

# 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.

## 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: 1-301-715-8592
- You will be asked for:
  - Meeting ID: 905 123 5932#
  - Press “#” to continue
  - Meeting password: 3636#

**See reverse for event schedule for June 25-July 2.**

**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.

A Fairfax County, VA, publication. 6/2021

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.



# Virtual Center for Active Adults

Monday, June 28	Tuesday, June 29	Wednesday, June 30	Thursday, July 1	Friday, July 2
<p><b>9-10 a.m.</b> <b>Intermediate Tai Chi*</b> (See Wed. Description)</p> <p><b>9:15-10:15 a.m.</b> <b>Wake Up to Wellness</b> Join our social work intern to address the different dimensions of wellness.</p> <p><b>10:15-11:15 a.m.</b> <b>SAIL - Stay Active and Independent for Life*</b> (See Wed. Description)</p> <p><b>10:30-11:30 a.m.</b> <b>Oceanography for Cruisers</b> To receive activity handouts please email <a href="mailto:VAseiorservices@servicesource.org">VAseiorservices@servicesource.org</a></p> <p><b>Noon-12:45 p.m.</b> <b>Lunch Bunch</b> Juneteenth Information Session.</p> <p><b>11:45 a.m.-12:45 p.m.</b> <b>New Class</b> <b>Three and a Half Acres Yoga (Mat-Based)*</b> This yoga class is designed specifically for older adults or anyone interested in a gentle yoga session.</p> <p><b>1-2 p.m.</b> <b>Zumba Gold</b> (See Tues. Description)</p> <p><b>2:15-3:15 p.m.</b> <b>Chair Based Yoga</b> Relax and strengthen your mind and body.</p> <p><b>1:15-2:15 p.m.</b> <b>Featured Artist!</b> <b>Drawing, Painting and Mixed Media Mondays</b></p> <p><b>2:30-3:30 p.m.</b> <b>Computer Class in Mandarin</b> (demo through iPad).</p> <p><b>5-6 p.m.</b> <b>Virtual World Travelers</b> Topic: <b>Eiffel Tower, France</b></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.-12:30 p.m.</b> <b>Zumba Gold * 60's Themed!</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>Game Show Hour</b> Classic Concentration</p> <p><b>2:15-3:15 p.m.</b> <b>Virtual Chorus</b> Join our community and sing your heart out on our virtual choir group.</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>10:15-11:15 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>11:30 a.m.-12:30 p.m.</b> <b>Music Lovers Unite</b> Join us for music and dancing! We will explore a different theme each week. Have your music selections ready!</p> <p><b>1-2 p.m.</b> <b>Crossword Puzzles</b> Test your knowledge and skills! To receive the weekly clues and blank grid email: <a href="mailto:VAseiorservices@servicesource.org">VAseiorservices@servicesource.org</a></p> <p><b>2:15-3:15 p.m.</b> <b>Chair Exercise*</b> Full body invigorating low impact workout.</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>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>10:30-11:30 a.m.</b> <b>Special Presentation!</b> <b>TOPS: Fairfax County Transportation Options, Programs, and Other Services</b></p> <p><b>1-2 p.m.</b> <b>Arts for the Aging: More than the Blues</b> This interactive live workshop via Zoom and other platforms features Miles playing acoustic guitar and leading participants in group singing, call and response, and more.</p> <p><b>2:15-3:15 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>2:30-3:30 p.m.</b> <b>Intermediate German Class</b> Expand your German.</p>	<p><b>9-10 a.m.</b> <b>Gentle Chair Yoga*</b> Relax and strengthen your mind and body.</p> <p><b>10:15-11:15 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>11:30 a.m.-12:30 p.m.</b> <b>Improv Hour</b> Awaken the comedian lurking within while we play improvisational games designed to sharpen your funny bone!</p> <p><b>1-2 p.m.</b> <b>High Energy Aerobics*</b> Fun and energetic fitness class!</p> <p><b>2:15-3:15 p.m.</b> <b>Creative Corner: Old Glory Craft with Sarah</b></p>