

# 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](https://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](https://bit.ly/VCAASocialSPACE)

### **Use your phone**

- Dial in by phone: 1-929-205-6099
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**See reverse for event schedule for January 18-22.**

**Please Note:** Starting January 2021, 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.

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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.

[www.fairfaxcounty.gov/neighborhood-community-services](http://www.fairfaxcounty.gov/neighborhood-community-services)



# Fit & FAB

**Flexible Active Balanced**

**ZOOM platform [bit.ly/VCAAFitFAB](http://bit.ly/VCAAFitFAB) Meeting ID: 905 123 5932 Password: 3636**

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

Monday, January 18	Tuesday, January 19	Wednesday, January 20	Thursday, January 21	Friday, January 22
<p><b>Virtual Center for Active Adults</b></p> <p><b>CLOSED.</b></p> <p>Please utilize the prerecorded activity videos today.</p> <p><a href="http://bit.ly/VCAAvideos">http://bit.ly/VCAAvideos</a></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>11:45 a.m.-12:45 p.m.</b> <b>Gentlemen's Health*</b> Join us for fun, fitness, and educational topics specific to health and wellness.</p> <p><b>1-1:45 p.m.</b> <b>Chair Yoga*</b> Set up a chair without arms on the carpet or a yoga mat, and wear comfortable clothing. Enjoy a gentle movement yoga practiced while seated, and sometimes standing while holding the chair. Yoga helps to relieve stiffness, reduce stress, and increase flexibility.</p> <p><b>1:45-2:15 p.m.</b> <b>Meditation*</b> Learn and practice in relaxation techniques.</p> <p><b>2:30-3:30 p.m.</b> <b>Dance Fitness*</b> An energetic cardio dance class that fuses a variety of upbeat musical dance rhythms.</p>	<p><b>Virtual Center for Active Adults</b></p> <p><b>CLOSED.</b></p> <p>Please utilize the prerecorded activity videos today.</p> <p><a href="http://bit.ly/VCAAvideos">http://bit.ly/VCAAvideos</a></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>11:45 a.m.-12:45 p.m.</b> <b>Ladies' Health*</b> Topic: <b>Hypertension Bingo</b> Learn and review facts about hypertension with a game of Bingo! To receive bingo card, please email <a href="mailto:VAseniorservices@servicesource.org">VAseniorservices@servicesource.org</a></p> <p><b>1:15 - 2:15 p.m.</b> <b>Reeves Rx-Relax Adapted Yoga*</b> <b>Limited Series</b> Seated yoga class is designed for people with mobility concerns, multiple health conditions and their caregivers. No prior experience or equipment is required. To register please visit: <a href="http://bit.ly/RXyogaWINTER21">http://bit.ly/RXyogaWINTER21</a> Meeting ID: 981 3995 4922 Passcode: 3636</p> <p><b>2:30-3:30 p.m.</b> <b>Dance Fitness*</b> An energetic cardio dance class that fuses a variety of upbeat musical dance rhythms.</p>	<p><b>9-10 a.m.</b> <b>Gentle Yoga*</b> Relax and strengthen your mind and body.</p> <p><b>10:30-11:30 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>1:15-2:15 p.m.</b> <b>High Energy Aerobics*</b> Fun and energetic fitness class!</p>

# Social SPACE

Socialize Play Achieve Create Edu-tain

ZOOM platform [bit.ly/VCAASocialSPACE](http://bit.ly/VCAASocialSPACE) Meeting ID: 901 875 2818 Password: 8727

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