

FINDING THE JOY IN WINTER

Do you struggle with your happiness levels during the winter? Perhaps you even feel a tad bit depressed or find yourself counting down the days until spring makes its debut? If you have the right mindset and tools to deal with the cold weather, you can dramatically improve the situation. Some tried-and-true strategies will not only help you survive these cold and dark winter months, but they can allow you to thrive and actually enjoy life during this season.

TIPS FOR BEATING THE COLD-WEATHER BLUES AND FINDING THE JOY IN WINTER:

* TRY TO APPRECIATE THE BEAUTY THAT WINTER BRINGS

It could be going for a short walk around your neighborhood and enjoying the snowy landscape, or simply gazing out into your backyard and reminding yourself how beautiful the wildlife is in winter.

* GET YOUR VITAMIN D

Unless you're someone who is constantly outside getting sunshine during the winter months (let's face it, most of us unfortunately aren't), it might be beneficial for you to take a Vitamin D supplement. Consult with your physician before deciding to take supplements.

* MAKE FUN PLANS

Make plans that you're excited about and then focus on those fun things you have coming your way. Maybe it's trying out a new class or card group, or attending bingo and social events. Having something enjoyable to look forward to helps with keeping a positive mindset.

* EARLY TO BED, EARLY TO RISE

Going to bed early and waking up early is going to allow you to experience as much daylight as possible, which can really help soften the blow of much shorter days.

* MAKE YOUR HOUSE BRIGHTER

Open up all the curtains and let as much natural light in as possible. You'll find it to be an instant mood booster!

* EXERCISE

If outside activities aren't for you – no problem. Register for an exercise class. Even some hardcore cleaning around the house or some brisk mall walking counts! Just moving and getting your blood flowing is going to make you feel better.

* TAKE UP A NEW HOBBY

Keeping your mind preoccupied with something that you truly enjoy and look forward to spending time on can be a great distraction from the winter blahs. Whether it's reading, baking, dancing, writing, or even treating yourself to an adult coloring book to enjoy.

* DON'T BE A HERMIT


It's easy to allow yourself to become isolated when it's dreary outside. Be sure to stay social by keeping in touch with friends & family.

<https://embracingsimpleblog.com/finding-joy-winter/>

Nathy Blevins

Recreation Program Coordinator

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Vienna Theatre Company
SHAKESPEARE in Hollywood
Written by Ken Ludwig
Ticket Price: \$16
Click [HERE](#) to purchase on-line tickets
Performance Dates:
8pm Friday & Saturday, January 19, 20, 26, 27 and February 2, 3
2pm Sunday, January 28, February 4
More information [Vienna Theatre Company](#)
All performances are at the Vienna Community Center

Lending a Helping Hand

Do you need help with snow shoveling or maybe to check a few "to do" items off your list around the house? Call the Vienna Parks and Recreation Department for our Youth Odd Job List. Vienna youth sign up to be on the list as a way to earn extra cash while helping their neighbors.

The Town is not responsible for setting wage expectations.

Please call the front desk for more information 703-255-6360



RECIPE
CORNER

Chicken Pot Pie with Biscuits

submitted by:
Nicole Falceto
Deputy Director
Parks and Recreation



Ingredients:

1/3 cup butter or margarine
1/3 cup chopped onions
1/3 cup all-purpose flour
1/2 tsp salt
1/4 tsp pepper
32oz Chicken Broth (1 3/4 cups)
1/2 cup milk
2 1/2 cups cooked and shredded
chicken (or turkey)
2 cups frozen mixed vegetables
Storebought (1 can) or Homemade
Biscuits

Directions:

Heat oven to 350 degrees F.

In 2-quart pan, melt butter over
medium heat. Add onion; cook 2
minutes, stirring until tender. Stir in
flour, salt, pepper until blended. Stir
in broth and milk, cooking and
stirring until bubbly and thickened.
Add the chicken (or turkey) and the
mixed vegetables. Remove from
heat.

Transfer pot pie filling to a 7x11
baking dish and top with biscuit
dough. Brush biscuits with an egg-
water wash.

Bake in preheated oven until biscuits
are golden brown, approx. 20-25
minutes.

Remove from oven and let rest for 10
minutes before serving.

Sign up for

VIENNA HAPPENINGS NEWSLETTER

To receive the Town's weekly email with updates on
what's going on around town

Visit viennava.gov/happeningssignup

Winter Gardening



How to Start a Veggie Garden

February 3

9-10:30 a.m.

\$7.50 Residents/\$9.50 Non-residents

Why & How to Mulch your Garden

February 17

11 a.m.-12 p.m.

\$5 Residents/\$6.25 Non-residents

Organic Pest Control

February 24

9 a.m.-12 p.m.

\$15 Residents/\$18.75 Non-residents

The Key to Garden Success

February 17

9-10:30 a.m.

\$7.50 Residents/\$9.50 Non-residents

Success with Container Gardening

February 3

11 a.m.-12 p.m.

\$5 Residents/\$6.25 Non-residents

Maximize Your Garden Space

March 2

9-10 a.m.

\$5 Residents/\$6.25 Non-residents

Companion Planting Flowers, Veggies, Herbs and Fruit

March 16

9-11 a.m.

\$10 Residents/\$12.50 Non-residents

Grow Great Tomatoes/ Grow Great Lettuce

March 9

9-10 a.m.

\$5 Residents/\$6.25 Non-residents

Click [here](#) to register

*Sugar and spice and
everything nice!*

Grandparents and their grandchildren
made magical memories at our first-
ever Gingerbread House making
workshop on December 19. There
were lots of laughter and smiles, as
well as sticky fingers. Each family
left with a completed holiday treat!



"I Can't Hear You!"

FREE 3-Part Program About Aging
and Hearing Loss @ the VCC

Part I: Do I Have a Hearing Loss?
What Can I do About it?
February 12 10-11 a.m.

Part II: Techie Stuff to the Rescue!
March 11 10-11 a.m.

Part III: Living and Laughing with
Hearing Loss
April 8 10-11 a.m.

Brought to you by the Northern Virginia
Resource Center for Deaf and Hard of
Hearing Persons (NVRC).

CLICK [HERE](#) TO REGISTER



Technology Classes

Computer Maintenance

Thursdays, February 1-8

9:45-11:45 a.m.

\$90 residents/\$112.50 non-residents

Today's Technology

Thursdays, February 29-March 7

9:45-11:45 a.m.

\$90 residents/\$112.50 non-residents

Get Up to Speed on Your iPhone/iPad

Thursday, January 11

9:45-11:45 a.m.

\$45 residents/\$56.25 non-residents

Get Up to Speed on Your Android/Tablet

Thursday, February 15

9:45-11:45 a.m.

\$45 residents/\$56.25 non-residents



Click [here](#) to register



Virtual Center for Active Adults

Find Connection, Stay Active and Have Fun!

The goal of the Virtual Center for Active Adults is to enrich the lives of older adults and adults with disabilities in Northern Virginia while combatting isolation. Here you can connect with your peers, engage in a variety of activities, and discover useful resources.

Join live, interactive programs and engage with other adults. You can also watch prerecorded programs on demand on your own schedule.

[View the monthly calendar here](#)

Follow this link to join any of these classes on a computer, smartphone, tablet: bit.ly/VCAAzoom2

To join by phone, call 1-301-715-8592; Meeting ID: 905 123 5932#; Meeting password: 3636#



Keeping Socially Engaged in Retirement

Now that you have the time, get involved in your community. You'll learn about many resources and organizations where you can put your skills to use. There are an abundance of non-profit organizations in the area that can benefit from your expertise. Teach, mentor or coach others. Learn about MeetUp groups, and online resources to stay engaged. Volunteer opportunities abound.

Thursday, February 15

9:45-11:45 a.m.

\$45 Residents/\$56.25 non-residents

Indoor Pickleball



Vienna Community Center is one of the most popular places to play pickleball in Vienna. There are 3 indoor wood courts. The lines are permanent, and portable nets are available.

Monday/Wednesday 11 a.m.-1 p.m.

Friday 11 a.m.-2 p.m.

Town of Vienna residents: Free (ages 18 and older)

Non-Town residents: 19 and older: \$5

All adult drop-in participants must have a pass (fob) to play. Vienna residents play for free. Non-residents can prepay for up to 40 visits. Please bring a valid ID.

UPCOMING EVENTS

Bingo, Cookies & Cocoa

Friday, January 26 1:30-3:30 p.m.

Enjoy a traditional bingo game in a friendly atmosphere while you win bargain prizes at the Vienna Community Center. Bingo cards are \$2 for 2 cards (limit 2 cards/person). Registration required. Please bring an inexpensive or lightly used item to donate to our prize table.

Hot cocoa and cookies provided.

For Mature Adults 55+
Register [here](#)



Annual Seed Swap & Seed Class

Saturday, February 10

9 a.m.-12 p.m.

FREE

To register [click here](#)

Questions call 703-255-6360



Lunar New Year Celebration

Wednesday, February 7 12 -2 p.m.

Vienna Community Center

\$20 per person



Lunar New Year is a celebration of the arrival of spring and the beginning of a new year on the lunisolar calendar. It is the most important holiday in many Asian countries. Join us as we welcome the year of the Dragon by celebrating the Lunar New Year with friends. The celebration will feature Asian cuisine provided by the Davis Career Center, along with entertainment by Hong Dance School. This event is sponsored by Vienna Parks and Recreation and the Shepherd's Center of Northern Virginia. For mature adults 55+. The registration fee is \$20 per person. Pre-payment is due by February 1.

To register call the Shepherd's Center at 703-281-0538

Photography Contest and Exhibit

Sat., March 16 10 a.m.-3 p.m. ° Sun., March 17 12 p.m.-3 p.m.

Vienna Community Center

Entry Fee \$10 Open to metropolitan area amateur photographers

Applications are available online at viennava.gov or at the front desk

For more information call 703-255-5738



MATURE ADULT DROP IN

This is where we play!!!

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Pickleball* 11 a.m.-1 p.m.  Scrabble 12:30-4 p.m. 	A Stitch in Time- Knitting Circle 1-4 p.m. 	Table Tennis* 8-9 a.m. Canasta 12:30 -3:30 p.m.  Pickleball* 11 a.m.-1 p.m.	Mah Jongg 12:30-4 p.m.  Rummikub 12:30-4 p.m. 	Table Tennis* 8-9 a.m. Dominoes 12:30 -3:30 p.m.  Pickleball* 11 a.m.-2 p.m.

***All drop in participants must have a pass (fob) to participate. Vienna residents play for free. Out of town residents can pre-pay for up to 40 visits at \$5 per visit. In-person registration is required. Please bring a valid photo I.D.**

Tai Chi Chuan-Qigong

Tai Chi Chuan-Qigong is an easy, gentle, low-impact exercise for better balance, general health and flexibility. Suitable for all. To join this fun, welcoming group in person or via Zoom® contact hanname1122@gmail.com. The group meets in person on Tuesdays, Wednesdays and Fridays at the Vienna Community Center from 7:30-8:30 a.m. and Zoom® Monday and Thursday from 7:30 -8:30 a.m. Qigong meets in person on Monday from 7:30-8:30 a.m.

First Friday Flicks

January 5- "While You Were Sleeping" -1995

February 2- "What's Love Got to Do With It"-1993

March 1- "Gaslight" -1944

2 P.M. at the Vienna Community Center Auditorium

Come and enjoy an afternoon of entertainment as we show classic movies for adults 55+ on our brand-new 13' X 9' dimension screen with specialized surround sound. Free popcorn is available.



Vienna Parks & Recreation Inclement Weather Policy

- When the Town of Vienna is closed for the day, all classes & programs are cancelled.
- For classes scheduled to begin before 1p.m., operating status will be announced by 5 a.m.
- For classes scheduled to begin after 1p.m., operating status will be announced by 12 p.m.

For the most up to date information, please check the Town website at www.viennava.gov or call (703)255-7842 for specific details on delays, early dismissals and closings.

Opt into the SMS texting program to ensure you receive messages about inclement weather. Please call 703-255-6360 for details on how to opt into the program.

UPCOMING LECTURES YOU DON'T WANT TO MISS

Wednesday, January 3– Administering a Decedent's Estate (10-11 a.m.)

Monday, January 8– One of the Greatest Gifts (10-11 a.m.)

Thursday, January 18– Building a Healthier Neck (12-1 p.m.)

Thursday, January 25– Downsizing (10-11 a.m.)

Friday, February 9– Taming the Paperwork Beast (10-11 a.m.)

Thursday, February 22– Aging in Place (10-11 a.m.)

Thursday, February 22– Understanding Long Covid (12-1 p.m.)

Monday, February 26– The Six Pillars of Brain Health (10-11 a.m.)

Monday, March 4– Diagnosis Dementia (10-11 a.m.)

Monday, March 18– Continuing Care at Home (10-11 a.m.)

Thursday, March 21– Buying a Retirement Home (10-11 a.m.)

Thursday, March 21– Mouth & Throat Toning for Better Sleep (10-11 a.m.)

Monday, March 25– Assistance for the Visually Impaired (10-11 a.m.)

Monday, March 25– Mental Health Resources for Older Adults (10-11 a.m.)

We ask that you [register](#) to attend these free informative lectures. It is very helpful if you reserve your space in order for us to know how many to expect. It also allows To Register [Click Here](#)

The Alphabet Soup of Medicare

Are you confused about Medicare? You are not alone.

It's not only about the ABC's. There's also D and there's Medical Supplement with it's own host of lettered plans? If you're already on Medicare, come to better understand the benefits you currently have. These two sessions are presented by Maddie Sharpe, CFP Specializing in Senior Health, LTC, Life, and Annuity Protection.

Saturday, February 3 10 a.m.-1 p.m.

Saturday, March 16 10 a.m.-1 p.m.

\$10 Residents/\$12.50 non-residents (for one session)

Click [here](#) to register



TOWN OF VIENNA PARKS AND RECREATION

Classes starting in January

PERSONAL HISTORY WRITING

Dates: Thurs. 1/4-3/28 Time: 10:40 a.m.-12:40 p.m.

Record the story of your life for your children, grandchildren, and generations to come. This free class is run by participants and does not have formal instruction. It is for fun, friendship and supportive feedback.



MY STORY, MY ART

Dates: Thursdays, 1/9-3/26 10-11:30 a.m.

Do you want to discover the artist within you and tell your story through your art? This class is designed for adults 55 and over. It's for participants to connect, to create art using both conventional and non-conventional materials and to share their special life memoirs and stories with others.

S.A.I.L.

Dates: Wednesday 1/10-3/13 Time: 2-3 p.m.
Fridays 1/12-3/15 Time: 2-3 p.m.

Stay Active and Independent for Life (SAIL) is an evidence-based fall prevention program centered around a strength, balance and fitness program for adults 65 and older. The program includes aerobics, balance exercises, stretching and education-the exercises are done standing or sitting.

CHAIR YOGA

Dates: Mondays 1/8-3/18 Time: 10-11 a.m.

Conducted while sitting in sturdy armless chairs. Any limitations in your movement will be respected and nurtured. Complete safety, along with self-knowledge will be the mainstays of this class.

SENIOR FITNESS

Dates: Tuesdays 1/9-3/12 Time: 11:30 a.m.-12:30 p.m.
Thursdays 1/11-3/14 Time: 10:30-11:30 a.m.

This energizing class is for older adults who have been exercising on a regular basis. The program will include cardio, weightlifting and stretching to aid in building physical endurance, muscle strength, balance and flexibility.



MORNING MEDITATION

Dates: Wednesdays, 1/10-3/20 Time: 9-9:30 a.m.

This 30-minute, led mediation is appropriate for beginners and advanced meditators. This class will look at spiritual growth, healing ourselves physically and emotionally.



TAI CHI- ALL LEVELS

Dates: Wednesdays, 1/10-3/20 Time: 9:30 -11 a.m.

Tai Chi's graceful and precise movements develop balance, alignment and relations. This class will introduce you to techniques for balance and proper breathing.



QIGONG FOR HEALTH & HEALING

Dates: Saturdays 2/3-3/9 Time: 9-10:15 a.m.

Qigong practice consists of a series of easy to learn, simple movements specifically designed to balance our physical, emotional and mental energy and includes instruction on breathing technique and gentle self-massage.



PILATES WITH PROPS

Dates: Tuesdays 1/9-3/19 Time: 12:30-1:30 p.m.

Pilates with Props extends the benefits of Pilates by employing small apparatus including flex bands, sponge balls and physio balls.

ESSENTRICS STRETCH & TONE

Dates: Fridays, 1/5-3/8 Time: 11 a.m.-12 p.m.

Essentrics is a full body workout that can change the shape of your body through a dynamic combination of strengthening and stretching.

LEARN BALLROOM DANCE

Dates: Fridays 1/5-3/29 Time: 11 a.m.-12:30 p.m.

Come and learn ballroom dance or brush up on your steps with a professional ballroom dancer. Singles ballroom dance.

**For questions on any of these classes call
(703)255-6360**

Click [Here](#) to register today!



Upcoming Winter Trips

National Museum of African American History & Culture

January 17 10:30 a.m.-4:30 p.m.
Fee: \$49 residents/\$61.25 non-residents



"Ain't Too Proud" at the Kennedy Center

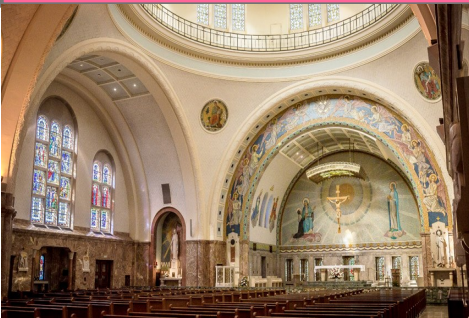
February 15 11:30 a.m.-5p.m.

Fee: \$104 Residents/\$130 non-residents

Philadelphia Flower Show

March 6 7 a.m.-6:30 p.m.

Fee: \$98 residents/\$122.50 non-residents



Seton Shrine & National Shrine Grotto of Our Lady of Lourdes

March 20 9 a.m.-4:30 p.m.

Fee: \$75 resident/\$93.75 non-resident

Upcoming Spring Trips

(registration begins February 5 for residents)

Cherry Blossom Lunch Cruise– April 3

Mt. Cuba Center– April 17

Belle Grove Plantation Tea– May 1

Agecroft Hall– May 15

US Capital Tour– May 29



To register for a trip click [here](#)

The Vienna Seniors Bridge Club

Meets at the Vienna Community Center

Wednesdays from 10 a.m.-1:30 p.m.

Intermediate and advanced bridge players are invited to attend our gatherings. There are refreshments and a lunch break at about noon. To learn more, contact the group coordinator Fatechand Shah at 703-758-9547 or fateshaw@yahoo.com



Town of Vienna Parks and Recreation Vienna Community Center



120 Cherry St. SE

Vienna, VA 22180

Front Desk: (703)255-6360

Park Maintenance: (703)255-6336

Vienna Police Non-Emergency (703)255-6366

Vienna Community Center Hours of Operation

Monday-Friday 8:00 a.m.-10:30 p.m.

Saturday 8:00 a.m.-9:00 p.m.

Sunday 12:00 p.m.-6:00 p.m.



Creating community through people, parks and programs