

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 October 19-23.



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 19	Tuesday, October 20	Wednesday, October 21	Thursday, October 22	Friday, October 23
<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 Intermediate 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* 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. New Program 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. New Program 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: Breast Cancer Awareness Jeopardy Learn and test your knowledge on breast cancer.</p> <p>1:15 - 2:15 p.m. Reeves Rx-Relax Adapted Yoga* Limited Series 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 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+.</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 19	Tuesday, October 20	Wednesday, October 21	Thursday, October 22	Friday, October 23
<p>9-10 a.m. Wake up Mondays <i>New Program!</i> Energize your brain with some fun trivia!</p> <p>10:30-11:30 a.m. Healthy Eating <i>Featured Recipe!</i> Watch a demonstration of pumpkin bars, something fun and easy to cook at home.</p> <p>Noon-1 p.m. Lunch Bunch Topics: Voting during covid-19 <i>Guest Presenter</i> What You Need to Know to Cast Your Ballot Safely. Join us to Learn about YOUR Options: Absentee voting by mail- Absentee voting using a drop box Early voting in person- Voting on Election Day, November 3rd.</p> <p>1:15-2:15 p.m. Painting and Mixed Media Mondays <i>Featured Artist</i> 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 <i>Guest Presenter</i> 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 Topic: Looking for Resources That Will Help You More Click here to register: http://bit.ly/VCAAclb Meeting ID: 990 0622 3501 Passcode: 9550</p> <p>1:15-2:15 p.m. Game Show Hour Family Feud</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>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>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 Topic: Meet our interns 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: VAseiorservices@servicesource.org</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>9-10 a.m. Tech Thursday <i>New Program!</i> Join this informational session to learn more about apps, technology, and virtual communication beyond Zoom.</p> <p>10:30-11:30 a.m. Breast Cancer Awareness Presentation <i>Guest Presenter</i> Susan G. Komen: Judith Macon. Learn about her survivor story, breast cancer, and how to raise breast cancer awareness.</p> <p>Noon-1 p.m. Caregiver Lunch Bunch Topic: The Love Languages of Caregivers. 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 <i>Featured Artist</i> Are you ready to Shake, Rattle, and Roll! with the irrepressible Arts for the Aging Teaching Artist Wall Matthews? Move to the rhythm as he blends percussion, acoustic guitar, and your favorite songs. Grab a bucket to bang or something to shake and sing along as he performs.</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 <i>New Program!</i> 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 our music interest by learning and listening to the evolution of music from different countries. This week we will explore music from Spain!</p> <p>Noon-1 p.m. Lunch Bunch Topic: Flu Shot Discussion <i>Guest Presenter</i> Learn more about the importance of taking the flu shot during the pandemic and where they are offered.</p> <p>1:15-2:15 p.m. <i>New Program!</i> 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 <i>Special Art Presentation</i> Card Making Class Fall and Thanksgiving cards. We have mailed out supply packets. Home supplies to participate: scissors, glue stick, waxed paper. Like what you see? Our next class will be "Holiday" cards. Sign up for the supply packet by calling 703-464-6200.</p>