

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#

See reverse for event schedule for January 18-22.

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#

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.

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 18	Tuesday, January 19	Wednesday, January 20	Thursday, January 21	Friday, January 22
<p>Virtual Center for Active Adults</p> <p>CLOSED.</p> <p>Please utilize the pre-recorded activity videos today.</p> <p>http://bit.ly/VCAAvideos</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>Virtual Center for Active Adults</p> <p>CLOSED.</p> <p>Please utilize the pre-recorded activity videos today.</p> <p>http://bit.ly/VCAAvideos</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* Topic: Hypertension Bingo 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. To register please visit: http://bit.ly/RXyogaWINTER21 Meeting ID: 981 3995 4922 Passcode: 3636</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 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

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<p>Virtual Center for Active Adults</p> <p>CLOSED.</p> <p>Please utilize the pre-recorded activity videos today.</p> <p>http://bit.ly/VCAAvideos</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. Chats with a DFS Social Worker <i>Guest Presenter!</i> Do you need...Care at Home? Financial Assistance? Emotional Support? Learn from an Adult and Aging Service Social Worker</p> <p>Noon-1 p.m. Caregiver Lunch Bunch Topic: Open Forum 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 Jeopardy</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>Virtual Center for Active Adults</p> <p>CLOSED.</p> <p>Please utilize the pre-recorded activity videos today.</p> <p>http://bit.ly/VCAAvideos</p>	<p>9-10 a.m. Tech Thursday Topic: Fraudulent Websites with Jackie Rich Join this informational session to learn more about apps, technology, and virtual communication beyond Zoom.</p> <p>10:30-11:30 a.m. Top 5 Scams to Be Aware of <i>Special Presentation!</i> Office of the Attorney General Top 5 Scams and resources that could help you if you are victim of fraud/scams/identity theft.</p> <p>Noon-1 p.m. Caregiver Lunch Bunch Topic: Cultural Expectations of Caregivers Click here to register: http://bit.ly/VCAAclb Meeting ID: 990 0622 3501; Passcode: 9550</p> <p>1:15-2:15 p.m. Bingo Come play this classic game. To receive a bingo card please email VAseniorservices@servicesource.org</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. Book Club Join us as we discuss books together. This week's pick is "Happiness" by Aminatta Forna</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. English Conversation Beginner level conversation and instruction on English as a Second Language. All backgrounds welcome!</p> <p>2:30-3:30 p.m. Hand Puppet Making Create fun puppets for entertainment! Supplies Needed: Construction paper, glue stick, scissors, black marker, and googly eyes (optional).</p> <p>To receive templates, please email VASeniorServices@servicesource.org</p> 