

FARM HARVEST DAYS ARE BACK AT FRYING PAN FARM PARK



Apple cider, carnivals and family fun—fall has officially arrived! And the Park Authority is thrilled to announce the return of a local favorite at Frying Pan Farm Park. “I am more than excited to welcome back fall festivities on the farm!” said Park Manager Nicole Mitchell. “Join us this year as we work together to bring back Farm Harvest Days!”

Over the third weekend of the month, October 14-16, 2022, this community event will bring family and friends together over delicious food, activities from another era and general fun. This jam-packed weekend will allow you to meet adorable animals, try your hand at shelling corn and apple peeling and enjoy many games and rides as well.

“Of all the fun activities we do on Farm Harvest Days, by far my favorite is when we fire up our cider press!” historic farm educator Sean Redmiles said. This is a popular fixture of the event, indeed, and it’s one that everyone is sure to enjoy. After all, it’s not every day you can toss buckets of apples into such a massive machine and watch in awe as rivers of apple juice pour out of it. So, mark your calendars, and join us on the farm this fall. Farm Harvest Days is sponsored by the Friends of Frying Pan Farm Park and the Fairfax County Park Foundation.



Dive Into Fitness with Fun Water Workouts



Splish and splash your way to a healthy mind and body with aqua fitness! The Park Authority Rec Centers offer a wide range of classes you are sure to enjoy and benefit from, especially if you suffer from frequent joint pain during workouts on land. “Doctors are realizing water exercise is probably the best thing you can do, especially as we start to get older,” George Washington Rec Center instructor and aquatic therapist Kathy La Sauce said.

La Sauce started learning aqua exercise herself after a medical diagnosis late in her impressive career as a United States Air Force Pilot. “I have some balance issues so for me the water is the safest place for me to do anything.”

It’s true—water exercises improve cardiovascular stamina, strength and flexibility. “By using the resistance of the water, people can build strength. By knowing how to do an exercise, you can build strength in your abdominal muscles, and it’s the abdominal muscles that support the spine,” La Sauce explained. “It’s amazing what the water can do to keep your body strong.”



Nervous about plunging into aqua fitness? Check out our free Aqua Flex event on November 5, 2022, to see for yourself what everyone is raving about! Find more information at www.fairfaxcounty.gov/parks/reccenter/swimming.