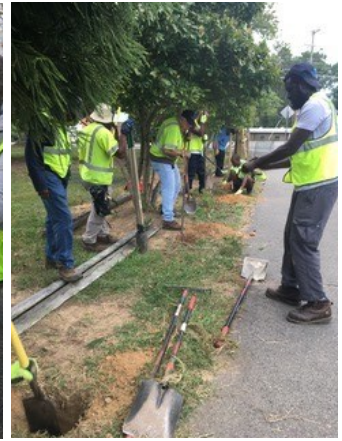




Parks and Recreation December 2020 PRAB Report

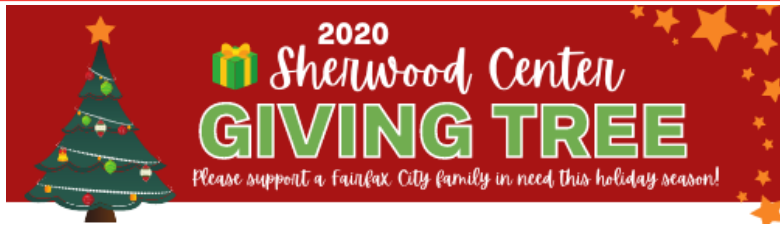
Lamb Center “City Jobs” Program & City Parks and Recreation Celebrate 2 Years!

November marked the 2nd anniversary of the City Jobs program. City Jobs is a partnership between the City and the Lamb Center to provide part-time work with our Parks crew for the homeless. The program has benefited and transformed dozens of homeless lives. The success stories serve to inspire us all! Over the last two years City Jobs has performed hundreds of tasks in our city including trash removal, stream clean-ups, invasive removal, trail work, landscaping and park construction such as retaining walls, fencing and sign installation.



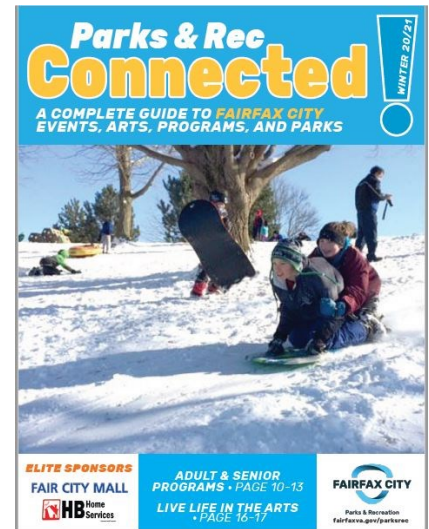
SHERWOOD PROGRAMS & CAMPS

KAREN LUSSIER



This is the fourth year of the Sherwood Giving Tree Program and we have had a huge outpour of community help. The City of Fairfax Parks and Recreation Department partners with Fairfax City schools and helps provide them gifts and holiday cheer for underprivileged City families. We receive families from Daniels Run, Providence and Main Street Child Development Center and this year for Fairfax City Connected Care too.

We have received very generous donations from members of the community, local businesses and city departments. So far, we have already doubled the monetary donations from 2019 and been able to over 60 families with a multitude of gifts. Thank you to all who have contributed to this great cause to allow all Fairfax City families to have a happy and enjoyable holiday season. Staff are collecting the gifts and wrapping now, to get them to families before winter break.



The 2020/21 Winter Parks and Rec Connected! Brochure had been published and sent virtually to Fairfax City residents. Information on programs, classes and events for December 2020—April 2021 are included in this issue.

FAIRFAX CITY CONNECTED CARE

The Fairfax City Connected Care is going well. While it was originally planned to start to 'phase' back in students back into in-person learning starting with Kindergarten on Nov 17th. This decision was paused as of Nov 16th and students all are remaining virtual until further notice. Therefore, the Connected Care program will continue to run as it has been. A mini Winter Break program will be held for kids in the program Dec 21-23 which there are 35 children registered.

Last month, we hosted the first "Connected Care's Got Talent" at Green Acres. Classes performed their talents for judges (the Directors) individually and all performances were recorded. Classes performed songs, skits, jokes, and more for a very entertaining afternoon! The video recording is being edited and will be out soon!



GREEN ACRES & SENIOR CENTER

ANNE CHASE

GREEN ACRES

Green Acres News

The second session of *in person* Fall classes continued in November at our new Sherwood location with restrictions following the CDC guidelines for Adults and Seniors. We continue to limit the class size to 15 students in the full performance space. Participants must pre register via active net - no drop ins accepted



November ENROLLMENTS AT GREEN

Type	2019	2020	Difference
Youth	23	0	-23
Adult	335	36	-299
Senior classes	NA	27	NA

SENIOR CENTER

November SENIOR CENTER STATS

	2019	2020	Difference
New Members	22	0	-22
Total Members	4024	4141	+117
Attendance	2455	0	-2455
Fitness Room	589	0	-589
Website Hits	647	145	-502

We are continuing to offer senior *in person* programs in November using all the precautions to keep our seniors safe; however we are getting very limited senior interested. The instructors and class participants are following all procedures set in place and enjoying the return of classes. We continue to offer virtual lunch and learn sessions for our members.

This month we had **THE IMPORTANCE OF MENTAL HEALTH** workshop on Friday, November 20 with Lesley Abashian LCSW, CPM

Director of Human Services. This workshop showed taking care of your mental health is as important as caring for physical conditions. Depression can actually worsen physical health conditions. Knowing the warning signs of depression can make a really difference in someone's quality of life. There was time for questions and discussion. This workshop was also filmed to be posted on channel 12 and website for all to view.



COUNCIL NEWS 2019/2020 Senior Center Advisory Mem- bers

Kim Chu, Sam Crum-
pler, Susan DiMaina,

Pat Hyland, Jayne Jackson, Jay Lamb, Jeanette Mason, Pete Pollak, Sigrid Schipper, Charles Spasaro, and Sandy Moshos.

Senior Council Officers :

Sam Crumpler – Chair Charles Spasaro-Secretary
Pat Hyland-Vice Chair Sandy Moshos– Treasurer

Meeting information:

No December Meeting

Next Zoom meeting scheduled for **Tuesday, January 19, 2020 at 1 p.m.**

Special meeting **February 16 at 1pm** for members to join in the virtual meeting and say hi and offer any comments to the council

Join Zoom Meeting

<https://us02web.zoom.us/j/87061712459>

Meeting ID: 870 6171 2459

Virtual Programs Continue

The City's virtual website continues to offer seniors a variety of opportunities. The Virtual learning page had **93** hits in November up from **70** hits in the month of October. <https://www.fairfaxva.gov/government/parks-recreation/new-virtual-center>

Fairfax County has enhanced their virtual learning site to include new partners and programs for our seniors to take advantage of this winter. The goal of the Virtual Center is for Active Adults to enrich the lives of adults in Fairfax County and Fairfax City while combatting isolation. Here you can connect with your peers, engage in a variety of activities and discover useful resources. <https://www.fairfaxcounty.gov/neighborhood-community-services/virtual-center-active-adults>

CULTURAL ARTS

MEGAN DUBOIS

Fairfax Ballet's Virtual Nutcracker

The Virtual Nutcracker was filmed in the Old Town of Fairfax City. Filming took place over the weekends of November 14 and 15 and November 21 and 22. During those weekends a ballerina or two were seen running through the streets of Fairfax and the venues we love! The final product will be made available to view online. The group is hoping it will be available the week between Christmas and New Years.

The Virtual Nutcracker is funded in part by a generous grant from the City of Fairfax Commission on the Arts Grant Program.



FY 21—Commission on the Arts Grant Recipients

Organization/Artist	Type	Amounts Granted
George Mason University Center for the Arts “Artist-Activist: Centering Black Voices” Livestreamed conversations with filmmaker and activist Bree Newsome for an event discussing how her art informs her activism and vice-versa, and famed dancer/choreographer Theresa Ruth Howard in conversation with theater educator Nicole Brewer discussing how black bodies operate in traditionally white spaces such as dance and theater.	Virtual	\$1,200
The Fairfax Ballet Company “Virtual Nutcracker 2020” Filming throughout the City of Fairfax.	Virtual	\$4,000
Fairfax Symphony Orchestra “Link up: The Orchestra Swings!” Innovative education program that connects the classroom to the concert hall – students grades 3-6 – exploring music with performance- based curriculum.	Virtual	\$3,000
Tom Teasley “Drumming through Cultures and Time”	Virtual	\$1,250
Mason Community Arts Academy “Public School Arts Enrichment Videos Project” The goal of this project is to provide regular arts enrichment/instructional videos in the realms of music, theater and visual arts to area public school children	Virtual	\$1,400
The City of Fairfax Theatre Company “True West” Performed during the Spotlight on the Arts Festival, April 23 – May 6, 2021	Live	\$2,000
Acting for Young People “Family Play!” Two families across multiple households working with children ages 5-18 performing a story adapted to the particular family.	Virtual	\$1,500
Shoestring Theatre Company 1) “I Ain’t Made That Way” and, 2) “Celtic Spring” 1) Local actors and crew – performing story about VA family. 2) Film performance of Irish music, dance and storytelling	Virtual	\$2,200
Fashion Careers class from Fairfax Academy for Communications and the Arts - “Fashion In Motion” Virtual Fashion in Motion Show that provides intimate look behind the scenes observing process that students experience to create the show.	Virtual	\$1,500
The Cathedral Brass “The Greatest Generation – An American Celebration in Brass”	Live	\$1,750
The Washington Chamber Orchestra Vivaldi “Four Season”	Live	\$1,900
Fairfax Art League “Art in the Time of the Pandemic” Virtual art classes exploring all art media.	Virtual	\$1,500
	TOTAL	\$23,200

Upcoming Virtual Events

Bonita Lestina Old Town Hall Performance Series—Cathedral Brass Christmas!

December 11, 8:00pm

Join Us on the Commission on the Arts Facebook page or on TV on Cityscreen-12 for this great performance.

SPECIAL EVENTS



Virtual Festival of Lights and Carols

SATURDAY, DECEMBER 5, 2020— 5PM



Join us in the City's official start to the holiday season by observing the annual tree lighting this year on Channel 12! Experience the same magic in the safety and comfort of your own home—grab a blanket, make some hot coco and tune in on Saturday, December 5th at 5pm. City Council, the Mayor and Santa will be presenting and will say a few words before the tree is lit for all to see!

Want to view it later? No problem! The ceremony recording will also be posted on our Facebook page.



Holiday Market has been cancelled for 2020!

READING WITH SANTA

December 24, 2020

7PM—Facebook and Channel 12

Come gather around the TV on Christmas Eve and listen while Santa reads a classic holiday story, *The Night Before Christmas*, to families all around. Cozy up and feel the holiday spirit as you listen to Santa bring cheer into your homes. Check back on Facebook and Parks and Recreation website for more info.



SPECIAL EVENTS (cont.)

SPECIAL EVENT PERMITS 2020

Event permits and being submitted and approved for 2020 have been mostly new events. We have had several protest and rallies. The Veterans Amphitheater has become very popular these days due to COVID. The Amphitheater is being used for baby showers, meetings and entertainment.

	2019	2020	Difference
Approved Permits to Date	20	25	+5
Applications Received to Date	20	29	+9
Pending Applications	0	3	+3
Denied Applications	0	1	+1

ATHLETICS & FIELDS

ATHLETICS

We finalized all Fall permits and received Return Play Protocols (RTP) from all groups. All groups are adhering to COVID 19 rules as well as their own RTPs. We are staying aligned with Fairfax County and NCS and not authorizing tournament play this season. This impacted two tournaments that normally apply each season. We received winter applications and will start issuing winter field permits starting the first week in November. Winter Gym applications are on hold pending guidance from FCPS.

Requests:

Fields: We received 18 applications and were able to approve 13. One group was denied and the other 4 cancelled due to low participation numbers (COVID).

Gyms: Gyms are still closed throughout Fairfax County. No permits have been issued at this time. No updates area available.

Tournaments: Not allowed this season

Revenue: Difference in revenue is the mostly the tournaments

Pending Revenue: Does not include FPYC

Note: Due to COVID we did not receive as many individual request as we normally receive. Several people emailed or called but stated they didn't have the commitment from families.

ATHLETICS STATS			
FALL	2019	2020	Difference
Revenue	\$9,814	\$4,357.00	-\$5,547.00
Pending Revenue	\$1,581	\$2,381.00	
Field Permits To Date	85	79	-6
Gym Permits To Date	7	0	-7
Applications Received To Date	34	18	-13
Approved Applications To Date	27	13	-14
Denied/Canceled Applications	3	5	+2
Tournaments Scheduled	2	0	-2
Adult Groups Scheduled	7	7	0
Pending Applications	4	0	0

FACILITIES

BRIANNE BAGLINI

DECEMBER STATISTICS

Old Town Hall	2019	2020	Difference
Utilization Rate for Dec.	42%	21%	-21%
Dec. Rentals	10	1	-9
Nov. Revenue	\$5,856	\$1,047	-\$4,809

Sherwood	2019	2020	Difference
Utilization Rate for Dec.	47%	39%	-8%
Dec. Rentals	28	8	-20
Nov. Revenue	\$14,796.75	\$6,504.50	-\$8,292.25

Blenheim	2019	2020	Difference
Utilization Rate for Dec.	32%	9%	-23%
Dec. Rentals	11	4	-7
Nov. Revenue	\$2,259.63	\$1,392	-\$867.63

Green Acres	2019	2020	Difference
Utilization Rate for Dec.	68%	85%	*+17%
Dec. Rentals	86	40	-46
Nov. Revenue	\$10,323.50	\$4,760	-\$5,563.50

*Utilization rate has gone up at Green Acres due to the City using the building for the Connected Care program throughout the weekdays.

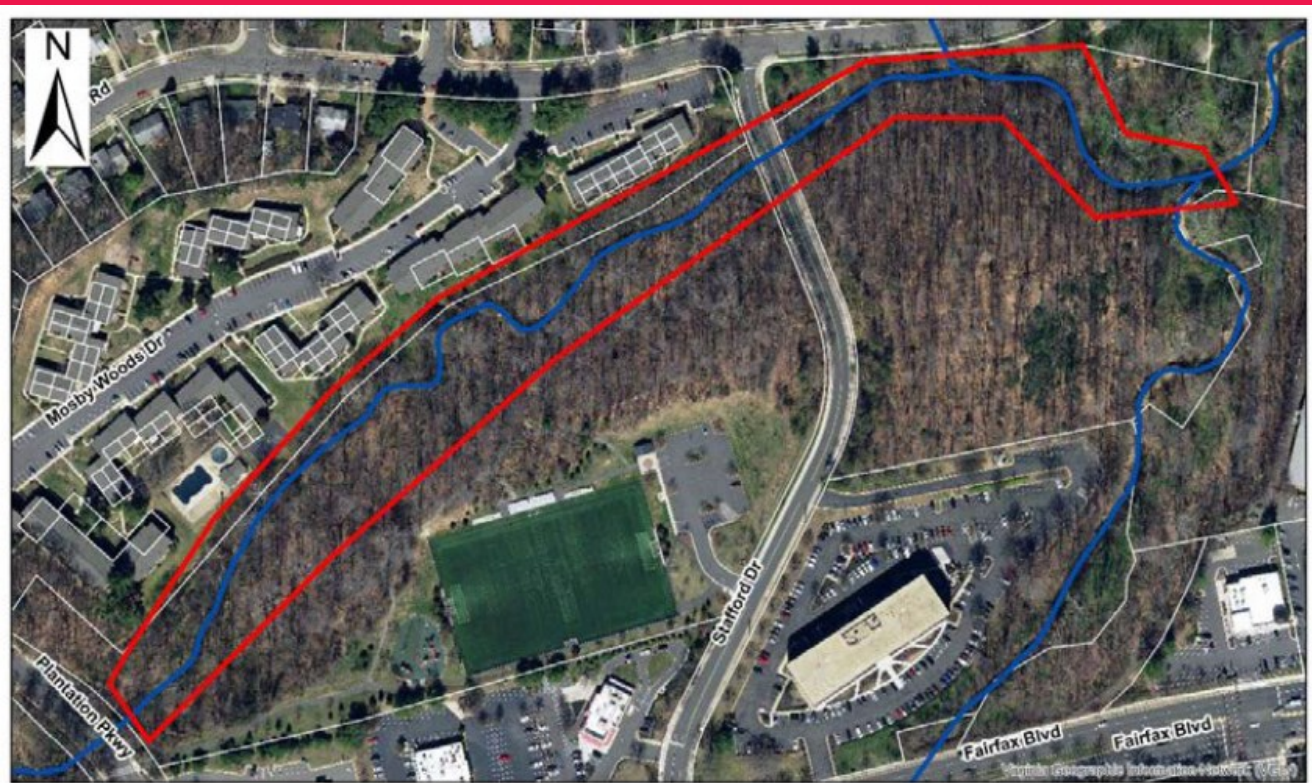
Stafford Drive Stream Restoration Project

Timeframe: FY21-23

Cost Estimate: \$2.3 million

Funding: 50% Supplemental Local assistance Fund, 50% Stormwater Capital Project Fund

Project Description: Restoration of approximately 2,300 linear feet of the stream from Stafford Road, behind Stafford Park to Ranger Road Park.



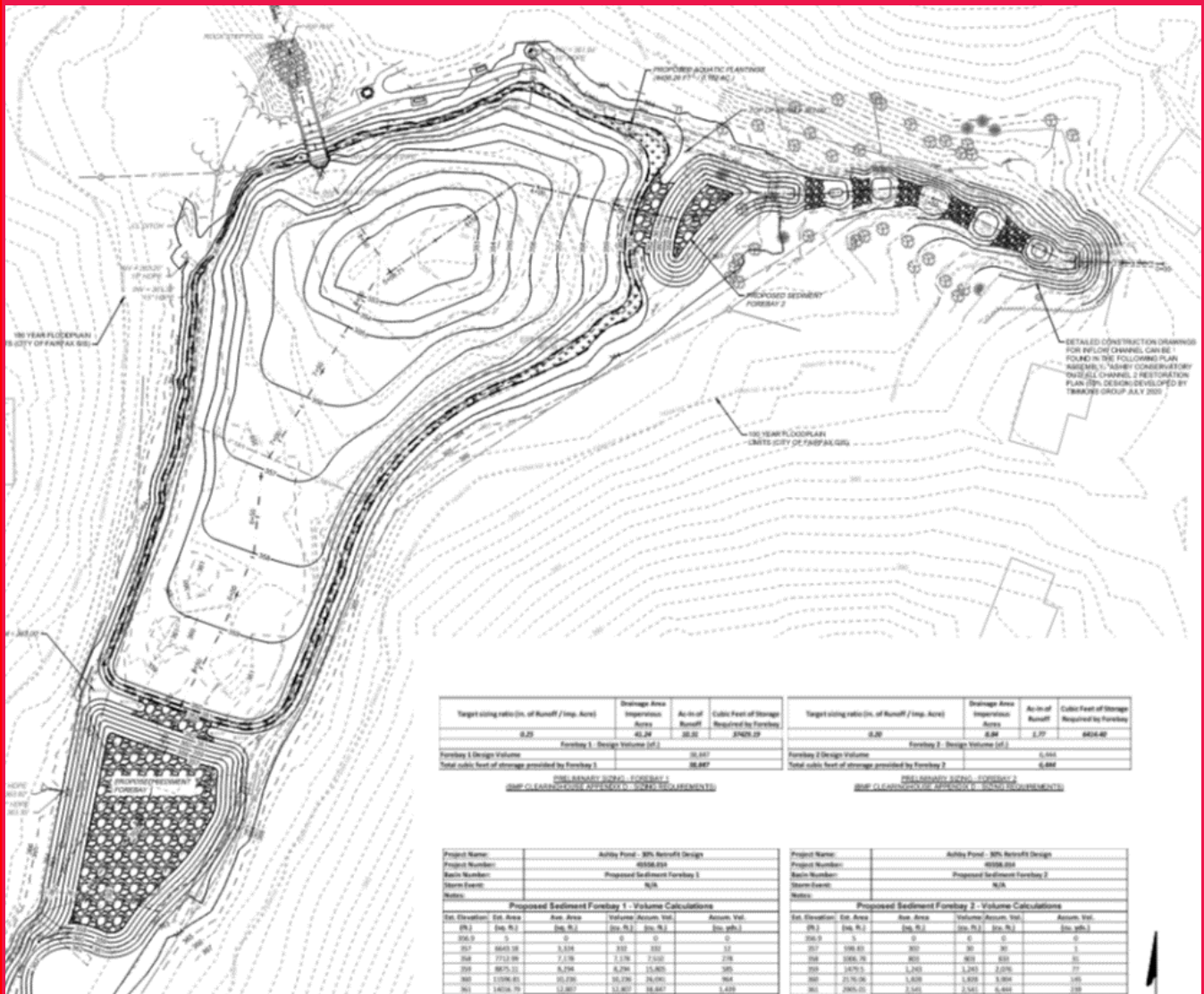
Ashby Pond Restoration Project

Timeframe: FY22-23, Design and Construction

Cost: Estimate \$1.5 million

Funding: 50% Supplemental Local Assistance Fund, 50% Stormwater Capital Project Fund

Project Description: Dredging, Outfall Retrofit and Creation of a Forebay





Senior Center

Sending holiday cheer to all our Senior Center folks!

We would like to wish you all a wonderful holiday season full of love and magic moments. Even though we're apart this holiday season, you're always in our hearts.

Special days to celebrate in December
Reasons To Celebrate

Please see Tips from CDC to celebrate safely this holiday season
Holidays and Small Gatherings

Our City website

www.fairfaxva.gov will keep your informed and updated with the latest COVID information Please continue to contact us if you need any support from our staff.

If you are in need of support or services, please reference the Area Agency on Aging at 703 324 7948 or **Website**.

Wishing you and yours a happy holiday season and a peaceful and healthy New Year,

Anne Chase
Recreation Manager/Senior Center Coordinator



COMING SOON

Winter brochure will be available shortly. **Click here** for updates.

Program News

Winter classes for Adults and Seniors begin in January and are now open for registration through active net link. We are continuing with the limited the class size to 15 students in the full performance space at Stacy C Sherwood Community Center. Participants must pre-register via active net - no drop ins accepted at this time.



Many of your favorite instructors and staff are anxious to welcome you back to in person programs and are looking forward to providing you an awesome safe experience. All Virginia Health Department mandates will be met to provide you an opportunity to have in person activities as you feel safe to participate.

Our limited class offerings include, Cardio Circuit, Seniorcize, Tai Chi, Pilates/Yoga, Zumba Gold, new Mediation Mondays start in January and various levels of virtual Clogging. Pickle ball lessons at Van Dyck Park will resume in March.

Senior Activities

Adult Activities

Registration can safely be done from your home online through active net, by calling the **Parks & Recreation Information Desk** 703.385.7858, mailing in registration forms or emailing staff at SeniorCenter@fairfaxva.gov

Upcoming In-Person Senior Programs

Military History

Instructor/ Group leader: Alan Rems

When: Every other **Wednesday**

beginning

Jan 13 through May 26

Time: 1pm- 3:15pm

Location: Stacy C Sherwood Community Center



Covers military history of all countries and ages, employing in-house presentations, guest speakers, instructional DVDs, etc. Two hours of instruction plus a 15 minute break each session.

All guests must sign-in upon entry.

All guests must wear their masks upon entering/exiting the facility, walking through the hallways and using the restrooms and maintain 6' social distancing

Limited to the first 25 to register. [Click Here to Register](#)

St. Patrick's Day Senior Bingo

Wednesday, March 17: 1p- 2:30p

Location: Sherwood Full Performance Space

Check in time 12:45p

Get ready to shout **BINGO!** Bringing your old favorite back using the same guidelines from our senior center bingo days! Everybody wins! \$2/2cards + \$1 each additional. Prizes awarded. Must pre-register limited to the first 25 people to sign up.



[Click Here To Register](#)

Outdoor Activities at Green Acres

Bundle Up and Come Out and Play!

Bocce and Pickleball courts are OPEN for unreserved play. Please practice social distancing.



Bocce:

Our traditional Bocce season was canceled this summer, but you are welcome to come play throughout the fall on your own. Storage unit is in place for you to access equipment to borrow- please contact the Parks and Recreation Department by email for the combination
parksrec@fairfaxva.gov



Pickleball: Courts are available Green Acres and Van Dyck Park for all to use for unreserved play. We do offer equipment for you to use in the storage unit next to the courts at both Green Acres and Van Dyck Park. Please contact the Parks and Recreation Department by email for the combination
parksrec@fairfaxva.gov

Please remember to put all the equipment back in the proper manner and lock the unit up when finished playing and please follow the guidelines on the courts. All equipment should also be in good working condition. Should an item become broken or needs to be replaced, please report any damage to the Parks and Rec department.

Just a reminder that the Green Acres building remains closed and bathrooms are not accessible to use; however a porta potty is in the back gravel lot at Green Acres.

In Remembrance

We've lost several fellow members and beloved



friends this year. There is a dedicated space at the Center for these announcements, but since we're temporarily closed we want to bring you the news. Once we resume public hours, they'll be posted in our Memorial Book at the center. If you'd like your loved one mentioned, please email anne.chase@fairfaxva.gov.

Edward Trexler May 12, 2020
[Obituary](#)

Dave Parsons May, 24, 2020
[Obituary](#)

Sandra Poole Phipps May 25, 2020
[Obituary](#)

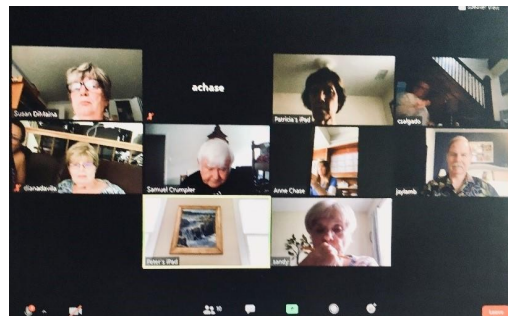
Greta Ann Fulton June 24, 2020
[Obituary](#)

Melba Davis October 14, 2020
[Obituary](#)

General Information

Senior Council

The Young at Heart Seniors' Advisory Council members are volunteers who work as a group with the staff to enhance the programs and activities of the Fairfax City Senior Center. The Senior Council continues to work on behalf of the senior members and staff while our physical center remains closed.



2019/2020 Senior Center Advisory Members

Kim Chu, Sam Crumpler, Susan DiMaina, Pat Hyland, Jayne Jackson, Jay Lamb, Jeanette Mason, Pete Pollak, Sigrid Schipper, Charles Spasaro, and Sandy Moshos.

The Senior Council continues to meet virtually each month.

During the June meeting, the board decided and voted unanimously to skip the Board Elections this year and continue with the present Board until October 2021.

Next meeting:

- No **December** Meeting
- ZOOM meeting on Jan 19, Tuesday at 1pm
- Mark your calendars for **February** 16 at 1pm to join in the virtual meeting and say hi and offer any comments you would like to pass on to the council Join Zoom Meeting

<https://us02web.zoom.us/j/87061712459>

Parking passes

Your issued parking pass has expired and new passes will be distributed when we reopen. Currently parking enforcement will not be issuing tickets if you come to Green Acres to play Bocce or Pickle ball until further notice.

Virtual Programs



Afternoon Holiday Tea Party

Speaker: Anne Chase, Kathy Carter and Kathy Blevins from Vienna

Friday, December 4: 2 pm-3pm

Enjoy a virtually tea party with your friends. Wear your favorite tea hat and join us for an afternoon tea right in your own home.

Be sure your gadgets are charged up, with a power cord nearby just in case. Now look your best. Then log on to chat with the group. Cheers!

[Click Here To Register](#)

While the senior center remains closed, I encourage all of you to continue to learn a new skill, travel virtually to visit a special place, engage in a new activity in the comfort of your home and discover useful resources. We, Fairfax City's Parks and Recreation has created a wonderful virtual programming page for all seniors to explore www.fairfaxva.gov/virtualcenter

In addition, Fairfax County has enhanced their virtual learning site to include new partners and programs for you to take advantage of this Fall. The goal of the **Virtual Center** for Active Adults is to enrich the lives of adults in **Fairfax County and Fairfax City** while combatting isolation. Here you can connect with your peers, engage in a variety of activities and discover useful resources.

<https://www.fairfaxcounty.gov/neighborhood-community-services/virtual-center-active-adults>

Fun Puzzles and Games

[Free Online Sudoku](#)

[Free Jigsaw Puzzles](#)

[Sweet Shuffle and More!](#)

Helpful Resources

[Complimentary pick-up and delivery transportation via Pohanka](#)

[How To Avoid COVID-19 Fraud](#)

Shopping Hours for At-Risk Customers

The Economic Development Authority (EDA) has published Shopping information of interest to seniors:

ALDI — 855-955-2534

*Vulnerable Customers

Tuesdays & Thursdays, 8:30-9:30 am
11001 Lee Hwy, Fairfax, VA 22033

Safeway — 703-591-8473

*At-Risk Customers

Tuesday & Thursdays, 7-9 am
10350 Willard Way, Fairfax, VA 22030

Trader Joe's — 703-764-8550

*Senior Hours

Monday – Sunday, 8-9 am
9464 Main St., Fairfax, VA 22031

Walgreens — 703-591-1025

*Seniors Only

Tuesdays, 8-9 am
10320 Main St., Fairfax, VA 22030

The EDA also have a list of restaurants that are doing take out/delivery on their website:

[Click Here](#)

Activities at HOME

We hope you are occupying yourselves while we are in social isolation. Below are some ways to stay busy while at home socially distancing!

- Walk around your neighborhood or trails (while practicing 6ft social distancing)
- Calling and chatting with your family, friends and neighbors
- Write a letters to family & friends
- Journaling what's going on now or memories from your past
- Get in touch with your artistic/crafty side
- Do some spring cleaning
- Have a spa day (facial, manicure, pedicure, soak in a tub of bubbles, salts, or baking soda)
- Plant seeds in a pot or garden (mindful of outdoor frost date);
- Read books or magazines
- Cooking and preparing healthful foods
- Put your favorite music on and dance!

National Institute on Aging at
Home Workout Samples

- [10 Minute Workout](#)
- [15 Minute Workout](#)
- [20 Minute Workout](#)
- [60 Minute Workout](#)
- [7 Strength, Balance, and Flexibility Exercises](#)

Online Games & Learning

- [Online Popular Board and Card Games](#)
- [AAPR Play Bridge Online](#)
- [AAPR Games Online](#)
- [AAPR Podcasts](#)
- [Adult Online Coloring Pages](#)

These links are all originate from outside of Fairfax City.

Please keep in mind that these are just suggestions, and you should use at your own discretion.

