

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 February 2023

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.



February 2023 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>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. Book Club with Jenny!</p>	<p>2</p> <p>11 a.m.-12:30 p.m. Trivia!</p> <p>1:30-2:30 p.m. Artemis: To the Moon and Beyond</p>	<p>3</p> <p>9-9:45 a.m. Body and Mind*</p> <p>10:30-11:30 a.m. Zumba Gold*</p> <p>1:30-2:30 p.m. Nutrition Presentation: Heart Health</p>
<p>6</p> <p>9-10 a.m. Computer Class in Mandarin</p> <p>10:15-11:15 a.m. Three and a Half Acres Yoga (T.H.A.Y)*</p> <p>2-3 p.m. Mixed Media Mondays</p>	<p>7</p> <p>9-10 a.m. Tech Tuesday: Learn Basic Zoom Skills/Open Forum</p> <p>10-11 a.m. S.A.I.L. Stay Active and Independent for Life Exercise Class*</p> <p>1-2 p.m. High Energy Aerobics w/ Alexia*</p>	<p>8</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: Romance Songs</p>	<p>9</p> <p>11:30 a.m.-12:30 p.m. Narratives of Enslaved Virginians</p> <p>1:30-2:30 p.m. The Magic of Yellowstone</p>	<p>10</p> <p>9-9:45 a.m. Body and Mind*</p> <p>10:30-11:30 a.m. Valentines Day with Eric Fine</p> <p>2-3 p.m. Black History Month Presentation: Inventors</p>
<p>13</p> <p>10:15-11:15 a.m. Three and a Half Acres Yoga (T.H.A.Y)*</p> <p>2-3 p.m. Mixed Media Mondays</p>	<p>14</p> <p>9-10 a.m. New Program! Chair Yoga w/Rachel*</p> <p>10:15-11:15 a.m. Alzheimer's Association Presents: Healthy Living For Your Brain</p> <p>1-2 p.m. High Energy Aerobics w/ Alexia*</p>	<p>15</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. Virtual Traveler: San Francisco</p>	<p>16</p> <p>11 a.m.-12 p.m. Heart Healthy Recipes</p> <p>1:30-2:30 p.m. The Lincoln Memorial at 100</p>	<p>17</p> <p>9-9:45 a.m. Body and Mind*</p> <p>1-2 p.m. Tai Chi*</p> <p>2-3 p.m. Black History Month Presentation: The Civil Rights Movement</p>
<p>20</p> <p>VCAA CLOSED</p> <p>Please enjoy prerecorded activities: http://www.bit.ly/VCAAvideos</p>	<p>21</p> <p>9-10 a.m. Chair Yoga w/Rachel*</p> <p>10-11 a.m. S.A.I.L. Stay Active and Independent for Life Exercise Class*</p> <p>1-2 p.m. Arts for the Aging: More than the Blues</p>	<p>22</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 p.m.-2 p.m. Music Lovers Unite: Highlighting Black Artists</p>	<p>23</p> <p>11 a.m.-12:10 p.m. Colin Powell: General, Statesman, Hero</p> <p>1:30-2:30 p.m. Americas First Black Senators</p>	<p>24</p> <p>9-9:45 p.m. Body and Mind*</p> <p>11 a.m.-12 p.m. Strength Training For Seniors*</p> <p>2-3 p.m. Black History Month Presentation: Female Inventors</p>
<p>27</p> <p>9-10 a.m. Computer Class in Mandarin</p> <p>10:15-11:15 a.m. Three and a Half Acres Yoga (T.H.A.Y)*</p> <p>2-3 p.m. Mixed Media Mondays</p>	<p>28</p> <p>9-10 a.m. Chair Yoga w/Rachel*</p> <p>10-11 a.m. S.A.I.L. Stay Active and Independent for Life Exercise Class*</p> <p>1-2 p.m. High Energy Aerobics w/ Alexia*</p>			

February 2023 Virtual Center for Active Adults Programing Descriptions

Alzheimer's Association Presents Healthy Living for Your Brain

Tips from the latest research-Learn about the latest research providing insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age.

Americas First Black Senators: Pay tribute to two remarkable trailblazers

Hiram Revels, the first African American to serve in the senate; and Blance K. Bruce, born a slave in Virginia, the first African American to serve a full term and preside over the senate. Dan Holt, historian with the U.S. Senate Historical Society, will share their extraordinary stories.

Artemis: To the Moon and Beyond

The new Artemis program's mission is to establish a long term presence on the moon and prepare to send astronauts to Mars. Find out more about this new era of space exploration with Col. Scott Willey, USAF (retired), former senior docent with the National Air and Space Museums Udvar- Hazy Center.

Arts for the Aging Interactive Workshop

Artist Miles Spicer reconnects people to music they love in **More than the Blues**. This interactive workshop features Miles playing acoustic guitar and leading participants in group singing, call and response, and more. Musical genres featured vary by audience and may include Blues, Jazz, Rock and Roll, and popular requests. Learn more about the history of the music presented and join in the fun!

Black History Month Presentations

Come enjoy a three part series for Black History Month.

- **Inventor:** This week we will be talking about African American Inventors and their contributions and inventions that have changed the world around us.
- **The Civil Rights Movement:** This week we will be talking about the Civil Rights Movement in America from Jackie Robinson in the 1940's to recent developments (2021) in the assassination of Malcolm X and many things in between.
- **Female Inventors:** This week we are going to talk exclusively about the achievements and innovations brought to the world by Female African American Inventors.

Body and Mind*

Please join us for a fun combination of exercises designed to help improve your strength mobility and balance paired with other activities designed to put your brain to work and keep you sharp. You will need: A chair with no wheels, Resistance band or light free weights.

Book Club with Jenny!

Every month read a book, come back a discuss the book with your peers! This month we will be discussing "A Man Called Ove" by Fredrik Backman. March book choice will be

Chair Yoga w/ Rachel* New Program!

Students should have:

- One flat bottom chair without arms, a folding chair or wooden kitchen chair works great
- A second chair or table roughly the same height positioned in front of the first chair
- A blanket or pillow under the feet or seat to ensure feet have good contact with the floor and knees and hips are at the same level
- A yoga block, or small stiff pillow

Colin Powell: General, Statesman, Hero

Colin Powell dedicated his life to public service, serving his country as a soldier, diplomat, and advisor with honor and distinction. David Bame, a retired foreign service officer who worked with Secretary Powell at the State Department, will discuss this extraordinary hero and his leadership lessons that still resonate today.

Computer Class in Mandarin (demo through iPad)

Fitness Class*

Low impact with moderate intensity exercise to help with overall fitness.

Heart Healthy Recipes:

February is Heart Awareness Month. Join Virginia Cooperative Extension Master Food Volunteers for a food demonstration on how eating for heart health can be easy and delicious.

High Energy Aerobics*

Fun and energetic fitness class!

Intermediate Tai Chi*

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.

February 2023 Cont'd - Virtual Center for Active Adults Programing Descriptions

Mixed Media Mondays

Explore the "elements of art" including color, line, pattern, shape, and texture while you find enjoyment and confidence in creating your own personal artwork.

Music Lover's Unite

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

Narratives of Enslaved Virginians

In the 1930's, Federal Writers' Project researcher with the Works Progress Administration interviewed formerly enslaved Virginians to preserve their stories. Library of Congress (LOC) Reference Specialists Dr. Sybil Moses and Angela McMillian and author/professor David A. Taylor will discuss the project, its legacy and LOC resources documenting the voices of enslaved African Americans.

Nutrition Presentation: Heart Health

February is National Heart Health month. Take this opportunity to speak with Registered Dietician Saba Barkneh about simple changes you can make to your diet to help keep your heart pumping strong for years to come.

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.

Strength Training for Seniors*

Exercise that builds muscle endurance, or resistance training, can help older adults to preserve their independence and quality of life. It can overcome the loss of muscle mass and strength, build resilience, ease the management of chronic condition, and reduce physical vulnerability.

Equipment you might need: Dumbbells or something similar to hold on to, a surface you can be comfortable sitting/lying down on, like a yoga mat, carpet, mat, etc., something squishy to stand on like foam or a pillow, and a step or stair or something similar.

Tai Chi *

Tai chi is a practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing.

The Lincoln Memorial at 100

May 2022 marked the 100th anniversary of the dedication of the Lincoln Memorial honoring our 16th president. National Park Ranger Jennifer Rudnick will describe the dedication ceremony, the memorials evolving meaning over the past 100 years and Abraham Lincolns life and legacy.

The Magic of Yellowstone

Discover the history, geology, and wildlife of Yellowstone National Park, the worlds first national park and home to half of the world's geothermal features. We'll visit Yellowstone virtually with a park ranger in real time from the park in Wyoming.

Tech Tuesday

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.

Three and a Half Acres (T.H.A.Y) Yoga*

This mat-based yoga class is designed specifically for older adults or anyone interested in a gentle yoga session. Yoga poses can easily be modified to fit your comfort level and physical ability. All levels are welcome. Please check with your doctor before starting this or any exercise program.

Trivia

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

Valentines Day with Eric Fine

We are a little early but it's always a good time to be around those you love. Please enjoy some fun and romantic songs performed by the wonderful Eric Fine.

Virtual World Traveler

Travel virtually around the world, sharing experiences and memories with peers! This month travel to San Francisco.

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!