



Fairfax County Department of Neighborhood and Community Services

STATE OF THE PROGRAM: WINTER 2024

Burke/Springfield Senior Center Without Walls

March 5, 2024 - 10:00 AM

Mott Community Center



Meeting Agenda



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Welcome and Introduction

The Burke/Springfield Center Without Walls (CWOW) program is managed and over seen by Fairfax County's Department of Neighborhood and Community Services (NCS). This is an opportunity to provide you with information on the current session's registration statistics, as well as provide you with any updates that pertain to the Burke/Springfield Center Without Walls program.

Meetings will occur on a quarterly basis, and program data will be provided during each meeting so you have the most up-to-date information on our program. You will have an opportunity at the end to share any feedback, questions, or concerns.

If attending virtually, please make sure that you are muted and hold any questions or feedback until the Public Feedback section of the meeting.



Winter 2024 Statistics Snapshot

The Winter 2024 Session had a total of: **345 Participants**

Altogether, participants enrolled for a total of: **904 Enrollments**

Total participation grew by **5.82%** since last session, and total participation is **23.2%** higher than it was a year ago.*



*Statistics above compared to the Autumn 2023 Session, and Winter 2023 Session, respectively.

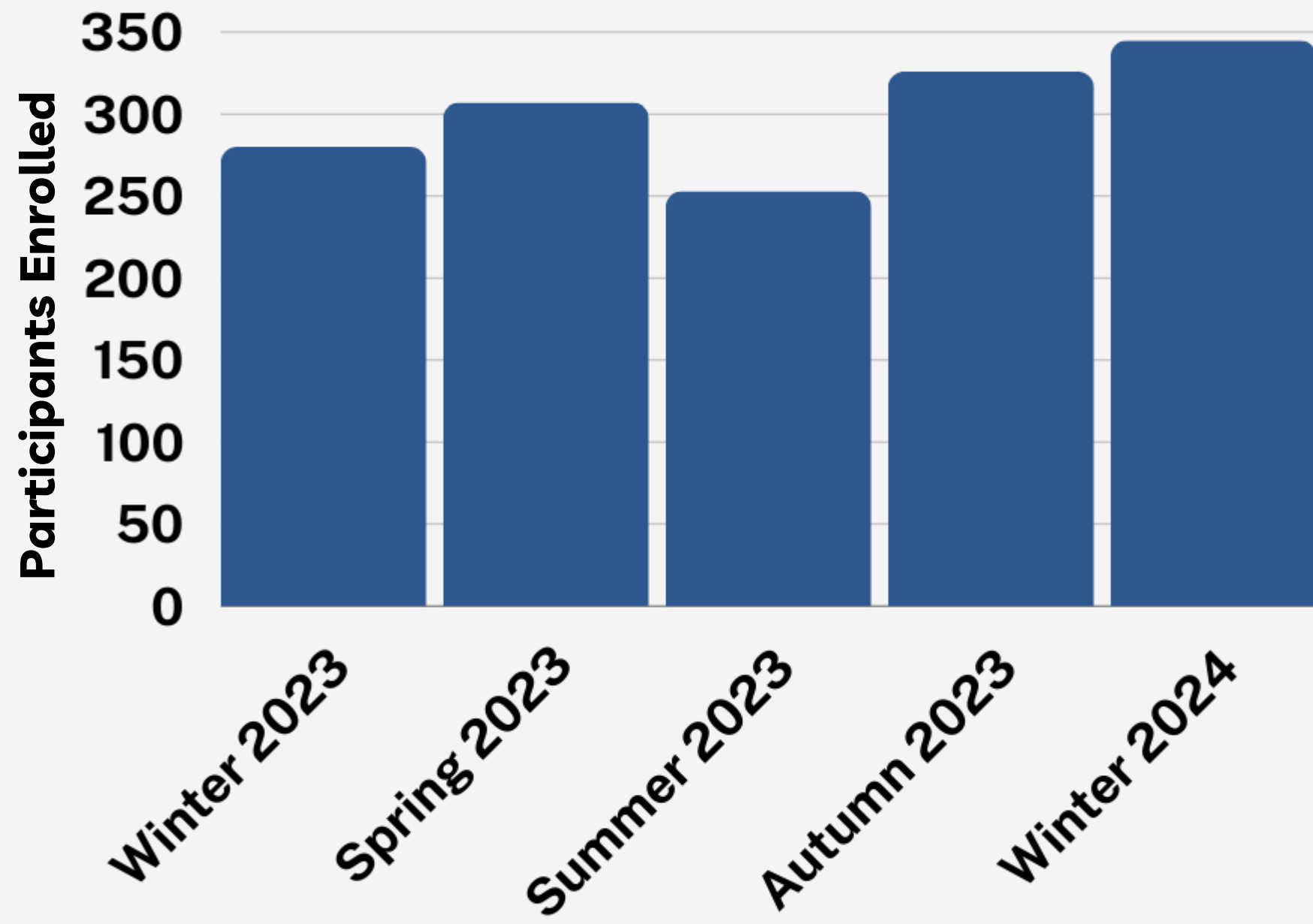
2023-2024 Statistics and Data

This slide showcases some of the detailed statistics we keep to monitor program health and efficacy. The statistics provided highlight our program's registrations and class enrollment for this session and for the past year.

Registration Totals over the Past Year

The chart to the left represents the total amount of participants who registered for each session. Year-over-year, the CWOW program has grown by **65 participants**.

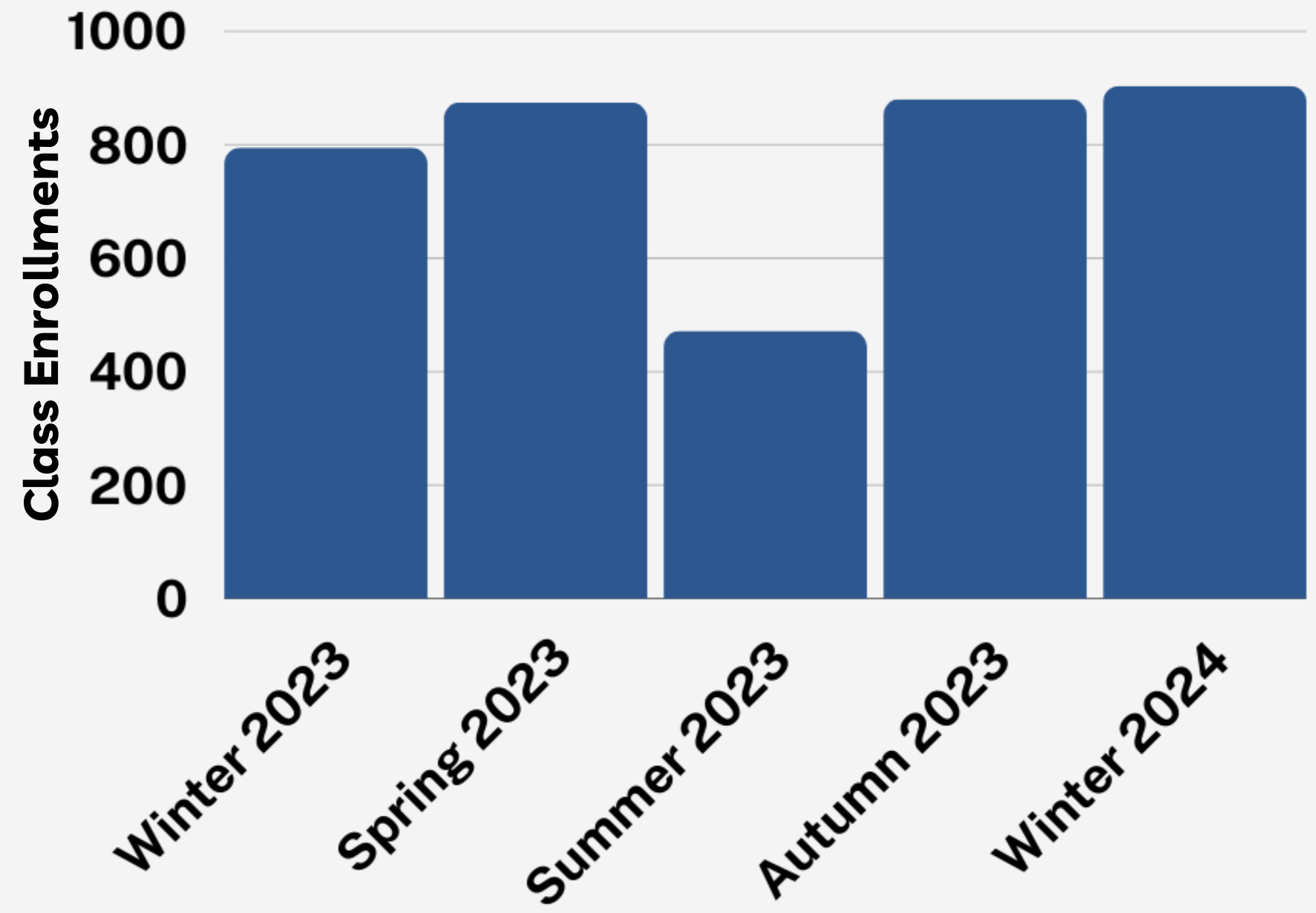
Left: Total Number of Participants Enrolled / Bottom: Class Sessions



Total Class Enrollments over the Past Year

The chart to the left represents the total amount of class enrollments for each session. Year-over-year, the CWOW program has seen participants enroll for **105 more class spots** as a whole.

Left: Total Number of Class Enrollments / Bottom: Class Sessions



Spring 2024 Session Information

The Spring Session will begin on **Saturday, March 30, 2024**, and will end on **Saturday, June 15, 2024**.

Registration Dates:

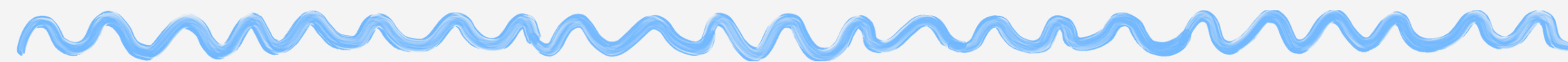
Tuesday, March 19, 2024: Pohick Regional Library (10 a.m. - 1 p.m.)

Wednesday, March 20, 2024: David R. Pinn Community Center (9 a.m. - 12 p.m.)

Thursday, March 21, 2024: Mott Community Center (9 a.m. - 5 p.m.)

Friday, March 22, 2024: Early Dropoff and Mail-in Registration Processing

Registrations will be accepted on a rolling basis at Mott Community Center until **Friday, April 5, 2024**. No late registrations will be accepted.



The Spring Session will include **36** class offerings. New classes for this session include:

ZUMBA Gold w/ Gail

(Wednesdays from 11 a.m. - 12 p.m. at Mott Community Center)

Classes removed due to low attendance include:

Adaptive Chair Fitness w/ Debbie

(Fridays from 2 - 3 p.m. at University Mall Community Room)



Your Feedback is Important to us!

At this time, we are taking any questions or public feedback.

To ask a question at any time, email NCS-CWOW@fairfaxcounty.gov



OLDER ADULT HEALTH AND WELLNESS EXPO

Empowering Wellness and Inspiring Lives:
Explore a Path to a Vibrant You!

Open to all NCS Members!

Come join us to connect with your local community partners focused on supporting your physical, social, and mental wellness!

Free Blood Pressure Checks from NovaScripts
Free Fitness Class Demonstrations
Community Partners and Advocates
Light Refreshments and Snacks

Friday, April 19, 2024 from 11 a.m. - 1 p.m.

Mott Community Center
(12111 Braddock Road, Fairfax, VA 22030)
703-278-8605, TTY 711



THANK YOU!

This concludes the Winter 2024 State of the Program Meeting

The next **State of the Program** meeting will take place on
Tuesday, June 4, 2024 at 10 a.m. at Mott Community
Center (12111 Braddock Road, Fairfax, VA 22030)

Message Us

NCS-CWOW@fairfaxcounty.gov

Call Us

For Information on CWOW: 703-278-8605, TTY 711

For all other NCS Inquiries: 703-324-4600, TTY 711

Visit Our Website for More Information:

<https://www.fairfaxcounty.gov/neighborhood-community-services/senior-centers/centers-without-walls>

