! Using hundreds of papers from all over the world, create a beautifully textured scene of trees in autumn. Gain skills in cutting, ripping and manipulating the papers as you glue them in layers to stretched canvas. Instructor: Ronni Jolles.

1 lesson @ 3 hrs  
\$75. Supplies will be provided by the instructor. A material fee of \$25 is to be paid to the instructor at the time of the workshop.  
Su, 9/10 1-4 p.m.

## OPEN STUDIO

Open drawing sessions with a live model. Pay for drop-in sessions or save when you register for the series. Tuesday and Friday sessions will be a series of quick gestural poses, while Saturday session models will hold for longer poses.

Drop-in sessions, \$20  
10 sessions @ 2.5 hrs  
\$155/\$145 MCC district residents  
Tu, 10/3-12/12 6-8:30 p.m.  
*No lesson on 11/7.*

7 sessions @ 2.5 hrs  
\$115/\$105 MCC district residents  
F, 10/6-12/8 6-8:30 p.m.  
*No lesson on 11/10, 11/24 and 12/1.*

7 sessions @ 3 hrs  
\$125/\$115 MCC district residents  
Sa, 10/7-12/9 10:30 a.m.-1:30 p.m.  
*No lesson on 11/11, 11/25 and 12/2.*

Make sure you visit [mpaart.org](http://mpaart.org) and sign up for the MPA e-blast for up-to-date information on classes and upcoming workshops!



# SENIORS IN ACTION

Come be a part of the Seniors in Action (SIA) Program! A recreation program with a yearly membership designed for independent adults age 50+. 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.

## SIA MEMBERSHIP

\$100 per year/\$48 MCC district residents. SIA is a yearly program with three distinct sessions: Fall, Winter-Spring and Summer, with breaks between each session.

**Fall 2023 SIA Programming begins Monday, Sept. 18 and ends Friday, Dec 8.**

**Skip Dates:** No SIA @ MCC on 10/9, 11/7, 11/10 and 11/23-24.

Adjusted SIA Schedule @ OFC on the 2nd Thursday of every month.

**Questions?** Please contact Erin Bieger ([erin.bieger@fairfaxcounty.gov](mailto:erin.bieger@fairfaxcounty.gov)) or 703-744-9351.

## GENERAL WEEKLY SCHEDULE

(Weekly and monthly updates are emailed to program members).

	M	Tu	W	Th
9–10 a.m.	Qigong	SAIL Exercise		SAIL Exercise
10 a.m.-noon	Games	Mah-Jongg Practice & Play		Bridge
12:45–1:45 p.m.			Chair Yoga	

## BOOK CLUB

Meets one Tuesday per month, 9:30-11 a.m.

<b>Sept.</b>	Book title forthcoming
<b>Oct.</b>	Book title forthcoming
<b>Nov.</b>	Book title forthcoming
<b>Dec.</b>	Book title forthcoming

## POTLUCK SOCIAL

Held once a month, Noon-2 p.m.

<b>Sept. Potluck</b>	F, Sept. 29	noon-2 p.m.	Octoberfest
<b>Oct. Potluck</b>	F, Oct. 27	noon-2 p.m.	Fall Favorites
<b>Nov. Potluck</b>	F, Nov. 17	noon-2 p.m.	Sweet & Savory Pies and Sides
<b>Dec. Potluck</b>	F, Dec. 6	10 a.m.-noon	Holiday Breakfast Favorites







## SPECIAL EVENTS & SPEAKERS

SIA Special Events & Speakers typically occurs on Wednesdays. SIA program members receive weekly and monthly updates with detailed information, which also includes registration links for activities that require advance sign-up and where space may be limited.

### SENIORS IN ACTION FALL KICK-OFF EVENT

**Wednesday, Sept 20, 2023**

Includes screenings, walk-in Aroma Touch sessions, coffee and more.

#### 10 a.m.-Noon

Falls Prevention, Screenings and Safety Information. Register for a 15-minute Falls Risk Screening Assessment. For more information, email: [rto@marymount.edu](mailto:rto@marymount.edu).

Presented by NOVA Falls Prevention Alliance: [Novafallsprevention.com](http://Novafallsprevention.com)

#### 10 a.m.-2 p.m.

Memory Screenings. Register for a 20-minute Memory Screening with Melissa J. Long, CTRS, CDP, CADDCT, BF-CMT, Director of Education and Support at Insight Memory Care Center. For more information email: [Melissa.Long@InsightMCC.org](mailto:Melissa.Long@InsightMCC.org)

Presented by Insight Memory Care Center: [insightmcc.org](http://insightmcc.org)

<b>Tu, 9/26</b>	10–11 a.m.
Metro Travel Training Lesson	Dulles Area Transportation Association <b><a href="http://datatrans.org">datatrans.org</a></b>
<b>W, 9/27</b>	9:30 a.m.–2:30 p.m.
Metro Travel Training Trip	Dulles Area Transportation Association <b><a href="http://datatrans.org">datatrans.org</a></b>
<b>W, 10/4</b>	10 a.m.–noon
Cooking Thyme w/ Stacie	Appetizers + Tips and Tricks for Entertaining
<b>W, 10/11, 10/18, 10/25</b>	10 a.m.–noon
Beginner Mah-Jongg Lessons	Must provide Mah-Jongg Card. Order from <b><a href="http://nationalmahjonggleague.org">nationalmahjonggleague.org</a></b> Large print recommended.
<b>Tu, 10/31</b>	
Beginner Mah-Jongg Lesson Recap	
<b>W, 11/1</b>	10 a.m.–noon
Improv Workshop	
<b>W, 11/8</b>	10–11:30 a.m.
Technology Speaker	Sharpen your tech skills.
<b>W, 11/15</b>	10 a.m.–noon
Improv Workshop	
<b>W, 11/29</b>	10–11:30 a.m.
Hot Oatmeal Bar	Start your morning with a healthy breakfast.

# 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 these self-led activities. MCC staff will ensure all necessary gaming supplies are available.

**Drop-In Games 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/OFC? Please give us your suggestions! Email [mail@mcleancenter.org](mailto:mail@mcleancenter.org) and tell us what games you'd like to play.

**Participation is free and players of all skill levels are welcome to join.**

Game	Location	Day & Time
Bridge	Hampton Room	Tu, 7–10 p.m.
Bridge	Hampton Room	F, 7–10 p.m.
Ping Pong/Bridge Mah-Jongg Other Card Games	Old Firehouse Center	Tu, 10 a.m.–1:30 p.m.
Mah-Jongg	Old Firehouse Center	W, 10 a.m.-1 p.m.
Ping Pong/Bridge Mah-Jongg Other Card Games	Old Firehouse Center	Th, 10 a.m.-1:30 p.m. Closed 2nd Thursday of each month
Open Games (All Games Available)	Old Firehouse Center	W, 6:30–9 p.m.
Open Games (All Games Available, Limited Dates)	Old Firehouse Center	Sa, 9 a.m.–1 p.m. 9/9, 10/7, 11/11, 12/16



## 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 is first come, first served for play.
- ALL participants of all skill levels are welcome 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 a staff member.

SEPTEMBER

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

- 10/1, 10 a.m.

MPAartfest
- 10/5, 1 p.m.

Foreign Language Film
- 10/7, 8 a.m.

McLean 5k
- 10/9, 9 a.m.

Touch-A-Truck
- 10/11, 6:30 p.m.

Foreign Language Film
- 10/13, 7 p.m.

New York Gilbert and Sullivan Players: "The Pirates of Penzance"
- 10/15, 11 a.m.

McLean Pet Fest
- 10/19, 1 p.m.

Performing Arts Movie
- 10/21, 7 p.m.

Songwriter City with Lee Thomas Miller and Wendell Mobley
- 10/25, 6:30 p.m.

Governing Board Meeting
- 10/27, 7 p.m.

Djembe Drumming Family Workshop with Master Artist Kofi Dennis
- 10/27, 8 p.m.

MCP's Production of "{PROOF}"
- 10/28, 2 p.m. & 8 p.m.

MCP's Production of "{PROOF}"
- 10/28, 5 p.m.

OFC's Fest of Frights and Trunk or Treat
- 10/29, 2 p.m. & 8 p.m.

MCP's Production of "{PROOF}"

- 9/6, 6:30 p.m.

MCC Governing Board Meeting of the Whole on FY2025 Budget
- 9/8, 7 p.m.

Snack & Paint Night
- 9/14, 10 a.m.

MPA's (not) Strictly Painting Exhibition Opens
- 9/16, 9 a.m.

Fall Community Parking Lot Sale
- 9/17, 3 p.m.

The Pursuit of Happiness with Calvin Earl
- 9/23, 11 a.m.

Harvest Happenings
- 9/23, 5 p.m.

Buckets 'N Boards
- 9/26, 7-9 p.m.

UTP Auditions
- 9/27, 6:30 p.m.

Governing Board meeting + Public Hearing on FY2025 Budget
- 9/27, 7-9 p.m.

UTP Auditions

Harvest Happenings



OCTOBER

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

OFC's Fest of Frights and Trunk or Treat





# NOVEMBER

- 11/2, 1 p.m.** Foreign Language Film
- 11/3, 7 p.m.** Family Fun Bingo
- 11/4, 7 p.m.** "When You Wish Upon a Star—  
A Jazz Tribute to 100 Years of  
Disney"
- 11/8, 6:30 p.m.** Foreign Language Film
- 11/11, 10 a.m.** McLean Antiques Show & Sale
- 11/12, 11 a.m.** McLean Antiques Show & Sale
- 11/16, 1 p.m.** Performing Arts Movie
- 11/18, 7 p.m.** Snack & Paint Night

			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>		

**"When You Wish Upon  
a Star—A Jazz Tribute  
to 100 Years of Disney"**



# DECEMBER

					<b>1</b>	<b>2</b>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>31</b>						

- 12/1, 9 a.m.** McLean Holiday Art & Crafts Festival
- 12/2, 10 a.m.** McLean Holiday Art & Crafts Festival
- 12/3, 11 a.m.** McLean Holiday Art & Crafts Festival
- 12/6, 6:30 p.m.** Governing Board Meeting
- 12/7, 1 p.m.** Foreign Language Film
- 12/7, 6:30 p.m.** Holiday Gingerbread House Decorating
- 12/8** Light Up McLean Contest Registration Deadline
- 12/9, 10 a.m.** Milk and Cookies with Santa
- 12/9, 7 p.m.** "It's a Jazzy Christmas"
- 12/10, 2 p.m.** Beau Soir Ensemble
- 12/13, 6:30 p.m.** Foreign Language Film
- 12/19, 4 p.m.** Barter Players "Frosty"
- 12/21, 1 p.m.** Performing Arts Movie

# McLEAN PROJECT FOR THE ARTS

(not)  
**STRICTLY**  
PAINTING

Sept. 14 - Nov. 11

Guest Juror  
**Tim Brown**  
*Director, IA&A at Hillyer*

**14**

 McLean Project for the Arts



**McLean Project for the Arts (MPA)** is a nonprofit organization that presents the visual arts program for the community at the McLean Community Center (MCC), thanks to a public/private partnership with MCC and Fairfax County.

MPA presents exhibitions of contemporary art and provides education in the visual arts through a program of classes for children and adults, as well as lectures, tours and ArtReach, an outreach program that brings school children and other groups to the gallery for educational programs. MPA presents art classes at MCC in the DuVal Studio and online through ZOOM.

#### ART GALLERY HOURS:

For the most current information on viewing our exhibitions, please see our website at [mpaart.org](http://mpaart.org), email [info@mpaart.org](mailto:info@mpaart.org) or call **703-790-1953**.



#### McLEAN PROJECT FOR THE ARTS STAFF:

Lori Carbonneau, *Executive Director*  
Nancy Sausser, *Curator & Artistic Director*  
Sharon Fishel, *ArtReach Director*  
Falayi Adu, *Finance Director*  
Deb Bissen, *Communications & Public Affairs Director*  
Jennifer Wormser, *Cultivation & Events Director*  
Briana Clorey, *Education & ArtReach Operations Manager*  
Jennifer Jeannot, *Director of Grants & Strategic Projects*  
Additional MPA staff can be found at [mpaart.org](http://mpaart.org).



McLean Project for the Arts

*17th Annual*

# MPAartfest

*connecting art and community*

Sunday, October 1

10am - 4pm

McLean Central Park

## Join Us to Celebrate the Arts In Our Community!

McLean's only juried arts festival, MPAartfest showcases over 40 local & regional visual artists and some of the best local musicians in the DC metro area live on stage all day!

This FREE event features contemporary art, Children's Art Walk and some of your favorite local food vendors throughout the day. It is a must-attend community event for art lovers of all ages!

### Sponsor

Sponsor an artist, an activity, or a performance during MPAartfest - your support will make a lasting impact.

### Volunteer

Volunteer and be part of the fun! Our hundreds of volunteers each year are essential to make this community festival a success.

For more information, contact MPA at [MPAartfest@mpaart.org](mailto:MPAartfest@mpaart.org) or call 703.790.1953

MPAartfest benefits MPA's exhibition and education programs.

Lead  
Community  
Sponsor:





# THE ALDEN

Pricing is listed as General Admission/Student and Senior/MCC District Residents

## “THE PURSUIT OF HAPPINESS”—MUSIC FOR SOCIAL WELLBEING WITH CALVIN EARL

**Sunday, Sept. 17, 3 p.m.**

McLean Central Park Gazebo  
Free



Calvin Earl brings people together to reengage and uplift our shared humanity in our community with music and storytelling to help us remember what we have in common. All ages are encouraged to participate in music making or just enjoy hearing the songs that bring us together.

## BUCKETS ‘N BOARDS

**Saturday, Sept. 23, 5 p.m.**

McLean Central Park Gazebo  
Free



Back by popular demand! BNB is a hilarious, high-energy and interactive percussion show that has captivated audiences worldwide! The group has something for everyone in the family—amazing tap dancing, clean comedy, body percussion, beatboxing and more.

*“The Pirates of Penzance”*

## NEW YORK GILBERT AND SULLIVAN PLAYERS: “THE PIRATES OF PENZANCE”

One act version with a second act of G&S Favorites.

**Friday, Oct. 13, 7 p.m.**

\$20/\$17/\$15



Everyone has pretended to be a pirate at some point! Set sail with this classic, abbreviated, musical comedy and a cabaret of favorites from the G&S canon.

## SONGWRITER CITY

with Lee Thomas Miller and Wendell Mobley

**Saturday, Oct. 21, 7 p.m.**

\$30/\$25/\$20



Connect to the songs. Connect to the stories behind them. Connect with the songwriters who wrote them. Get a glimpse into the life of a Nashville songwriter and the songs that you’ve heard on the radio for years.

## DJEMBE DRUMMING FAMILY WORKSHOP

Featuring Master Artist Kofi Dennis

**Friday, Oct. 27, 7 p.m.**

\$15/\$12/\$10



No experience necessary. Dennis will teach participants basic drumming skills and the workshop will end with a group drum circle. Families with children (age 8+) can participate together. Drums will be provided for use. A great way to destress from a busy week!

## PRICING

Pricing is listed as General Admission/Student and Senior/MCC District Residents

## RATINGS LEGEND



Performance crafted specifically for children, approximately 1 hour in length; content is rated G or PG.



Performance is created for a general audience, show length is between 1-2 hours; content is rated G or PG.



Performance created for older sensibilities; show length can be between 1-3 hours; content could be rated PG-13 or R.

If you have any questions about a performance’s themes, content or style, please contact us. We are happy to talk with audience members to select performances that are a good fit for you or your family.

## “WHEN YOU WISH UPON A STAR: A JAZZ TRIBUTE TO 100 YEARS OF DISNEY”

**Saturday, Nov. 4, 7 p.m.**

\$30/\$25/\$20



“When You Wish...” an unforgettable evening celebrating 100 years of Disney through the lens of jazz as performed by the band of The National Jazz Museum in Harlem. Dreams really do come true!



## "IT'S A JAZZY CHRISTMAS"

**Saturday, Dec. 9, 7 p.m.**

\$30/\$25/\$20



Hosted by comedian Quincy Carr, "Jazzy Christmas" is nonstop entertainment with a house band and a parade of jazz artists: saxophonist Lil' Maceo, "gospel violinist" Eric Taylor, percussionist MZ Drummer, trumpeter Isaac Byrd Jr. and a dancer.

*Chamber Music*

## BEAU SOIR ENSEMBLE

**Sunday, Dec. 10, 2 p.m.**

\$10/\$7/\$5



This McLean-based harp, flute and viola trio returns to The Alden by popular demand.

## BARTER PLAYERS "FROSTY"

**Tuesday, Dec. 19, 4 p.m.**

\$15/\$12/\$10



Billy discovers magic in a stolen hat that brings his snowman to life. Their quest through NYC to find Billy's family shows them that the real magic of the season is love.

## COMMUNITY ARTS

*McLean Community Players*

### "{ PROOF }"

by David Auburn

**F-Su, Oct. 27-Oct 29, 8 p.m.**

**Sa, Su Matinees at 2 p.m.**

Presented by special arrangement with Dramatists Play Service, Inc.

Visit [mcleanplayers.org](http://mcleanplayers.org) for details.

## MOVIES AT THE ALDEN

Always free, always awesome. Programs subject to change.

### FOREIGN LANGUAGE FILMS

**Now two showings!**

You don't have to play hooky anymore to catch our foreign language films. We've added a Wednesday evening screening in addition to our usual Thursday afternoon showings.

### "WOMEN ON THE VERGE OF A NERVOUS BREAKDOWN"

Spain; Directed by Pedro Almodóvar. Shown in Spanish with English subtitles.

**Thursday, Oct. 5, 1 p.m.**

**Wednesday, Oct. 11, 6:30 p.m.**



### "TAARE ZAMEEN PAR" ("LIKE STARS ON EARTH")

India; directed by Aamir Khan. Shown in Hindi with English subtitles.

**Thursday, Nov. 2, 1 p.m.**

**Wednesday, Nov. 8, 6:30 p.m.**



### "TŘI OŘÍŠKY PRO POPELKU" ("THREE WISHES FOR CINDERELLA")

Former Czechoslovakia and East Germany; Directed Václav Vorlíček.

Shown in Czech with English subtitles.

**Thursday, Dec. 7, 1 p.m.**

**Wednesday, Dec. 13, 6:30 p.m.**



### PERFORMING ARTS MOVIES

### "SWEENEY TODD: THE DEMON BARBER OF FLEET STREET" (BROADWAY VERSION)



with Angela Lansbury and George Hearn

**Thursday, Oct. 19, 1 p.m.**

### AMERICAN MASTERS: "BUFFY SAINTE-MARIE: CARRY IT ON"



**Thursday, Nov. 16, 1 p.m.**

### "THE MAGIC FLUTE" BY W.A. MOZART (MET PRODUCTION)



**Thursday, Dec. 21, 1 p.m.**



(the) Unruly  
Theatre Project



## SNEAK PEEK OF WHAT'S COMING UP IN 2024!

**Saturday, Jan. 20:** "The  
Never Too Late Show"  
starring Don Reed

**Sunday, Feb. 4:** Nai-Ni Chen  
Dance Company

**Saturday, Feb. 10:**  
"Animaniacs" in Concert

**Friday, April 12:** Lightwire  
Theatre: "The Ugly Duckling"  
Electroluminescent Puppetry

**Sunday, April 21:** Brush  
Theatre: "POLI POP"

**Thursday, May 2:** "Alice:  
Dreaming of Wonderland"

More information at  
[aldentheatre.org](http://aldentheatre.org)



2023 Spring  
Youth Production ▶



## (THE) UNRULY THEATRE PROJECT

(The) Unruly Theatre Project (UTP) is The Alden's professional teen improv company dedicated to bringing comedic performances to the community. Members audition to be in the company for one season and are paid for each performance or workshop.

### 2023-24 COMPANY AUDITIONS

UTP's season is late-September to May. Company members rehearse twice per week on Tuesday and Thursday from 7-9 p.m. Performances will be at local venues such as art galleries, the Old Firehouse Center, cafés and other venues. Because UTP is a professional opportunity, attendance at rehearsals is crucial.

**9th-12th graders only.**

**Open Auditions:** Tuesday-Wednesday,  
Sept. 26-27, 7-9 p.m.

**Call Backs/Interviews:** Thursday,  
Sept. 28, beginning at 7 p.m.

More information and a  
registration form are available  
online at: [mcleancenter.org/the-unruly-theatre-project](http://mcleancenter.org/the-unruly-theatre-project)

## 2024 SPRING YOUTH PRODUCTION

Information will be released in  
September! Mark your calendar for:

**Auditions:** Tuesday and Wednesday,  
Jan. 23-24, 7-9 p.m.

**Call Backs:** Thursday, Jan 25, 7-9 p.m.  
(By invitation only)

If cast, there is a \$150 participation  
fee. Rehearsals are three times per  
week on Tuesday, Wednesday and  
Thursday, January 30-March 7, and  
the entire week of March 11-15.

**Performances:** March 16 & 17, 2 p.m.  
\$15/\$10 MCC district residents

## 2024 MACDONALD PERFORMING ARTS SCHOLARSHIP COMPETITION

Registration information will be  
released in September! Mark your  
calendar now for:

### PRELIMINARY ROUNDS

**Theater:** Monday, Feb. 5, 7 p.m.

**Dance:** Tuesday, Feb. 6, 7 p.m.

**Vocal Music:** Wednesday, Feb. 7, 7 p.m.

**Instrumental Music:** Thursday, Feb. 8,  
7 p.m.

**All Categories Final Round:**  
Wednesday, April 17, 8 p.m.

## IMPROV FOR KIDS AND TEENS

For beginners and experienced actors.  
Improv comedy is a great way for  
youth to express themselves and gain  
confidence. Focusing on creativity and  
teamwork, it teaches improv funda-  
mentals like "yes, and" in a supportive  
environment. On the last day of class,  
participants perform a showcase for  
friends and family.

### 8-11 years

8 lessons @ 1 hr  
\$145/\$125 MCC district residents  
**3001.223**  
M, 10/16-12/4 6:30-7:30 p.m.

### 12-18 years

8 lessons @ 1 hr  
\$145/\$125 MCC district residents  
**3002.223**  
M, 10/16-12/4 7:30-8:30 p.m.



# THE OLD FIREHOUSE

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 our Friday night activities and trips.

## OLD FIREHOUSE MEMBERSHIP

Memberships are open to 5th-9th Graders.

**August 21, 2023 - June 12, 2024**

2:30-6 p.m.

### MEMBERSHIP BENEFITS:

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

\$325/\$300 MCC district residents. Registration for the 2023-2024 school year begins June 20, 2023.

To join, drop off a completed and signed OFC Participant Contract, accompanied by your payment to OFC. Participant Contracts are available at the OFC and online. For additional information, visit [oldfirehouse.org](http://oldfirehouse.org).

Monday-Friday, 9 a.m.-6 p.m.  
1440 Chain Bridge Rd.  
McLean, Va. 22101  
[oldfirehouse.org](http://oldfirehouse.org)  
703-448-TEEN (8336)

## FRIDAY NIGHT ACTIVITIES

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

### A NIGHT AT NATS PARK

Friday, Sept. 22, 4:30-10:30 p.m.  
\$60/\$50 OFC Members  
**5301.223**

### HAUNTED TRIP

Friday, Oct. 13, 4:30-10:30 p.m.  
\$60/\$50 OFC Members  
**5302.223**

### THE MARVELS NIGHT (DINNER & MOVIE)

Friday, Nov. 10, 4:30-10:30 p.m.  
\$60/\$50 OFC Members  
**5303.223**



## 5TH AND 6TH GRADER PARTIES

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, open dance floor and a variety of activities. Preregistration is recommended.

**To volunteer:** Parents who wish to volunteer for parties must submit an email request to Aaron Greene at [aaron.greene@fairfaxcounty.gov](mailto:aaron.greene@fairfaxcounty.gov).

## MONSTER MASH

Friday, Oct. 20, 7-9:30 p.m.

\$35/\$25 MCC district residents/\$15 for OFC members (must call OFC to make payment)

**4601.223**

## UGLY SWEATER

Friday, Dec. 8, 7-9:30 p.m.

\$35/\$25 MCC district residents/\$15 for OFC members (must call OFC to make payment)

**4602.223**

## FAMILY EVENTS

See OFC Family Events in the Community Events section on page 4.



## TEACHER WORKDAY TRIPS

<b>iFly &amp; Movie</b>	M, Nov. 6	\$90/\$80 MCC district residents	<b>8401.223</b>
<b>Immersive Gamebox</b>	Tu, Nov. 7	\$70/\$60 MCC district residents	<b>8402.223</b>

## WINTER BREAK TRIPS

<b>Ice Skating &amp; VR Experience</b>	M, Dec. 18	\$90/\$80 MCC district residents	<b>8301.223</b>
<b>Smash &amp; Paint</b>	Tu, Dec. 19	\$100/\$90 MCC district residents	<b>8302.223</b>
<b>Dave &amp; Buster's</b>	W, Dec. 20	\$70/\$60 MCC district residents	<b>8303.223</b>
<b>Hershey's Chocolate World</b>	Th, Dec. 21	\$100/\$90 MCC district residents	<b>8304.223</b>
<b>Aquaman Day</b>	Tu, Dec. 26	\$70/\$60 MCC district residents	<b>8305.223</b>
<b>Indoor Trampoline</b>	W, Dec. 27	\$60/\$50 MCC district residents	<b>8306.223</b>
<b>Ice @ Gaylord National</b>	Th, Dec. 28	\$100/\$90 MCC district residents	<b>8307.223</b>
<b>Uptown Alley</b>	F, Dec. 29	\$60/\$50 MCC district residents	<b>8308.223</b>

## 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 serve basis. For details, forms and rates go to [mcleancenter.org/rentals/old-firehouse-center-rentals/](http://mcleancenter.org/rentals/old-firehouse-center-rentals/) or call **703-448-8336, TTY: 711**.

# 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:

Attn: Registrar  
McLean Community Center  
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: **registrar@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**



Rasheq Rahman, *Chair*  
 Kristina Groennings, *Vice-Chair*  
 Anna Bartosiewicz, *Secretary*  
 Kathleen Cooney Porter, *Treasurer*  
 Eleanor Ague  
 Sophia Bruno  
 Ari Ghasemian  
 Katie Gorka  
 Lisa Mariam  
 Gloria Marrero Chambers  
 Shivani Saboo

Glenn Yarborough, Jr., *President*  
 Gordon Thomas, *Vice President*  
 Bonnie Weston, *Treasurer*  
 Joann Berkson, *Secretary*

## Members at Large

Sam Agarwal  
 Cecilia Closs  
 Jessica Goodman  
 Mary Anne Hampton  
 Carole Herrick  
 Jim Lawless

## Administration

Betsy May-Salazar, *Executive Director*  
 Ashok Karra, *Comptroller*  
 Holly Novak, *Executive Assistant*  
 Sabrina Anwah, *Information Officer*  
 David Craig, *Graphic Designer & Webmaster*  
 Kyle Corwin, *Social Media Manager*  
 Julia Jones, *Administrative Assistant*  
 Joe McGovern, *Facilities Manager*  
 Lindsey Hogan, *Office Manager*  
 Nadia Jaff, *Accounts Payable*  
 Anne McAfee, *Human Resources Specialist*  
 Katie McGovern, *Registrar*  
 Ellen Fox, *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*  
 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...

## SENSORY DAY

“

Thank you for hosting this wonderful event!  
 My 3 year old son with autism absolutely loved it.  
 We appreciate you bringing awareness to autism  
 and the importance of our senses!

”



## GENERAL COMMENTS

“

...Every time my grandson goes to one of your  
 events at the community center, he has a  
 phenomenal time! He comes home just bubbling,  
 telling me all about it. His enthusiasm—if it could  
 rub off on you—Oh my gosh, it's wonderful!

”

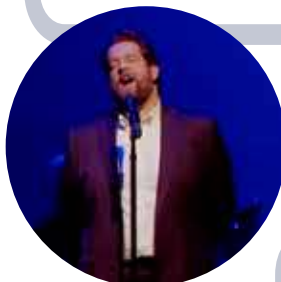
## “L'CHAIM”

“

Absolutely fabulous performance!! Hope they  
 return. Would tell everyone I know. So many  
 highlights...

Always enjoy the convenience of the Alden; easy  
 to get to, parking is free and all the seats have a  
 good view of the stage.

”



## SENIORS IN ACTION

“

Just to note to say that I am  
 enjoying participating in the Seniors  
 in Action program and applaud the  
 MCC for developing and promoting  
 this endeavor.

”

# REGISTRATION FORM

- ★ Please make checks payable to **McLean Community Center**. ★ Staple checks for class fees to this form.  
★ Mail or bring form to: McLean Community Center, 1234 Ingleside Ave., McLean, VA 22101.  
★ To register online or to submit an application by e-mail, visit our website: **[www.mcleancenter.org](http://www.mcleancenter.org)**.

PHONE: 703-744-9365, TTY: 711

\_\_\_\_\_  
(Adult or Parent Name)      LAST      FIRST      D.O.B      E-MAIL: \_\_\_\_\_

ADDRESS \_\_\_\_\_ HOME PHONE \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ WORK PHONE \_\_\_\_\_

☐ MCC TAX DISTRICT RESIDENT      ☐ NONRESIDENT      CELL PHONE (optional)

Have you registered to receive our e-mail newsletter? ☐ YES ☐ NO

Would you like to? ☐ YES ☐ NO

**COMPLETE ONE LINE FOR EACH REGISTRATION**

Activity	Activity Name	Name of Registrant	D.O.B.	Sex	Activity Fee
			Total Activity		
			Senior Class Discount		
			<b>TOTAL DUE:</b>		

**REGISTRATION BEGINS:**  
**Monday, Aug. 14, 2023**

Check here if **ADA** accommodation is needed.

**How did you hear about this class/activity?** \_\_\_\_\_

Name as it appears on card (please print): \_\_\_\_\_

 MC
  AMEX  
 VISA
  DISCOVER

[illegible]

Signature \_\_\_\_\_

Expiration date

To become a member of Friends of the McLean Community Center, you may charge your \$25 tax-deductible membership at [www.FriendsMCC.com](http://www.FriendsMCC.com) or you may enclose a separate check made payable to Friends of MCC with this registration.

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

I have read and agree to participate in the activity/event according to the registration procedures stated on page 35: \_\_\_\_\_

(Please initial here)





McLean  
Community  
Center  
*The Center of It All*

1234 Ingleside Ave.  
McLean, VA 22101  
703-790-0123 TTY: 711  
[www.mcleancenter.org](http://www.mcleancenter.org)

PRSR STD  
U.S. POSTAGE  
PAID  
FAIRFAX, VA  
PERMIT 45

# OLD FIREHOUSE'S FESTIVAL OF FRIGHTS AND TRUNK OR TREAT

**Saturday,  
Oct. 28,  
5-8 p.m.  
See page 5.**

**Discover a  
bounty of fall  
classes inside!  
Registration  
begins Monday,  
August 14**



McLean Community Center



@mcleanvacenter



@mcleancenterva