

# Virtual Center for Active Adults

Partnership with ServiceSource Inc. and Fairfax County Neighborhood and Community Services

- Please join in a variety of fun activities such as games, discussion groups, trivia, exercise classes, caregiver focused discussion groups and much more!
- Follow the instructions below to join our zoom classes on the computer, smartphone, tablet or telephone. You may join in as many activities as you would like and share this information with friends!
- For more information about activities and resources please visit the Virtual Center for Active Adults website: <https://bit.ly/NCSvcaa>
- Brought to you in partnership with ServiceSource Inc., Fairfax County Neighborhood and Community Services Senior Centers, Department of Family Services: Area Agency on Aging, Health Department, Community Services Board, Fairfax County Public Library and the Department of Housing and Community Development.

## Fit & FAB Flexible Active Balance ZOOM Platform

### Use your computer, smartphone, or tablet

- Log onto Zoom using internet or app
- Go to: <https://zoom.us/>
- Select join Meeting from the top right
- **Meeting ID: 905 123 5932**
- **Password: 3636**
- Direct link to meeting: [bit.ly/VCAAFitFAB](https://bit.ly/VCAAFitFAB)

### Use your phone

- Dial in by phone: 1-929-205-6099
- You will be asked for:
  - Meeting ID: 905 123 5932#
  - Press “#” to continue
  - Meeting password: 3636#

## Social SPACE Socialize Play Achieve Create Edu-tain ZOOM Platform

### Use your computer, smartphone, or tablet

- Log onto Zoom using internet or app
- Go to: <https://zoom.us/>
- Select join Meeting from the top right
- **Meeting ID: 901 875 2818**
- **Password: 8727**

Direct link to meeting: [bit.ly/VCAASocialSPACE](https://bit.ly/VCAASocialSPACE)

### Use your phone

- Dial in by phone: 1-929-205-6099
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See reverse for event schedule for October 26-30.



# Fit & FAB

Flexible Active Balanced

ZOOM platform [bit.ly/VCAAFitFAB](https://bit.ly/VCAAFitFAB) Meeting ID: 905 123 5932 Password: 3636

**\*\* Please check with your doctor before starting this or any exercise program \*\***

Monday, October 26	Tuesday, October 27	Wednesday, October 28	Thursday, October 29	Friday, October 30
<p><b>9-10 a.m.</b> <b>Intermediate Tai Chi*</b> This is a low impact exercise form that, over time, will lead to a healthier lifestyle while easing joint movement, increasing balance and reducing stress levels.</p> <p><b>1:15-3:30 p.m.</b> <b>Beginner and High Beginner / Improver Line Dancing with Marie-Luce</b></p> <p><b>1:15-2:15 p.m.</b> <b>Beginner Line Dancing*</b></p> <p><b>2:15-3:30 p.m.</b> <b>High Beginner/ Improver Line Dancing*</b></p> <p>Enjoy a fabulous mind-body workout while <b>dancing</b> your way to better health! You'll boost your brain power by improving your memory skills, strengthen your bones without hurting your joints, develop better balance to help prevent falls and release stress so you feel great.</p>	<p><b>9-10 a.m.</b> <b>Beginner Tai Chi*</b> Tai chi is an ancient Chinese martial art that incorporates a series of weight shifting, circular movements, and postural exercises. It is low impact and can be adapted to the student's fitness level.</p> <p><b>10:15-11:15 a.m.</b> <b>Fitness Class*</b> Low impact with moderate intensity exercise to help with overall fitness.</p> <p><b>11:45 a.m. - 12:45 p.m.</b> <b>Gentlemen's Health*</b> Join us for fun, fitness, and educational topics specific to health and wellness.</p> <p><b>1:00 - 1:45 p.m.</b> <b>Chair Yoga*</b> Set up a chair without arms on the carpet or a yoga mat, and wear comfortable clothing. Enjoy a gentle movement yoga practiced while seated, and sometimes standing while holding the chair. Yoga helps to relieve stiffness, reduce stress, and increase flexibility.</p> <p><b>1:45-2:15 p.m.</b> <b>Meditation*</b> Learn and practice in relaxation techniques.</p> <p><b>2:30-3:30 p.m.</b> <b>Dance Fitness*</b> An energetic cardio dance class that fuses a variety of upbeat musical dance rhythms.</p>	<p><b>9-10 a.m.</b> <b>Intermediate Tai Chi*</b> This is a low impact exercise form that, over time, will lead to a healthier lifestyle while easing joint movement, increasing balance, and reducing stress levels.</p> <p><b>10:30-11:30 a.m.</b> <b>SAIL - Stay Active and Independent for Life*</b> A strength, balance and fitness class for adults 65+. Both level 1 and level 2 instruction will be available.</p> <ul style="list-style-type: none"> <li>• <b>Level 1:</b> Seated exercise that is similar to a chair exercise with a steady pace routine.</li> <li>• <b>Level 2:</b> Standing exercise with a higher pace routine.</li> </ul> <p><b>1:15-2:15 p.m.</b> <b>Fully Body Stretching*</b> <i>New Program</i> Stretching promotes flexibility and range-of-motion. Join at <b>1:15pm</b> for adapted seated stretching or <b>1:45pm</b> for standing and on the floor stretching, everyone is welcome to stay for both.</p> <p><b>2:30-3:30 p.m.</b> <b>Chair Exercise*</b> <i>New Program</i> Fully body invigorating low impact workout</p>	<p><b>9-10 a.m.</b> <b>Beginner Tai Chi*</b> Tai chi is an ancient Chinese martial art that incorporates a series of weight shifting, circular movements, and postural exercises. It is low impact and can be adapted to the student's fitness level.</p> <p><b>10:15-11:15 a.m.</b> <b>Fitness Class*</b> Low impact with moderate intensity exercise to help with overall fitness.</p> <p><b>11:45 a.m. - 12:45 p.m.</b> <b>Ladies' Health*</b> <b>Topic: Osteoporosis &amp; Fitness</b> An informational presentation on osteoporosis with fun fitness included!</p> <p><b>1:15 - 2:15 p.m.</b> <b>Reeves Rx-Relax Adapted Yoga*</b> <i>Limited Series</i> Seated yoga class is designed for people with mobility concerns, multiple health conditions and their caregivers. No prior experience or equipment is required. <b>Registration Required</b> Meeting ID: 913 1062 5978; Password: 3636 <a href="https://bit.ly/RXyogaFALL20">bit.ly/RXyogaFALL20</a></p> <p><b>2:30-3:30 p.m.</b> <b>Dance Fitness*</b> An energetic cardio dance class that fuses a variety of upbeat musical dance rhythms.</p>	<p><b>9-10 a.m.</b> <b>Gentle Chair Yoga*</b> Relax and strengthen your mind and body.</p> <p><b>10:30-11:30 a.m.</b> <b>SAIL - Stay Active and Independent for Life*</b> A strength, balance and fitness class for adults 65+. Both level 1 and level 2 instruction will be available.</p> <ul style="list-style-type: none"> <li>• <b>Level 1:</b> Seated exercise that is similar to a chair exercise with a steady pace routine.</li> <li>• <b>Level 2:</b> Standing exercise with a higher pace routine.</li> </ul> <p><b>1:15-2:15 p.m.</b> <b>High Energy Aerobics*</b> Fun and energetic fitness class!</p>

# Social SPACE

Socialize Play Achieve Create Edu-tain

ZOOM platform [bit.ly/VCAASocialSPACE](http://bit.ly/VCAASocialSPACE) Meeting ID: 901 875 2818 Password: 8727

Monday, October 26	Tuesday, October 27	Wednesday, October 28	Thursday, October 29	Friday, October 30
<p><b>9-10 a.m.</b> <i>Limited Series</i> <b>Wake up Mondays</b> Energize your brain with some fun trivia!</p> <p><b>10:30-11:00am</b> <b>Brain Games</b> Awaken your brain in the morning!</p> <p><b>11:00am-12pm</b> <i>Limited Series</i> <b>Oceanography for Cruisers</b> If you own a 2021 Farmers Almanac please bring your copy to class. To receive activity handouts please email <a href="mailto:VAseiorservices@servicesource.org">VAseiorservices@servicesource.org</a></p> <p><b>Noon-1 p.m.</b> <b>Lunch Bunch</b> <i>Special Discussion</i> Topic: Fairfax Chairman's Equity Taskforce Meeting in a Box Your Insight's, Experiences, and Ideas</p> <p><b>1:15-2:15 p.m.</b> <b>Painting and Mixed Media Mondays</b> <i>Featured Artist</i> with McLean Project for the Arts, ArtReach program.</p> <p><b>2:30-3:30 p.m.</b> <b>Cranium Crunches</b> Exercises for your brain!</p>	<p><b>9-10 a.m.</b> <b>Learn Zoom Basic Skills</b> Please join this informational session to learn how to use zoom to participate in our activities. From 9-9:50 a.m. call 703-442-9075 for help getting started.</p> <p><b>10:30-11:30 a.m.</b> <b>Alzheimer's Association Presentations</b> <i>Special Presentation</i> Topic: <b>Healthy Living for Your Brain and Body... tips from the latest research</b> <a href="http://bit.ly/VCAAalz">http://bit.ly/VCAAalz</a> Meeting ID: 975 3663 5240 Passcode: 0920 Dial in number: 312-626-6799</p> <p><b>Noon-1 p.m.</b> <b>Caregiver Lunch Bunch</b> <i>Special Discussion</i> Topic: <b>Equity Taskforce Meeting in a Box Your Insight's, Experiences, and Ideas</b> Click here to register: <a href="http://bit.ly/VCAAClb">http://bit.ly/VCAAClb</a> Meeting ID: 990 0622 3501; Passcode: 9550</p> <p><b>1:15-2:15 p.m.</b> <b>Game Show Hour</b> Jeopardy</p> <p><b>2:30-3:30 p.m.</b> <b>Virtual Chorus</b> Sheila Epstein, director, and accompanist of Little River Glen Chorus invites you to join in a sing-along celebrating various themes. Join our community and sing your heart out on our virtual choir group.</p>	<p><b>10:30-11:30 a.m.</b> <b>Music Trivia</b> Topic: <b>Spooky Songs</b> Join us for music and dancing! You bring the rhythm we bring the trivia! Have your music selections ready!</p> <p><b>Noon-1 p.m.</b> <b>Lunch Bunch</b> <i>Guest Presenter</i> Topic: <b>Flu Shot Discussion</b> Learn more about the importance of taking the flu shot during the pandemic and where they are offered.</p> <p><b>1:15-2:15 p.m.</b> <b>Crossword Puzzles Intermediate and Advanced</b> Test your knowledge and skills! To receive the weekly clues and blank grid email: <a href="mailto:VAseiorservices@servicesource.org">VAseiorservices@servicesource.org</a></p> <p><b>2:30-3:30 p.m.</b> <b>Spanish Class</b> This is a beginner and introduction class to learn and have fun! You might need to have a pen and paper.</p>	<p><b>9-10 a.m.</b> <b>Tech Thursday</b> <i>New Program!</i> This week we will be learning about video and audio streaming services like Netflix or Spotify. You will learn about these high-tech great alternatives to the radio or cable tv!</p> <p><b>10:30-11:30 a.m.</b> <b>Facts and Figures</b> Come join the discussion group to learn about something new.</p> <p><b>Noon-1 p.m.</b> <b>Caregiver Lunch Bunch</b> Topic: <b>Myths and Facts about Advance Care Planning</b> Click here to register: <a href="http://bit.ly/VCAAClb">http://bit.ly/VCAAClb</a> Meeting ID: 990 0622 3501 Passcode: 9550</p> <p><b>1:15-2:15 p.m.</b> <b>Bingo</b> Come play this classic game. To receive a bingo card please email <a href="mailto:VAseiorservices@servicesource.org">VAseiorservices@servicesource.org</a></p> <p><b>2:30-3:30 p.m.</b> <b>Intermediate German Class</b> Expand your German learning through exploring language, culture and participating in conversation.</p>	<p><b>9-10 a.m.</b> <b>Fantastic Fridays</b> <i>Limited Series</i> Experience being a judge or juror as we render the verdict to real-life cases!</p> <p><b>10:30-11:30 a.m.</b> <b>Book Club</b> Join us as we discuss books together. This week's pick is "An Elderly Lady is Up to No Good" by Helene Tursten. Read second short story, An Elderly Lady on Her Travels: pages 41-70.</p> <p><b>Noon-1 p.m.</b> <b>Lunch Bunch</b> <i>Halloween Party!</i> Dress up in your favorite costume! Share and reminisce your Halloween memories.</p> <p><b>1:15-2:15 p.m.</b> <b>English Conversation</b> Beginner level conversation and instruction on English as a Second Language. All backgrounds welcome!</p>
				<p><b>2-3 p.m. **</b> <b>The Center for the Arts at George Mason University Presents: An Afternoon with Third Coast Percussion.</b> <i>Special Event</i> Join this Grammy Award-winning ensemble for an interactive lecture and performance. Registration required by Thursday, October 29th <a href="http://bit.ly/GMU3CP">http://bit.ly/GMU3CP</a> <i>*This activity is not on Social SPACE, please register to receive the link to the activity*</i></p>