

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

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

Use your phone

- Dial in by phone: 1-929-205-6099
- You will be asked for:
 - Meeting ID: 901 875 2818#
 - Press “#” to continue
 - Meeting password: 8727#

See reverse for event schedule for January 11-15.



Fit & FAB

Flexible Active Balanced

ZOOM platform bit.ly/VCAAFitFAB Meeting ID: 905 123 5932 Password: 3636

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

Monday, January 11	Tuesday, January 12	Wednesday, January 13	Thursday, January 14	Friday, January 15
<p>9-10 a.m. Intermediate Tai Chi* 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>1:15-3:30 p.m. Beginner and High Beginner / Improver Line Dancing with Marie-Luce</p> <p>1:15-2:15 p.m. Beginner Line Dancing*</p> <p>2:15-3:30 p.m. High Beginner/ Improver Line Dancing*</p> <p>Enjoy a fabulous mind-body workout while dancing 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>9-10 a.m. Beginner 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.</p> <p>10:15-11:15 a.m. Fitness Class* Low impact with moderate intensity exercise to help with overall fitness.</p> <p>11:45 a.m. - 12:45 p.m. Gentlemen's Health* Join us for fun, fitness, and educational topics specific to health and wellness.</p> <p>1:00 - 1:45 p.m. Chair Yoga* 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>1:45-2:15 p.m. Meditation* Learn and practice in relaxation techniques.</p> <p>2:30-3:30 p.m. Dance Fitness* An energetic cardio dance class that fuses a variety of upbeat musical dance rhythms.</p>	<p>9-10 a.m. Intermediate Tai Chi* 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>10:30-11:30 a.m. SAIL - Stay Active and Independent for Life* A strength, balance and fitness class for adults 65+. Both level 1 and level 2 instruction will be available.</p> <ul style="list-style-type: none"> • Level 1: Seated exercise that is similar to a chair exercise with a steady pace routine. • Level 2: Standing exercise with a higher pace routine. <p>1:15-2:15 p.m. Fully Body Stretching* Stretching promotes flexibility and range-of-motion. Join at 1:15pm for adapted seated stretching or 1:45pm for standing and on the floor stretching, everyone is welcome to stay for both.</p> <p>2:30-3:30 p.m. Chair Exercise* Fully body invigorating low impact workout</p>	<p>9-10 a.m. Beginner 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.</p> <p>10:15-11:15 a.m. Fitness Class* Low impact with moderate intensity exercise to help with overall fitness.</p> <p>11:45 a.m. - 12:45 p.m. Ladies' Health* Guest Speaker! Topic: "Affordable & Nutritional Meals"- Guest Speaker Katie Strong, M.S., R.D. Join us for fun, fitness, and educational topics specific to health and wellness.</p> <p>1:15 - 2:15 p.m. Reeves Rx-Relax Adapted Yoga* Limited Series 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: http://bit.ly/RXyogaWINTER21</p> <p>2:30-3:30 p.m. Dance Fitness* An energetic cardio dance class that fuses a variety of upbeat musical dance rhythms.</p>	<p>9-10 a.m. Gentle Chair Yoga* Relax and strengthen your mind and body.</p> <p>10:30-11:30 a.m. SAIL - Stay Active and Independent for Life* A strength, balance and fitness class for adults 65+. Both level 1 and level 2 instruction will be available.</p> <ul style="list-style-type: none"> • Level 1: Seated exercise that is similar to a chair exercise with a steady pace routine. • Level 2: Standing exercise with a higher pace routine. <p>1:15-2:15 p.m. High Energy Aerobics* Fun and energetic fitness class!</p>

Social SPACE

Socialize Play Achieve Create Edu-tain

ZOOM platform bit.ly/VCAASocialSPACE Meeting ID: 901 875 2818 Password: 8727

Monday, January 11	Tuesday, January 12	Wednesday, January 13	Thursday, January 14	Friday, January 15
<p>10:30-11:30 a.m. Cooking Class Featured Recipe! Watch a demonstration of Philly Cheesesteak Sloppy Joes, fun and easy to cook at home.</p> <p>Noon-1 p.m. Lunch Bunch Topic: Music that Moves you, Sing a Song of Joy A social time with friends, have fun, be positive and enjoy the conversation!</p> <p>1:15-2:15 p.m. Drawing, Painting and Mixed Media Mondays Featured Artist! with McLean Project for the Arts, ArtReach program.</p> <p>2:30-3:30 p.m. Cranium Crunches Exercises for your brain!</p>	<p>9-10 a.m. Learn Zoom Basic Skills 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>10:30-11:30 a.m. Dementia Friends Session Guest Presenter! Learn the five key messages about dementia and a bit about what it's like to live with dementia. Learn how to become a dementia friend and turn your new understanding of dementia into a practical action that can help someone living in your community.</p> <p>Noon-1 p.m. Caregiver Lunch Bunch Topic: Checking In Click here to register: http://bit.ly/VCAAclb Meeting ID: 990 0622 3501; Passcode: 9550</p> <p>1:15-2:15 p.m. Game Show Hour Family Feud</p> <p>2:30-3:30 p.m. Virtual Chorus 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>10:30-11:30 a.m. Music Lovers Unite Topic: Music of Renewal Join us for music and dancing! You bring the rhythm we bring the trivia! Have your music selections ready!</p> <p>Noon-1 p.m. Lunch Bunch A social time with friends, have fun, be positive and enjoy the conversation!</p> <p>1:15-2:15 p.m. Crossword Puzzles Intermediate and Advanced Test your knowledge and skills! To receive the weekly clues and blank grid email: VAseiorservices@servicesource.org</p> <p>2:30-3:30 p.m. Spanish Class This is a beginner and introduction class to learn and have fun! You might need to have a pen and paper.</p>	<p>9-10 a.m. Tech Thursday Guest Presenter Topic: T.V. with No Cable This week we will be learning about video and audio streaming services like Netflix or Spotify. You will learn about these high-tech great alternatives to the radio or cable tv!</p> <p>10:30-11:30 a.m. Facts and Figures Guest Presenter! Meals to help with New Years Resolutions with Guest Speaker Katie Strong, M.S., R.D.</p> <p>Noon-1 p.m. Caregiver Lunch Bunch Topic: Caregiver SMART Goals Click here to register: http://bit.ly/VCAAclb Meeting ID: 990 0622 3501; Passcode: 9550</p> <p>1:15-2:15 p.m. Arts for the Aging Featured Artist! co-OPERA-tion Peter Burroughs and Carlos Cesar Rodriguez with ROMEZ3arts present the enduring favorite Co-OPERA-tion. An interactive live workshop. Participants become part of the production by gathering props and costumes in their homes.</p> <p>2:30-3:30 p.m. Intermediate German Class Expand your German learning through exploring language, culture and participating in conversation.</p>	<p>10:30-11:30 a.m. You be the judge Experience being a judge or juror as we render the verdict to real-life cases!</p> <p>Noon-1 p.m. Lunch Bunch Fall Prevention presented by Fairfax County Fire and Rescue Dept. A social time with friends, have fun, be positive and enjoy the conversation!</p> <p>1:15-2:15 p.m. English Conversation Beginner level conversation and instruction on English as a Second Language. All backgrounds welcome!</p> <p>2:30-3:30 p.m. Creative Corner Featured Recipe! Cooking with Taylor Bacon-jalapeno crescent roll-up and a cranberry cream cheese dip.</p>