

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 Activity 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, Public Libraries, and Department of Housing and Community Development.

- Using your computer, smartphone, or tablet
 - Log onto Zoom using internet or app
 - Go to: <https://zoom.us/>
 - Select join meeting
 - *Meeting ID: 905 123 5932*
 - *Password: 3636*
 - Direct link to the meeting: bit.ly/VAAAZoom
- Using your phone
 - Dial in by phone: 1-929-205-6099
 - You will be asked for:
 - Meeting ID: 9051235932#
 - Press “#” to continue
 - Meeting password: 3636#

Monday, June 22	Tuesday, June 23	Wednesday, June 24	Thursday, June 25	Friday, June 26
<p>9-9:55am 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>10:05-10:45am Brain Games - Come awaken your brain in the morning.</p> <p>10:50-11:50am Healthy cooking – Watch a demonstration of something fun and easy to cook at home.</p> <p>12-1pm Lunch Bunch – A social time with friends, have fun, be positive and enjoy the conversation!</p> <p>1:15-2:15pm Close at hand- Join local artist, Sharon Fishel, from McLean Projects for the Arts ArtReach program, for "Close At Hand" a limited series. Learn how we can ENJOY things that are close at hand in our "new" daily lives through observation, drawing, and painting. Supplies needed: paper and pencil. Highly recommended but optional coloring instrument: paint, crayons, or colored pencils.</p> <p>2:30-3:30pm Cranium Crunches – Exercises for your brain!</p>	<p>9-9:50am Learn zoom - Please join this informational session on how to login or call in to zoom. Due to centers being used as polling places there will be no call-in number today.</p> <p>10-10:55am Chair exercise – (Fitness Class will resume Thursday)</p> <p>11:05-11:50am Game Show Hour – Jeopardy!</p> <p>12-1pm Caregiver Lunch Bunch – Topic: Anatomy of a caregiving Click here to register: bit.ly/registerCLB</p> <p>1:15-2:15pm Meditation - Learn and practice relaxation techniques.</p> <p>2:30-3:30PM Dance Fitness* - An energetic cardio dance class that fuses a variety of upbeat musical dance rhythms including Latin, Soca, top hits, and electric dance music. Come join the Party and have a great workout!</p>	<p>9-9:55am 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>10:05-11:05am SAIL* - Stay Active and Independent for Life. A strength, balance, and fitness class for adults 65+.</p> <p>11:15-11:50am Music Trivia - Join us for music and dancing! You bring the rhythm we bring the trivia! Have your music selections ready!</p> <p>12-1pm Lunch Bunch – A social time with friends, have fun, be positive and enjoy the conversation!</p> <p>1:15-2:15pm Crossword puzzles – Intermediate and Advance - Test your knowledge and skills! To receive the weekly clues and blank grid please email VAseiorservices@servicesource.org</p> <p>2:30-3:30pm 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>9-9:50am Learn zoom – Please join this informational session on how to login or call in to zoom. From 9-9:50am call 703-442-9075 for help getting started.</p> <p>10-10:55am Fitness class* – Low impact exercise to help with overall fitness.</p> <p>11:05-11:50am Facts and Figures – NEW! Special Presentation about Emergency Preparedness by Fairfax County Fire and Rescue Department.</p> <p>12-1pm Caregiver Lunch Bunch – Topic: Caregivers, the hidden backbone of health care Click here to register: bit.ly/registerCLB</p> <p>1:15-2:15pm Ted Talk Discussions - Watch a Ted Talk video and discuss!</p> <p>2:30-3:30pm Dance Fitness* - An energetic cardio dance class that fuses a variety of upbeat musical dance rhythms including Latin, Soca, top hits, and electric dance music. Come join the Party and have a great workout!</p>	<p>9-9:50am Gentle Yoga* - Relax and Strengthen your mind and body.</p> <p>10-11am SAIL* - Stay Active and Independent for Life. A strength, balance, and fitness class for adults 65+.</p> <p>11:10-11:50 You be the judge - Join a lively discussion with your friends!</p> <p>12-1pm Lunch Bunch - A social time with friends, have fun, be positive and enjoy the conversation!</p> <p>1:15-2:15pm High and low Aerobics* – Fun and energetic fitness class!</p> <p>2:30-3:30pm Creative Corner – NEW! Performance from a local girl scout sharing her violin talents!</p>

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