

# Virtual Center for Active Adults

Partnership with ServiceSource Inc. and Fairfax County Neighborhood and Community Services

- Please join in a variety of fun activities such as games, discussion groups, trivia, exercise classes, caregiver focused discussion groups and much more!
- Follow the instructions below to join our zoom classes on the 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/NCSvcaa>
- Brought to you in partnership with ServiceSource Inc., Fairfax County Neighborhood and Community Services Senior Centers, Department of Family Services: Area Agency on Aging, Health Department, Community Services Board, Fairfax County Public Library and the Department of Housing and Community Development.

## Fit & FAB Flexible Active Balance

### ZOOM Platform

#### Use your computer, smartphone, or tablet

- Log onto 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 to meeting: [bit.ly/VCAAFitFAB](https://bit.ly/VCAAFitFAB)

#### Use your phone

- Dial in by phone: 1-929-205-6099
- You will be asked for:
  - Meeting ID: 905 123 5932#
  - Press “#” to continue
  - Meeting password: 3636#

## Social SPACE Socialize Play Achieve Create Edu-tain

### ZOOM Platform

#### Use your computer, smartphone, or tablet

- Log onto Zoom using internet or app
- Go to: <https://zoom.us/>
- Select join Meeting from the top right
- **Meeting ID: 901 875 2818**
- **Password: 8727**
- Direct link to meeting: [bit.ly/VCAASocialSPACE](https://bit.ly/VCAASocialSPACE)

#### Use your phone

- Dial in by phone: 1-929-205-6099
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### See reverse for event schedule for February 22-26.

**Please Note:** Starting January 2021, 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.

**Inclement Weather Notice:** In the event of inclement weather, the Virtual Center for Active Adults will be offering a modified schedule of programming. Check the [VCAA website](https://www.vcaa.org/) for details.



# Fit & FAB

Flexible Active Balanced

ZOOM platform [bit.ly/VCAAFitFAB](https://bit.ly/VCAAFitFAB) Meeting ID: 905 123 5932 Password: 3636

**\*\* Please check with your doctor before starting this or any exercise program \*\***

Monday, February 22	Tuesday, February 23	Wednesday, February 24	Thursday, February 25	Friday, February 26
<p><b>9-10 a.m.</b> <b>Intermediate Tai Chi*</b> This is a low impact exercise form that, over time, will lead to a healthier lifestyle while easing joint movement, increasing balance and reducing stress levels.</p> <p><b>1:15-3:30 p.m.</b> <b>Beginner and High Beginner / Improver Line Dancing with Marie-Luce</b></p> <p><b>1:15-2:15 p.m.</b> <b>Beginner Line Dancing*</b></p> <p><b>2:15-3:30 p.m.</b> <b>High Beginner/ Improver Line Dancing*</b></p> <p>Enjoy a fabulous mind-body workout while <b>dancing</b> your way to better health! You'll boost your brain power by improving your memory skills, strengthen your bones without hurting your joints, develop better balance to help prevent falls and release stress so you feel great.</p>	<p><b>9-10 a.m.</b> <b>Beginner Tai Chi*</b> 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.</p> <p><b>10:15-11:15 a.m.</b> <b>Fitness Class*</b> Low impact with moderate intensity exercise to help with overall fitness.</p> <p><b>11:45 a.m. - 12:45 p.m.</b> <b>Gentlemen's Health*</b> Join us for fun, fitness, and educational topics specific to health and wellness.</p> <p><b>1:00 - 1:45 p.m.</b> <b>Chair Yoga*</b> Set up a chair without arms on the carpet or a yoga mat, and wear comfortable clothing. Enjoy a gentle movement yoga practiced while seated, and sometimes standing while holding the chair. Yoga helps to relieve stiffness, reduce stress, and increase flexibility.</p> <p><b>1:45-2:15 p.m.</b> <b>Meditation*</b> Learn and practice in relaxation techniques.</p> <p><b>2:30-3:30 p.m.</b> <b>Dance Fitness*</b> An energetic cardio dance class that fuses a variety of upbeat musical dance rhythms.</p>	<p><b>9-10 a.m.</b> <b>Intermediate Tai Chi*</b> This is a low impact exercise form that, over time, will lead to a healthier lifestyle while easing joint movement, increasing balance, and reducing stress levels.</p> <p><b>10:30-11:30 a.m.</b> <b>SAIL - Stay Active and Independent for Life*</b> A strength, balance and fitness class for adults 65+.</p> <p>Both level 1 and level 2 instruction will be available.</p> <ul style="list-style-type: none"> <li>• <b>Level 1:</b> Seated exercise that is similar to a chair exercise with a steady pace routine.</li> <li>• <b>Level 2:</b> Standing exercise with a higher pace routine.</li> </ul> <p><b>1:15-2:15 p.m.</b> <b>Fully Body Stretching*</b> Stretching promotes flexibility and range-of-motion. Join at <b>1:15pm</b> for adapted seated stretching or <b>1:45pm</b> for standing and on the floor stretching, everyone is welcome to stay for both.</p> <p><b>2:30-3:30 p.m.</b> <b>Chair Exercise*</b> Fully body invigorating low impact workout</p>	<p><b>9-10 a.m.</b> <b>Beginner Tai Chi*</b> 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.</p> <p><b>10:15-11:15 a.m.</b> <b>Fitness Class*</b> Low impact with moderate intensity exercise to help with overall fitness.</p> <p><b>11:45 a.m. - 12:45 p.m.</b> <b>Ladies' Health*</b> Topic: <b>DFS DSVS Domestic Violence 101</b> Join us for fun, fitness, and educational topics specific to health and wellness.</p> <p><b>1:15 - 2:15 p.m.</b> <b>Reeves Rx-Relax Adapted Yoga* Limited Series</b> Seated yoga class is designed for people with mobility concerns, multiple health conditions and their caregivers. No prior experience or equipment is required. Registration Required Must sign up by registering at: <a href="http://bit.ly/RXyogaWINTER21">http://bit.ly/RXyogaWINTER21</a> Meeting ID: 981 3995 4922; Passcode: 3636</p> <p><b>2:30-3:30 p.m.</b> <b>Dance Fitness*</b> An energetic cardio dance class that fuses a variety of upbeat musical dance rhythms.</p>	<p><b>9-10 a.m.</b> <b>Gentle Chair Yoga*</b> Relax and strengthen your mind and body.</p> <p><b>10:30-11:30 a.m.</b> <b>SAIL - Stay Active and Independent for Life*</b> A strength, balance and fitness class for adults 65+.</p> <p>Both level 1 and level 2 instruction will be available.</p> <ul style="list-style-type: none"> <li>• <b>Level 1:</b> Seated exercise that is similar to a chair exercise with a steady pace routine.</li> <li>• <b>Level 2:</b> Standing exercise with a higher pace routine.</li> </ul> <p><b>1:15-2:15 p.m.</b> <b>High Energy Aerobics*</b> Fun and energetic fitness class!</p>

# Social SPACE

Socialize Play Achieve Create Edu-tain

ZOOM platform [bit.ly/VCAASocialSPACE](https://bit.ly/VCAASocialSPACE) Meeting ID: 901 875 2818 Password: 8727

Monday, February 22	Tuesday, February 23	Wednesday, February 24	Thursday, February 25	Friday, February 26
<p><b>9-10 a.m.</b> <b>Wake Up to Wellness</b> Set your alarms for Monday's at 9 AM! Join our social work interns to address the different dimensions of wellness through:</p> <ul style="list-style-type: none"><li>• interactive activities</li><li>• presentations</li><li>• the latest news &amp; information</li></ul>	<p><b>9-10 a.m.</b> <i>Changing to a new day, every other Thursday, on March 11!</i> <b>Learn Zoom Basic Skills</b> Please join this informational session to learn how to use zoom to participate in our activities. From 9-9:50 a.m. call 571-308 -5452 for help getting started.</p>	<p><b>10:30-11:30 a.m.</b> <b>Music Lovers Unite</b> Topic: <b>Favorite African-American musicians Part 2</b> "Join us for music and dancing! We will explore a different theme each week. Have your music selections ready!"</p>	<p><b>9-10 a.m.</b> <b>Tech Thursday</b> Topic: "Fairfax County Public Library - How to find and reserve a book on the online catalog." Join this informational session to learn more about apps, technology, and virtual communication beyond Zoom.</p>	<p><b>9-10 a.m.</b> <b>Health Department - COVID-19 Vaccines Presentation for Spanish Speakers.</b> The Fairfax County Health Department will be going over the current COVID-19 vaccines, vaccine safety, distribution priority groups, what to expect when it is your turn, and how to register for an appointment.</p>
<p><b>10:30-11:30 a.m.</b> <b>Healthy Eating</b> <b>Featured Recipe!</b> Watch a demonstration of <b>Mini Veggie Frittata Muffins</b>, fun and easy to cook at home.</p>	<p><b>10:30-11:30 a.m.</b> <b>Chats with a DFS Social Worker</b> <b>Guest Presenter!</b> Do you need...Care at Home? Financial Assistance? Emotional Support? Learn from an Adult and Aging Service Social Worker.</p>	<p><b>Noon-1 p.m.</b> <b>Lunch Bunch</b> Topic: <b>Holiday DIY Party with Pat!</b></p>	<p><b>10:30-11:30 a.m.</b> <b>Facts and Figures</b> Virtual Tour of the National Museum of African American History and Culture.</p>	<p><b>10:30-11:30 a.m.</b> <b>AARP presents: Tax and IRS Scams</b> <b>Guest Presenter!</b> Income tax frauds: What are they and how to protect yourself.</p>
<p><b>Noon-1 p.m.</b> <b>Lunch Bunch</b> Topic: <b>Memories of Martin Luther King Jr. Discussion Panel</b></p>	<p><b>Noon-1 p.m.</b> <b>Caregiver Lunch Bunch</b> <b>Guest Presenter!</b> Topic: "What does a Geriatric Care Manager do?" by Deborah Dunham</p>	<p><b>1:15-2:15 p.m.</b> <b>Crossword Puzzles Intermediate and Advanced</b> Test your knowledge and skills! To receive the weekly clues and blank grid email: <a href="mailto:VAseniorservices@servicesource.org">VAseniorservices@servicesource.org</a></p>	<p><b>Noon-1 p.m.</b> <b>Caregiver Lunch Bunch</b> Topic: <b>Open Forum: Bring your questions!</b> Click here to register: <a href="http://bit.ly/VCAAclb">http://bit.ly/VCAAclb</a> Meeting ID: 990 0622 3501 Passcode: 9550</p>	<p><b>Noon-1 p.m.</b> <b>Lunch Bunch</b> <b>Guest Presenter!</b> Topic: <b>Self-Care during the Pandemic by Dr. Jerome Short</b> from George Mason University.</p>
<p><b>1:15-2:15 p.m.</b> <b>Drawing, Painting and Mixed Media Mondays</b> <b>Featured Artist!</b> with McLean Project for the Arts, ArtReach program.</p>	<p><b>1:15-2:15 p.m.</b> <b>Game Show Hour</b> Classic Concentration with Quincy!</p>	<p><b>2:30-3:30 p.m.</b> <b>Spanish Class</b> This is an Intermediate/Basic Class to learn Vocabulary, phrases, culture and more! You might need a pen and a notebook. All levels are welcome!</p>	<p><b>1:15-2:15 p.m.</b> <b>Arts for the Aging</b> <b>Guest Performer!</b> <b>Free to Move with Sandra Roachford</b> features music and movement for all audiences and abilities. Musical genres may include Blues, Jazz, Rock and Roll, and popular requests.</p>	<p><b>1:15-2:15 p.m.</b> <b>English Conversation</b> Beginner level conversation and instruction on English as a Second Language. All backgrounds welcome!</p>
<p><b>2:30-3:30 p.m.</b> <b>Cranium Crunches</b> Exercises for your brain!</p>	<p><b>2:30-3:30 p.m.</b> <b>Virtual Chorus</b> Sheila Epstein, director, and accompanist of Little River Glen Chorus invites you to join in a sing-along celebrating various themes. Join our community and sing your heart out on our virtual choir group.</p>		<p><b>2:30-3:30 p.m.</b> <b>Intermediate German Class</b> Expand your German learning through exploring language, culture and participating in conversation.</p>	<p><b>2:30-3:30 p.m.</b> <b>Creative Corner</b> <b>Mystery Book Club: The Black Box by Michael Connelly.</b> Discuss the characters, setting, plot, and your thoughts of the book. Next Book April 2nd:</p>
			<p><b>7-7:45 p.m.</b> <b>Friday Evening Concert Series</b> <b>Featured Artist!</b> Enjoy a recital with the Quarantine Music Busters.</p>	