

Something remarkable happens every autumn as millions of monarch butterflies migrate thousands of miles to Mexico for the winter. Bring the whole family to Hidden Oaks Nature Center as naturalists show butterfly-enthusiasts of all ages how to log information on monarch butterflies and add a unique ¼-inch coded tag to their delicate wings. Naturalist Suzanne Holland notes, "Each time a monarch is released heading to Mexico, the participants cheer with a joyful, 'Adios Amigo/Amiga!'"



Monarch Tagging

Our monarch taggers will learn how data collected over the last 25 years have guided community decisions across North and

Central America about providing needed habitat for this charismatic species.

To find out more about this event, please turn to the Nature section.



HIDDEN
GEM



George Washington Rec Center



The Park Authority's nine Rec Centers offer more than 150 classes to choose from, including exercise classes to accommodate all fitness levels. Although each Rec Center offers unique programs and facilities, George Washington Rec Center may very well be considered a hidden gem -- whose time has come. With the impending closure of neighboring Mount Vernon Rec Center which will undergo a significant renovation and expansion, George Washington will expand services and its hours to accommodate more than its usual crowd next year.

Manager David Wytttenbach proudly states, "GW Rec Center is the little recenter with a lot to offer". You can hear the excitement in his voice as he considers approaching opportunities, "With an assortment of aquatic classes from infants to seniors, several pieces of exercise equipment, tennis courts (with pickleball coming soon!), and the soccer fields tucked back off the road, the park feels like a best kept secret".

From a delightfully unconventional fitness room to a high-end pool, George Washington has options for all ages. Pool aficionados will find the ultimate attraction for swimmers and aqua fitness enthusiasts; a heated indoor pool with a zero-depth beach entry area. Whether you like to swim laps or join a group class, you can exercise in style.

One of the great things about this pool is the range of depths. "People need to be in proper depth to get the best benefit," GW Rec Center instructor and aquatic therapist Kathy La Sauce explained. "People with bad backs need to be in the deeper water so their spines can stretch out."



Learn more about GW at www.fairfaxcounty.gov/parks/reccenter/george-washington.