2012 Calendar

Take 12 Steps for Community Health in 2012

Fairfax County Park Authority

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INTERSTATE 495 VIRGINIA HOT LANES CAPITAL BELTWAY

FLUOR®

FCPF Fairfax County Park Foundation

Healthful Recipes

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Ingredients with an asterisk (*) are available as Whole Foods Market Brands.

Carrot Walnut Cookies

Makes about 24

These moist, flavorful, not-too-sweet cookies are excellent for snacks, breakfast or dessert.

Ingredients

1 cup raw unsalted walnuts

1 cup rolled oats

1 cup raisins

½ cup whole-wheat pastry flour

1 ¼ teaspoons baking powder

1 ¼ teaspoons ground cinnamon

½ teaspoon ground ginger

2 carrots, grated

1 apple, grated

1 very ripe banana, peeled and mashed

¼ cup apple juice

Method

Preheat oven to 350°F. Line 2 baking sheets with parchment paper.

Combine walnuts, oats and raisins in a food processor and pulse until finely ground. Transfer to a bowl and stir in flour, baking powder, cinnamon and ginger. Add carrots, apple, banana and apple juice and stir until combined. Drop by rounded tablespoons an inch apart on the prepared baking sheets, making about 24 cookies. Press down on each cookie with the back of a fork to flatten slightly. Bake until tops and bottoms are lightly browned, 20 to 25 minutes.

Nutrition

Per cookie: 80 calories (25 from fat), 3g total fat, 0g saturated fat, 0mg cholesterol, 30mg sodium, 13g total carbohydrate (2g dietary fiber, 2g sugar), 2g protein

Quinoa with Balsamic Roasted Mushrooms

Serves 6

Mushrooms roasted in a simple oil-free pear balsamic dressing are delicious tossed with quinoa, spinach, green onions and almonds. Serve this dish warm, room temperature or cold, as a side dish or the main event.

Ingredients

¼ cup balsamic vinegar

2 teaspoons Dijon mustard

1 pear, peeled, cored and cut into chunks

1 garlic clove, halved

2 pounds portobello mushrooms, stemmed and gills scraped out

1 cup red or white quinoa

3 cups tightly packed fresh spinach, chopped

4 green onions, thinly sliced

½ cup slivered almonds, toasted

⅛ teaspoon sea salt

½ teaspoon freshly ground black pepper

Method

Preheat oven to 475°F.

Put vinegar, mustard, pear and garlic in a blender with ⅓ cup water and blend until smooth, about 1 minute, to make the dressing. Cut mushrooms into chunks and combine in a large mixing bowl with ¼ cup of the dressing. Spread mushrooms in a single layer on a rimmed baking sheet. Roast until tender, stirring occasionally, 20 to 30 minutes. Remove from the oven and let cool slightly.

While mushrooms roast, prepare quinoa. In a medium pot, bring 1 ¾ cups water to a boil. Stir in quinoa, cover pot, reduce heat to low and simmer for 15 minutes. Remove pot from heat and set aside, covered, 10 minutes more. Uncover and fluff quinoa with a fork.

Combine mushrooms, quinoa, spinach, green onions, almonds, salt, pepper and ½ cup more dressing in a large, wide serving bowl. Stir to mix well. Serve with remaining dressing on the side.

Nutrition

Per serving: 280 calories (60 from fat), 7g total fat, 0g saturated fat, 0mg cholesterol, 120mg sodium, 43g total carbohydrate (7g dietary fiber, 9g sugar), 12g protein

Layered Vegetable Enchiladas

Serves 4

This recipe easily doubles to serve a crowd. Better yet, it reheats perfectly in the oven, so you won't be disappointed if you happen to have leftovers on hand.

Ingredients

2 cups frozen corn, thawed

1 cup frozen bell pepper strips, thawed

3 tablespoons lime juice (from 1 or 2 limes), divided, plus lime wedges for garnish

1 ½ tablespoons salt-free chili powder, divided

1 (15-ounce) can no-salt-added pinto or black beans, rinsed and drained

4 tablespoons chopped cilantro, divided

1 (15-ounce) can no-salt-added diced tomatoes

8 ounces frozen leafy greens, thawed

8 corn tortillas

¾ cup shredded part-skim mozzarella cheese (optional)

Method

Preheat oven to 400°F. In a large pot, combine corn, bell peppers, 2 tablespoons lime juice, 1 tablespoon chili powder, tomatoes and greens and cook over medium-high heat until liquid is almost evaporated, about 10 minutes. Meanwhile, in a large bowl, mash beans with 2 tablespoons cilantro, and remaining ½ tablespoon chili powder and 1 tablespoon lime juice.

Arrange four tortillas on a large parchment paper-lined baking sheet. Spread bean mixture evenly on tortillas. Top each with about ½ cup of the vegetable mixture and some cheese. Top with remaining tortillas, vegetables and cheese and bake until hot throughout and cheese is melted, about 15 minutes. Transfer to plates, garnish with remaining cilantro and lime wedges and serve.

Nutrition

Per serving: 380 calories (50 from fat), 5g total fat, 2g saturated fat, 15mg cholesterol, 200mg sodium, 66g total carbohydrate (14g dietary fiber, 8g sugar), 18g protein

Eggplant Bolognese

Serves 8

The flavor of this hearty sauce is as equally tasty over cooked whole grains or spaghetti squash as it is over pasta. The sauce freezes well for quick weeknight meals.

Ingredients

1 cup dry red wine

1 medium onion, chopped

2 carrots, chopped

1 stalk celery, chopped

3 cloves garlic, minced

1 medium eggplant (about 1 pound), peeled and chopped

12 ounces button or cremini mushrooms, chopped

2 teaspoons chopped fresh rosemary

3 tablespoons no-salt-added tomato paste

1 (28-ounce) can no-salt-added crushed or diced tomatoes

1 ½ cups low-sodium vegetable broth

¼ teaspoon freshly ground black pepper

⅔ cup plain unsweetened almond milk

3 tablespoons chopped fresh basil, divided

1 pound whole wheat or other whole grain pasta

Method

Bring red wine to a simmer in a large pot over medium heat. Add onion, carrots, celery and garlic and cook , stirring frequently, until onion is translucent and very tender and most of the wine has evaporated, about 10 minutes. Add eggplant, mushrooms and rosemary and cook until vegetables are tender, about 5 to 10 minutes. Stir in tomato paste and cook 1 minute, stirring constantly. Add tomatoes, broth and pepper and bring to a boil, stirring frequently. Reduce heat to medium low and simmer 20 minutes, stirring occasionally. Remove from the heat and stir in almond milk and 2 tablespoons chopped basil.

To serve, cook pasta in boiling water until al dente. Drain thoroughly. Serve sauce over pasta and garnish with remaining basil.

Nutrition

Per serving: 170 calories (5 from fat), 1g total fat, 0g saturated fat, 0mg cholesterol, 105mg sodium, 29g total carbohydrate (7g dietary fiber, 8g sugar), 6g protein

Lemon Treats

Makes about 18

Tart lemon, nutty walnuts and sesame seeds, rich coconut and smooth, sweet dates come together to make these delightfully tangy treats.

Ingredients

1 cup chopped pitted dates

1 cup raw walnuts

1 cup sesame seeds

¼ cup lemon juice

2 teaspoons freshly grated lemon zest

½ cup unsweetened dried coconut flakes

Method

Place dates, walnuts, sesame seeds, lemon juice and zest in a food processor. Pulse and blend until completely mixed. The mixture will be slightly sticky. With dampened hands, roll tablespoons of the mixture into balls. Roll in coconut and chill until ready to serve.

Nutrition

Per serving (1 lemon treat): 140 calories (100 from fat), 11g total fat, 2.5g saturated fat, 4g protein, 10g total carbohydrate (3g dietary fiber, 7g sugar), 0mg cholesterol, 5mg sodium

Green Pea Guacamole

Serves 12

Here's some game day strategy for you! Add nutrient variety and subtract cost by substituting peas for some of the avocado. It tastes great, and just like traditional guacamole, you can keep it on the healthy side by serving this smooth and tangy dip with fresh, crunchy crudités such as radishes, carrot sticks and sugar snap peas.

Ingredients

⅓ cup roughly chopped cilantro

1 (16-ounce) bag frozen green peas*, thawed

1 avocado, peeled, pitted and roughly chopped

4 green onions, sliced

3 cloves garlic

4 to 6 tablespoons lime juice

Method

Set aside 1 tablespoon cilantro, and then transfer remaining to a food processor. Add remaining ingredients and purée until smooth. Transfer to a serving bowl, garnish with reserved cilantro and serve.

Nutrition

Per serving (about 1/4 cup): 60 calories (20 from fat), 2.5g total fat, 0g saturated fat, 0mg cholesterol, 85mg sodium, 8g total carbohydrate (3g dietary fiber, 2g sugar), 3g protein

Health Starts Here™ Texas Caviar

Serves 8

This classic from the home state of Whole Foods Market® has many variations but is traditionally a black-eyed pea salad with a colorful mix of peppers and onions. It's a great salad to take to picnics as it travels well and can be served cold or at room temperature.

Ingredients

2 cups dried black-eyed peas

3 tablespoons red wine vinegar

2 cloves garlic, finely chopped

1 teaspoon Dijon mustard

1 teaspoon dried oregano

2 ribs celery, chopped

1 red bell pepper, chopped

1 jalapeño, seeded and finely chopped

1 cup sliced green onions

½ cup chopped red onion

Method

Carefully pick through peas to remove any debris or small stones and rinse well. Transfer to a large bowl, cover by 3 inches with water, cover and set aside at room temperature for 8 hours or overnight; drain and rinse well.

Transfer peas to a large pot. Add 6 cups water and bring to a boil. Reduce heat, cover and simmer until peas are tender but still whole, about 45 minutes. Drain well. You'll have about 5 cups of cooked peas.

In a large bowl, whisk together vinegar, garlic, mustard and oregano. Add peas, celery, bell pepper, jalapeño, green onions and red onion and toss to combine. Cover and chill at least 2 hours or overnight to allow flavors to blend before serving.

Nutrition

Per serving: 160 calories (5 from fat), 0.5g total fat, 0g saturated fat, 0mg cholesterol, 30mg sodium, 28g total carbohydrate (5g dietary fiber, 5g sugar), 10g protein

January 2012

STEP 1: New Year + New Attitude = New You!

Reshape your body and the way you think about physical fitness by participating in an activity you enjoy. Encourage a friend or family member to join you and make a plan to stay active together for at least 30 minutes, three times per week.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 *New Year's Day* RECEenter Membership Sale begins	2	3	4	5	6	7
8	9	10	11	12	13	14
15 Healthy Weight Week	16 *Martin Luther King, Jr. Day*	17	18	19	20	21 Child Safety Seat Installation @ Public Safety Center. Free
22	23 Spring Parktakes is out! Find a cool class to take!	24	25	26	27	28
29	30	31				

January is . . .

- Thyroid Awareness Month
- National Glaucoma Awareness Month
- National Blood Donor Month

December 2011

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February 2012

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Body Pump classes are offered at Audrey Moore, South Run, Lee District and Providence RECenters.

Conquer Your Resolution

Be real with your fitness resolution in 2012, and make a realistic commitment to live a healthier lifestyle for the long run, not just get in shape for the short term. In order to stay realistic, start simple.

1) Think about your end goal– Weight loss? Strength? Stamina? Flexibility?
2) Map out how much time (realistically) per week you have to dedicate to this goal.
3) Talk to a certified personal trainer or fitness professional. Set up training sessions or ask for some professional advice on how to reach your goals.
4) Be cognizant of the level of effort needed to accomplish your goals.
5) Make a plan of action. Include your goals, activities you will do to meet your goals, and time allotted per week. Be sure to keep track of your progress.
6) Stay flexible, things come up. Get back on track right away if your efforts are temporarily derailed.

Fun Fitness Ideas

- Attend a group fitness class that you have not tried before.
- Support a good cause by enrolling in a charitable run/walk event this spring.
- Join a team! Look for an indoor soccer league or swim team to stay active.

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Fairfax County Park Authority

RECenters

Local Resources

Check back of calendar for contact information.

- **Park Authority RECenters** offer a variety of group fitness classes such as BODYPUMP™, Yoga, Zumba, and more
- **Public School** outdoor tracks are open to the public for walking and running during non-school hours.

February 2012

Step 2: Become Water Conscious for Your Health and the Environment

Drink 64 oz. (8 cups) of water per day to ensure healthy hydration. Invest in a reusable water bottle to save money and the environment.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February is . . . American Heart Month National Children's Dental Health Month			1 National Girls and Women in Sports Day	2	3	4 National Wear Red Day
5	6	7	8	9 Park Authority Camp Registration opens	10	11
12	13 Random Acts of Kindness Week	14	15	16	17	18 Child Safety Seat Installation @ Public Safety Center. Free
19	20 *Washington's Birthday* Registration for spring classes begins!	21	22 World Thinking Day	23	24	25
26 National Eating Disorders Awareness Week	27	28	29			

January 2012

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March 2012

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Reusable water bottles come in all shapes and sizes, and can be purchased at your local grocery store. Check to make sure bottles are BPA-free!

Ways to Conserve Water

- Shorten showers by just a single minute – save approximately 700 gallons of water in a month.
- When doing laundry, match the water level to the size of the load.
- Soak pots and pans instead of holding them under running water while scraping them clean.
- Turn off the faucet while brushing your teeth – save 25 gallons a month.

Liquid Assets

- Approximately 55-60% of our body weight is water
- By the time a person feels thirsty, his or her body has lost more than one percent of its total water amount.
- Water = 0 calories
- 100-175 gallons = the amount of water the average American uses per day.
- Consume 64 fl. oz. of tap water per day instead of bottled water; save almost $2,000 per year.

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Artificially Sweetened Drinks

Before you crack open another diet soda, consider this: several studies have found connections between artificially sweetened drinks and obesity, type 2 diabetes and metabolic syndrome in lab animals. FDA-approved artificial sweeteners such as saccharin, acesulfame, aspartame, neotame, sucralose, and stevia (a natural plant extract) are much more potent than regular sugar and are found regularly in food and beverage products. More research needs to be conducted to determine if they are harmful to humans. With that in mind, you might consider having a glass of water instead.

March 2012

STEP 3: "Get Your Plate in Shape"

Take a look at the food that goes on your plate! Aim for a balanced meal: ½ fruits and vegetables, ¼ lean proteins, ¼ whole grains.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February 2012 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29	April 2012 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 28 30 31	March is . . . National Nutrition Month American Red Cross Month Brain Injury Awareness Month		1	2	3
4 National School Breakfast Week	5 FCPA Trip: Philadelphia Flower Show	6	7	8	9	10 FCPA Trip: Philadelphia Flower Show
11 Daylight Savings: Change the battery in your smoke alarm!	12	13	14	15	16	17 Child Safety Seat Installation @ Public Safety Center. Free
18 National Youth Violence Prevention Week	19	20	21 Kick Butts Day (Tobacco-Free Kids)	22 World Water Day	23	24 Easter Egg Hunt at Sully Historic Site, 1-3 p.m.
25	26	27 American Diabetes Alert Day	28	29	30	31

Make half of your plate fruits and vegetables!

Build a Healthy Plate

- Balance calories
- Enjoy your food, but eat less
- Avoid oversized portions
- Eat more vegetables, fruits, whole grains and fat-free dairy products more often
- Switch to fat-free or 1% milk
- Make half of your grains whole grains
- Cut back on foods containing high amounts of solid fats, added sugars and salt.
- Choose lower-sodium versions of foods
- Drink water instead of sugary drinks

Eating 'Fast-Casual': A Healthful Choice?

Take the best of the fast-food restaurants and combine that with the best of traditional dining and you get a "fast-casual" experience. Fast-casual is a less-expensive option to dining in a restaurant, and it gives the flexibility of made-to-order food while boasting a clean, modern space for enjoying a meal with friends or family. It's cheap, fresh and tasty, looks nice – but is it healthful? Most fast-casual places offer salads, soups, and a variety of sandwiches, but many options are loaded with fat, sodium and calories. If fast-casual eating is your choice, go for the half-portion if one is offered, skip the chips and cookie offered as a side, and avoid condiments like mayonnaise, ketchup and sour cream.

Fairfax County Park Authority

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Local Resources

Check back of calendar for contact information.

- **Lee District and Audrey Moore RECenters** offer nutritional counseling with a nutrition professional.
- **VA Cooperative Extension** offers cooking and food safety classes for adults.

April 2012

STEP 4: Grow Healthier

Get down and dirty with your own vegetable and herb garden. Investigate different ways to garden and identify which ones work best for your time and health needs.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 FCPS Spring Break Week	3	4 National Day of Hope	5	6	7 World Health Day
8 National Library Week	9	10	11	12	13	14 Culmore Day 10 a.m.-2 p. m.
15 National Volunteer Week	16	17	18	19	20 Global Youth Service Day	21 Child Safety Seat Installation @ Public Safety Center. Free Mother's Day Craft Show at Providence RECenter
22 Earth Day	23	24	25 Visit Kidwell Farm at Frying Pan Farm Park – Free. Open daily – 9a.m. – 5 p.m	26	27	28 **Take 12 Event:** Healthy Strides 5k/10k/Fun Run @ Burke Lake Park RECenter's Water Safety Day, 1-3 p.m.
29	30 Rec-PAC Registration begins!					

April is . . .

- National Child Abuse Prevention Month
- National Alcohol Awareness Month
- Stress Awareness Month
- National Youth Sports Safety Month

March 2012

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May 2012

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Get a group of friends together and plant a neighborhood garden to beautify your community.

Plant Your Own Square-Foot Garden

Square-foot gardening is an easy way to grow a variety of plants (fruits, vegetables, flowers) all in the same spot, in a raised bed. Most beginners start with a 4' x 4' area, and startup materials cost around $50. Follow these easy steps to create your own square-foot garden!

1: Get untreated plywood (enough for 4 sides and a bottom), wood screws, twisted nylon line, two bags of garden soil and plants or seeds.

2: Choose a location that gets sunlight and shade.

3: Build your box using the plywood and wood screws.

4: Fill the box with soil.

5: Create a grid using the twine, making 1' x 1' sections.

6: Plant the different seeds in the different sections, and keep them watered.

Enjoy the fruits of your labor!

Local Resources

Check back of calendar for contact information.

- **Green Spring Gardens** offers gardening programs, a 5-acre garden and greenhouse, and horticultural library.
- **Va. Cooperative Extension** offers composting, gardening and pesticide classes for adults, and the 4-H program for youths.
- **Fairfax County Park Authority** has rental garden plots in nine parks through the Community Garden Plot Program.

Fairfax County Park Authority

This Healthy Step sponsored by

Northern Virginia Healthy Kids Coalition

ENERGY ZONE

Growing Seasons

Virginia is in Zone 7 on the frost map, which means the growing season is from April to mid-October.

Cool season vegetables:
snow peas, cabbage, broccoli, lettuce

Warm season vegetables:
okra, tomatoes, beans, squash

Take 12 for *Community* Health • www.fairfaxcounty.gov/parks/rec/Take12 • e-mail: Take12@fairfaxcounty.gov. **Check our free workshop schedule online.**

May 2012

STEP 5: Eat Local

Learn about locally-grown produce by visiting a farmers' market or regional farm. In the grocery store or restaurant, find out where the food you buy originates.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May is . . . Older Americans Month Better Sleep Month Employee Health and Fitness Month		1 National Physical Education and Sports Week	2	3	4	5 Open house 10 a.m. – 1 p.m. at Ellanor C. Lawrence Park
6 Women's Health Week	7	8	9 School Nurse Day	10	11	12
13	14 Bike to Work Week	15	16 National Employee Health and Fitness Day	17	18	19 Child Safety Seat Installation @ Public Safety Center. Free
20	21	22	23	24	25	26
27	28 *Memorial Day*	29	30 National Senior Health and Fitness Day	31	April 2012	June 2012

April 2012

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June 2012

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Fairfax County Park Authority Farmers' Markets are open April – October.

Why Buy Local?

You Will Get Exceptional Taste and Freshness
Local food is fresher and tastes better than food shipped long distances from other states or countries. Local farmers can offer produce varieties bred for taste and freshness rather than for shipping and long shelf life.

You'll Strengthen Your Local Economy
Buying local food keeps your dollars circulating in your community. Getting to know the farmers who grow your food builds relationships based on understanding and trust, the foundation of strong communities.

You'll Support Endangered Family Farms
There's never been a more critical time to support your farming neighbors. With each local food purchase, you ensure that more of your money spent on food goes to the farmer.

You Will Safeguard Your Family's Health
Knowing where your food comes from and how it is grown or raised enables you to choose safe food from farmers who avoid or reduce their use of chemicals, pesticides, hormones, antibiotics, or genetically modified seed in their operations.

You'll Protect the Environment
Local food doesn't have to travel far. This reduces carbon dioxide emissions and packing materials. Buying local food also helps to make farming more profitable and selling farmland for development less attractive.

Fairfax County Park Authority

This Healthy Step sponsored by Fairfax County FARMERS MARKET

Local Resources

Check back of calendar for contact information.

- **Fairfax County Park Authority** runs 12 Farmers' Markets April – October, and only sells products produced by vendors within 125 miles of Fairfax County.
- **Buy Fresh, Buy Local** offers online resources for finding local markets, farms, and restaurants serving locally grown produce and meat.

June 2012

STEP 6: Playtime

Drop your usual routine and declare a play day! Go outside and do something fun with your family, friends or community. Pick an outdoor activity that you enjoy, and just do it!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June is . . . National Safety Month National Great Outdoors Month		May 2012 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	July 2012 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		1 Stand for Children Day	2 National Play Outside Day National Trails Day
3 National Cancer Survivors Day	4 Camps begin at Frying Pan Farm Park	5	6 Arts in the Parks at Frying Pan Farm Park, 10 a.m.	7	8	9 Arts in the Parks at Lake Fairfax Park, 10 a.m.
10	11	12	13 Arts in the Parks at Frying Pan Farm Park, 10 a.m.	14 World Blood Donor Day	15	16 Child Safety Seat Installation @ Public Safety Center. Free Arts in the Parks at E.C. Lawrence Park, 10 a.m.
17 *Father's Day* Antique Car Show at Sully Historic Site, 10 a.m.-3:30 p.m.	18 Private School Camp Week begins at RECenters	19	20 Arts in the Parks at Frying Pan Farm Park, 10 a.m.	21	22	23 Arts in the Parks at Burke Lake Park, 10 a.m.
24	25	26	27 Summer Camps begin at RECenters! Arts in the Parks at Frying Pan Farm Park, 10 a.m.	28	29	30 Arts in the Parks at Mason District Park, 10 a.m.

Clemyjontri Park, located in McLean, features a playground designed to provide greater accessibility than a standard playground.

Play: It's Not Just for Kids

As kids become adults, play is often traded in for responsibilities and work. This can be detrimental as play is essential for learning, creativity, relationship building and fun. Play fosters innovation and allows us to work through problems. It also teaches us perseverance and most importantly, makes us happy. Here are some of the lifelong benefits of play:

- Play connects us to others
- Play is an antidote to loneliness, isolation, anxiety, and depression
- Play helps us develop and improve our social skills
- Play teaches us how to cooperate with others
- Mutual play can heal emotional wounds
- Play reduces stress and refreshes your mind and body

Ways to Play

- Go for a walk and play "I Spy" with your surroundings
- Take a bike ride
- Play outdoor games, like Tag, Hopscotch, or Tetherball
- Run through a sprinkler
- Board games, like Monopoly, Battleship or Candy Land
- Card games, like Solitaire, Pinochle, or Rummy
- Hula hoop or jump rope

Fairfax County Park Authority

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CIRCLE CHIROPRACTIC CENTER, P.C.
PRO-ACTIVE FAMILY HEALTHCARE FROM THE INSIDE OUT

MOVE THEORY

Local Resources

Check back of calendar for contact information.

- **Fairfax County Park Authority** has play areas throughout the park system, including the fully-accessible Our Special Harbor sprayground at Lee District Park.
- **Fairfax County Community Centers and Senior Centers** offer play amenities for all ages.

July 2012

STEP 7: Get Moving Outside

Be a positive role model and get outside! Raise awareness of the benefits of outdoor activity – benefits to our own bodies and those of our loved ones, families and friends – and overcome the trends that keep too many Americans indoors and sedentary.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Rec-PAC begins!	3	4 *Independence Day*	5	6	7 Arts in the Parks at Lake Fairfax Park, 10 a.m.
8 World War II Weekend at Sully Historic Site, 10 a.m. – 4 p.m.	9 National Therapeutic Recreation Week	10	11 Arts in the Parks at Frying Pan Farm Park, 10 a.m.	12	13	14 Annual Park Authority Lifeguard Competition
15	16	17	18 Arts in the Parks at Frying Pan Farm Park, 10 a.m.	19	20	21 Child Safety Seat Installation @ Public Safety Center. Free Arts in the Parks at E.C. Lawrence Park, 10 a.m.
22	23	24	25 Arts in the Parks at Frying Pan Farm Park, 10 a.m.	26	27	28 Arts in the Parks at Burke Lake Park, 10 a.m.
29	30	31				

July is . . .

- UV Safety Month
- National Parks and Recreation Month

June 2012

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August 2012

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Get outside and in the water at Fairfax County's Water Mine Family Park, located in Reston.

Things to do Outside

- Go camping in your backyard or nearby campsite
- Explore your community and take pictures of interesting things
- Set sail for a scavenger hunt or geo-caching
- Go to the zoo
- Pack a picnic and visit a local park
- Visit an historical battlefield
- Pick fresh fruit at a local orchard
- Attend an outdoor concert
- Swim in a lake
- Go fishing

What is PARKOUR?

Originally developed in France, Parkour (par-kor) is a style of movement in which the primary focus is navigating physical obstacles in the straightest route through running, jumping, rolling or vaulting using speed and efficiency and without incurring personal injury or damaging the obstacle. Also known as free running, Parkour is usually practiced in parks or urban areas with many natural obstacles.

Lee District RECenter offers Parkour classes for all experience levels.

Fairfax County Park Authority

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metro run&walk

Local Resources

Check back of calendar for contact information.

- **Fairfax County Park Authority** offers a few unique outdoor parks and features, including the Water Mine (Reston), Our Special Harbor Sprayground and Treehouse (Lee District), Mini-golf (Oak Marr, Jefferson, Lake Accotink and Burke Lake), carousels and paddle boats.
- **Northern Virginia Regional Park Authority** oversees many parks in the Fairfax area, including Meadowlark Botanical Gardens (Vienna), the Occoquan Water Trail, and the Washington & Old Dominion Railroad Trail.

August 2012

STEP 8: Put Your Foot Down on Transportation

Save your body and the environment – walk or bike to your destinations instead of driving whenever possible. Start a carpool, ride share, or take public transportation to cut down on your carbon footprint.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August is . . . National Immunization Awareness Month		July 2012 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 World Breastfeeding Week	2	3	4 Arts in the Parks at Mason District Park, 10 a.m.
5 4-H Fair at Frying Pan Farm Park	6 National Health Center Week	7 National Night Out	8 Arts in the Parks at Frying Pan Farm Park, 10 a.m.	9	10	11 Arts in the Parks at Lake Fairfax Park, 10 a.m.
12	13	14	15 Arts in the Parks at Frying Pan Farm Park, 10 a.m.	16	17	18 Child Safety Seat Installation @ Public Safety Center. Free Arts in the Parks at E.C. Lawrence Park, 10 a.m.
19	20	21	22 Arts in the Parks at Frying Pan Farm Park, 10 a.m.	23	24	25 Arts in the Parks at Burke Lake Park, 10 a.m.
26	27	28	29 Arts in the Parks at Frying Pan Farm Park, 10 a.m.	30	31	September 2012 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Fairfax County bike commuters can generally travel 20 miles or more in less time than it takes to drive that distance in traffic.

Become a "Green" Commuter

- Start with a small goal – take public transportation once per week
- Participate in an office or school carpool
- Walk (less than one mile) or bike (less than five miles) to your destination if a safe route is available
- Organize a walking school bus – a group of neighborhood children who walk to school with one or more adults.
- Reduce air pollution and the likelihood of getting stuck in traffic by using GPS devices
- Telecommute or work from home whenever possible
- For trips less than 500 miles, drive instead of flying
- Try traveling by bus, train or boat when going long distances

Minimize Your Trips

Plan your trips to save gasoline and reduce air pollution. A planned route is cheaper than an impulsive one. And one trip with many stops is cheaper than making several trips. According to the Department of Energy, several short trips all begun with a cold start can use twice as much fuel as a single, longer trip that covers the same distance. Car care also benefits the environment. Keep tires properly inflated and aligned, get regular engine tune ups, and use an energy-conserving (EC) grade motor oil.

Fairfax County Park Authority

This Healthy Step sponsored by transurban, INTERSTATE 495 VIRGINIA HOT LANES CAPITAL BELTWAY, FLUOR®

Local Resources Check back of calendar for contact information.

- **Fairfax Connector buses** serve the greater Fairfax County. Visit www.fairfaxcounty.gov/connector/ for bus information.
- Join **"Safe Routes to School (SRTS) – Fairfax County, VA"** on Facebook to support safe walking and biking routes to school for Fairfax County students.

September 2012

STEP 9: Serve your Community as a Volunteer

Share a talent or skill through volunteering. Find an innovative, grass-roots project – revitalize a community center, be a mentor, create art, serve meals, or plant a community garden to build strong and vibrant neighborhoods.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September is . . . National Childhood Obesity Awareness Month America on the Move - Month of Action Fruit and Veggies - More Matters Month! Whole Grains Month			August 2012 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	October 2012 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		1
2	3 *Labor Day* Suicide Prevention Week	4	5	6	7 National Assisted Living Week	8
9 Quilt and Textile Show at Sully Historic Site, 10 a.m.-4:30 p.m.	10	11 National Day of Service and Remembrance	12	13	14	15 Child Safety Seat Installation @ Public Safety Center. Free
16 Child Passenger Safety Week	17	18	19 Active Aging Week	20	21	22
23 30	24	25	26	27	28	29 Family Health and Fitness Day USA

Become a Park Authority volunteer! For current opportunities and more information, visit www.fairfaxcounty.gov/parks/volunteer/.

Pay It Forward

Help someone who is facing a personal crisis or financial hardship, and you're sure to find yourself smiling more knowing you made a difference. Gratitude, giving and gladness are key components in random acts of kindness with no expectation of being paid back. The only request would be for the recipient to consider "paying it forward," with a favor for someone else: ideally for three other people. The unconditional favors can be large or small. There's really no end to what you can do when you set your mind to Pay It Forward!

Source: Pay It Forward Foundation

"I Will..."

September 11th is a day of Service and Remembrance. This year, take action to organize and complete a community project.

1) Think of a project that will help your local neighborhood or community.
2) Make your "I Will..." pledge for service. Log on to http://911dayofservice.org/
3) Organize and complete your project as a tribute to the 9/11 movement.

Sample projects:
Roadside cleanup, providing assistance to senior citizens, park beautification, or donating professional services to a non-profit organization or low-income families.

Fairfax County Park Authority

This Healthy Step sponsored by

Volunteer Fairfax

LiveWell
Fairfax County · Workforce Wellness Program

Local Resources Check back of calendar for contact information.

- **Volunteer Fairfax** provides a variety of opportunities for volunteering in Fairfax County and surrounding areas.
- **Fairfax County Park Authority Volunteer Program** has volunteer opportunities available at golf courses, RECenters, and community parks.

October 2012

STEP 10: Be Prepared

Develop a family emergency plan and review it annually. Find out about community resources, such as your nearest fire station, police station and emergency shelter.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September 2012 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 Child Health Day	2	3 International Walk to School Day	4	5	6
7 National Fire Prevention Week	8 *Columbus Day*	9	10 World Mental Health Day	11	12	13 Open House at Fairfax County Fire Stations!
14 National School Lunch Week	15	16 Whole Food Day	17	18	19	20 Child Safety Seat Installation @ Public Safety Center. Free World Osteoporosis Day Halloween Costume Run at Burke Lake Park, 9 a.m.
21	22	23	24	25	26 Lung Health Day	27 Make a Difference Day
28	29	30	31	October is . . . Fire Prevention Month National Crime Prevention Month National Breast Cancer Awareness Month Talk About Prescriptions Month		November 2012 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

October is Fire Prevention Month. Fairfax County fire stations will be open to the public on Saturday, October 13th.

Are You Prepared?

The Fairfax County Office of Emergency Management suggests a simple four-step process for residents to prepare themselves, their communities and their businesses for naturally occurring or man-made emergencies.

1. **Assemble a kit.** Water, food, battery-powered radio, flashlight, extra batteries, first aid kit, whistle, dust mask, plastic sheeting, duct tape, moist towelettes, garbage bags, wrench or pliers, can opener for food, and local maps.
2. **Make a plan.** Your family may not be together when disaster strikes, so know how you will contact one another; how you will get back together; and what you will do in different situations.
3. **Be informed.** Sign up for the county's Community Emergency Alert Network (CEAN)–be aware of the different threats and how to respond to an emergency.
4. **Get involved.** Many local organizations need volunteers when disaster strikes. Find out how you can help at the Office of Emergency Management website.

Source: Fairfax County Office of Emergency Management

Fairfax County Park Authority

This Healthy Step sponsored by IPS Investment Planning Solutions, LLC

Local Resources

Check back of calendar for contact information.

- **Fairfax County Fire & Rescue Department** operates 37 fire and rescue stations in Fairfax County.
- **Fairfax County Police Department** is responsible for law enforcement within the boundaries of each of the 8 district police stations.
- **Fairfax County Sheriff's Office** manages the Adult Detention Center, provides security in the courthouses, and serves civil law process.

November 2012

STEP 11: Get Back to Nutrition Basics

The holiday season and all of its sweet treats make it challenging to stay on a good nutritional track. Get back to the nutrition basics – whole grains, lean protein, and lots of fruits and vegetables! Try to cook your meals at home instead of eating out. Think of new ways to enjoy the holidays without adding in unnecessary calories.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November is . . . American Diabetes Month Pancreatic Cancer Awareness Month		October 2012 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	December 2012 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1	2	3 Colonial Day at Sully Historic Site, 11 a.m.-4 p.m.
4 Fall back to standard time: Turn your clocks back one hour and change the battery in your smoke alarm!	5	6	7	8	9	10
11 American Education Week	12 *Veterans Day Observed*	13 World Kindness Day	14 World Diabetes Day	15 Great American Smokeout	16 Quarter Horse Show at Frying Pan Farm Park, 16th-18th, Free.	17 Child Safety Seat Installation @ Public Safety Center. Free Toys for Tots Drive begins at South Run RECenter
18	19	20	21	22 *Thanksgiving Day*	23 Thanksgiving "Turkey Burn" fitness session at South Run RECenter	24
25	26	27	28	29	30	

Planning your meals and eating as a family can encourage healthful eating habits.

Office Holiday Treats

Instead of dumping leftover candy or baked goods at the office or bringing a high-fat/sugar/salt confection to a holiday office party, consider some more healthful alternatives.

- Instead of cookies, bring cinnamon popcorn
- Instead of cake, bring white chocolate bark with cranberries and almonds
- Instead of pie, bring low-fat banana pudding
- Instead of cupcakes, bring low-fat blueberry bran muffins
- Instead of ham, bring turkey
- Instead of a basket of meats and cheese, bring a basket of dried fruits and nuts

Think Before You Drink

Alcoholic beverages are high-calorie drinks – moderation is the key. To avoid unwanted calories consume no more than one drink (12 oz. beer, 5 oz. wine, or 1.5 oz. liquor) per day for women; two for men.

Calorie Count (per drink)

Beer (12 oz.): Regular–149, Light–110

Wine (4 oz.): Red–80, White–75

Champagne (4 oz.): 84

Distilled Liquors (80 proof, 1 oz.): 65

Liqueurs (1.5 oz.): 188

Fairfax County Park Authority

This Healthy Step sponsored by WHOLE FOODS MARKET

Local Resources Check back of calendar for contact information.

- **Northern Virginia Dietetic Association** provides a "Find a Registered Dietitian" tool on its Web site: http://northernvirginiadietitians.org/
- **Fairfax County Public Schools Office of Food and Nutrition Services** provide students with meals planned by a Registered Dietitian.
- **Fairfax County Health Department** runs the Women, Infants, Children (WIC) program, which teaches the importance of good health from an early age.

December 2012

STEP 12: Give the Gift of Health

Donate to your community in any way possible – give cold-weather gear, healthful foods, or fitness equipment to those in need. Shovel a driveway for someone who is unable or take time to visit someone who is alone during the holiday season. A smile is all that is needed to give the gift of health.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December is . . . International AIDS Awareness Month Safe Toys and Gifts Month		November 2012 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	January 2013 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31			1 World AIDS Day Holiday Craft Show at Audrey Moore RECenter
2 National Hand Washing Awareness Week Holiday Craft Show at Audrey Moore RECenter	3	4 National Influenza Vaccination Week	5 International Volunteer Day	6	7 Donate coats all month at Frying Pan Farm Park	8 Candlelight Tour at Sully Historic Site, 5-7 p.m.
9 Candlelight Tour at Sully Historic Site, 5-7 p.m.	10 Human Rights Day	11	12 Holiday Ice Show at Mount Vernon RECenter, 11:30-1 p.m.	13 Santa's Sleigh Ride at South Run RECenter	14	15 Child Safety Seat Installation @ Public Safety Center. Free Candlelight Tour at Sully Historic Site, 5-7 p.m.
16 Candlelight Tour at Sully Historic Site, 5-7 p.m.	17	18	19	20	21	22
23		25 *Christmas Day*	26	27 Holiday Concerts at Sully Historic Site, 1-3 p.m.	28	29
30	31					

Something as simple as shoveling snow for a neighbor can be a wonderful gift.

Donation Do's

This year, donate foods that are high in nutritional value, and think creatively for healthy gift options.

- Fitness equipment (mats, balls, stretch bands)
- New hygiene items (shampoo, conditioner, deodorant, toothpaste, washcloths)
- Grocery store gift cards
- Metro fare cards, bus tokens or SmarTrip cards
- Volunteer time at a shelter, senior center or hospital

Organize a Coat Drive

Health experts report that even a two-degree drop in body temperature results in reduced heart rate, loss of coordination, and confusion. For most, a warm coat solves the problem. But, for the nearly 15% of Americans now living in poverty, a warm winter coat is a budget "extra." This winter season, help by organizing a coat drive in your family, neighborhood, community or school.

First, select the dates of your coat drive.

Then, select the agency to receive the coats – the coats must be given free.

Next, hold your drive and arrange for delivery of the coats to your Agency.

One good resource is the One Warm Coat organization. Visit http://onewarmcoat.org for a guidebook, locator tools, and a space to share your success.

Fairfax County Park Authority

This Healthy Step sponsored by

CARDINAL Bank

Local Resources

Check back of calendar for contact information.

- **Opportunities, Alternatives and Resources (OAR)** of Fairfax County provides individual and family support, and accepts charitable donations.
- **Fairfax County Animal Shelter** is seeking donations to support animals housed at their facility in Fairfax.
- **Donate Life Virginia** saves lives by increasing the number of registered organ donors. www.donatelifevirginia.org.

Guide to Local Resources

Many local organizations provide resources and support for the community. Organizations listed here are featured throughout this calendar.

Emergency Contacts

9-1-1, TTY 911, for police/fire/ambulance

- **Domestic Violence Helpline** (24 hours): 703-360-7273, TTY 703-435-1235
- **Fairfax County Emergency Information Line:** 703-817-7771, TTY 711
- **Fairfax County Health Department Emergency Line:** 703-246-2201, TTY 711
- **Fairfax County Main Phone Number:** 703-FAIRFAX (703-324-7329), TTY 711
- **Fairfax County Office of Emergency Management:** 571-350-1000, TTY 711
- **Mental Health Services** (24 hours): 703-573-5679, TTY 703-207-7737
- **National Domestic Violence Hotline:** 1-800-799-7233, TTY 1-800-787-3224
- **National Weather Service Updates:** 703-652-1210
- **Poison Control:** 1-800-222-1222, TTY 711
- **Police Non-Emergency:** 703-691-2131, TTY 703-204-2264

Animals

Animal Control, Shelters and Services

- **Animal Control**, 703-691-2131(Fairfax County Police non-emergency) www.fairfaxcounty.gov/police/animal/animal-control-services
- **Fairfax County Animal Shelter**, 4500 West Ox Road, Fairfax, Virginia 22030; 703-830-1100 www.fairfaxcounty.gov/living/animals

Child, Adult and Family

Resources for Child, Adult and Family Services

- **Adult Protective Services** 703-324-7450, TTY 711
- **Anger & Domestic Abuse Prevention and Treatment (ADAPT)** 703-968-4052, TTY 703-324-5706
- **Child Protective Services** 703-324-7400, TTY 711
- **Child Support Enforcement** www.dss.virginia.gov/family/dcse
- **Community Services Board – Infant & Toddler Connection** 703-246-7121, TTY 703-324-4495
- **Department of Family Services** 703-324-7500, TTY 703-222-9452 www.fairfaxcounty.gov/dfs
- **DFS Children and Families Division** www.fairfaxcounty.gov/dfs/childrenyouth
- **Domestic and/or Sexual Violence Counseling Services** 703-324-5730, TTY 703-324-5706
- **Fairfax County Public Schools** 571-423-1050, TTY 711 www.fcps.edu
- **Northern Virginia Healthy Kids Coalition (9-5-2-1-0 for Health)** 703-698-2516 www.tippingthescales.net
- **Office for Women & Domestic and Sexual Violence Services** 703-324-5730, TTY 703-324-5706 www.fairfaxcounty.gov/ofw
- **Park Authority Camps** www.fairfaxcounty.gov/parks/rec/rec_camps
- **Park Authority RecPAC Summer Camp** 703-324-5514 www.fairfaxcounty.gov/parks/recpac
- **Virginia Department of Social Services** www.dss.virginia.gov

Health

Hospitals and Health Information Resources

- **Circle Chiropractic Center**, 9526 B Lee Highway, Fairfax, 22031; 703-385-2990 http://circlechiropracticcenter.com
- **Fairfax County Health Department** 703-246-2411, TTY 703-591-6435 www.fairfaxcounty.gov/hd
- **Inova Health Systems** www.inova.org
- **Inova Alexandria Hospital**, 4320 Seminary Road, Alexandria, VA 22304; 703-504-3000
- **Inova Fairfax Hospital,** 3300 Gallows Road, Falls Church, VA 22042; 703-776-4001
- **Inova Fairfax Hospital for Children**; 703-776-4002
- **Inova Fair Oaks Hospital,** 3600 Joseph Siewick Drive, Fairfax, VA 22033; 703-391-3600
- **Inova Loudoun Hospital**, 44045 Riverside Parkway, Leesburg, VA 20176; 703-858-6000
- **Inova Mount Vernon Hospital**, 2501 Parker's Lane, Alexandria, VA 22306; 703-664-7000

Older Adults

Senior Centers and Resources for Older Adults

- **Aging, Disability and Caregiver Resources Line** 703-324-7948, TTY 711
- **Fairfax County Neighborhood and Community Services** 703-324-4600, TTY 711 www.fairfaxcounty.gov/ncs
- **Bailey's Senior Center**, 5920 Summers Lane, Falls Church, VA 22041
- **Herndon Senior Center**, 873 Grace Street, Herndon, VA 20170
- **Hollin Hall Senior Center**, 1500 Shenandoah Road, Alexandria, VA 22308
- **James Lee Senior Center**, 2855-A Annandale Road, Falls Church, VA 22041
- **Kingstowne Center for Active Adults**, 6488 Landsdowne Center, Alexandria, VA 22315
- **Lewinsville Senior Center**, 1609 Great Falls Street, McLean, VA 22101
- **Lincolnia Senior Center**, 4710 North Chambliss Street, Alexandria, VA 22312
- **Little River Glen Senior Center**, 4001 Barker Court, Fairfax, VA 22032
- **Lorton Senior Center,** 7722 Gunston Plaza, Lorton, VA 22079
- **Pimmit Hills Senior Center,** 7510 Lisle Avenue, Falls Church, VA 22043
- **South County Senior Center**, 8350 Richmond Highway, Suite 325, Alexandria, VA 22309
- **Sully Senior Center**, 5690 Sully Road, Centreville, VA 20120
- **Wakefield Senior Center at Audrey Moore RECenter**, 8100 Braddock Road, Annandale, VA 22003
- **Fairfax County Older Adults Services** www.fairfaxcounty.gov/olderadults
- **Fairfax County Retirement Administration** 703-279-8200, TTY 711
- **Meals on Wheels and Nutritional Supplement Program** 703-324-5409, TTY 711

Community Centers

Community, Neighborhood and Multicultural Centers

- **Fairfax County Neighborhood and Community Services** 703-324-4600, TTY 711 www.fairfaxcounty.gov/ncs
- **Bailey's Community Center**, 5920 Summers Lane Falls Church, VA 22041
- **David R. Pinn Community Center**, 10225 Zion Drive Fairfax, VA 22030
- **Gum Springs Community Center**, 8100 Fordson Road Alexandria, VA 22306
- **Huntington Community Center**, 5751 Liberty Drive Alexandria, VA 22303
- **James Lee Community Center**, 2855-A Annandale Road Falls Church, Virginia 22042
- **Mott Community Center**, 12111 Braddock Road Fairfax, VA 22030
- **Sacramento Neighborhood Center**, 8792-E Sacramento Drive Alexandria, VA 22309
- **Southgate Community Center**, 12125 Pinecrest Road Reston, VA 20191-1658
- **Willston Multicultural Center**, 6131 Willston Drive Falls Church, VA 22044
- **Herndon Community Center**, 814 Ferndale Ave., Herndon, VA 20170; 703-787-7300 www.herndon-va.gov/Content/Parks_rec/community_center
- **McLean Community Center**, 1234 Ingleside Ave. McLean 22101; 703-790-0123, TTY 711 www.mcleancenter.org
- **Reston Community Center**, 2310 Colts Neck Rd., Reston 20191; 703-476-4500, TTY 711 www.restoncommunitycenter.com

Food and Nutrition

Public Food Services, Farmers' Markets and Dietary Resources

- **American Dietetic Association** www.eatright.org
- **Buy Fresh, Buy Local** http://buylocalvirginia.org
- **FCPS Office of Food and Nutrition Services (Energy Zone)**, 6840 Industrial Road, Springfield, VA 22151; 703-813-4800 www.fcps.edu/fs/food
- **Giant Food** (20+ stores in Fairfax County) www.giantfood.com
- **Northern District Virginia Dietetic Association** http://northernvirginiadietitians.org/
- **Our Daily Bread, Our Daily Veggies Program** 4080 Chain Bridge Rd. 2nd floor, Fairfax, VA 22030; 703-273-8829 www.odbfairfax.org
- **Park Authority Farmers' Markets** 703-642-0128, TTY 703-803-3354 www.fairfaxcounty.gov/parks/wp-farm-mkt
- **USDA ChooseMyPlate Program** www.choosemyplate.gov
- **Virginia Cooperative Extension** – Fairfax 703-324-5369 http://offices.ext.vt.edu/fairfax
- **Whole Foods Market** www.wholefoodsmarket.com
  - Fair Lakes - 4501 Market Commons Dr., Fairfax; 703-222-2058
  - Reston - 11660 Plaza America Dr, Reston; 703-736-0600
  - Springfield - 8402 Old Keene Mill Rd, Springfield; 703-644-2500
  - Tysons - 7511 Leesburg Pike, Falls Church
  - Vienna - 143 Maple Ave East, Vienna; 703-319-2000
- **Women, Infants and Children (WIC)** www.fairfaxcounty.gov/hd/wic

Other Fairfax County Agencies

All agencies TTY 711 unless otherwise indicated and can be visited at www.fairfaxcounty.gov.

- **Administration for Human Services** 703-324-5630
- **Board of Supervisors** 703-324-3151
- **Cable and Consumer Services** 703-222-8435
- **Celebrate Fairfax** 703-324-3247
- **Civil Service Commission** 703-324-2930
- **Clerk to the Board** 703-324-3151, TTY 703-324-3903
- **Code Compliance** 703-324-1300
- **Comprehensive Services Act** 703-324-7938, TTY 703-222-9452
- **County Executive** 703-324-2531
- **Economic Development Authority** 703-790-0600
- **Electoral Board and General Registrar** 703-222-0776
- **Equity Programs** 703-324-2207, TTY 703-222-5494
- **Facilities Management** 703-324-2055
- **Fairfax County Water Authority** 703-698-5600, TTY 703-698-7025
- **Fairfax Public Law Library** 703-246-2170
- **Finance** 703-324-3120
- **Housing and Community Development** 703-246-5100, TTY 703-385-3578
- **Human Resources** 703-222-5872
- **Information Technology** 703-324-3380
- **Internal Audit** 703-324-4200
- **Library** 703-324-3100, TTY 703-324-8365
- **Management and Budget** 703-324-2391
- **Northern Virginia Soil and Water Conservation District** 703-324-1460
- **Partnerships** 703-324-5171
- **Planning and Zoning** 703-324-1380
- **Planning Commission** 703-324-2865, TTY 703-324-7951
- **Public Affairs** 703-324-7329
- **Public Works and Environmental Services** 703-324-5033
- **Purchasing and Supply Management** 703-324-3201
- **Risk Management Division** 703-324-3040
- **Systems Management for Human Services** 703-324-5638, TTY 703-803-7914
- **Tax Administration** 703-222-8234, TTY 703-222-7594

Take 12 for *Community* Health • www.fairfaxcounty.gov/parks/rec/Take12 • e-mail: Take12@fairfaxcounty.gov. **Check our free workshop schedule online.**

Guide to Local Resources continued

Outdoor Leisure

Park Authority Parks, Nature and Historic Sites

- **Fairfax County Park Authority** 703-324-8702, TTY 711 www.fairfaxcounty.gov/parks
- **Annandale District Park**, 4030 Hummer Rd., Annandale 22003
- **Braddock Park**, 13241 Braddock Rd., Clifton 22024
- **Burke Lake Park**, 7315 Ox Rd., Fairfax Station 22039; 703-323-6600
- **Cabell's Mill,** 5235 Walney Rd., Centreville; 703-827-0609
- **Clark House**, 6332 Barcroft Mews Dr., Falls Church 22041; 703-827-0609
- **Clemyjontri Park**, 6317 Georgetown Pike, McLean 22101; 703-388-2807
- **Colvin Run Mill**, 10017 Colvin Run Rd., Great Falls 22066; 703-759-2771
- **Dranesville Tavern**, 11919 Leesburg Pike, Dranesville 20170; 703-827-0609
- **Ellanor C. Lawrence Park**, Walney Visitor Center, 5040 Walney Rd., Chantilly, 20151; 703-631-0013
- **FCPA Headquarters**, 12055 Government Center Pkwy, Suite #927, Fairfax, VA 22035-1118; 703-324-8700
- **Frying Pan Farm Park**, 2709 West Ox Rd., Herndon 20171; 703-437-9101
- **Great Falls Grange & Forestville Schoolhouse**, 9818 Georgetown Pike, Great Falls 22066; 703-827-0609.
- **Green Spring Gardens and Historic Green Spring,** 4603 Green Spring Rd., Alexandria 22312; 703-642-5173
- **Hidden Oaks Nature Center,** 7701 Royce St., Annandale 22003; 703-941-1065
- **Hidden Pond Nature Center**, 8511 Greeley Blvd., Springfield 22152; 703-451-9588
- **Huntley Meadows Park**, 3701 Lockheed Blvd., Alexandria 22306; 703-768-2525
- **Jefferson District Park**, 7900 Lee Hwy., Falls Church 22042; 703-573-0443.
- **Lake Accotink Park**, 7500 Accotink Park Rd., Springfield, 22150; 703-569-3464
- **Lake Fairfax Park and Water Mine Family Swimmin' Hole,** 1400 Lake Fairfax Dr., Reston 20190; 703-471-5414
- **Lee District Park and Our Special Harbor Sprayground,** 6601 Telegraph Rd., Franconia 22310; 703-922-9841
- **Martin Luther King, Jr. Park,** 8115 Fordson Rd., Alexandria 22306
- **Mason District Park,** 6621 Columbia Pike, Annandale 22003; 703-941-1730
- **Nottoway Park & Hunter House,** 9537 Courthouse Rd., Vienna 22181; 703-827-0609
- **Oak Marr Golf Complex,** 3200 Jermantown Rd., Oakton 22124; 703-255-5390
- **Pinecrest Golf Course,** 6600 Little River Tpk., Alexandria 22312; 703-941-1061
- **Pleasant Valley Golfer's Club at Richard Jones Park,** 4715 Pleasant Valley Rd., Chantilly; 703-222-7900
- **Riverbend Park and Nature Center,** 8700 Potomac Hills St., Great Falls 22066; 703-759-9018
- **Rolling Valley Park** (Behind Pohick Regional Library); 703-866-0566 (South Run RECenter)
- **Roundtree Park,** 3411 Casilear Rd., Falls Church 22042
- **Royal Lake Park,** 5344 Gainsborough Dr., Fairfax 22032

Safety

Public Safety Resources

- **Adult Detention Center,** 10520 Judicial Drive, Fairfax, Virginia 22030; 703-246-2100
- **Child Safety Seat Inspection** www.fairfaxcounty.gov/sheriff/news/safetyseat
- **Circuit Court and Records** 703-691-7320, TTY 711 www.fairfaxcounty.gov/courts/circuit
- **Commonwealth's Attorney** 703-246-2776, TTY 711
- **County Attorney** 703-324-2421, TTY 711
- **Fairfax County Public Safety Center,** 10550 Page Avenue, Fairfax, VA
- **Fire and Rescue Department** 703-246-2126, TTY 711 www.fairfaxcounty.gov/fr
- **General District Court** 703-691-7320, TTY 711 http://www.fairfaxcounty.gov/courts/
- **Juvenile and Domestic Relations District Court** 703-246-3367, TTY 703-273-3713 www.fairfaxcounty.gov/courts/jdr
- **National Highway Transportation Safety Administration – Child Safety Seat** www.nhtsa.gov/Safety/CPS
- **Police** 703-246-2195, TTY 711 www.fairfaxcounty.gov/police
- **Project Lifesaver** www.fairfaxcounty.gov/sheriff/lifesaver
- **Public Safety Communications** 703-280-0527, TTY 711 www.fairfaxcounty.gov/911
- **Sheriff's Office** 703-246-3227, TTY 711 www.fairfaxcounty.gov/sheriff

Shelters, Donations and Volunteering

Resources Related to Homelessness, and Donation of Time and Goods

- **9/11 Tribute Movemen**t ("I Will") http://911dayofservice.org
- **American Red Cross** http://redcrossnca.org/index.php/volunteer
- **Artemis House** 703-435-4940 (24 hours), TTY 703-435-1235
- **Arts Council of Fairfax County** www.artsfairfax.org
- **Community Services Board** 703-324-7000, TTY 711 www.fairfaxcounty.gov/csb
- **Coordinated Services Planning for Basic Needs** 703-222-0880, TTY 703-803-7914
- **Donate Life Virginia** www.donatelifevirginia.org
- **Fairfax County Citizen Corps** www.fairfaxcounty.gov/oem/citizencorps
- **Fairfax County Emergency Shelters** www.fairfaxcounty.gov/dfs/factsheets/emershelter
- **Give 2 The Troops** 888-876-6775 www.give2thetroops.org
- **Habitat for Humanity** http://www.habitatnova.org
- **Office to Prevent and End Homelessness** 703-324-9492, TTY 711 www.fairfaxcounty.gov/homeless
- **One Warm Coat** 1-877-663-9276 http://onewarmcoat.org
- **Opportunities, Alternatives and Resources** (OAR) of Fairfax County, 10640 Page Avenue, Suite 250, Fairfax, 22030; 703-246-3033 www.oarfairfax.org
- **Our Daily Bread,** 4080 Chain Bridge Rd. 2nd floor, Fairfax, 22030; 703-273-8829 www.odbfairfax.org
- **Park Authority Volunteer Program** www.fairfaxcounty.gov/parks/volunteer
- **Pay It Forward Foundation** www.payitforwardfoundation.org

- **Scotts Run Nature Preserve,** 7400 Georgetown Pike, McLean 22102; 703-759-9018
- **Stone Mansion & Stoneybrooke Park,** 3900 Stoneybrooke Dr., Alexandria 22306; 703-827-0609
- **Sully Historic Site,** 3650 Historic Sully Way, Chantilly 20151; 703-437-1794
- **Turner Farm Park,** 925 Springvale Rd., Great Falls 22066; 703-388-2807
- **Twin Lakes Golf Course,** 6201 Union Mill Rd. Clifton 20124; 703-631-9099
- **Wakefield Chapel**, 8415 Toll House Rd., Annandale 22003; 703-827-0609
- **Fairfax County Park Foundation,** 12055 Government Center Parkway, Suite 404, Fairfax, VA 22035; 703-324-8582 www.fairfaxparkfoundation.org
- **Northern Virginia Regional Park Authority,** 5400 Ox Road, Fairfax Station 22039; 703-352-5900 http://nvrpa.org

Recreation and Fitness

Park Authority RECenters, Golf Courses and Recreation Resources

- **Fairfax County Park Authority** 703-324-8702, TTY 711 www.fairfaxcounty.gov/parks
- **Audrey Moore RECenter at Wakefield Park,** 8100 Braddock Rd., Annandale 22003. 703-321-7081.
- **Burke Lake Golf Course,** 7315 Ox Rd., Fairfax Station 22039; 703-323-1641
- **Cub Run RECenter,** 4630 Stonecroft Blvd. Chantilly 20151; 703-817-9407
- **Fairfax County Employee Fitness & Wellness Center,** 12000 Government Center Pkwy, Ste. 114, Fairfax, 22035; 703-324-5590
- **George Washington Community RECenter,** 8426 Old Mount Vernon Rd., Alexandria 22309; 703-780-8894
- **Greendale Golf Course**, 6700 Telegraph Rd., Alexandria, 22310; 703-971-6170
- **Jefferson District Golf Course,** 7900 Lee Hwy., Falls Church 22042; 703-573-0443
- **Laurel Hill Golf Club,** 8701 Laurel Crest Drive, Lorton, 22079; 703-493-8849
- **Lee District RECenter,** 6601 Telegraph Rd., Franconia 22310; 703-922-9841
- **Mt. Vernon RECenter,** 2017 Belle View Blvd., Alexandria 22307; 703-768-3224
- **Oak Marr RECenter,** 3200 Jermantown Rd., Oakton 22124; 703-281-6501
- **Parktakes Registration Unit,** 12055 Government Center Pkwy., Ste. 425, Fairfax 22035; 703-222-4664; www.fairfaxcounty.gov/parks/parktakes
- **Providence RECenter,** 7525 Marc Dr., Falls Church 22042; 703-698-1351
- **South Run RECenter,** 7550 Reservation Dr., Springfield 22153; 703-866-0566
- **Spring Hill RECenter,** 1239 Spring Hill Rd., McLean 22102; 703-827-0989
- **Kaboom!** 4455 Connecticut Ave. NW, Suite B100, Washington, D.C. 20008; 202-659-0215 http://kaboom.org
- **Metro Run & Walk,** 7261 Commerce Street, Springfield, 22150; 703-913-0313 www.metrorunwalkspringfield.com
- **Move Theory** http://www.drkwamebrown.com/dr-kwame-brown-move-theory/

Take 12 for *Community* Health • www.fairfaxcounty.gov/parks/rec/Take12 • e-mail: Take12@fairfaxcounty.gov. **Check our free workshop schedule online.**

- **Salvation Army** www.uss.salvationarmy.org
- **Volunteer Fairfax,** 10530 Page Ave., Fairfax, 22030; 703-246-3460 www.volunteerfairfax.org

Teens and Youth

Teen Centers and Other Services

- **Fairfax County Neighborhood and Community Services** 703-324-4600, TTY 711 www.fairfaxcounty.gov/ncs
- **Attic Teen Center at McNair Elementary School,** 2499 Thomas Jefferson Drive, Herndon, VA 20170
- **Basement Teen Center at Rocky Run Middle School,** 4400 Stringfellow Road, Chantilly, VA 22021
- **Cave Teen Center at Twain Middle School,** 4700 Franconia Road, Alexandria, VA 22308
- **Chill Spot Teen Center at James Lee Community Center,** 2855-A Annandale Road, Falls Church, VA 22042
- **Culmore Teen Center,** 6018 Argyle Drive, Falls Church, VA 22041
- **Hideaway Teen Center at South County Gov. Center,** 8350 Richmond Highway, Room 309, Alexandria, VA 22309
- **ISA-Islamic Saudi Academy at Islamic Saudi Academy Gym,** 8333 Richmond Highway, Alexandria, VA 22309
- **Mix Teen Center at Glasgow Middle School,** 4101 Fairfax Parkway, Alexandria, VA 22312
- **Mott Teen Center at Mott Community Center,** 12111 Braddock Road, Fairfax, VA 22030
- **Net Teen Center at Irving Middle School,** 8100 Old Keene Mill Road, Springfield, VA 22512
- **Reston Teen Center,** 12196 Sunset Hills Road, Reston, VA 20190
- **Stone Teen Center at Stone Middle School,** 5500 Sully Park Drive, Centreville, VA 20120
- **Teen Center at Lorton Station Elementary School,** 6298 Lewis Chapel Road, Lorton, VA 22079
- **Zone Teen Center at Poe Middle School,** 7000 Cindy Lane, Annandale, VA 22003
- **National Teen Dating Abuse Helpline** (24 hours) 866-331-9474, TTY 866-331-8453

Transportation

Transportation Services and Resources

- **Commuter Connections** 1-800-745-RIDE www.mwcog.org/commuter2
- **Fairfax County Connector** 703-339-7200, TTY 703-339-1608 www.fairfaxcounty.gov/connector
- **Fairfax County Department of Transportation** 703-877-5600, TTY 711 www.fairfaxcounty.gov/fcdot
- **Fairfax County Department of Vehicle Services** 703-324-3525, TTY 711 www.fairfaxcounty.gov/dvs
- **Fairfax County RideSources** 703-877-5900 www.fairfaxcounty.gov/fcdot/sources
- **Fastran** 703-222-9764, ext. 3, TTY 703-324-7079 www.fairfaxcounty.gov/rec/Fastran
- **FCDOT Bike Program** 703-324-BIKE www.fairfaxcounty.gov/fcdot/bike
- **HOT Lanes Project** www.vamegaprojects.com, www.virginiahotlanes.com
- **Metro Services (WMATA)** 202-637-7000, TTY 202-638-3780 www.wmata.com
- **Virginia Department of Transportation** 1-800-FOR-ROAD, TTY 711 www.virginiadot.org
- **Virginia Railway Express (VRE)** 1-800-RIDE-VRE, TTY 1-800-828-1120 www.vre.org
- **Washington Area Bicyclists Association (WABA)** 202-518-0524 www.waba.org

Take 12 Steps for *Community* Health in 2012

www.fairfaxcounty.gov/parks/rec/Take12

e-mail: Take12@fairfaxcounty.gov.

Check our free workshop schedule online.

Fairfax County Park Authority

RECenters

For accommodations, contact Inclusion and ADA Support at 703-324-8563.
TTY 703-803-3354

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