

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 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.



March 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>2</p> <p>10:15-11:15 a.m. SAIL Class*</p>	<p>3</p> <p>9-10 a.m. Tech Tuesday: Learn Zoom Basic Skills/Open Forum</p> <p>10:15-11:15 a.m. Tuesday Topic: It Happened In March</p> <p>1-2 p.m. SAIL Class*</p>	<p>4</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>5</p> <p>11:00 a.m.-12:30 p.m. Trivia</p>	<p>6</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: Paying Your Taxes Online</p>
<p>9</p> <p>10:15-11:15 a.m. SAIL Class*</p>	<p>10</p> <p>9-10 a.m. Full Body Stretching Level 1*</p> <p>10:15-11:15 a.m. Tuesday Topic: Women's History Month</p> <p>1-2 p.m. SAIL Class*</p>	<p>11</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: Big Band Songs</p>	<p>12</p> <p>9-10 a.m. Artist Cookbook</p>	<p>13</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: Scams: Recognize, Avoid, Report</p>
<p>16</p> <p>10:15-11:15 a.m. SAIL Class*</p>	<p>17</p> <p>10:15-11:15 a.m. Tuesday Topic: St. Patrick's Day</p> <p>1-2 p.m. SAIL Class*</p>	<p>18</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>19</p> <p>3-4 p.m. National Parks for Non-Hikers</p>	<p>20</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 iPhone Basics</p>
<p>23</p> <p>10:15-11:15 a.m. SAIL Class*</p>	<p>24</p> <p>9-10 a.m. Full Body Stretching Level 2*</p> <p>10:15-11:15 a.m. Tuesday Topic: Nutrition Month</p> <p>1-2 p.m. SAIL Class*</p>	<p>25</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: The Judds</p>	<p>26</p> <p>10:00-11:30 a.m. Paint & Sip</p>	<p>27</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 Basics</p>
<p>30</p> <p>10:15-11:15 a.m. SAIL Class*</p>	<p>31</p> <p>10:15-11:15 a.m. Tuesday Topic: Social Security: You Earned It</p> <p>1-2 p.m. SAIL Class*</p>			

April 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
		1	2	3
		9-10 a.m. Intermediate Tai Chi w/ Quinta* 10:15-11:15 a.m. Fitness Class w/Patty*	11:00 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: Digital Library: Travel in Luxury from Home
6	7	8	9	10
10:15-11:15 a.m. SAIL Class* 1-2 p.m. Insight Memory Care Presents: Better Brain Health	9-10 a.m. Tech Tuesday: Learn Zoom Basic Skills/Open Forum 10:15-11:15 a.m. Tuesday Topic: Parkinsons Awareness 1-2 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: Dorris Day	9-10 a.m. Secret Lives of Famous Fakers 3-4 p.m. Equality in Action	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
13	14	15	16	17
10:15-11:15 a.m. SAIL Class* 1-2 p.m. DEMS Presents: Emergency Prepared- ness for Older Adults and Vulnerable Popu- lations	9-10 a.m. Full Body Stretching Level 1* 10:15-11:15 a.m. Tuesday Topic: Travel to Rome 1-2 p.m. SAIL Class*	9-10 a.m. Intermediate Tai Chi w/ Quinta* 10:15-11:15 a.m. Fitness Class w/Patty*	3-4 p.m. Arlington's 250th Anniversary	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: MoneySmart: Financial Scams 1
20	21	22	23	24
10:15-11:15 a.m. SAIL Class*	10:15-11:15 a.m. Tuesday Topic: Billie Holiday 1-2 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: Songs About the Earth	3-4 p.m. The Library of Virginia's History	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 Maps
27	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. Tuesday Topic: Artificial Intelligence with AARP 1-2 p.m. SAIL Class*	9-10 a.m. Intermediate Tai Chi w/ Quinta* 10:15-11:15 a.m. Fitness Class w/Patty*	10:00-11:30 a.m. Paint & Sip	

May 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
				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: Best Travel Apps
4 10:15-11:15 a.m. SAIL Class*	5 9-10 a.m. Tech Tuesday: Learn Basic Skills/Open Forum 10:15-11:15 a.m. Tuesday Topic: Cinco De Mayo 1-2 p.m. SAIL Class*	6 9-10 a.m. Intermediate Tai Chi w/ Quinta* 10:15-11:15 a.m. Fitness Class w/Patty*	7 11:00 a.m.-12:30 p.m. Trivia	8 VCAA CLOSED Please enjoy prerecorded activities: http://www.bit.ly/ VCAAvideos
11 10:15-11:15 a.m. SAIL Class*	12 9-10 a.m. Full Body Stretching Level 1* 10:15-11:15 a.m. Tuesday Topic: Mental Health Awareness 1-2 p.m. SAIL Class*	13 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: illy Joel	14 3-4 p.m. Arlington's 250th Anniversary	15 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: Digital Library Entertainment
18 10:15-11:15 a.m. SAIL Class*	19 10:15-11:15 a.m. Tuesday Topic: Memorial Day 1-2 p.m. SAIL Class*	20 9-10 a.m. Intermediate Tai Chi w/ Quinta* 10:15-11:15 a.m. Fitness Class w/Patty*	21 Programs To Be Announced	22 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: MoneySmart Scam Focus 2: Identity Theft
25 VCAA CLOSED Please enjoy prerecorded activities: http://www.bit.ly/ VCAAvideos	26 9-10 a.m. Full Body Stretching Level 2* 10:15-11:15 a.m. Tuesday Topic: All About Bees 1-2 p.m. SAIL Class*	27 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: Country Men Songs	28 Programs To Be Announced	29 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 Docs

March-May 2026 Virtual Center for Active Adults Descriptions

Arlington's 250th Anniversary (4/16, 5/14)

Join Peter Vaselopulos, president of the Arlington Historical Society (AHS), for an overview of Arlington's 250th commemoration of the Declaration of Independence. Learn more about Arlington's history during the Revolutionary War and how AHS and Arlington County are planning to celebrate July 4th.

Artist Cookbook (3/12)

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 be also 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.

Department of Emergency Management and Security (DEMS) Presents: Emergency Preparedness for Older Adults and Other Vulnerable Populations (4/13)

Join DEMS to talk about how to stay prepared when emergencies happen, what ways you can remain vigilant when severe weather is in the forecast, and ways to keep everyone you love safe. Listen, learn and ask questions during this special presentation.

Equality in Action (4/9)

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.

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 Better Brain Health (4/6)

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.

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 Library of Virginia's History (4/23)

Catherine Fitzgerald Wyatt, Library of Virginia's education & outreach manager, will lead a virtual presentation commemorating America's 250th anniversary and share insights into the library's rich history. Established in 1823, the Library of Virginia celebrated its 200th anniversary in 2023 and continues to preserve and promote Virginia's cultural heritage.

Music Lover's Unite

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

National Parks for Non-Hikers (3/19)

Join national park trip planner Michelle Zlakowski 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.

Paint & Sip (3/26, 4/30)

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.

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 (4/9)

Fakers 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. Presented by Community Arts Programmer Jennifer Droblyen.

Tech Tuesday (3/3, 4/7,5/5)

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 (3/5, 4/2, 5/7)

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


March-May 2026 Virtual Center for Active Adults Descriptions Cont'd

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!

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