

Virtual Activities 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, Fairfax County Public Library and the Department of Housing and Community Development.

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/VCAAzoom

Use your phone

- Dial in by phone: 1-929-205-6099
- You will be asked for:
 - Meeting ID: 9051235932#
 - Press “#” to continue
 - Meeting password: 3636#

See reverse for event schedule for August 3-7.

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Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Reasonable accommodations will be provided upon request. For information, call 703-322-4475, TTY 711.



Monday, August 3	Tuesday, August 4	Wednesday, August 5	Thursday, August 6	Friday, August 7
<p>9-9:55 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>10:05-10:50 a.m. Healthy Eating Featured Recipe! Loaded Sweet Potato Rounds</p> <p>11:00-11:50 a.m. Oceanography for cruisers Limited Series! To receive activity handouts please email VAseniorservices@servicesource.org</p> <p>Noon-1 p.m. Lunch Bunch Pet Addition! Featured Pets! We want to see your pets enjoying their favorite lunches (note to beagle owners: we are not responsible for lost fingers!) Join us with your animal babies so they can see and be seen eating yummy treats.</p> <p>1:15-2:15 p.m. Close at Hand Guest Artist! Join local artist, Sharon Fishel, from McLean Projects for the Arts. Learn how we can ENJOY things that are close at hand in our "new" daily lives through drawing, mixed media and painting. Suggested supplies: paper, pencil, coloring instrument, glue, scissors</p> <p>2:30-3:30 p.m. Cranium Crunches Exercises for your brain!</p>	<p>9-9:50 a.m. Learn Zoom Please join this informational session on how to log in or call in to Zoom. From 9-9:50 a.m. call 703-442-9075 for help getting started. For this information in Spanish call 703-865-0520.</p> <p>10-10:55 a.m. Fitness Class* Low impact exercise to help with overall fitness.</p> <p>11:05-11:50 a.m. Game Show Hour Jeopardy!</p> <p>Noon-1 p.m. Caregiver Lunch Bunch Click here to register: bit.ly/registerCLB</p> <p>1:15-2:15 p.m. Meditation Learn and practice 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 including Latin, Soca, top hits and electric dance music. Come join the party and have a great workout!</p>	<p>9-9:55 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>10:05-11:05 a.m. SAIL - Stay Active and Independent for Life* A strength, balance and fitness class for adults 65+.</p> <p>11:15-11:50 a.m. Music Trivia 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 please email: VAseniorservices@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>9-9:50 a.m. Learn Zoom Please join this informational session on how to log in or call in to Zoom. From 9-9:50 a.m. call 703-442-9075 for help getting started.</p> <p>10-10:55 a.m. Fitness Class* Low impact exercise to help with overall fitness.</p> <p>11:05-11:50 a.m. Scam Alert Special Presentation Learn how to protect yourself from COVID-19 scams and other investment scams.</p> <p>Noon-1 p.m. Caregiver Lunch Bunch Topic: Caregiving from a Distance. Click here to register: bit.ly/registerCLB</p> <p>1:15-2:15 p.m. Ted Talk Discussion Featured Discussion! How to live passionately—no matter your age.</p> <p>1:15-2:15 p.m. Bingo Special Game! Come play this classic game. To receive a bingo card please email VAseniorservices@servicesource.org</p> <p>2:30-3:30 p.m. 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>9-9:50 a.m. Gentle Yoga* Relax and strengthen your mind and body.</p> <p>10-11 a.m. SAIL - Stay Active and Independent for Life* A strength, balance and fitness class for adults 65+.</p> <p>11:10-11:50 a.m. Scam Jam Special Presentation The Silver Shield Anti-Scam Campaign helps older adults avoid being scammed by sharing critical information about current scams. This presentation will discuss the Top Ten Scams of 2019 and in addition there will be the latest information on current scams related to the Coronavirus pandemic.</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. High and Low Aerobics* Fun and energetic fitness class!</p> <p>2:30-3:30 p.m. Creative Corner Special Musical Performance! Violin Performance by local Girl Scout Sriya.</p>

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