

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
 - Meeting password: 8727#

See reverse for event schedule for October 12-16.



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, October 12	Tuesday, October 13	Wednesday, October 14	Thursday, October 15	Friday, October 16
<p>Virtual Center for Active Adults Closed due to the Columbus Day Holiday</p>	<p>9-10 a.m. Beginner Tai Chi* <i>New Program!</i> 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. <i>New Time!</i> 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* 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* <i>New Time!</i> 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>1:15-3:30 p.m. Beginner and Intermediate Line Dancing with Marie-Luce <i>This week only on Wednesday!</i></p> <p>1:15-2:15 p.m. Beginner Line Dancing*</p> <p>2:15-3:30 p.m. High Beginner/Improver Line Dancing* 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* <i>New Program!</i> 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* <i>New Time!</i> Low impact with moderate intensity exercise to help with overall fitness.</p> <p>11:45 a.m. - 12:45 p.m. Ladies' Health* <i>Guest Presenter</i> NAMI In Our Own Voice Guest speaker from the National Alliance on Mental Illness will share a personal story, hope, information on mental illness and how to get involved with the mental health community.</p> <p>1:15 - 2:15 p.m. Reeves Rx-Relax Adapted Yoga* <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. <u>Registration Required</u> 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 Yoga* Relax and strengthen your mind and body.</p> <p>10:30-11:30 a.m. <i>New Time!</i> SAIL - Stay Active and Independent for Life* A strength, balance and fitness class for adults 65+.</p> <p>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, October 12	Tuesday, October 13	Wednesday, October 14	Thursday, October 15	Friday, October 16
Virtual Center for Active Adults Closed due to the Columbus Day Holiday		<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>9-10 a.m. Healthy Eating and Staying Active As We Age <i>Four Part Limited Series</i> Come each week to learn about this such as whole grains and fiber, reducing added sugar and sodium, eat more fruits and vegetables, cooking for 1 or 2 and more.</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. Book Club <i>New Program!</i> Join us as we discuss books together. This week's pick is "An Elderly Lady is Up to No Good" by Helene Tursten. Read first short story, pages 3-40.</p>
		<p>10:30-11:30 a.m. Understanding and Responding to Dementia Related Behavior <i>Special Presentation</i> Presented by the Alzheimer's Association http://bit.ly/VCAAalz Meeting ID: 975 3663 5240 Passcode: 0920 Dial in number: 312-626-6799</p>	<p>10:30-11:30 a.m. Music Trivia Topic: Favorite Duets Join us for music and dancing! You bring the rhythm we bring the trivia! Have your music selections ready!</p>	<p>10:15-11:45 a.m. Facts and Figures Come join the discussion group to learn about something new.</p>	<p>Noon-1 p.m. Lunch Bunch A social time with friends, have fun, be positive and enjoy the conversation!</p>
		<p>Noon-1 p.m. Caregiver Lunch Bunch <i>Guest Speaker</i> Special Presentation by Insight Memory Care: Normal Aging Changes v. Dementia Click here to register: http://bit.ly/VCAAclb Meeting ID: 990 0622 3501; Passcode: 9550</p>	<p>Noon-1 p.m. Lunch Bunch A social time with friends, have fun, be positive and enjoy the conversation!</p>	<p>Noon-1 p.m. Caregiver Lunch Bunch Topic: Mental Health and You Click here to register: http://bit.ly/VCAAclb Meeting ID: 990 0622 3501 Passcode: 9550</p>	<p>1:15-2:15 p.m. English Conversation <i>New Program!</i> Beginner level conversation and instruction on English as a Second Language. All backgrounds welcome!</p>
		<p>1:15-2:15 p.m. Game Show Hour Wheel of Fortune</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>1:15-2:15 p.m. Bingo Come play this classic game. To receive a bingo card please email VAseniorservices@servicesource.org</p>	<p>1:15-2:15 p.m. Creative Corner <i>History with Kevin!</i> A Taste of Washington D.C. Come discuss and explore the history of Washington D.C. though it's music, food, geography, sports, tragedy and hope, and potential future of D.C.</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>2:30-3:30 p.m. Spanish Class This is a beginner and introduction class to learn and have fun! You might need to have a pen and paper.</p>	<p>2:30-3:30 p.m. Intermediate German Class Expand your German learning through exploring language, culture and participating in conversation.</p>	