

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 June-August 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.



June 2024 Virtual Center for Active Adults

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>9-10 a.m. Computer Class in Mandarin</p> <p>10:10-11:10 a.m. SAIL Class* New Day & Time!</p>	<p>4</p> <p>9-10 a.m. Tech Tuesday: Learn Zoom Basic Skills/Open Forum</p> <p>10:15-11:15 a.m. Arts for the Aging Presents: Journey Within: Expressive Journaling with Casey Catherine Moore</p>	<p>5</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>6</p> <p>11:00 a.m.-12:30 p.m. Trivia</p> <p>12:45-1:30pm Introduction to Basic Spanish</p>	<p>7</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>10</p> <p>9-10 a.m. Yoga w/ Alexandra</p> <p>10:10-11:10 a.m. SAIL Class* New Day & Time!</p>	<p>11</p> <p>9-10 a.m. Full Body Stretching Level 1*</p> <p>10:15-11:15 a.m. Virginia Cooperative Extension Presents: Summer Nutrition</p> <p>1-2 p.m. Insight Memory Care Presents: Dementia 101</p>	<p>12</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 Parents</p>	<p>13</p> <p>10-11 a.m. Substance Abuse and Narcan Training</p> <p>12:45-1:30 p.m. Virtual South American Tour (Uruguay)</p>	<p>14</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>17</p> <p>9-10 a.m. Computer Class in Mandarin</p> <p>10:10-11:10 a.m. SAIL Class* New Day & Time!</p>	<p>18</p> <p>10:15-11:15 a.m. Fairfax County Dept of Emergency Management Presents: Personal Preparedness Using the Community Emergency Response Guide (CERG)</p> <p>1-2 p.m. Insight Memory Care Presents: Brain Health as You Age</p>	<p>19</p> <p>VCAA CLOSED</p> <p>Please enjoy prerecorded activities: http://www.bit.ly/VCAAvideos</p>	<p>20</p> <p>10-11 a.m. Hearing Aids - Beware and Be Wise</p> <p>12:45-1:30 p.m. Introduction to Basic Spanish</p> <p>2:30-3:30 p.m. That's Not My Debt!</p>	<p>21</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>24</p> <p>10:10-11:10 a.m. SAIL Class* New Day & Time!</p>	<p>25</p> <p>9-10 a.m. Full Body Stretching Level 2*</p>	<p>26</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: Dolly Parton</p>	<p>27</p> <p>12:45-1:30 p.m. Virtual South American Tour (Columbia)</p> <p>3:15-4:15 p.m. The Star Spangled Banner</p>	<p>28</p> <p>VCAA CLOSED</p> <p>Please enjoy prerecorded activities: http://www.bit.ly/VCAAvideos</p>

July 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>9-10 a.m. Computer Class in Mandarin</p> <p>10:10-11:10 a.m. SAIL Class*</p>	<p>2</p> <p>9-10 a.m. Tech Tuesday: Learn Zoom Basic Skills/Open Forum</p> <p>1-2 p.m. Arts for the Aging Presents: Moving w/ the World with Annetta Dexter Sawyer</p>	<p>3</p> <p>9-10 a.m. Intermediate Tai Chi w/ Quinta*</p> <p>10:15-11:15 a.m. Fitness w/ Patty*</p> <p>1-2 p.m. Trivia Time</p>	<p>4</p> <p>VCAA CLOSED</p> <p>Please enjoy prerecorded activities: http://www.bit.ly/VCAAvideos</p>	<p>5</p> <p>VCAA CLOSED</p> <p>Please enjoy prerecorded activities: http://www.bit.ly/VCAAvideos</p>
<p>8</p> <p>10:10-11:10 a.m. SAIL Class*</p>	<p>9</p> <p>9-10 a.m. Full Body Stretching Level 1*</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: Songs About America</p>	<p>11</p> <p>11 a.m.-12:30 p.m. Trivia</p> <p>12:45-1:30 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: Cut the Cable Cord</p>
<p>15</p> <p>9-10 a.m. Computer Class in Mandarin</p> <p>10:10-11:10 a.m. SAIL Class*</p>	<p>16</p> <p>10:15-11:15 a.m. Consumer Affairs Presents: Funeral Planning</p> <p>1-2 p.m. Insight Memory Care Presents: Normal Aging vs. Dementia</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: Pacific Northwest Trail</p>	<p>18</p> <p>12:45-1:30 p.m. Virtual South American Traveler (Argentina)</p> <p>3-4 p.m. An Introduction to the RAFT Program</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: Online Banking 101</p>
<p>22</p> <p>10:10-11:10 a.m. SAIL Class*</p>	<p>23</p> <p>9-10 a.m. Full Body Stretching Level 2*</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 Vacation</p>	<p>25</p> <p>12:45-1:30 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: Internet Dangers, How to Protect Yourself</p>
<p>29</p> <p>9-10 a.m. Computer Class in Mandarin</p> <p>10:10-11:10 a.m. SAIL Class*</p>	<p>30</p> <p>1-2 p.m. Insight Memory Care Presents: Importance of Socialization when Aging</p>	<p>31</p> <p>9-10 a.m. Intermediate Tai Chi w/ Quinta*</p> <p>10:15-11:15 a.m. Fitness w/ Patty*</p>		

August 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 11 a.m.-12:30 p.m. Trivia 3-4 p.m. An Introduction to the RAFT Program	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: Things
5 10:10-11:10 a.m. SAIL Class*	6 9-10 a.m. Tech Tuesday: Learn Zoom Basic Skills/Open Forum 1-2 p.m. Arts for the Aging Presents: Magical Moments w/ Laura Quiroga	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 12:45-1:30 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: Understanding Cloud
12 9-10 a.m. Computer Class in Mandarin 10:10-11:10 a.m. SAIL Class*	13 9-10 a.m. Full Body Stretching Level 1* 10:15-11:15 a.m. VCE Nutrition Presentation	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: Dog Days of Summer	15 11:30 a.m.-12:30 p.m. Cold War Virginia 12:45-1:30 p.m. Virtual South American Traveler (Bolivia)	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: Lets
19 10:10-11:10 a.m. SAIL Class*	20 10:15-11:15 a.m. Fairfax County Dept. of Cable & Consumer Ser- vices Presents: Your Rights as a Cable TV Subscriber	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: Tennessee	22 12:45-1:30 p.m. Introduction to Basic Spanish 3-4 p.m. Self Care for Caregivers	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: Best
26 9-10 a.m. Computer Class in Mandarin 10:10-11:10 a.m. SAIL Class*	27 9-10 a.m. Full Body Stretching Level 2* 10:15-11:15 a.m. AARP Presents: Online Relationship Scams	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: Summer Blockbusters	29 10-11 a.m. Communication and Hearing Loss 12:45-1:30 p.m. Virtual South American Tour (Venezuela)	30 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: Email

June-August 2024 Virtual Center for Active Adults Descriptions

AARP Presents Online Relationship Scams (8/27)

Lots of people meet friends and potential love interests online through dating sites, social media, or mobile apps. It can be a great way to meet people, but recognize that not everyone is who they say they are online. These scams aren't just targeted at people looking for a relationship on a dating site or app. They can occur through social media and even through email. In this presentation we will discuss the red flags to be on the lookout for anyone engaging in online relationships.

An Introduction to the RAFT Program (7/18, 8/1)

The RAFT program (Regional Older Adults Facility Mental Health Support Team) has been serving older adults across Northern Virginia since 2008. Learn more about RAFT and how it can provide free support to older adults with dementia and their caregivers. Presented by Sydney Palinkas, LGSW, dementia education and outreach coordinator.

Arts For The Aging

(6/4) Journey Within: Expressive Journaling for Wellness with Casey Catherine Moore

This immersive experience guides you through the enriching practice of journaling as a powerful tool for cultivating emotional and mental harmony. In the fast paced world we often over look the importance of introspection and self care. This workshop with Arts for the Aging Teaching Artist Casey Catherine Moore offers a sanctuary for reconnecting with your inner world, exploring your thoughts and feelings, and tapping into your creative essence through the written word. Throughout the workshop, you'll be introduced to various journaling techniques that encourage self expression, self compassion, and personal growth.

(7/2) Moving with the World with Annetta Dexter Sawyer

Explore healing movement, world music, and dance with Arts for the Aging Teaching Artist Annetta Dexter Sawyer in Moving with the World. Annetta leads participants in gentle, healing movements that stimulate the 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.

(8/6) Magical Moments with Laura Quiroga

Join Arts for the Aging Teaching Artist Laura Quiroga in a theater and movement workshop experience. Create magical moments together through the use of theater games, acting, and movement activities. Organically develop the necessary balance to continue to grow physically, mentally, and emotionally. This multilingual program explores how movement is universal and the rhythms of our bodies tell stories and share our emotions with others. Laura is conversant in Spanish, English, Italian, and French and engages

(Cont'd) participants in activities that do not need a common language to connect all in collective and elemental moments. "You can talk with your body, you can dance with your soul!"

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.

Cold War in Virginia (8/15)

Virginia was home to several top secret intelligence bases during the Cold War. Gary Powers Jr. and Chris Sturdevant, authors of Cold War Virginia, will reveal the bases' locations and their critical role in protecting our national security.

Communication and Hearing Loss (8/29)

Bonnie O'Leary, outreach manager for Northern Virginia Resource Center for Deaf and Hard of Hearing Persons (NRVC), will discuss the frustrations associated with late onset hearing loss. She will include information about the value of assertiveness; speech reading challenges; what we can control about the speaker, listener, and environmental components of communication and more.

Computer Skills

Learn different computer basics throughout the quarter.

Computer Class in Mandarin

(demo through iPad)

Consumer Affairs Presents: Funeral Planning (7/16)

In today's society, people plan for birthday celebrations, weddings, and travel but how many people take the time to plan their funeral arrangements? In this presentation, discuss the importance of planning, funeral costs, and different types of funeral arrangement planning.

Fairfax County 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.

Fairfax County Department of Emergency Services Presents: Personal Preparedness Using the Community Emergency Response Guide (CERG) (6/18)

Disasters happen, and they can affect you, your family, and your community. But with planning and preparation, you can make a difference. You can reduce a disaster's

June-August 2024 Virtual Center for Active Adults Descriptions Cont'd

impacts, as well as save lives, homes, and livelihoods. The Department of Emergency Management and Security will go over how to make an emergency plan, how to make an emergency kit, and how to stay informed during emergencies.

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.

Hearing Aids - Beware and Be Wise (6/20)

Bonnie O'Leary outreach manager for the Northern Virginia Recourse Center for the Deaf and Hard of Hearing Persons (NRVC), will discuss hearing loss, hearing evaluations, how to interpret an audiogram, the differences between prescription and over-the-counter hearing aids, and useful apps. NVRC is a non profit and no sales are involved.

Insight Memory Care

(6/11) Dementia 101

(6/18) Brain Health as you Age

(7/16) Normal Aging vs. Dementia

(7/30) The Importance of Socialization when Aging

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

(6/6, 6/20, 7/11, 7/25, 8/8, 8/22)

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.

Music Lover's Unite

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

Nutrition Tips & Benefits by Virginia Cooperative Extension (6/11, 8/13)

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

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

New Day & Time!

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.

Self Care for Caregivers (8/22)

In this interactive virtual workshop, the RAFT Dementia Support Program will discuss tips for self care and resiliency. Caregiving can take a significant toll on individuals' mental and physical health. This workshop will provide tools for caregivers to refocus on their own wellness.

Substance Abuse and Narcan Training (6/13)

The opioid epidemic represents a community wide concern. Together as a community, learn about opioid and substance abuse awareness and participate in Narcan training sessions facilitated by Marti Mefford and Emily Siquind from DHS Behavioral Health Staff.

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.

That's Not My Debt! (6/20)

Staff from the Consumer Financial Protection Bureau will discuss your rights regarding medical billing and debt collection as well as the pros and cons of putting medical bills on a credit card.

The Star Spangled Banner (6/27)

Discover the local story of the flag that inspired Francis Key Scott to write our National Anthem in 1814. Jill Peters, senior tour guide and reenactor at the Star Spangled Banner Flag House in Baltimore, will share the history of the flag, the women who sewed this iconic national symbol, and the Flag House.

Trivia (6/6, 7/11, 8/1)

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

Trivia Time (6/5, 7/3, 8/7)

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

Virtual Traveler

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

(7/17) Pacific Northwest Trail

(8/21) Tennessee



June-August 2024 Virtual Center for Active Adults Descriptions Cont'd

Virtual South American Traveler

Learn about various Spanish-speaking countries alongside Arlington County's Center Director Ashley Gomez Figueredo in this engaging series. We will cover topics such as history, culture, food, geography, politics, travel destinations and more.

(6/13) Uruguay

(6/27) Colombia

(7/18) Argentina

(8/15) Bolivia

(8/29) Venezuela

Yoga w/ Alexandra (6/10)

Join Alexandra for a mat-based gentle yoga session!

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