

# The Phoenix Parent Newsletter



“Your individuality is important, but so is belonging. Recognize the parts of your culture that have shaped your past, and the parts you want to carry with you into the future.” - Sol Peralta

Leaves are falling, autumn is calling! Welcome to Our Fourth Quarter Parent Newsletter!

As we gear up for the final quarter of 2024, we are excited to share all the fun and engaging activities planned for your teens! This quarter is packed with opportunities to volunteer, connect, learn, and celebrate. From daily activities that inspire teamwork and creativity to vibrant clubs like Dungeons and Dragons where friendships bloom, there is something for everyone.

We will spotlight the National Hispanic Latino Heritage Month, as well as, the National Filipino Heritage Month, through our robust Worldwide Club where teens learn about diverse cultures sprinkled in our community.

Peek inside at our Parent Discussions, Fall Fieldtrips, and a special public concert from the School of Rock – Vienna on Friday, November 15.

And let’s not forget about all things Halloween: from volunteering at the Halloween on the Green Event on Saturday, October 12, our Halloween Escape Room/ Costume Party, and the honor of walking in this year’s Halloween Parade celebrating 25 years of Club Phoenix Teen Center as we “Party Like its 1999” and highlight the founders of the Club Phoenix Teen Center as the parade marshal: The Vienna Teen Foundation. Fall into this newsletter for more details to get involved and let’s end the year with a Bang!

## Club Phoenix Teen Center Basics:

### Vienna Community Center

120 Cherry St. SE,  
Vienna, VA 22180

### Hours of Operation:

Mon - Thu  
2:30 - 6:30 pm.  
Fri 2:30 - 9 p.m.

### Extended Hours Days

**Mon - Fri**  
**12:30 - 6:30 p.m.**

Oct: 3, 4, 14, 28

Nov: 1, 4, 27

Dec: 30, 31

### Closed:

Oct: 23

Nov: 5, 11, 28, 29

Dec: 23 - 27



Vienna  
Alhambra



## Club Phoenix Teen Center

*Rise up and make a difference.*

Our purpose is to provide a structured and safe environment for teens to develop overall health and wellness through participation in recreational and education activities.

This after school program is free for teens in the greater Vienna area, ages 11 - 18 in grades 6 - 8 and mentorship program for grades 9 - 12.

### What to expect in the Teen Center:

Large tabletop games, video games, board games, independent activities, arts and crafts, and more! Snacks for purchase at the Nest, concession stand, ranging from \$0.25 - \$1.50.

We focus on self-development and the eight dimensions of wellness during the program, while incorporating the teens interests, hot topics, national heritage months, special events, special interest group clubs, and serving our community.

This is a safe space for teens to learn more about themselves and how they can make an impact on their community through a social environment.



## Odd Jobs List

Calling all youth interested in earning some extra cash! Do you enjoy babysitting or have a passion for dog walking? The Vienna Parks and Recreation Department sponsors a program in which youth can sign up to be added to the Odd Job list to help their neighbors while potentially earning some extra cash.

Applications can be found at the Vienna Community Center Front Desk and the Club Phoenix Teen Center.



## Club Phoenix Rentals

Club Phoenix is available for rentals on weekends to members of Club Phoenix. Fill out an application at the front desk or on the web and speak with the After School Program Coordinator, Ianna Alhambra, at 703-255-5736, to gain more information and set up a tour.

## SELF-DEVELOPMENT AND EIGHT DIMENSIONS OF WELLNESS

**Self-Development** *September*  
Self-Development is the process by which a person's character or abilities are gradually developed. Teen self-development is developing a strong sense of self, personality, connection to others and individuality.

### **Eight Dimensions of Wellness**

According to the Substance Abuse and Mental Health Services Administration (SAMHSA), the eight dimensions of wellness are Emotional, Environmental, Financial, Intellectual, Occupational, Physical, Social, and Spiritual. Each month during the school year we will focus on a different wellness dimension every Wednesday for our Wellness Wednesday series.

### **Intellectual Wellness** *October*

Intellectual development involves the ability to understand and meet your need to learn, be creative and broaden your knowledge- this can include areas of study, art and music.

### **Vocational Wellness** *November*

Vocational/ Occupational wellness involves participating in meaningful and purposeful activities at work and at school. It involves your satisfaction and ability to learn and grow from what you do. This dimension still applies to students that do not have a job.

### **Social Wellness** *December*

Social wellness includes showing interest and concern in relationships with family, friends, peers, and the community. This dimension of wellness involves the ability to create a connection to others in your life, feel a sense of belonging and create a solid support system for themselves.



“At the end of the day,  
we can endure much  
more than we think we  
can.” – Frida Kahlo



## SELF-DEVELOPMENT AND EIGHT DIMENSIONS OF WELLNESS

### Financial Wellness *January*

Financial wellness is the understanding and application of financial situations and goals, savings, debt, and income. This dimension of wellness involves a feeling of contentment and future planning for financial stability.

### Emotional Wellness *February*

Emotional wellness is the ability to express feelings, adjust to emotional challenges, cope with stress, and actively enjoy life. This dimension of wellness also includes creating and maintaining strong and satisfying relationships.

### Physical Wellness *March*

Physical wellness is developing a healthy body: including healthy habits through nutrition, exercise, sleep, hydration, and no impurities within the body. This dimension of wellness involves the recognition and process of taking care of your body by staying active, eating healthy, and getting rest.

### Environmental Wellness *April*

Environmental wellness is a sense of safety, comfort, and connection with your physical surroundings. This dimension includes making sure that your surroundings- like your home, room, desk, car, workspace are safe, stable, and positive.

### Spiritual Wellness *May*

Spiritual wellness represents an individual's personal beliefs, values, and what gives them meaning and purpose. This dimension of wellness does not necessarily involve specific religious values and customs, the focus is placed more on understanding your feelings on the meaning of life and your purpose in the world.

“Success is  
having fun” –  
Bruno Mars

Programs | Clubs | Activities



### Dungeons and Dragons

Friday October 18 | 6 - 9 pm.  
 Friday, November 15 | 6 - 9p.m.  
 Friday, December 13 | 6 - 9p.m.  
 Join the new and affluent Dungeons and Dragons® players for adventurous fun in the Teen Center. We have everything you need to succeed. Info sessions are at 5:30 p.m. the day of.



### High School Only Nights

2nd Friday of the Month  
 Oct 11, Nov 8, Dec 13  
 7 - 9 p.m.  
 The Teen Center will close to all elementary and middle school students at 7 p.m. for the Club Phoenix Teen Center High Schoolers to have a safe space to be teens. Bring a friend and earn a chance at spin-to-win.



### Worldwide Club

Join the worldwide club as we explore different countries, cultures, cuisine, languages, and flags all over the world. The countries are related to the national heritage month themes and involve trivia games, presentations, and prizes.



### Wellness Wednesday

Every Wednesday  
 4 - 4:30 p.m.  
 Enjoy mini wellness lessons related to each wellness theme per month every Wednesday with guest speakers, interactive activities, resource presentations, and sponsors.



## Fall Field Trips

- Sign up at [www.viennava.gov/teecenter](http://www.viennava.gov/teecenter)
- Thursday, Oct 3: Cox Farms
  - Friday, Oct 4: Flight Adventure Park
  - Monday, Oct 14: Skate N Fun Zone
  - Friday, Nov 1: Flight Adventure Park
  - Monday, Nov 4: Monster Mini Golf
  - Wednesday, Nov 27: Bowlero

## Parent Discussions

- October 9: Building Resilient Communities and Understanding Adverse Childhood Experiences
- November 13: Opioid Overdose and Naloxone Education (Revive! Kit Training. Section A1 is for adults. Section B1 is for teens between the ages of 16 - 18.
- December 11: QPR (Question Persuade, and Refer) Suicide Prevention Training

»»» VOLUNTEER

# COMMUNITY SERVICE

All of the volunteer opportunities are through the Vienna Parks and Recreation Department unless otherwise stated and all volunteers must sign a volunteer application form prior to volunteering. Please contact Ms. Ianna Alhambra at [Ianna.Alhambra@viennava.gov](mailto:Ianna.Alhambra@viennava.gov) for any questions.



## THE NEST, CONCESSION STAND

»»» Sign up here:  
<https://www.signupgenius.com/go/10C094AADAF2CA4FC16-51015072-thenest>

This is an ongoing volunteer opportunity that meets the needs of the different availabilities for teens that need service hours. They develop leadership skills, cash handling experience, and display customer service skills.

## HALLOWEEN ON THE GREEN EVENT

»»» Sign up here:  
<https://www.signupgenius.com/go/10C094AADAF2CA4FC16-50891408-halloween>

Saturday, October 12, 2024  
10:30 a.m. - 12:30 p.m.  
Volunteers will help the set up and break down of this event and facilitate games, crafts, and monitor line control for a petting zoo.

## HALLOWEEN PARADE BAG

STUFFING  
»»» Sign up here:  
<https://www.signupgenius.com/go/10C094AADAF2CA4FFC16-51141070-halloween>

Thursday, October 17  
Friday, October 18  
Help us stuff 1000 goodie bags for the neighborhood kids in costume participating in the Halloween Parade on Wednesday, October 23 from 7 - 9:30 p.m.



## »»» SEEDLING PREPARATION

Email [Ianna.Alhambra@viennava.gov](mailto:Ianna.Alhambra@viennava.gov) to sign up.

Friday, October 18, 2024

Help the Conservation and Sustainability Commission of the Town of Vienna prepare for their annual tree seedling giveaway by preparing seedlings.

# OCTOBER ACTIVITIES CALENDAR

October 2024: Intellectual Wellness – Find ways to be creative, stimulate your brain, learn something new						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	Oct 1	Oct 2	Oct 3	Oct 4	Oct 5	Oct 6
		<b>Knitting Activity</b>	<b>Wellness Wednesday: Brainteasers and Riddles</b>	<b>Extended Hours: Open 12:30 – 6:30 p.m.</b>  "A Million Thanks" Thanksgiving Letter Writing Workshop  Cox Farms Fall Field Trip	<b>Extended Hours: Open 12:30 – 6:30 p.m.</b>  "A Million Thanks" - Thanksgiving Letters Due 10/4  Flight Adventure Park Fall Field Trip	
Oct 6	Oct 7	Oct 8	Oct 9	Oct 10	Oct 11	Oct 12
	Patrick Henry Library Book Club 4:30 – 5:30 p.m. 	<b>Teen Council Meeting 5 – 6 pm</b>	<b>Wellness Wednesday: Studying Tips and Tricks for Students</b>	<b>National Filipino Heritage Month Trivia</b> 	<b>High School Only Night: Escape Room 7 – 9 p.m.</b>	<b>Halloween on the Green Event</b> Volunteers Needed 9:30 a.m. – 12:30 p.m.
Oct 13	Oct 14	Oct 15	Oct 16	Oct 17	Oct 18	Oct 19
	<b>Extended Hours: Open 12:30 – 6:30 p.m.</b> Teens Choice  Skate N Fun Zone Fall Field Trip	<b>National Hispanic and Latino Heritage Month</b> Taco Tuesday Celebration 3:30 – 5:30 p.m.	<b>Wellness Wednesday: Puzzles</b>	<b>Halloween Parade Bag Stuffing: Volunteers Needed 2:30 – 6:30 p.m.</b>	<b>Halloween Parade Bag Stuffing: Volunteers Needed 2:30 – 6:30 p.m.</b>  Dungeons and Dragons Club   6 – 9 p.m.	
Oct 20	Oct 21	Oct 22	Oct 23	Oct 24	Oct 25	Oct 26
	Teens Choice	<b>Teen Council Meeting 5 – 6 pm</b>	<b>CLOSED</b> due to Halloween Parade	<b>Beat Saber Competition</b>	<b>Halloween Town Movie Night and Popcorn 5 – 7:30 p.m.</b>	
Oct 27	Oct 28	Oct 29	Oct 30	Oct 31		
	Teens Choice	<b>Halloween Themed Slime</b>	<b>Wellness Wednesday: Halloween Kahoot</b>	<b>Halloween Costume Party</b>		

<p>Friday, October 11 High School Only Night Escape Room</p>	<p><b>CANCELLED</b> Monday, October 14 Fall Field Trip: Skate N Fun Zone</p>
<p>Tuesday, October 15 Taco Tuesday Celebration in honor of National Hispanic Latino Heritage Month Enjoy Free Tacos!</p>	<p>Thursday, October 31 Halloween Costume Party and Escape Room - Food from TGI Fridays will be provided</p>

# NOVEMBER ACTIVITIES CALENDAR

November 2024: Vocational Wellness – Participate in meaningful and purposeful activities.						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					Nov 1	Nov 2
					<b>Extended Hours</b> 12:30 - 6:30 p.m. "A Million Thanks" Holiday Letter Writing Workshop Fall Field Trip: Flight Adventure Park	
Nov 3	Nov 4	Nov 5	Nov 6	Nov 7	Nov 8	Nov 9
	<b>Extended Hours:</b> 12:30 – 6:30 p.m. Teens Choice "A Million Thanks" - Winter Holiday Letters Due 11/4 Fall Field Trip: Monster Mini Golf	<b>Closed</b>	Wellness Wednesday: Career Exploration Activity	Angry Birds Game 	Worldwide Club: National Native American Heritage Month Trivia  High School Only Night: Friendsgiving 7 – 9 p.m.	
Nov 10	Nov 11	Nov 12	Nov 13	Nov 14	Nov 15	Nov 16
	<b>Closed</b>	Slime 	Wellness Wednesday: Life Purpose Activity: Ikigai  Parent Discussion: Revive! Kit Training Teen Discussion: Revive! Kit Training	"National Pickle Day" Learn How to Air Fry Pickles	School of Rock Concert 5:30 – 7:30 p.m. Open to the Public  Dungeons and Dragons Club 6 – 9 p.m.	
Nov 17	Nov 18	Nov 19	Nov 20	Nov 21	Nov 22	Nov 23
	Teens Choice	Teen Council Meeting 5 – 6 pm	Wellness Wednesday: Well Balanced Schedule Workshop	Fortnite Tournament	Thanksgiving Party 	
Nov 24	Nov 25	Nov 26	Nov 27	Nov 28	Nov 29	Nov 30
	Teens Choice	Worldwide Club: Mexico 4 – 4:15 p.m.	<b>Extended Hours:</b> Open 12:30 – 6:30 p.m. Teens Choice	<b>CLOSED</b> Happy Thanksgiving!	<b>CLOSED</b> Due to Fall Holiday	

Friday, November 8 High School Only Night: Friendsgiving	Wednesday, November 13 Parent Discussion and Teen Talk: Opioid Overdose and Naloxone Education (Revive! Kit Training)
Friday, November 22 Thanksgiving Party	Extended Hours: November 1, 4, 27 Closed: November 5, 11, 28, 29



# DECEMBER ACTIVITIES CALENDAR

December 2024: Social Wellness – show interest and concern in relationship with family, friends, and community.						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
Dec 1	Dec 2	Dec 3	Dec 4	Dec 5	Dec 6	Dec 7
	Teens Choice	Hike to Henry	Wellness Wednesday: Debate	Decorate Winter Wreaths	First Friday Flix 4 – 6 p.m.	
Dec 8	Dec 9	Dec 10	Dec 11	Dec 12	Dec 13	Dec 14
	Teen's Choice	Worldwide Club: Ethiopia	Wellness Wednesday: Story Chain  Parent Discussion: QPR Suicide Prevention	Sugar Cookie Decorating Contest	Dungeons and Dragons Club 6 – 9 p.m.  High School Only Night: Open Mic Night 7 – 9 p.m.	
Dec 15	Dec 16	Dec 17	Dec 18	Dec 19	Dec 20	Dec 21
	Teen's Choice	S'mores Snowmen Activity	Wellness Wednesday: Staring Contest	Winter Scavenger Hunt	Ugly Sweater Winter Holiday Party 3:30 – 5:30 p.m.	
Dec 22	Dec 23	Dec 24	Dec 25	Dec 26	Dec 27	Dec 28
	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	
Dec 29	Dec 30	Dec 31	Jan 1	Jan 2	Jan 3	
	Extended Hours: 12:30 – 6:30 p.m. Favorite Holiday Episodes	Extended Hours: 12:30 – 6:30 p.m. New Year's at Noon Celebration 12:30 – 3:30 p.m.	CLOSED	Extended Hours: 12:30 – 6:30 p.m. Switch Tournament	Extended Hours: 12:30 – 6:30 p.m. First Friday Flix 4:30 p.m.	

<p>FRIDAY, DECEMBER 13 DUNGEONS AND DRAGONS CLUB</p>	<p>FRIDAY, DECEMBER 20 UGLY SWEATER WINTER HOLIDAY PARTY</p>
<p>Extended Hours: December 30 &amp; 31 January 2 &amp; 3</p>	<p>Closed: December 23 - 27 January 1</p>

Club Phoenix  
Teen Center

# PARTY LIKE IT'S 1999

Wednesday  
October 23



**WANT TO WALK WITH  
CLUB PHOENIX IN THE  
HALLOWEEN PARADE?  
T-SHIRTS ARE LIMITED  
SIGN UP TODAY**

CONTACT MS. IANNA ALHAMBRA FOR ANY QUESTIONS

[Ianna.Alhambra@viennava.gov](mailto:Ianna.Alhambra@viennava.gov)





**TOWN OF**  
**VIENNA**  
*Parks and Recreation*