

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 2026

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 2026 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>10:30-11:30 a.m. SAIL Class*</p>	<p>2</p> <p>10:15-11:15 a.m. Tuesday Topic: June Trivia</p> <p>1-2 p.m. SAIL Class*</p>	<p>3</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>4</p> <p>9:15-10:15 a.m. Builder Safer Spaces</p> <p>11:00 a.m.-12:30 p.m. Trivia</p>	<p>5</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: Who You Are Online</p>
<p>8</p> <p>10:30-11:30 a.m. SAIL Class*</p> <p>1-2 p.m. How to Plan a National Park Trip Even If You Don't Own Hiking Boots</p>	<p>9</p> <p>9-10 a.m. Full Body Stretching Level 1*</p> <p>10:15-11:15 a.m. Tuesday Topic: Juneteenth</p> <p>1-2 p.m. SAIL Class*</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: Artists with June Birthdays</p>	<p>11</p> <p>10-11:30 a.m. Smartphone Photography</p> <p>3-4 p.m. Equality in Action</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: Things You Only Hear About Online</p>
<p>15</p> <p>10:30-11:30 a.m. SAIL Class*</p>	<p>16</p> <p>10:15-11:15 a.m. Insight Memory Care Presents: Normal Aging vs. Dementia</p> <p>1-2 p.m. SAIL Class*</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>18</p> <p>10-11:30 a.m. Land of the Pharaohs</p> <p>3-4 p.m. Fireflies of Virginia</p>	<p>19</p> <p>VCAA CLOSED</p> <p>Please enjoy prerecorded activities:</p> <p>http://www.bit.ly/VCAAvideos</p>
<p>22</p> <p>10:30-11:30 a.m. SAIL Class*</p>	<p>23</p> <p>9-10 a.m. Full Body Stretching Level 2*</p> <p>10:15-11:15 a.m. Tuesday Topic: Travel to the Great Barrier Reef</p> <p>1-2 p.m. SAIL Class*</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 Summer</p>	<p>25</p> <p>10-11 a.m. Armchair Travel</p> <p>3-4 p.m. Parasitic and Epiphytic Plants</p>	<p>26</p> <p>VCAA CLOSED</p> <p>Please enjoy prerecorded activities:</p> <p>http://www.bit.ly/VCAAvideos</p>
<p>29</p> <p>10:30-11:30 a.m. SAIL Class*</p>	<p>30</p> <p>10:15-11:15 a.m. Tuesday Topic: Brain Health Awareness</p> <p>1-2 p.m. SAIL Class*</p>			

July 2026 Virtual Center for Active Adults

Zoom Platform bit.ly/VCAAzoom2 Meeting ID: 905 123 5932 Password: 3636

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Monday	Tuesday	Wednesday	Thursday	Friday
		1 9-10 a.m. Intermediate Tai Chi w/ Quinta* 10:15-11:15 a.m. Fitness Class w/Patty*	2 11 a.m.-12:30 p.m. Trivia	3 VCAA CLOSED Please enjoy prerecorded activities: http://www.bit.ly/ VCAAvideos
6 10:30-11:30 a.m. SAIL Class*	7 9-10 a.m. Tech Tuesday: Learn Zoom Basic Skills/Open Forum 10:15-11:15 a.m. Department of Emer- gency Management Systems Presentation 1-2 p.m. SAIL Class*	8 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: #1 Hits of the 70s	9 3-4 p.m. Discovering the Fairfax Resolves	10 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: Android Watch Basics
13 10:30-11:30 a.m. SAIL Class*	14 9-10 a.m. Full Body Stretching Level 1* 10:15-11:15 a.m. Cybersecurity-Vigilance Against Cybercrime 1-2 p.m. SAIL Class*	15 9-10 a.m. Intermediate Tai Chi w/ Quinta* 10:15-11:15 a.m. Fitness Class w/Patty*	16 3-4 p.m. Arlington's Urban Forest	17 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: Apple Watches
20 10:30-11:30 a.m. SAIL Class*	21 10:15-11:15 a.m. Tuesday Topic: Travel to Peru 1-2 p.m. SAIL Class*	22 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: Artists Who Have July Birthdays	23 10-11 a.m. Virtual Jeopardy	24 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: Android Device Basics
27 10:30-11:30 a.m. SAIL Class*	28 9-10 a.m. Full Body Stretching Level 2* 10:15-11:15 a.m. Insight Memory Care Presents: Diagnosis Dementia: Now What? 1-2 p.m. SAIL Class*	29 9-10 a.m. Intermediate Tai Chi w/ Quinta* 10:15-11:15 a.m. Fitness Class w/Patty*	30 3-4 p.m. Registration Help and Tips	31 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

August 2026 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>3</p> <p>10:30-11:30 a.m. SAIL Class*</p>	<p>4</p> <p>9-10 a.m. Tech Tuesday: Learn Basic Skills/Open Forum</p> <p>10:15-11:15 a.m. Department of Emergency Management Presentation</p> <p>1-2 p.m. SAIL Class</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>6</p> <p>10-11 a.m. Virtual Jeopardy</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: Using Canva</p>
<p>10</p> <p>10:30-11:30 a.m. SAIL Class*</p>	<p>11</p> <p>9-10 a.m. Full Body Stretching Level 1*</p> <p>10:15-11:15 a.m. Gee Gee and Speedee – The Historical Saga of McDonald’s in Fairfax County</p> <p>1-2 p.m. SAIL Class*</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: Artists with August Birthdays</p>	<p>13</p> <p>11 a.m.-12:30 p.m. Trivia</p>	<p>14</p> <p>9:15-10 a.m. Chair Yoga*</p> <p>10:30-11:30 a.m. Zumba Gold*</p>
<p>17</p> <p>10:30-11:30 a.m. SAIL Class*</p>	<p>18</p> <p>10:15-11:15 a.m. Tuesday Topic: Psychology of the Scam</p> <p>1-2 p.m. SAIL Class*</p>	<p>19</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>20</p> <p>10-11 a.m. Armchair Travel</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: Apple Device Basics</p>
<p>24</p> <p>10:30-11:30 a.m. SAIL Class*</p>	<p>25</p> <p>9-10 a.m. Full Body Stretching Level 1*</p> <p>10:15-11:15 a.m. Insight Memory Care Presents: Taking Care of Yourself: Tips to Survive Caregiving</p> <p>1-2 p.m. SAIL Class*</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: End of Summer Songs</p>	<p>27</p> <p>3-4 p.m. Women of Jazz</p>	<p>28</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: Beyond Apple Basics</p>
<p>31</p> <p>10:30-11:30 a.m. SAIL Class*</p>				

June-August 2026 Virtual Center for Active Adults Descriptions

Arlington's Urban Forest (7/16)

Join us for an overview of Arlington County's trees and urban forestry programs with Urban Forest Manager Vincent Verweij. You'll learn about our tree planting, maintenance and permitting processes, and you'll be able to ask questions about trees and how we all work together to improve our urban forest.

Armchair Travel (6/25, 8/20)

Explore the world without leaving your seat with 55+ Travel Assistant Brittany Martin! 6/25: "travel" to Tokyo, Osaka and Kyoto, cities that exemplify Japan's ability to honor its history while leading the way forward. 8/20: come on a journey of romance, history and cultural pride to Old Québec and the iconic Château Frontenac.

Building Safer Spaces (6/4)

This presentation explores concepts of sexuality and gender while gaining a deeper understanding of LGBTQIA+ identities and experiences. Led by DHS Program Assistant Ashley Blowe, this interactive virtual session will examine common assumptions, biases and systems of privilege that impact inclusion in our communities.

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.

Cybersecurity-Vigilance Against Cyber Crime (7/14)

In today's fast-paced online environment, protecting your personal information is more crucial than ever. AARP's workshop: Vigilance Against Cybercrime is designed to empower you with the knowledge and tools to navigate the digital world safely. We'll cover how to stay safe in public, at home, when using social media and when shopping and banking. We'll also look at common scams and how to avoid them. Join us to learn more!

Discovering the Fairfax Resolves (7/9)

Arlington Management Specialist for Historic Preservation John McNair will explore the significance of the Fairfax Resolves, the 1774 document that helped shape Virginia's response to British policies. This session highlights the powerful role local leadership played, the document's authors, its statements on rights and governance, and its lasting impact on America's path toward independence.

Equality in Action (6/11)

Equality NoVa is a grassroots organization dedicated to improving quality of life for the LGBTQ community. Join Roland Watkins, an Equality NoVa board member, for an insightful presentation on the organization's mission and programs promoting inclusion and equity across Northern Virginia.

Fireflies of Virginia (6/18)

Fireflies give dazzling summer displays. Come learn about the more than 20 species of fireflies that call Virginia home with Arlington Park Naturalist Gabby Hrycshyn. Discover more about their fascinating life histories and how you can protect these beautiful creatures so generations to come can enjoy their splendor.

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.

Gee Gee and Speedee-The Historical Saga of McDonald's in Fairfax County (8/11)

In 1957, the Gee Gee Food Corporation opened the first McDonald's in Virginia on Route 1 in Alexandria. Learn how they built the largest single franchise operation of the McDonalds chain in the nation until Ray Kroc bought them out in 1967.

How to Plan a National Park Trip Even if You Don't Own Hiking Boots (6/8)

Join national park planner Michelle Iakowski to learn why a national park should be your next vacation, even if you don't want to hike! Learn how to see the epic views of Glacier National Park, the Grand Tetons, and Yellowstone, and walk away with tips on when and where to travel and activities beyond hiking.

Insight Memory Care Presents

Join Insight Memory Care and learn about ways to improve your brain health as you age! Listen, learn and ask questions you may have for this special presentation.

(6/16) Normal Aging vs. Dementia

(7/28) Diagnosis Dementia: Now What

(8/25) Taking Care of Yourself: Tips to Survive Caregiving

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.

The Land of the Pharaohs (6/18)

Ever consider traveling to Egypt to see the Pyramids, the Sphinx and ancient temples? Join 55+ volunteer Jim Mason as he discusses his 14-day trip to Egypt that included visits to the Giza Plateau, temples of Luxor and Karnak, and beautiful new Grand Egyptian Museum, along with an 8-day cruise on the Nile River.



June-August 2026 Virtual Center for Active Adults Descriptions Cont'd

Music Lover's Unite

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

(6/10) Artists with June Birthdays

(6/24) Songs About Summer

(7/8) #1 Hits of the 70s

(7/22) Artists with July Birthdays

(8/12) Artists with August Birthdays

(8/26) End of Summer Songs

Parasitic and Epiphytic Plants (6/25)

Explore the weird and wonderful world of parasitic and epiphytic plants with Arlington Park Naturalist Nayelai Arrellano. These bizarre plants have evolved to survive by stealing nutrients or light from surrounding plants! We will take a virtual tour of these plants, their lifestyles and where to find them around Virginia.

Psychology of the Scam (8/18)

This presentation explores why so many individuals become victims of fraud and scams. It examines how the brain processes stimuli related to fraudulent activity, introduces the dynamics between the victim and the fraudster, and highlights the psychological techniques commonly used by scammers. Participants will also learn the critical "red flags" to watch for, along with practical actions they can take to recognize scams early and better protect themselves from becoming victims.

Registration Help & Tips (7/30)

Have questions about how to register for 55+ programs or need guidance using the system? Registration staff member Merrelle White will walk you through the process, answer your questions in real time and share useful tips to make registration quick and stress-free. Perfect for first-time users or anyone looking for a refresher.

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.

Smartphone Photography (6/11)

Do you have a smartphone, tablet, or other mobile 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 (7/7, 8/4)

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 (6/4,7/2, 8/13)

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

Tuesday Topic

A weekly program featuring a new and engaging theme each Tuesday. Sessions may include trivia, special presentations, guest speakers, and interactive discussions. Come learn, discuss, and enjoy time with your peers!

Virtual Jeopardy (7/23, 8/6)


Join 55+ Travel Assistant Brittany Martin for fun themed Jeopardy games! July is the United States' 250th Anniversary: from 1776 to today, players will test their knowledge of the events, documents and individuals who shaped the nation's journey. August is National Romance Month: celebrate passion, heartbreak and happily-everafters from timeless novels and unforgettable movie moments.

Women of Jazz (8/27)

Jazz is a music genre that originated in the African American communities of New Orleans, Louisiana in the late 19th and early 20th centuries. Join 55+ Operations Supervisor Cory Cox as we learn about and listen to music from some of the women who played a huge role in the development of the art, including Ella Fitzgerald, Bessie Smith, Billie Holiday and more!

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