

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 September-November 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.



September 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>VCAA CLOSED</p> <p>Please enjoy prerecorded activities:</p> <p>http://www.bit.ly/VCAAvideos</p>	<p>9-10 a.m. Tech Tuesday: Learn Zoom Basic Skills/Open Forum</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>11:00 a.m. -12:30 p.m. Trivia</p> <p>1-2 p.m. Introduction to Basic Spanish</p> <p>2:30-3:30 p.m. Pentagon 9/11 Memorial Virtual Tour</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: Gadgets and Newer Technologies</p>
<p>9-10 a.m. Computer Class in Mandarin</p> <p>10:10-11:10 a.m. SAIL Class*</p>	<p>9-10 a.m. Full Body Stretching Level 1*</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: Bruce Springsteen</p>	<p>1-2 p.m. Virtual Central & North American Tour</p>	<p>VCAA CLOSED</p> <p>Please enjoy prerecorded activities:</p> <p>http://www.bit.ly/VCAAvideos</p>
<p>10:10-11:10 a.m. SAIL Class*</p>	<p>10:15-11:15 a.m. AARP Presentation: Online Dating Scams</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. Introduction to Basic Spanish</p> <p>2:30-3:30 p.m. Arlington County Explains the 55+ Travel Program</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: Managing Your Online Identity</p>
<p>9-10 a.m. Computer Class in Mandarin</p> <p>10:10-11:10 a.m. SAIL Class*</p>	<p>9-10 a.m. Full Body Stretching Level 2*</p> <p>1-2 p.m. Arts for the Aging Presents: Moving Stories w/Sloka Iyengar</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 w/September in the Lyrics</p>	<p>10:00-11:30 a.m. Paint & Sip</p> <p>1-2 p.m. Virtual Central & North American Tour</p> <p>2:30-3:30 p.m. Election 2024: What You Need to Know</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: Google Search 101</p>
<p>10:10-11:10 a.m. SAIL Class*</p>				

October 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 9-10 a.m. Tech Tuesday: Learn Zoom Basic Skills/Open Forum	2 9-10 a.m. Intermediate Tai Chi w/Quinta* 10:15-11:15 a.m. Fitness Class w/Patty*	3 9-10 a.m. Artist Cookbook 11:00 a.m.-12:30 p.m. Trivia 1-2 p.m. Introduction to Basic Spanish	4 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 Basics
7 9-10 a.m. Computer Class in Mandarin 10:10-11:10 a.m. SAIL Class*	8 9-10 a.m. Full Body Stretching Level 1* 10:15-11:15 a.m. Virginia Cooperative Extension: Nutrition Presentation	9 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: October Birthdays	10 10:00-11:30 a.m. Paint & Sip 1-2 p.m. Virtual Central & North American Tour	11 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: Using Gmail
14 10:10-11:10 a.m. SAIL Class*	15 10:15-11:15 a.m. Consumer Affairs: Online Shopping	16 9-10 a.m. Intermediate Tai Chi w/Quinta* 10:15-11:15 a.m. Fitness Class w/Patty*	17 9-10 a.m. Secret Lives of Famous Fakers 1-2 p.m. Introduction to Basic Spanish	18 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 Tips and Tricks
21 9-10 a.m. Computer Class in Mandarin 10:10-11:10 a.m. SAIL Class*	22 9-10 a.m. Full Body Stretching Level 2* 1-2 p.m. Arts for the Aging Presents: In the Moment w/Sandra Roachford	23 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: Halloween Spookies	24 11:30 a.m. -12:30 p.m. Around the World to... Scotland 1-2 p.m. Virtual Central & North American Tour	25 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 Basics 1
28 10:10-11:10 a.m. SAIL Class*	29 10:15-11:15 Consumer Affairs: Sleigh Safe This Holiday Season, How to Avoid Scams	30 9-10 a.m. Intermediate Tai Chi w/Quinta* 10:15-11:15 a.m. Fitness Class w/Patty*	31 1-2 p.m. Introduction to Basic Spanish	

November 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
				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 Basics 2
4	5	6	7	8
9-10 a.m. Computer Class in Mandarin 10:10-11:10 a.m. SAIL Class*	VCAA CLOSED Please enjoy prerecorded activities: http://www.bit.ly/ VCAAvideos	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 1-2 p.m. Introduction to Basic Spanish 3-4 p.m. Native American Heritage in the DMV	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: Let's Use Telehealth
11	12	13	14	15
VCAA CLOSED Please enjoy prerecorded activities: http://www.bit.ly/ VCAAvideos	9-10 a.m. Full Body Stretching Level 1* 10:15-11:15 a.m. Arts for the Aging Pre- sents: Smithsonian Inspirations w/Paula Cleggett	9-10 a.m. Intermediate Tai Chi w/ Quinta* 10:15-11:15 a.m. Virginia Insurance Counseling & Assistance Program: Medicare 101 (Registration Required) https://bit.ly/vcaaVICAP23 1-2 p.m. Music Lovers Unite: November Birthdays	11:00 a.m. -12:30 p.m. Trivia 1-2 p.m. Virtual Central & North American tour 2:30-3:30 p.m. Lewis and Clark: Heading Westward	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: How to Trust Your Online Research
18	19	20	21	22
10:10-11:10 a.m. SAIL Class*	10:15-11:15 a.m. Department of Cable & Consumer Sciences Presents: Communications, Policies, Impacting Consumers in 2024 & Beyond	9-10 a.m. Intermediate Tai Chi w/ Quinta* 10:15-11:15 a.m. Fitness Class w/Patty*	9-10 a.m. Artist Cookbook 1-2 p.m. Introduction to Basic Spanish	VCAA CLOSED Please enjoy prerecorded activities: http://www.bit.ly/ VCAAvideos
25	26	27	28	29
10:10-11:10 a.m. SAIL Class*	9-10 a.m. Full Body Stretching Level 2*	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 about Gratitude	VCAA CLOSED Please enjoy prerecorded activities: http://www.bit.ly/ VCAAvideos	VCAA CLOSED Please enjoy prerecorded activities: http://www.bit.ly/ VCAAvideos

September-November 2024 Virtual Center for Active Adults Descriptions

AARP Presents: Online Relationship Scams (9/17)

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 who are looking for a relationship on a dating site or app. They can occur through social media and even through email. In this presentation, we'll discuss the red flags to be on the lookout for anyone engaging in online relationships.

Arlington County Explains the 55+ Travel Program (9/19)

Meet and mingle with your fellow travelers while getting the latest information about the 55+ Travel Program. Ideal for both new and experienced travelers. Bring questions: 55+ Travel Supervisor Sharleka Ashton and 55+ Travel Assistant Sheila Budoff will be happy to answer them!

Around the World to... Scotland (10/24)

Becky Norris, project and events manager with the Scottish Government SA/British Embassy, will discuss and show videos of Scotland's stunning landscapes, castles, cities and vibrant culture. Wear your favorite tartan plaid to show your Highlander Spirit!

Artist Cookbook (10/3, 11/21)

Community Arts Programmer Jennifer Droblyen will introduce participants to "recipes" for art materials that can be made from household items. Techniques and tricks for how to use the materials will also be explored. No supplies are needed: just watch as the presenter demonstrates these fun techniques.

Arts For The Aging

(9/24) Moving Stories w/ Sloka Iyengar

Arts for the Aging Teaching Artist Sloka Iyengar, a neuroscientist and dancer, connects movement and imagination with Bharatanatyam. "Bha" stands for "bhava" (emotion), "ra" for "raga" (melody), and "ta" for "tala" (rhythm). The word "Natyam" means dance or a performing art. This classical Indian dance form originated in the temples of South India more than 2,000 years ago, and entails storytelling with hand gestures and facial expressions. Participants will use observation and visualization to travel through a dreamscape in their mind and body. All of the techniques Sloka will explore can be done seated on a chair, standing up, or even just with your hands! Find the joy of expression, movement, music, and storytelling in Bharatanatyam. All activities are adaptable to all abilities.

(10/22) 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 (contd.)

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.

(11/12) Smithsonian Inspirations w/Paula Cleggett

Updated title and description to come.

Chair Yoga*

Enjoy Prince William County's relaxing morning exercise, chair yoga is a great way to work your core, explore the different range of motion of the joints, and prioritize movement.

Computer Skills

Learn different computer basics throughout the quarter.

(9/6) Gadgets and Newer Technologies

(9/20) Managing Your Online Identity

(9/27) Google Search 101

(10/4) Email Basics

(10/11) Using Gmail

(10/18) Email Tips and Tricks

(10/25) Internet Basics 1

(11/1) Internet Basics 2

(11/8) Let's Use Telehealth

(11/15) How to Trust Your Online Research

Computer Class in Mandarin

(demo through iPad)

Consumer Affairs Presents

(10/15) Online Shopping: Shopping online has become the norm for most people. Fairfax County Consumer Affairs will share ways to protect yourself while doing your online shopping.

(10/29) Sleigh Safe This Holiday Season: How to Avoid Holiday Scams-Join Fairfax County Consumer Affairs for an essential presentation on avoiding holiday scams. From deceptive shipping alerts to seasonal job scams, we've got you covered with crucial tips to keep your holidays merry and fraud free. Don't miss out—protect yourself and your loved ones this season.

Department of Cable and Consumer Services Presents: Communications Policies Impacting Consumers in 2024 & Beyond (11/19)

Communications policy changes at the federal and state levels occur all the time and can have significant impacts on consumers' daily lives and on their pocketbooks. 2024 in particular is shaping up to be a busy year for such changes. This presentation addresses topics including the Federal Communications Commission's rulemaking proceedings on proposed all-inclusive pricing regulations for cable TV and other services; an Internet neutrality proceeding that may end up treating the Internet more like a common carrier; proposed consumer protection rules designed to eliminate so called "junk fees"; and (contd.)

September-November 2024 Virtual Center for Active Adults Descriptions Cont'd

new digital discrimination rules aimed at preventing discrimination of access to broadband services based on income level, race, ethnicity, color, religion, or national origin. Learn what all this means for you as a consumer.

Election 2024: What You Need to Know (9/26)

Be prepared to vote in the November 5 general election! This presentation will cover everything you need to know, including what will be on the ballot, registration and early voting deadlines, ID requirements, voting by mail, curbside voting and ranked choice voting for the County Board Election.

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.

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

(9/5, 9/19, 10/3, 10/17, 10/31, 11/7, 11/21)

If you've always wished you could speak Spanish, now is your chance to learn the basics! Lubber Run 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 is necessary. This is a seven part series of classes that build on each other, but feel free to come to as many or as few as you like.

Lewis and Clark: Heading Westward (11/14)

The Lewis and Clark expedition to the Pacific Coast from St. Louis between 1803 and 1806 paved the way for westward expansion, making St. Louis the gateway to the west. A ranger from Gateway National Park will examine the expedition, the lives of Lewis and Clark and the people they interacted with on their journey.

Music Lover's Unite

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

- (9/11) Bruce Springsteen
- (9/25) Songs with September in the Lyrics
- (10/9) October Birthdays
- (10/23) Halloween Spookies
- (11/13) November Birthdays
- (11/27) Songs About Gratitude

Native American Heritage in the DMV (11/7)

Celebrate Native American Heritage Month by learned about the Anacostan tribe, which was native to Washington DC and had a village on Capitol Hill. Armand Lione, Director of the DC Native History Project, will discuss the history and culture of the Anacostans and also Arlington's Native American history.

Paint & Sip (9/26, 10/10, 11/7)

Paint along with Community Arts Programmers Jennifer Droblyen and Jim Halloran as we recreate artworks on display at area museums. Enjoy your favorite beverage from the comfort of home during this lesson.

Pentagon 9/11 Memorial Virtual Tour (9/5)

To commemorate the 23rd anniversary of the deadliest terrorist attack in U.S. history, Micheal McMarthy, executive director of the Pentagon Memorial Fund, will discuss the events of 9/11 and the Pentagon Memorial's design, elements and meaning.

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.

Secret Lives of Famous Fakers (10/17)

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

Tech Tuesday (9/3, 10/1)

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.

Trivia (9/5, 10/3, 11/14)

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

Virginia Cooperative Extension: Nutrition Presentation (10/8)

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

VICAP Presents: Medicare 101 (10/8)

Part of a national network of programs that offers free, unbiased, confidential counseling and assistance for people with Medicare.

Pre Registration Required

<https://bit.ly/vcaaVICAP23>



September-November 2024 Virtual Center for Active Adults Descriptions Cont'd

Virtual Central & North American Tour

Learn about various Spanish-speaking countries alongside Lubber Run 55+ Center Director Ashley Gomez Figueredo in this engaging series. We will cover topics such as history, culture, food, geography, politics, travel destinations and more.

(9/12) Nicaragua


(10/10) Honduras

(10/24) Panama

(11/14) Mexico

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