

# 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](https://bit.ly/VCAAFitFAB)

#### Use your phone

- Dial in by phone: 1-301-751-8592
- 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](https://bit.ly/VCAASocialSPACE)

#### Use your phone

- Dial in by phone: 1-301-751-8592
- You will be asked for:
  - Meeting ID: 901 875 2818#
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**See reverse for event schedule for April 19-23.**

**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.

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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.



# Fit & FAB

**Flexible Active Balanced**

**ZOOM platform [bit.ly/VCAAFitFAB](https://bit.ly/VCAAFitFAB) Meeting ID: 905 123 5932 Password: 3636**

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

Monday, April 19	Tuesday, April 20	Wednesday, April 21	Thursday, April 22	Friday, April 23
<p><b>9-10 a.m.</b> <b>Intermediate Tai Chi*</b> 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><b>1:15-3:30 p.m.</b> <b>Beginner and High Beginner / Improver Line Dancing</b></p> <p><b>1:15-2:15 p.m.</b> <b>Beginner Line Dancing*</b></p> <p><b>2:15-3:30 p.m.</b> <b>High Beginner/ Improver Line Dancing*</b></p> <p>Enjoy a fabulous mind-body workout while <b>dancing</b> 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><b>9-10 a.m.</b> <b>Beginner Tai Chi*</b> 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><b>10:15-11:15 a.m.</b> <b>Fitness Class*</b> Low impact with moderate intensity exercise to help with overall fitness.</p> <p><b>11:30 a.m.-12:30p.m.</b> <b>Zumba Gold *</b> Enjoy a lower-intensity version of Zumba class that is designed to meet the needs of active adults.</p> <p><b>1-2 p.m.</b> <b>Chair Yoga*</b> Enjoy a gentle movement yoga practice while seated, and sometimes standing while holding the chair. Yoga helps to relieve stiffness, reduce stress, and increase flexibility.</p> <p><b>2-2:15 p.m.</b> <b>Meditation*</b> Learn and practice in relaxation techniques.</p> <p><b>2:30-3:30 p.m.</b> <b>New Instructor!</b> <b>Dance Fitness*</b> <b>with Sarah</b> An energetic cardio dance class that fuses a variety of upbeat musical dance rhythms.</p>	<p><b>9-10 a.m.</b> <b>Intermediate Tai Chi*</b> 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><b>10:30-11:30 a.m.</b> <b>SAIL - Stay Active and Independent for Life*</b> 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"> <li><b>Level 1:</b> Seated exercise that is similar to a chair exercise with a steady pace routine.</li> <li><b>Level 2:</b> Standing exercise with a higher pace routine.</li> </ul> <p><b>1:15-2:15 p.m.</b> <b>Full Body Stretching*</b> Stretching promotes flexibility and range-of-motion. Join at <b>1:15 p.m.</b> for adapted seated stretching or <b>1:45 p.m.</b> for standing and on the floor stretching, everyone is welcome to stay for both.</p> <p><b>2:30-3:30 p.m.</b> <b>Chair Exercise*</b> Full body invigorating low impact workout.</p>	<p><b>9-10 a.m.</b> <b>Beginner Tai Chi*</b> 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><b>10:15-11:15 a.m.</b> <b>Fitness Class*</b> Low impact with moderate intensity exercise to help with overall fitness.</p> <p><b>11:45 a.m.-12:45 p.m.</b> <b>Gentleman's Health*</b> Join us for fun, fitness, and educational topics specific to health and wellness.</p> <p><b>1:15-2:15 p.m.</b> <b>Reeves Rx-Relax Adapted Yoga*</b> Seated yoga class is designed for people with mobility concerns, multiple health conditions and their caregivers. No prior experience or equipment is required.</p> <p><b>2:30-3:30 p.m.</b> <b>Zumba Gold*</b> Enjoy a lower-intensity version of Zumba class that is designed to meet the needs of active adults.</p>	<p><b>9-10 a.m.</b> <b>Gentle Chair Yoga*</b> Relax and strengthen your mind and body.</p> <p><b>10:30-11:30 a.m.</b> <b>SAIL - Stay Active and Independent for Life*</b> 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"> <li><b>Level 1:</b> Seated exercise that is similar to a chair exercise with a steady pace routine.</li> <li><b>Level 2:</b> Standing exercise with a higher pace routine.</li> </ul> <p><b>1:15-2:15 p.m.</b> <b>High Energy Aerobics*</b> Fun and energetic fitness class!</p>

# Social SPACE

Socialize Play Achieve Create Edu-tain

ZOOM platform [bit.ly/VCAASocialSPACE](https://bit.ly/VCAASocialSPACE) Meeting ID: 901 875 2818 Password: 8727

Monday, April 19	Tuesday, April 20	Wednesday, April 21	Thursday, April 22	Friday, April 23
<p><b>9-10 a.m.</b> <b>Wake Up to Wellness</b> Set your alarms for Monday at 9 a.m.! Join our social work interns to address the different dimensions of wellness through: -Interactive activities -Presentations -The latest news and information</p> <p><b>10:30-11:30 a.m.</b> ★ <b>Healthy Eating</b> <i>Featured Recipe!</i> Watch a demonstration of <b>Egg Roll in a Bowl</b>, fun and easy to cook at home.</p> <p><b>Noon-1 p.m.</b> <b>Lunch Bunch</b> Topic: <b>Story Telling</b> A social time with friends, have fun, be positive and enjoy the conversation!</p> <p><b>1:15-2:15 p.m.</b> <b>Earth Day Craft!</b> Water Bottle Sun Catchers <b>Supplies Needed:</b> empty water bottle, permanent markers of various colors, scissors, and string. <i>Reminder: Photos of artwork for Art Show Case are due May 7.</i></p> <p><b>2:30-3:30 p.m.</b> <b>Healthy Mind, Healthy Life</b> Join our recreational therapy intern, Camryn, to learn all about mental health and healthy coping mechanisms in this fun and educational discussion about self-care!</p> <p><b>5-6 p.m.</b> <b>Virtual World Travelers</b> Topic: <b>Chichén Itzá, Mexico: The great Mayan city</b></p>	<p><b>9-10 a.m.</b> <b>Computer Class in Mandarin</b> (demo through iPad).</p> <p><b>10:30-11:30 a.m.</b> ★ <b>Virginia Cooperative Extension</b> Topic: <b>How to Stock Up on Food</b> Learn ways to stay healthy and active with nutrition tips and tricks.</p> <p><b>Noon-1 p.m.</b> <b>Caregiver Lunch Bunch</b> Topic: <b>Continuum of Care Discussion part 3 of 3</b> ★ <b>Adult Day Healthcare and Memory Care, What's the Difference? With Missi</b> Click here to register: <a href="http://bit.ly/VCAAclb">http://bit.ly/VCAAclb</a> Meeting ID: 990 0622 3501 Passcode: 9550</p> <p><b>1:15-2:15 p.m.</b> <b>Game Show Hour</b> Jeopardy</p> <p><b>2:30-3:30 p.m.</b> <b>Virtual Chorus</b> 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><b>10:30-11:30 a.m.</b> <b>Music Lovers Unite</b> Topic: <b>Waltzes</b> Join us for music and dancing! We will explore a different theme each week. Have your music selections ready!</p> <p><b>Noon-1 p.m.</b> <b>Lunch Bunch</b> A social time with friends, have fun, be positive and enjoy the conversation!</p> <p><b>1:15-2:15 p.m.</b> <b>Crossword Puzzles Intermediate and Advanced</b> Test your knowledge and skills! To receive the weekly clues and blank grid email: <a href="mailto:VAseniorservices@servicesource.org">VAseniorservices@servicesource.org</a></p> <p><b>2:30-3:30 p.m.</b> <b>Spanish Class</b> This is an Intermediate/Basic class to learn vocabulary, phrases, culture and more! You might need a pen and a notebook. All levels are welcome!</p>	<p><b>9-10 a.m.</b> <b>Special Tech Thursday</b> Topic: <b>How to Use an Apple Watch 101</b> Join this informational session to learn more about apps, technology, and virtual communication beyond Zoom.</p> <p><b>10:30-11:30 a.m.</b> ★ <b>Special Presentation!</b> <b>Songkran - New Year's Celebration and Water Festival!</b></p> <p><b>Noon-1 p.m.</b> <b>Lunch Bunch</b> Topic: <b>Earth Day Celebration!</b> A social time with friends, have fun, be positive and enjoy the conversation!</p> <p><b>1:15-2:15 p.m.</b> ★ <b>Guest Performer!</b> <b>Arts for the Aging Visualizing Spring: Color Me Spring!</b> Join artist <b>Paula Cleggett</b> in an exploration and reimagining of artwork by Ed Clark, on view at the National Museum of African American History and Culture. Use simple household items to create your own works of art. Bring wrapping or tissue paper, junk mail, paper, pencils, glue, scissors, and any art supplies you may have.</p> <p><b>2:30-3:30 p.m.</b> <b>Intermediate German Class</b> Expand your German learning through exploring language, culture and participating in conversation.</p>	<p><b>9-10 a.m.</b> ★ <b>New Program!</b> <b>International Coffee Hour</b> Reconnect with friends and make new ones. Join the conversation in your native language.</p> <p><b>10:30-11:30 a.m.</b> <b>Fun Social Experiment: What would you do?</b> Join Kevin and Travis as we explore that simple question: What Would You Do? At the end experience a special bonus that is uplifting and amazing.</p> <p><b>Noon-1 p.m.</b> ★ <b>Lunch Bunch</b> <b>Volunteer Recognition</b> Join us to recognize our VCAA Volunteers!</p> <p><b>1:15-2:15 p.m.</b> <b>English Conversation</b> Beginner level conversation and instruction on English as a Second Language. All backgrounds welcome!</p> <p><b>2:30-3:30 p.m.</b> <b>Creative Corner Flower Cards with Ruth Junkin</b> Enjoy learning how to make flower inspired cards!</p> <p><b>7-7:45 p.m.</b> ★ <b>Friday Evening Concert Series</b> <i>Featured Artist!</i> Enjoy a recital with the Quarantine Music Busters.</p>