COUNTRY CLUB HILL 55 YEARS OF HISTO

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MESSAGE FROM THE PRESIDENT

INSIDE THIS ISSUE:

FEATURED BOARD MEMBERS I'm happy to say that residents in CCH heard my mantra and "got involved" What a pleasure to hear from so many of you about the issues in CCH and also those of you who came forward to help with the projects we have going. Our Board members have been busily working on their respective committee's – check out their articles to find out what they have been doing. My thanks go to all the Board members who work so hard to make our Association the best in the City.

SPECIAL: RESIDENT PROFILE My "getting to know you" banner goes to our two very busy VP Social Activities duo. Nina and Stephanie work year round to provide residents with top notch programs which include all ages and interests. Give them a call and show your appreciation and if you have any suggestions about programs, they would be happy to hear them – And better yet, volunteer to help with a project.

55 YEARS Of CCH CCH has had some news coverage that put us on the map: Joe Vamosi, a brave resident who "saved the geese" and to Joyce and Leonard Skoglund who got the top community appearance award from the City for their beautiful landscaped property. Read the stories in this newsletter.

COMMUNITY APPEAR-ANCE AWARD If you haven't already joined CCHCA by paying your dues, please welcome your block captains to your door as they come over and remind you of the final push of the membership drive. If you are a new resident, it's a great way to introduce you to our neighborhood. We will also have applications available at the Labor Day picnic so bring your \$10 then.

SPECIAL POINTS OF INTEREST:

Our Labor Day picnic event has become a CCH tradition and growing each year. Come early, stay late or just drop by – it's a time when we get to see all our neighbors. Got a favorite dish? Now is the time to show off and win a prize for it!

Labor Day Picnic

Summer is my favorite time of the year and I do enjoy my "easy living". I've enjoyed seeing a lot of you at the pool, sitting on my patio watching the birds and deer and reading books! Hope you all had wonderful vacations and enjoyed this wonderful summer.

And so — as we go back to more serious living and our children go back to school, my mantra is: stay safe – take care of your health, your soul and nourish your children.

"Thunder is good, thunder is impressive; but it is lightning that does the work" Mark Twain

GETTING TO KNOW YOU-FEATURED BOARD MEMBERS

Nina Prescott and Stephanie Uttenweiler

Our dynamic duo – Vice President's Social Activities - are a force you cannot stop. Nina and Stephanie have been sharing these duties for a second term and it is because of them that we have the wonderful social events in our community. Right now, they are busily planning the Labor Day picnic that we all look forward to each year.

Nina (pictured left) and her husband, Dennis, and 7 year old Samantha have lived in CCH for 9 years. She was born in Brazil, coming to the US in 1989. She speaks 4 languages so she is able to communicate with everyone in CCH!

In addition to taking care of her home, she works in Maryland for a government contractor. Nina enjoys gourmet ethnic dining glamorous vacations, the arts, and gardening. Congratulations are in order for the Prescott family – they are expecting another member in September – we are all looking forward to welcoming another CCH resident!

Stephanie (pictured right) and her family, (husband Chris) are newcomers to CCH. They moved here just 18 months ago and Stephanie got involved in CCHCA almost immediately. Although Steph works part time as an ESOL teacher at Vienna elementary, she says most of her time is spent finding fun things to do with her two boys, Ben 4 and Jack 2. Her hobbies are scuba diving, hiking and scrapbooking.

Why do they work together so well?? I found out – they both love visiting vineyards and drinking good wine. No wonder our social activities are so great – love to be at those planning sessions!

Our thanks go out to **Nina** and **Stephanie** for their hard work during the year. They always need help so give them a call and volunteer.



CCHCA BOARD OF DIRECTORS

Position	Name and Email
PRESIDENT	Hildie Carney - hilcarn31@aol.com
VP, CIVIC AFFAIRS	Judy Fraser - fraserfamily@cox.net
VP, BLOCK CAPTAINS	Steve Caruso - smcestop@msn.com
VP, MEMBERSHIP	Tania Dedham - Tania.dedham@gmail.com
VP, PUBLICATIONS	Jackie Pachuta - Jaquelinesantana_7@hotmail.com
VPs, SOCIAL ACTIVITIES	Nina Prescott - ninaprescott@verizon.net
	Stephanie Uttenweiler - suttenweiler@yahoo.com
VP, COMMUNITY SAFETY	Alicia Thomas - the5thomases@cox.net
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TREASURER	Andy Pachuta - Mr.pachuta@gmail.com
COMMON AREA ENHANCEMENT	Nasrin Lescure - tonasrin@yahoo.com
ELECTRONIC MEDIA (Website) WWW.CCHCA.ORG	Ernie Klimonda - eklimonda@gmail.com
	Marty Pullen - mpullen2@hotmail.com
HISTORIAN	Steve Lescure - stephen.lescure@cgi.com
PUBLICITY (Street signs)	Christopher Gagen - cgoogen@msn.com
WELCOMING COMMITTEE	Yanji Lama - yanjilama@yahoo.com
	Ernie Klimonda - eklimonda@gmail.com
COMMUNITY APPEARANCE	Alyssa DeLutis-Hoeth - alyssacdel@aol.com
ADOPT-A-SPOT	Tom Horn - hornt@fccps.org
COMMUNITY EMERGENCY RESP. TEAM	Matthew West - matthew.west@bakerbotts.com
RECYCLING	Katie Baxter-Gagen - katiepbg@yahoo.com

SPECIAL FEATURE - PROFILE ON RESIDENT JOZSEF "JOE" VAMOSI

Joe Vamosi is a thirty-year Country Club Hills resident who recently gained national attention for doing something many people consider to be heroic. On the morning of June 18th, Mr. Vamosi briefly halted traffic on the Fairfax County Parkway in order to protect a family of geese that were attempting to cross, and was subsequently cited by county police. Mr. Vamosi plead his case in court this month, stating that he would do the same if faced with the situation again. His fine was suspended pending he is not cited within the next 6 months, meaning he was placed on probation for his actions. His story is far from over as it continues to gain national attention from political and animal rights organizations such as PETA.

Mr. Vamosi has an incredible personal story beginning long before he fulfilled his pursuit of the 'American Dream'.

He emigrated to the US under political asylum from Hungary on June 23rd, 1976. He has been interrogated by the Russian military, carjacked at gunpoint when he worked as a taxi driver, survived a fall that shattered 3 disks in his back., and suffered through a pulmonary embolism that left him bedridden for years.

Joe made his mark in the U.S. as a master craftsman, leaving his personal touch on many residences and businesses throughout the greater Washington D.C. area. One of his first projects after moving to Fairfax was contributing to substantial renovations to the 'Old Budapest' restaurant, which is now 'Captain Pell's' Seafood restaurant.

Despite the many challenges and obstacles he's faced in his life, Mr. Vamosi has an irrepressible spirit. He has big dreams and hopes for a future full of previously-unimaginable advances such as bullet trains and proton acceleration. Mr. Vamosi is an original thinker, admires the creativity of young people and their perspectives, and has the mentality that you should never stop using your imagination.

QUESTIONS & ANSWERS:

How long have you lived in Country Club Hills?

Since May 1, 1979.

What originally brought you to the neighborhood?

We were sponsored by Mr. Taba, (a longtime Fairfax fixture and namesake for Taba Court) and I worked for him doing various jobs, including remodeling the Old Budapest restaurant on Lee Highway.

What has changed the most about CCH since you first moved here?

Lee Highway was 1 lane in either direction when we first moved here. There was a lot of change during the Reagan presidency. People seemed more positive, but then drugs exploded in the area. Then, around the year 2000 the price of the houses jumped from around \$180 up to 600 thousand. When that happened, a lot of younger people moved to the neighborhood. And the time we're in right now is the worst economic situation ever since I've been here.

Thanks from the editors to Mr. Vamosi for his consideration for the wildlife we share the area with!

CIVIC AFFAIRS VP. JUDY FRASER - FRASERFAMILY@COX.NET

Water quality improvements for Ashby Pond are coming soon, thanks to city employee Adrian Fremont. In partner-ship with the College of Engineering at Virginia Tech, the city has received a grant that will fund the installation of pollution controls on stormwater entering the pond as well as floating wetlands to further filter the water. The pond water flows into Daniel's Run so a cleaner pond will mean fewer pollutants headed for the Chesapeake Bay. Look for an interesting article on the pond and Beaver Dam in the latest issue of Parks and Rec's Leisure Times.

In our own neighborhood Ernie Klimonda has been helping the bay as well. He identified all of the unmarked stormwater drains in Country Club Hills and we have installed new stickers at each inlet. The stickers, provided by the city, are a reminder that everything that goes into the drains can end up in the Chesapeake Bay, not to mention our own creek. If you notice any more unmarked inlets in the neighborhood let me know (my kids are spotting them all over the city now!).

Thanks to the spearheading efforts of Council members Stombres and Meyer, the city will be updating bicycle route signage, locations and trails map. I am told citizen input will be welcome as work proceeds!

The Sherwood Community Center plans are under review with the city building department and estimated start of construction is November/December of this year.

Mark your calendars, the City Council voted to make Veteran's Day a city holiday, and turned Columbus Day back into a regular old workday – so city offices will be open for business Monday, October 12 and closed on Wednesday, November 11, 2009. This does not affect county schedules, including schools and libraries.

BLOCK CAPTAINS VP, STEVE CARUSO - SMCESTOP@MSN.COM

Block Captains Corner

Just a little shout out to the CCHCA's team of Block Captains. I would like to thank all BC's for their dedication in getting all communications out in a timely fashion. Block Captains might find that their routes will now be shortened as CCHCA begins the move to an electronic information delivery upon request. Anybody that did not request the switch to electronic information delivery will continue to receive hard copy delivery. Many residents have already requested the change and will now receive cyber news and announcements only.

Specifically I want to give a well deserved "pat on the back" for the role the Block Captains are assuming during the Second Push Membership Drive taking place in August. Please welcome them and fill out your application. Without their volunteer time and energy some friends/neighbors would miss the opportunity to enjoy the many benefits currently initiated by, and offered through the Country Club Hills Civic Association.

PUBLICATIONS VP, JACKIE PACHUTA - JAQUELINESANTANA_7@HOTMAIL.COM

ECCHO Newsletter Move toward Electronic Delivery

A big thank-you to everyone who responded to Nina's survey in our last ECCHO newsletter. In response to the results of the survey, we will now be printing a reduced amount of fliers and newsletters for distribution to our households which are not connected to CCHCA-Yahoo-Newsgroup.

Electronic Delivery of CityScene Newsletter

The August Fairfax CityScene Newsletter can now be seen on our CCH website www.cchca.org or click on this link: http://www.fairfaxva.gov/residents/CommunityRelations/CityScene/CityScene%2008-09e.pdf

MEMBERSHIP VP, TANIA DEDHAM - TANIA.DEDHAM@GMAIL.COM

Don't Miss Out!

Many of you have already joined the Country Club Hills Civic Association and are enjoying its many perks. If you are still not a member, join now and begin receiving the benefits immediately.

How many membership advantages in this list might benefit YOU?

- ► CCH WEBSITE: (www.cchca.org)
- ► Calendar of City and CCH Events
- ► CCHCA Officer and Committee Contacts
- ► Community Improvement Projects
- ► Recommended Services and Suppliers (used by CCH residents)
- ► Maps
- ► City Council contacts
- ▶ The latest updates on issues concerning CCH, the surrounding area and the City
- ▶ NEWSLETTER: (Published and delivered to your home four times a year)
- ▶ Timely news from all the CCHCA committees, report from the President, and issues

affecting CCH and area

- ► Biographical Feature of a Distinguished Resident
- ► Sales and Listings Reports
- ► YOUR input on issues that interest YOU
- ► Yahoo Newsgroup (Quick access to over 275 of other CCHCA Members)
- ▶ Increased Influence (When CCHCA officers appear on your behalf before the
- ► Fairfax City Council);
- ► Constant Safety Awareness
- ► Social Functions with your Neighbors
- ▶ Improving the Comfort, Attractiveness and Value of Your Home through various
- ► CCHCA initiatives and projects
- ► Few investments offer this much return on your \$10.00 annual dues.

Start enjoying our community to the fullest now. Join (or renew) today all it takes is \$10. Applications are available at www.cchca.org. Make your check for \$10.00 payable to "Country Club Hills Civic Association" and deliver to Tania Dedham, Vice-President for Membership, at 10005 Boxwood Court or give the membership dues to your Block Captain.

SOCIAL ACTIVITIES VPS, NINA PRESCOTT - NINAPRESCOTT@VERIZON.NET STEPHANIE UTTENWEILER - SUTTENWEILER@YAHOO.COM

Labor Day Picnic

Get ready for the most memorable event of the CCHCA social calendar...our famous Labor Day Picnic! All CCH residents and their friends are cordially invited to enjoy good food, company, and entertainment.

When: Monday, September 7, 4-7 p.m.

Where: The Commons

CCHCH will provide entertainment, barbeque, and drinks.

You'll bring a side dish or a dessert according to your last name.

A-M Side Dish

N-Z Dessert

Prizes will be awarded for the best dessert and side. To help with the contest, please mark your dish with its name and your name. Also, please bring a serving utensil.

Due to popular demand, this year's entertainment will be provided by Jay Mattioli (the same magician who was a huge success last year). Jay will provide strolling magic, balloon animals, and a sit down show (the show will begin around 5:30). Bring blankets or chairs to enjoy the show. Feel free to check Jay's website at http://www.jaymattioli.com/

For more information or to volunteer in the set up or clean up of the event, please e-mail or call Nina Prescott at ninaprescott@verizon.net or 703.278.1008.

Yard Sale Success

We hope you participated in the July 18th Community yard sale and made a lot of money and "cleaned" house. Thanks go to Leslie Daniels who organized this project for us. We would like to have feedback – would you like to do it every year and do you have any suggestions?

RECYCLING COMMITTEE, KATIE BAXTER-GAGEN - KATIEPBG@YAHOO.COM

PLEASE REMEMBER TO RECYCLE!

Best Buy is opening at Fair City Mall on September 3. They have a comprehensive recycling and trade-in program. Please consider taking your old electronics to this convenient location before setting them on the curb. They take a variety of products. There is a 10\$ fee for TVs larger than 32", but they will give you a 10\$ gift card to their store to offset your cost. Their website states two items per household per day. I have taken as may as 7 items at once to the Best Buy at Fair Lakes.

If your current electronics work fine, but you're interested in upgrading, Best Buy will give you a gift card depending on the value of your product. Go to www.bestbuytradein.com for an estimate on the value of your product and for details on the program. They offer free shipping if you choose to mail your used item to their specified location.

 $\hbox{\it Call 1-800-RECYCLING or $\underline{\it www.1800}$ recycling.com} \ \hbox{for more info on recycling electronics and other products.}$

COMMONS COMMITTEE VP. NASRIN LESCURE - TONASRIN@YAHOO.COM

Keeping The Commons looking good is a challenging undertaking. Weeds never take a day off. This summer we started an Adopt-a-Spot program in the hope that neighbors would rise to the challenge and help out.

It's been a great success! Of the nine spots available, six have been adopted. A big thanks to the following individuals/organizations.

- Fairfax Ferns Garden Club
- Country Club Garden Club
- Steve and Debra Lane
- Steve and Nasrin Lescure
- Teresina Christy
- Jay and Lisa Whetzel

More spots are available. If you'd like to get involved please contact me at tonasrin@yahoo.com or 703-591-2452.

ELECTRONIC MEDIA COMMITTEE, ERNIE KLIMONDA AND MARTY PULLEN

EKLIMONDA@GMAIL.COM , MPULLEN2@HOTMAIL.COM

WWW.CCHCA.ORG website

We have added a new web page: "Historic Blenheim Estate and Civil War Interpretive Center." Take a virtual tour and find out this historic site in our neighborhood has to offer. Every CCH resident should actually walk to and explore Blenheim. Out of town visitors will enjoy and appreciate the visit!

Another new page is "FAIRFAX CITY - Parks Recreation - Leisure Times." One click and the full catalog comes to view!

One click and the full catalog comes to view!

Save \$\$\$ with a CCH handyman; click on "Services Offered in CCH" and find your favorite handyman

Click on the **HISTORY** page to see the agenda of CCHCA's first meeting on 4/7/1955!

You can also browse through our CCH 1963 Community Directory!

CCH Yahoo-Newsgroup:

We now have 266 members in 200 households; in some homes more than one resident subscribed for membership. Electronic copies of our CCH flyers and newsletters will be sent to the 200 households online, and the other residences will receive printed material.

Contest - WIN A PRIZE!

KIDS - UP TO 16 YEARS OLD: What do you like best about living in CCH?

Take a photo or draw an image and your design could be the cover of our new CCH Directory! Submit your idea to Ernie Klimonda at webmaster-cchca@cox.net by September 30 and a panel of judges will meet to select the winner!!

HISTORIAN, STEVE LESCURE - STEPHEN.LESCURE@CGI.COM

Country Club Hills is 55 Years Old!

At least three original owners still live in the neighborhood, Armistice Turtora, Rita Lamb and Jean Bennecke. (If anybody knows of any others, please email me stephen.lescure@cgi.com). Armistice was very involved in neighborhood activities. In the 1963 CCH Directory now available on the CCH web site (http://www.cchca.org/content/Directory1963.pdf), she was credited for helping put together the newsletters, serving as Vice-President, and offering sewing lessons.

Important events were occurring in the Town of Fairfax in 1954 that had a major impact on our present-day community. Two of the most important were Mayor John Wood's drive to secure an abundant and reliable water supply and to build a modern sewage treatment plant. These initiatives played a key role in the expansion of the town borders and the establishment of Fairfax as an independent city.

A lack of water became a problem as more people settled in the Town. Mayor Wood and his staff solved this problem by contracting for the building of a dam on Goose Creek in Loudon County. A new sewage treatment plant was also started in 1954. It was located off Pickett Road, where the City Yard is now.

Because of the new water supply and sewage facility, the Wood administration was able to successfully argue in court that since the Town supplied most of the services to the Camp Washington and Fairfax Circle areas, those areas should be part of the Town. Along the same lines it was argued that the Town should become an independent city because it provided its residents most of their services. The Town was incorporated as a city on July 1, 1961.

A search of various library materials and the microfiche of the local newspaper of the time, *The Fairfax Herald*, revealed the following events/facts from 1954:

- The population of the Town of Fairfax in 1950 1,946 (in 2008 23,844)
- The number of students at Fairfax High School in 1954 1,800 (it was only 2,100 in 2008, although the 1954 the school included the 8th grade. Still, the 1954 kids must have come from far away!)
- Funds were requested from the state to build a University of Virginia extension school within the Town which eventually becomes George Mason University
- The "Dial Conversion" project was complete, which allowed Town residents to dial a local telephone number (instead of talking to an operator).
- Newspaper ads touted the convenience of the automatic controls of the new-fangled electric oven
- The 2nd grade was given the polio vaccine
- School integration was a big issue a local candidate for Congress called integration "a serious blow to states rights"
- The GM Training facility opened on Route 50
- A controversy brewed about the proposed Burke Airport (glad that didn't happen!)

Check out the History section of the web site http://www.cchca.org/index.php?c=history.

Ernie Klimonda and I are scanning in a lot of the documents in our collection. We hope to have it all on-line one day. Some old pictures of the neighborhood are on the web site http://photos.cchca.org/thumbnails.php? album=9. Don't the houses look weird without all the large trees?

Please let me know if you have any old documents or pictures about the neighborhood that we can add to the collection. Steve Lescure (with typing/editing help from Dylan Lescure)

WELCOMING COMMITTEE, YANJI LAMA AND ERNIE KLIMONDA

EKLIMONDA@GMAIL.COM, YANJILAMA@YAHOO.COM

Welcoming New Residents:

Jeffrey and Katherine Hermann of 3412 Andover Drive 703-785-1440

Peter Taylor of 9916 Farr Drive

Miguel and Gina Castro of 3425 Brookwood Drive 703-273-0975

We all hope you will love living in Country Club Hills!

New resident moved in next door or on your block? Our Welcoming committee would appreciate a call to let them know so that they can officially call on them and present them with our move-in package. Call Yanji Lama or Ernie Klimonda with the information.

Homes for Sale in CCH:

10111 Farmington Drive 10116 Farmington Drive

COMMUNITY APPEARANCE, HILDIE CARNEY - HILCARN31@AOL.COM

MARGRAVE BRUSH CLEARING PROJECT

Our Committee was busy helping a neighbor in need – Andrew Margrave on Cornwall wishes to thank all who helped him out by clearing his yard. Thanks to Alyssa DeLutis-Hoeth who recommended the youth ministry from the Fairfax Community Church in Indiana. Thirty-five young men and women (and their adult chaperons) spent 3 days clearing the weeds and painting the house for Andrew. I have written a letter to this group and their leaders highly commending them for their hard work and dedication to this job. Thanks to the neighbors who came out to cheer them, bring drinks and food and extra tools. I hosted them for lunch at Blenheim one day so they saw a little of our City history.

The church is now working on Phase 2 to help landscape the yard. If anyone has any plants they can donate or if you know of a neighbor that needs help, please let us know.



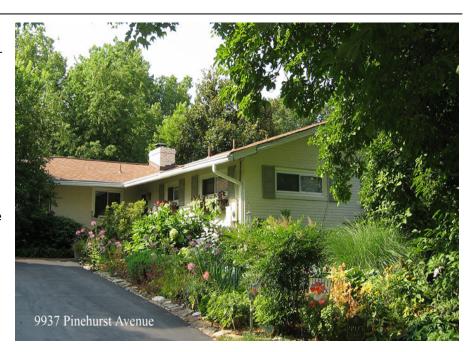


JULY BEAUTY SPOT AWARD

The Beauty Spot for the Month of July goes to Karen Marksteiner, of 9937 Pinehurst Avenue. Karen's large, fenced corner lot is beautifully landscaped with bushes and flowers. A pot of Begonias is perched on each brick fencepost. For 17 years Karen has been the sole landscaper, caretaker and fence "repairer" of this interesting place. Great work Karen, and congratulations!

This month we'd like to give an honorable mention to Kathy Keitt, formerly of 3403 Park Hill Place, who for many many years has been consistent in keeping her property neat, orderly and attractive.

Country Club Hills Garden Club, Jan Parrott, Polly Haecker



AUGUST BEAUTY SPOT AWARD

The Country Hills Garden Club has awarded the Beauty Spot for the month of August to Nancy Boush and Joe Phillips of 3427 Brookwood Drive.

Our first reaction to Joe and Nancy's property is a feeling of being in the woods with its soft brown house and rather sheltered front yard (in shadow on a bright sunny day). Our eyes then take us to a sunlit driveway, with crepe myrtle and red geraniums along the way to an attractive entrance. Toward the back we see a very interesting looking weathered wood pool house. Aha, we astutely deduct there must be a pool out there too!

An added treat at the right of the house is a small path and a black iron gate leading to the backyard.

We are impressed by the thought, energy, and taste which the owners have put into their property. Congratulations Nancy and Joe!

Polly Hacker and Jan Parrott for CHGC



COMMUNITY APPEARANCE AWARD

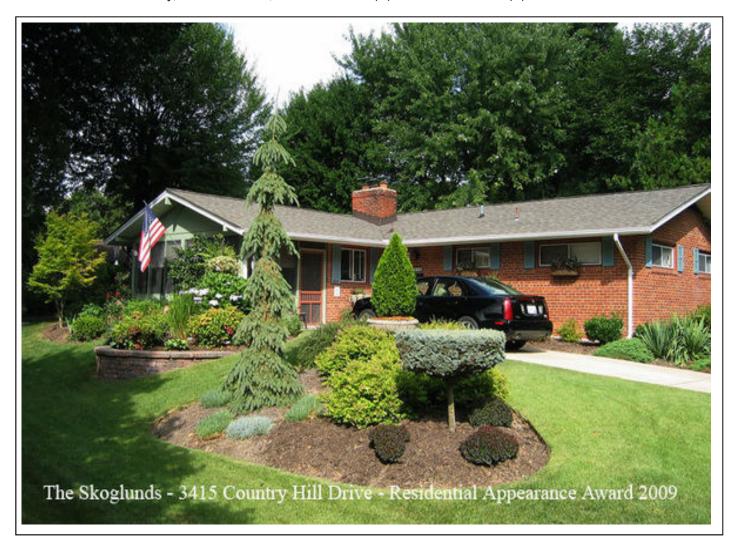
Joyce and Leonard Skoglund, of 3415 Country Hill Drive, have won the 2009 Residential Appearance Award conducted by the City of Fairfax.

The Community Appearance Committee (CAC) stated the award "exemplifies the pride and work that the Skoglunds have put into the appearance and maintenance of their home and grounds."

Judging for the competition was performed by professionals from outside the City. They liked the informality of the Skoglunds' mid-century property and the nice floating planting beds, and were impressed by the effect the Skoglunds have made to coordinate house and garden.

Joyce and Leonard were honored with a plaque at the City Council Meeting at City Hall on July 28, and were congratulated on being an appearance leader in the City of Fairfax.

Each spring the CAC conducts this Residential Appearance Competition. Nominations are sought from fellow residents. Contact Kirk Holley, Chairman CAC, 703-385-8802 (H) or 703-385-7995 (B).



COUNTRY HILLS GARDEN CLUB (CHGC) UPDATE

Country Hill Garden Club (CHGC) Keeps going even in the heat of the summer. We adopted-a-spot in The Commons and our team color is lavender. A group of volunteers gathered at 9:am on July 25th to trim and pull weeds at our designated spot. Stop by the lavender pole and pull some weeds the next time you are down near The Commons.

We had our summer party on July 12th at Arlene and Norm Desmaris' beautiful home. Their gardens are spectacular and the country setting is very peaceful. The weather cooperated and we all had a wonderful time. We presented our out-going president, Mary Means, with a lavender throw, which was embroidered with our club flower (pansies) and, of course, our club name.

The CHGC meets the second Tuesday of each month at 10am. We rotate gathering in each other's homes. At times speakers are scheduled, imparting their knowledge on various aspects of gardening, and we also take occasional field trips. Our program co-chairs have been hard at work planning our programs for 2009-2010. Our next meeting will be an organizational one, and will be held on September 8th at Polly Feuer's home. We will also discuss bulb planting tips and stories.

Our October meeting will be held on the 13th at the Skoglund home, and will be a Chrysanthemum Show. Our November meeting will be on the 10th, and will be a wreath demonstration and boxwood propagation. The location has yet to be determined.

If you would like to join us for a meeting, or have any questions regarding our club, you may reach me at: 703-591-4017 or at jeskoglund@verizon.net.

Joyce Skoglund, President

FOR OUR RESIDENTS

Senior Center in Fairfax serves an Active Clientele

The Young at Heart Senior Center caters to a wide range of active seniors age 55 and older. The center is located at Green Acres Center, 4401 Sideburn Road and is open from 8 a.m. to5 p.m. (except holidays).

The Center offers many amenities, including a Bocce ball court and a Fitness Center. Trips and activities are frequently scheduled. Drop by or check out "Young at Heart"-the Center's quarterly publication. You can also request the monthly schedule for all events. Picture ID cards for the Center are free and easily obtained (right at the Center). Seniors (55+) may enroll in a variety of classes. Pilates, Yoga, Tai-Chi and fitness classes at different levels are also offered. They promote flexibility, muscular tone and balance. There is a free trial class to determine if you like it and /or fit in. You work at your own pace (and with music).

Most classes are available year round. Payment options let you enroll on a month-by-month basis or by season (same special rate applies). The Fitness Center can be used during the Center hours (free). It is a wonderful opportunity to be in shape!

For more information, please call the Center or check their website: www.SeniorCenter@fairfaxva.com







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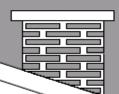
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Country Club Hills Civic Association

Founded 1954

Celebrating 55 years

(Picture or design here)

Community Directory 2010

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