McLEAN 5K

Join in McLean’s Fun Run!

Saturday, Oct. 6, 8 a.m.
See page 30 for more details.

See page 30 for more details.
**MCC Staff**

**Administration**
- George Sachs, Executive Director
- Ashok Karra, Comptroller
- Holly Novack, Executive Assistant
- Sabrina Anwah, Information Officer
- Robin Walker, Social Media Editor
- Joe McGovern, Facilities Manager
- Vivian Brown, Information Technology
- Lindsay Hogan, Office Manager
- Nadia Jaff, Accounts Payable
- Anne McAfee, Human Resources Specialist
- Ellen Fox, Administrative Assistant
- Georgia Mettauer, Administrative Assistant

**Recreation Aides**
- Jonathan Davis, Booking Manager
- Scott Bowen, Craig Morris, Susan Stankus, Steve Caruso

**Performing Arts**
- Sarah Schallern, Director
- Danielle Van Hook, Director, Youth Theatre Programs
- Jennifer Garrett, Technical Director
- Justin King, Assistant Technical Director
- Evelyn Hill, Patron Services Manager
- Cat Salisbury-Valerien, Theatre Technician
- Jeff Virchow, Performing Arts Assistant
- Sarah Rothman, Audience Outreach Coordinator

**General Programs Department**
- Maggie Shea, General Programs Director
- Andrew Jennings, Instructional/Youth Program Manager
- Katie Fedora, Registrar
- Sue Dorsey, Assistant Registrar
- Sydney Duberstein, Senior Programs Coordinator
- Julia Thatcher, Youth Event Coordinator
- Catherine Nesbitt, Special Events Manager
- Nadia Kader, Events Specialist
- Mike Fisher, Old Firehouse General Manager
- Ashlyn Thompson, Old Firehouse Manager
- Andrew Carter, Old Firehouse Manager

**Friends of MCC**

- W. Glenn Yarborough, Jr., President
- Desi Woltman, Vice President
- Julie Waters, Secretary
- Elizabeth John, Treasurer
- Holly Novack, Executive Assistant
- Sabrina Anwah, Information Officer
- Robin Walker, Social Media Editor
- Joe McGovern, Facilities Manager
- Vivian Brown, Information Technology
- Lindsey Hogan, Office Manager
- Nadia Jaff, Accounts Payable
- Anne McAfee, Human Resources Specialist
- Ellen Fox, Administrative Assistant
- Georgia Mettauer, Administrative Assistant
- Bonnie Weston, Treasurer
- Kat Kehoe, Megan Markwart, Terri Markwart, Raj Mehra, Alicia Plerhoples

**2018-2019 Governing Board**
- Paul Kohlenberger, Chair
- Desi Woltman, Vice-Chair
- Julie Waters, Secretary
- Elizabeth John, Treasurer
- Carole Herrick
- Lauren Herzberg

**Family Fun, Camps and Classes**

**Harvest Happenings**
Saturday, Sept. 22, 11 a.m.- 2 p.m.
Children ages 3 to 8 can enjoy this indoor-outdoor celebration of the change of seasons. See page 32.

**The Old Firehouse Winter Break Trips**
Wednesday, Dec. 26- Friday, Jan. 4
When school is out, fun is in for 5th-9th graders who sign up for these exciting day trips. See page 47.

**Happy Hour Yoga**
Starts Monday, Sept. 17
Try this intermediate-level class that rapidly works mental stress and muscle tension out of the body. See page 15.

**Here’s What Our Patrons Say…**

**Senior Fitness**
“The instructor is terrific! Each week is different, plus the series goes from gentle to demanding.”

**The Alden’s Production of “The Snow White Variety Show”**
“My daughter has enjoyed the experience tremendously. She feels a great sense of fulfilment in being a part of a ‘real’ production.”
Who We Are, What We Do

The McLean Community Center (MCC) was built and is funded by residents of Greater McLean for their use through a real estate tax surcharge, the result of a 1970 bond referendum (Small District 1A-Dranesville).

Center facilities include the 383-seat Alden Theatre, the McLean Project for the Arts galleries, the Susan B. DuVal Art Studio, meeting and conference rooms, a rehearsal studio, a multi-purpose classroom and catering kitchen.

Local open clubs and organizations use the Center for their monthly meetings with a nominal charge. Center facilities may be rented for private functions such as business conferences, receptions, parties and recitals. District residents and businesses pay reduced fees. Registrations for McLean Youth Athletics and McLean Little League activities are regularly held at the Center, and information on their activities is always available.

The Center also operates the award-winning Old Firehouse Teen Center, located at 1440 Chain Bridge Rd. in downtown McLean.

Anticipating the Return Home

As I write this in early August, we have just experienced the rainiest July since the 1940s. While not ideal weather for the short summer months, even the unending rain cannot dampen the joy and anticipation the Governing Board and staff here feel to soon be returning “home” to 1234 Ingleside Ave.!

As you can see in the photos, the building’s new footprint has begun to take shape. You can see the new glass-enclosed meeting rooms at the rear of the building. Carpet has been laid in the new, much more spacious lobby area and the front entrance has a new façade. If all goes as planned, we hope to have a grand reopening in January.

In recognition of the Center’s four decades in operation and in anticipation of the reopening, The Alden staff has come up with a special concert series. These “Countdown Concerts” begin on Sunday, Sept. 9, with the ’70s tribute band, Superflydisco, and I for one, will be there. More information on the series is listed on page 37.

Pictured below is a presentation by The New Dominion Women’s Club (NDWC). The organization recently gave MCC a principal benefactor donation. These funds will be used for unbudgeted items that will enhance Center facilities. I, along with the Governing Board and staff of the Center, thank NDWC for this generous donation.

Lastly, the Center welcomed five new Governing Board members as a result of the elections in May. See the article on page 3 of Center News for more information.

Hoping for a full harvest of fall fun,

George Sachs
Executive Director
Fairfax County Board of Supervisors Appoints New Members to the McLean Community Center Governing Board

At the Fairfax County Board of Supervisors (BOS) meeting on Tuesday, June 5, the BOS appointed five new members to the MCC Governing Board. The five residents of Small District 1A-Dranesville won seats on the board by getting the highest number of votes at the Board election, at McLean Day 2018 on Saturday, May 19, at Lewinsville Park. The League of Women Voters acted as tellers. MCC Governing Board Elections & Nominations Committee Chair Kat Kehoe certified the results to Dranesville District Supervisor John W. Foust, who presented the successful candidates’ names to the BOS.

<table>
<thead>
<tr>
<th>CANDIDATES</th>
<th>TOTAL VOTES</th>
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<tbody>
<tr>
<td>Maria Foderaro-Guertin</td>
<td>220</td>
</tr>
<tr>
<td>Carole Herrick</td>
<td>312</td>
</tr>
<tr>
<td>Terri Markwart</td>
<td>225</td>
</tr>
<tr>
<td>Raj Mehra</td>
<td>226</td>
</tr>
<tr>
<td>Write-In</td>
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<tr>
<td><strong>Total Adult Votes</strong></td>
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<tr>
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<tr>
<td>Brian Kim</td>
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<tr>
<td>Megan Markwart</td>
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<tr>
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<td>Serena Aurora</td>
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<tr>
<td>Lauren Herzberg</td>
<td>118</td>
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<tr>
<td>Kimya Shirazi</td>
<td>16</td>
</tr>
<tr>
<td>Write-In</td>
<td>7</td>
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<tr>
<td><strong>Total McLean Votes</strong></td>
<td><strong>166</strong></td>
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**Total Votes Cast 1311**

The MCC Election and Nominations Committee certified the winners as:

**Adults, three-year terms (left to right):**
- Carole Herrick
- Raj Mehra
- Terri Markwart

**Youth, one-year term – McLean High School area:**
- Megan Markwart

**Youth, one-year term – Langley High School area:**
- Lauren Herzberg

**Youth, one-year term – McLean High School area:**
- Serena Aurora

**Youth, one-year term – Langley High School area:**
- Kimya Shirazi
An MCC Staffer in the Spotlight

Andrew Carter
Old Firehouse Manager

Old Firehouse Center (OFC) Manager Andrew Carter is a man on the move. During the summer, he directs Camp McLean, the center’s flagship summer camp program for 3- to 10-year-olds, as well as the Old Firehouse’s Summer Camp Trips Program for middle schoolers. During the school year, he assists with OFC’s After School Program, scheduling the Friday Night Trips program. He recently revamped the OFC’s old Friday Night Dances into the sleek new After 7 Dance Party for 7th through 9th-graders.

“I attended Virginia Tech in hopes of becoming a sports journalist, but once I was able to work at a teen center, I suddenly knew the career path I wanted to take,” he said. After graduating, he worked at several County agencies before coming to MCC—in golf course maintenance at Jefferson District Park; as an After-School Counselor at James Lee Community Center; and at the front desk at Providence RECenter.

Originally hired as a part-time activity facilitator at OFC, he worked his way up to his current position. “The best part of my job is getting to provide for and interact with kids of various ages throughout the year,” he said. “The most challenging aspect is the trip planning. There are so many experiences that I want to provide.”

Still a huge sports fan, he said “When I’m not at work, I’m either playing or watching sports, at the movie theater or playing video games.” Carter and his wife, Kathy Akindemowo-Carter, recently celebrated their three-year anniversary.

Two Public Meetings on FY 2020 Budget Scheduled for September

Dranesville District Residents Encouraged to Attend, Submit Comments

The MCC Governing Board invites Dranesville tax district residents to attend a Public Hearing on MCC’s FY20 Budget at 7:30 p.m. on Wednesday, Sept. 26, at the Administrative Offices, 6631 Old Dominion Dr. The 2020 fiscal year runs from July 1, 2019 through June 30, 2020. Residents who would like to speak at the public hearing should call the Center at 703-790-0123, TTY: 711, to have their names added to the speakers’ list.

Residents are also invited to attend a meeting on Tuesday, Sept. 11, when the full MCC Board will meet as a Finance Committee of the Whole to work on the details of the FY20 draft budget proposal. The budget outcomes of this 7:30 p.m. meeting will be presented at the public hearing and posted on the MCC website the first week of October.

The MCC Board will adopt a final budget proposal at its regular meeting on Wednesday, Oct. 24, at 7:30 p.m. The final budget will be approved by the Fairfax County Board of Supervisors in spring 2019.

For more information, please check the website (www.mcleancenter.org) or call 703-790-0123, TTY: 711.
MCC Directional Signage Gets a Spruce Up

The next time you are in the neighborhood, check out the new and improved MCC directional signage located at the corner of Dolley Madison Blvd. and Old Dominion Dr. and at three locations on Ingleside Ave.

Designed by former MCC Graphic Artist Mike Kalmer, the metal fabricated signs were recently created and installed by CSI Printing & Graphics of Falls Church.

Cecilia D. Closs Named 2018 Friend in Deed

Cecilia D. Closs was awarded the Friends of McLean Community Center’s (FMCC) 2018 Friend in Deed Award at the organization’s annual meeting.

Closs is the 27th person to receive this award “with gratitude for outstanding leadership and support of the McLean Community Center.” FMCC President W. Glenn Yarborough, Jr. presented the award on Monday, June 4, at MCC’s administrative office.

At the ceremony, Yarborough praised Closs, who currently serves as secretary of FMCC, for her dedication to Friends and for making a difference in the McLean community. She is a long-time resident of McLean and works as a family law attorney. In addition to Friends, Closs serves on the board of Redeemer Lutheran Preschool and volunteers for the Children’s Law Center as well as the Self-Help Center in D.C. Superior Court.

For more information on Friends of MCC or to volunteer, visit www.friendsmcc.com.
FALL CLASSES

MCC CLASSES ARE ON THE Move!

Please check the location code to the right of the class title to determine where your class will be held.

MCC – Classes are held at 6645 Old Dominion Dr., in the McLean Square Shopping Center.

MCC-LSC – Dance classes are held at 1374 Chain Bridge Rd., in the Langley Shopping Center.

OFC – Classes are held at the Old Firehouse Center 1440 Chain Bridge Rd., next to the Giant Shopping Center.

For more information or to register for a class, contact the registrar at 703-744-9365, or registrar@mcleancenter.org.

MPA – Visual art classes are held at MPA@ChainBridge, 1446 Chain Bridge Rd., in the Giant Shopping Center.

For more information on MPA art classes, contact Briana Clorey at 703-790-1953, or bclorey@mpaart.org.

Instructor Spotlight

D.A. Spruzen

Learning how to express oneself in writing has proven to be an isolated quest for many a would-be novelist. Thanks to MCC Writing Instructor D.A. Spruzen (aka Dorothy Hassan), these writers can now have the support of an experienced companion and coach to help them on their journey to publication.


For five years, she has taught courses to help grow fledgling writers: Getting Started (on the basics of creative writing), Word Portraits (on deepening character and setting) and Fine Tuning (a critique workshop). “I have always loved teaching and very much enjoy seeing my students’ growth and their satisfaction in making progress,” she said. “At MCC, the environment is collegial and the facilities are well-maintained and conducive to learning.”

In her spare time, Spruzen says she enjoys spending time with her family, taking art classes, cuddling with her King Charles spaniel, Sam, and working on her flower garden. “I love flowers! I keep orchids, African violets and other plants in my family room, and the vase always has cut flowers whether from my garden or from the store.”
BRIDGE

CLASSES FOR ADULTS

Beginner Bridge I @ MCC

For students who want to learn bridge or players who haven’t played in years and want to start over again. We will cover point count evaluation, opening bids, no trumps and basic conventions. You will play bridge hands to practice what you’ve learned. Instructor: American Contract Bridge League Director and American Bridge Teachers’ Association member Marilyn Golias.

8 lessons @ 2 hrs, $159/$128 MCC district residents. Bridge manual fee: $11; make check payable to the instructor. Fee is due on the first day of class.

ACTIVITY NO.  DATE          TIME
1951.218   Th, 9/27-11/15  7-9 p.m.
1952.218   F, 9/28-11/16  10 a.m.-noon

Beginner Bridge II @ MCC

For students who have taken Bridge I. Class consists of a lecture followed by playing bridge hands. Let’s compete with overcalls—responses and more basic conventions (Stayman, weak twos, transfers). Instructor: American Contract Bridge League Director and American Bridge Teachers’ Association member Marilyn Golias.

8 lessons @ 2 hrs, $159/$128 MCC district residents. Bridge manual fee: $11; make check payable to the instructor. Fee is due on the first day of class.

ACTIVITY NO.  DATE          TIME
1953.218   F, 9/28-11/16  12:30-2:30 p.m.

Supervised Bridge Play Class @ MCC

This class is for you if you have taken Bridge I and/or II and are looking for an open class structure to continue playing bridge. A facilitator will be available for questions; a lesson plan or lecture will not be provided. The class has an open play format. Facilitator: American Contract Bridge League Director and American Bridge Teachers’ Association member Marilyn Golias.

8 lessons @ 2 hrs, $159/$128 MCC district residents.

ACTIVITY NO.  DATE          TIME
1954.218   Th, 9/27-11/15  4:45-6:45 p.m.

BUSINESS

CLASSES FOR CHILDREN

SPARK BUSINESS ACADEMY

SPARK Business Academy is an innovative educational organization dedicated to promoting financial literacy and entrepreneurship among young students. SPARK programs have been praised as pioneering by Business Week, Bloomberg TV and international newspapers, as well as by local parents. Financial literacy is a key 21st-century life skill that will give students an edge in life! These innovative classes empower kids with the tools and mindset to make sound financial decisions and develop into responsible global citizens.

NEW

Young Diplomats @ MCC

In today’s increasingly interconnected world, it’s critical for students to develop a global mindset and build international awareness early in life. Topics include world currencies, cultural differences, current global events, international trade and exchange rates, the UN and The World Bank.

Instructor: SPARK Business Academy Staff.

5-9 years

8 lessons @ 1 hr, $192/$160 MCC district residents.

ACTIVITY NO.  DATE          TIME
1027.218   M, 9/24-11/26  4:30-5:30 p.m.

No lesson on 10/8 and 11/12.

NEW

Bulls & Bears Stock Market Club @ MCC

Learn how investors make (and lose) money in the stock market and how you can start investing successfully at a young age. In this hands-on class, students use a cool stock trading simulation tool with real-time market data to select a $10,000 stock portfolio and analyze its performance over time, “learning by doing.” Smart investing will help you meet long-term financial goals. Make your money work hard for you! Topics include stocks and bonds, stock price graphs, risk, return and diversification, mutual funds, rate of return and case studies. A solid foundation for successful future investors!

Instructor: SPARK Business Academy Staff.

9-13 years

8 lessons @ 1 hr, $192/$160 MCC district residents.

ACTIVITY NO.  DATE          TIME
1028.218   M, 9/24-11/26  5:30-6:30 p.m.

No lesson on 10/8 and 11/12.
CHESS

CLASSES FOR CHILDREN

Chess Club @ MCC
Learn chess from a Silver Knights Enrichment coach! Class time is split between lesson and play. Lessons range from learning the rules to advanced tournament strategies, depending on the children. Play time is structured to pair each student against an opponent of similar skill. All grades and skill levels are welcome. Silver Knights will supply all the equipment during chess club. Students will have the opportunity to play in tournaments.

Instructor: Silver Knights Enrichment.

For more information, see our website at www.skenrichment.com.

5-12 years
8 lessons @ 1 hr, $139/$104 MCC district residents.

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DANCE

CLASSES FOR CHILDREN & TEENS

Dance classes are temporarily located at 1374 Chain Bridge Rd., in the Langley Shopping Center (MCC-LSC). Register online, by phone 703-744-9365 or in-person at MCC at McLean Square Shopping Center, 6645 Old Dominion Dr.

For more information visit www.mcleancenter.org, call 703-744-9365 or email registrar@mcleancenter.org.

Joy of Dance

Joy of Dance is a progressive dance training program where students advance in a systematic manner. Joy of Dance staff members hold university degrees, are internationally accredited and/or are performing professionals. All fall classes conclude with a fun-filled Parent Watch Day. Questions for Joy of Dance? Email info@joyofdance.org or visit www.joyofdance.org.

Optional Performances

All Show Biz Kidz participating in the Marine Corps Toys for Tots Benefit “Frosty Follies” will incur a $85 fee per child. All ballet classes will perform in the Marine Corps Toys for Tots Benefit “Nutcracker: Sweet Treats” and will incur an $85 fee per child. This fee covers the cost of costumes, backdrop rental, props, programs, event staffing costs for dress rehearsals, and participation in Breakfast with Santa.

Tutus for 2s™ @ MCC-LSC

Tiny ballerinas will be introduced to French ballet vocabulary, ballet warm-ups, creative movement, games and large motor skill development through our fun Tutus ballet syllabus. Your ballerina will explore the excitement of ballet using costume accessories, props, ballet stories and puppets. The session will conclude with a Parent Watch Day.

Instructor: Joy of Dance Staff.

2 years
13 lessons @ 30 mins, $219/$182 MCC district residents.

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<td>Th, 9/13-12/13</td>
<td>10:30-11 a.m.</td>
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No lesson on 11/22.

Fairytale Ballet™ @ MCC-LSC

Young dancers enjoy dancing to their favorite cherished tunes from such fairytales as “Cinderella,” “Sleeping Beauty” and “Beauty and the Beast,” among others. They will learn ballet dances to popular classical ballets and perform in costumes. The session will conclude with a Parent Watch Day.

Instructor: Joy of Dance Staff.

2-5-3-5 years
13 lessons @ 45 mins, $297/$247 MCC district residents.

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<tr>
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</table>

No lesson on 11/22.
Ballet & Tap (Pre-Primary I) @ MCC-LSC

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

3-3-5 years
12 lessons @ 45 mins, $274/$228 MCC district residents.

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No lesson on 11/24.

3-5-4 years
13 lessons @ 45 mins, $297/$247 MCC district residents.

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No lesson on 11/21.

Ballet/Tap (Pre-Primary II) @ MCC-LSC

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

4 years
13 lessons @ 45 mins, $297/$247 MCC district residents.

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No lesson on 11/21.

12 lessons @ 45 mins, $274/$228 MCC district residents.

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No lesson on 11/24.

Ballet, Tap & Jazz (Combination II) @ MCC-LSC

Students are trained in the Royal Academy of Dance classical ballet syllabus and tap technique syllabus incorporating tap barre, progressions, combinations, stylized Broadway tap routines and jazz. Dancers are members of Joy of Dance’s Show Biz Kidz performance troupe for “Frosty Follies” and Breakfast with Santa. “Frosty Follies” rehearsals are Saturday, 10/6 and 10/20, from 2:15 p.m. to 4:15 p.m. Instructor: Joy of Dance Staff.

7-8 years
13 lessons @ 1 hr, $390/$325 MCC district residents.

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No lesson on 11/21.

Ballet & Tap (Combination I) @ MCC-LSC

Children develop lovely technical ballet skills while learning French vocabulary enhancing their artistic growth and nurturing poise, grace and musicality. Young dancers learn basic tap technique using fun Broadway-style song and tap routines showcasing their fantastic stage presence. This class is for kindergarten/first grade students. Instructor: Joy of Dance Staff.

5-6 years
13 lessons @ 45 mins, $297/$247 MCC district residents.

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<td>1578.218</td>
<td>Th, 9/13-12/13</td>
<td>4:15-5 p.m.</td>
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No lesson on 11/21.

5-6 years
12 lessons @ 45 mins, $274/$228 MCC district residents.

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<th>TIME</th>
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No lesson on 11/24.
Ballet, Tap & Jazz (Combination III) @ MCC-LSC

Students are trained in the Royal Academy of Dance classical ballet syllabus through barre, adagio and allegro variations. Students learn tap techniques to Broadway style songs and jazz. Dancers are members of Joy of Dance’s Show Biz Kidz performance troupe for “Frosty Follies” and Breakfast with Santa. “Frosty Follies” rehearsals are Friday, 9/28 and 10/12, from 6:30 p.m. to 8:30 p.m.
Instructor: Joy of Dance Staff.

7-9 years
14 lessons @ 1 hr, 15 mins, $487/$406 MCC district residents.

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Ballet, Tap & Jazz (Combination IV) @ MCC-LSC

Students advance in the Joy of Dance syllabus by training in the three dance forms: classical ballet, tap and jazz/contemporary. Classical ballet training includes ballet barre, adagio and allegro combinations. Dancers are members of Joy of Dance’s Show Biz Kidz performance troupe for “Frosty Follies” and Breakfast with Santa. “Frosty Follies” rehearsals are Friday, 10/19 and 10/26, from 6:30 p.m. to 8:30 p.m.
Instructor: Joy of Dance Staff.

8-10 years
14 lessons @ 1 hr, 30 mins, $521/$434 MCC district residents.

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<tbody>
<tr>
<td>1582.218</td>
<td>Tu, 9/11-12/11</td>
<td>5:30-7 p.m.</td>
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</table>

Ballet, Tap & Jazz (Combination V) @ MCC-LSC

Students advance training in four dance forms: classical ballet, tap, jazz and contemporary. Classical ballet training in this class emphasizes epaulement, adagio and allegro steps. Dancers are members of Joy of Dance’s Show Biz Kidz performance troupe for “Frosty Follies” and Breakfast with Santa. “Frosty Follies” rehearsals are Saturday, 10/27 and 11/3, from 2:15 p.m. to 4:15 p.m.
Instructor: Joy of Dance Staff.

9-11 years
12 lessons @ 1 hr, 30 mins, $447/$372 MCC district residents.

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<th>ACTIVITY NO.</th>
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<td>M, 9/10-12/10</td>
<td>5:15-6:45 p.m.</td>
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</tbody>
</table>

No lesson on 10/8 and 11/12.

Junior Company Class (Ballet, Tap & Jazz) @ MCC-LSC

Prerequisite: dance training in Combination V + level or equivalent experience. New students may have to audition for this class. Students advance in training in four dance forms: classical ballet (focusing on coordination, musicality and performance quality), intermediate tap, jazz and contemporary. These students are members of Joy of Dance’s Show Biz Kidz performance troupe.
Instructor: Joy of Dance Staff.

10-12 years
13 lessons @ 2 hrs, $624/$520 MCC district residents.

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<td>5-7 p.m.</td>
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</tbody>
</table>

No lesson on 11/22.

Senior Company Class (Ballet, Tap & Jazz) @ MCC-LSC

Prerequisite dance training in Junior Company or equivalent experience. New students may have to audition for this class. Students advance in training in four dance forms: classical ballet (focusing on coordination, musicality and performance quality), Adv/Int tap, jazz and contemporary. These students are members of Joy of Dance’s Show Biz Kidz performance troupe.
Instructor: Joy of Dance Staff.

13+ years
13 lessons @ 2 hrs, $624/$520 MCC district residents.

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<td>7-9 p.m.</td>
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</table>

No lesson on 11/22.

INTERNATIONAL DANCE ACCLAIM (IDA) BALLET PROGRAM

The Joy of Dance ballet curriculum follows the International Dance Acclaim (IDA) Program. All ballet students participate in “The Nutcracker: Sweat Treats” on December 16. In June, the students have a ballet examination assessed by an international examiner. They are awarded a performance certificate and medal that provides proof that candidates have attained an international standard of classical ballet appropriate to their ages.
Instructor: Joy of Dance Staff.
Pre-Ballet (IDA) @ MCC-LSC

“Nutcracker: Sweat Treats” rehearsals are Friday, 12/7, from 6:30 p.m. to 8:30 p.m. and Saturday, 12/8, from 2:15 p.m. to 4:15 p.m.
Instructor: Allie O’Hare.

5-6 years
12 lessons @ 1 hr, $360/$300 MCC district residents.

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</table>

No lesson on 10/8 and 11/12.

Ballet Grade I (IDA) @ MCC-LSC

“Nutcracker: Sweat Treats” rehearsals are Friday 12/7, from 6:30 p.m. to 8:30 p.m. and Saturday 12/8, from 2:15 p.m. to 4:15 p.m.
Instructor: Marilyn Baird.

7+ years
12 lessons @ 1 hr, $360/$300 MCC district residents.

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<td>11:45-12:45 p.m.</td>
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</table>

No lesson on 11/24.

Ballet Grade II/III (IDA) @ MCC-LSC

“Nutcracker: Sweat Treats” rehearsals are Friday 12/7, from 6:30 p.m. to 8:30 p.m. and Saturday 12/8, from 2:15 p.m. to 4:15 p.m.
Instructor: Marilyn Baird.

8+ years
12 lessons @ 1 hr, 30 mins, $447/$372 MCC district residents.

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<th>ACTIVITY NO.</th>
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<td>Sa, 9/15-12/8</td>
<td>12:45-2:15 p.m.</td>
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No lesson on 11/24.

Ballet Grade III (IDA) @ MCC-LSC

“Nutcracker: Sweat Treats” rehearsals are Friday 12/7, from 6:30 p.m. to 8:30 p.m. and Saturday 12/8, from 2:15 p.m. to 4:15 p.m.
Instructor: Nancy Gross.

9+ years
12 lessons @ 1 hr, 30 mins, $447/$372 MCC district residents.

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<td>6:45-8:15 p.m.</td>
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No lesson on 10/8 and 11/12.

Ballet/Point Grade V (IDA) @ MCC-LSC

“Nutcracker: Sweat Treats” rehearsals are Friday 12/7, from 6:30 p.m. to 8:30 p.m. and Saturday 12/8, from 2:15 p.m. to 4:15 p.m.
Instructor: Nancy Gross.

11-16 years
14 lessons @ 1 hr, 30 mins, $521/$434 MCC district residents.

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<td>7-8:30 p.m.</td>
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</table>

No lesson on 11/23.

Lyrical Dance @ MCC-LSC

Lyrical dance is a fusion of ballet and jazz dance technique. Lyrical dance challenges dancers to use motion to interpret music and express emotions. A lyrical dancer’s movements attempt to show the meaning of the music. Lyrical jazz is a very passionate and emotional dance style. This is a favorite dance style of pre-teens and teens.
Instructor: Joy of Dance Staff.

11+ years
12 lessons @ 1 hr, $360/$300 MCC district residents.

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<td>7:15-8:15 p.m.</td>
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No lesson 10/31 and 11/21.
JOY OF DANCE TUMBLING
Tumbling will introduce students to the basics of all gymnastic skills, including work on flexibility. Students will learn forward and backward rolls, cartwheels, round-offs, handstands, bridge kickovers and front walkovers.
Instructor: USA Gymnastics-Certified Instructor.

Beginning Tumbling @ MCC-LSC
4-5-6 years
12 lessons @ 45 mins, $274/$228 MCC district residents.

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No lesson on 11/23.

7-10 years
12 lessons @ 45 mins, $274/$228 MCC district residents.

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<td>F, 9/21-12/14</td>
<td>5:45-6:30 p.m.</td>
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No lesson on 11/23.

HIP-HOP @ OFC

Hip-Hop Kids @ OFC
Young hip-hop artists will begin with the building blocks of jazz technique. Students will learn hip, funky moves to the latest kids’ rock and hip-hop tunes. The focus will be on hip-hop choreography utilizing the latest hit music from hip-hop stars and pop stars such as Carly Rae Jepsen, Taylor Swift, Katy Perry, Demi Lovato and Selena Gomez!
Instructor: Joy of Dance Staff

6-7 years
12 lessons @ 45 mins, $274/$228 MCC district residents.

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<td>W, 9/12-12/12</td>
<td>6:30-7:15 p.m.</td>
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No lesson on 10/31 and 11/21.

Hip-Hop II @ OFC
This fun, fast-paced, lively class will combine fundamentals of jazz technique, hip-hop and urban style moves as seen in your favorite music videos and movies. Don’t miss being a part of this dynamic dance craze!
Instructor: Joy of Dance Staff.

8-11 years
12 lessons @ 45 mins, $274/$228 MCC district residents.

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<td>7-7:45 p.m.</td>
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No lesson on 10/8 and 11/12.

Hip-Hop III @ OFC
Hip-Hop III is designed for students with previous training. Dancers learn aspects of locking, popping and breaking and incorporate them into exciting combinations. It is a fun and highly energetic dance form! You will learn the most current and up-to-date styles of this ever-changing dance form from one the Washington area’s hottest choreographers.
Instructor: Joy of Dance Staff.

10-14 years
12 lessons @ 45 mins, $274/$228 MCC district residents.

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<td>7:45-8:30 p.m.</td>
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</table>

No lesson on 10/8 and 11/12.

MUSICAL THEATRE JAZZ @ OFC AND MCC-LSC
This musical theater dance class combines jazz technique and introduces students to a Broadway style of dance. This class focuses on beginner jazz warm-ups, center floor work, progressions, kicks, leaps, turns, splits and isolations. Your child will be a dancing Broadway star on Parent Watch Day! Jazz sneakers are required.

Instructor: Joy of Dance Staff.
**FALL CLASSES ■ DANCE/FITNESS/YOGA**

**Musical Theatre Jazz I @ OFC**

9-11 years
12 lessons @ 1 hr, $360/$300 MCC district residents.

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<td>7:15-8:15 p.m.</td>
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No lesson on 10/31 and 11/21.

**Musical Theatre Jazz II+ @ MCC-LSC**

11+ years
12 lessons @ 1 hr, $360/$300 MCC district residents.

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<td>W, 9/12-12/12</td>
<td>6:15-7:15 p.m.</td>
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</table>

No lesson on 10/31 and 11/21.

**FITNESS/YOGA**

**CLASSES FOR CHILDREN**

**Funfit® Tots @ MCC**

*Parent/Guardian participation required with child(ren).*
Join us for this fun-filled, full of energy, active games class emphasizing songs, creative movement, parachutes, balls, and loads of active fun! Develops self-confidence, motor skills, coordination, socialization and cooperation and reinforces cognitive learning. Boys, girls, and children with special needs are welcome! Participating adult burns approx. 500 calories.
Instructor: Funfit® Staff.

10 lessons @ 45 mins, $169/$140 MCC district residents.
Class fee includes payment for one child and one adult.
Materials fee: $5, make check payable to Funfit®. Fee is due to the instructor on the first day of class.

11 months-2 years

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No lesson on 11/21.

1-4 years

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No lesson on 11/21.

2-3 years

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<td>1133.218</td>
<td>W, 9/26-12/5</td>
<td>11-11:45 a.m.</td>
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</table>

No lesson on 11/21.

**CLASSES FOR ADULTS**

**Cardio, Strength & Balance @ MCC**

A custom blend of cardio conditioning suitable for all levels, traditional strength training using body-weight and free weights, and balance work to improve coordination, stability and spatial awareness. Please bring aerobic shoes, light weights and a yoga mat.
Instructor: BodyMoves Fitness, LLC.

11 lessons @ 55 mins, $172/$143 MCC district residents.

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<td>M, 9/17-12/10</td>
<td>9:15-10:10 a.m.</td>
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No lesson on 10/8 and 11/12.

**Aerobic Workout @ MCC**

Choreographed routines provide heart-healthy benefits, while sculpting and mat work offer strengthening and stretching. Please bring aerobic shoes, light weights, tubing and a mat.
Instructor: BodyMoves Fitness, LLC.

12 lessons @ 55 mins, $188/$156 MCC district residents.

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<td>W, 9/19-12/12</td>
<td>9:15-10:10 a.m.</td>
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</table>

No lesson on 11/21.

**Total Fit @ MCC**

*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. Please bring aerobic shoes, hand weights and a mat.
Instructor: BodyMoves Fitness, LLC.

13 lessons @ 55 mins, $203/$169 MCC district residents.

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No lesson on 10/8 and 11/12.

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12 lessons @ 55 mins, $188/$156 MCC district residents.

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<td>Th, 9/20-12/13</td>
<td>9:15-10:10 a.m.</td>
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No lesson on 11/22.
2018 FALL PROGRAM GUIDE

**Body Sculpt @ MCC**

*For all fitness levels. Shape and tone upper, middle and lower body, building and maintaining muscle strength, bone density, endurance and ease of movement, working all major and minor muscle groups. Please bring aerobic shoes, hand weights and a mat.*

Instructor: BodyMoves Fitness, LLC.

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<td>8-8:55 p.m.</td>
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</table>

No lesson on 10/8 and 11/12.

11 lessons @ 55 mins, $172/$143 MCC district residents.

**Zumba® @ MCC**

*No experience required! Easy-to-follow routines, based on a combination of fast and slow Latin movements and rhythms, provide a fun and effective toning and cardio workout.*

Instructor: BodyMoves Fitness, LLC.

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<td>10:15-11:10 a.m.</td>
</tr>
</tbody>
</table>

No lesson on 11/23.

12 lessons @ 55 mins, $188/$156 MCC district residents.

**Tone and Stretch @ MCC**

*Combine elements from yoga, Pilates and dance training to restore/maintain/improve flexibility, strength, balance and range-of-motion in a gentle, accessible format. Please bring a mat.*

Instructor: BodyMoves Fitness, LLC.

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</table>

12 lessons @ 55 mins, $203/$169 MCC district residents.

**Tai Chi 1 @ MCC**

*This gentle meditation in motion can bring stillness to the mind, while improving muscle strength, joint health and balance. Tai Chi can improve energy flow through the body, encouraging circulation of blood, lymph and synovial fluid and can enhance wellness in many aspects. Chair-based students are also welcome.*

Instructor: BodyMoves Fitness, LLC.

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<td>11:30 a.m.-12:25 p.m.</td>
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</table>

13 lessons @ 55 mins, $203/$169 MCC district residents.

**Core Conditioning @ MCC**

*Target your body’s core musculature, the basis of fitness and injury prevention. Use body-weight, balance and strength training exercises to focus on abdominals and back, improving posture and movement confidence. Please bring hand weights and a mat.*

Instructor: BodyMoves Fitness, LLC.

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<th>ACTIVITY NO.</th>
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<td>Th, 9/20-12/13</td>
<td>10:15-11:10 a.m.</td>
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No lesson on 11/22.

12 lessons @ 55 mins, $188/$156 MCC district residents.

**Yoga Sculpt & Strength @ MCC**

*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. Please bring a yoga mat and block.*

Instructor: BodyMoves Fitness, LLC.

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<td>Tu, 9/18-12/11</td>
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12 lessons @ 55 mins, $188/$156 MCC district residents.

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<td>W, 9/19-12/12</td>
<td>11:30 a.m.-12:25 p.m.</td>
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No lesson on 11/21.
**Time to Unwind with Yoga @ MCC**

Looking for an oasis from the stressed out, hurried culture now known as “daily living?” Ready to breathe, unwind (literally) and unburden your spine from all that compression we inflict upon it daily? Join this rejuvenating practice to help restore the body and calm the mind. Please bring a yoga mat.

Instructor: BodyMoves Fitness, LLC.

13 lessons @ 55 mins, $203/$169 MCC district residents.

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12 lessons @ 55 mins, $188/$156 MCC district residents.

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<td>Th, 9/20-12/13</td>
<td>12:30-1:25 p.m.</td>
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No lesson on 11/22.

**Yoga + Pilates @ MCC**

This holistic integration of two disciplines energizes, relaxes and rejuvenates. Pilates exercises develop movement from a strong core, protecting the spine and lengthening the musculature. Yoga poses can promote improvement in balance, strength, flexibility, the health of internal organs, as well as stress relief. Please bring a yoga mat.

Instructor: BodyMoves Fitness, LLC.

12 lessons @ 55 mins, $188/$156 MCC district residents.

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<td>12:30-1:25 p.m.</td>
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No lesson on 11/21.

**Beginner Level Yoga**

Learn or refine yoga postures in this accessible class focused on proper alignment and form to support your body. Increase mobility, improve balance and develop strength while nurturing a sense of peace and well-being. Please bring a yoga mat.

Instructor: BodyMoves Fitness, LLC.

11 lessons @ 55 mins, $172/$143 MCC district residents.

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<td>1:30-2:25 p.m.</td>
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No lesson on 10/8 and 11/12.

**Happy Hour Yoga**

Previous yoga experience recommended. An intermediate-level class that can rapidly work mental stress and muscle tension out of the body to finish with a deeper relaxation. Keep fit and leave class relaxed, rejuvenated and happy! Please bring a yoga mat.

Instructor: BodyMoves Fitness, LLC.

11 lessons @ 55 mins, $172/$143 MCC district residents.

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<td>1522.218</td>
<td>M, 9/17-12/10</td>
<td>5-5:55 p.m.</td>
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</table>

No lesson on 10/8 and 11/12.

**KUNDALINI YOGA**

For all levels. This style of yoga uses exercises, breathwork, mantra and meditation to help create vitality in the body, balance in the mind and openness in the spirit. The practice of Kundalini Yoga can promote optimum health, stress reduction, brain longevity and enhanced intuition and can be enjoyed by everyone no matter his or her age or physical ability. Join us for an active practice that can create stamina and a calm heart so you may feel lighter, freer and happier. Please bring a thick yoga mat and a pillow if sitting on the floor is uncomfortable.

Instructor: Darshan Kaur Khalsa.

13 lessons @ 1 hr, 20 mins, $297/$247 MCC district residents.

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<td>1451.218</td>
<td>Tu, 9/18-12/11</td>
<td>5:30-6:50 p.m.</td>
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</table>

**Kundalini Yoga – Vitality & Balance @ MCC**

13 lessons @ 1 hr, 20 mins, $297/$247 MCC district residents.

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<td>Tu, 9/18-12/11</td>
<td>5:30-6:50 p.m.</td>
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</table>

No lesson on 10/8 and 11/12.
SENIOR FITNESS

Fit for Life @ MCC
Combines low-impact aerobics and stretches to strengthen muscles, increase flexibility, and improve balance and endurance. Wear aerobic shoes and bring water, hand weights, resistance “stretchy” bands and a 6- to 8-inch diameter ball. Bring a mat for floor exercises. Instructor: Linda Bernstein.
12 lessons @ 55 mins, $173/$144 MCC district residents.

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<td>Tu, 9/18-12/11</td>
<td>1-1:55 p.m.</td>
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</table>

No lesson on 11/20.

Strength & Balance @ MCC
Includes warm-up, strength-building, balance exercises, gentle stretches and chair-based options. Wear aerobic shoes, bring water, dumbbells, resistance “stretchy” bands and a 6- to 8-inch diameter ball. Instructor: Linda Bernstein.
12 lessons @ 55 mins, $173/$144 MCC district residents.

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<td>Tu, 9/18-12/11</td>
<td>2-2:55 p.m.</td>
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</table>

No lesson on 11/20.

Gentle Yoga Fitness @ MCC
Enjoy increased flexibility, strength, balance and energy as you challenge yourself while respecting and honoring your body. Please bring a yoga mat, strap and block, a resistance band, a set of 1- to 2-lb hand weights and water. Instructor: BodyMoves Fitness, LLC.
12 lessons @ 55 mins, $188/$156 MCC district residents.

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<td>Th, 9/20-12/13</td>
<td>11:30 a.m.-12:25 p.m.</td>
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No lesson on 11/22.

The Old Firehouse Center @ OFC
The fitness classes for adults listed below are held at the Old Firehouse Center (OFC), 1440 Old Chain Bridge Rd., next to the Giant Shopping Center.

Zumba @ OFC
A great cardio workout, set to Latin Music, that targets the whole body, especially the glutes, abs and legs. Zumba dance combines both fast and slow rhythms, unique choreography and, most importantly, it’s a class filled with infectious fun! Instructor: Joy of Dance Staff.
12 lessons @ 1 hr, $188/$156 MCC district residents.

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<td>10-11 a.m.</td>
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No lesson on 10/8 and 11/12.
13 lessons @ 1 hr, $203/$169 MCC district residents.

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<td>Th, 9/13-12/13</td>
<td>10-11 a.m.</td>
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</table>

No lesson on 11/22.

Piloxing @ OFC
Piloxing blends the muscle sculpting of Pilates, the strengthening and cardio of boxing and the fun and sensuality of dance into a high-energy interval workout. Instructor: Joy of Dance Staff.
14 lessons @ 1 hr, $219/$182 MCC district residents.

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<td>1608.218</td>
<td>Tu, 9/11-12/11</td>
<td>10-11 a.m.</td>
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</table>
**MUSIC**

**CLASSES FOR CHILDREN**

**Music Together® Teacher Schedule**

<table>
<thead>
<tr>
<th>INSTRUCTOR</th>
<th>DAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ms. Patti Papworth</td>
<td>Monday, Tuesday &amp; Thursday</td>
</tr>
<tr>
<td>TBD</td>
<td>Friday &amp; Saturday</td>
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</tbody>
</table>

**Music Together® @ MCC**

Music Together®, an internationally-recognized music and movement program, engages early childhood music development for infant, toddler and preschool children and their parents and other primary caregivers through mixed-aged classes. It pioneered the concept of a research-based, developmentally-appropriate early childhood music curriculum that strongly emphasizes and facilitates adult involvement and, it’s fun! The Music Together® approach develops every child’s birthright of basic music competence by encouraging the actual experiencing of music through playful activities rather than the learning of concepts or information about music.

**Please note:** Instructors may be subject to change without notification. It is not the responsibility of McLean Community Center and its instructors to make up, prorate or reimburse any missed classes due to the enrollee’s personal absences and/or schedule conflicts.

**Infants-5 years with parent/guardian**

10 lessons @ 45 mins, $240/$200 MCC district residents. Class fee includes payment for one child and one adult. Required supplemental fee: $40, make check payable to Little Steps Music, LLC, or pay via PayPal at littlesteps-music@gmail.com. Fee is due to the instructor on the first day of class. One activity fee per family. One infant, newborn to nine months old, can attend FREE with a registered sibling.

**MONDAYS**

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<tr>
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<td>M, 9/17-12/3</td>
<td>9:15-10 a.m.</td>
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<td>1202.218</td>
<td>M, 9/17-12/3</td>
<td>10:15-11 a.m.</td>
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<td>1203.218</td>
<td>M, 9/17-12/3</td>
<td>11:15 a.m.-noon</td>
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No lesson on 10/8 and 11/12.

**SATURDAYS**

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<tr>
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<td>Sa, 9/22-12/8</td>
<td>9:15-10 a.m.</td>
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<tr>
<td>1214.218</td>
<td>Sa, 9/22-12/8</td>
<td>10:15-11 a.m.</td>
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<tr>
<td>1215.218</td>
<td>Sa, 9/22-12/8</td>
<td>11:15 a.m.-noon</td>
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</table>

No lesson on 10/6 and 11/24.

12 lessons @ 45 mins, $288/$240 MCC district residents.

**TUESDAYS**

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<th>ACTIVITY NO.</th>
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<td>9:15-10 a.m.</td>
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<tr>
<td>1205.218</td>
<td>Tu, 9/18-12/4</td>
<td>10:15-11 a.m.</td>
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<tr>
<td>1206.218</td>
<td>Tu, 9/18-12/4</td>
<td>11:15 a.m.-noon</td>
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<td>1207.218</td>
<td>Tu, 9/18-12/4</td>
<td>4:30-5:15 p.m.</td>
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**THURSDAYS**

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<td>9:15-10 a.m.</td>
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<td>1209.218</td>
<td>Th, 9/20-12/13</td>
<td>10:15-11 a.m.</td>
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<td>1210.218</td>
<td>Th, 9/20-12/13</td>
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No lesson on 11/22.

**FRIDAYS**

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<tr>
<td>1211.218</td>
<td>F, 9/21-12/14</td>
<td>9:15-10 a.m.</td>
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<td>1212.218</td>
<td>F, 9/21-12/14</td>
<td>10:15-11 a.m.</td>
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</table>

No lesson on 11/23.
SAFETY

CLASSES FOR TEENS & ADULTS
Safety classes are held at both the Old Firehouse Center (OFC), 1440 Chain Bridge Rd., next to the Giant Shopping Center, and McLean Community Center (MCC), 6645 Old Dominion Dr., in the McLean Square Shopping Center. See individual listing for class location. To register, contact us at registrar@mcleancenter.org or call 703-744-9365.

Babysitting Lessons & Safety Training @ OFC
This American Academy of Pediatrics course provides current practices for safety and injury prevention while babysitting. The BLAST! Program offers exciting and interactive instruction, providing extensive training in pediatric first aid, household safety and the fundamentals of childcare. Students must attend the entire session to receive their certificates. Please bring a doll and bag lunch.
Instructor: Linda Lowry.
6-9 Graders
1 lesson @ 5-5 hrs, $60/$50 MCC district residents.

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<td>1421.218</td>
<td>Sa, 10/13</td>
<td>9:30 a.m.-2:30 p.m.</td>
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Babysitting + American Heart Association CPR for Family & Friends
This class combines Babysitting Lessons (description listed above) plus the American Heart Association’s “CPR for Family and Friends.” Students must attend the entire session to receive their certificates. Please bring a doll and a bag lunch to class.
Instructor: Linda Lowry.
6-9 Graders
1 lesson @ 5-5 hrs, $75/$65 MCC district residents.

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<td>Sa, 11/3</td>
<td>9:30 a.m.-3 p.m.</td>
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First Aid with CPR @ MCC
This American College of Emergency Physicians course covers breathing emergencies, identifying and caring for bleeding, sudden illnesses, injuries and preventing childhood injury. This class also includes CPR and the Heimlich Maneuver as well as First Aid. Certification card issued.
Instructor: Linda Lowry.
15 years-Adults
1 lesson @ 3-5 hrs, $75/$65 MCC district residents.

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<td>W, 9/12</td>
<td>6-9:30 p.m.</td>
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American Heart Association CPR for Family & Friends @ MCC
This course teaches CPR and foreign body airway obstruction relief for adults, children and infants.
Instructor: Linda Lowry.
15 years-Adults
1 lesson @ 2-5 hrs, $50/$45 MCC district residents.

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<td>W, 10/24</td>
<td>7-9:30 p.m.</td>
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SCIENCE

CURiosity Zone of Ashburn is a provider of STEM enrichment classes and camps specially designed for children ages 2-11. Our classes build on children’s natural curiosity, using familiar, fun, hands-on activities to inspire them to think creatively about the world around them and to lay a foundation for lifelong learning in science, math and beyond. For more information, check out their website: www.curiosityzoneashburn.com.

NEW

SECRET Science Agents @ MCC
In our forensic science program, kids learn to be secret spies! We will dust for fingerprints, build booby traps, create disguises, write secret codes, see around corners, listen through walls, discover evidence and more! Educational value: creative thinking, problem solving, teamwork, chemistry, physics, life science, engineering and forensics.
Instructor: Curiosity Zone Staff.
5-7 years
8 lessons @ 1 hr, $192/$160 MCC district residents.

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<td>Th, 10/4-11/29</td>
<td>4:30-5:30 p.m.</td>
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No lesson on 11/22.
Engineering Mania @ MCC
This is the perfect class for a child who likes to think outside the box and build various contraptions! The little engineers will utilize their creativity and out-of-the-box thinking to build and test various contraptions such as launchers, pipelines, zip lines and more using a variety of materials. In each class session, there will be a challenge to build a structure using different materials and constraints on material. The engineers will work in teams to solve the challenges. Educational value: creative thinking, design, engineering, physics and teamwork.
Instructor: Curiosity Zone Staff.

7-10 years
8 lessons @ 1 hr, $192/$160 MCC district residents.

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<td>Th, 10/4-11/29</td>
<td>5:45-6:45 p.m.</td>
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No lesson on 11/22.

Science Workouts @ MCC
Stemtree science workouts help students develop scientific literacy. Students will not only perform science experiments, but they also learn the science behind the experiments. This program provides a comprehensive science curriculum to help students study the core elements of science: * Scientific Investigation, Reason and Logic * Physical: Matter, Sounds, Light, Magnets * Life: Life Processes, Living Systems * Earth: Earth Patterns, Cycles and Change.
Instructor: Stemtree Staff.

6-11 years
10 lessons @ 1 hr, $240/$200 MCC district residents. Required Activity Fee: $20, make checks payable to Stemtree. Fee is due to the instructor on the first day of class.

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<td>Tu, 10/2-12/4</td>
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Build-Your-Own Electrical Circuit @ (MCC)
Children are fascinated by lights and sounds but they know little about the circuits and electronics behind them. We make it easy for children to learn with practical hands-on activities and experiments. Not only are these activities fun, safe and easy, but they will introduce children to the field of engineering and inspire them to become tomorrow’s problem solvers. Students’ proficiency in technology is assessed during the first session and, based on the outcome of the assessment, they will be divided into groups of two. Students who have attended previous Stemtree programs will have different activities and continue learning new concepts based on their prior work.
Instructor: Stemtree Staff.

6-11 years
10 lessons @ 1 hr, $240/$200 MCC district residents. Required activity fee: $20, make checks payable to Stemtree. Fee is due to the instructor on the first day of class.

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<td>1031.218</td>
<td>Tu, 10/2-12/4</td>
<td>5:45-6:45 p.m.</td>
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SENIOR MOMENTS
ADULT LEARNING

Senior Moments is a term we all use when we cannot remember something, but we at the community center believe Senior Moments is also a time for seniors/adults to have positive experiences. Join us for many social, fun and learning “Senior Moments.”

To serve you better, we ask that you register in advance. This helps the instructor plan and assures us that there is interest in the course offering. The 10% senior discount applies to ages 60+ with course fees of $50 or more.

Instructors Wanted: Interested in becoming an instructor for Senior Moments-Adult Learning? Please send your resume, course details, and/or suggested areas of interest to instructor@mcleancenter.org

Presentations are listed in chronological date order.

Knitting Circle @ MCC
If you have never knitted before, or if you are an old hand, everyone is welcome in our Knitting Circle. You can get instructions to learn to knit, get help with something you are working on or just join us to meet other knitters and socialize. Bring your own supplies, a project in progress or purchase a beginner’s kit from the instructor for $20.
Instructor: Juliana Thatcher (MCC Staff).
7 lessons @ 1-5 hrs, $49/$35 MCC district residents.

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<td>Th, 9/20-12/13</td>
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Manage Your Tax Bill for 2018 and Beyond @ MCC
When Benjamin Franklin famously said “in this world nothing can be said to be certain, except death and taxes,” even he never envisioned how complicated it would become! In light of the recent tax reform, this class will cover some of the biggest changes that were introduced. In this one-hour seminar, we are going to review the new 2018 tax rates and brackets, as well as some other changes to the tax rules. We are also going to review a few additional taxes on high-income earners. We will then discuss a few strategies for managing your tax bill.
Presenter: Sarah Graham, Financial Advisor.
1 lesson @ 1-5 hrs, $7/$5 MCC district residents.

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<td>Tu, 9/18</td>
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India
Come learn about the geographical and cultural diversity of India in the context of its history. Understand the basic philosophy behind yoga, meditation and other traditional practices.
Presenter: Ms. Raji Krishnamoorthy, owner of Tours ’n Beyond in Vienna.
1 lesson @ 1-5 hrs, $7/$5 MCC district residents.

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<td>Tu, 9/25</td>
<td>12:30-2 p.m.</td>
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How Not to Lose Your Mind During the Holidays! @ MCC
Family, cooking, shopping! How can we juggle everything and still enjoy time with our loved ones? In this engaging and highly relatable presentation, we will explore the common problems we face while preparing for the holidays. We will learn the organizing techniques that will help you stay in control of your planning so that you can focus on the important part—your loved ones and friends.
Presenter: Maria Spetainik, Founder and CEO of Conquer the Clutter.
1 lesson @ 1-5 hrs, $7/$5 MCC district residents.

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<td>9015.218</td>
<td>Tu, 10/2</td>
<td>12:30-2 p.m.</td>
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FALL CLASSES ■ SENIOR MOMENTS ADULT LEARNING

Fine Jewelry, Silver and Coins – Know Your Options @ MCC

Attend this interactive presentation on valuing jewelry, silver and coins. Learn the difference between an appraisal and an evaluation, about the secondary market for jewelry, silver and coins. Each participant is encouraged to bring one item for evaluation.

Presenter: Jamie Grasso, a Gemological Institute of America certified AJP, and owner of JG Jewelry and Estates.

1 lesson @ 1-5 hrs, $7/$5 MCC district residents.

Create Your Life Story @ MCC

Create your life story and preserve your family heritage in digital form to keep it for generations to come. Your life story consists of your family heritage, major steps in life, passions, life challenges, achievements and philosophy. You will learn how to organize your life story materials, find out what tools are available and explore how to weave your story using different approaches.

Presenter: Olga Sheymov.

1 lesson @ 1-5 hrs, $7/$5 MCC district residents.

Medicare and Medigap @ MCC

Many people underestimate their healthcare costs when planning for retirement and facing Medicare Parts A, B, C and D can feel overwhelming. Attendees will learn about Medicare and planning for and enjoying retirement.

Presenter: Mari De Leon, Fairfax County Medicare/ Medigap Counselor. Registration Required.

1 lesson @ 1-5 hrs, Free

Your Old Stuff: How to Properly Handle, Store and Preserve All Those Family Treasures @ MCC

Is your family or business history slowly rotting away and you don’t know what to do about it? Join us to learn how to care for the items that mark history. Each class will focus in a different type of object: paper, photographs, books, scrapbooks, woods and metals.

Presenter: Terri Blanchette, an author, historian and heritage preservation specialist.

1 lesson @ 1-5 hrs, $7/$5 MCC district residents.

When the Time Comes, Will Your Family Be Prepared? @ MCC

Will your family know what to do, and what you want to happen when you die? Learn how you can get the funeral and burial that you want, what you can do in advance to ease the burden on others and how to plan for the costs. This will give you the opportunity to make your wishes known to your family and help them avoid any guilt or guessing.

Presenter: Jim Zalewski, Funeral Planning Professional.

1 lesson @ 1-5 hrs, $7/$5 MCC district residents.

Savvy Social Security Planning: What Baby Boomers Need to Know to Maximize Retirement Income @ MCC

Baby Boomers are asking…Will Social Security be there for me? How much can I expect to receive? When should I apply for Social Security? How can I maximize my benefits? At this informative seminar, you will learn important rules and strategies for collecting your retirement benefits. We will look at: how your benefit will be affected by the age at which you apply; how cost-of-living-adjustments, or COLAs, affect benefits; how spousal benefits work; how survivor benefits work; how divorced-spouse benefits work and much more.

Presenter: Sarah Graham, CFP and Financial Advisor at VLP.

1 lesson @ 1-5 hrs, $7/$5 MCC district residents.
Walking Along the C&O Canal with Carole @ MCC

McLean Historian Carole Herrick will take you on a walk from Riley’s Landing at Seneca Creek up the towpath to at least Antietam Creek. Besides discussing the canal, the various locks, lock houses and the Monocacy and Antietam aqueducts, she will talk about John Brown’s raid at Harper’s Ferry and the Civil War battles at Balls Bluff and Antietam.

Presenter: Carole Herrick, Chair of the Fairfax History Commission and President of the McLean Historical Society.

1 lesson @ 1-5 hrs, $7/$5 MCC district residents.

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<td>9022.218</td>
<td>Tu, 11/27</td>
<td>12:30-2 p.m.</td>
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</table>

Financial Planning in the Retirement Years @ MCC

The time has finally come to retire. But, now what? We are all told we should save for retirement, but no one ever talks to us about what to do once we get there. For example, how much money is safe to take from your accounts without the risk of running out of money? How will withdrawals affect your taxes? How much risk should you be taking in your portfolio given your age and need for income? Will your spouse be provided for when you are no longer alive? Which accounts should you take money from first in retirement? How do you know which investments you should sell when you want to take income? Does it matter? How does Social Security factor into your IRA withdrawal strategy? The answers to these questions (and many more) will be addressed in this informative seminar.

Presenter: Sarah Graham, a financial advisor at VLP Financial Advisors.

1 lesson@ 1-5 hrs, $7/$5 MCC district residents.

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<tr>
<td>9023.218</td>
<td>Tu, 12/11</td>
<td>12:30-2 p.m.</td>
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TECHNOLOGY

CLASSES FOR CHILDREN

PLAY-WELL TEKNologies

Teachers teach year-round and make the curriculum their own, so that each program is a uniquely enjoyable experience. We explore, solve problems and express ourselves through LEGO. Our curriculum is designed by engineers and refined by teachers, but the kids just think it’s fun!

STEM Fundamentals Using LEGO® Materials @ MCC

Master your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO® parts! Apply real-world concepts in physics, engineering and architecture through engineer-designed projects such as: boats, snowmobiles, arch bridges and battletracks. Design and build as never before, and explore your craziest ideas in a supportive environment.

Instructor: Play-Well TEKnologies Staff.

6-11 years
8 lessons @ 1 hr, $144/$120 MCC district residents.

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<td>W, 10/3-11/28</td>
<td>5:45-6:45 p.m.</td>
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</table>

No lesson on 11/21.

THEATER

CLASSES FOR CHILDREN

Improv for Kids and Teens @ MCC

Improv is a great way for kids and teens to express themselves and gain confidence. Focusing on creativity and teamwork, The Alden’s improv classes for youth teach improv fundamentals including “yes &” in a supportive environment. Class is suitable for beginners and for those who have taken improv classes in the past. Participants will perform a 15-minute showcase during (the) Unruly Theatre Project’s show on Friday, Dec. 14, at The Old Firehouse Center.

Instructor: Katelyn Manfre.

8-11 years
8 lessons @ 1 hr, $145/$125 MCC district residents.

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<td>M, 10/15-12/10</td>
<td>6:30-7:30 p.m.</td>
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No lesson on 11/12.
**Improv for Kids and Teens @ MCC continued**

12-16 years
8 lessons @ 1 hr, $145/$125 MCC district residents.

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<td>M, 10/15-12/10</td>
<td>7:30-8:30 p.m.</td>
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</table>

No lesson on 11/12.

**Intro to Djembe Drumming and Drum Circle @ OFC**

Back by popular demand! Join The Alden for a creative (and de-stressing) Friday evening master class for families. Participants will learn the elements of Djembe Drumming from artist, Kofi Dennis, and then use those skills in a group drum circle. This class is designed for children age eight and older and it is recommended that families participate together. Children under 14 must have a parent register with them.

To register, please visit www.aldentheatre.org. Instructor: Kofi Dennis.

1 lesson @ 1-5 hrs, $12/$8 MCC district residents.

**CLASS OF 2023**

**Volunteer Training Program**

Volunteers who work in the Alden Theatre in a technical capacity are required to complete this training course. Technical training introduces students to many aspects of technical production, including safety issues, and is designed to assist local arts organizations with their productions. Volunteers may sign up for one or all of the sessions. Please wear comfortable clothes that do not restrict movement and closed-toe shoes with laces or Velcro or loafers.

Please note: Participants age 16 or younger must have a parent or guardian present at the first session to sign a waiver before they can participate.

Instructor: Alden Theatre Staff.

14 years-Adults
1 lesson @ 4 hrs, Free.

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<tr>
<th>ACTIVITY NO.</th>
<th>TOPIC</th>
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<tbody>
<tr>
<td>3401.319</td>
<td>Introduction</td>
<td>W,1/2</td>
<td>7-11 p.m.</td>
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<tr>
<td>3402.319</td>
<td>Lighting I</td>
<td>Th,1/3</td>
<td>7-11 p.m.</td>
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<tr>
<td>3403.319</td>
<td>Audio</td>
<td>F, 1/4</td>
<td>7-11 p.m.</td>
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</tbody>
</table>

**VISUAL ARTS**

The McLean Project for the Arts (MPA) offers the following art classes and workshops for children, teens and adults taught by its professional art faculty. Questions? Please contact Briana Clorey at bclrey@mpaart.org or 703-790-1953.

All of MPA’s classes and camps will be at MPA@ChainBridge, 1446 Chain Bridge Rd., in the Giant Shopping Center.

**FAMILY ART WORKSHOPS**

**COMING SOON! MPA MASTER WORKSHOP SERIES**

Keep an eye out for new master workshops taught by area artists. For more information on dates and upcoming workshops, please visit our website at www.mpaart.org.

**Crazy Funny Portraits in 2D & 3D @ MPA**

Do you like to draw funny portraits of people? Using black markers, we will create fun “contour line” drawings forming a group of imaginary characters. Adding a third dimension to our work, we will use clay to make “crazy” animated figures. Instructor: Sharon Fishel.

Families with children ages 4+
1 lesson @ 2-5 hrs, $10 per family.

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<td>Sa, 9/22</td>
<td>10 a.m.-12:30 p.m.</td>
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**REASON TO REGISTER EARLY**

In order to serve you better, we ask that you register in advance. This helps the instructor plan and assures us that there is interest in the course offering. The 10 percent senior discount applies to ages 60+ with course fees of $50 or more.
CLASSES FOR CHILDREN

**Drawing Fundamentals @ MPA**

All skill levels are welcome! Students will learn line, composition, proportion, perspective, volume, value and more in this skill-building class that will hone their observational skills as they draw from life. Instructor: Naomi Chung.

**8-12 years**

5 lessons @ 2 hrs, $155/$145 MCC district residents.
Supply fee: $18, cash or make check out to MPA. Fee is due to the instructor on the first day of class.

**ACTIVITY NO. | DATE | TIME**
---|---|---
6201.218  | Sa, 9/29-10/27 | 10:15 a.m.-12:15 p.m.

CLASSES FOR TEENS & ADULTS

**High School Portfolio Development @ MPA**

Your portfolio represents you as an artist and tells a story. When preparing a portfolio, it is best to gain as much feedback as possible. This course will address how to communicate creative thought processes, as well as critiques, prepping and photographing work, and allot time to work on pieces. Students will develop their best portfolio possible by incorporating requirements, deadlines, portfolio events and information about professional art programs of study.

Instructor: Rula Brock.

**13-18 years**

4 lessons @ 2 hrs, $125/$115 MCC district residents.

**ACTIVITY NO. | DATE | TIME**
---|---|---
6601.218  | Sa, 11/17-12/15 | 1-3 p.m.

No class on 11/24.

**Drawing I @ MPA**

For beginners. We will explore various drawing materials (paper types, graphite, erasers, charcoal, etc.) and practice the fundamentals including line, proportion, volume, value and perspective.

Instructor: Raye Leith.

**16 years-Adults**

9 lessons @ 2 hrs, $280/$260 MCC district residents.

**ACTIVITY NO. | DATE | TIME**
---|---|---
6602.218  | M, 9/17-12/3 | 4:30-6:30 p.m.

No class on 10/8, 11/12 and 11/19.

**Drawing with Mixed Media @ MPA**

This class builds on Drawing I, but newcomers are welcome. Learn and practice fundamental techniques of drawing from life while working with different mediums. We will learn various techniques in graphite, charcoal, pastels, pen and ink. Students will hone their skills observing from life and photos.

Instructor: Rula Brock.

**13-18 years**

6 lessons @ 2-5 hrs, $235/$220 MCC district residents.

**ACTIVITY NO. | DATE | TIME**
---|---|---
6603.218  | Sa, 9/22-10/27 | 1-3:30 p.m.

**Painting with the Figure @ MPA**

Previous figure drawing experience recommended. We will cover color theory, skin tone palette development, glazing, scumbling and palette knife techniques to achieve rich surfaces while rendering the figure. Whether you want to paint realistically, impressionistically or abstractly, the instructor will be available to help you set goals for your own interests.

Instructor: Raye Leith.

**16 years-Adults**

5 lessons @ 2-5 hrs, $195/$180 MCC district residents.
Model fee: $60, cash or make check out to MPA. Fee is due to the instructor on the first day of class.

**ACTIVITY NO. | DATE | TIME**
---|---|---
6604.218  | M, 10/29-12/10 | 7-9:30 p.m.

No class 11/12 and 11/19.
Intermediate/Advanced Painting @ MPA

Working in oil or acrylic. For the intermediate to advanced painting student, this is a continued practice with paint application, color mixing and composition. Learn to create a body of work or focus on your individual painting projects with technical and thematic guidance from the instructor.

Instructor: Naomi Chung.

16 years-Adults
6 lessons @ 2-5 hrs, $235/$220 MCC district residents.

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Intro to Oil Painting @ MPA

Landscape, the figure and still life are all subjects that will be explored in this fundamental painting class in water-based oil paint and mixed media. Expressive and perceptual approaches to working from life will be encouraged. We will create a series of works that explore working from a variety of subjects to create unique compositions.

Instructor: Tom Morris.

16 years-Adults
6 lessons @ 2-5 hrs, $235/$220 MCC district residents.

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No lesson on 11/20.

Drawing and Painting with Collage @ MPA

Some drawing and/or painting experience recommended. This course is about “going beyond painting or drawing” by making works that incorporate collage. Students will experiment with a variety of collage techniques, using colored and found paper at first and then advancing to more complex elements, including photographs and other items of personal significance.

Instructor: Rula Brock.

16 years-Adults
9 lessons @ 2 hrs, $280/$260 MCC district residents.

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Drawing and Painting Studio @ MPA

For all skill levels. A working studio classroom for beginners, experienced students and artists seeking to improve their skills. This course covers the fundamentals of drawing and painting. More experienced artists will have the opportunity to develop a body of work and receive critique in a creative environment. Students are encouraged to explore their own concepts and styles of expression.

Instructor: David Carlson.

16 years-Adults
11 lessons @ 2-5 hrs, $425/$400 MCC district residents.

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No lesson on 11/22.

Acrylic and Oil Studio @ MPA

Learn the technical and expressive fundamentals of painting with your choice of acrylic or oil. Explore color theory, composition and thematic development as you work from still life, photographs, art reproductions and more. More advanced students will progress on an individual basis.

Instructor: Naomi Chung.

16 years-Adults
6 lessons @ 2-5 hrs, $235/$220 MCC district residents.

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No lesson on 11/21.
The Freedom of Watercolor @ MPA
Explore the freedom and enjoyment of painting in this exciting medium! We will discuss color theory, technique and how to work with a limited amount of supplies to achieve grand results. This class is a great foundation for developing and honing your unique style and expression in your art.
Instructor: Barbara Januszkiewicz.
16 years-Adults
11 lessons @ 2-5 hrs, $425/$400 MCC district residents.

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<td>Th, 9/20-12/6</td>
<td>10 a.m.-12:30 p.m.</td>
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No lesson on 11/22.

Abstract Painting @ MPA
Previous painting or drawing experience is recommended for this course. Drawing on nature and the visible world, personal experience and the history of abstract painting, this class will explore the concepts and meanings of abstraction and its relevance to today’s world. This class aims to free representational painters from painting what they see.
Instructor: Marise Riddell.
16 years-Adults
10 lessons @ 3 hrs, $465/$435 MCC district residents.

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<td>6611.218</td>
<td>Tu, 9/25-12/4</td>
<td>1-4 p.m.</td>
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No lesson on 11/20.

Color Mixing and Theory @ MPA
Understand the color wheel and the three facets of every color: hue, value and intensity. Learn how to mix colors and understand the theory behind juxtaposing one color next to another. We will use acrylic paint on Bristol board to experiment with mixing.
Instructor: Marise Riddell.
9 lessons @ 3 hrs, $415/$390 MCC district residents.

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<td>M, 9/17-12/3</td>
<td>1-4 p.m.</td>
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No lesson on 10/8, 11/12 and 11/19.

Sketching on Site: Cafes and Bars @ MPA
Must be 21 or older. From Toulouse-Lautrec to Urban Sketchers, learn about the fun and accessible way to sketch from life in a few local coffee shops and bars. With an emphasis on minimal supplies and quick studies, you will learn how to sketch/ watercolor anywhere. Locations and supply list will be emailed to students prior to the first class, and we will meet on location.
Instructor: Christina Girardi.
16 years-Adults
6 lessons @ 1-5 hrs, $140/$130 MCC district residents.

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<td>Th, 9/27-11/1</td>
<td>7-8:30 p.m.</td>
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Intro to Plein Air – The Fall Landscape
For beginners! Students will learn the basics of painting “en plein air” and how to approach drawing and painting outside. We will do studies directly from the landscape to transition into finished paintings. Students may choose to work in oil or watercolor. This class will meet offsite each session; locations and a supply list will be emailed to students prior to the first class.
Instructor: Christina Girardi.
16 years-Adults
4 lessons @ 2-5 hrs, $155/$145 MCC district residents.

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<td>F, 10/5-10/26</td>
<td>10 a.m.-12:30 p.m.</td>
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Workshops for Teens & Adults

Workshop: The Art of Modern Calligraphy @ MPA
For all skill levels. The class will learn the art of decorative writing on journal pages, cards, envelopes, invitations, recipe cards (and on anything that students can think of) to make them personalized and special. Students will get started in: Altered Block Letters, Building Script Letters, Botanical Borders, Illuminated Initials and Vines and Flourishes. Instructor: Lubna Zahid.
16 years-Adults
2 lessons @ 4 hrs, $180/$165 MCC district residents.

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<td>6616.218</td>
<td>Sa-Su, 9/8-9/9</td>
<td>2-6 p.m.</td>
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Workshop: Beauty of Nature Workshop @ MPA
Some drawing experience necessary. Explore botanical or insect elements with your choice of watercolor, color pencils, ink or drawing pencils as a medium. Students are welcome to also bring in previous or current works for professional guidance. Please bring a bag lunch.
Instructor: Caroline Hottenstein.
16 years-Adults
1 lesson @ 4-5 hrs, $100/$90 MCC district residents.

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<td>Sa, 11/3</td>
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</table>
REASON TO REGISTER EARLY
In order to serve you better, we ask that you register in advance. This helps the instructor plan and assures us that there is interest in the course offering. The 10 percent senior discount applies to ages 60+ with course fees of $50 or more.

REGISTER NOW

Open Studio @ MPA
Open drawing sessions with a live model. Save when you register for the series!
All individual drop-in sessions are $10.

16 years-Adults
11 lessons @ 2-5 hrs, $90/$85 MCC district residents.

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No lesson on 11/20.

16 years-Adults
11 lessons @ 3 hrs, $105/$100 MCC district residents.

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<td>Th, 9/20-12/6</td>
<td>1-4 p.m.</td>
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No lesson on 11/22.

16 years-Adults
11 lessons @ 3 hrs, $105/$100 MCC district residents.

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<td>Sa, 9/22-12/15</td>
<td>4-7 p.m.</td>
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No lesson on 10/6 and 11/24.

WRITING

CLASSES FOR ADULTS

Writing: Fine Tuning @ MCC

Previous writing instruction is strongly recommended. Writers of fiction, nonfiction (including memoir) or poetry are all welcome. Critiquing the work of others is fine training for critiquing your own work and, of course, having the input of other readers is invaluable. Whatever your genre, others will bring their own experiences and preferences to the table. Each session will deal with critique of work submitted by three attendees (up to 10 pages each). Work will be emailed by the author to each class member and the instructor at least one week prior to class. There will be brief teaching moments if an issue that should be addressed arises and critique guidance will be provided. Marked-up copies will be given to the authors at the end of the review.
Instructor: D. A. Spruzen.

Adults-Seniors
8 lessons @ 2 hrs, $192/$160 MCC district residents.

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Writing: Getting Started @ MCC

Students will learn some of the major building blocks necessary to write creative fiction and nonfiction (including memoir): clarity, organization (or structure), character development, point-of-view, voice, sensory detail, research, imagery and setting. There will be in-class exercises, example handouts and short homework assignments with review from both the instructor and class members.
Instructor: D. A. Spruzen.

Adults-Seniors
8 lessons @ 2 hrs, $192/$160 MCC district residents.

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<td>11 a.m.-1 p.m.</td>
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REGISTER ONLINE • www.mcleancenter.org
# 2018 FALL PROGRAM GUIDE

## SEPTEMBER 2018

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<td>2</td>
<td>Labor Day (Center Closed)</td>
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<td>4</td>
<td>5</td>
<td>Opening Reception “Encounters” MPA@ChainBridge 7 p.m.</td>
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<td>9</td>
<td>Countdown Concerts Superflydisco 5 p.m.</td>
<td>10</td>
<td>Finance Committee Meeting of the Whole 7:30 p.m.</td>
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<td>12</td>
<td>13</td>
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<td>Countdown Concerts Teaze 5 p.m.</td>
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<td>18</td>
<td>19</td>
<td>20</td>
<td>Family Movie “Mary Poppins” 7 p.m.</td>
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<tr>
<td>23/30</td>
<td>Unruly Theatre Project Auditions 7 p.m Hudson River Valley Tour</td>
<td>24</td>
<td>countdown Concerts Saved by the ’90s Unruly Theatre Project Auditions 7 p.m Hudson River Valley Tour</td>
<td>25</td>
<td>Hudson River Valley Tour Public Hearing on FY 2020 Budget 7:30 p.m.</td>
<td>26</td>
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## OCTOBER 2018

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
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<td>McLean 5K 8 a.m.</td>
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<td>MPArtfest 10 a.m.</td>
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<td>Columbus Day (Center Closed) iPlay America Trip 8 a.m.</td>
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<td>14</td>
<td>Fall in the Amish Farmlands Trip 7 a.m.</td>
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<td>Haunted Trip 3:30 p.m.</td>
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<td>Monster Mash Party 7 p.m.</td>
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**FALL 2018 CALENDAR**

### NOVEMBER 2018

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<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
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<td>Unruly Theatre Project 7 p.m.</td>
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<td>Massanutten Waterpark Trip 8 a.m.</td>
<td>iFly and Movie Trip 8 a.m.</td>
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<td>Djembe Drumming Workshop 7 p.m.</td>
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<td>Veterans Day (Center Closed)</td>
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<td>Opening Reception “From Here to Elsewhere” MPA@ChainBridge 7 p.m.</td>
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<td>Family Fun with Foley Workshop 2 p.m. “Hold on to Your Butts” 6 p.m.</td>
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<td>Thanksgiving (Center Closed)</td>
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<td>Family Fun Bingo 7 p.m.</td>
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### DECEMBER 2018

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<tr>
<td>Ford’s Theatre “A Christmas Carol” 2 p.m.</td>
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<td>Presidents Day Trip 7 a.m.</td>
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<td>Double Feature 3:30 p.m.</td>
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<td>Unruly Theatre Project 7 p.m.</td>
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<td>Breakfast with Santa 9:30 a.m.</td>
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<tr>
<td>Christmas Eve (Center Closed)</td>
<td>Christmas (Center Closed)</td>
<td>Winter Break Trips 8 a.m.</td>
<td>Winter Break Trips 8 a.m.</td>
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SPECIAL EVENTS

Fall Community Garage Sale

Saturday, Sept. 15 • 9 a.m.-1 p.m.
1420 Beverly Rd. (intersection of Ingleside Ave. and Beverly Rd.)
Free admission

Registration Deadline: Wednesday, Sept. 12 (if not sold out)

You can find the best bargains at McLean’s biggest garage sale of the season! There are hidden treasures at The Kids’ Corner – an area set-up for children (up to 15 years old) to sell their toys, clothes, games and other items.

Vendor spaces are available on a first-come, first-served basis. Residents selling used household items are welcome. Limited commercial vendors or flea market dealers are also welcome at the sale.

Register for your space early! Advanced registration is required.

You may register online, in-person or by phone. To register contact the MCC Registrar at 703-744-9365 or registrar@mcleancenter.org.

Garage Sale – Adults, All Items
Activity No. 2001.218
Vendor Space Fee: $45/$35
MCC district residents

Kids’ Corner – Up to age 15, Children’s Items Only
Activity No. 2002.218
Vendor Space Fee: $25/$15
MCC district residents

For more information, check the MCC website at www.mcleancenter.org.

This event has been made possible with the generous support of General Assets, Inc., Giant Food and McLean Properties.

Join in McLean’s Fun Run!
The McLean 5K
IN McLean, BY McLean, FOR McLean
Saturday, Oct. 6 • 8 a.m.

The McLean 5K Run is coming back this fall! Hosted by McLean Community Center with the support of sponsors Century 21 New Millennium and The Greater McLean Chamber of Commerce, the race features a certified course through the heart of McLean and is designed to appeal to runners of all abilities.

In addition to great exercise, this event will promote Public Safety Appreciation and serve as an opportunity for community members to express appreciation and
respect for the first responders from McLean Volunteer Fire Department and McLean District Police Station. The proceeds from the McLean 5K Run will benefit the McLean Community Foundation (MCF), so recruit a team of coworkers, teammates, neighbors and friends and mark your calendar for Saturday, Oct. 6. For more information and to register, go to www.mclean5k.com.

Volunteers Needed: If you would like to offer your time as a volunteer, download the volunteer application on our website at www.mclean5k.com, submit it and someone on our staff will contact you.

**McLean Antiques Show & Sale and McLean Holiday Crafts Show**

Due to the McLean Community Center’s renovation project, The McLean Antiques Show will be held October 20-21, 2018 at Spring Hill Rec Center and will be returning to the McLean Community Center on November 9-10, 2019. The McLean Holiday Crafts Show will be returning December 6, 7, 8, 2019. Check our website and e-newsletter for updates on upcoming events.

**Sponsorships**

Become a McLean Day sponsor and show your community spirit at this highly-visible event. For more information, go to our website: www.mcleancenter.org/special-events.

**Exhibitor Space**

Sign up for a McLean Day exhibitor booth space to promote your organization, community group and/or business. Artisans and crafters also are welcome! For more details and to obtain an exhibitor application, go to our website, www.mcleancenter.org/special-events.org.

**Exhibitor Application Dates**

- **Monday, Oct. 1, 2018** – Registration opens for Small Tax District 1A-Dranesville residents and businesses.
- **Wednesday, Jan. 16, 2019** – Registration opens to the general public.

Spaces are sold on a first-come, first served basis.

**Volunteers Needed for McLean Day and July 4 Fireworks Celebration**

We need volunteers to make these two community events a success!

Able-bodied, adult volunteers (age 16 years or older) are needed. Students may receive community service hours for volunteering. Volunteers must be able to stand a minimum of three hours, bend and lift up to 30 lbs.

If you are interested in participating at McLean Day and/or July 4th, please contact the Special Events department at events@mcleancenter.org or call 703-790-0123, TTY:711.
Harvest Happenings

Saturday, Sept. 22 • 11 a.m.-2 p.m.

NEW LOCATION!
St. Luke’s School
7005 Georgetown Pike
McLean, Va. 22101

Free admission

For children ages 3-8. A fun and exciting day for your whole family is right in your backyard! Come to this indoor-outdoor festival and enjoy live entertainment, crafts and activities. Children can buy (with the help of a parent and/or guardian) and decorate their own pumpkins from our pumpkin patch. All activities are free, with the exception of the cost of purchasing pumpkins or buying food from concessions.

*Due to MCC being closed for renovation, Harvest Happenings will be held at St. Luke’s School, 7005 Georgetown Pike, McLean, Va. 22101.

Due to MCC being closed for renovation, the Children’s Flea Market will be held in conjunction with the Center’s Fall Community Garage Sale. A “Kids’ Corner” section will be created within the Garage Sale to accommodate young entrepreneurial sellers.

Please see page 30, for more detailed information.
The Old Firehouse
1440 Chain Bridge Rd.
McLean, Va. 22101
$35/$25 MCC district residents. 
Preregistration is highly recommended.
Activity No. 4601.218
The Old Firehouse is hosting a Monster Mash Party for 5th and 6th graders! The party includes music, dancing, games, snacks, video games and more! Costumes are encouraged, but are not required. Tickets will not be mailed; staff will check names at the door. Parents/guardians (age 18 or older) must check children in and out of the party.
Register online at www.oldfirehouse.org or by phone at 703-448.TEEN (8336).

To volunteer: Parents who wish to volunteer for parties must submit an email request to Ashlyn Thompson at oldfirehouse@mcleancenter.org. Volunteer hours are 6:30 p.m. to 9:15 p.m. Each parent volunteer receives one free admission for his or her child.

School Break Trips For 5th-9th Graders
On Fairfax County Public Schools’ teacher workdays and school breaks, 5th through 9th graders can join the Old Firehouse on fun-filled trips! For a listing of trips see page 47, in The Old Firehouse section of this guide.

All trips depart from and return to The Old Firehouse, located at 1440 Chain Bridge Rd. Participants must bring clothes appropriate for the day’s activity. A signed OFTC Participant Contract is required to participate. Some trips also require an additional signed waiver.

Participant contracts are available at The Old Firehouse or online (www.oldfirehouse.org). Please turn in forms before the day of the trip. The Old Firehouse will be open from 8 a.m. to 6 p.m. for each day’s trip participants.
Mclean Project for the Arts

Sunday
October 7
10-5
McLean Central Park

12th Annual
MPAartfest
connecting art and community

www.mpaart.org

MPAartfest is McLean’s only juried arts festival! It will showcase up to 40 local & regional visual artists. This FREE event features contemporary art, Children’s Art Walk, hands-on art studio, STEAM experiences, food vendors, and live music throughout the day. It is a must-attend community event for art lovers of all ages!

Join Us to Celebrate the Arts In Our Community!

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

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

For more information, contact MPA at info@mpaart.org or call 703-790-1953.

Lead Community Sponsor: McLean Community Center
Event Co-Sponsors: Fairfax County Park Authority & TD Bank

MPAartfest benefits MPA’s exhibition and education programs.
Fall Exhibition Schedule

The Bullock | Hitt Gallery
MPA@Chainbridge

September 6 – November 3

Opening Reception:
Thursday, Sept. 6 • 7-9 p.m.

Encounters: Works by Mia Halton

Baltimore artist Mia Halton uses humor and metaphor to visually describe the joys, challenges and vagaries of being a human being in this world. Drawing on both paper and clay, she captures quickly and with a sense of expressive urgency the interrelationships between us as well as the inner conversations that go on inside us. This exhibition, arranged as an installation, includes works created during a residency in Puebla, Mexico.

November 15 – December 22

Opening Reception:
Thursday, Nov. 15 • 7-9 p.m.

From Here to Elsewhere

This exhibit, curated by MPA Exhibitions Director Nancy Sausser, will feature three to six artists who use ordinary objects combined in unusual ways to make works that are at once familiar and unconventional.

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

MPA presents exhibitions of contemporary art in three galleries and provides education in the visual arts through a program of classes for children and adults, as well as lectures, tours and ArtReach, an outreach program that brings school children and other groups to the gallery for educational programs. MPA presents art classes at the McLean Community Foundation Art Studio, 1446 Chain Bridge Rd., (see class listings on pages 23-27).

ART GALLERY HOURS ARE:
Monday – Thursday: 10 a.m.-9:30 p.m.
Friday – Saturday: 10 a.m.-4 p.m.
Sunday: Closed

For more information, visit www.mpaart.org or call 703-790-1953.

McLEAN PROJECT FOR THE ARTS STAFF
Lori Carbonneau, Executive Director
Nancy Sausser, Exhibitions Director
Sharon Fishel, ArtReach Director
Falayi Adu, Finance Director
Deb Bissen, Communications & Development Director
Briana Clorey, Education & Operations Assistant
Veronica Hughes, Office Operations & Bookkeeping Associate
Arthur Kwon Lee, Gallery Education & Events Manager
The Alden Season at a Glance

Programs subject to change.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
<th>Performing Arts</th>
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<tbody>
<tr>
<td>Sunday, Sept. 9</td>
<td>5 p.m.</td>
<td>Countdown Concerts</td>
<td>Superflydisco</td>
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<tr>
<td>Saturday, Sept. 15</td>
<td>11:30 a.m.</td>
<td>Workshop for Children</td>
<td>Improv Workshop (8-13)</td>
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<tr>
<td>Saturday, Sept. 15</td>
<td>12:30 p.m.</td>
<td>Workshop for Teens</td>
<td>Improv Workshop (14-18)</td>
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<tr>
<td>Sunday, Sept. 16</td>
<td>5 p.m.</td>
<td>Countdown Concerts</td>
<td>Teäze</td>
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<tr>
<td>Sunday, Sept. 23</td>
<td>5 p.m.</td>
<td>Countdown Concerts</td>
<td>Saved by the ‘90s</td>
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<tr>
<td>Sunday, Sept. 30</td>
<td>5 p.m.</td>
<td>Countdown Concerts</td>
<td>So Fetch</td>
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<tr>
<td>Friday, Oct. 12</td>
<td>7 p.m.</td>
<td>Movie at the Firehouse</td>
<td>“Jurassic Park” (PG-13)</td>
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<tr>
<td>Saturday, Oct. 13</td>
<td>11 a.m.</td>
<td>Classes for Teens</td>
<td>Improv Master Class w/Chris Ulrich</td>
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<tr>
<td>Friday, Nov. 9</td>
<td>7 p.m.</td>
<td>Family Workshop</td>
<td>Djembe Drumming/Drum Circle</td>
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<tr>
<td>Saturday, Nov. 17</td>
<td>2 p.m.</td>
<td>Family Workshop</td>
<td>Family Fun with Foley</td>
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<tr>
<td>Saturday, Nov. 17</td>
<td>6 p.m.</td>
<td>Theater</td>
<td>“Hold on to Your Butts”</td>
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<tr>
<td>Sunday, Dec. 2</td>
<td>2 p.m.</td>
<td>Theater Trip</td>
<td>Ford’s Theatre “A Christmas Carol”</td>
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The Alden/Performing Arts

Tickets are already on sale for our entire 2018-2019 season, so get over to [www.aldentheatre.org](http://www.aldentheatre.org) to buy yours now. MCC tax district residents always get a discount of at least 25 percent off tickets. And remember that the best way to keep up with us is to subscribe to our monthly e-newsletter at [www.aldentheatre.org](http://www.aldentheatre.org).
Music

**Countdown Concerts in the Park**
*(Family friendly)*
Sundays, Sept. 9-30  •  5 p.m.
McLean Central Park Gazebo, 1468 Dolley Madison Blvd.
Free and open to the public
Are you as excited as we are for the reopening of our Ingleside Ave. facility? If the anticipation wasn’t already building, The Alden is here to crank it up with a special concert series that tracks the history of the McLean Community Center from its opening in 1975 until today. Come revisit a decade each week in the McLean Central Park Gazebo.

**Superfly Disco**
Sunday, Sept. 9  •  5 p.m.
Put your bell bottoms on and dust of your Bee Gees records. The MCC opened its doors in 1975. Help us recreate the ’70s in McLean Central Park with this super fun tribute band.

**Teäze**
Sunday, Sept. 16  •  5 p.m.
Oh, the ’80s. The days of big hair, frosted lipstick and lots of eyeliner—and that was just the guys! Tease your hair and come check out Teäze (get it?), a comedy/tribute band saluting the hair bands of the 1980s.

**Saved by the ’90s**
Sunday, Sept. 23  •  5 p.m.
On this very special countdown concert, Saved by the ’90s serves up an interactive party in the gazebo, playing everything from the Backstreet Boys to Green Day to Notorious B.I.G. to Weezer.

**So Fetch**
Sunday, Sept. 30  •  5 p.m.
We will make “fetch” happen! So Fetch is a 2000s tribute band (do the 2000s really already have a tribute band!?) with a set list of pop-punk, rap, rock and pop hits from 10 years ago.

Movies

**“Jurassic Park” (PG-13)**
Friday, Oct. 12  •  7 p.m.
$4/$2 MCC tax district residents
The Old Firehouse, 1440 Chain Bridge Rd.
The original 1990 movie forever changed how we see movies, and glasses of water. Come revisit (or discover) the Spielberg movie that spawned a whole army of sequels. Then come back on Saturday, Nov. 17, for “Hold on to Your Butts,” the ingenious and hilarious live, two-person-plus-Foley-artist scene-for-scene recreation of the movie. See description below.

Theater

**“Hold on to Your Butts” (PG-8)***
*A Recent Cutbacks production*
Saturday, Nov. 17  •  6 p.m.
The Old Firehouse, 1440 Chain Bridge Rd.
$19/$14 MCC tax district residents
Sixty-five million years ago, dinosaurs ruled the earth. Twenty years ago, a movie about dinosaurs (“Jurassic Park”) came out that ruled the box office. Now, two actors and a Foley sound effects artist perform a live, “shot-for-shot” remake that was named a Critic’s Pick and Top 10 Comedy Show of 2014 by TimeOut NY. Running time: 60 minutes.

“Painfully funny…. Made us cry actual tears of laughter…a pure joy from start to finish.”
— TimeOut NY

“Die-hard fans of ‘Jurassic Park’ definitely don’t want to miss this, but then again neither should everyone else.”
— Victoria Teague, New York Theatre Review

*Come at 2 p.m. for a Family Foley Workshop with the experts from Recent Cutbacks. Special rates for workshop/show combinations are available. More information on page 38.*
“A Christmas Carol” at Ford’s Theatre
(Family friendly)
Sunday, Dec. 2 • 2 p.m.
Transportation departs from and returns to Dolley Madison Library, 1244 Oak Ridge Ave.
$175/$135 MCC tax district residents (includes show tickets and transportation)
Join your friends and neighbors for a special outing to experience a D.C. holiday tradition: “A Christmas Carol” at Ford’s Theatre. We’ll provide transportation and parking, theatre tickets, and Alden staff members to act as your personal concierges; you just show up and enjoy. Limited to 20 participants. **Registration deadline:** Tuesday, Oct. 30.

**Family Workshops**

**Intro to Djembe Drumming and Drum Circle**
Friday, Nov. 9 • 7-8:30 p.m.
The Old Firehouse Center, 1440 Chain Bridge Rd.
$12/$8 for MCC tax district residents. Fee includes admission and drum rental for the event.
Back by popular demand! Join The Alden for a creative (and de-stressing) Friday evening master class for families. Participants will learn the elements of Djembe Drumming from artist Kofi Dennis and then use those skills in a group drum circle. This class is designed for children age 8 and older, and it is recommended that families participate together. Children under 14 must have a parent register with them.

**Family Fun with Foley**
Led by artists from Recent Cutbacks
Saturday, Nov. 17 • 2-3:30 p.m.
The Old Firehouse Center, 1440 Chain Bridge Rd.
$12/$8 for MCC tax district residents
Foley (or the creation of sound in film and on stage) is one of the most creative and fun ways to play with storytelling. In this workshop, families will explore the sounds we can make with our voices and with everyday objects to imitate sounds of the world. With a mix of demonstration, trial and error and games, this hands-on workshop explores the ways Recent Cutbacks makes and uses sound in their shows and how you can too! This class is designed for children ages 8 and older, and it is recommended that families participate together. Children under 14 must have a parent register with them.

Workshop and “Hold on to Your Butts” ticket combo: $26/$18 for MCC tax district residents

**Improv Master Class for Teens featuring Chris Ulrich**
Saturday, Oct. 13 • 11 a.m.-12:30 p.m.
MCC Class Programs/Registration Office, 6645 Old Dominion Dr.
$8/$5 for MCC tax district residents
Ulrich is a regular performer on the D.C. improv scene and is featured in the troupes King Bee, Nox! and Jive Turkey. He studied improvisational comedy at the Upright Citizens Brigade and The Magnet Theater in New York, Improv Olympic and Annoyance Theater in Chicago and Los Angeles, and the Washington Improv Theater and D.C. Improv in Washington.

This master class will explore collaboration, trust and being in the moment for improv performers. Participants should expect a high-energy and active session! No improv experience is required. It is designed for 9th through 12th graders who are on an improv team, interested in improvisation or involved in theater.

**SPOTLIGHT ON IMPROV**

In recent years, The Alden’s youth classes and programs have taken on an overarching theme: improvisation. But why?

Improv comedy is an essential skill for actors and has its origins in theater, but the practice of improv has many applications in school, business and life that extend far beyond the arts. For example, the first rule of improv is “yes and,” meaning that things don’t always go the way you planned, but that’s ok — you learn to adapt in the moment and move forward.

There are plenty of performing arts programs that are valuable to kids and teens, but the way improv builds confidence, strengthens people skills, encourages self-expression and provides an escape from everyday stress is why it has become such a central part of The Alden’s programs for youth. Participants have shared that improv practice has helped them in college interviews, school presentations and community service activities. Improv at its core is about storytelling, listening and teamwork, which is why improv is more than a theatre skill, it’s a life skill.

This quote by Academy Award-winning actress Emma Stone really sums it up:

“You know how sports teach kids teamwork and how to be strong and brave and confident? Improv was my sport. I learned how to not waffle and how to hold a conversation, how to take risks and actually be excited to fail.”

If you are interested in learning more about these programs, contact The Alden’s Director of Youth Theatre Programs, Danielle Van Hook danielle.vanhook@fairfaxcounty.gov
**Improvisation Opportunities for Kids and Teens**

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

UTP’s season runs October to mid-May. Company members rehearse twice a week on Tuesday and Thursday evenings from 7 p.m. to 9 p.m. and perform at local venues such as art galleries, the Old Firehouse Center and cafés.

Because UTP is a professional opportunity, attendance is crucial and company members serve different roles including marketing, stage management, and photography.

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**2018-2019 Company Auditions**

9th-12th graders only. **Open Auditions** Monday-Tuesday, Sept. 24 and 25 • 7-9 p.m. **Call Backs/Interviews** Wednesday, Sept. 26 MCC Class Programs/Registration Office, 6645 Old Dominion Dr.

Preregistration is recommended, but walk-ins are welcome. Plan to arrive 15 minutes early. Prepared monologues, headshots and resumes are not required, but are welcome. To register for an audition date, please email: danielle.vanhook@fairfaxcounty.gov.

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**Free Improv Comedy Workshop!**

Saturday, Sept 15

8-13 years 11:30 a.m.-12:30 p.m.

14-18 years 12:30-1:30 p.m.

MCC Class Programs/Registration Office, 6645 Old Dominion Dr.

New this year! Want to audition for UTP or thinking of registering for “Improv for Kids and Teens,” but you’re not sure if improv is “your thing”? Come try it out and see what everyone is talking about! Registration is free, but space is limited. Please register by Wednesday, Sept. 12, at www.aldentheatre.org/UTP.

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**Improv for Kids and Teens**

Improvisation comedy is a great way for kids and teens to express themselves and gain confidence. Focusing on creativity and teamwork, The Alden’s improv comedy classes for youth teach improv fundamentals such as “yes and” in a supportive environment. Class participants will perform during (the) Unruly Theatre Project’s show on Friday, Dec. 14 at The Old Firehouse Center. This class is suitable for both beginners and those who have taken improv classes in the past.

**8-11 years**

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

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<td>M, 10/15-12/10</td>
<td>6:30-7:30 p.m.</td>
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No lesson on 11/12.

**12-16 years**

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

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<th>DATE</th>
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<td>M, 10/15-12/10</td>
<td>7:30-8:30 p.m.</td>
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</table>

No lesson on 11/12.

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Did you know UTP offers free “Intro to Improv” workshops for qualified after-school groups, scout groups and other youth groups? To see if this is the good fit for your program, please contact UTP’s Producer Danielle Van Hook at: danielle.vanhook@fairfaxcounty.gov.
Alden Spring Production Auditions for: “Winnie-the-Pooh”
Dramatized by Kristin Sergel, from the stories of A.A. Milne. Produced with special arrangements with The Dramatic Publishing Company.

Open auditions
Monday-Tuesday, Jan. 14-15 • 7-9 p.m.

Call backs
Wednesday, Jan. 16 • 7-9 p.m.
The Alden, 1234 Ingleside Ave.
It’s story time for Christopher Robin and Winnie-the-Pooh, but Pooh won’t hear just any story, he wants to hear a story about himself, because “he’s that sort of bear.” Pooh’s love of honey and his friendship with Piglet take him and the rest of the forest creatures, Owl, Eeyore and Rabbit, on a journey as they try to understand their new neighbors, Kanga and Roo.
Youth actors will work with The Alden’s team of theater professionals to bring this story to life with full sets, costumes and technical elements on The Alden’s stage.

Rehearsals
Tuesdays, Wednesdays, Thursdays • 7-9 p.m.
from late-January through mid-March

Performances
Saturdays-Sundays, March 9, 10, 16, 17 • 2 p.m.
In The Alden

Who can audition
Students between the ages of 10 to 16 who live in the MCC tax district (Small District 1A-Dranesville).

To schedule an audition time, please email danielle.vanhook@fairfaxcounty.gov with your date and time preference: 7 p.m., 7:30 p.m., 8 p.m. or 8:30 p.m. Please specify your age and address in your email.

Additional rehearsals may be required if deemed necessary by the director and producer. Because theatre-making is a group activity, attendance at each rehearsal, tech rehearsal and performance is mandatory unless approved in advance by the producer.

If cast, participation fee is $150/per actor.

The 2019 James C. Macdonald Performing Arts Scholarship Competition
Annually, the McLean Community Center recognizes the hard work and talent of young performing artists through The James C. Macdonald Performing Arts Scholarship Competition. Following a preliminary round and final round of competition, three prizes (1st – $1,200, 2nd – $800, and 3rd – $400) are awarded in each of four categories: dance, theater, instrumental music and vocal music.

Who can apply
High school students who reside in the MCC tax district (Small District 1A-Dranesville) are eligible to apply.

Application forms and information about the preliminary round will be available online in November 2018 at www.aldentheatre.org.

- Students may enter more than one category, but must submit an application form for each.
- A nonrefundable, $20 fee is required for each application form submitted.

Application Deadline: Friday, Jan. 25.
Final Competition: Wednesday, March 27 • 8 p.m.

If you have any questions about the James C. Macdonald Performing Arts Scholarship Competition, please contact Danielle Van Hook at danielle.vanhook@fairfaxcounty.gov.

Sneak Peek at The Alden’s 2019 Programming
Programs subject to change. Tickets are on sale now! Visit www.aldentheatre.org for more information or to purchase tickets.

The Capitol Steps
Saturday, Jan. 5 • 8 p.m.
“The Capitol Steps make it easier to leave public life.” — Former President George H. W. Bush

Martin Luther King Jr. Day Celebration “Liner Notes” (Family Friendly)
Sunday, Jan. 20 • 2 p.m.
“Liner Notes brings to life the formative experience—dying out in the digital age—of falling in love with

Vital Theatre Company presents “The Wizard of Oz” (Family Friendly)
Saturday, Feb. 2 • 1 p.m.
“The kids (8, 7, and 4) LOVED the show, we all did, grandparents included. And that was after seeing ‘Lion King’! We just love your theater and happy that we discovered it.” — Vital Theatre Patron

music through the engrossing text on the backs of records, in tape sleeves and in CD booklets”. — The Washington Post
John Eaton in Concert (All Ages)
Saturday, Feb. 9 • 2 p.m.
“Best jazz pianist: John Eaton, then, now and probably forever.” — Washingtonian

The Okee Dokee Brothers (Family Friendly)
Saturday, Feb. 23 • 1 p.m. and 4 p.m.
“Like the great Woody Guthrie, they’ve tapped into that magic quality of folk music to bridge the age gap and connect listeners young and old with their universal message.” — UTNE Reader

Perspectives Speaker Series
Author Walter Mosley (13+)
Sunday, Feb. 24 • 2 p.m.
“His popular Easy Rawlins mysteries... extended the genre’s affinity for social realism and added a dimension of historical recovery in portraying African Americans’ vital but bittersweet life in postwar.” — The Los Angeles Times

The Joshua Show (Family Friendly)
Saturday, Mar 23 • 1 p.m.
“An unabashed “ambassador of joy,” Mr. Holden has dedicated his shows to lightening the mood of all in the theater, puppets and humans alike. Accompanied by the musician Jeb Colwell, he does this through physical comedy, oddball props, wry commentary and tap-dancing.” — The New York Times

American Shakespeare Center on Tour
Sophocles’ “Antigone” (13+)
Saturday, March 30 • 2 p.m.
“All this would be of purely historical interest were it not for the high quality of the ASC’s fast-moving productions, which are authentic... but not antiquarian.” — The Wall Street Journal

American Shakespeare Center on Tour
Shakespeare’s “The Comedy of Errors” (Family Friendly)
Saturday, March 30 • 7:30 p.m.
“Shamelessly entertaining.” — The Washington Post

American Shakespeare Center on Tour
Shakespeare’s “The Winter’s Tale” (All Ages) (Family Friendly)
Sunday, March 31 • 2 p.m.
“This Shakespeare moves... we feel the inexorable sweep of the action, but the poetry has a chance to breathe, too. And how wonderful to hear actors speak Shakespeare naturally. It is poetry come alive.” — The Boston Globe

New York Gilbert and Sullivan Players
“I’ve Got a Little Twist” (Family Friendly)
Saturday, May 4 • 7 p.m.

“All the Way Live!” with Paige Hernandez and Baye Harrell (Family Friendly)
Saturday, May 11 • 1 p.m.
“Paige Hernandez is the complete performer package personified. She has a lot of energy, and possesses a million-dollar smile... Her rapping and rhyming skills match Harrell’s making them a winning team.” — Broadway World

John Eaton in Concert (All Ages)
Saturday, June 8 • 2 p.m.
“When pianist Eaton talks about classic pop or some of the jazz artists he admires, he’s as reliably entertaining as “The Simpsons”—not to mention awfully astute.” — The Washington Post

Also Coming to The Alden
January-June 2019

Family-Friendly Movies
Second Wednesday of each month • 10 a.m.

Foreign Films
Fourth Wednesdays of each month • 1 p.m.
The Majestic Hudson River Valley

Sunday, Sept. 23 – Wednesday, Sept. 26

The Hudson River is an ancient river that goes back 75 million years and cuts its valley between the Catskill and Taconic mountains, continuing down the Hudson Highlands and flowing into the Atlantic Ocean. Its beauty is rarely surpassed.

Day 1

After boarding the bus and on the way to the Hudson River Valley, we will stop at the home of Frederick and Louise Vanderbilt. This glorious mansion was designed by Stanford White and is an excellent example of “The Gilded Age.” The Beekman Arms in historic Rhinebeck, N.Y., will be our home for three nights. First established as a traveler’s inn in 1704, the Beekman Arms has hosted a wide range of guests, from George Washington and Alexander Hamilton to Nicole Kidman and Billy Joel. A continental breakfast will be included every morning. One of the highlights of the Hudson River Valley is the Franklin Delano Roosevelt National Historic Site and Val-Kill Cottage, the retreat of Eleanor Roosevelt.

Day 2

This will be a busy day that includes guided tours of both Springwood, FDR’s birthplace and home, and Val-Kill Cottage, the only National Historic Site dedicated to a first lady. Lunch will be at Coppolla’s which has been a fixture of Southern Italian cuisine in Hyde Park for 55 years. Dinner Monday night will be at the renowned Culinary Institute of America (CIA) and there will be a guided tour preceding dinner. The CIA is the premiere culinary school in the United States whose students graduate to jobs at the top kitchens all over the world.
Day 3
Our morning begins with a tour of Staatsburgh, which was the elegant country home of Ruth and Ogden Mills. This grand masterpiece was enlarged and remodeled by the prestigious architectural firm of McKim, Mead and White. It is an outstanding example of the country estates that were built by industrial leaders in the late 1890s. Lunch will be in the town of Kingston, which was the first capital of New York in 1777. This trip would not be complete without a boat ride on the beautiful Hudson. Enjoy both indoor and outdoor seating on the Rip Van Winkle Cruise Boat while hearing the history of the mighty Hudson River. Dinner that night will be at Terrapin Restaurant in historic Rhinebeck.

Activity No. 7001.218
$1,345 per person, double occupancy/$1,320 MCC district residents. Single Supplement: $1,712/$1,687 MCC district residents. Fee includes deluxe motor coach transportation, three nights at the Beekman Arms Hotel, three continental breakfasts, three lunches, three dinners, admission for guided tours and boat ride, snacks, taxes and gratuities. Please arrive at location TBD* at 6:45 a.m. on Sunday, Sept. 23. Bus departs promptly at 7 a.m. Bus returns to location TBD* on Sunday, Sept. 26, at approximately 7:30 p.m.

A $500 deposit is due as soon as possible to reserve preferred rooms. Please make checks payable to Excursionaire. Questions? Contact Maureen Cyron at 703-323-9040 or cyronfam@aol.com.

Day 4
On the way home, we will be stop at Locust Grove, a villa designed for artist and inventor, Samuel F. B. Morse. The group will enjoy a box lunch as we travel back to Virginia with fond memories of the majestic Hudson River Valley.

Fall in the Amish Farmlands of Pennsylvania

Tuesday, Oct. 16
Discover the fascinating lifestyle of the Amish people on a day spent in Lancaster, Pa. The day begins with a 45-minute narrated ride on America’s oldest operating railroad.

Nestled in the low hills of the Amish countryside is the Strasburg Rail Road, which has been operating since 1832. This beautifully restored train car is pulled by an historic steam engine on a nine-mile roundtrip journey to Paradise, Pa.

Lunch will be a very unique experience in an actual Amish farmhouse where the Stoltzfus family will shares stories of life in Lancaster. After a hearty meal, there will be time to visit the pony barn, the Stoltzfus wood working studio and to shop for baked goods and other handmade items. In the afternoon, there will be a driving tour led by a woman who grew up as Old Order Amish. She will tell stories of working the farmland and raising a family in Lancaster.

This promises to be a very special day to learn about the Amish people, eat a delicious meal and view some spectacular fall foliage in Lancaster, Pa.!

Activity No. 7003.218
$160/$155 for MCC district residents, which includes deluxe motor coach transportation, train ride, Amish lunch, guided driving tour, a morning snack and a driver’s tip. Pick-up and drop-off location TBD.* Arrive at 7 a.m. Bus leaves promptly at 7:15 a.m. and returns at approximately 7 p.m. Please make checks payable to Excursionaire. Questions? Contact Maureen Cyron at 703-323-9040 or cyronfam@aol.com.
Presidents Day in December

Wednesday, Dec. 5

James Monroe, our fifth president lived at his home named Highland for 25 years. It was Thomas Jefferson who encouraged Monroe to purchase Highland which was adjacent to Jefferson’s home, Monticello. Unfortunately, due to increasing debt, Monroe was forced to sell his beloved estate in 1825. Fittingly, the home is now owned and operated by Monroe’s alma mater, the College of William and Mary. Our guided tour consists of the house and any additions that Monroe made. Just recently archaeologists discovered the foundation of a much larger house now presumed to be Monroe’s home.

Lunch will be at Michie’s Tavern, opened in 1784 and is designated as a Virginia historic landmark. The lunch will be traditional and homemade southern fare. The Tavern Gift Shop and General Store will be filled with holiday goodies.

Monticello is our last stop of the day because there is so much to explore. Jefferson began creating and building Monticello at the young age of 26 and modeled it after the designs of the Italian Renaissance architect, Andrea Palladio who Jefferson greatly admired. For Jefferson, Monticello was an ongoing project. Started in 1772, this grand estate started out as a plantation house but after Jefferson's trips to Europe as Secretary of State, many of the classical buildings of Italy and France influenced Jefferson’s designs. The outbuildings and slave quarters may also be visited.

Do not miss this opportunity to learn about the lives of two presidents who helped shape our great nation and enjoy a delicious lunch at the famed Michie’s Tavern. Ashlawn and Monticello will be decorated for the holidays.

Activity No. 7003.218

$160/$155 MCC district residents, which includes deluxe motor coach transportation, admission to Highland and Monticello, buffet lunch, a morning snack and a driver tip. Please arrive by 7 a.m., bus leaves promptly at 7 a.m. Tour returns approximately at 7 p.m. Pick up place TBD. Please make check to Excursionaire. Questions? Contact Maureen Cyron at 703-323-9040 or cyronfam@aol.com.

Save the Date!

2019 Philadelphia Flower Show
Thursday, March 7, 2019

The 2019 Philadelphia Flower Show, the theme this year is “Flower Power.” This show is the oldest and largest indoor flower show and the longest running show in America. Questions? Call Maureen Cyron at 703-323-9040.

Day and Overnight Tour Guidelines

Tour Refund/Cancellation Request Policy

Due to the costs associated with deposits and reservations for hotel rooms, meals, reservations, tickets, admissions, guided tours and chartered bus transportation, refunds/cancellations are only granted for medical reasons or for extenuating circumstances as determined by the tour operator and program director. Requests for refunds for medical reasons must be accompanied by a doctor’s note.

For Day Trips Only – A full refund will be issued when a written request is received four weeks prior to the date of the day trip or if a patron can find a substitute to take the trip.

Questions? Contact Maureen Cyron at 703-323-9040 or cyronfam@aol.com.

Refund/Cancellation requests must be submitted in writing to registrar@mcleancenter.org four weeks or more before the date of the trip.

Please Note:

- Most of our tours require a fair amount of walking. Participants should be fit and able to handle the activities included in the tour. Patrons who require extraordinary care must provide someone who can and will be totally responsible for providing all required assistance at the patron’s own expense.
- Tours require planning and itinerary may be subject to change without notice.
- MCC retains the right to decline, to accept or to retain any person as a member of a day trip or overnight tour when such action is deemed to be in the best interest of the health, safety or general welfare of the group or the individual concerned.
- Online registration is not available for tours and day trips. To register, contact the registrar at 703-744-9365 or by email at registrar@mcleancenter.org for registration options.

During MCC's renovation, the pickup location for McLean Traveler day trips and overnight tours has yet to be determined. Patrons will be notified when a pickup location has been determined.
The Old Firehouse

The Old Firehouse Center (OFC) provides an incredible experience for 7th through 12th graders. Participants will enjoy exposure to new recreational activities and personal development under the supervision of professional and experienced staff members who organize and facilitate fun activities, clubs and trips.

Teens can enjoy their time after school, during school breaks and at our Friday Night activities and events.

Old Firehouse Facility Rentals

Have your next party, event or business meeting at a venue your guests will not soon forget! Renting the Old Firehouse means access to our huge dance floor, game room and kitchenette with options to use our dance lighting and large, flat-screen television. Reservations are accepted six-months in advance, on a first-come, first-served basis.

For details, forms and rates go to www.oldfirehouse.org or send an email to oldfirehouse@mcleancenter.org.

Old Firehouse Membership

Memberships are available to 7th- through 12th-Graders.

Membership Benefits
- FREE, daily after school program.
- Discounted admissions for Friday trips.
- Monthly e-newsletters.
- Valid until June 30, 2019.
$300/$275 MCC district residents.

To join, drop off your completed and signed Participant Contract (accompanied by your payment) at OFC. Participant contracts are available at the Old Firehouse and online. For additional information, visit www.oldfirehouse.org.

After School Program

August 28, 2018-June 13, 2019 • 2:30-6 p.m.

Membership Benefits
- A daily snack and drink.
- Themed clubs (Cooking, Fitness, Art, Gaming, etc.).
- Access to OFC’s computer lab.
- Tutors who provide homework and study assistance.
- OFC transportation from Cooper Middle School and Langley High School; FCPS transportation provided for Longfellow Middle School and McLean High School.
- Trips to Lewinsville Park.

REGISTER ONLINE • www.mcleancenter.org
Friday Night Activities

Membership paperwork will not be accepted at evening activities. OFC is open Monday through Friday, 9 a.m. to 6 p.m., if you require staff assistance with filling out forms.

Friday Field Trips

7th-9th graders • 3:30-10:30 p.m.

Open to members and nonmembers. Preregistration is highly recommended. Prices vary based on activity. Waivers may be required

Register online at oldfirehouse.org or by phone at 703-448-TEEN (8336).

Visit our website for detailed descriptions of each trip: www.oldfirehouse.org.

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<th>Date</th>
<th>Activity No.</th>
<th>Destination</th>
<th>Cost</th>
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<tr>
<td>Friday, Sept. 14</td>
<td>5301.218</td>
<td>Dave &amp; Buster’s</td>
<td>$50/$40 OFC Members</td>
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<tr>
<td>Friday, Oct. 19</td>
<td>5302.218</td>
<td>Haunted Trip</td>
<td>$60/$50 OFC Members</td>
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<tr>
<td>Friday, Dec. 7</td>
<td>5303.218</td>
<td>Double Feature</td>
<td>$35/$25 OFC Members</td>
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After 7 Dance Party

7th-10th graders • 7-10 p.m.

Preregistration is recommended.

A renewed and reimagined take on our Friday Night Dances of the past. Enjoy food and drinks while immersing yourself in music played by a local, popular DJ.

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5th and 6th Grader Party at OFC

Monster Mash • 7-9 p.m.

Preregistration is highly recommended.

These popular parties:
- Are themed and OFC is decorated accordingly.
- Offer FREE catered food and beverages.

- Feature a DJ and an open dance floor.
- Include a variety of party attractions (photo booth, temporary tattoos, games, etc.)

Register online at www.oldfirehouse.org or by phone at 703-448-TEEN (8336).

To volunteer

Parents who wish to volunteer for parties must submit an email request to Ashlyn Thompson at oldfirehouse@mcleancenter.org. Please include your name, address, phone number, email address and child’s name. Volunteer hours are 6:30 p.m. to 9:15 p.m. Each parent volunteer receives one free admission for his or her child.

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<td>$35/$25 MCC district residents</td>
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Family Events

For all ages • 7-9 p.m.

Old Firehouse Family Movie Night “Mary Poppins”

Preregistration is recommended.

Gather the whole family and bring your blankets, pillows and camp chairs for our indoor, picnic-style family movie night. Participants will enjoy unlimited free popcorn, view the movie on our huge projection screen and have a chance to win raffle prizes.
Date | Activity No. | Cost
--- | --- | ---
Friday, Sept. 21 | 4702.218 | $3 per person

**Family Fun Bingo**
Join us for an evening of fun! Participants will enjoy free popcorn and winners will take their pick of prizes!

Date | Activity No. | Cost
--- | --- | ---
Friday, Nov. 30 | 4703.218 | $10/$5 MCC district residents

**Unruly Theatre Project**
The areas hottest professional Teen Improv troupe brings you a hilarious night of comedy, food and more! Come help us spread some joy while being wildly entertained!

Date | Activity No. | Destination | Cost
--- | --- | --- | ---
Friday, Dec. 14 | Proceed to Improv | Free admission | ---

**Teacher Workday Trips**
For 5th-9th graders
Prices vary based on activity. Preregistration is required! Register online at [oldfirehouse.org](http://oldfirehouse.org) or by phone at 703-448.TEEN (8336).

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<td>8401.218</td>
<td>iPlay America</td>
<td>$80/$70 MCC district residents</td>
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<td>Monday, Nov. 5</td>
<td>8402.218</td>
<td>Massanutten Waterpark</td>
<td>$65/$55 MCC district residents</td>
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<tr>
<td>Tuesday, Nov. 6</td>
<td>8403.218</td>
<td>iFly &amp; Movie</td>
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**Winter Break Trips**

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<tr>
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<td>8301.218</td>
<td>Dave &amp; Buster’s</td>
<td>$70/$60 MCC district residents</td>
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<td>Thursday, Dec. 27</td>
<td>8302.218</td>
<td>Indoor Go Karting</td>
<td>$80/$70 MCC district residents</td>
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<td>Friday, Dec. 28</td>
<td>8303.218</td>
<td>Zavazone &amp; Movie</td>
<td>$65/$55 MCC district residents</td>
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<td>Wednesday, Jan. 2</td>
<td>8304.218</td>
<td>Snow Tubing &amp; Ice Skating</td>
<td>$60/$50 MCC district residents</td>
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<tr>
<td>Thursday, Jan. 3</td>
<td>8305.218</td>
<td>Indoor Paintball &amp; Laser Tag</td>
<td>$60/$50 MCC district residents</td>
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<tr>
<td>Friday, Jan. 4</td>
<td>8306.218</td>
<td>Upscale Bowling &amp; Movie</td>
<td>$65/$55 MCC district residents</td>
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</table>

Visit our website for detailed descriptions of each trip: [www.oldfirehouse.org](http://www.oldfirehouse.org).
Registration Processing

Easy Ways to Register

- **ONLINE**
  Just click on the green “Register” button in the upper right corner of any page of our website, or on a seven-digit activity number, which will link you to our online registration system. Online registration begins at midnight on the registration start date.

- **MAIL/FAX**
  Mail a completed registration form with payment in the form of a check, money order or credit card to: McLean Community Center, Attn: Registrar, 6645 Old Dominion Dr., McLean VA 22101. Completed forms may be faxed to 703-653-9435.

- **IN PERSON/DROP OFF**
  You may register in person at the Center from 9 a.m. to 5 p.m., Monday through Friday. At other times, drop a completed registration form and payment (in the form of a check or money order, or by completing the credit card information on the form) into the registration box.

Senior Discounts

- Senior citizens (age 60 and older) are eligible to receive a ten (10) percent discount on classes except where noted.
- Senior discounts are not available for tours and other activities.

Materials Fee

- All materials fees are due to the instructor on the first day of class, unless otherwise noted.

Class and Activity Refund Policy

- All withdrawals, refund and cancellation requests must be submitted in writing to registrar@mcleancenter.org.
- Patrons who submit refund requests 14 days or more before the start date of a class or activity, will be granted a refund, minus a $25 processing fee. Refunds requested less than 14 days before the start date of the class or activity will not be granted.

Restrictions

- Once a class, camp or activity is in session, refunds may be granted only for medical reasons or for extenuating circumstances as determined by the General Programs Director and the Registrar. Medical requests must be accompanied by a doctor’s note (verification).

Absences from Class

- Absences and personal scheduling conflicts are not reimbursable.
- The Center is not obligated to make up classes due to absences and personal scheduling conflicts. However, each instructor has her/his own make-up policy; arrangements for make-up classes are scheduled through individual instructors. Please do not contact the Center.

General Information

Holiday and Inclement Weather

- See MCC’s holiday schedule on the table of contents page (p. 1).
- The class program follows Fairfax County Public Schools’ inclement weather policy. In case of inclement weather, check our website (www.mcleancenter.org), call 703-790-0123, TTY: 711 (hearing impaired), or listen for cancellation information on local radio stations.

ADA Accommodations

- To make arrangements for accommodations in accordance with the Americans with Disabilities Act (ADA), please mark the appropriate box on the registration form so the Center may contact you to ascertain your needs.
- Accommodation request should be made no fewer than 14 working days prior to the start to of the activity by calling the Center at 703-790-0123, TTY: 711 (hearing impaired) to make arrangements. For more information, contact the Registrar at 703-790-0123, TTY: 711.

Travel and Tour Policies

See page 44 for full Travel and Tour policies.
**REGISTRATION FORM**

- Please make checks payable to **McLean Community Center**.
- Staple checks for class fees to this form. If faxing form, complete credit card information.
- Mail, fax or bring form to: McLean Community Center, 6645 Old Dominion Dr., McLean, VA 22101.

**PHONE:** 703-744-9365, TTY: 711   **FAX:** 703-653-9435

**To register online or to submit an application by e-mail, visit our website:** [www.mcleancenter.org](http://www.mcleancenter.org).

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**REGISTRATION BEGINS:**
**RESIDENTS:** Monday August 13, 2019
**NON-RESIDENTS:** Monday, August 20, 2019

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**COMPLETE ONE LINE FOR EACH REGISTRATION**

<table>
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<tr>
<th>Activity</th>
<th>Activity Name</th>
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**Total Activity Fee**

**Senior Class Discount**

**TOTAL DUE:**

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

- [ ] MC
- [ ] AmEx
- [ ] VISA
- [ ] DISCOVER

Credit Card #: ________________

Expiration date: ______________

Signature: _______________________

---

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

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

I have read and agree to participate in the activity/event according to the registration procedures stated on page 40:

(Please initial here)

---

**FOR OFFICE USE ONLY**

Check # __________ Check Amt. $ _________ Written By: __________ Materials Check # _________ Check Amount $ _________

Check Returned __________ Check Refunded __________ Other Notes __________
Countdown Concerts in the Park
Sundays, Sept. 9-30, at 5 p.m.
McLean Central Park Gazebo
1468 Dolley Madison Blvd.
Free and open to the public

Are you as excited as we are for the reopening of our Ingleside Avenue facility? The Alden is presenting a special concert series that tracks the history of MCC from its opening in 1975 until today! See page 37, for more information.