

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 March-May 2025

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.



March 2025 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
3 10:15-11:15 a.m. SAIL Class*	4 9-10 a.m. Tech Tuesday: Learn Zoom Basic Skills/Open Forum 10:15-11:15 a.m. AARP Presents: Medicare 101: Register at https://bit.ly/vcaaAARP2025 Meeting ID: 879 3486 9387 Password: 3636	5 9-10 a.m. Intermediate Tai Chi w/Quinta* 10:15-11:15 a.m. Fitness Class w/Patty*	6 10:00-11:30 a.m. Paint & Sip 1-2 p.m. Introduction to Basic Spanish	7 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 Google Sheets
10 9-10 a.m. Computer Class in Mandarin 10:15-11:15 a.m. SAIL Class*	11 9-10 a.m. Full Body Stretching Level 1* 11 a.m.-12 p.m. SAIL Class*	12 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: Lucky Lyrics	13 11 a.m.-12:30 p.m. Trivia 1-2 p.m. Explore the Spanish Speaking World	14 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: Get Stuff Done on the Web
17 10:15-11:15 a.m. SAIL Class*	18 10:15-11:15 a.m. SHAPE Presentation: Budgeting on a Fixed Income	19 9-10 a.m. Intermediate Tai Chi w/Quinta* 10:15-11:15 a.m. Fitness Class w/Patty*	20 10-11:30 a.m. Uber & Lyft Tips 1-2 p.m. Introduction to Basic Spanish	21 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 You (Only) Hear Online
24 9-10 a.m. Computer Class in Mandarin 10:15-11:15 a.m. SAIL Class*	25 9-10 a.m. Full Body Stretching Level 2* 11 a.m.-12 p.m. SAIL Class*	26 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: Boy Bands	27 9-10 a.m. Artist Cookbook 3-4 p.m. Exploring Arlington's Tree Canopy	28 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: Mobile Apps
31 10:15-11:15 a.m. SAIL Class*				

April 2025 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	2	3	4
	9-10 a.m. Tech Tuesday: Learn Basic Skills/Open Forum 10:15-11:15 a.m. Insight Memory Care Presents: Brain Health As You Age	9-10 a.m. Intermediate Tai Chi w/Quinta* 10:15-11:15 a.m. Fitness Class w/Patty*	9-10 a.m. Secret Lives of Famous Fakers 11 a.m.-12:30 p.m. Trivia	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: Scams: Recognize, Avoid, Report
7	8	9	10	11
9-10 a.m. Computer Class in Mandarin 10:15-11:15 a.m. SAIL Class*	10:15-11:15 a.m. AARP Social Security: Understanding Your Benefits	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 Spring	10-11:30 a.m. Paint & Sip 1-2 p.m. Introduction to Basic Spanish	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: Google Drive
14	15	16	17	18
10:15-11:15 a.m. SAIL Class*	9-10 a.m. Full Body Stretching Level 1* 11 a.m.-12 p.m. SAIL Class*	9-10 a.m. Intermediate Tai Chi w/Quinta* 10:15-11:15 a.m. Fitness Class w/Patty*	1-2 p.m. Explore the Spanish-Speaking World	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: Google Docs
21	22	23	24	25
9-10 a.m. Computer Class in Mandarin 10:15-11:15 a.m. SAIL Class*	11 a.m.-12 p.m. SAIL Class*	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: April Birthdays	10-11:30 a.m. Smartphone Videography 1-2 p.m. Introduction to Basic Spanish 3-4 p.m. Understanding Vision Zero	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
28	29	30		
10:15-11:15 a.m. SAIL Class*	9-10 a.m. Full Body Stretching Level 2* 10:15-11:15 a.m. Department of Emergency Management Presentation Register at: https://bit.ly/VCAA2025DEMS Meeting ID: 837 9394 8580 Password: 3636	9-10 a.m. Intermediate Tai Chi w/Quinta* 10:15-11:15 a.m. Fitness Class w/Patty*		

May 2025 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 1-2 p.m. Introduction to Basic Spanish	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: Using Telehealth
5 9-10 a.m. Computer Class in Mandarin 10:15-11:15 a.m. SAIL Class*	6 9-10 a.m. Tech Tuesday: Learn Basic Skills/Open Forum 10:15-11:15 a.m. AARP Presents: Preventing Fraud and Abuse in the Medicare System Register at: https://bit.ly/vcaa25AARP2 Meeting ID: 854 6602 9481 Passcode: 3636	7 9-10 a.m. Intermediate Tai Chi w/ Quinta* 10:15-11:15 a.m. Fitness Class w/Patty*	8 1-2 p.m. Explore the Spanish-Speaking World	9 VCAA CLOSED Please enjoy prerecorded activities: http://www.bit.ly/VCAAvideos
12 10:15-11:15 a.m. SAIL Class*	13 9-10 a.m. Full Body Stretching Level 1* 11 a.m.-12 p.m. SAIL Class*	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 with Rain in the Title	15 1-2 p.m. Introduction to Basic Spanish	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: Best Travel Apps
19 9-10 a.m. Computer Class in Mandarin 10:15-11:15 a.m. SAIL Class*	20 11 a.m.-12 p.m. SAIL Class*	21 9-10 a.m. Intermediate Tai Chi w/ Quinta* 10:15-11:15 a.m. Fitness Class w/Patty*	22 1-2 p.m. Explore the Spanish Speaking World	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: Beyond Android Basics
26 VCAA CLOSED Please enjoy prerecorded activities: http://www.bit.ly/VCAAvideos	27 9-10 a.m. Full Body Stretching Level 2* 11 a.m.-12 p.m. SAIL Class*	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 that Start with M	29 3-4 p.m. Pedaling for a Purpose	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: Gmail

March-May 2025 Virtual Center for Active Adults Descriptions

AARP Special Presentations

(3/4) Medicare 101: Understanding Your Benefits

Tens of millions of older Americans and people with disabilities rely on Medicare for their health coverage. This presentation goes over the benefits of Medicare and other basic answers to some questions you may have. Register at -

<https://bit.ly/vcaaAARP2025>

Zoom Platform Information

Meeting ID: 879 3486 9387

Password: 3636

(4/8) Social Security: Understanding Your Benefits

Social Security provides benefits to more than 68 million people, find answers to some of the most frequently asked questions about Social Security.

(5/6) Preventing Fraud and Abuse in the Medicare System

Learn tips and tricks for avoiding fraud and abuse in the Medicare System and get any questions you may have answered. Register at-

<https://bit.ly/vcaa25AARP2>

Zoom Platform Information

Meeting ID: 854 6602 9481

Passcode: 3636

Artist Cookbook (3/27)

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.

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 with our partners at Prince William County.

Computer Class in Mandarin

(demo through iPad)

Department of Emergency Management Services Presents (4/29)

This presentation will take a look at Hurricane Helene and the impacts in SW Virginia and look at ways to prepare for this Hurricane season. Register at

<https://bit.ly/VCAA2025DEMS>

Zoom Platform Information

Meeting ID: 837 9394 8580

Password: 3636

Explore the Spanish-Speaking World

Did you know that there are many countries where Spanish is no the official language, yet it plays a significant role in daily life? Join 55+ Center Director Ashley Gomez to explore places where Spanish has a unique presence and cultural influence.

3/13 Belize

4/17 Andorra

5/8 Gibraltar

5/22 Western Sahara

Exploring Arlington’s Tree Canopy (3/27)

Join Arlington Urban Forest Manager Vincent Verweij for an in depth overview of Arlington’s tree canopy and how it has evolved over the years. Vincent will discuss improvements in methodology, accuracy, and data quality as well as what this means for the community and environment and the steps we can take to support and expand our urban forest.

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.

Insight Memory Care Presents Brain Health As You Age (4/1)

Learn more about age-related changes in memory and learning, and practices to keep your brain sharp! Learn what to expect, what’s “normal,” and when it’s time to seek a doctor’s input.

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

(3/6, 3/20, 4/10, 4/24, 5/1, 5/15)

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 necessary.

Music Lover’s Unite

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

March-May 2025 Virtual Center for Active Adults Descriptions Cont'd

Paint & Sip (3/6, 4/10)

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 your own home during this lesson.

Pedaling for a Purpose (5/29)

David Young, an avid cyclist, passionate adventurer and dedicated 55+ volunteer, recently achieved an extraordinary milestone: biking all the way from Pittsburgh to DC. Join David in this virtual program where he will share stories, challenges and highlights from his incredible adventure in exploring historic transportation infrastructure.

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 (4/3)

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.

SHAPE the Future of Aging Presents Budgeting on a Fixed Income (3/18)

If you've visited a store, restaurant or gas station lately, you've probably experienced sticker shock. For older adults on a fixed income, the steep rise in prices is making it difficult to afford even the basics. However, services and programs are available in Fairfax County that can provide some relief to those who qualify. Join this presentation to learn a few ways through the SHAPE initiative.

Smartphone Videography (4/24)

Do you have a smartphone, tablet or other device but struggle with the camera feature? Do you want to learn more about apps for photography and editing. Join Nick Englund, DPR staff and photography enthusiast to learn how to maximize the use of the camera you already have.

Tech Tuesday (3/4, 4/1, 5/6)

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.

Trivia (3/13, 4/3, 5/1)

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

Uber & Lyft Tips (3/20)


Getting in a car with strangers seemed so taboo, but has become the standard for getting from A to B. Tech Guru Nick Englund will present an overview of ride sharing apps including the popular Uber and Lyft and share tips and tricks.

Understanding Vision Zero (4/24)

Join Nate Graham, public engagement specialist (Transportation Division), to explore Vision Zero, a global initiative aimed at eliminating traffic fatalities and severe injuries while promoting safe, equitable mobility for all. Nate will guide participants through the principles of Vision Zero, its impact on communities, and actionable steps we can take to support safer streets.

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