

Virtual Center for Active Adults

Virtual programming is presented by these partners:



- Please join in a variety of fun activities such as fitness classes, special presentations, interactive games and much more!
- Follow the instructions below to participate in our classes hosted virtually using Zoom. You can join us using your 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/novaVCAA>
- Brought to you by these partners: Arlington County, Fairfax County, Prince William County, and ServiceSource.

Use your computer, smartphone, or tablet

Log on to 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: bit.ly/VCAAzoom2

Using your Phone

Dial in by phone: 1-301-715-8592

You will be asked for the following:

Meeting ID: 905 123 5932#

Press # to continue:

Password: 3636#

See reverse for event schedule for March-May 2024.

Please Note: Due to health and safety concerns and to avoid unnecessary disruptions, classes will close 10 minutes after their start time and new participants will not be admitted.

Programs and lectures offered on the VCAA are intended to educate our participants and enrich their lives. We are not promoting any particular service, opinion or cause. The views expressed by a presenter are their own and are not necessarily endorsed by the VCAA or its partner jurisdictions.



A Fairfax County, VA, publication. 5/2022

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.



March 2024 Virtual Center for Active Adults

Zoom Platform bit.ly/VCAAzoom2 Meeting ID: 905 123 5932 Password: 3636

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				9:15-10 a.m. Chair Yoga* 10:30-11:30 a.m. Zumba Gold* 11:45 a.m. -12:45 p.m. Computer Skills
4	5	6	7	8
10:15-11:15 a.m. T.H.A.Y. Yoga* 2-3 p.m. Mixed Media Arts	9-10 a.m. Tech Tuesday: Learn Zoom Basic Skills/Open Forum 10:15-11:15 a.m. S.A.I.L. Class*	9-10 a.m. Intermediate Tai Chi w/ Quinta* 10:15-11:15 a.m. Fitness Class w/ Patty* 1-2 p.m. Trivia Time	8:30-9:30 a.m. Artists, 5 Works 1-2 p.m. Bilingual Trivia in Spanish & English	9:15-10 a.m. Chair Yoga* 10:30-11:30 a.m. Zumba Gold* 11:45 a.m. -12:45 p.m. Computer Skills
11	12	13	14	15
9-10 a.m. Computer Class in Mandarin 10:15-11:15 a.m. T.H.A.Y. Yoga* 2-3 p.m. Mixed Media Arts	9-10 a.m. Full Body Stretching-Level 1* 10:15-11:15 a.m. Silver Shield Presents Current Popular Scams 1-2 p.m. Arts for the Aging: coOPERATION w/ Peter Joshua Burroughs and Carlos César Rodríguez	9-10 a.m. Intermediate Tai Chi w/ Quinta* 10:15-11:15 a.m. Fitness Class w/ Patty* 1-2 p.m. Music Lovers Unite: Broadway Tunes	8:30-9:30 a.m. Artists, 5 Works 11:30 a.m.-12:30 p.m. Irish in America 1-2 p.m. Introduction to Basic Spanish	9:15-10 a.m. Chair Yoga* 10:30-11:30 a.m. Zumba Gold* 11:45 a.m. -12:45 p.m. Computer Skills
18	19	20	21	22
10:15-11:15 a.m. T.H.A.Y. Yoga* 2-3 p.m. Mixed Media Arts	10:15-11:15 a.m. S.A.I.L. Class*	9-10 a.m. Intermediate Tai Chi w/ Quinta* 10:15-11:15 a.m. Fitness Class w/ Patty* 1-2 p.m. Virtual Traveler: US Virgin Islands	10-11:30 a.m. Paint & Sip 3-4 p.m. History of Women in the Senate	9:15-10 a.m. Chair Yoga* 10:30-11:30 a.m. Zumba Gold* 11:45 a.m. -12:45 p.m. Computer Skills
25	26	27	28	29
9-10 a.m. Computer Class in Mandarin 10:15-11:15 a.m. T.H.A.Y. Yoga* 2-3 p.m. Mixed Media Arts	9-10 a.m. Full Body Stretching-Level 2* 10:15-11:15 a.m. S.A.I.L. Class*	9-10 a.m. Intermediate Tai Chi w/ Quinta* 10:15-11:15 a.m. Fitness Class w/ Patty* 1-2 p.m. Music Lovers Unite: Songs w/a Color in the Title	10-11:30 a.m. Uber & Lyft 1-2 p.m. Introduction to Basic Spanish 3-4 p.m. Tech Talk: What is Chat GPT & AI?	9:15-10 a.m. Chair Yoga* 10:30-11:30 a.m. Zumba Gold* 11:45 a.m. -12:45 p.m. Computer Skills

April 2024 Virtual Center for Active Adults

Zoom Platform bit.ly/VCAAzoom2 Meeting ID: 905 123 5932 Password: 3636

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>10:15-11:15 a.m. T.H.A.Y. Yoga*</p> <p>2-3 p.m. Mixed Media Art</p>	<p>2</p> <p>9-10 a.m. Tech Tuesday: Learn Basic Skills/Open Forum</p> <p>10:15-11:15 a.m. S.A.I.L. Class*</p>	<p>3</p> <p>9-10 a.m. Intermediate Tai Chi w/ Quinta*</p> <p>10:15-11:15 a.m. Fitness Class w/ Patty*</p> <p>1-2 p.m. Trivia Time</p>	<p>4</p> <p>8:30-9:30 a.m. Artists, 5 Works</p> <p>11-12:30 p.m. Trivia</p> <p>1:30-2:30 p.m. At Home with Virginia Presidents</p>	<p>5</p> <p>9:15-10 a.m. Chair Yoga*</p> <p>10:30-11:30 a.m. Zumba Gold*</p> <p>11:45 a.m. -12:45 p.m. Computer Skills</p>
<p>8</p> <p>9-10 a.m. Computer class in Mandarin</p> <p>10:15-11:15 a.m. T.H.A.Y. Yoga*</p> <p>2-3 p.m. Mixed Media Art</p>	<p>9</p> <p>9-10 a.m. Full Body Stretching-Level 1*</p> <p>10:15-11:15 a.m. Virginia Cooperative Extension Presents: Celebrate Spring in the Kitchen</p>	<p>10</p> <p>9-10 a.m. Intermediate Tai Chi w/ Quinta*</p> <p>10:15-11:15 a.m. Fitness Class w/ Patty*</p> <p>1-2 p.m. Music Lovers Unite: Barbara Streisand</p>	<p>11</p> <p>8:30-9:30 a.m. Artist Cookbook</p> <p>11:30 a.m.-12:30 p.m. Disappearing Glaciers</p> <p>1-2 p.m. Introduction to Basic Spanish</p>	<p>12</p> <p>9:15-10 a.m. Chair Yoga*</p> <p>10:30-11:30 a.m. Zumba Gold*</p> <p>11:45 a.m. -12:45 p.m. Computer Skills</p>
<p>15</p> <p>10:15-11:15 a.m. T.H.A.Y. Yoga*</p> <p>2-3 p.m. Mixed Media Art</p>	<p>16</p> <p>10:15-11:15 a.m. Consumer Affairs Presents: Consumer Affairs 101</p>	<p>17</p> <p>9-10 a.m. Intermediate Tai Chi w/ Quinta*</p> <p>10:15-11:15 a.m. Fitness Class w/ Patty*</p> <p>1-2 p.m. Virtual Traveler: Puerto Rico</p>	<p>18</p> <p>8:30-9:30 a.m. Artists, 5 Works</p> <p>10-11:30 a.m. Paint & Sip</p> <p>3-4 p.m. Tech Talk: What is ChatGPT & AI?</p>	<p>19</p> <p>9:15-10 a.m. Chair Yoga*</p> <p>10:30-11:30 a.m. Zumba Gold*</p> <p>11:45 a.m. -12:45 p.m. Computer Skills</p>
<p>22</p> <p>9-10 a.m. Computer class in Mandarin</p> <p>10:15-11:15 a.m. T.H.A.Y. Yoga*</p> <p>2-3 p.m. Mixed Media Art</p>	<p>23</p> <p>9-10 a.m. Full Body Stretching-Level 2*</p> <p>10:15-11:15 a.m. Arts For the Aging: Yoga Dancing with Kathy Hankins</p>	<p>24</p> <p>9-10 a.m. Intermediate Tai Chi w/ Quinta*</p> <p>10:15-11:15 a.m. Fitness Class w/ Patty*</p> <p>1-2 p.m. Music Lovers Unite: Songs About Rain</p>	<p>25</p> <p>10-11:30 a.m. What is the Cloud?</p> <p>1-2 p.m. Introduction to Basic Spanish</p>	<p>26</p> <p>9:15-10 a.m. Chair Yoga*</p> <p>10:30-11:30 a.m. Zumba Gold*</p> <p>11:45 a.m. -12:45 p.m. Computer Skills</p>
<p>29</p> <p>10:15-11:15 a.m. T.H.A.Y. Yoga*</p> <p>2-3 p.m. Mixed Media Art</p>	<p>30</p> <p>10:15-11:15 a.m. S.A.I.L. Class*</p>			

May 2024 Virtual Center for Active Adults

Zoom Platform bit.ly/VCAAzoom2 Meeting ID: 905 123 5932 Password: 3636

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Monday	Tuesday	Wednesday	Thursday	Friday
		1 9-10 a.m. Intermediate Tai Chi w/ Quinta* 10:15-11:15 a.m. Fitness Class w/ Patty* 1-2 p.m. Trivia Time	2 11 a.m.-12:30 p.m. Trivia 1-2 p.m. Introduction to Basic Spanish 3-4 p.m. Visiting Mauthausen & Auschwitz	3 9:15-10 a.m. Chair Yoga* 10:30-11:30 a.m. Zumba Gold* 11:45 a.m. -12:45 p.m. Computer Skills
6 9-10 a.m. Computer Class in Mandarin 10:15-11:15 a.m. T.H.A.Y. Yoga* 2-3 p.m. Mixed Media Art	7 9-10 a.m. Tech Tuesday: Learn Basic Skills/Open Forum 10:15-11:15 a.m. S.A.I.L. Class*	8 9-10 a.m. Intermediate Tai Chi w/ Quinta* 10:15-11:15 a.m. Fitness Class w/ Patty* 1-2 p.m. Music Lovers Unite: Billy Joel music	9 11 a.m.-12 p.m. Services for the Blind and Vision Impaired	10 9:15-10 a.m. Chair Yoga* 10:30-11:30 a.m. Zumba Gold* 11:45 a.m. -12:45 p.m. Computer Skills
13 10:15-11:15 a.m. T.H.A.Y. Yoga* 2-3 p.m. Mixed Media Art	14 9-10 a.m. Full Body Stretching- Level 1* 10:15-11:15 a.m. S.A.I.L. Class*	15 9-10 a.m. Intermediate Tai Chi w/ Quinta* 10:15-11:15 a.m. Fitness Class w/ Patty* 1-2 p.m. Virtual Traveler: Galapagos Islands	16 10-11:30 a.m. Paint & Sip 1-2 p.m. Bilingual Trivia in Spanish & English	17 9:15-10 a.m. Chair Yoga* 10:30-11:30 a.m. Zumba Gold* 11:45 a.m. -12:45 p.m. Computer Skills
20 9-10 a.m. Computer Class in Mandarin 10:15-11:15 a.m. T.H.A.Y. Yoga* 2-3 p.m. Mixed Media Art	21 10:15-11:15 a.m. Department of Cable and Consumer Services Presents: Your Rights as a Cable TV Subscriber	22 9-10 a.m. Intermediate Tai Chi w/ Quinta* 10:15-11:15 a.m. Fitness Class w/ Patty* 1-2 p.m. Music Lovers Unite: Famous Stevies	23 10-11:30 a.m. Smartphone Photography 1-2 p.m. Introduction to Basic Spanish	24 9:15-10 a.m. Chair Yoga* 10:30-11:30 a.m. Zumba Gold* 11:45 a.m. -12:45 p.m. Computer Skills
27 VCAA CLOSED Please enjoy prerecorded activities: http://www.bit.ly/ VCAAvideos	28 9-10 a.m. Full Body Stretching- Level 2* 10:15-11:15 a.m. S.A.I.L. Class*	29 9-10 a.m. Intermediate Tai Chi w/ Quinta* 10:15-11:15 a.m. Fitness Class w/ Patty* 1-2 p.m. Arts for the Aging Presents: Dancing our Stories with Nancy Havlik	30 1:30-2:30 p.m. Native American Soldiers' Path to Citizenship	31 9:15-10 a.m. Chair Yoga* 10:30-11:30 a.m. Zumba Gold* 11:45 a.m. -12:45 p.m. Computer Skills

March - May 2024 Virtual Center for Active Adults Descriptions

Artist Cookbook (4/11)

Arlington County's Community Arts Programmer Jennifer Droblyen will introduce participants to "recipes" for art materials that can be made from household items. Techniques and tricks on how to use the materials will also be explored. No supplies are needed: just watch as the presenter demonstrates these fun techniques.

Artists, 5 Works (3/7, 3/14, 4/4, 4/18)

Join Community Arts Programmer Jennifer Droblyen for sessions that will highlight numerology, symbolism, an emotion, or a philosophy that is a proven common thread among five works of art and the five artists that created them. Special focus on local art currently on view.

Arts For The Aging

(3/12) coOPERation with Peter Joshua Burroughs and Carlos César Rodríguez

Arts for the Aging Teaching Artists Peter Burroughs and Carlos César Rodríguez with RÓMEZ3arts present the enduring favorite coOPERation. Become part of the production! Grab a hat, scarf, or other props and costumes to interact with others. World-class tenor Peter Burroughs performs excerpts from famous operas and popular contemporary music. Live piano music by maestro Carlos César Rodríguez enriches the improvisational aspects of the workshop. Sing, act, and move along!

(4/23) Yoga Dancing with Kathy Hankins

Discover the connection between yoga and dance with Arts for the Aging Teaching Artist Kathy Hankins. Combine the two to create a powerhouse for happily aging with grace and independence. Kathy encourages participants to move, stretch, shake, and love their bodies in this lively workshop suitable for participants of all ability and mobilities from experienced yogis to beginners.

(5/29) Dancing Our Stories with Nancy Havlik

Arts for the Aging teaching artist and choreographer Nancy Havlik presents Dancing Our Stories, an interactive dance, music, and movement for older adults with all ranges of ability and mobility. This workshop is adaptable to seated or standing movements depending on the needs of the participants. Nancy will introduce elements of choreography that she will explore collaboratively with participants. This activity will culminate in a final group dance performed with music. Participants will be encouraged to find their own dance moves and share and celebrate their dances with each other in a fun, light hearted session.

At Home with Virginia Presidents (4/4)

Virtually visit the homes and historic sites that shaped the lives of the eight Virginia Presidents. Heather Cole, author of Virginia Presidents: A History and Guide, will explore the presidents' lives, give you a peek inside their homes and inspire ideas for your next history road trip.

Bilingual Trivia in Spanish and English (3/7, 5/16)

Join us for some Spanish trivia! Whether you're already knowledgeable about Spanish-speaking countries or are curious to find out more, trivia is a great way to learn and have fun! At least a basic knowledge of the Spanish language is needed, beginners are welcome.

Chair Yoga*

Enjoy Prince William County's relaxing morning exercise, chair yoga is a great way to work your core, (Cont.) explore the different range of motion of the joints, and prioritize movement.

Computer Skills

Learn different computer basics throughout the quarter.

Computer Class in Mandarin

(demo through iPad)

Consumer Affairs Presents: Consumer Affairs 101 (4/16)

Learn all about the services provided by Fairfax County Consumer Affairs and the educational information available to the public.

Department of Cable and Consumer Services Presents: Your Rights as a Cable TV Subscriber (5/21)

Cable TV consumers are sometimes unaware of the federal and local customer service standards that cable tv operators are required to live up to, including those related to untimely telephone responses, missed service appointments, outages, poor picture or sound quality, billing issues, and service availability in general. This presentation by the county's communications policy and regulation division will explain these standards and who oversees them, so you can know when and how to get assistance.

Disappearing Glaciers (4/11)

Glacier National Park is warming at nearly two times the global average. A park ranger will examine the effects of climate change on shrinking glaciers, wildlife, plants, and people at Glacier National Park.

Fitness Class w/Patty*

Moderate impact with moderate intensity exercise to help with overall fitness.

Full Body Stretching*

Join instructors Lisa and Taylan for Full-Body Stretching to work on flexibility and range of motion. Choose the level that suits your fitness needs. Level 1 w/Taylan will be a mixture of standing, seated, and groundwork. Level 2 w/Lisa will mostly be seated with options for standing.

March - May 2024 Virtual Center for Active Adults Descriptions Cont'd

History of Women in the Senate (3/21)

In honor of Women's History Month, Kate Scott, associate of the U.S. Senate Historical Office, will pay tribute to the trailblazing women of the U.S. Senate.

Intermediate Tai Chi w/Quinta*

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.

Introduction to Basic Spanish

(3/14, 3/28, 4/11, 4/25, 5/9, 5/23)

If you've always wished you could speak Spanish, now is your chance to learn the basics! Arlington County's 55+ Center Director and fluent Spanish speaker Ashley Gomez Figueredo will introduce you to some basic Spanish vocabulary, grammar and conversational phrases to get you started. No previous experience necessary. This is a six part series of classes that build on each other, but feel free to come to as many or as few as you like.

Irish in America (3/14)

Wear your green and celebrate St. Patrick's Day with us! Bill Halpin, president of the Irish Cultural Society of Virginia will discuss the history of the Irish in America.

Music Lover's Unite

Join us for music and dancing! Have your music selections ready!

3/13: Broadway Tunes

3/27: Songs with a Color in the Title

4/10: Barbara Streisand

4/24: Songs about Rain

5/8: Billy Joel

5/22: Famous Stevies

Native American Soldiers Path to Citizenship (5/30)

Despite discrimination at home, nearly 12,000 Native Americans served with distinction in the Armed Forces during World War I. A museum educator of the U.S. Army will discuss how these soldiers bravery and patriotism paved the way for citizenship and voting rights for all native people in the U.S.

Nutrition Tips & Benefits by Virginia Cooperative Extension (4/9)

Join Katie Strong, Virginia Cooperative Extension Agent and Registered Dietician, for a discussion about seasonal foods, for early spring, along with easy delicious recipes for greens, herbs, and delicate spring flavors!

Paint and Sip (3/21, 4/18, 5/16)

Paint along with Community Arts Programmer Jim Halloran as we create artworks on display at area museums. Enjoy

your favorite beverage from the comfort of home during the lesson.

S.A.I.L. - Stay Active and Independent for Life*

A strength, balance and fitness class for adults 65+. Level 1: Seated exercise that is similar to a chair exercise with a steady pace routine. Level 2: Standing exercise with a higher pace routines.

Services for the Blind and Vision Impaired (5/9)

Join Alexander Castillo from the Virginia Department for the Blind and Vision Impaired (DBVI) to learn about low vision and blindness, the services provided by DBVI, and other tips to help with vision loss.

Silver Shield Presents: Current Popular Scams (3/12)

In this presentation, Melissa Smarr will provide an overview of current popular scams that target loved ones of older adults. Everyday there are victims who are being financially and emotionally exploited by scammers. Learn how to protect, identify, and report these crimes to better protect yourself and your loved ones.

Smartphone Photography (5/23)

Do you have a smartphone, tablet or other mobile device but struggle with the camera feature? Do you want to learn more about apps for photography and editing? Join Nicki Englund, photography enthusiast, to learn how to maximize the use of your camera.

Tech Talk: What is ChatGPT & AI? (3/28, 4/18)

Join David Herlihy and Holly Hartell from Arlington County's Department of Technology Services for a discussion on ChatGPT and Artificial Intelligence (AI). They will give a 45 minute presentation on the purposes of AI and how to use it followed by a Q&A.

Tech Tuesday

Want to expand your knowledge and learn how to become cyber savvy? Join us as we discuss all things tech related. Bring any questions you have about devices, apps, technology, and virtual communication in ZOOM and beyond.

Three and a Half Acres (T.H.A.Y) Yoga*

This mat-based yoga class is designed specifically for older adults or anyone interested in a gentle yoga session. Yoga poses can easily be modified to fit your comfort level and physical ability. All levels are welcome. Please check with your doctor before starting this or any exercise program.

Trivia (4/4, 5/2)

Calling all trivia buffs! Join us for a fun-filled trivia challenge with your 55+ friends!

March - May 2024 Virtual Center for Active Adults Descriptions Cont'd

Trivia Time (3/6, 4/3, 5/1)

Join Service Source staff and play trivia games, have a little fun, and maybe learn something new!

Uber & Lyft (3/28)

Getting in a car with strangers used to seem so taboo, but it has become the standard for getting from A to B. Tech Guru Nick Englund will present an overview of several ride sharing apps including the popular Uber and Lyft and share tips and tricks.

Virtual Traveler

Travel virtually around the world, sharing experiences and memories with peers!

(3/20) US Virgin Islands

(4/17) Puerto Rico

(5/15) Galapagos Islands

Visiting Mauthausen and Auschwitz (5/2)


To commemorate Holocaust Remembrance Day, volunteer Carole Lieber and 55+ Travel assistant Sheila Budoff will share memories and photos of their recent visits to the Mauthausen and Auschwitz-Birkenau concentration camps.

What is the Cloud? (4/25)

Do you know what the cloud is and where files go when saved there? Is it secure and is it costing you? Nick Englund, technology guru, will answer questions about OneDrive, iCloud, Dropbox, Google Drive, and other common cloud-based storage for your computer and wireless devices.

Zumba Gold*

Enjoy a lower-intensity version of Zumba class that is designed to meet the needs of active adults. Bring your water and your dancing shoes!

 Reoccurring Program