

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

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

Use your phone

- Dial in by phone: 1-929-205-6099
- You will be asked for:
 - Meeting ID: 901 875 2818#
 - Press “#” to continue
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See reverse for event schedule for November 16-20.



Fit & FAB

Flexible Active Balanced

ZOOM platform bit.ly/VCAAFitFAB Meeting ID: 905 123 5932 Password: 3636

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

Monday, November 16	Tuesday, November 17	Wednesday, November 18	Thursday, November 19	Friday, November 20
<p>9-10 a.m. Intermediate Tai Chi* 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>1:15-3:30 p.m. Beginner and High Beginner / Improver Line Dancing with Marie-Luce</p> <p>1:15-2:15 p.m. Beginner Line Dancing*</p> <p>2:15-3:30 p.m. High Beginner/ Improver Line Dancing*</p> <p>Enjoy a fabulous mind-body workout while dancing 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>9-10 a.m. Beginner Tai Chi* 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>10:15-11:15 a.m. Fitness Class* Low impact with moderate intensity exercise to help with overall fitness.</p> <p>11:45 a.m. - 12:45 p.m. Gentlemen's Health* Guest Presenter Topic: Men's Breast Cancer by Judith Macon Join us for fun, fitness, and educational topics specific to health and wellness.</p> <p>1:00 - 1:45 p.m. Chair Yoga* 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>1:45-2:15 p.m. Meditation* Learn and practice in relaxation techniques.</p> <p>2:30-3:30 p.m. Dance Fitness* An energetic cardio dance class that fuses a variety of upbeat musical dance rhythms.</p>	<p>9-10 a.m. Intermediate Tai Chi* 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>10:30-11:30 a.m. SAIL - Stay Active and Independent for Life* 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"> Level 1: Seated exercise that is similar to a chair exercise with a steady pace routine. Level 2: Standing exercise with a higher pace routine. <p>1:15-2:15 p.m. Fully Body Stretching* Stretching promotes flexibility and range-of-motion. Join at 1:15pm for adapted seated stretching or 1:45pm for standing and on the floor stretching, everyone is welcome to stay for both.</p> <p>2:30-3:30 p.m. Chair Exercise* Fully body invigorating low impact workout</p>	<p>9-10 a.m. Beginner Tai Chi* 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>10:15-11:15 a.m. Fitness Class* Low impact with moderate intensity exercise to help with overall fitness.</p> <p>11:45 a.m. - 12:45 p.m. Ladies' Health* Topic: Ways to manage Holiday Stress. Join us for fun, fitness, and educational topics specific to health and wellness.</p> <p>1:15 - 2:15 p.m. Reeves Rx-Relax Adapted Yoga* Seated yoga class is designed for people with mobility concerns, multiple health conditions and their caregivers. No prior experience or equipment is required. Registration Required Meeting ID: 913 1062 5978; Password: 3636 bit.ly/RXyogaFALL20</p> <p>2:30-3:30 p.m. Dance Fitness* An energetic cardio dance class that fuses a variety of upbeat musical dance rhythms.</p>	<p>9-10 a.m. Gentle Chair Yoga* Relax and strengthen your mind and body.</p> <p>10:30-11:30 a.m. SAIL - Stay Active and Independent for Life* 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"> Level 1: Seated exercise that is similar to a chair exercise with a steady pace routine. Level 2: Standing exercise with a higher pace routine. <p>1:15-2:15 p.m. High Energy Aerobics* Fun and energetic fitness class!</p>

Social SPACE

Socialize Play Achieve Create Edu-tain

ZOOM platform bit.ly/VCAASocialSPACE Meeting ID: 901 875 2818 Password: 8727

Monday, November 16	Tuesday, November 17	Wednesday, November 18	Thursday, November 19	Friday, November 20
<p>9-10 a.m. Limited Series Wake up Mondays Energize your brain with some fun trivia!</p> <p>10:30-11:30 a.m. Healthy Eating Featured Recipe! Watch a demonstration of Veggie Spring Rolls, fun and easy to cook at home.</p> <p>Noon-1 p.m. Lunch Bunch Topic: Where are you from? With intern Brady A social time with friends, have fun, be positive and enjoy the conversation!</p> <p>1:15-2:15 p.m. Painting and Mixed Media Mondays Featured Artist with McLean Project for the Arts, ArtReach program.</p> <p>2:30-3:30 p.m. Cranium Crunches Exercises for your brain!</p>	<p>9-10 a.m. Learn Zoom Basic Skills 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>10:30-11:30 a.m. Chats with a DFS Social Worker Guest Presenter Do you need...Care at Home? Financial Assistance? Emotional Support? Learn from an Adult and Aging Service Social Worker.</p> <p>Noon-1 p.m. Caregiver Lunch Bunch Special Discussion Topic: Holidays and Caregiving with Giuliana Valencia http://bit.ly/VCAAClb Meeting ID: 990 0622 3501; Passcode: 9550</p> <p>1:15-2:15 p.m. Game Show Hour Jeopardy</p> <p>2:30-3:30 p.m. Virtual Chorus 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>10:30-11:30 a.m. Music Trivia Topic: Getting to Know You Join us for music and dancing! You bring the rhythm we bring the trivia! Have your music selections ready!</p> <p>Noon-1 p.m. Lunch Bunch A social time with friends, have fun, be positive and enjoy the conversation!</p> <p>1:15-2:15 p.m. Crossword Puzzles Intermediate and Advanced Test your knowledge and skills! To receive the weekly clues and blank grid email: VAseniorservices@servicesource.org</p>	<p>9-10 a.m. Tech Thursday Topic: Facebook Safety Come join this week's tech Thursday where we will learn about the safety and security features of Facebook. We will talk about how to avoid scams and misinformation on Facebook.</p> <p>10:30-11:30 a.m. Facts and Figures Health Presenter "Spice up the Holidays" Presented by Katie Strong Come join the discussion group to learn about something new in the kitchen.</p> <p>Noon-1 p.m. Caregiver Lunch Bunch Topic: Caregiving and the Holidays Click here to register: http://bit.ly/VCAAClb Meeting ID: 990 0622 3501 Passcode: 9550</p> <p>1:15-2:15 p.m. Arts for the Aging Featured Artist Nancy Havlik presents Dancing Our Stories, an interactive dance, music, and movement workshop for older adults with all ranges of ability and mobility.</p> <p>2:30-3:30 p.m. Intermediate German Class Expand your German learning through exploring language, culture and participating in conversation.</p>	<p>9-10 a.m. Fantastic Fridays Limited Series Experience being a judge or juror as we render the verdict to real-life cases!</p> <p>10:30-11:30 a.m. Traveling Through Music Expand your music interest by learning and listening to the evolution of music from different countries. This week we will explore music from Great Britain.</p> <p>Noon-1 p.m. Lunch Bunch Guest Presenter Topic: Fire and Rescue Cooking Safety. A social time with friends, have fun, be positive and enjoy the conversation!</p> <p>1:15-2:15 p.m. English Conversation Beginner level conversation and instruction on English as a Second Language. All backgrounds welcome!</p> <p>2:30-3:30 p.m. Creative Corner Explore The Dali Theatre-Museum all from the comfort of your home with a virtual tour.</p> <p>7-7:45 p.m. Friday Evening Concert Series Featured Artist Classical Music with Quarantine Music Busters.</p>