

# 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](https://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 September-November 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.



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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.



# September 2023 Virtual Center for Active Adults

Zoom Platform [bit.ly/VCAAzoom2](http://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 Literacy: Basic Computer Skills
4 VCAA CLOSED Please enjoy prerecorded activities: <a href="http://www.bit.ly/VCAAvideos">http://www.bit.ly/ VCAAvideos</a>	5 9-10 a.m. Tech Tuesday: Learn Basic Zoom Skills/Open Forum 10:15-11:15 a.m. S.A.I.L. Class*	6 9-10 a.m. Intermediate Tai Chi w/ Quinta* 10:15-11:15 a.m. Fitness Class w/ Patty* 1-2 p.m. Trivia Time	7 11 a.m.-12:30 p.m. Trivia 1:30-2:30 p.m. White House State Dinners	8 9:15-10 a.m. Chair Yoga* 10:30-11:30 a.m. Zumba Gold* 11:45 a.m.-12:45 p.m. Computer Literacy: Internet Basics Part 1
11 9-10 a.m. Computer Class in Mandarin 10:15-11:15 a.m. T.H.A.Y. Yoga* 2-3 p.m. Mixed Media Art	12 9-10 a.m. Chair Yoga w/ Rachel* 10:15-11:15 a.m. Virginia Cooperative Extension: Fall for Fall Produce 1-2 p.m. Arts for the Aging: More Than the Blues with Miles Spicer	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: Tony Bennett	14 11:30 a.m.-12:30 p.m. Flowers in Acrylic with Jim 1:30-2:30 p.m. Oh, My Aging Eyes!	15 VCAA CLOSED Please enjoy prerecorded activities: <a href="http://www.bit.ly/VCAAvideos">http://www.bit.ly/ VCAAvideos</a>
18 10:15-11:15 a.m. T.H.A.Y. Yoga* 2-3 p.m. Mixed Media Art	19 9-10 a.m. Chair Yoga w/ Rachel* 10:15-11:15 a.m. Department of Cable and Consumer Services Presents: Buying a New TV and Trends on TV Viewing Over the Internet	20 9-10 a.m. Intermediate Tai Chi w/ Quinta* 10:15-11:15 a.m. Fitness Class w/ Patty* 1-2 p.m. Virtual Traveler: France	21 11:30 a.m.-12:30 p.m. Around the World to Costa Rica 1:30-2:30 p.m. The Beauty and Backbone of Ukraine	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 Literacy: Internet Basics Part 2
25 10:15-11:15 a.m. T.H.A.Y. Yoga* 2-3 p.m. Mixed Media Art	26 9-10 a.m. Chair Yoga w/ Rachel* 10:15-11:15 a.m. S.A.I.L. 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: Songs About Autumn/ Fall	28 11:30 a.m.-12:30 p.m. Desegregating Virginia's Libraries 1:30-2:30 p.m. Why Don't My Hearing Aids Work for Me?	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 Literacy: Affordable Connectivity

# October 2023 Virtual Center for Active Adults

Zoom Platform [bit.ly/VCAAzoom2](https://bit.ly/VCAAzoom2) Meeting ID: 905 123 5932 Password: 3636

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Monday	Tuesday	Wednesday	Thursday	Friday
2 10:15-11:15 a.m. T.H.A.Y. Yoga* 2-3 p.m. Mixed Media Art	3 9-10 a.m. Tech Tuesday: Learn Basic Skills/Open Forum 10:15-11:15 a.m. S.A.I.L. Class*	4 9-10 a.m. Intermediate Tai Chi w/ Quinta* 10:15-11:15 a.m. Fitness Class w/ Patty* 1-2 p.m. Trivia Time	5 11 a.m.-12:30 p.m. Trivia 1:30-2:30 p.m. The U.S. Army and the Trail of Tears	6 9:15-10 a.m. Chair Yoga* 10:30-11:30 a.m. Zumba Gold* 11:45 a.m.-12:45 p.m. Computer Literacy: Understanding and Using Email
9 10:15-11:15 a.m. T.H.A.Y. Yoga* 11:30 a.m.-12:30 p.m. Learn to Loom Knit 2-3 p.m. Mixed Media Art	10 9-10 a.m. Chair Yoga w/Rachel* 10:15-11:15 a.m. Arts for the Aging: The Masterpiece w/ Paula Cleggett	11 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: Elton John	12 11:30 a.m.-12:30 p.m. Civil Rights Activist Barbara Johns 1:30-2:30 p.m. Senior Discounts	13 9:15-10 a.m. Chair Yoga* 10:30-11:30 a.m. Zumba Gold* 11:45 a.m.-12:45 p.m. Computer Literacy: Social Media Part 1
16 10:15-11:15 a.m. T.H.A.Y. Yoga* 11:30 a.m.-12:30pm Folded paper napkin Roses w/ Lisa 2-3 p.m. Mixed Media Art	17 9-10 a.m. Chair Yoga w/Rachel* 10:15-11:15 a.m. Alzheimer's Association presentation: Effective Communication Strategies	18 9-10 a.m. Intermediate Tai Chi w/ Quinta* 10:15-11:15 a.m. Fitness Class w/ Patty* 1-2 p.m. Virtual Traveler: Scotland	19 10 a.m.-11:30 a.m. Paint and Sip	20 9:15-10 a.m. Chair Yoga* 10:30-11:30 a.m. Zumba Gold* 11:45 a.m.-12:45 p.m. Computer Literacy: Social Media Part 1
23 10:15-11:15 a.m. T.H.A.Y. Yoga* 2-3 p.m. Mixed Media Art	24 9-10 a.m. Chair Yoga w/Rachel* 10:15-11:15 a.m. S.A.I.L. Class*	25 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: Halloween	26 1:30-2:30 p.m. We the People: Writing the Preamble	27 9:15-10 a.m. Chair Yoga* 10:30-11:30 a.m. Zumba Gold* 11:45 a.m.-12:45 p.m. Computer Literacy: Information Literacy
30 10:15-11:15 a.m. T.H.A.Y. Yoga* 2-3 p.m. Mixed Media Art	31			

# November 2023 Virtual Center for Active Adults

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6 10:15-11:15 a.m. T.H.A.Y. Yoga* 2-3 p.m. Mixed Media Art	7 VCAA CLOSED Please enjoy prerecorded activities: <a href="http://www.bit.ly/VCAAvideos">http://www.bit.ly/ VCAAvideos</a>	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: A Song That Reflects Who You Are	9 1-2:30 p.m. History Discussion Group	10 VCAA CLOSED Please enjoy prerecorded activities: <a href="http://www.bit.ly/VCAAvideos">http://www.bit.ly/ VCAAvideos</a>
13 10:15-11:15 a.m. T.H.A.Y. Yoga* 11:30 a.m.-12:30 p.m. VICAP Presents: Medicare 101 - *Pre registration required* <a href="https://bit.ly/vcaaVICAP23">https://bit.ly/vcaaVICAP23</a> 2-3 p.m. Mixed Media Art	14 9-10 a.m. Chair Yoga w/Rachel* 10:15-11:15 a.m. Virginia Cooperative Extension: Celebrate the Holidays with Safe and Festive Cooking	15 9-10 a.m. Intermediate Tai Chi w/ Quinta* 10:15-11:15 a.m. Fitness Class w/ Patty* 1-2 p.m. Virtual Traveler: New Zealand	16 11:30 a.m.-12:30 p.m. Hiawatha in History and Legend 1-2:30 p.m. History Discussion Group	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 Literacy: Your Digital Footprint
20 10:15-11:15 a.m. T.H.A.Y. Yoga* 2-3 p.m. Mixed Media Art	21 9-10 a.m. Chair Yoga w/Rachel* 10:15-11:15 a.m. S.A.I.L. 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: All About Food	23 VCAA CLOSED Please enjoy prerecorded activities: <a href="http://www.bit.ly/VCAAvideos">http://www.bit.ly/ VCAAvideos</a>	24 VCAA CLOSED Please enjoy prerecorded activities: <a href="http://www.bit.ly/VCAAvideos">http://www.bit.ly/ VCAAvideos</a>
27 10:15-11:15 a.m. T.H.A.Y. Yoga* 2-3 p.m. Mixed Media Art	28 9-10 a.m. Chair Yoga w/Rachel* 10:15-11:15 a.m. Arts for the Aging: Moving with the World w/ Annette Dexter Sawyer	29 9-10 a.m. Intermediate Tai Chi w/ Quinta* 10:15-11:15 a.m. Fitness Class w/ Patty*	30 10-11:15 a.m. Just Beneath the Surface	

# September-November Virtual Center for Active Adults Descriptions

## Alzheimer's Association Presents Effective Communication Strategies (10/17)

Communication is more than just talking and listening—it is also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. This workshop explores how communication takes place when someone has Alzheimer's. Learn to decode the verbal and behavioral messages delivered by someone with dementia and identify strategies to help connect and communicate at each stage of the disease.

## Around the World to... Costa Rica (9/21)

Costa Rica stands out as a stable, democratic and peaceful country with stunning natural beauty including volcanoes, rainforests, national parks, immense biodiversity and strong support for environmental conservation. Mariana Rosales Aymerich, Minister Counselor of the Embassy of Costa Rica will discuss the many reasons why Costa Rica is so unique.

## Arts For The Aging

### (9/12) More than the Blues w/Miles Spicer

Arts for the Aging Teaching 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 on the fun!

### (10/10) The Masterpiece w/Paula Cleggett

Deepen your arts appreciation and observation skills with Arts for the Aging Teaching Artist Paula Cleggett in The Making of a Masterpiece. Paula leads a discussion, exploration, and reimagining of masterworks as well as contemporary paintings on view in Washington DC museums. Inspired by the works of Rembrandt, Monet, and more, participants will help create a group project by guiding Paula with design choices.

### (11/28) Moving with the World w/Annette Dexter Sawyer

Explore healing movement, world music, and dance with Arts for the Aging Teaching Artist Annetta Dexter Sawyer in Moving with the World. Annetta leads participants in gentle, healing movements that stimulate mind and body. All you need to participate is a willingness to experiment. No language barrier exists when we dance, heal, and listen to music.

## 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.

## Chair Yoga w/ Rachel\*

Students should have one flat bottom chair without arms, a folding chair or kitchen chair work great, a second chair or table of 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, thick book, or small stiff pillow.

## Civil Rights Activist Barbara Johns (10/12)

The 1951 Moton School Strike led by high school junior Barbara Johns was a catalyst for the long struggle for desegregation of public schools in Virginia and the nation. Cainan Townsend, managing director of the Moton Museum, will discuss the walkout and resulting lawsuit that ultimately became part of Brown v. Board of Education.

## Computer Class in Mandarin (9/11)

(demo through iPad)

## Computer Literacy

**(9/1) Basic Computer Skills:** Assumption that people know how to turn a computer on and off since they are using the computer to reach the Virtual Senior Center.

**(9/8) Internet Basics Part 1:** Online forms, login double-checks, website navigation, searching, staying organized.

**(9/23) Internet Basics Part 2:** Staying safe using browser tools, secure websites, revisit wi-fi at different locations, security traps, device/hardware/app protection.

**(10/6) Understanding and Using Email:** Setting it up (ask if participants need to add it to their phone), sending and receiving email, Managing email safely, Email Etiquette.

**(10/13) Social Media Part 1:** Making an account, understanding profiles and their impact, posting on the timelines.

**(10/20) Social Media Part 2:** Managing posts, sending private messages, sharing posts, staying safe.

**(10/27) Information Literacy:** Steps for online research, effective internet searches, analyzing and evaluating results, organizing research, using research to make informed decisions.

(Cont.)

# September-November Virtual Center for Active Adults Descriptions

## (Cont.) Computer Literacy

**(11/3) Using Telehealth:** Setting up an account, downloading an app, scheduling an appointment, meeting with a health professional, tips for using telehealth.

**(11/17) Your Digital Footprint:** What is a digital footprint, unintentional digital footprints, managing your online identity, consequences of a digital footprint.

## Department of Cable and Consumer Services (9/19)

Learn about internet discounts and lowering your bill!

## Desegregating Virginia's Libraries (9/28)

Discover the overlooked history of segregated public libraries in Northern Virginia. Chris Barbuschak and Suzanne LaPierre, authors of *Desegregation in Northern Virginia Libraries*, will discuss barriers imposed on Black residents and efforts to achieve more equitable access to library services in our area. Presented in partnership with the Arlington Public Library.

## Fitness Class w/Patty\*

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

## Flowers in Acrylic with Jim (9/14)

Join Arlington County Creative Arts Instructor Jim Halloran for another excellent painting demonstration of a commonly requested subject: how to paint flowers in acrylic.

## Folded Paper Napkin Roses w/Lisa (10/16)

Join us for a demonstration and instructions on how to make a napkin rose.

## Hiawatha in History and Legend (11/16)

Hiawatha, a legendary chief of the Onandoga Nation, is known to many as the subject of Longfellow's 1855 long poem, *Song of Hiawatha*. But there was also a real Native American leader named Hiawatha with great historical significance. Professor Mary McCutcheon of George Mason University will discuss Longfellow's selection of Hiawatha for his poem.

## History Discussion Group (11/2, 11/9, 11/16)

Listen, contribute, and reflect in this discussion group led by Dwight Rodgers of Encore Learning. Focus on cultural, economic, artistic and political history.

## 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.

## Just Beneath the Surface (11/30)

Looking at the work of Richard Diebenkorn, we will take a deep dive into what was happening behind the scenes and beneath the surface of all that paint. Community Arts Programmer Jim Halloran will explain the context, history, and techniques of the artist. Short demonstration of Diebenkorn's specific process with discussion to follow.

## Learn to Loom Knit (10/9)

Join us for a demonstration and information on Loom Knitting.

## Mixed Media Art

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!

## Oh, My Aging Eyes! (9/14)

Learn about diseases of the eye that become more common as we age, such as cataracts, glaucoma, macular degeneration and presbyopia. Dr. Shazia Ahmed, board-certified ophthalmologist with Arlington Eye Center, will discuss these diseases and the latest treatment advances. Bring your questions!

## Paint and Sip (10/19)

Paint along with Community Arts Programmer Jim Halloran as we create artworks on display at area museums. Enjoy your favorite beverage from the comfort of home during the 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.

## Senior Discounts (10/12)

Amie Clark, co-founder of The Senior List, discusses how to find the best deals and senior discounts.

## Tech Tuesday (9/5, 10/3)

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.

## September-November Virtual Center for Active Adults Descriptions

### **The Beauty and Backbone of Ukraine (9/21)**

Retired U.S. Foreign Service officer and author, Carol Stricker will discuss Ukrainian history, culture, and her experiences with the wonderful Ukrainian people during her assignment there. She will also address the current war in Ukraine and her personal hopes for peace.

### **The U.S. Army and the Trail of Tears (10/5)**

In the 1830s, the U.S. Army conducted forced relocations of the Cherokee Nation to Oklahoma pursuant to the Indian Removal Act. Jen Dubina with the National Museum of the U.S. Army will examine the impact of this policy on both the soldiers and Native Americans and how it resonates today.

### **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 (9/7, 10/5, 11/2)**

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

### **Trivia Time (9/6, 10/4, 11/1)**

Join Service Source staff and play trivia games, have a little fun, and maybe learn something new!

### **VICAP Presents: Medicare 101 (11/13)**

#### **Virginia Insurance Counseling and Assistance**

**Program:** Part of a national network of programs that offers free, unbiased, confidential counseling and assistance for people with Medicare.

\*Pre Registration Required\*

<https://bit.ly/vcaaVICAP23>



### **Virginia Cooperative Extension**

Join Katie Strong, Virginia Cooperative Extension Agent and Registered Dietician, to learn cooking tips and health benefits.

**(9/12) Fall for Fall Produce:** Celebrate a delicious, nutritious fall harvest with nutrient packed veggies! Savor the season without the hassle.

**(11/14) Celebrate the Holidays with Safe and Festive Cooking:** Enjoy your favorite holiday flavors this winter! We will share healthy twists on recipe classics, aiming for healthy amounts of salt and sugar without sacrificing enjoyment.

### **Virtual Traveler**

Travel virtually around the world, sharing experiences and memories with peers!

**(9/20) France**

**(10/18) Scotland**

**(11/15) New Zealand**

### **We the People: Writing the Preamble (10/26)**

James Wilson, founding father and author of the most famous lines of the U.S. Constitution, has been largely forgotten. Georgetown University law professor John Mikhail discusses James Wilson's important role in drafting the Constitution, the significance of its preamble and Wilson's legacy.

### **White House State Dinners (9/7)**

Grand and glamorous, White House state dinners honoring heads of foreign governments are a feat of intricate planning and meaningful diplomacy. Sarah Fling, White House Historian, will explore the history of state dinners and give you an inside look at the preparation that goes into these important events.

### **Why Don't My Hearing Aids Work for Me? (9/28)**

If you wear hearing aids but still don't hear as well as you would like, you are not alone! Dr. Amy Bernstein, an audiologist with Lesner Hearing Center, will discuss common complaints about hearing aids and make suggestions on how to fix them.

### **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 Programs