

# 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](https://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 December 2023, January 2024, and February 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.



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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.



# December 2023 Virtual Center for Active Adults

Zoom Platform [bit.ly/VCAAzoom2](https://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
				10:30-11:30 a.m. Zumba Gold*
				11:45 a.m. -12:45 p.m. Computer Skills: Internet Career Search and Resume Creation-Part 1
4	5	6	7	8
10:15-11:15 a.m. T.H.A.Y. Yoga*	9-10 a.m. Tech Tuesday: Digital Support Tools for a Mobile World-How to Find Help for all Your Mobile Needs.  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*	8:30-9:30 a.m. Artist Cookbook  11-12:30 p.m. Trivia  1-2 p.m. Forbidden Love in Old Virginia	10:30-11:30 a.m. Zumba Gold*  11:45 a.m. -12:45 p.m. Computer Skills: Internet Career Search and Resume Creation-Part 2
	1-2 p.m. Diamond Art Holiday Card Craft <b>(Registration Required)</b>	1-2 p.m. Trivia Time		
11	12	13	14	15
9-10 a.m. Computer Class in Mandarin  10:15-11:15 a.m. T.H.A.Y. Yoga*	9-10 a.m. Full Body Stretching- Level 1*  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*	9-10 a.m. All About Alma  12:30-1:30 p.m. Introduction to Basic Spanish  2-2:45 p.m. Arlington Food Assistance Center	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: Internet Career Search and Resume Creation-Part 3
2-3 p.m. Mixed Media Art	1-2 p.m. Arts for the Aging: Shake, Rattle, and Roll with Wall Matthews	1-2 p.m. Music Lovers Unite: Songs by Carole King		
18	19	20	21	22
10:15-11:15 a.m. T.H.A.Y. Yoga*	10:15-11:15 a.m. Department of Cable and Consumer Services Presents: Who's Watch- ing Whom? Your Smart T.V. and Your Privacy  1-2 p.m. Gentle Yoga w/Kalki*	9-10 a.m. Intermediate Tai Chi w/ Quinta*  10:15-11:15 a.m. Fitness Class w/ Patty*	1-1:45 p.m. Community Outreach Services (In English)  2-2:45 p.m. Community Outreach Services (In Spanish)  3-4 p.m. Bilingual Trivia in Spanish and 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
2-3 p.m. Mixed Media Art		1-2 p.m. Virtual Traveler: Hawaii		
25	26	27	28	29
VCAA CLOSED  Please enjoy prerecorded activities:  <a href="http://www.bit.ly/VCAAvideos">http://www.bit.ly/VCAAvideos</a>	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*	10-11:30 a.m. Paint & Sip  12:30-1:30 p.m. Introduction to Basic Spanish	VCAA CLOSED  Please enjoy prerecorded activities:  <a href="http://www.bit.ly/VCAAvideos">http://www.bit.ly/VCAAvideos</a>
		1-2 p.m. Music Lovers Unite: Songs by Billie Holiday		

# January 2024 Virtual Center for Active Adults

Zoom Platform [bit.ly/VCAAzoom2](https://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
<b>1</b> <b>VCAA CLOSED</b> Please enjoy prerecorded activities: <a href="http://www.bit.ly/VCAAvideos">http://www.bit.ly/VCAAvideos</a>	<b>2</b> <b>9-10 a.m.</b> Tech Tuesday: Learn Basic Skills/Open Forum <b>10:15-11:15 a.m.</b> S.A.I.L. Class*	<b>3</b> <b>9-10 a.m.</b> Intermediate Tai Chi w/ Quinta* <b>10:15-11:15 a.m.</b> Fitness Class w/ Patty* <b>1-2 p.m.</b> Trivia Time	<b>4</b> <b>8:30-9:30 a.m.</b> Artist Cookbook <b>11-12:30 p.m.</b> Trivia <b>1:30-2:30 p.m.</b> Barbies Adventures in Space	<b>5</b> <b>9:15-10 a.m.</b> Chair Yoga* <b>10:30-11:30 a.m.</b> Zumba Gold* <b>11:45 a.m. -12:45 p.m.</b> Computer Skills: Affordable Connectivity
<b>8</b> <b>9-10 a.m.</b> Computer class in Mandarin <b>10:15-11:15 a.m.</b> T.H.A.Y. Yoga* <b>2-3 p.m.</b> Mixed Media Art	<b>9</b> <b>9-10 a.m.</b> Full Body Stretching-Level 1* <b>10:15-11:15 a.m.</b> S.A.I.L. Class*	<b>10</b> <b>9-10 a.m.</b> Intermediate Tai Chi w/ Quinta* <b>10:15-11:15 a.m.</b> Fitness Class w/ Patty* <b>1-2 p.m.</b> Music Lovers Unite: Songs for Winter Wonderland	<b>11</b> <b>8:30-9:30 a.m.</b> Fortunes in the Attic <b>12:30-1:30 p.m.</b> Introduction to Basic Spanish <b>3-4 p.m.</b> Understanding Antisemitism	<b>12</b> <b>9:15-10 a.m.</b> Chair Yoga* <b>10:30-11:30 a.m.</b> Zumba Gold* <b>11:45 a.m. -12:45 p.m.</b> Computer Skills: Using Google Email (Gmail)
<b>15</b> <b>VCAA CLOSED</b> Please enjoy prerecorded activities: <a href="http://www.bit.ly/VCAAvideos">http://www.bit.ly/VCAAvideos</a>	<b>16</b> <b>10:15-11:15 a.m.</b> S.A.I.L. Class*	<b>17</b> <b>9-10 a.m.</b> Intermediate Tai Chi w/ Quinta* <b>10:15-11:15 a.m.</b> Fitness Class w/ Patty* <b>1-2 p.m.</b> Virtual Traveler: Roadtrip Across the U.S.A.	<b>18</b> <b>11:30 a.m.-12:30 p.m.</b> Fraud Prevention <b>1:30-2:30 p.m.</b> Global Energy Update	<b>19</b> <b>9:15-10 a.m.</b> Chair Yoga* <b>10:30-11:30 a.m.</b> Zumba Gold* <b>11:45 a.m. -12:45 p.m.</b> Computer Skills: Using an iPhone
<b>22</b> <b>9-10 a.m.</b> Computer class in Mandarin <b>10:15-11:15 a.m.</b> T.H.A.Y. Yoga* <b>2-3 p.m.</b> Mixed Media Art	<b>23</b> <b>9-10 a.m.</b> Full Body Stretching-Level 1* <b>10:15-11:15 a.m.</b> NAMI Presents: In Our Own Voices	<b>24</b> <b>9-10 a.m.</b> Intermediate Tai Chi w/ Quinta* <b>10:15-11:15 a.m.</b> Fitness Class w/ Patty* <b>1-2 p.m.</b> Music Lovers Unite: Songs by Female Vocalists	<b>25</b> <b>10-11:30 a.m.</b> Paint & Sip <b>12:30-1:30 p.m.</b> Introduction to Basic Spanish <b>2-3 p.m.</b> Managing Trees and Forests <b>3:30-4:30 p.m.</b> Around the World to Iceland	<b>26</b> <b>9:15-10 a.m.</b> Chair Yoga* <b>10:30-11:30 a.m.</b> Zumba Gold* <b>11:45 a.m. -12:45 p.m.</b> Computer Skills: Using an Android Phone
<b>29</b> <b>10:15-11:15 a.m.</b> T.H.A.Y. Yoga* <b>2-3 p.m.</b> Mixed Media Art	<b>30</b> <b>9-10 a.m.</b> Show & Share: All about Pets <b>10:15-11:15 a.m.</b> S.A.I.L. Class*	<b>31</b> <b>9-10 a.m.</b> Intermediate Tai Chi w/ Quinta* <b>10:15-11:15 a.m.</b> Fitness Class w/ Patty* <b>1-2 p.m.</b> Arts for the Aging Presents: In the Moment w/Sandra Roachford		

# February 2024 Virtual Center for Active Adults

Zoom Platform [bit.ly/VCAAzoom2](https://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 8:30-9:15 a.m. Secret Lives of Famous Fakers 11-12:30 p.m. Trivia 3-4 p.m. Local Underground Railroad Heroes	2 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
5 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	6 9-10 a.m. Tech Tuesday: Learn Basic Skills/Open Forum 10:15-11:15 a.m. Arts for the Aging Pre- sents: Moving with the World w/Annetta Dexter Sawyer	7 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 8:30-9:30 a.m. Artist Cookbook 12:30-1:30 p.m. Introduction to Basic Spanish	9 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
12 10:15-11:15 a.m. T.H.A.Y. Yoga* 2-3 p.m. Mixed Media Art	13 9-10 a.m. Full Body Stretching- Level 1* 10:15-11:15 a.m. Nutrition Tips & Benefits by Virginia Cooperative Extension	14 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 for Valentines Day	15 11-12 p.m. Tips for Capturing Great Video 2-3 p.m. Growing Fruit Trees in Arlington	16 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
19 VCAA CLOSED Please enjoy prerecorded activities: <a href="http://www.bit.ly/VCAAvideos">http://www.bit.ly/VCAAvideos</a>	20 10:15-11:15 a.m. S.A.I.L. Class*	21 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	22 10-11:30 a.m. Paint & Sip 12:30-1:30 p.m. Introduction to Basic Spanish	23 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
26 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	27 9-10 a.m. Full Body Stretching- Level 2* 10:15-11:15 a.m. NAMI Presents: Mental Health 101 for Older Adults	28 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 By Michael Jackson	29 8:30-9:30 a.m. Fortunes in the Attic 11:30 a.m.-12:30 p.m. Traveling With Grandchildren 3-4 p.m. Bilingual Trivia in Spanish and English	

# December-February Virtual Center for Active Adults Descriptions

## All About Alma (12/14)

Alma Woodsey Thomas was a famous 20th century artist and teacher best known for her bold abstract paintings. Jennifer Droblyen, Arlington County's Community Arts Programmer, will provide a virtual introduction to Thomas' life and work in tandem with the Smithsonian American Art Museum's exhibition Composing Color: Paintings by Alma Thomas.

## Arlington Food Assistance Center (12/14)

Did you know that the Arlington Food Assistance Center (AFAC) provides groceries to over 2,000 families in Arlington per week? In this presentation, a representative from AFAC will discuss the important services they provide for people living in Arlington. AFAC's mission is to feed people in need by providing dignified access to nutritious supplemental groceries.

## Artist Cookbook (12/7, 1/4, 2/8)

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.

## Around the World to... Iceland (1/25)

Discover Iceland, a wonderland of fire and ice, geysers, glaciers and volcanoes. Ragnhildur Arnorsdottir, cultural counselor and public diplomacy officer with Iceland's embassy, will discuss this fascinating country of contrasts, its rich history and culture, and strong democratic tradition as the oldest democracy in the world.

## Arts For The Aging

### (12/12) Shake, Rattle, and Roll with Wall Matthews

Are you ready to Shake, Rattle, and Roll! With the irrepressible Arts for the Aging Teaching Artist Wall Matthews? This up-tempo interactive, live virtual workshop presents a selection of songs from blues, gospel, traditional, and popular music. Move to the rhythm as he blends percussion and acoustic guitar. Grab a bucket to bang or something to shake and sing along as he performs. Enjoy Wall's program from the comfort of your own home.

### (1/31) In the Moment w/Sandra Roachford

Arts for the Aging Teaching Artist Sandra Roachford encourages you to be In the Moment and connect with nature in this grounding workshop that relates to the four seasons. Participants will explore seasonal flowers through movement, music, and sound. Sandy encourages participants to think about the flowers they enjoy from each season and wear colors inspired by their favorite flowers to the workshops. Feel free to bring something you can dance with such as a scarf, cloth, etc. to enhance the movement experience.

## Arts for the Aging cont'd.

### (2/6) Moving with the World w/Annette Dexter Sawyer

Explore healing movement, world music, and dance with Arts for the Aging Teaching Artist Annette Dexter Sawyer in Moving With the World. Annette leads participants in gentle, healing movements that stimulate mind and body. All you need to participate is a willingness to experiment. No language barrier exists when we dance, heal, and listen to music.

## Barbies Adventures in Space (1/4)

This summer, two Barbie dolls that flew on a real mission to the International Space Station debuted at the National Air and Space Museum's Udvar-Hazy Center. Margaret Weitekamp, Ph.D., curator and department chair of the National Air and Space Museum, will discuss the history of astronaut Barbie dolls, which have been inspiring girls to pursue STEM careers since 1965, and the museums Barbie collection.

## Bilingual Trivia in Spanish and English (12/21, 2/29)

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.

## Community Outreach Services (12/21)

Connie Freeman, Outreach Specialist from the Arlington Department of Human Services, will discuss services and resources for Arlington County residents. Topics will include citizenship workshops, English classes, job training, health screenings, nutrition classes, and more. The presentation at 1 p.m. will be in English and the presentation at 2 p.m. will be in Spanish.

## Computer Skills

Learn different computer basics throughout the quarter.

## Computer Class in Mandarin (demo through iPad)

## Department of Cable and Consumer Services (12/19)

Who's Watching Whom? Your Smart T.V. and Your Privacy.

## Diamond Art Holiday Card Craft (12/5)

Join us online to create a diamond art holiday card to send to a loved one. Pre-Registration is required to receive craft packet. Limited Space Available. RSVP by emailing NCSVCAA@fairfaxcounty.gov due Nov. 20th.

# December - February Virtual Center for Active Adults Descriptions

## **Fitness Class w/Patty\***

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

## **Forbidden Love in Old Virginia (12/7)**

In 1880, Arthur Jordan paid with his life for falling in love with a white woman. Awaiting trial for his "offense", he was dragged from the county jail in Warrenton and lynched. Jim Hall, author of *Condemned for Love in Old Virginia: The Lynching of Arthur Jordan*, will discuss this ugly chapter in Virginia History.

## **Fortunes in the Attic (1/11, 2/29)**

Do you own an interesting object and want to learn more about it? Send in a photo to [sashton@arlingtonva.us](mailto:sashton@arlingtonva.us) before this program and Arlington County's Community Arts Programmer Jennifer Droblyen will research it for you! During the Virtual sessions, participants will learn about the art pieces and similar items, how to identify authentic antiques and how to rule out reproductions.

## **Fraud Prevention (1/18)**

Senior fraud prevention will be the focus of this discussion with Arlington County's Financial Crimes Unit, emphasizing strategies to thwart scams and protect older individuals from financial exploitation.

## **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.

## **Global Energy Update (1/18)**

Climate change and security concerns resulting from the war in Ukraine have brought global energy issues to the forefront. Mark Finley, an expert in energy and global oil at Rice University's Baker Institute, will address the intersection of energy, policy and economics in balancing energy, sustainability, security, affordability and equity.

## **Growing Fruit Trees in Arlington (2/15)**

Growing your own fresh fruit sounds great, but fruit trees can be tricky to care for when you've never done it before. Arlington County's Urban Forest Manager Vincent Verweij will discuss how to grow your own fruit trees in Arlington County.

## **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**

**(12/14, 12/28, 1/11, 1/25, 2/8, 2/22)**

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.

## **Local Underground Railroad Heroes (2/1)**

Many unsung heroes of the Underground Railroad lived and worked in the Washington, D.C. area. Jenny Masur, anthropologist and author of *Heroes of the underground Railroad Around Washington, D.C.*, will share intimate portraits of freedom seekers who passed through our area and African American leaders and white supporters who risked everything to help them.

## **Managing Trees and Forests (1/25)**

Arlington County is full of beautiful trees. But have you ever wondered what it takes to maintain them? Join Arlington County's Urban Forest Manager Vincent Verweij to take a tree top view of Arlington County to learn how the trees and forests are managed.

## **Mixed Media Art**

Explore the "elements of art" including color, line, pattern, shape, and texture while you find enjoyment and confidence in creating your own personal artwork.

## **Music Lover's Unite**

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

## **NAMI (National Alliance on Mental Illness) Presents (1/23) In Our Own Voices**

NAMI In Our Own Voice presentations change attitudes, assumptions and ideas about people with mental health conditions. The presentation provides a personal perspective of mental health conditions, as leaders with lived experience talk openly about what it's like to have a mental health condition.

## **(2/27) Mental Health 101 for Older Adults**

Mental Health 101 for Seniors is a program devoted to giving seniors an opportunity to learn about mental illnesses specific to their age through an informative presentation. The goal of this program is to create a multi-generation of culturally diverse individuals who can help address the stigma associated with mental illness through education, support and advocacy.



# December - February Virtual Center for Active Adults Descriptions

## **Nutrition Tips & Benefits by Virginia Cooperative Extension (2/13)**

Join Katie Strong, Virginia Cooperative Extension Agent and Registered Dietician, to learn cooking tips and health benefits.

## **Paint and Sip (12/28, 1/25, 2/22)**

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.

## **Show and Share: All About Pets (1/30)**

A time to get together and share, this quarter's theme is all about pets! Bring your beloved animal on camera live or bring photos to show the group and share a special memory or story of your pet.

## **Secret Lives of Famous Fakers (2/1)**

In this exciting virtual class, participants will delve into the biographies of several well-known forgers, how they created their works and how they were eventually caught in the act. Presented by Arlington County's Community Arts Programmer Jennifer Droblyen.

## **Tech Tuesday**

### **(12/5) Digital Support Tools for a Mobile World - How to Find Help for all Your Mobile Needs**

Please join our partner from T-Mobile, David Bourne, Government & Non-Profits Executive Relations in Virginia, bring your questions and tech challenges to the class so we can investigate all the ways to self-service solutions. This class will take a deep dive into all the wonderful resources that are made available to the end user. We will solve problems using repeatable solutions and have some fun conversation along the way. Be prepared to learn how to solve almost any problem with you Apple phones, Android phones, tablets, and even laptops.

**(1/2, 2/6)**

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.

## **Tips for Capturing Great Video (2/15)**

There's no need to buy an expensive video camera when you already have a camera in your pocket! Explore tips and techniques for capturing exceptional videos on your smartphone with Arlington County's Video Production Manager Jeremy Carpel.

## **Traveling with Grandchildren (2/29)**

Travel with your grandchildren and make memories they will treasure forever. Jacque Fallert with the Road Scholar Ambassador Program will discuss the best places to travel with children of all ages, what documents you will need, and tips for planning the perfect travel adventure.

## **Trivia (12/7, 1/4, 2/1)**

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

## **Trivia Time 12/6, 1/3, 2/1)**

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

## **Understanding Antisemitism (1/11)**

Antisemitism is one of the worlds oldest hatreds, manifesting in different ways throughout the centuries. Rabbi Abbi Sharofsky, Director, Intergroup Relations for the Jewish Community Relations Council for Greater Washington, will discuss the different ways antisemitism shows up today and community responses to antisemitism.

## **Virtual Traveler**

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

**(12/20) Hawaii**

**(1/7) Road Trip Across the USA**

**(2/21) U.S. Virgin Islands**

## **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