



McLean
Community
Center

*Ye Olde
Center
of it All*

FALL 2026 PROGRAM GUIDE

SCHEDULE OF CLASSES, CAMPS AND EVENTS



DROP-IN
MAH-JONGG &
BRIDGE!
PAGE 48



CLASS
REGISTRATION
OPENS AUG. 10
AT 9 A.M.



Treasure Island Reimagined

JANE HAWKINS AND THE Pirate's Gold

PAGE 40



OFC IGNITE!
PAGE 46

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: mcleancenter.org

E-mail: mail@mcleancenter.org

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

Labor Day (9/7), Election Day (11/3), Veterans Day (11/11), Thanksgiving (11/26–27), Christmas Eve (12/24), 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

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 **703-790-0123**,

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

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LETTER FROM THE EXECUTIVE DIRECTOR

At the MCC, we strive to cultivate a warm and inviting environment where everyone feels welcome- a place to connect with neighbors, discover new interests, enjoy excellent programming, and find space to play, learn, and relax. Please take some time to explore the program guide- we hope you will join us for the tremendous offerings coming this fall, including many not-to-miss community events.



This fall, color will greet you in the MCC hallways as we partner with the McLean Art Society to fill our common spaces with artwork from their member artists! We hope this will grow into an ongoing partnership that showcases the many talented artists of McLean.

Also, on Sunday, October 4, MCC is excited to take on the producing role for McLean Artfest, formerly MPAartfest, in partnership with the McLean Project for the Arts. This annual tradition in McLean Central Park is a free, one-day juried fine arts show, sale, and festival featuring contemporary art, a Children's Art Walk, hands on activities, gourmet food trucks, a beer and wine garden, a live stage with some of the best musicians in the DC metro area, and much more!

Keep an eye on McLean Central Park for long anticipated updates to the signage and branding! We are thrilled to be nearing the construction phase of a new digital sign that will allow us to better promote MCC programming and reach the entire McLean community through enhanced messaging!

Supporting community needs remains one of our top priorities, and we are proud to strengthen our partnership with Share this year through ongoing food and essential supply drives.

One of our leading strategic goals is to Be Visible. We value our active followers and participants and are always looking for ways to reach community members who have not yet discovered us. Please help spread the word about all the great things happening at MCC. Be sure you are signed up for our newsletters, follow us on social media, share our posts, and encourage your neighbors and friends to do the same.

We hope to see you soon at MCC!

Sincerely,
Betsy May-Salazar



WHO WE ARE, WHAT WE DO

The McLean Community Center 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.

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





CENTER NEWS

Photo: Dranesville District Supervisor Jimmy Bierman with MCC's 2026-2027 Governing Board: Peter Pin, Doug Jeffery, Ron Keesing, Michael Monroe, Michael Signer, Bryn Smith, Minoo Razavi, Michael Solomon, Pascale Siegel, and Liz Lawson. Not pictured: Youth board member Yingxi Zhao.

NEW MEMBERS APPOINTED TO MCC'S GOVERNING BOARD

The Fairfax County Board of Supervisors appointed six new members to the McLean Community Center's Governing Board at its meeting on June 10, 2026. The new members won their seats by receiving the highest number of votes in the MCC's 2026 Governing Board Election.

Newly elected adult members Michael Signer, Pascale Siegel and Minoo Razavi will serve three-year terms, and Michael Solomon will serve two years of an unexpired term. New youth members, Bryn Smith for Langley High School Boundary Area and Yingxi Zhao for the McLean High School Boundary Area, will serve one-year terms.

At the first meeting of the board on June 10, 2026, board officers were elected for the FY2027 budget year. They are Ron Keesing, Chair; Liz Lawson, Vice Chair; Michael Monroe, Secretary; and Peter Pin, Treasurer.

FEEDBACK SURVEY

Provide feedback on current and help shape upcoming MCC programming!



SCAN HERE

MCC BOARD HOLDS FY2028 BUDGET MEETINGS IN SEPTEMBER

MCC TAX DISTRICT RESIDENTS ASKED TO PROVIDE INPUT

The McLean Community Center Governing Board invites MCC tax district residents to attend two upcoming meetings and share comments on the FY2028 budget (July 1, 2027–June 30, 2028). **The Finance Committee Meeting of the Whole** will be held on Wednesday, Sept. 9, at 6:30 p.m., when the board will review departmental budget proposals and develop a preliminary budget. The preliminary budget will be available for public review beginning the week of Sept. 14 at mcleancenter.org and the MCC reception desk.

Residents are encouraged to attend the **Public Hearing on the FY28 Budget** on Wednesday, Sept. 23, at 6:30 p.m. to share feedback. Those wishing to speak should call **703-790-0123 (TTY: 711)** to be added to the speakers' list. Written comments may be submitted by email to feedback@mcleancenter.org or by mail through Monday, Oct. 19.

PERFORMING ARTS SCHOLARSHIPS AWARDED TO NINE LOCAL TEENS

The McLean Community Center awarded 2026 James C. Macdonald Performing Arts Scholarships to nine local high school students in Theater, Vocal Music and Instrumental Music. The annual scholarship competition began with preliminary auditions in February and culminated with a final competition on stage at The Alden on Wednesday, April 29.

The James C. Macdonald Performing Arts Scholarship Competition recognizes outstanding high school performers in the MCC tax district. Scholarships of \$1,200, \$800 and \$400 are awarded to the top three students in each of four categories: Dance, Instrumental Music, Theater and Vocal Music.

THIS YEAR'S WINNERS ARE:

THEATER

First Place: Aashna Kapur (Grade 12), McLean High School

Second Place: Audrey Thoreson (Grade 10), Langley High School

Third Place: Garrett Hodder (Grade 11), McLean High School

VOCAL MUSIC

First Place: Alex Valencic (Grade 12), McLean High School

Second Place: Caden Peng (Grade 11), Langley High School

Third Place: Eva Shaibani (Grade 10), Langley High School

INSTRUMENTAL MUSIC

First Place (Cello): Elaine Zhang (Grade 10), Thomas Jefferson High School

Second Place (Piano): Julian Chen (Grade 10), Langley High School

Third Place (Marimba): Nathan Pearce (Grade 11), McLean High School



MCC Governing Board Member Mike Monroe with 2026 Macdonald Scholarship winners.

FRIENDS OF MCC NAME SCOTT BOWEN 2026 FRIEND IN DEED AWARD

After more than four decades of dedication to the McLean Community Center, longtime staff member Scott Bowen retired this year, leaving behind a remarkable legacy of service. Scott's connection to MCC began in the late 1970s as a teenage volunteer before joining the staff while still in high school. He returned to MCC in 1998, where he spent the next 27 years supporting the Center's evening operations and working alongside staff, volunteers and local civic organizations. On June 1, Scott received the Friends of the McLean Community Center's 2026 Friend in Deed Award, recognizing his extraordinary dedication to MCC and the McLean community. His name will be added to the Friend in Deed plaque displayed in the Center's main lobby.

MCC COMMEMORATES AMERICA250

The McLean Community Center continues to commemorate America250 with a yearlong series of programs, performances and community events celebrating the 250th anniversary of the signing of the Declaration of Independence. Through the arts, history and civic engagement, MCC has explored what freedom, community and citizenship mean today by bringing people together.

This spring, local high school students participated in the MCC Youth Ambassadors High School Art & Writing Competition, themed "Freedom Through My Eyes." America250 programming was also featured throughout many of MCC's signature events, including a sneak peek performance of McLean Community Players' 1776 and giveaway shirts inspired by America250 at McLean Day, and the VA250 Mobile Museum and a patriotic parade at the Independence Day Fireworks Celebration. In June and July, history came to life at The Alden with a screening of Ken Burns' The American Revolution documentary and McLean Community Players' production of the Tony Award-winning musical, 1776. Throughout the year, the 250 Acts of Community social media campaign highlights acts of service, kindness and civic engagement that strengthen McLean. Together, these programs honor America's past while inspiring the next generation to help shape its future.



AUGUST /SEPTEMBER

8/10	9 a.m.	Fall Class Registration Opens
8/29	9 a.m.-1 p.m.	OFC IGNITE: Back to School Kickoff & Tailgate Party
9/3	6:30 p.m.	Alden Usher Volunteer Sign-Up Event
9/4	9 a.m.	Fall Parking Lot Sale Vendor Registration Deadline
9/7	Labor Day	Center Closed
9/8		SIA Programming Begins
9/9	6:30 p.m.	MCC Governing Board Meeting on FY28 Budget
9/10-11/17		MPA Fall Exhibitions (MCC Galleries)
9/11	7-9 p.m.	OFC Snack & Paint Night
9/11	7-9 p.m.	9/11 Film Screening: <i>Come From Away</i>
9/12	9 a.m.-1 p.m.	Fall Parking Lot Sale
9/15-16	7-9 p.m.	UTP Open Auditions
9/17-11/14		MPA Fall Exhibitions (Berlage Center)
9/19	1-4 p.m.	OFC Block Party
9/21	8 a.m.-6 p.m.	OFC School Break Fun
9/23	6:30 p.m.	MCC Governing Board Meeting & Public Hearing on FY28 Budget
9/26	10 a.m.-Noon	Harvest Happenings

OCTOBER

10/2	7-8:30 p.m.	<i>Ballet Hispánico New York</i>
10/4	10 a.m.-4 p.m.	McLean Artfest
10/8	1-3 p.m.	Foreign Language Film: <i>The Vanishing</i>
10/9		MCC Youth Ambassador Program Application Deadline
10/9-11		McLean Community Players' <i>The Addams Family</i>
10/10	8 a.m.	McLean 5K
10/10	9 a.m.-1 p.m.	5K Relax & Recover
10/12	9 a.m.-Noon	Touch a Truck
10/13	7-9 p.m.	<i>Treasure Island Reimagined: Jane Hawkins and the Pirate's Gold</i>
10/16	4-10:30 p.m.	OFC Haunted Trip
10/16-18		McLean Community Players' <i>The Addams Family</i>
10/19		Macdonald Performing Arts Scholarship Competition Application Due
10/21	6:30-8:30 p.m.	Foreign Language Film: <i>The Vanishing</i>
10/22	1-2:30 p.m.	Performing Arts Movie: <i>Tea with the Dames</i>
10/23	7-8:30 p.m.	Film Screening: <i>Hollywood Shuffle</i>
10/23	7-9:30 p.m.	OFC 5&6 Grade Party: Monster Mash
10/24	7-8:30 p.m.	<i>Robert Townsend's Living the Shuffle</i>
10/24	6-9 p.m.	OFC 7th & 8th Grade Party: Haunted Masquerade
10/25	2-3:30 p.m.	<i>Borisevich Duo</i>
10/28	6:30 p.m.	MCC Governing Board Meeting
10/31	5-8 p.m.	OFC's Festival of Frights & Trunk or Treat





*Holiday
Gingerbread
House
Decorating*

NOVEMBER

11/2	8 a.m.-6 p.m.	OFC Trip: iFly
11/3	Election Day	Center Closed
11/3	8 a.m.-6 p.m.	OFC School Break Fun
11/4	6:30-8 p.m.	Film Screening: <i>Be Kind, Rewind</i>
11/5	1-4 p.m.	Foreign Language Film: <i>3 Idiots</i>
11/7	9 a.m.-1 p.m.	OFC IGNITE: Gobble Gobble Cooking Demo
11/8	2-3:30 p.m.	<i>The Judy Carmichael Trio</i>
11/11	Veteran's Day	Center Closed
11/13	7-9:30 p.m.	Family Fun Bingo
11/14	10 a.m.-5 p.m.	McLean Antiques Show & Sale, *9 a.m. Muffins & Mimosas
11/15	11 a.m.-4 p.m.	McLean Antiques Show & Sale
11/18	6:30-9:30 p.m.	Foreign Language Film: <i>3 Idiots</i>
11/19	1-2:30 p.m.	Performing Arts Movie: <i>Bathtubs Over Broadway</i>
11/21	10 a.m.-Noon	Holiday Gingerbread House Decorating
11/22	2-3:30 p.m.	<i>Duo Mosaic Piano Duo</i>
11/26-27	Thanksgiving	Center Closed

DECEMBER

12/2	7 p.m.	MCC Governing Board Meeting
12/2	8 p.m.	Macdonald Performing Arts Scholarship Final Competition
12/3	1-3 p.m.	Foreign Language Film: <i>Life Is Beautiful</i>
12/4	7-9:30 p.m.	OFC 5th & 6th Grade Party: Ugly Sweater
12/4-6		McLean Holiday Art & Crafts Festival
12/5	9 a.m.-1 p.m.	OFC IGNITE: 'Tis the Season for Giving & Games
12/11		Light Up McLean Contest Registration Deadline
12/12	10 a.m.-2 p.m.	Mike & Cookies with Santa- two ticket options
12/12	11 a.m.-Noon	<i>The Joyfully Jolly Jamboree</i> (ASL)
12/12	4-5 p.m.	<i>The Joyfully Jolly Jamboree</i>
12/16	6:30-8:30 p.m.	Foreign Language Film: <i>Life Is Beautiful</i>
12/19	7-9 p.m.	Sounds of the Season: <i>A Lil' Maceo Holiday</i>
12/21	8 a.m.-6 p.m.	OFC Trip: ICE! At Gaylord National
12/21-1/3		Light Up McLean Contest Voting
12/22	8 a.m.-6 p.m.	OFC Trip: Dave & Buster's
12/22	1-3:30 p.m.	Performing Arts Movie: <i>Hansel and Gretel</i>
12/23	8 a.m.-6 p.m.	OFC School Break Trip: Activate
12/24-25	Christmas	Center Closed
12/28-30	8 a.m.-6 p.m.	OFC School Break Fun

VOLUNTEER WITH MCC!

Join the fun and support your community by volunteering with the McLean Community Center! Volunteer opportunities are available year-round for a variety of events and roles that match your interests and skills. As an MCC volunteer, you'll meet new people, learn new things, and help create welcoming experiences for everyone. We're excited to have you join us!

Note: Volunteers must be 16+ years old and must be able to lift and carry up to 25 lbs.

UPCOMING MCC VOLUNTEER OPPORTUNITIES AVAILABLE

FALL COMMUNITY PARKING LOT SALE

Saturday, Sept. 12
McLean Community Center
One Shift: 7 a.m.-2 p.m.

HARVEST HAPPENINGS

Saturday, Sept. 26
McLean Community Center
One Shift: 9 a.m.-1 p.m.

McLEAN ARTFEST

Saturday, Oct. 4
McLean Central Park
Three Shift Options:
Saturday, Oct. 3, 1-5 p.m.
Sunday, Oct. 4, 6:30-11 a.m.
Sunday, Oct. 4, 3-7:30 p.m.

ALDEN THEATRE PERFORMANCE USHERING

All Alden Theatre performances
The Alden at McLean Community Center
Timing dependent on performance.

On Thursday, Sept. 3, at 6:30 p.m., join the Alden team for the annual Alden Volunteer Signup Event! Learn about the upcoming season, sign up for shows, and connect with other volunteers.

Scan here or visit
mcleancenter.org/volunteer



Head to our website to learn how to register for each opportunity!



MCC YOUTH AMBASSADOR PROGRAM

The MCC Youth Ambassador Program offers a youth-centered and youth-led approach to provide opportunities for leadership, volunteerism, and marketing and promotion of MCC programs, events, activities, and classes. The Youth Ambassador Program strengthens youth voice, engagement, and empowerment, with support and guidance from MCC staff. Youth Ambassadors meet about once a month, typically on the same evening as MCC Governing Board meetings. Learn more and apply by scanning the QR code.

Application Deadline: Friday, Oct. 9

Eligibility: Must reside in the MCC Tax District and be in high school.

COMMUNITY EVENTS

GOOD SNACKS. GREAT ART.

OFC SNACK & PAINT

Whether you are a beginner or an expert, love snacks, or want to get your hands dirty with some paint, join the Old Firehouse Center (OFC) for our snack and paint night! Led by a professional art teacher, you will be able to create your own masterpiece with your family while having tons of fun doing so. All materials and snacks are included in the fee.

Friday, Sept. 11, 7-9 p.m.

Activity No: 4702.226

DuVal Art Studio at MCC

\$30/\$25 MCC district residents

COMMUNITY DEALS, AUTUMN FEELS

FALL COMMUNITY PARKING LOT SALE

Lighten your load and discover unexpected treasures at our outdoor community sale! With 60+ vendors, you'll find deals, steals, and plenty of fun. Come shop, sell, and enjoy the thrill of the find!

Saturday, Sept. 12, 9 a.m.-1 p.m.

McLean Community Center Parking Lot

Free admission; vendors must register

Adult, All Items

Seller Space Fee: \$60/\$50 MCC district residents

Activity No: 2001.226

Kids' Row

(Children up to 15 years old)

Children's Used Items Only

Children must always be supervised by a parent or guardian.

Seller Space Fee: \$30/\$15 MCC district residents

Activity No: 2002.226

The vendor registration deadline is **Friday, Sept. 4**. Advanced registration required online at mcleancenter.org, or in person or by phone by contacting the MCC Registrar at **703-790-0123** or registrar@mcleancenter.org. Vendor spaces are available on a first-come, first-served basis.

SUMMER'S LAST HURRAH OLD FIREHOUSE BLOCK PARTY

Celebrate the end of the season with the OFC Block Party! This outdoor community celebration brings classic block party energy to downtown McLean with live music, games, activities, food, giveaways and fun for all ages. Gather with friends and neighbors for an afternoon filled with entertainment, laughter and the welcoming spirit that makes McLean such a special community.

Saturday, Sept. 19, 1-4 p.m.

The Old Firehouse Center

Free Admission

19 YEARS OF CONNECTING ART AND COMMUNITY

McLEAN ARTFEST

Join us to celebrate the arts in our community! McLean Artfest, formerly MPAartfest continues its annual tradition, now produced by the McLean Community Center in partnership with McLean Project for the Arts. Located at McLean Central Park, McLean Artfest is a juried festival showcasing over 30 local & regional visual artists from throughout the Mid-Atlantic region. This FREE, one-day fine arts show, sale and festival features contemporary art, Children's Art Walk, children's art tents, gourmet food trucks, a beer and wine garden, interactive art experiences, a live stage with some of the best local musicians in the DC metro area and much more!

Join us, on the first Sunday in October, as we continue the tradition of celebrating creativity, community, and the arts with the 2026 McLean Artfest.

Sunday, Oct. 4, 2026, 10 a.m.-4 p.m.

McLean Central Park

Free Admission

Artist Exhibitors

Be one of the over 30 local & regional visual artists participating in McLean's juried festival. The application is live NOW, and the submission deadline is **July 31, 2026**. McLean Project for the Arts manages the artist exhibitor applications, jury process and artist selection, and artist relations.

Visit our website to apply and for more information about the application please contact Jen Lillis at jlillis@mpaart.org.



FALL INTO FUN!

HARVEST HAPPENINGS

Celebrate the magic of autumn with your family right here at MCC! Harvest Happenings is a festive indoor-outdoor fall celebration filled with seasonal fun for all ages. Enjoy live entertainment, hands-on crafts, interactive games, and visits with friendly animals in the petting zoo. Pick out the perfect pumpkin to decorate and take home. With family-friendly activities and entertainment, and plenty of fall spirit, Harvest Happenings is the perfect way to make warm autumn memories together.

Saturday, Sept 26, 10 a.m.-Noon
McLean Community Center
Free Admission

IN McLEAN, BY McLEAN, FOR McLEAN

THE McLEAN 5K

The McLean 5K Run returns this fall on Saturday, October 10 with a certified course through the heart of McLean. Hosted by the McLean Community Center in support of the McLean Community Foundation, the event welcomes runners of all abilities to enjoy a community-focused race experience.

Last-minute registration will be available during packet pickup on Friday, Oct. 9, at MCC from 9 a.m.-8 p.m., and on race day, Saturday, Oct. 10, from 7-8 a.m. at the event site. Recruit a team of coworkers, neighbors, or friends and register at mclean5k.com.

Saturday, Oct. 10, 2026, 8 a.m.
McLean Square Shopping Center
6631 Old Dominion Drive,
McLean VA 22101
\$40 June 1 through August 31
\$45 Sept. 1 through midnight Oct. 7
\$50 Oct. 9 & 10: Packet pick-up
and RACE DAY!

BIG WHEELS, BIG FUN!

TOUCH A TRUCK

Join us for the event that gives children of all ages the chance to see, touch, and explore some of their favorite vehicles. Worried about the noise? We offer a chance to explore the trucks during our quiet hour from 9-10 a.m.

Monday, Oct. 12, 2026
9-10 a.m. (Quiet Hour)
10 a.m.-Noon
McLean Community Center Parking Lot
Free Admission

FRIGHTS, DELIGHTS & A TREAT-FILLED NIGHT!

OLD FIREHOUSE CENTER'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! Children under 10 must be accompanied by an adult.

Want to host a trunk? Call the OFC staff at **703-448-8336!**

Saturday, October 31, 5-8 p.m.
The Old Firehouse Center
Free Admission

BIG LAUGHS. BIG FUN. BINGO!

FAMILY FUN BINGO

Join us for an evening of fun and prizes at the OFC's Family Fun Bingo Night! Enjoy light refreshments and winners will take their pick of prizes! Registration is required.

Friday, November 13, 7-9:30 p.m.
Activity No: 4703.226
The Old Firehouse Center
\$30/\$20 MCC district residents

GATHER, DECORATE, CELEBRATE

HOLIDAY GINGERBREAD HOUSE DECORATING

Celebrate the holidays with us! Families decorate a gingerbread house to make their own one-of-kind designs. The Old Firehouse will supply a pre-built house, frosting, and toppings along with light refreshments. Price is per gingerbread house.

Please Note: Parent/guardian supervision is required for participants ages 16 years and younger. Products may contain dairy, gluten, eggs, and other allergens. Registration is required.

Saturday, Nov. 21, 10 a.m.-Noon
Activity No 4501.226
McLean Community Center
\$50/\$40 MCC district residents



Left: Family Fun Bingo,
Right: McLean 5K

WHERE HISTORY FINDS A HOME McLEAN ANTIQUES SHOW & SALE

Celebrate a beloved tradition! Whether you're passionate about art, history, discovering hidden treasures, or upcycling, this landmark 50th-anniversary show is not to be missed. Explore an extraordinary selection of fine antiques, art, collectibles, and one-of-a-kind finds from around the world, some that date back to the 18th century! Dozens of reputable dealers gather for this renowned event, showcasing antiques, mid-century pieces, decorative accessories, furniture, silver, jewelry, paintings, prints, vintage clothing, and more. Relax with coffee or enjoy lunch at the onsite café.

Special 50th Anniversary Lecture

Interior designer Josh Hildreth shares tips on incorporating antiques into modern home décor in the Alden Theatre at 10 a.m. on Saturday, Nov. 14.

Saturday, Nov. 14, 10 a.m.-5 p.m.

Sunday, Nov. 15, 11 a.m.-4 p.m.

McLean Community Center

Admission*: \$11; free admission for children 17 or younger.

Saturday Signature Experience Muffins & Mimosas

Enjoy socializing and networking with fellow show-goers at Muffins & Mimosas before the Antiques Show & Sale (must be 21+ to drink). Your ticket also includes early access and signature seating at the special John Hildreth lecture in the Alden Theatre on incorporating antiques into modern home décor.

Saturday, Nov. 14, 9 a.m.

Activity No. 2102.226

Admission*: \$21; pre-registration is required. Payment will be due at the event.

*Admission price is good for both days of event. Take \$1 off with a show postcard or donation of one or more canned food item benefiting SHARE of McLean.

For more information, to see a list of dealers, and to pre-register for the Signature Experience, please visit our website mcleancenter.org/special-events.



SINCE 1982

McLEAN HOLIDAY ART & CRAFTS FESTIVAL

Experience the magic of the holiday season at this exciting three-day indoor juried show, showcasing 80 exceptional regional artisans. For more than four decades, this beloved event has offered truly unique, handcrafted treasures for every budget — from pottery, glass, and jewelry to holiday décor, mixed media, fashion accessories, woodwork, fine art, artisanal foods, soaps, and so much more. Enjoy festive music as you browse and treat yourself to lunch at our cozy onsite café. Come discover the perfect gifts and celebrate the spirit of the season with us!

Show management is provided by the Northern Virginia Handcrafters Guild (NVHG). Founded in 1972, the NVHG, a 501(c)3 non-profit community-based organization, is dedicated to helping artists and craftspeople exhibit and sell their work, promoting the development of arts and crafts in the community and supporting arts and crafts educational activities.

Friday, Dec. 4, 10 a.m.—6 p.m.

Saturday, Dec. 5, 10 a.m.—6 p.m.

Sunday, Dec. 6, 10 a.m.—4 p.m.

McLean Community Center

Admission is \$5; Free for children 12 and under. Good for all three days of the show.



THE SWEETEST VISIT OF THE SEASON

MILK & COOKIES WITH SANTA

Celebrate the holidays with a magical visit to the McLean Community Center! Families have the opportunity to take a festive photo with Santa, write a letter to the North Pole, decorate two sugar cookies and build their very own wintry zoo stuffie to take home.

Choose the experience that's right for your family:

Santa's Workshop Pass

\$60/\$50 MCC district residents

Includes a photo with Santa, one Build-Your-Own Stuffie experience, cookie decorating activity, and a letter to Santa experience. Please register each participant separately; parents/guardians do not need to register.

Please Note: Parent/guardian supervision is required for participants ages 16 years and younger. Products may contain dairy, gluten, eggs, Red Dye 40 and other allergens.

Saturday, Dec. 12, 10 a.m.-12:30 p.m.

Activity No: 4502.226

McLean Community Center

Festive Photo with Santa

\$20/\$15 MCC district residents

Includes a photo with Santa and a letter to Santa experience. Each registration includes one family picture.

Saturday, Dec. 12, 1-2 p.m.

Activity No: 4503.226

McLean Community Center



*Light Up McLean (left)
Winter Block Party (right)*

MAKING McLEAN MERRY & BRIGHT

LIGHT UP McLEAN! HOLIDAY HOUSE DECORATING CONTEST

The Light Up McLean Holiday Decorating Competition 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 winners in the following categories:

1. Best Overall: 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 Dec. 11

Contest and Voting Runs
Dec. 21, 2026-Jan. 3, 2027

Activity No: 4701.226



WELCOMING WINTER WINTER BLOCK PARTY

Step inside the McLean Community Center for a one-of-a-kind Winter Block Party experience! Throughout the building, each room transforms into its own interactive destination featuring unique activities, games, crafts, entertainment and immersive sensory experiences designed for all ages. From cozy s'mores making to hands-on winter fun and festive surprises around every corner, this indoor celebration is the perfect way to gather, explore and make warm winter memories together.

Saturday, January 9, 1-4 p.m.

McLean Community Center

Free Admission

CLASSES YOUTH

NEW

FAMILY EVENTS

NEW

KILIMANJARO CLIMB: FAMILY QUEST

Instructor: Challenge Island

Become a STEAM Team during the Family Engagement event, Kilimanjaro Climb on Believe It or Not Island! Families will learn about Mount Kilimanjaro's five unique climate zones and discover how plants, animals and temperatures change with elevation. Using collaboration, creativity and problem-solving skills, each team will design and build a safe, slow ride from the mountain summit through all five biomes. Families will then decorate and share their creations with the group. This hands-on adventure combines science, engineering, art and fun for all ages. Light refreshments included! All children must be accompanied by an adult. Registration is necessary for all participants

5 years+

Activity No. 1250.226

1 lesson @ 1.5 hrs, \$12/\$10 MCC district residents
F, 10/2 6:30-8 p.m.

NEW

BOO-TIFUL BLOOMS: HALLOWEEN FLOWER ARRANGING

Instructor: Amie Wheeler

Celebrate the season with a festive Pumpkin Flower Decorating class! Families work together to arrange beautiful fall flowers inside a pumpkin, creating a fun, hands on centerpiece to take home. All children must be accompanied by an adult. Registration is necessary for all participants.

4 years+

Activity No. 1251.226

1 lesson @ 2 hrs,
\$10/\$8 MCC district residents
Sa, 10/31 10 a.m.-Noon



CHESS

Instructor: Silver Knights Chess Academy

CHESS CLUB

Learn the game of chess with the nationally recognized Silver Knights Chess Academy! Whether your child is brand new to chess or ready to sharpen advanced skills, this engaging program offers instruction for every experience level. Silver Knights instructors have taught more than 100,000 students- including state and national champions- while creating a fun, supportive environment for beginners. Each class combines interactive lessons with practice games, helping students build strategy, critical thinking, concentration and confidence while having fun with fellow chess enthusiasts.

6-12 years

Activity No. 1252.226

12 lessons @ 1 hr, \$212/\$192 MCC district residents

W, 9/9-12/9 6-7 p.m.

No lesson on 11/11 and 11/25.

CULINARY ARTS

Instructor: Joel Olson

YOUTH KNIFE SKILLS

Empower your child to help with cooking by learning real knife skills that will stay with them as long as they cook. Kids will learn special techniques for cutting onions, carrots, peppers and other fruits and vegetables. They will learn how to paste garlic, mince parsley and make chiffonade of lettuce as well as safely cut French bread. A light meal will be served during class.

8-14 years

Activity No. 1313.226

1 lesson @ 2 hrs, \$59/\$54 MCC district residents

Tu, 10/13 4:15-6:15 p.m.

COOKING MANNERS ETIQUETTE

Sign up now for this highly popular and effective etiquette class. On day one, students prepare a variety of vegetarian dishes, sit and enjoy the rewards of their labor all the while discussing the concepts and rules of manners and etiquette. On day two, students will dine and share a four-course vegetarian meal served to them restaurant style, while the teens' dining etiquette is critiqued by Chef Joel in a lively and productive manner.

8-14 years

Activity No. 1314.226

2 lessons @ 2 hrs, \$118/\$108 MCC district residents

W & Th, 10/14-10/15

4:15-6:15 p.m.



YOUTH TIKI PARTY

On the menu: macadamia hummus with pineapple flatbread; Hawaiian-style teriyaki chicken; pineapple and pepper rice; and yummy, crunchy macadamia tartlets for dessert.

8-14 years

Activity No. 1315.226

1 lesson @ 2 hrs, \$59/\$54 MCC district residents

F, 10/16 4:15-6:15 p.m.

PARENT AND CHILD BREAD BASKET CLASS

On the menu: Wisconsin cheddar and garlic pull-apart rolls; cowboy butter swim biscuits; honeyed buttermilk cornbread muffins; popcorn bread with salted buttered crust.

Parent/guardian and child 6 years+; Both parent/guardian & child must register. Cost is per person.

Activity No. 1316.226

1 lesson @ 2 hrs, \$59/\$54 MCC district residents

Sa, 10/17 10 a.m.-Noon

PARENT AND CHILD FALL BAKING

On the menu: cinnamon streusel pumpkin muffins; butterscotch brownies; cranberry drop cookies with orange glaze; sweet potato and cheddar flatbread.

Parent/guardian and child 6 years+; Both parent/guardian & child must register. Cost is per person.

Activity No. 1317.226

1 lesson @ 2 hrs, \$59/\$54 MCC district residents

Sa, 10/17 12:30-2:30 p.m.

YOUTH BREAD BASKET

Wisconsin cheddar and garlic pull-apart rolls; cowboy butter swim biscuits; honeyed buttermilk cornbread muffins; popcorn bread with salted buttered crust.

8-14 years

Activity No. 1318.226

1 lessons @ 2 hrs, \$59/\$54 MCC district residents

M, 10/19 4:15-6:15 p.m.

Activity No. 1320.226

1 lessons @ 2 hrs, \$59/\$54 MCC district residents

W, 10/21 4:15-6:15 p.m.

YOUTH CUBAN CUISINE

Cuban sandwiches; sopa de polo (Cuban chicken soup); Cuban yellow rice; and torticas de moron (Cuban shortbread cookies) for dessert.

8-14 years

Activity No. 1319.226

1 lessons @ 2 hrs, \$59/\$54 MCC district residents

T, 10/20 4:15-6:15 p.m.

YOUTH IT'S A SMALL WORLD

Peruvian creamy potato and vegetable empanadas with aji verde (vibrant green dipping sauce); Greek kolokithokeftedes (zucchini fritters) with lemon tzatziki sauce; Italian focaccia di recco (cheese-filled flatbreads) with smooth marinara sauce.

8-14 years

Activity No. 1321.226

1 lessons @ 2 hrs, \$59/\$54 MCC district residents

Th, 10/22 4:15-6:15 p.m.

DANCE

Instructor: Art in Motion Dance

NEW

PRE-BALLET

In this beginner ballet level, dancers will learn the fundamentals of classical ballet in a fun and supportive environment. Through structured exercises at the barre and center, students will develop strength, flexibility, coordination, and proper technique. Emphasis will be placed on musicality, posture, and graceful movement while building confidence and a love for dance.

6-7 years

Activity No. 1735.226

9 lessons @1 hr, \$261/\$237 MCC district residents

Sa, 9/19-11/28 10:25-11:25 a.m.

No lesson on 9/26 and 11/14.

NEW

BALLET I

In this beginner ballet level, dancers will learn the fundamentals of classical ballet in a fun and supportive environment. Through structured exercises at the barre and center, students will develop strength, flexibility, coordination, and proper technique. Emphasis will be placed on musicality, posture, and graceful movement while building confidence and a love for dance.

7-9 years

Activity No. 1736.226

9 lessons @1 hr, \$261/\$237 MCC district residents

Sa, 9/19-11/28

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

No lesson on 9/26 and 11/14.

NEW

NEW

HIP HOP DAY DANCE CAMP

Step into the spotlight at our Popstar/Hip Hop Day Dance Camp! Perfect for beginners, this fun-filled camp is designed for kids who love music, movement and performing like stars. Campers will learn basic hip hop and pop choreography while building confidence, rhythm and coordination in a supportive environment. The day also includes themed games, creative activities and time with new friends. Camp concludes with a mini "popstar showcase" where dancers can perform and celebrate everything they've learned. Please send your child with a lunch, snack and water.

5-9 years

Activity No. 1700.226

1 lesson @ 7 hrs, \$84/\$70 MCC district residents

M, 10/12

9 a.m.-4 p.m.

Activity No. 1701.226

1 lesson @ 7 hrs, \$84/\$70 MCC district residents

M, 11/2

9 a.m.-4 p.m.



BALLET, TAP, JAZZ COMBO II

Combination II is an exciting, fast-paced class that combines ballet, tap, and jazz. In this hour-long class, students will further develop their technique, strength, and coordination while learning more advanced steps and choreography in all three styles. The class encourages creativity, musicality, and confidence, helping dancers refine their skills in a fun and supportive environment. This class will be a part of our Annual Christmas Show, Frosty Follies, taking place in The Alden Theater in December. Extra Performance Fees will be due in mid-October.

6-7 years

Activity No. 1702.226

12 lessons @ 1 hr, \$348/\$316 MCC district residents

M, 9/14-11/30

4:30-5:30 p.m.

Activity No. 1703.226

9 lesson @ 1 hr, \$261/\$237 MCC district residents

Sa, 9/19-11/28

12:30-1:30 p.m.

No lesson on 9/26, 11/14

BALLET, TAP, JAZZ COMBO III

Combination III is an intermediate level class that takes ballet, tap, and jazz to the next level. Students will build on their previous skills with more complex choreography, advanced techniques, and increased performance expectations. With a higher level of difficulty, this class prepares dancers for more advanced levels of training and performance opportunities, continuing to foster creativity, discipline, and confidence. This class will be a part of our Annual Christmas Show, Frosty Follies, taking place in The Alden Theater in December. Extra Performance Fees will be due in mid-October.

7-9 years

Activity No. 1704.226

12 lessons @ 1 hr, \$348/\$316 MCC district residents

M, 9/14-11/30

5:30-6:30 p.m.

BALLET, TAP, JAZZ (COMBINATION IV)

Combination IV is a level up for dancers that builds on their foundation of Ballet, tap and jazz with more challenging techniques and choreography. Students will focus on refining their skills, improving strength, flexibility, and musicality, and working on more complex routines. This class will be a part of our Annual Christmas Show, Frosty Follies, taking place in The Alden Theater in December. Extra performance fees will be due in mid-October.

8-10 years

Activity No. 1705.226

12 lessons @ 1 hr, \$348/\$316 MCC district residents
M, 9/14-11/30 6:30-7:30 p.m.



BALLET II

Ballet Level II reinforces the technical foundations established in Level I while introducing greater complexity and control. Students work toward improved turnout, posture, and placement through expanded barre exercises and more detailed center work. Movement sequences become longer and more coordinated, incorporating beginning turns, linking steps, and increased use of ballet terminology. Prerequisite dance training in Ballet I level or equivalent experience is required for this class.

9-11 years

Activity No. 1706.226

12 lessons @ 1 hr, \$348/\$316 MCC district residents
M, 9/14-11/30 4:30-5:30 p.m.

BALLET III

This intermediate ballet class is designed for dancers with prior experience who are ready to refine their technique and artistry. Students will focus on proper alignment, strength, and fluidity through more advanced barre and center work, including turns, jumps, and combinations. Emphasis will be placed on musicality, expression, and building confidence in movement. Dancers will be challenged while continuing to grow in a supportive and inspiring environment. Prerequisite dance training in Ballet II level or equivalent experience is required for this class.

12 years+

Activity No. 1707.226

12 lessons @ 1 hr, \$348/\$316 MCC district residents
M, 9/14-11/30 5:30-6:30 p.m.

BALLET TAP PRE-PRIMARY I

Pre-Primary I is a fun, high-energy class that introduces young dancers to the basics of tap and ballet. This introductory class focuses on developing coordination, rhythm, and balance while exploring basic movements and positions in both styles. With a nurturing and supportive environment, children will build a love for dance through playful exercises and creative movement, setting the foundation for their dance journey!

3-4 years

Activity No. 1708.226

12 lessons @ 45 mins, \$316/\$288 MCC district residents
Tu, 9/8-12/1 10-10:45 a.m.
No lesson on 11/3.

Activity No. 1709.226

9 lessons @ 45 mins, \$237/\$216 MCC district residents
Sa, 9/19-11/28 9:30-10:15 a.m.
No lesson on 9/26 and 11/14.

LYRICAL I

Lyrical I is a movement style driven by emotion, musicality, and storytelling. It blends fluid transitions with sharp accents, using the body to express what words can't. Every phrase is intentional — grounded in technique but shaped by feeling. Students will explore different ways to move their bodies through space using techniques and different music. Prerequisite dance training in Combination V or equivalent experience. New students may have to audition for this class.

9-11 years

Activity No. 1710.326

12 lessons @ 1 hr, \$248/\$316 MCC district residents
Tu, 9/8-12/1 4:30-5:30 p.m.
No lesson on 11/3.

LYRICAL II

Lyrical II is a higher-level movement style driven by emotion, musicality, and storytelling. It blends fluid transitions with sharp accents, using the body to express what words can't. Every phrase is intentional - grounded in technique but shaped by feeling. Students will explore different ways to move their bodies through space using techniques and different music. Prerequisite dance training in Intermediate Company or equivalent experience is required. New students may have to audition for this class.

9-13 years

Activity No. 1711.226

12 lessons @ 1 hr, \$348/\$316 MCC district residents
Tu, 9/8-12/1 7:30-8:30 p.m.
No lesson on 11/3.



HIP-HOP KIDS I

Hip Hop I is a high-energy, fun class that introduces young dancers to the basics of hip hop. With cool moves, upbeat music, and a lively atmosphere, this class is all about self-expression and having fun while building rhythm, coordination, and confidence. Designed for beginners, kids will learn simple, funky hip hop steps while exploring creativity and movement in a supportive, exciting environment. There will be a small fee to participate in the Holiday Hip Hop Music Video that will be due in mid-October.

5-7 years

Activity No. 1712.226

12 lessons @ 1 hr, \$348/\$316 MCC district residents

Tu, 9/8-12/1 4:30-5:30 p.m.

No lesson on 11/3.

HIP-HOP KIDS II

Hip Hop 2 is an energetic and dynamic intermediate-level class for dancers ready to refine their skills and take their hip hop dancing to the next level. This class focuses on more advanced techniques, sharp choreography, and performance quality, while continuing to build strength, flexibility, and musicality. Students will learn complex routines, explore various hip-hop styles, and develop their own unique style of movement. There will be a small fee to participate in the Holiday Hip Hop Music Video that will be due in mid-October.

8-11 years

Activity No. 1713.226

12 lessons @ 1 hr, \$348/\$316 MCC district residents

Tu, 9/8-12/1 5:30-6:30 p.m.

No lesson on 11/3.

HIP-HOP KIDS III

Hip Hop 3 is an advanced class for dancers who are ready to elevate their technique and performance. This class focuses on mastering complex choreography, perfecting sharp and dynamic movements, and enhancing performance quality. Dancers will explore various hip-hop styles, while refining their technique and musicality. This class will be a part of our Annual Christmas Show, Frosty Follies, taking place in The Alden Theater in December. Extra Performance Fees will be due in mid-October.

12 years+

Activity No. 1714.226

12 lessons @ 1 hr, \$348/\$316 MCC district residents

Tu, 9/8-12/1 6:30-7:30 p.m.

No lesson on 11/3.

BALLET & TAP (PRE-PRIMARY II)

Pre-Primary II is an exciting, high-energy class, building on the basics learned in Pre-Primary I. Dancers will refine their tap and ballet skills, focusing on more advanced movements, positions, and coordination. The class emphasizes strength, balance, and rhythm through creative exercises and routines in a nurturing environment.

4-5 years

Activity No. 1715.226

11 lessons @ 45 mins, \$290/\$264 MCC district residents

W, 9/9-12/2 3:30-4:15 p.m.

No lesson on 11/11 and 11/25.

Activity No. 1716.226

9 lessons @ 45 mins, \$237/\$216 MCC district residents

Sa, 9/19-11/28 10:30-11:15 a.m.

No lesson on 9/26 and 11/14.

BALLET & TAP (COMBINATION 1)

Combination I is an energetic, challenging class that combines ballet and tap. Building on the basics, students will learn more complex movements, steps, and rhythms at a faster pace. The focus is on developing strength, flexibility, and coordination while mastering new techniques in both styles.

5-6 years

Activity No. 1717.226

11 lessons @ 45 mins, \$290/\$264 MCC district residents

W, 9/9-12/2 4:30-5:15 p.m.

No lesson on 11/11 and 11/25.

Activity No. 1718.226

9 lessons @ 45 mins, \$237/\$216 MCC district residents

Sa, 9/19-11/28

11:30 a.m.-12:15 p.m.

No lesson on 9/26 and 11/14.

CHEER AND TUMBLING I

This beginning level tumbling/cheer class will focus on students stretching, jumping and learning the beginning skills of tumbling. In addition, students will also be introduced to different aspects of cheerleading. This includes chants, dance, and teamwork. This class is a great way to introduce tumbling, cheering and working together as a team! There will be an additional Uniform Rental Fee if students decide to participate in outside performance opportunities.

5-7 years

Activity No. 1719.226

11 lesson @ 1 hr, \$319/\$290 MCC district residents

W, 9/9-12/2 5:30-6:30 p.m.

No lesson on 11/11 and 11/25.

Continued



Activity No. 1720.226

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

Th, 9/10-11/19 5-6 p.m.

No lesson on 11/12.

CHEER AND TUMBLING II

This intermediate level tumbling/cheer class will focus on students stretching, jumping and learning the intermediate skills of tumbling. In addition, students will also be introduced to different aspects of cheerleading. This includes chants, dance and teamwork. This class is a great way to continue working on tumbling, cheer and working together as a team! Students may need permission from teachers to be placed in this level. There will be an additional Uniform Rental Fee if students decide to participate in the McLean Day and other outside performance opportunities.

8-10 years

Activity No. 1721.226

11 lessons @ 1 hr, \$319/\$290 MCC district residents

W, 9/9-12/2 6:30-7:30 p.m.

No lesson on 11/11 and 11/25.

CHEER AND TUMBLING III

This advanced level tumbling/cheer class will focus on students stretching, jumping and learning the intermediate skills of tumbling. In addition, students will also be introduced to different aspects of cheerleading. This includes chants, dance and teamwork. This class is a great way to continue working on tumbling, cheering and working together as a team!

10-14 years

Activity No. 1722.226

11 lessons @ 1 hr, \$319/\$290 MCC district residents

W, 9/9-12/2 7:30-8:30 p.m.

No lesson on 11/11 and 11/25.

MUSIC THEATER JAZZ I

Musical theatre dance 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. This class will be a part of our Annual Christmas Show, Frosty Follies, taking place in The Alden Theater in December. Extra Performance Fees will be due in mid-October.

8-11 years

Activity No. 1723.226

11 lessons @ 1 hr, \$319/\$290 MCC district residents

W, 9/9-12/2 5:30-6:30 p.m.

No lesson on 11/11 and 11/25.

MUSIC THEATER JAZZ II

Musical theatre dance 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. This class will be a part of our Annual Christmas Show, Frosty Follies, taking place in The Alden Theater in December. Extra Performance Fees will be due in mid-October.

11-13 years

Activity No. 1724.226

11 lessons @ 1 hr, \$319/\$290 MCC district residents

W, 9/9-12/2 6:30-7:30 p.m.

No lesson on 11/11 and 11/25.

MUSIC THEATER JAZZ III

Musical theatre dance 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. This class will be a part of our Annual Christmas Show, Frosty Follies, taking place in The Alden Theater in December. Extra Performance Fees will be due in mid-October.

14 years+

Activity No. 1725.226

11 lessons @ 1 hr, \$319/\$290 MCC district residents

W, 9/9-12/2 7:30-8:30 p.m.

No lesson on 11/11 and 11/25.

FAIRYTALE BALLET

Fairytale Ballet is a high-energy class, introducing ballet basics, terminology, and technique. Through imaginative instruction, young dancers explore movement and storytelling, developing coordination and balance. Each class includes a dress-up session, allowing kids to embrace their favorite fairytale characters. It's a fun and magical way to learn the foundations of ballet while fueling creativity!

3-5 years

Activity No. 1726.226

10 lessons @ 45 mins, \$264/\$240 MCC district residents

Th, 9/10-11/19 3:30-4:15 p.m.

No lesson on 11/12.



It is strongly recommended for the following classes that dancers attend an additional ballet class to elevate technique and improve flexibility and strength. These classes will be a part of our Annual Christmas Show, Frosty Follies, taking place in The Alden Theater in December. Extra Performance Fees will be due mid-October.

BALLET, TAP, JAZZ (COMBINATION V)

Combination V is an advanced intermediate class, where students refine their ballet, tap, and jazz skills with more complex techniques and choreography. The class challenges dancers to improve strength, flexibility, precision, and musicality while focusing on performance quality. This level bridges the gap between beginning and intermediate training, preparing dancers for higher-level classes and continuing to develop their artistry, confidence, and technique.

9-11 years

Activity No. 1728.226

10 lessons @ 1 hr, 30 mins, \$330/\$300
MCC district residents

Th, 9/10-11/19 4:30-6 p.m.

No lesson on 11/12.



JAZZ LYRICAL BEGINNING COMPANY

Beginning Company is a more serious, technically focused class for dancers ready to take their training to the next level. Designed for students with a solid foundation in ballet, tap, jazz, this class emphasizes discipline, intermediate technique, and performance readiness. While the class is more rigorous, it still maintains a fun and supportive atmosphere, allowing dancers to grow in both skill and confidence.

Prerequisite dance training in Combination V level or equivalent experience is required for this class.

10-12 years

Activity No. 1729.226

10 lessons @ 1 hr, 30 mins, \$330/\$300
MCC district residents

Th, 9/10-11/19 6-7:30 p.m.

No lesson on 11/12.

JAZZ LYRICAL INTERMEDIATE COMPANY I

Intermediate Company is an advanced, technique-driven class for dancers ready to push their abilities to the next level. Building on a strong foundation in ballet, tap, jazz, and other styles, this class challenges students with more complex choreography and refined technique. The class fosters discipline, artistic expression, and performance readiness, all within a supportive, high-energy environment.

Prerequisite dance training in Beginning Company level or equivalent experience is required for this class.

11-13 years

Activity No. 1730.226

10 lessons @ 1 hr, 30 mins, \$330/\$300
MCC district residents

Th, 9/10-11/19 6-7:30 p.m.

No lesson on 11/12.

NEW

JAZZ LYRICAL INTERMEDIATE COMPANY II

Intermediate Company II is more advanced, technique-driven class for dancers ready to push their abilities to the next level. Building on a strong foundation in ballet, tap, jazz, and other styles, this class challenges students with more complex choreography, refined technique, and intensive performance preparation. The class fosters discipline, artistic expression, and performance readiness, all within a supportive, high-energy environment.

Prerequisite dance training in Intermediate Company I level or equivalent experience is required for this class.

11-13 years

Activity No. 1731.226

10 lessons @ 1 hr, 30 mins, \$330/\$300
MCC district residents

Th, 9/10-11/19 7:30-9 p.m.

No lesson on 11/12.

JAZZ LYRICAL ADVANCED COMPANY

Advanced Company is a highly demanding class for serious, dedicated dancers who are ready to take their training to an elite level. Designed for students already skilled in ballet, tap, jazz, and other styles, this class focuses on refining advanced techniques, intricate choreography, and professional performance readiness.

14 years+

Activity No. 1732.226

10 lessons @ 1 hr, 30 mins, \$330/\$300
MCC district residents

Th, 9/10-11/19 7:30-9 p.m.

No lesson on 11/12.

ENRICHMENT

ROBO-FUN

Instructor: StemTree

Stemtree's Robotics After School Program uses the wonder and genius of robots to inspire students to learn engineering, apply their knowledge and skills of basic science, model construction, computer programming, and problem solving to explore STEM concepts. This program utilizes instructional time, assessments, and hands-on activities to reinforce key concepts and improve problem-solving skills while having fun. Students who previously attended Stemtree programs will have different activities and continue learning new STEM concepts based on their prior work with us.

5-12 years

Activity No. 1101.226

10 lessons @ 45 mins, \$211/\$192 MCC district residents

M, 9/14-11/16 5-6 p.m.

MATH IN MOTION

Instructor: Washington Center For Learning

Embark on this mathematical journey by transforming everyday chores into exciting math adventures! Kids will explore opportunities to engage with math in meaningful ways through hands-on activities and playful challenges.

4-6 years

Activity No. 1102.226

6 lessons @ 45 mins, \$87/\$79 MCC district residents

Tu, 9/8-10/13 5:15-6 p.m.

NEW

NEW

LITTLE BUILDERS

Little Builders is a playful, creative space where imagination thrives. Children use soft play materials to build, explore, and bring their ideas to life while developing problem solving skills and confidence. Parents/Guardians are required to remain in the room.

1.5-4 years

Activity No. 1103.226

13 lessons @ 45 mins, FREE

W, 9/9-12/9 9-9:45 a.m.

No lesson on 11/11.

Activity No. 1104.226

13 lessons @ 45 mins, FREE

W, 9/9-12/9 10-10:45 a.m.

No lesson on 11/11.

NEW

SLIMETOPIA ISLAND

Instructor: Challenge Island

Dive into an ooey, gooey world of creativity and science in this hands-on slime adventure! Young scientists will create imaginative slimes inspired by fun themes like STEAMbucks Fluffycino, Alice's Unbirthday Cake and Dracula's Blood while exploring simple polymer science and how ingredients transform into stretchy,

squishy creations. Using kid-safe, non-toxic materials and fun sensory add-ins, participants will mix, stretch and experiment their way through a colorful day filled with imagination, discovery and slimy fun. Slime is for play only, not for eating.

5-9 years

Activity No. 1105.226

6 lessons @ 45 mins, \$158/\$144 MCC district residents

Th, 9/17-10/22 5-6 p.m.

NEW

BUILD YOUR OWN CIRCUIT

Instructor: StemTree

Stemtree's Build Your Own Circuit After School Program brings together a wide range of concepts, from electricity to electronics. Children are fascinated by lights and sounds but know little about the circuits and electronics behind them. Students who have attended previous Stemtree programs will have different activities and continue learning new concepts based on their prior work.

5-12 years

Activity No. 1106.2

9 lessons @ 1 hr, \$190/\$172 MCC district residents

Th, 9/17-11/19 5-6 p.m.

No lesson on 11/12.



FITNESS

FUNFIT

Instructor: Matt Swink

Parent/guardian participation is required with children. A fun-filled, full-of-energy active games class, emphasizing songs, creative movements, parachute, balls and loads of active fun! Develops self-confidence, motor skills, coordination, socialization and cooperation and reinforces cognitive learning. Special needs welcome. Children must be able to walk independently to join this class.

Waddler-5 years

Activity No. 1801.226

10 lessons @ 45 mins, \$145/\$132 MCC district residents

W, 9/9-11/18 9:45-10:30 a.m.

No lesson on 11/11.

Activity No. 1802.226

10 lessons @ 45 mins, \$145/\$132 MCC district residents

W, 9/9-11/18 10:35-11:20 a.m.

No lesson on 11/11.

Activity No. 1803.226

10 lessons @ 45 mins, \$145/\$132 MCC district residents

W, 9/9-11/18

11:25 a.m.-12:10 p.m.

No lesson on 11/11.

NEW

KIDS FIT

Instructor: Emily Weeks Fitness

This KidsFit series integrates different fitness techniques into a fun exercise routine that helps children build cardiovascular fitness, along with agility and strength. The class is suitable for all fitness levels and can be used as a supplemental fitness program for all sports.

4-8 years

Activity No. 1660.226

6 lessons @ 50 mins, \$126/\$115 MCC district residents

Sa, 9/19-10/31 10-10:50 a.m.

No lesson on 9/26.

FIRST STRIKE SOCCER

Instructor: JST Athletics

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

2-3 years

Activity No. 1650.226

8 lessons @ 45 mins, \$116/\$105 MCC district residents

Th, 9/10-10/29 9:15-10 a.m.

Activity No. 1651.226

8 lessons @ 45 mins, \$116/\$105 MCC district residents

Th, 9/10-10/29 10-10:45 a.m.

MUSIC

Instructor: Music Together

MUSIC TOGETHER

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

10 months -5 years

Activity No. 1500.226

11 lessons @ 45 mins, \$264/\$245 MCC district residents

M, 9/14-11/30 9:15-10 a.m.

No lesson on 10/12.

Activity No. 1501.226

11 lessons @ 45 mins, \$264/\$245 MCC district residents

M, 9/14-11/30 10:15-11 a.m.

No lesson on 10/12.

Activity No. 1502.226

11 lessons @ 45 mins, \$264/\$245 MCC district residents

M, 9/14-11/30 11:15 a.m.-Noon

No lesson on 10/12.

Activity No. 1503.226

12 lessons @ 45 mins, \$284/\$263 MCC district residents

Tu, 9/8-12/1 9:15-10 a.m.

No lesson on 11/3.

Activity No. 1504.226

12 lessons @ 45 mins, \$284/\$263 MCC district residents

Tu, 9/8-12/1 10:15-11 a.m.

No lesson on 11/3.

Activity No. 1505.226

12 lessons @ 45 mins, \$284/\$263 MCC district residents

Tu, 9/8-12/1 11:15 a.m.-Noon

No lesson on 11/3.

Activity No. 1506.226

12 lessons @ 45 mins, \$284/\$263 MCC district residents

Th, 9/10-12/3 9:15-10 a.m.

No lesson on 11/26.

Activity No. 1507.226

12 lessons @ 45 mins, \$284/\$263 MCC district residents

Th, 9/10-12/3 10:15-11 a.m.

No lesson on 11/26.

Continued

Activity No. 1508.226

12 lessons @ 45 mins, \$284/\$263 MCC district residents

Th, 9/10-12/3 11:15 a.m.-Noon

No lesson on 11/26.

Activity No. 1509.226

11 lessons @ 45 mins, \$264/\$245 MCC district residents

F, 9/11-12/11 9:15-10 a.m.

No lesson on 11/13, 11/27 and 12/4.

Activity No. 1510.226

11 lessons @ 45 mins, \$264/\$245 MCC district residents

F, 9/11-12/11 10:15-11 a.m.

No lesson on 11/13, 11/27 and 12/4.

NEW

MUSIC TOGETHER BABIES ONLY

The Music Together® Babies Only class was created especially for families with infants under ten months old. That's right: it's never too early to start our music classes. Maybe you've noticed that your baby responds when you play a song in the car or sing to soothe him. Babies are naturally musical- and you don't have to be a great singer or dancer to nurture their love of music! In this music class for babies aged 0-10 months, your Music Together® teacher will show you how you can support your baby's musical development through simple and fun activities.

0 Months - 10 Months**Activity No. 1511.226**

11 lessons @ 45 mins, \$264/\$245 MCC district residents

F, 9/11-12/11 11:15- Noon

No lesson on 11/13, 11/27 and 12/4.

NEW

MUSIC TOGETHER JINGLE JAM

Join your favorite Music Together instructor for a special one-time

holiday themed 45-minute music class. Activities will include singing, dancing, and jingling to your favorite holiday music, in the fun-filled and educational way that only Music Together can deliver.

0-5 years**Activity No. 1512.226**

1 lessons @ 45 mins, \$20/\$18 MCC district residents

M, 12/7 9:15-10 a.m.

Activity No. 1513.226

1 lessons @ 45 mins, \$20/\$18 MCC district residents

M, 12/7 10:15-11 a.m.

Activity No. 1514.226

1 lessons @ 45 mins, \$20/\$18 MCC district residents

M, 12/7 11:15 a.m.-Noon

Activity No. 1515.226

1 lessons @ 45 mins, \$20/\$18 MCC district residents

Tu, 12/8 9:15-10 a.m.

Activity No. 1516.226

1 lessons @ 45 mins, \$20/\$18 MCC district residents

Tu, 12/8 10:15-11 a.m.

Activity No. 1517.226

1 lessons @ 45 mins, \$20/\$18 MCC district residents

Tu, 9/8 11:15-Noon

Activity No. 1518.226

1 lessons @ 45 mins, \$20/\$18 MCC district residents

Th, 12/10 9:15-10 a.m.

Activity No. 1519.226

1 lessons @ 45 mins, \$20/\$18 MCC district residents

Th, 12/10 10:15-11 a.m.

Activity No. 1520.226

1 lessons @ 45 mins, \$20/\$18 MCC district residents

Th, 12/10 11:15-Noon

No lesson on 11/2.

THEATER

Instructor: Melissa Richardson

IMPROV FOR KIDS

Improv training is a great way for kids and teens to express themselves and gain confidence. Focusing on creativity and teamwork, students will practice improv fundamentals, such as "yes and," as well as beginner to intermediate short-forms and theatre games. The last day of class will feature a showcase performance of the participants for their families. This class is suitable for both beginners and those who have taken improv classes in the past.

7-9 years**Activity No. 3003.226**

8 lessons @ 1 hr, \$145/\$125 MCC district residents

M, 10/19-12/7 5:30-6:30 p.m.

9-11 years**Activity No. 3004.226**

8 lessons @ 1 hr, \$145/\$125 MCC district residents

M, 10/19-12/7 6:30-7:30 p.m.

11-14 years**Activity No. 3005.226**

8 lessons @ 1 hr, \$145/\$125 MCC district residents

M, 10/19-12/7 7:30-8:30 p.m.



CLASSES ADULTS

COOKING

Instructor: Chef Joel Olson

A CUT ABOVE

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

Activity No. 1322.226

1 lesson @ 3 hrs, \$79/\$72 MCC district residents

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

Activity No. 1323.226

1 lesson @ 3 hrs, \$79/\$72 MCC district residents

Tu, 10/13 7-10 p.m.

INTERNATIONAL FISH & SEAFOOD

Learn all the skills needed to prepare great fish dishes. Chef Joel will cover selecting good fish, different types of fish for different dishes; how to best cook a wide variety of fish, and more.

Activity No. 1324.226

1 lesson @ 3 hrs, \$79/\$72 MCC district residents

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

Activity No. 1325.226

1 lesson @ 3 hrs, \$79/\$72 MCC district residents

W, 10/14 7-10 p.m.

¡BUEN PROVECHO! SPANISH CUISINE

Enjoy a meal of Spanish delicacies! Patatas bravas (crispy-fried potatoes with smoky salsa brava); gambas al ajillo (garlic shrimp); pan con tomate (toasted country bread slathered with a tomato and olive oil puree); eggplant, tomato & zucchini paella; and delicious, fluffy magdalenas (lemony cupcakes) for dessert.

Activity No. 1326.226

1 lesson @ 3 hrs, \$79/\$72 MCC district residents

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

Activity No. 1327.226

1 lesson @ 3 hrs, \$79/\$72 MCC district residents

Th, 10/15 7-10 p.m.

HAWAIIAN TIKI PARTY

Enjoy the tropical flavors of Hawaii in this fun class. On the menu: macadamia hummus with pineapple flatbread; tangy Hawaiian gazpacho; Hawaiian-style teriyaki chicken; Hawaiian food truck garlic shrimp; pineapple and pepper rice; and yummy, crunchy macadamia tartlets for dessert.

Activity No. 1328.226

1 lesson @ 3 hrs, \$79/\$72 MCC district residents

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

Activity No. 1329.226

1 lesson @ 3 hrs, \$79/\$72 MCC district residents

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

ITALIAN SUNDAY DINNER

Italian focaccia di recco (cheese-filled flatbread); eggplant and mushroom bolognese sauce; sweet Italian sausage meatballs with parmesan bucatini; broccoli salad with chickpeas, olives & provolone; and tiramisu tartlets for dessert.

Activity No. 1330.226

1 lesson @ 3 hrs, \$79/\$72 MCC district residents

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

Activity No. 1331.226

1 lesson @ 3 hrs, \$79/\$72 MCC district residents

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

DINING IN MONACO

Barbagiuàns (the national dish of Monaco -- delicate pastries filled with swiss chard and ricotta); lamb mince kebabs with caramelized onions, herbed mayonnaise & goat cheese (classic monégasque flavors); parmesan gnocchi with mixed mushroom ragout; le salad Monte Carlo (crisp romaine lettuce, tomato, mushroom and hearts of palm with a light vinaigrette); and delicious, delicate orange blossom cookies for dessert.

Activity No. 1332.226

1 lesson @ 3 hrs, \$79/\$72 MCC district residents

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

Activity No. 1333.225

1 lesson @ 3 hrs, \$79/\$72 MCC district residents

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

DINING IN HAVANA

Croquetas de jamón (ham croquettes) with mojo Cubano (orange-glazed onion relish); camarones al ajillo (garlic shrimp); cilantro and lime sauce; Cuban yellow rice; pan-grilled zucchini with smoked paprika butter and queso fresco; and tortitas de moron (Cuban shortbread cookies) for dessert.

Activity No. 1334.226

1 lesson @ 3 hrs, \$79/\$72 MCC district residents

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

Activity No. 1335.226

1 lesson @ 3 hrs, \$79/\$72 MCC district residents

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



TASTE OF OKTOBERFEST

It is never too late to enjoy the spirit and flavors of Ocktoberfest! Bratwurst and sauerkraut egg rolls; reuben dipping sauce; German potato & cheese soup; crispy bratwurst croutons; grilled bratwurst sliders with ale-braised shallots and aged WI cheddar; schupfnudeln; and delicious German chocolate and cherry cookies for dessert.

Activity No. 1336.226

1 lesson @ 3 hrs, \$79/\$72 MCC district residents

W, 10/21 10:30 a.m.-1:30 p.m.

Activity No. 1337.226

1 lesson @ 3 hrs, \$79/\$72 MCC district residents

W, 10/21 7 p.m.-10 p.m.

IT'S A SMALL WORLD

Swedish smoked salmon & potato croquettes with lemon dill sauce; Pakistani alloo kay kebabs (potato patties) with carrot and cumin tzatziki sauce; Persian muhammara (vibrant red pepper & walnut dip) with za'atar flatbread; Italian goat cheese and parmesan zucchini involtini with roasted tomato sauce; Japanese mixed mushroom & white miso tartlets; and Greek honey-whipped feta with cucumber and tomato.

Activity No. 1338.226

1 lesson @ 3 hrs, \$79/\$72 MCC district residents

Th, 10/22 10:30 a.m.-1:30 p.m.

Activity No. 1339.226

1 lesson @ 3 hrs, \$79/\$72 MCC district residents

Th, 10/22 7 p.m.-10 p.m.

ADULT DANCE

LINE DANCING

Instructor: JST Athletics

This fun and exciting class combines low, moderate and high-energy dance routines from different decades. No experience or partner necessary.

Activity No. 1654.226

10 lessons @ 55 mins, \$145/\$132 MCC district residents

M, 9/14-12/7 12:30-1:25 p.m.

No lesson on 10/12, 11/2 and 11/9.

Activity No. 1655.226

10 lessons @ 55 mins, \$145/\$132 MCC district residents

M, 9/14-12/7 1:45-2:40 p.m.

No lesson on 10/12, 11/2, and 11/9.

BALLROOM DANCE I

Instructor: Art in Motion Dance

This class introduces brand new dancers to traditional American ballroom dance basics. Dancers will learn foundational footwork, lead and follow, proper dance position and musicality in the Foxtrot, Waltz, Tango, Cha-Cha, Swing and more! With over 20 years' experience in the performing arts, instructors Jeff Virchow and JoJo DiPaolo lead simple yet exciting lessons as they draw from their theater and dance backgrounds, spanning from Broadway to Disney to "Dancing with the Stars." Come join the fun!

Activity No. 1733.226

12 lessons @ 1 hr, \$348/\$316 MCC district residents

M, 9/14-11/30 6:30-7:30 p.m.

BALLROOM DANCE II

Instructor: Art in Motion Dance

For dancers that have taken our beginner introductory class, or those that have equivalent experience. This class will build upon the basics to develop confidence, rhythm and styling, and to offer more advanced patterns for the social dancer. Dances include Foxtrot, Waltz, Tango, Cha-Cha, Swing and more! With over 20 years' experience in the performing arts, instructors Jeff Virchow and JoJo DiPaolo lead simple yet exciting lessons as they draw from their theater and dance backgrounds, spanning from Broadway to Disney to "Dancing with the Stars." Come join the fun!

Activity No. 1734.226

12 lessons @ 1 hr, \$348/\$316 MCC district residents

M, 9/14-11/30 7:45-8:45 p.m.

ADULT FITNESS & WELLNESS

BARRE

Instructor: JST Athletics

Barre training is the hottest new fitness class for a balanced, agile and strong body. This class combines ballet-inspired moves with other elements of dance and creative movement, helping you move through daily life with less effort and more confidence. Classes will incorporate a ballet barre and small equipment, using traditional dance moves alongside classical ballet positions and stretches.

Activity No. 1656.226

10 lessons @ 55 mins, \$145/\$132 MCC district residents

M, 9/14-12/7 11-11:55 a.m.

No lesson on 10/12, 11/2 and 11/9.

NEW

STRETCH CLASS

Instructor: JST Athletics

This class focuses on improving flexibility, balance, and posture through a mix of standing and mat exercises. Led by an instructor with over 25 years of experience in fitness and physical therapy settings, the program helps enhance mobility, reduce injury risk, and support healthy movement. Please bring a mat.

Activity No. 1657.226

8 lessons @ 55 mins, \$116/\$105 MCC district residents

S, 9/19-11/28 9:15-10:10 a.m.

No lesson on 9/26, 10/10 and 11/14.

PILATES PLUS

Instructor: Emily Weeks Fitness

Need to get in a quick all-body workout? This is the perfect class for you! This challenging Pilates mat series focuses on building awareness of your body, enhancing strength and flexibility and improving balance and core stability. Through high-rep exercises and using basic props and your own body weight, you will become more toned and build muscle strength.

Activity No. 1661.226

13 lessons @ 55 mins, \$273/\$247 MCC district residents

M, 9/14- 12/7 7:40-8:30 p.m.

NEW

MOBILE BOOTCAMP

Instructor: NOTA Fitness

Bring the energy straight to you with NOTACamp, our mobile bootcamp powered by the NOTA Mobile Wellness Trailer and its state-of-the-art equipment. This high impact session delivers a full-body workout blending strength training and heart-pumping cardio, all in a fun, supportive environment that meets participants right where they are. It's fitness on wheels: bold, dynamic, and guaranteed to get you moving.

Activity No. 1662.226

8 lessons @ 55 mins, \$126/\$115 MCC district residents

Th, 9/10- 10/29 6-7 p.m.

CARDIO, STRENGTH & BALANCE

Instructor: BodyMoves Fitness, LLC

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

Activity No. 1850.226

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

M, 9/14-12/7

11:30 a.m.-12:25 p.m.

No lesson on 10/12.

BODY SCULPT

Instructor: BodyMoves Fitness, LLC

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

Activity No. 1851.226

13 lessons @ 55 mins, \$205/\$187 MCC district residents

Tu, 9/8-12/8 10:15-11:10 a.m.

No lesson on 11/3.

Activity No. 1852.226

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

F, 9/11-12/11

11:45 a.m.-12:40 p.m.

No lesson on 11/13, 11/27 and 12/4.



TAI CHI I

Instructor: BodyMoves Fitness, LLC

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

Activity No. 1853.226

13 lessons @ 55 mins, \$205/\$187 MCC district residents

Tu, 9/8-12/8 12:30-1:25 p.m.

No lesson on 11/3.

TAI CHI II

Instructor: BodyMoves Fitness, LLC

Prerequisite: Several sessions of Tai Chi-I. Tai Chi II refines and brings closer attention to the movement patterns introduced in Tai Chi I while participants work to further develop and balance chi internally. Please wear loose, comfortable clothing and soft-soled shoes.

Activity No. 1854.226

13 lessons @ 55 mins, \$205/\$187 MCC district residents

Tu, 9/8-12/8

11:30 a.m.-12:25 p.m.

No lesson on 11/3.

ZUMBA

Instructor: BodyMoves Fitness, LLC

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.

Activity No. 1855.226

13 lessons @ 55 mins, \$205/\$187 MCC district residents

Tu, 9/8-12/8 5:40-6:35 p.m.

No lesson on 11/3.

ZUMBA GOLD®

Instructor: BodyMoves Fitness, LLC.

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

Activity No. 1856.226

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

W, 9/9-12/9 10:15-11:10 a.m.

No lesson on 11/11 and 11/25.

YOGA SCULPT & STRENGTH

Instructor: BodyMoves Fitness, LLC

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.

Activity No. 1857.226

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

W, 9/9-12/9

11:30 a.m.-12:25 p.m.

No lesson on 11/11 and 11/25.

TOTAL FIT VIRTUAL

Instructor: BodyMoves Fitness, LLC

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.

Activity No. 1858.226

13 lessons @ 55 mins, \$205/\$187 MCC district residents

Th, 9/10-12/10 9:15-10:10 a.m.

No lesson on 11/26.

GENTLE YOGA FITNESS

Instructor: Body Moves Fitness, LCC

Enjoy increased flexibility, strength, balance and energy as you challenge yourself, while respecting and honoring your body. You will need a yoga mat, strap, two blocks, and optionally a yoga blanket or towel.

Activity No. 1859.226

13 lessons @ 55 mins, \$205/\$187 MCC district residents

Th, 9/10-12/10

11:30 a.m.-12:25 p.m.

No lesson on 11/26.

QIGONG

Instructor: Body Moves Fitness, LCC

Qigong or “energy work” employs gentle, accessible movements for the entire body to build stamina, prevent muscular pain, promote joint mobility, and rejuvenate the body’s internal organs, enhancing physical and emotional vitality. Please wear soft-soled shoes and comfortable clothing.

Activity No. 1860.226

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

F, 9/11-12/11 10:15-11:10 a.m.

No lesson on 11/13, 11/27 and 12/4.

SOUND SESSIONS

Instructor: Bohra Bae

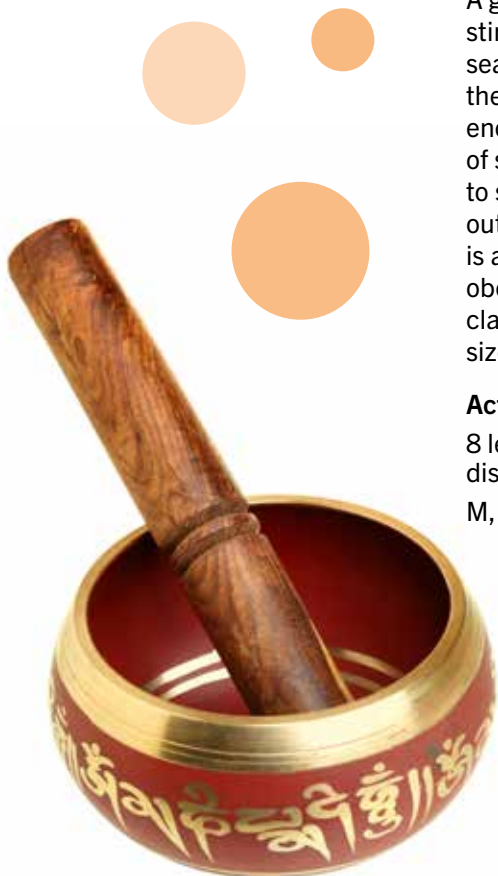
Sound sessions (also known as sound baths) offer a gentle journey into deep relaxation and inner healing. Using specialized instruments including crystal bowls, chimes, and drums, these calming sessions create frequencies that resonate through your body and mind, helping to release tension and stress. Please bring a yoga mat to lie down or sit on. A blanket, pillow, and anything else that will help you feel comfortable in a lying down or sitting position are recommended as well.

Activity No. 1000.226

6 lessons @ 1hr, \$180/\$150 MCC district residents
F, 9/11-10/16 1:30-2:30 p.m.

Activity No. 1001.226

6 lessons @ 1 hr, \$180/\$150 MCC district residents
Su, 9/6-10/25 3-4 p.m.
No lesson on 10/4 and 10/11.



DOG OBEDIENCE

Instructor: Dog Solve

BASIC DOG OBEDIENCE

This basic obedience course is for dogs over the age of six months who have no prior obedience training. Topics of instruction will include heeling on leash, come/recall command, down, sit and stay commands. Situational training related to real life situations will be encompassed in this training. Behavior-related problem-solving methods will be addressed, as well.

Activity No. 1450.226

8 lessons @ 1 hr, \$126/\$115 MCC district residents
M, 9/14-11/2 6:25-7:25 p.m.

K9 NOSE WORK

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 solve problems as an outlet for their love of hunting. This is a low-impact class with no prior obedience or training required. The class is perfect for all dogs of any age, size and personality.

Activity No. 1451.226

8 lessons @ 1 hr, \$126/\$115 MCC district residents
M, 9/14-11/2 7:30-8:30 p.m.

SAFETY

Instructor: Respond and Rescue

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 adult and children.

Activity No. 1488.226

1 lesson @ 3 hrs, \$102/\$82 MCC district residents
Su, 9/27 1-4 p.m.

WORKSHOPS

EDUCATIONAL SAVINGS

Instructor: Clover Leaf Wealth Strategies

Planning for education costs can feel overwhelming, but the right strategies can make it manageable and empowering. In this one-hour seminar, explore effective ways to save for education for young children, teens approaching college and individuals with disabilities who may have unique planning needs. Learn about 529 plans, ABLE accounts, custodial accounts, tax advantages and contribution strategies, while discovering how to align savings with broader financial goals. Participants will leave with practical insights and greater confidence in preparing for future education expenses.

Activity No. 1481.226

1 lesson @ 1 hr, Free; registration is required.
Tu, 9/8 6-7 p.m.

MONTHLY COMMUNITY MENTAL HEALTH CHAT SERIES

In Partnership with the Safe Community Coalition

Join us for these free information sessions that are designed specifically for parents and caregivers to gain professional insights, share experiences, and build a toolkit for supporting your family's well-being. Come for the expertise, stay for the connection.

BEYOND BACK-TO-SCHOOL: NAVIGATING ANXIETY, ROUTINES, AND SCHOOL AVOIDANCE

The shift from summer freedom to the school-year routine can be challenging for the whole family. Join us for a supportive community discussion on managing back-to-school anxiety, creating routines that work and maintaining peace of mind as a parent. Gain practical tools to help your family transition into the new school year with confidence. Facilitators: Carey Hitchcock, LC SW and Becky Kohm, M.A.T., Ed. S.

Thursday, Sept. 10, 7-8:30 p.m.
McLean Community Center

FROM EYE-ROLLS TO HEART-TO- HEARTS: CONNECTING WITH YOUR CHILD & TEEN THROUGH EFFECTIVE COMMUNICATION

This discussion offers practical, evidence-based communication skills to bridge the gap between parents and their children/teens. Parents will learn how to shift from lecturing to active listening, navigate challenging conversations, and use techniques to build connection and trust. Facilitators: Melissa Sporn, Ph. D. and Alexis Guerrero, LC SW.

Thursday, Oct. 8, 7-8:30 p.m.
McLean Community Center

SELF-ESTEEM AND EXECUTIVE FUNCTIONING SKILLS: BREAKING THE CYCLE OF SHAME AND STRESS

Does your child struggle to stay organized, start tasks or manage homework? Join us to explore how strengthening executive functioning skills can build confidence, improve self-esteem and reduce family stress. Ideal for parents of school-aged children and teens who seem bright but overwhelmed or scattered. Facilitators: Robyne Davis, MA, LPC and Becky Kohm, M.A.T., Ed. S.

Thursday, Nov. 19, 7-8:30 p.m.
McLean Community Center

NEW

SELF DEFENSE

Instructor: NOTA Fitness

Feel empowered with practical, confidence boosting skills to stay safe in real world situations. This engaging, hands-on session teaches participants how to stay aware, set boundaries, and defend themselves effectively if confronted or attacked. It's an empowering blend of technique, mindset, and real-life application that leaves everyone feeling stronger, safer, and more prepared.

Activity No. 1664.226

3 lessons @ 60 mins, \$47/\$43 MCC district resident

Su, 9/13-9/27 1-2 p.m.

NEW

DIABETES CARE ESSENTIALS: A MEDICAL TEAM

Instructor: The Medical Team

This class provides an overview of diabetes management through a collaborative medical team approach. Participants will learn the fundamentals of diabetes care, including monitoring, medication management, lifestyle considerations, and patient education strategies.

Activity No. 1493.226

1 lesson @ 1 hr, Free; registration is required.

W, 9/16 6-7 p.m.





CHRONIC DISEASE WORKSHOP

Instructor: ElderLink INOVA

Live Well, Virginia! is a 6-workshop series created to promote action planning for healthy well-being and self-management of one's chronic disease.

Activity No. 1492.226

6 lessons @ 2 hrs, Free; registration is required.

F, 9/18-10/23 10 a.m.-Noon

NEW

RIGHT PLANT, RIGHT PLACE

Instructor: Wheats

Joshua Dean is a landscape designer with more than 20 years of experience creating site-specific residential gardens. Trained at George Washington University and now designing with Wheat's Landscape Design + Construction, his award-winning work has been featured on Ask This Old House and Curb Appeal. In this session, he will discuss the principles of "Right Plant, Right Place" and how to apply them in your own landscape.

Activity No. 1484.226

1 lesson @ 1 hr, Free; registration is required.

W, 9/23 6-7 p.m.

NEW

MEOWTOWN @ MCC

Instructor: MeowTown Cat Cafe

Join us for a fun and informative class with Meowtown of McLean. The organization will speak about their mission and explain how the adoption process works. Participants will have the chance to ask questions, learn how to get involved, and take home some purr-fectly themed cat giveaways!

Activity No. 1490.226

1 lesson @ 1 hr, Free; registration is required.

Th, 9/24 6-7 p.m.

NEW

FEED YOUR BRAIN

Instructor: INOVA

This seminar explores dietary patterns that support brain health, including the Mediterranean and MIND diets. Participants learn practical ways to incorporate brain-boosting foods into everyday meals and support long-term cognitive health.

Activity No. 1485.226

1 lesson @ 1 hr, Free; registration is required.

W, 9/30 6-7 p.m.

PLANNING FOR RETIREMENT

Instructor: Clover Leaf Wealth Strategies

This seminar provides a comprehensive guide to planning your ideal retirement. Whether you're just starting to save or nearing retirement, this session will help you understand key strategies for building and managing your retirement nest egg. Topics include determining your retirement goals, understanding investment options, maximizing employer-sponsored plans and IRAs, managing debt, and protecting your savings. You'll also learn how to evaluate risks, plan for healthcare

costs, and create a sustainable income stream. Join us to gain clarity on your financial future and take actionable steps toward a secure and fulfilling retirement.

Activity No. 1482.226

1 lesson @ 1 hr, Free; registration is required.

Tu, 10/6 6-7 p.m.

NEW

STRESS MANAGEMENT

Instructor: INOVA

A very practical session that helps participants recognize sources of stress, understand how stress impacts the body, and learn simple techniques they can apply in daily life to better manage it.

Activity No. 1486.226

1 lesson @ 1 hr, Free; registration is required.

W, 10/7 6-7 p.m.

NEW

LIVER HEALTH

Instructor: Medstar Gastroenterology

The liver plays a crucial role in detoxifying the body, processing nutrients, and supporting overall metabolic health. When the liver becomes inflamed or damaged, it can lead to symptoms such as fatigue, abdominal discomfort, jaundice, and changes in appetite. The purpose of this presentation is to educate the community about liver health and help individuals recognize early warning signs and seek appropriate care. We will also touch on lifestyle modifications and management options.

Activity No. 1487.226

1 lesson @ 1 hr, Free; registration is required.

W, 10/21 6-7 p.m.

NEW

LITHIUM-ION BATTERY

Instructor: Fairfax Fire and Rescue

Lithium ion batteries power everyday devices, but they also require safe handling. Fairfax County Fire and Rescue will lead this workshop, giving a quick overview of how these batteries work, their benefits, key safety tips, and proper disposal practices.

Activity No. 1494.226

1 lesson @ 1 hr, Free; registration is required.

W, 10/28 6-7 p.m.

LIFE, DISABILITY, AND LTC INSURANCE

Instructor: Clover Leaf Wealth Strategies

Life is unpredictable, but your financial security doesn't have to be. In this engaging seminar, learn the essentials of life, disability and long-term care insurance and how each type of coverage can protect your income, family and future. Participants will explore ways to identify coverage gaps, avoid common pitfalls and build a coordinated protection plan that supports long-term goals, especially when caring for or planning for a loved one with disabilities. Leave with practical knowledge, greater confidence and actionable steps to help safeguard what matters most.

Activity No. 1483.226

1 lesson @1 hr, Free; registration is required.

Tu, 11/17 6-7 p.m.

NEW

VIRTUAL CHOCOLATE TASTING

Instructor: Barometer Chocolate

Over the course of this immersive two-hour workshop, learn about the artistry behind transforming cacao beans into fine chocolate while cultivating your own refined approach to flavor appreciation and profiling. Chocolates from the class are from Latin and South America, West Africa, and Vietnam!

Don't forget to pick your chocolate preference when registering!

Activity No. 1491.226

1 lesson @ 2 hrs \$52/\$48 MCC District Resident

Th, 10/29 6-8 p.m.

GERD: UNDERSTANDING ACID REFLEX

Instructor: Medstar Gastroenterology

Gastroesophageal Reflux Disease (GERD) is a chronic digestive condition affecting an estimated 20% of adults. GERD occurs when stomach acid or bile flows back into the esophagus, causing symptoms such as heartburn, regurgitation, chest pain and difficulty swallowing. This presentation will educate the community about GERD, help individuals recognize symptoms early and encourage appropriate treatment. Participants will also learn about lifestyle modifications and management options that can help reduce symptoms and improve quality of life.

Activity No. 1489.226

1 lesson @1 hr, Free; registration is required.

W, 11/4 6-7 p.m.



SENIORS IN ACTION

Come be a member of Seniors in Action (SIA)! SIA is a recreation program created for independent adults age 50+. Enjoy a wide variety of enriching activities that spark connection, build friendship and foster a vibrant sense of community. Classes and offerings are all held at McLean Community Center, unless otherwise communicated.

While membership is free, some activities may have a small fee. Discover all that SIA has to offer and be part of the action today!

Questions or want updates? Please contact Grace Britten at grace.britten@fairfaxcounty.gov or **703-744-9359**.

SIA COST-ASSOCIATED ACTIVITIES

SAIL (STAY ACTIVE AND INDEPENDENT FOR LIFE)

Stay Active and Independent for Life (SAIL) is an evidence-based strength, balance, and fitness program for adults 50 and older. In 60 minutes, SAIL provides exercises to help improve balance, flexibility, strength (using both dumbbells and leg weights) and cardio.



MONDAY

12 lessons @ 1 hr, \$50/\$42
MCC district residents
M, 9/14-12/7

No lesson on 10/12.

SAIL with Galeet: 9-10 a.m.
Activity No. 9001.226

SAIL with Sara: 10-11 a.m.
Activity No. 9002.226

TUESDAY

13 lessons @ 1 hr, \$54/\$45
MCC district residents
Tu, 9/8-12/8

No lesson on 11/3.

SAIL with Sara: 9-10 a.m.
Activity No. 9003.226

THURSDAY

13 lessons @ 1 hr, \$54/\$45
MCC district residents
Th, 9/10-12/10

No lesson on 11/26.

SAIL with Galeet: 9-10 a.m.
Activity No. 9004.226

SAIL with Galeet:
10-11 a.m.
Activity No. 9005.226

FRIDAY

11 lessons @ 1 hr, \$45/\$38
MCC district residents
F, 9/11-12/11

No lessons on 11/13, 11/27, and 12/4.

SAIL with Amy: 9-10 a.m.
Activity No. 9006.226

SAIL with Galeet: 9-10 a.m.
Activity No. 9007.226

SAIL with Amy: 10-11 a.m.
Activity No. 9008.226



4EVER FIT

4Ever Fit is a variety-filled fitness class for active adults 50 and over, incorporating strength, balance, flexibility, and cardio. Classes are designed with creative modifications for various skill levels.

MONDAY

Activity No. 9009.226

10 lessons @ 55 mins, \$54/\$45 MCC district residents

M, 9/14-12/7

9:30-10:25 a.m.

No lessons on 10/12, 11/2, and 11/9.

WEDNESDAY

Activity No. 9010.226

10 lessons @ 55 mins, \$54/\$45 MCC district residents

W, 9/16-12/9

9-9:55 a.m.

No lessons on 10/14, 11/4, and 11/11.

SIA LINE DANCING

This fun and exciting class combines low, moderate and high energy dance routines from different decades. No experience or partner necessary!

Activity No. 9011.226

4 lessons @ 1 hr, \$20/\$24 MCC district residents

M, 10/5, 10/19, 11/2, and 11/16

3-4 p.m.

BEGINNER BRIDGE LEVEL I COURSE

This course covers introductory Standard American bridge. This is a fun, social way to develop and enhance brain fitness. Curriculum is derived from the beginner ACBL textbook *Bidding in the 21st Century* by Audrey Grant (Author) and Betty Starzec (Contributor). Participants should gain a foundation in the fundamentals of beginner bridge.

Activity No. 9042.226

8 lessons @ 2 hrs, \$48/\$40 MCC district residents

M, 9/14-11/16 12:30-2:30 p.m.

No lesson on 9/21 and 10/12.

BEGINNER BRIDGE LEVEL II COURSE

This is a course primarily for advancing beginner bridge students. Designed for those who have either taken the course in beginner bridge or roughly know how to play and want to improve their game. There is no textbook. The course will focus first on what it means to play "Standard American" or "SAYC" bridge. Then will explore some basic bridge conventions to improve bidding skills and communication with a partner. As time permits, this course will include supervised bridge play.

Activity No. 9043.226

8 lessons @ 2 hrs, \$48/\$40 MCC district residents

T, 9/8-11/10 12:30-2:30 p.m.

No lessons on 10/13 and 11/3.

BRIDGE WORKSHOPS

A refresher offering for bridge players who wish to ask questions, brush up on the game, and connect with other bridge enthusiasts. This workshop is beneficial to those who are already confident social players of Standard American Bridge.

Activity No. 9044.226

1 lesson @ 2 hours, \$6/\$5 MCC district residents

M, 11/23 12:30-2:30 p.m.

Activity No. 9045.226

1 lesson @ 2 hours, \$6/\$5 MCC district residents

T, 11/17 12:30-2:30 p.m.

BEGINNER CONVERSATIONAL SPANISH: LEVEL I

Instructor: Critical Learning Center

These introductory beginner conversational lessons are designed to meet the needs of individuals who are interested in learning a foreign language in a more flexible and relaxed setting. The beginner lessons are designed for students who are at the same level and have the same interests.

Activity No. 9054.226

7 lessons @ 1.5 hrs, \$42/\$35 MCC district residents

F, 9/11-10/23 1:30-3 p.m.



SIA TRIPS

Explore the DC area with fellow SIA members! Local trips are arranged monthly and are shared via the SIA weekly newsletter. Email grace.britten@fairfaxcounty.gov to receive updates. SIA trip costs include transportation, meal, and entry tickets as applicable. A bus will be provided to and from McLean Community Center to the trip location. Upon registration, members will receive additional information and ongoing updates regarding the itinerary, menu options, and maps/location information.

Inclement Weather: In the event of inclement weather, depending on the availability and policies of the site visit location, the trip will be canceled/refunded, rescheduled, or moved to an indoor alternative.

Accessibility: For specific questions, concerns, or requests regarding accessibility/accommodations to ensure you have an enjoyable visit, email grace.britten@fairfaxcounty.gov.

LIBRARY OF CONGRESS, WASHINGTON D.C.

Accessibility Considerations: Visiting the Library of Congress involves navigating to and from the bus at the Community Center and the drop-off location. The bus route to/from the site is typically less than 1 hour, traffic dependent. There may be up to .5 miles of traversing to and from the bus to the Library of Congress. Nearly all this visit should take place on flat, stable surfaces.

Activity No. 9065.226

\$46/\$42 MCC district residents
W, 9/16 8 a.m.-4 p.m.

NATIONAL CATHEDRAL GARDEN TOUR, WASHINGTON D.C.

Accessibility Considerations: Visiting the National Cathedral Gardens entails navigating to and from the bus at the Community Center and the drop-off location. The bus route to/from the site is typically less than 1 hour, traffic dependent. There may be up to .25 miles of traversing to and from the bus to the Cathedral Gardens. It takes approximately 45 minutes of walking to tour the whole gardens, with additional time standing and observing the scenery and flowers. The tour covers some uneven ground such as grass, dirt, gentle slopes, and stone pavers.

Activity No. 9066.226

\$46/\$42 MCC district residents.
W, 9/30 8 a.m.-4 p.m.

HILLWOOD MUSEUM, WASHINGTON, D.C.

Accessibility Considerations: Visiting Hillwood Museum entails navigating to and from the bus at the Community Center and the drop-off location. The bus route to/from the site is usually less than 1 hour, traffic dependent. There may be up to .15 miles of traveling to and from the bus to the site. It takes approximately 1 hour of travel to view the house, guided by a docent. A secondary, optional tour of the gardens will follow this house tour, and this is also 1 hour of navigation. There are benches in all areas, and all areas are wheelchair accessible with the exception of the greenhouse, French parterre, Japanese-style garden, pavilion, Marjorie Post's bedroom suite, and second floor gallery with entail stairs.

Activity No. 9067.226

\$46/\$42 MCC district residents
W, 10/14 8 a.m.-5 p.m.

SIA CLUBS

No registration is required for clubs; they are open to all SIA members! For information about upcoming club meeting dates and to connect to other club members, please contact grace.britten@fairfaxcounty.gov.

STITCH CLUB

10:30 a.m. -12:30 p.m.
W, 9/9, 10/14, 11/18, 12/9

GARDEN CLUB

Noon-1:30 p.m.
F, 9/18, 10/9, 11/20

TRAVEL DISCUSSION CLUB

11 a.m.-12:30 p.m.
M, 9/28, 10/26, 11/30, 12/21

BOOK CLUB

10-11:30 a.m.
T, 9/8, 10/13, 11/10, 12/8



FREE SIA EVENTS & LEARNING

These free offerings require registration!

BINGO

Join us for fun, prizes, and bingo! Friends and family are welcome for SIA members including kids and grandkids, but please pre-register for all attendees. Free popcorn provided!

Activity No. 9062.226

W, 9/9 9-10:30 a.m.

SCRAPBOOKING

Come together to share memories, chat, and craft. A small scrapbook, materials, and light refreshments provided—you bring the pictures and the memories!

Activity No. 9064.226

W, 10/7 10 a.m.-Noon

SCRABBLE

Test your vocabulary knowledge and make new friends at this casual scrabble event for SIA members. Prizes provided for the top 3 highest scores!

Activity No. 9063.226

W, 11/4 10 a.m.-Noon

CANASTA

Canasta is played between four people in two-person partnerships using two standard card decks with jokers. This social event is an opportunity for canasta players to get together and enjoy the game! Beginners welcome to watch and learn.

Activity No. 9068.226

W, 11/25 10 a.m.-Noon

SIA FIRE SAFETY SERIES

Dawn Kestner, Life Safety Education Specialist with Fairfax County, along with a team of public safety professionals, provides an educational series on how to reduce the risk of accident, injury, or emergency.

Preparing for a Medical Emergency

Activity No. 9055.226

Sat, 9/19 10-11 a.m.

Fire Prevention and Family Escape Planning

Activity No. 9056.226

Sat, 10/17 10-11 a.m.

Winter Safety

Activity No. 9057.226

Sat, 11/7 10-11 a.m.

WHAT'S NORMAL—AND WHAT ISN'T? CHANGES TO MEMORY

Join the RAFT Dementia Support Program for an interactive conversation on what changes to our memory, our behavior, and our thinking are typical parts of the aging process and what changes might be more concerning. Topics include where and how to get support if you are concerned for yourself or someone you know, and ways to reduce the risk of dementia.

Activity No. 9058.226

W, 10/28 10-11 a.m.

SIA BONE DENSITY SCREENING

INOVA's bone density screening can provide a snapshot of your bone health. The machine uses an ultrasound to measure bone density, which helps identify osteoporosis. Participants will receive educational material based on their scan to assist in improving overall bone health

Activity No. 9059.226

Th, 10/8 Noon-2 p.m.

SIA VISION SCREENING

This vision screening identifies visual impairment (or eye conditions that are likely to lead to visual impairment); vision screening is not a diagnosis, but rather a snapshot into overall eye health.

Activity No. 9060.226

Th, 10/29 Noon-2 p.m.

SIA LONGEVITY AND GRIP STRENGTH SCREENING

Studies have shown that grip strength is a simple but powerful predictor of future health. This screening tool can be used to assess the amount of force a person can generate with their grip, which can help diagnose certain health conditions, such as heart disease and cancer.

Activity No. 9061.226

Th, 11/19 Noon-2 p.m.

TECHNOLOGY WORKSHOPS

Led by Amy Burk, who has over 25 years of experience teaching technology to adults, TechWise Coaching's goal is to make tech accessible, enjoyable, and approachable for everyone through patient and supportive coaching. She will lead interactive presentations for 15 members on how to use technology to maintain independence in a rapidly evolving world!

Activity No. 9038.226

Th, 9/17 11:15 a.m.-12:15 p.m.

Activity No. 9039.226

W, 9/30 2-3 p.m.

Activity No. 9040.226

Th, 10/22 2-3 p.m.

Activity No. 9041.226

Th, 11/5 6:30-7:30 p.m.



SIA COOKING CLASS: HAWAIIAN TIKI PARTY

Join Chef Joel Olson to enjoy the tropical flavors of Hawaii in this fun class. On the menu: macadamia hummus with pineapple flatbread; tangy Hawaiian gazpacho; Hawaiian-style teriyaki chicken; pineapple and pepper rice; and yummy, crunchy macadamia tartlets for dessert.

Activity No. 9046.226

F, 10/16 11 a.m.-1 p.m.

TECHNOLOGY COACHING

Techwise Coaching will offer a 20-minute session with one-on-one guidance for SIA members who want to learn specific skills or need help with a technology problem. Pre-registration is required! Due to high demand, participants may register for only one time slot per session.

9/22/2026

Activity No. 9020.226

11:15-11:35 a.m.

Activity No. 9021.226

11:35-11:55 a.m.

Activity No. 9022.226

11:55 a.m.-12:15 p.m.

10/1/2026

Activity No. 9023.226

11:15-11:35 a.m.

Activity No. 9024.226

11:35-11:55 a.m.

Activity No. 9025.226

11:55 a.m.-12:15 p.m.

10/21/2026

Activity No. 9026.226

10:15-10:35 a.m.

Activity No. 9027.226

10:35-10:55 a.m.

Activity No. 9028.226

10:55-11:15 a.m.

10/27/26

Activity No. 9029.226

11:15-11:35 a.m.

Activity No. 9030.226

11:35-11:55 a.m.

Activity No. 9031.226

11:55 a.m.-12:15 p.m.

11/17/26

Activity No. 9032.226

6:30-6:50 p.m.

Activity No. 9033.226

6:50-7:10 p.m.

Activity No. 9034.226

7:10-7:30 p.m.

12/2/26

Activity No. 9035.226

10:15-10:35 a.m.

Activity No. 9036.226

10:35-10:55 a.m.

Activity No. 9037.226

10:55-11:15 a.m.

SIA COOKING CLASS: IT'S A SMALL WORLD

Chef Joel will teach how to make delicious small plates from around the world. The menu includes Persian Muhammara (savory red pepper & walnut dip) with Za'atar Flatbread; Swedish Smoked Salmon & Potato Croquettes with Lemon Dill Sauce; Japanese Mixed Mushroom & White Miso Tartlets; Peruvian Creamy Potato & Vegetable Empanadas with Aji Verde (vibrant green dipping sauce); and Greek Honey-Whipped Feta with Cucumber and Tomato.

Activity No. 9047.226

F, 10/23 11 a.m.-1 p.m.



SIA COOKING DEMO: SOUP SOIRÉE

Cooking Thyme with Stacie presents a cozy Soup Soirée. In this fun session we will start with a lively demonstration of two comforting soups. You can roll up your sleeves and help or just relax and watch the preparation. Enjoy the company of others and taste the delicious creations at the conclusion of our time together. Menu: White Bean and Chicken Chili, Southwest Pumpkin Soup (vegetarian) and Garlic Crostini.

Activity No. 9048.226

W, 10/28 10:30 a.m.-12:30 p.m.

SIA COOKING DEMO: HOLIDAY APPETIZERS

Get ready to gather for the holidays! Join Cooking Thyme with Stacie and participate in creating some new appetizers you can make to host family and friends. No fancy skills required - just a love of good food, good company and the joy of the season. Menu: butternut squash crostini, shrimp in cucumber cups, feta and olive puff pastry roll ups and virgin sangria.

Activity No. 9049.226

W, 11/18 10:30 a.m.-12:30 p.m.

SIA NUTRITION COACHING COURSE

Join FitCoach Caroline to reach better health, everyday function, and sustainable wellness habits through this evidence-based Nutrition Coaching course. Together you will learn how to make nutritious everyday choices, navigate around challenges, and apply behavior-change strategies to support long-term results. Each class will focus on a specific pillar of nutrition and invite open dialogue. The session will end with a healthy potluck gathering. Registration is required for the whole series.

Activity No. 9050.226

10 lessons @ 1 hr

W, 9/9-12/9 1:30-2:30 p.m.

No lesson on 9/30, 10/28, 11/11, and 11/18.

A STITCH IN TIME

Local artist and collector Caroline Hottenstein explores the legacy of the 19th century seamstress with an exhibit of needlework, tools, linens, lace, and clothing. Seamstresses of the past have left a legacy of their handiwork along with the implements of your craft. Learn all about them and the important role of needle arts in women's lives. Light afternoon tea and refreshments will be provided.

Activity No. 9051.226

Th, 9/24 1-2 p.m.



SIA HORTICULTURE LECTURE SERIES

Local Virginia horticulturist and garden communicator Peggy Riccio shares her knowledge with SIA members who have an interest in learning about all things plants. With over 30 years of experience gardening and writing for horticulture publications, these lectures are a combination of presentation, free-flowing dialogue, and community building. Lecture topics are curated to the participants and the season.

Activity No. 9052.226

Th, 9/10 12:30-2 p.m.

Activity No. 9053.226

Th, 10/15 12:30-2 p.m.

INFOLDING BOOK CREATION

Create a unique "tiny book" that reflects your story and creativity. Guided by Tarek Atia of INFOLDING, participants will use themed images, prompts, and simple bookmaking techniques to craft a personalized paper book that captures memories, ideas, and perspectives. This relaxing, beginner-friendly experience offers a meaningful way to connect with others while creating side by side. All materials are provided.

Just SIA Members

Activity No. 9069.226

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

SIA plus Family and Friends

Activity No. 9070.226

S, 10/24 11 a.m.-Noon

SIA BRIDGE & MAH-JONGG PRACTICE & PLAY

Sharpen your skills and enjoy MCC's Bridge and Mah-Jongg Practice & Play sessions! Participation in both Bridge and Mah-Jongg at McLean Community Center is just for members of the Senior in Action program. Players of all skill levels are welcome to join!

Bridge

Thursdays from 10 a.m.-Noon

Mah-Jongg

Mondays and Tuesdays from 10 a.m.-Noon

McLEAN PROJECT FOR THE ARTS



McLean Project for the Arts (MPA) is a nonprofit organization that brings visual arts experiences to the community through a public-private partnership with the McLean Community Center and Fairfax County. MPA presents contemporary art exhibitions and offers classes, artist talks, tours and ArtReach programs that connect students and community members with the arts.

MPA has expanded its presence with the addition of the MPA Berlage Arts & Education Center, a vibrant cultural destination in the heart of Downtown McLean. Complementing MPA's galleries and programs at MCC, the Berlage Center features exhibition spaces, classrooms and creative gathering areas where visitors can explore art, attend workshops and enjoy events. Also located at The Berlage Center is Café Monet, where there is full menu of fresh fare, handcrafted beverages and a welcoming space to gather.

As a Community Steward of the Berlage Center, MCC supports MPA's mission to bring more arts, education and community programming to Downtown McLean. Together, they are strengthening McLean's cultural landscape and making the arts more accessible than ever.

Left: Café Monet in the Berlage Center

Right: The Emerson Gallery at MCC.



McLEAN PROJECT FOR THE ARTS STAFF:

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



ART GALLERY HOURS:

For the most current information on viewing the exhibitions, please see our website at mpaart.org, email info@mpaart.org or call **703-790-1953**.

FALL EXHIBITIONS

McLean Project for the Arts presents a dynamic season of contemporary art exhibitions showcasing exceptional artists that celebrate creativity through engaging gallery experiences that inspire exploration, conversation and community.

MPA BERLAGE ARTS & EDUCATION CENTER

FALL SOLOS

Sept. 17- Nov. 4, 2026

Sally Veach

Freya Grand

Ian Husting

MCC EMERSON & ATRIUM GALLERIES

(NOT) STRICTLY PAINTING 15

Sept. 10 – Nov. 17, 2026

Artists throughout the mid-Atlantic area

YOUTH CLASSES

Instructor: Abakadoodle Staff

ABRAKADOODLE TWOOSY DOODLERS

One parent or guardian accompanies each child as toddlers explore painting, gluing, printing and creating while building fine-motor, language and self-help skills. This playful class encourages creativity and an "I can do it!" attitude. Material fee: \$45, payable to the instructor on the first day.

20-36 months

8 lessons @ 45 mins, \$135/\$125 MCC district residents

F, 9/25-11/20 10-10:45 a.m.

No class on 11/13.

ABRAKADOODLE MINI DOODLERS

Parent or guardian not required to attend; however, children must be potty trained. Children develop creativity and imagination while working with real artists' materials, including watercolors, tempera paints, oil pastels and more, to create unique masterpieces. Material fee: \$45, payable to the instructor on the first day.

3-6 years

8 lessons @ 1 hr, \$135/\$125 MCC district residents

F, 9/25-11/20 2-2:45 p.m.

No class on 11/13.

ABRAKADOODLE DOODLERS

Young artists explore painting, drawing, sculpting, cutting and mixed media in action-packed classes filled with color, texture and creativity. Each lesson introduces a new technique and artist while encouraging imaginative thinking. Material fee: \$45, payable to the instructor on the first day.

7-12 years

8 lessons @ 1 hr, \$180/\$165 MCC district residents

M, 9/28-11/23 4:30-5:30 p.m.

No class on 10/12.



TEEN & ADULT CLASSES

COLORFUL MIXED MEDIA PAINTINGS

Instructor: M. Jane Johnson

All levels of art experience are welcome. 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.

16 years+

7 lessons @ 3 hrs, \$325/\$300 MCC district residents

M, 10/19-11/30 10 a.m.-1 p.m.



TEEN & ADULT CLASSES

HARMONY IN PAINT: CLASSICAL PORTRAIT AND FIGURE PAINTING

Instructor: Stephanie Chang

Open to oil painters and drawing students. Designed for advanced beginners and intermediate artists, this class explores portrait and figure painting from observation using live models. Build skills in composition, color, value and brushwork through demonstrations, art appreciation and personalized critiques.

16 years+

8 lessons @ 2.5 hrs, \$310/\$290 MCC district residents

Tu 9/29-11/24 10 a.m.-12:30 p.m.

No class on 11/3.

LANDSCAPE IN OIL

Instructor: Joyce Lee

Learn to paint beautiful landscapes as Joyce Lee demonstrates each step of the process. Students will develop composition, proportion, value, edges and color relationships while completing two or three landscape paintings.

16 years+

6 lessons @ 2.5 hrs, \$235/\$220 MCC district residents

Th, 10/1-11/5 10 a.m.-12:30 p.m.

DRAWING AND PAINTING STUDIO

Instructor: David Carlson

An open studio for experienced artists looking to strengthen their skills. Explore advanced drawing and painting concepts while developing a personal body of work in a supportive, critique-based environment.

16 years+

8 lessons @ 2.5 hrs, \$310/\$290 MCC district residents

Th, 9/24-11/19 7-9:30 p.m.

No class on 11/12.

DRAWING BASICS (COLORS, LINES & MOTION)

Instructor: Ahmed Zaidan

For all skill levels. Beginners learn drawing fundamentals including line, form, shading and observation, while experienced students create colorful, dynamic artwork inspired by subjects of their choice.

13 years +

7 lessons @ 2 hrs, \$220/\$205 MCC district residents

Sa, 9/19-11/7 2-4p.m.

No class on 9/26.

WORKSHOPS

BEGINNING VIDEO EDITING WORKSHOP

Instructor: Gregory Staley

For all levels! Learn to edit a short video using Adobe Premiere Pro. Import footage, add music, titles and effects, then export your finished MP4. Bring a laptop with Premiere Pro if available; the instructor's software may also be used.

16 years+

1 lesson @ 3 hrs, \$65

Sa, 9/5 1-4 p.m.

CREATING ARTWORK WITH LAYERED PAPER: TREES BY THE LAKE

Instructor: Ronni Jolles

Create a textured paper collage featuring sailboats on a peaceful lake surrounded by trees. Using hundreds of colorful papers, you'll craft a unique work of art. Supply fee: \$25, payable to the instructor. Perfect for teens and adults of all skill levels. Metal pieces will be made using copper and gold-plated wire. Silver is available for an additional cost based on market rates.

14 years+

3 lessons @ 2.75 hrs, \$225

Su, 10/18-11/1 1-3:45 p.m.

MPA CLAY: COMING SOON

CERAMICS PROGRAMS AT McLEAN PROJECT FOR THE ARTS

Launching soon, MPA Clay at our new Berlage Center for Arts & Education will support ceramic artists at multiple stages, from those who are building core skills through structured classes to those ready for a professional studio community. Watch for more information coming soon on classes and memberships!

CREATING ARTWORK WITH LAYERED PAPER: CHARMING DOORWAYS

Instructor: Ronni Jolles

Create a charming doorway scene with potted plants, vines and lush greenery using colorful layered papers. Learn techniques for adding texture and dimension while creating a one-of-a-kind mixed-media collage. Supply fee: \$25.

14 years+

1 lesson @ 3 hrs, \$75
Su, 11/8 1-4 p.m.

NEW

JEWELRY MAKING: FUN WITH RESIN!

Instructor: Lisette Bez

Learn the basics of jewelry making using wire and gemstone beads. Students will practice wire-wrapping techniques while creating earrings and a pendant. All supplies are provided. Material fee: \$25.

14 years+

1 lesson @ 2 hrs, \$50.
Su, 11/22 1-3pm

NEW

MAGIC OF PASTELS: CHASING LIGHT ON THE LANDSCAPE

Instructor: Nanette Catigbe

Explore how light, shadow and color create mood in the landscape. Using expressive mark-making and a limited pastel palette, you'll create luminous, impressionistic paintings while building confidence and a fresh painting style.

14 years+

1 lesson @ 2.5 hrs, \$120
W, 10/7 5:30-8 p.m.

NEW

PAINTING LUMINOUS CLOUDS IN PASTEL

Instructor: Nanette Catigbe

Paint expressive cloudscape in soft pastel while learning cloud structure, warm and cool color relationships and atmospheric effects. The simple landscape keeps the focus on dramatic skies. Ideal for beginner to intermediate artists.

14 years+

1 lesson @ 2.5 hrs, \$120
W, 10/21 5:30-8 p.m.

NEW

"ART ABOUT OUR EARTH" WORKSHOP SERIES FOR ADULTS WITH NEURODIVERGENT LEARNING STYLES

Instructor: Sharon Fishel

Create mixed-media artwork celebrating plants, animals and landscapes using collage, fabric, photographs and watercolor. Designed specifically for adults with neurodivergent learning styles, participants may register for the full series or individual workshops.

18 years+

4 sessions @ 1 hr, \$100 per session or \$325 for the whole series
F, 9/4, 10/2, 11/6, 12/11
11 a.m.-Noon

OPEN STUDIO (DUVAL)

Open drawing session with a live model. Pay for drop-in sessions or save when you register for the series!

Drop-in session, \$20

7 sessions @ 3 hrs, \$105/\$95 MCC district residents
Sa, 9/19-11/7 10:30 a.m.-1:30 p.m.
No class on 9/26.

Make sure you visit mpaart.org or are signed up for the MPA newsletter for up-to-date information on classes and upcoming workshops!



THE ALDEN

BOX OFFICE HOURS

Saturdays 3-7 p.m.

Sundays 12-4 p.m.

Open one hour before ticketed performances.

Buy tickets online anytime at aldentheatre.org

PRICING

Pricing is listed as Standard Admission/Seniors 60+/MCC district residents.

Perks of being an MCC district resident:

- A discount of at least 25% on tickets!
- No service fees!

If you have any questions about a performance's themes, content or style, please contact The Alden at alden@mcleancenter.org. We are happy to help you select performances that are a good fit for you or your family.

RATINGS LEGEND



FAMILY FRIENDLY

Crafted specifically for children; content is rated G or PG.



ALL AGES

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



ADULT

Performance created for a general audience; show length can be between 1-3 hours; content could be rated PG-13 or R (but normally isn't!)

DANCE

BALLET HISPÁNICO NEW YORK MUJERES

Friday, Oct. 2, 7 p.m.

\$35/\$30/\$25



Led by Artistic Director Eduardo Vilaro, Ballet Hispánico New York is the nation's premiere Hispanic and Latin dance organization and the largest cultural institution of its kind in the United States. With a mission to celebrate Latin cultures through dance, the company continues to push boundaries and break new ground in the arts. Visually stunning, culturally significant, and epically moving, Ballet Hispánico uses modern, ballet, and Latin dance forms to bring audiences to their feet.

"Ballet Hispanico dances with elegance and lyricism."—*The Washington Post*

Runtime: approximately 90 minutes



KIDS & FAMILIES

TREASURE ISLAND REIMAGINED: JANE HAWKINS AND THE PIRATE'S GOLD

Tuesday, Oct 13, 7 p.m.

\$30/\$25/\$20



In this adaptation of Robert Louis Stevenson's classic, the ultimate pirate story comes to life as a live-action graphic novel! Jane Hawkins, 12, lives at a quiet life at a seaside inn on England's western coast in 1754. When a sinister stranger arrives with a mysterious trunk, her world is transformed into a thrilling adventure. Three performers create character voices and sound effects live as 1,200 projected illustrations bring this edge-of-your-seat tale to life. Filled with suspense, skeletons and pirate action, this production is recommended for ages 8+.

Runtime 100 minutes + intermission

COMEDY

ROBERT TOWNSEND'S LIVING THE SHUFFLE

Saturday, Oct. 24, 7 p.m.

\$60/\$45/\$35



Robert Townsend, a storyteller, actor, writer, director, and filmmaker takes you on a showbiz rollercoaster ride of ups and downs. From the streets of Chicago, to performing as Julius Caesar at a rather unorthodox convention in New York City, this one-man show takes you behind the scenes of his first film, Hollywood Shuffle, done with a miracle and a credit card. This edgy, vulnerable, and hilarious show will inspire and give hope to the dreamer in anyone.

Runtime: approximately 90 minutes

CHAMBER MUSIC

BORISEVICH DUO

Sunday, Oct. 25, 2 p.m.

\$20/\$15/\$10



Real-life couple pianist Margarita Loukachkina and violinist Nikita Borisevich and their piano prodigy son return to the Alden stage for an afternoon of breathtaking chamber music! Longtime audience-favorites, the group is well-known for creating a rich and intimate musical experience that celebrates artistry, connection and the joy of performing together. Enjoy an inspiring program of classical masterworks performed with passion, precision and heart.

Runtime: approximately 90 minutes

The Judy Carmichael Trio



MUSIC

THE JUDY CARMICHAEL TRIO

Sunday, Nov. 8, 2 p.m.

\$35/\$30/\$25



A stride pianist so accomplished that Count Basie gave her the nickname "Stride," Judy Carmichael is more than just a great jazz musician in the style of Fats Waller. She's an enchanting performer and sharp as a tack. Many will know her from "Judy Carmichael's Jazz Inspired," and she brings the same charm, warmth and humor to the stage. The program will celebrate swing favorites of the American Songbook, from Gershwin and Cole Porter to Frank Loesser and Harold Arlen.

"Astounding, flawless and captivating."
—The New York Times

Runtime: approximately 90 minutes

MUSIC

DUO MOSAIC PIANO DUO

Sunday, Nov. 22, 2 p.m.

\$20/\$15/\$10



Wildly popular pianist Ching-Yi Lin returns to The Alden with his wife and musical partner Grace Liu. The two will dazzle on The Alden's two Steinway pianos, the first time in decades that both instruments have shared the spotlight.

Runtime: approximately 90 minutes

WORLD PREMIERE!

THE JOYFULLY JOLLY JAMBOREE

Saturday, Dec. 12, 11 a.m.



This ticket includes an exclusive photo op with Santa at 12-1 p.m.!

\$30/\$26/\$22

Saturday, Dec. 12, 4 p.m.

\$25/\$23/\$20



Bring the holiday season to life with everything you love from nostalgic TV holiday specials: original songs, toe-tapping choreography, sensational commercial breaks, and a rousingly hilarious sing-a-long. Joshua Holden (Puppet Director, Broadway's Water for Elephants) introduces his inventive, quirky, and beautifully handcrafted puppets. Musician Jeb Caldwell joins with multiple instruments. This special oozes vintage charm and is the soul-soothing balm you need to get into the spirit of kindness.

Runtime: approximately 50 minutes



Treasure Island Reimagined

MUSIC

SOUNDS OF THE SEASON: A LIL' MACEO HOLIDAY

Saturday, Dec. 19, 7 p.m.

\$45/\$35/\$25



Celebrate the season with one of the McLean Community Center's favorite holiday traditions! Enjoy an upbeat evening of funky jazz renditions of beloved seasonal classics, performed with energy, style and plenty of holiday spirit. Featuring lively music, special guests and irresistible rhythms, this festive concert is guaranteed to get your toes tapping and your booty shaking. Gather friends and family for a joyful night of music, laughter and holiday cheer.

Runtime: 2 hours.

DANCE

**FURIA FLAMENCA
NAVIDAD
FLAMENCA**

Sunday, Jan. 3, 2 p.m.

\$35/\$30/\$25



Come celebrate the holidays the Spanish and Puerto Rican way! Navidad Flamenca is a delightful concert that will take you on a journey of some of the most festive holiday traditions celebrating Three Kings Day. The show was conceived by Estela Vélez de Paredez, Artistic Director of the company, who grew up in Puerto Rico and experienced the unique celebrations of the holidays on the island and its parallels to the Spanish traditions. Enjoy an afternoon of live Spanish holiday music and songs (villancicos) played by the masters alongside thrilling flamenco dancing, and even a Puerto Rican "parranda" (caroling group/party) or two.

Runtime: 90 minutes

Furia
Flamenca

FILMS

Don't miss our free films—These movies are programmed for adult audiences unless otherwise noted. Multiple screenings are shown every month. Visit our website for the full lineup.

SPECIAL FILM SCREENING HONORING THE 25TH ANNIVERSARY OF 9/11**COME FROM AWAY**

Friday, Sept. 11, 7 p.m.

Filmed live on Broadway, the Tony Award-winning musical tells the remarkable true story of 38 flights grounded in a small Canadian town on 9/11. Undaunted by culture clashes and language barriers, the people of Gander take care of stranded travelers with food, shelter, and the knowledge that we all "come from away."

Runtime 1 hour 46 minutes.

**HOLLYWOOD
SHUFFLE**

Introduction by Robert Townsend

Friday, Oct. 23, 7 p.m.

Hollywood Shuffle is an ingenious satirical landmark that takes riotous aim at the typecasting of Black actors in 1980s Hollywood. Writer-director-star Robert Townsend's megawatt charisma propels Hollywood Shuffle, the hilarious tale of a struggling actor attempting to break into an industry where the only roles available to Black performers seem to be hustlers, butlers, and slaves—forcing him to choose between selling out and maintaining his self-respect.

Rated R; Runtime 1 hour 18 minutes.

BE KIND, REWIND

Wednesday, Nov. 4, 6:30 p.m.

Two bumbling store clerks inadvertently erase the footage from all the tapes in their video rental store, which they believe to be the birthplace of Fats Waller*. To keep the business running, they re-shoot every film in the store with their own camera and a budget of zero dollars, culminating in an original "documentary" about the life of Fats Waller. Written and directed by Michel Gondry (Eternal Sunshine of the Spotless Mind) and starring Jack Black, Mos Def, Danny Glover, and Mia Farrow.

Rated PG-13; Runtime 1 hour 35 minutes.

**The Judy Carmichael Trio performs later this week. Carmichael is famous for playing in the Fats Waller style!*

FOREIGN LANGUAGE FILMS

Chosen by you, our audience! Movies are shown in the original language with English subtitles. Always free, always awesome. Programs subject to change. These movies are programmed for adult audiences unless otherwise noted.

Two screenings each month.

THE VANISHING

(1988, Netherlands; directed by George Sluizer)

French and Dutch with English subtitles

After his girlfriend vanishes during a vacation, a young man's relentless search leads him to her captor, a brilliant professor with a chillingly sinister mind.

Thursday, Oct. 8, 1 p.m.

Wednesday, Oct. 21, 6:30 p.m.

Not rated. Runtime: 1 hour 46 minutes.
Not recommended for audiences under 13.

3 IDIOTS

(2009, India; directed by Rajkumar Hirani)

Hindi with English subtitles

Told across two timelines, this acclaimed satire follows three engineering students navigating friendship, ambition and the pressures of India's rigid education system.

Thursday, Nov. 5, 1 p.m.

Wednesday, Nov. 18, 6:30 p.m.

Rated PG-13. Runtime: 2 hours 51 minutes.

LIFE IS BEAUTIFUL

(1997, Italy; directed by Roberto Benigni)

Italian with English subtitles

Oscar winner

Guido Orefice is a Jewish Italian bookshop owner who employs his imagination to shield his son from the horrors of internment in a Nazi concentration camp.

Thursday, Dec. 3, 1 p.m.

Wednesday, Dec. 16, 6:30 p.m.

Rated PG-13. Runtime: 1 hour 46 minutes.

PERFORMING ARTS MOVIES

Go behind the scenes, see a great performance up close or learn more about the lives of your favorite artists during these once-a-month movies. These movies are programmed for 18+ unless otherwise noted.

TEA WITH THE DAMES

Dames Judi Dench, Eileen Atkins, Joan Plowright, and Maggie Smith get together for tea to reminisce and discuss their acting careers.

Thursday, Oct. 22, 1 p.m.

Not rated. Runtime: 1 hour 24 minutes.
Not recommended for audiences under 18.

BATHTUBS OVER BROADWAY

Welcome to the bizarre world of corporate musicals: Broadway-style musical shows about some of the most recognizable corporations in America—General Electric, McDonald's, Ford, DuPont, Xerox—starring some of the most recognizable stars.

Thursday, Nov. 19, 1 p.m.

Rated PG-13. Runtime: 1 hour 27 minutes.

HOLIDAY SELECTION HANSEL AND GRETEL

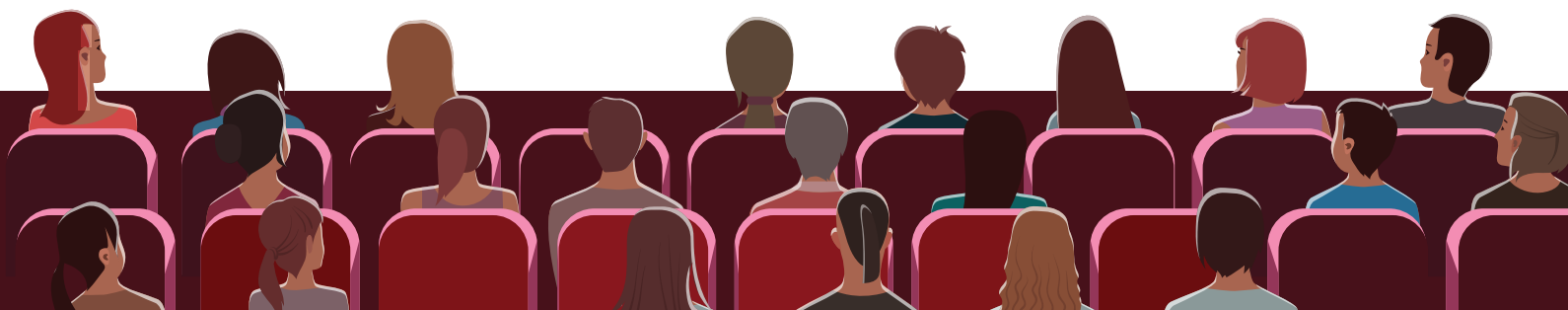
by Engelbert Humperdinck
in German with English subtitles

Diana Damrau and Angelika Kirchschlager star in the acclaimed 2008 Royal Opera production of Humperdinck's famous fairytale opera

Tuesday, Dec. 22, 1 p.m.

Not rated. Runtime: 2 hours and 18 minutes.

Recommended for all ages.



COMMUNITY ARTS

McLEAN COMMUNITY PLAYERS *THE ADDAMS FAMILY*

Weekends Oct. 9–11, 16–18

Friday, 7:30 p.m.

Saturday, 2 p.m. and 7:30 p.m.

Sunday, 2 p.m.

\$25/\$20/\$18



They're creepy, they're kooky—and they're perfect for the whole family. The Addams Family, presented by McLean Community Players is a laugh-out-loud musical comedy that celebrates love, loyalty, and embracing what makes each of us unique. When Wednesday Addams falls for a perfectly “normal” young man, chaos—and heart—ensue. With catchy songs, colorful characters, and plenty of humor for all ages, this delightfully offbeat show is a fun, family-friendly night at the Alden Theatre!

Runtime: 2 hours 30 minutes plus a 15-minute intermission.



TEEN & YOUTH ALDEN OPPORTUNITIES

The McLean Community Center and Alden Theatre are thrilled to provide various Performing Arts opportunities for local youth and teens! Questions? Email alden@mcleancenter.org.

NEW COMPETITION DATES THIS FALL!

JAMES C. MACDONALD PERFORMING ARTS SCHOLARSHIP COMPETITION

The McLean Community Center's James C. Macdonald Performing Arts Scholarship Competition showcases outstanding high school talent in Theatre, Dance, Vocal Music and Instrumental Music. Students perform two contrasting pieces before arts professionals, with top finalists competing for scholarships of \$1,200, \$800 and \$400.

Eligible participants must live in or attend school within the MCC tax district. Students may enter multiple categories but must submit a separate application and \$20 non-refundable fee for each entry.

Application Deadline: Monday, Oct. 19, 2026

Preliminary Round: Week of Oct. 26, 2026

Tech Rehearsal for all Finalists: Tuesday, Dec. 1, 2026

Final Competition: Wednesday, Dec. 2, 2026, at 8 p.m. (This event is free and open to the public!)

Applications and full competition guidelines are available at aldentheatre.org.

(THE) UNRULY THEATRE PROJECT 2026-27 COMPANY AUDITIONS

An opportunity for teens to get paid to perform!

(the) Unruly Theatre Project is The Alden's professional teen improv company, bringing comedic performances to the community through shows, festivals and special events. Company Members are paid for performances and community programs.

Members rehearse Tuesdays and Thursdays from 7-9 p.m., late September through May, and perform at venues including cafés, the Old Firehouse Center and local festivals. As part of this professional program, participants also take on roles in marketing, stage management and photography, making attendance and commitment essential.

9th-12th graders only

Open Auditions: Tuesday-Wednesday, Sept. 15-16, 7-9 p.m.

Call Backs/Interviews: Thursday, Sept. 17, beginning at 6 p.m. (by invitation only)

Preregistration is recommended and is available on UTP's website. Prepared monologues, headshots and resumes are not needed.

THE ALDEN'S 2027 YOUTH PRODUCTION

ROTTEN APPLES BY TRACY WELLS

A mystery featuring beloved storybook characters...and a few villains!

Auditions: Tuesday-Wednesday, Jan. 5-6, 6:30-9 p.m.

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

\$150 participation fee, if cast.

Youth ages 10–16 who reside in or attend school within the MCC tax district are invited to audition! If cast, participants must attend rehearsals January through March on Tuesdays, Wednesdays and Thursdays from 6:30-9 p.m., and tech week beginning March 8. Because theatre is a collaborative art form, only limited rehearsal conflicts are permitted and must be disclosed at auditions. Applications are available at **aldentheatre.org**.

Performances will be on Saturday-Sunday, March 13 and 14 at 2 p.m.

\$15/\$10/\$7 MCC district residents



BUILDING INCLUSIVE SPACES

Theatre magic is for everyone! We have sensory-friendly items available at the Box Office for any guest who needs them for re-regulation, a quieter environment, calming strategy, or positive behavior support. These items can be checked out prior to the performance and returned after, at no additional cost.

Items include:

- Fidgets (flexible worry stones)
- Weighted lap pads (5 lbs.)
- Noise-reducing headphones or earplugs
- Infrared assistive listening device (ID required, inquire at the box office)

MAY BE AVAILABLE:

- American Sign Language (ASL) interpretation and seating with the best view. When purchasing tickets, seats are indicated with an “ASL” description.

If you have any questions about a choosing a performance or our comfort and accessibility services, please contact us at **alden@mcleancenter.org**. We are happy to discuss the themes, content and/or style of these performances and how we can provide the best patron experience for your family. The Alden has wheelchair accessible and transfer seating in the orchestra level of the theatre.

WINTER SEASON SNEAK PEAK

DOKTOR KABOOM: UNDER PRESSURE!

Thursday, Jan. 28, 7 p.m.
(Sensory Friendly)



HONOLULU THEATRE
FOR YOUTH:

JOSEPH KEKUKU AND THE VOICE OF THE STEEL GUITAR

Friday, Feb. 19, 7 p.m.



NAI-NI CHEN DANCE COMPANY:

THE ART OF CHINESE DANCE

Friday, May 7, 7 p.m.



THE OLD FIREHOUSE

The Old Firehouse Center (OFC) offers a fun, welcoming, and safe space for youth and families. 5th-8th graders can enjoy their own space in the After School Program (ASP), while families are welcome during open game times. Youth can explore new activities, build friendships and strengthen social skills in a supportive environment led by energetic staff through clubs, trips and ongoing programs. Whether after school, during school breaks and holidays, at Friday night events or while playing ping pong or Mah Jongg, the Old Firehouse is a place to connect, grow and have fun!

OFC AFTER SCHOOL PROGRAM MEMBERSHIP

IMPORTANT DATES

Registration is now open!

OFC Membership will run **Aug. 24** through **Friday, June 17, 2027**, from 2:30-6 p.m.

The OFC After School Program will be closed on 9/4, 9/7, 10/12, 11/3, 11/11, and 11/25-28.

OFC will be open for OFC School Break programming on 9/21, 12/28-30.

MEMBERSHIP BENEFITS:

- Daily snack and drink
- Themed clubs
- Monthly pet therapy (every 3rd Friday)
- Access to quiet homework and study spaces
- Discounted Friday night trip and dance fees
- Free OFC School Break Fun Days
- Transportation from local elementary schools, Cooper Middle School, and Longfellow Middle School

\$325/\$300 MCC district residents for the whole school year!

Early bird discount from July 6-Aug. 14: \$250/\$225 MCC district residents.

To join, please register on our website or call the OFC. The participant contract will be available at the Old Firehouse or online. For additional information, visit oldfirehouse.org.

Please note that late FCPS bus pickup for Longfellow Middle School begins at 4:15 p.m. on Mondays, Wednesdays and Thursdays. Students are encouraged to utilize the FCPS late bus before calling the OFC for pickup. Otherwise, students must call the OFC prior to 3:30 p.m. to arrange for pick up the day of. Any requests made after 3:30 p.m. will not be accommodated by OFC staff.



Monday-Friday, 9 a.m.-6 p.m.

1440 Chain Bridge Rd.

McLean, Va. 22101

oldfirehouse.org

703-448-TEEN (8336)

Scan for OFC Events!



OLD FIREHOUSE FACILITY RENTALS

Have your next party or event at the Old Firehouse. Rental of the Old Firehouse includes access to our multipurpose room, game room and cafe. Reservations can be accepted six months in advance for qualified users, on a first-come first-serve basis. For details, fill out a preliminary booking form at mcleancenter.org/mcc-booking-form or call **703-448-8336, TTY: 711**.

FRIDAY NIGHT ACTIVITIES

Friday Night Activities with the Old Firehouse Center provide a fun, safe place to hang out with friends through themed events, games, music, food and more. Exclusively for 5th-8th graders, these high-energy Friday nights are packed with entertainment, creativity and opportunities to connect with friends and meet new people. Registration is required!

HAUNTED TRIP

We invite the brave-hearted to join the Old Firehouse on our haunted journey searching for ghosts, zombies, and whatever creepy creatures might appear in the night. Admission and dinner are included in the fee. Bring additional money for snacks and souvenirs as desired.

Friday, Oct. 16, 4-10:30 p.m.

\$70/\$60 MCC district residents

\$50 OFC ASP members

Activity No. 5301.226

OFC PARTIES

Old Firehouse themed parties raise the energy of the OFC with a live DJ, an open dance floor, and light refreshments for participants. Come enjoy great music and a fun, lively atmosphere. Registration is required.

\$35/\$25 MCC district residents | \$15 OFC ASP members

5TH & 6TH GRADE MONSTER MASH

Friday, Oct. 23, 7-9:30 p.m.

Activity No. 4601.226

5TH & 6TH GRADE UGLY SWEATER PARTY

Friday, Dec. 4, 7-9:30 p.m.

Activity No. 4603.226

NEW

7TH & 8TH GRADE HAUNTED MASQUERADE

Saturday, Oct. 24, 6-9 p.m.

Activity No. 4602.226



OFC Ignite (left) and Monster Mash (right)

OFC IGNITE

Bring the whole family to OFC Ignite, the newly reimagined monthly family play experience at OFC! Drop in to enjoy ping pong, board games, arcade games, refreshments, the Sensory Room, food and more. Each Saturday, Ignite features a special theme. Children under 18 must be accompanied by an adult.

One Saturday a month, 9 a.m.-1 p.m.

AUG. 29

BACK TO SCHOOL KICKOFF & TAILGATE PARTY

Start the school year right with games, food, music and tailgate-style fun with friends!

OCT. 10

5K RELAX AND RECOVER

Recharge after the McLean 5K with relaxing activities, refreshments and wellness-focused fun for the whole family!

NOV. 7

GOBBLE GOBBLE COOKING DEMO

Get into the holiday spirit while learning how to make tasty seasonal treats and festive favorites!

DEC. 5

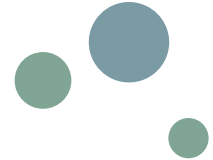
'TIS THE SEASON FOR GIVING & GAMES

Celebrate the season with holiday games, community-giving activities and festive fun with your family and friends!

WEEKDAY OPEN PLAY AT OFC

All are welcome during OFC Open Play times. Whether you're jumping into a friendly round of ping pong, a game of Mah Jongg or sharpening your skills on the arcade machines, it's a relaxed, welcoming space to hang out, connect with family and friends, and enjoy a little friendly competition. Children under 16 must be accompanied by an adult.

	Tuesday	Wednesday	Thursday
10 a.m.-1 p.m.	All Games	Only Mah Jongg	All Games
6:30-9 p.m.		All Games	



OFC SENSORY ROOM

Enjoy OFC's sensory room, a calming and flexible space designed for individuals who benefit from a low-stimulation environment. Created with neurodiverse individuals in mind, the room features soft lighting, tactile materials and gentle visuals for calming breaks, relaxation or independent time. Reflecting the OFC and MCC's commitment to inclusion and accessibility, the sensory room offers a welcoming, supportive space for all. Sessions are available in 15-30 minute increments, and signing in is required. Children under 10 must be accompanied by an adult.



SCHOOL YEAR HOURS

Tuesday	10 a.m.-1 p.m.
Wednesday	6:30-8:30 p.m.
Thursday	10 a.m.-1 p.m.



SCHOOL BREAK TRIPS

iFLY

Activity No. 8401.226

\$100/\$90 MCC district residents
M, 11/2 8 a.m.-6 p.m.

ICE! AT GAYLORD NATIONAL

Activity No. 8301.226

\$120/\$100 MCC district residents
M, 12/21 8 a.m.-6 p.m.

DAVE & BUSTER'S

Activity No. 8302.226

\$70/\$60 MCC district residents
T, 12/22 8 a.m.-6 p.m.

ACTIVATE

Activity No. 8303.226

\$90/\$80 MCC district residents
W, 12/23 8 a.m.-6 p.m.



NEW

SCHOOL BREAK FUN AT OFC

Looking for a safe, exciting place for your 5th–8th grader during teacher workdays or school breaks? The Old Firehouse staff has you covered! Participants will enjoy pool, ping pong, cooking activities, and a variety of planned programming designed to keep them active, engaged, and having fun all day long. Registration is required.

8 a.m.-6 p.m.

\$20/\$10 MCC District Residents | Free for OFC ASP Members!

Sept. 21

Activity No. 4800.226

Dec. 29

Activity No. 4803.226

Nov. 3

Activity No. 4801.226

Dec. 30

Activity No. 4804.226

Dec. 28

Activity No. 4802.226

CONNECT THROUGH PLAY!



DROP-IN MAH-JONGG AND BRIDGE

Join us for free Mah-Jongg and Bridge Drop-In Play, where players of all skill levels are welcome to gather, play, and connect. These drop-in sessions are first-come, first-served and offer a fun, relaxed way to enjoy classic games while meeting fellow enthusiasts. Bring your friends—or make new ones—and pull up a chair at the table!

All dates and times are subject to the MCC & OFC operating calendars, as well as closures for holidays, maintenance, or inclement weather. MCC staff will communicate when changes to the schedule occur.

	Monday	Wednesday	Thursday	Friday
Time	7-10 p.m.	10 a.m.-1 p.m.	4-7 p.m.	7-10 p.m.
Game	Mah-Jongg	Mah-Jongg	Mah-Jongg	Bridge
Location	MCC	OFC	MCC	MCC

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Doug Jeffrey
Minoo Razavi
Pascale Siegel
Michael Signer
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Carole Herrick
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Matthew Hockensmith, *Comptroller*
Holly Novak, *Executive Assistant*
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Geneva Gray, *Customer Service Representative*
Katie Park, *Registrar*
Ellen Fox, *Customer Service Representative*

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Jonathan Davis, *Booking Manager*
Craig Morris, Steve Caruso, Johnny Patterson,
Jeremy Duran, Daniel Deguefu

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Jennifer Garrett, *Technical Director*
Danielle Van Hook, *Director, Youth Theatre*
Christal Boyd, *Assistant Technical Director*
Elizabeth Katz, *Patron Services Manager*
Deion Roulhac, *Theatre Technician*
Jeff Virchow, *Performing Arts Assistant*
Cayla Hall, *Youth Theatre Coordinator*
Becca Blacksten, *Patron Services Assistant*
Taylor Pennant Isaacs, *Patron Services Assistant*

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Grace Britten, *SIA Program Coordinator*
Mike Fisher, *Special Events Manager*
Mary Carter, *Special Events Asst. Manager*
Willie Montgomery, *Special Events Coordinator*
Andrew Carter, *Old Firehouse General Manager*
Barry Pinder-Robinson, *Youth Camp Director*
Benjamin Barber, *Afterschool Program Manager*

Activity Facilitators

Ariana Colder, Joshua Watson, Cate Kelly,
Cody Wright, Yasmine Silas, Amy Burkhart

REGISTRATION INFORMATION

EASY REGISTRATION!

ONLINE

Visit mcleancenter.org and click the green Register button or select any seven-digit activity number to access the Active registration system. Online registration opens at 9 a.m. on each registration date.

MAIL

Send a completed registration form with payment (check or credit card) to:

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

IN-PERSON/DROP OFF

Register at the MCC Monday-Friday, 8 a.m.—4 p.m. Completed registration forms may also be left at the Front Desk after hours and will be processed the next business day. Please note that dropping off a registration form does not guarantee enrollment.

REGISTRATION DATES

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

Second Monday in August

Winter-Spring Session

Second Monday in December

Summer Camp

Second Monday in February

Summer Session

Second Monday in May

PAYMENT & DISCOUNTS

- Payment is due at registration. We accept checks, all major credits cards, and Apply Pay (online only.) Receipts are emailed when an email address is provided; otherwise, they are mailed.
- Adults aged 60+ are eligible to receive a 10% discount on classes of \$50 or more, unless otherwise noted.
- Financial assistance for MCC classes and Alden Theatre performances is available. You can request to receive a subsidy by writing to registrar@mclean-center.org. For purposes of public accountability, we will ask that you sign an affidavit to document your stated need.

REFUND POLICY

All withdrawals, refund and cancellation requests must be submitted in writing to refunds@mcleancenter.org.

- Requests received 14 or more days before a class begins receive a refund minus a 10% administrative fee.
- Refunds are not available 13 days or fewer before the start of a class.

- Once a class begins, refunds are granted only for documented medical or other approved extenuating circumstances.

ABSENCES

The center will not 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.

HOLIDAYS & INCLEMENT WEATHER

- For holiday schedules, weather-related cancellations and updates, visit mcleancenter.org.
- Classes canceled due to inclement weather will be rescheduled when possible or refunded on a prorated basis.

ACCOMMODATIONS

- If you need accommodations under the Americans with Disabilities Act (ADA), indicate your request on the registration form and submit it at least 14 working days before the activity begins. For assistance, call 703-744-9365 (TTY: 711).



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



McLean
Community
Center
The Center of It All

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

**19 YEARS OF CONNECTING
ART AND COMMUNITY**

McLEAN ARTFEST

Join us, on the first Sunday in October,
as we continue the tradition of
celebrating creativity, community, and
the arts with the 2026 McLean Artfest.

**Sunday, Oct. 4, 2026,
10 a.m.-4 p.m.**

**McLean Central Park
Free Admission**



McLean Community Center



@mcleanvacenter



@mcleancenterva