

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

Use your phone

- Dial in by phone: 1-929-205-6099
- 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

Use your phone

- Dial in by phone: 1-929-205-6099
- You will be asked for:
 - Meeting ID: 901 875 2818#
 - Press “#” to continue
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See reverse for event schedule for November 2-6. Please note: The VCAA will be CLOSED November 3.



Fit & FAB

Flexible Active Balanced

ZOOM platform bit.ly/VCAAFitFAB **Meeting ID: 905 123 5932 Password: 3636**

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

Monday, November 2	Tuesday, November 3	Wednesday, November 4	Thursday, November 5	Friday, November 6
<p>9-10 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>1:15-3:30 p.m. Beginner and High Beginner/Improver Line Dancing with Marie-Luce</p> <p>1:15-2:15 p.m. Beginner Line Dancing*</p> <p>2:15-3:30 p.m. High Beginner/Improver Line Dancing*</p> <p>Enjoy a fabulous mind-body workout while dancing 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>Virtual Center for Active Adults <u>CLOSED</u> due to Election Day</p>	<p>9-10 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>10:30-11:30 a.m. SAIL - Stay Active and Independent for Life* 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"> Level 1: Seated exercise that is similar to a chair exercise with a steady pace routine. Level 2: Standing exercise with a higher pace routine. <p>1:15-2:15 p.m. Fully Body Stretching* Stretching promotes flexibility and range-of-motion. Join at 1:15 p.m. for adapted seated stretching or 1:45 p.m. for standing and on the floor stretching, everyone is welcome to stay for both.</p> <p>2:30-3:30 p.m. Chair Exercise* Fully body invigorating low impact workout.</p>	<p>9-10 a.m. Beginner Tai Chi* 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>10:15-11:15 a.m. Fitness Class* Low impact with moderate intensity exercise to help with overall fitness.</p> <p>11:45 a.m. - 12:45 p.m. Ladies' Health* Topic: Alzheimer's Awareness Join us for social activities, fitness and educational presentations on health and wellness.</p> <p>1:15 - 2:15 p.m. Reeves Rx-Relax Adapted Yoga* Limited Series Seated yoga class is designed for people with mobility concerns, multiple health conditions and their caregivers. No prior experience or equipment is required. <u>Registration Required</u> Meeting ID: 913 1062 5978 Password: 3636 bit.ly/RXyogaFALL20</p> <p>2:30-3:30 p.m. Dance Fitness* An energetic cardio dance class that fuses a variety of upbeat musical dance rhythms.</p>	<p>9-10 a.m. Gentle Chair Yoga* Relax and strengthen your mind and body.</p> <p>10:30-11:30 a.m. SAIL - Stay Active and Independent for Life* 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"> Level 1: Seated exercise that is similar to a chair exercise with a steady pace routine. Level 2: Standing exercise with a higher pace routine. <p>1:15-2:15 p.m. High Energy Aerobics* Fun and energetic fitness class!</p>

Social SPACE

Socialize Play Achieve Create Edu-tain

ZOOM platform bit.ly/VCAASocialSPACE Meeting ID: 901 875 2818 Password: 8727

Monday, November 2	Tuesday, November 3	Wednesday, November 4	Thursday, November 5	Friday, November 6
<p>9-10 a.m. Wake up Mondays Energize your brain with some fun trivia!</p> <p>10:30-11:30 a.m. Healthy Eating <i>Featured Recipe!</i> Watch a demonstration of Buffalo Chicken Chili, something fun and easy to cook at home.</p> <p>11 a.m.-12:30 p.m. VICAP Medicare 101 Workshop <i>Guest Presenter</i> Learn if you are eligible for Medicare; how to enroll; the different options such as Part A, B, C and D; and any new changes to Medicare. To register, visit: bit.ly/VCAAavicap2 or call 703-339-7676.</p> <p>Noon-1 p.m. Lunch Bunch Topic: Pet Lunch Bunch A social time with friends and pets, have fun, be positive and enjoy the conversation!</p> <p>1:15-2:15 p.m. Painting and Mixed Media Mondays <i>Featured Artist</i> with McLean Project for the Arts, ArtReach program.</p> <p>2:30-3:30 p.m. Cranium Crunches Exercises for your brain!</p>	<p style="text-align: center;">Virtual Center for Active Adults CLOSED due to Election Day</p>	<p>10:30-11:30 a.m. Music Trivia Topic: Getting to know you 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 Topic: Flu Shot Discussion <i>Guest Presenter</i> Learn about the importance of taking the flu shot during the pandemic and where they are offered. 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 email: VAseiorserv-ices@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>9-10 a.m. Tech Thursday <i>New Program!</i> Join this informational session to learn about different apps, technology and virtual communication. We will discuss how to use Gmail and social media like Facebook.</p> <p>10:30-11:30 a.m. Investment Scams <i>Guest Presenter</i> Learn how to make smart investment decisions and protect your money from scams in this presentation by the U.S. Securities and Exchange Commission's Office of Investor Education and Advocacy.</p> <p>Noon-1 p.m. Caregiver Lunch Bunch Topic: Celebrate National Caregivers Month! Click here to register: http://bit.ly/VCAAclb Meeting ID: 990 0622 3501; Passcode: 9550</p> <p>1:15-2:15 p.m. Arts for the Aging <i>Featured Artist</i> Deb Riley, Joy of Movement Seated or standing participants will stretch and dance with their whole body, sing along to familiar music, and playfully synchronize their bodies and minds.</p> <p>2:30-3:30 p.m. Intermediate German Class Expand your German learning through exploring language, culture and participating in conversation.</p>	<p>9-10 a.m. Fantastic Fridays Experience being a judge or juror as we render the verdict to real-life cases!</p> <p>10:30-11:30 a.m. Traveling Through Music Expand your music interest by learning and listening to the evolution of music from different countries. This week we will explore music from Korea (including K-pop).</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. English Conversation Beginner level conversation and instruction on English as a Second Language. All backgrounds welcome!</p> <p>2:30-3:30 p.m. Creative Corner <i>Special Art Presentation</i> Card Making Class Fall and Thanksgiving cards. Home supplies to participate: scissors, glue stick, waxed paper.</p> <p>7-7:45 p.m. Friday Evening Concert Series <i>Featured Artist</i> Classical Music with Quarantine Music Busters Enjoy a concert by members of the QMB, an organization dedicated to providing free entertainment through music via virtual concerts during the pandemic.</p>