

# Burke West Springfield Senior Center Without Walls Summer 2012 Session

The **Burke/West Springfield Senior Center Without Walls** (CWoW) had another great session this past Spring. We look forward to bringing you the same great fitness and social programs for the Summer of 2012.

## The Summer Session!

Please take a look at the Summer Session Class Offerings and register by following the rules below.

### Registration:

1. Begins July 24th, **no registrations will be accepted before this date at 9:00am.**
2. Registrants who **WALK-IN** will **NOT** receive confirmation through the mail. Your receipt is your confirmation.
3. **Registrations** received after **July 24<sup>th</sup>** will receive phone call confirmation. **If no phone call is received, the registrant is placed on the Waitlist.**
4. **With the exception of the Novice Line Dance Class, all Line Dance Classes are open enrollment and Rule #2 (above) does not apply.**
5. Classes are filled on a **First-Come–First-Served Basis.**
6. Each class costs \$5.00 per 8-week session for residents of Fairfax County, \$10.00 for non-residents (except where indicated).
7. **Only in-person or mailed registrations will be accepted.** No emailed registrations will be allowed.
8. Sections (i.e., Yoga, Section I) does not indicate level of ability unless otherwise noted.
9. In cases where two Sections of classes are being offered (with the exception of Line Dancing and ZUMBA), participants will only be allowed to register for one Section. On your registration form, please indicate which Section you prefer by placing a 1 in your first choice and a 2 in your second choice of Sections.
10. If classes become full, your registration will be placed on a Waitlist. Waitlisted participants will be filled on a first-come – first-served basis.
11. Complete entire registration form – **PLEASE PRINT LEGIBLY!**
12. Checks should be made out to **NCS.**
13. **Classes begin the Week of July 30<sup>th</sup> and end the week of September 16<sup>th</sup> (unless otherwise noted).**

Return completed form to:

**Burke/West Springfield CWoW c/o  
David R. Pinn Community Center  
10225 Zion Dr. Fairfax, VA 22032**

**For Questions or comments please call 703-250-9181**

## About the Center Without Walls

Fairfax County's Burke/West Springfield Senior Center Without Walls is an exciting public-private partnership among the residents of Burke, West Springfield, Fairfax Station, local businesses, places of worship and Fairfax County Government. It was created to provide a variety of programs, activities and services to older adults in this community.

**Questions or Comments, please call: 703-250-9181 or email: [burkewestspringfieldcwow@fairfaxcounty.gov](mailto:burkewestspringfieldcwow@fairfaxcounty.gov)**

## Call for Volunteers

Volunteers can help the Burke/West Springfield Senior Center Without Walls in numerous ways. We are always looking for class monitors, office aids and advocates. Please inquire about volunteer opportunities at [burkewestspringfieldcwow@fairfaxcounty.gov](mailto:burkewestspringfieldcwow@fairfaxcounty.gov) or drop by the Pinn Community Center and lend us your hand!

## Website and Contact

You can always reach the Burke/West Springfield Senior Center Without Walls by any of the following:

**Email** [burkewestspringfieldcwow@fairfaxcount.gov](mailto:burkewestspringfieldcwow@fairfaxcount.gov) **Phone:** 703-250-9181 **Web:** [www.scwow.org](http://www.scwow.org)

# Burke West Springfield Senior Center Without Walls Summer 2012 Session

## 2012 Spring Center Without Walls Registration Form

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Phone (primary): \_\_\_\_\_ Email: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_  
(Name) (Phone)

How would you like to receive our Flier in the future?  email  postal service

**Photo Release:** By signing this form, I give permission to be photographed and/or videotaped by NCS or the media for use in publicizing NCS programs and services. Registration information provided to the Fairfax County Neighborhood and Community Services is public record and as such may be released under the Virginia Freedom of Information Act (VFOIA) unless the participant specifically requests that this information not be released. Check here  if you DO NOT grant NCS permission to release your information.

**Liability Waiver:** I recognize that there are risks inherent in participating in recreational activities and agree to hold harmless the County of Fairfax, Department of Neighborhood and Community Services (NCS), and their officers, employees, and volunteers from any and all claims for bodily injury and/or property damage that result from my participation in any activity in this pilot program.

Signature \_\_\_\_\_ Date \_\_\_\_\_

### **COST: \$5.00 FOR FAIRFAX COUNTY RESIDENTS, \$10.00 FOR NON-RESIDENTS**

**Payment** is accepted in cash, check or money order. Please make checks payable to Neighborhood and Community Services or NCS.

Classes missed **Will Not Be Made Up** at a later date.

Place (X) in each class in which you would like to enroll	Class	Date and Time	Fee All classes \$5 County Resident \$10 Out of County
	Yoga (Section I)	Tues 10:30am – 11:30am	
	Yoga (Section II)	Fridays 10:30am – 11:30am	
	Yoga (Section III)	Weds. 10:30am – 11:30am	
	Tai Chi (Section I)	Wednesdays 1pm – 2pm	
	Tai Chi (Section II)	Wednesdays 2pm – 3pm	
	Tuesday Line Dance Club	Tuesdays 10am – 12pm	
	Friday Line Dance Club	Fridays 10am – 11:30am	
	Line Dance Club (Beginner)	Saturdays 10am – 12pm	
	Line Dance (Novice)	Thursdays 1:30pm – 3pm	
	Self-Defense	Tuesdays 12:30pm – 1:30pm	
	Square Dancing	Tuesdays 1:30pm – 3pm	<b>No Charge</b>
	Hula Dancing	Wednesdays 10am – 11am	
	ZUMBA I	Tuesdays 12:30pm – 1:30pm	
	ZUMBA II	Thursdays 12:30pm – 1:30pm	
	Running/Walking Club	Thursdays 10:30 – 12pm	<b>No Charge</b>

# Burke West Springfield Senior Center Without Walls Summer 2012 Session

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## **CWoW Advisory Council**

Chairman Corazon Sandoval Foley    Vice-Chairman Larry Mark  
Secretary Eppie De la Cuest        Treasurer Sam DiBartolo  
Community Liaison Shirley DiBartolo    DNCS Manager Ned Barnes

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Welcome to the Summer 2012 Season (July 30th – September 22nd 2012) of the Burke/West Springfield Senior Center Without Walls (CWoW). We continue to make wonderful progress as a community of “seniors helping seniors” in this public-private partnership that officially started with a pilot program in the summer of 2009.

**2012 Programs.** For the year 2012, we look forward to an energetic and joyous set of physical fitness programs of line dancing, tai chi, yoga, square dancing, self-defense, and even hula dancing. We will grow our intellectual/educational/social programs with Mahjong, Eclectic Readers book club, and cultural discovery programs with tours of partner organizations, like the Durga Temple and the New Covenant Korean Presbyterian Church, which is housed in a building constructed in 1891 to provide worship and respectful burial for the black community in the time of segregation in our Burke area of Fairfax County. We are also working on partnership with the historic Sydenstricker Schoolhouse originally built in 1902 and rebuilt in 1928 – the last one-room schoolhouse in operation in Fairfax County. We will continue our social programs with a Spring 2012 party featuring traditional dance from Korea and the Philippines along with a feast of potluck dishes shared by our CWoW participants.

**Thanks to our Volunteers.** The Burke/West Springfield Senior Center Without Walls (CWoW) has succeeded because of the volunteers from senior participants in our programs who have served as class monitors, registrars, and in other ways. We thank you and look forward to working with more volunteers in growing our innovative project that has expanded services for seniors in our community at a time of great budget problems.

**Thanks to Our Partners.** Our partner organizations have been critical in donating facilities for our programs – and we deeply appreciate their support. We look forward to expanding our partnerships as we develop a strong Community Coalition for Seniors. This started in February 2012 with the leadership of Evan Braff and support of our Fairfax County Board of Supervisors, led by Chairman Sharon Bulova.

**Fundraising Partnerships.** This year we joined the umbrella group of the Fairfax County Friends of Senior Centers in raising funds to support/expand programs for county seniors. We have established a CWoW bank account to which your donations that are **NOT** tax-deductible are welcome – please write checks to:

**“CWoW Advisory Council.”**

**HAPPY 2012 AND PLEASE EMAIL ANY SUGGESTIONS FOR BWSSCWOW TO  
[corazonfoley@yahoo.com](mailto:corazonfoley@yahoo.com)**