



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 Elexible 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: <u>bit.ly/VCAAFitFAB</u>

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: 1-929-205-6099You will be asked for:  AAEBAQEBAQEBAQEBAQEBAQEBAQEBAQEBAQEB AQEBAQEBAQEBAQEBAQEBAQEBAQEBAQEBAQEB

See reverse for event schedule for March 1-5.

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.



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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.



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, March 1 Tuesday, Maarch 2 Wednesday, March 3 Thursday, March 4 Friday, March 5 9-10 a.m. 9-10 a.m. 9-10 a.m. 9-10 a.m. 9-10 a.m. Beginner Tai Chi* Intermediate Tai Chi* Beginner Tai Chi* Gentle Chair Yoga* **Intermediate Tai** Tai chi is an ancient Chi-This is a low impact Tai chi is an ancient Chi-Relax and strengthen Chi* This is a low imnese martial art that exercise form that, over nese martial art that your mind and body. pact incorporates a series of time, will lead to a healthiincorporates a series of weight shifting, circular exercise form that, er lifestyle while easing weight shifting, circular 10:30-11:30 a.m. movements, and posturjoint movement, increasing movements, and posturover time, will lead to a **SAIL - Stay Active and** al exercises. It is low balance, and reducing al exercises. It is low Independent for Life* healthier lifestyle while impact and can be stress levels. impact and can be A strength, balance and easing joint movement, adapted to the student's adapted to the student's fitness class for adults increasing balance and fitness level. fitness level. 10:30-11:30 a.m. 65+. reducing stress levels. SAIL - Stay Active and Both level 1 and level 2 10:15-11:15 a.m. 10:15-11:15 a.m. Independent for Life* instruction will be avail-Fitness Class* Fitness Class* 1:15-3:30 p.m. A strength, balance and Low impact with moder-Low impact with moderfitness class for adults 65+. • Level 1: Seated exer-**Beginner and High** ate intensity exercise to ate intensity exercise to Both level 1 and level 2 cise that is similar to a help with overall fitness. Beginner / Improver help with overall fitness. instruction will be availachair exercise with a Line Dancing with steady pace routine. 11:45 a.m. - 12:45 p.m. 11:45 a.m. - 12:45 • Level 1: Seated exercise • Level 2: Standing exer-Marie-Luce Gentlemen's Health* p.m. that is similar to a chair cise with a higher pace 1:15-2:15 p.m. Join us for fun, fitness, Ladies' Health* exercise with a steady routine. and educational topics **Beginner Line** Topic: The History of pace routine. specific to health **Women in Nursing** • Level 2: Standing exercise Dancing* 1:15-2:15 p.m. and wellness. Join us for fun, fitness, with a higher pace rou-**High Energy** 2:15-3:30 p.m. and educational topics tine. Aerobics* 1:00 - 1:45 p.m. **High Beginner/** specific to health Fun and energetic Chair Yoga* and wellness. **Improver Line** 1:15-2:15 p.m. fitness class! Set up a chair without Dancing* Full Body Stretching* arms on the carpet or a 1:15 - 2:15 p.m. Enjoy a fabulous mindyoga mat, and wear Stretching promotes flexi-**Reeves Rx-Relax** comfortable clothing. body workout bility and range-of-motion. Adapted Yoga* Enjoy a gentle movewhile **dancing** your way Join at 1:15pm for adapted **No Registration** ment yoga practiced to better health! You'll seated stretching or required! while seated, and some-Seated yoga class is deboost your brain power times standing while 1:45pm for standing and on signed for people with holding the chair. the floor stretching, everyby improving your mobility concerns, mul-Yoga helps to relieve one is welcome to stay for memory skills, tiple health conditions stiffness, reduce stress, strengthen your bones both. and their caregivers. No and increase flexibility. without hurting your prior experience or equipment is required. joints, develop better 2:30-3:30 p.m. 1:45-2:15 p.m. Meeting ID: 905 123 balance to help prevent Meditation* Chair Exercise* 5932; Password: 3636 Learn and practice in falls and release stress Fully body invigorating low relaxation techniques. so you feel great. impact workout 2:30-3:30 p.m. 2:30-3:30 p.m. Dance Fitness* Dance Fitness* An energetic cardio An energetic cardio dance class that fuses a

variety of upbeat musi-

cal dance rhythms.

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cal dance rhythms.

Social SPACE Socialize Play Achieve Create Edu-tain

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

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Monday, March 1	Tuesday, March 2	Wednesday, March 3	Thursday, March 4	Friday, March 5
9-10 a.m.	Learn Zoom has moved	9-10 a.m.	9-10 a.m.	10:30-11:30 a.m.
Wake Up to Wellness	to every other Thursday	Special Presentation! Health Department -	Tech Thursday Guest Presenter!	Special Presentation!
Set your alarms for	at 9 a.m. starting March	COVID-19 Vaccine and Up-	Topic: AARP	Emergency Preparedness
Monday at 9 a.m.! Join	11th.	dates in English.	Cybersecurity	Join the Fairfax Coun-
our social work interns		The Fairfax County Health	Come learn about Phish-	ty Office of Emergency
to address the different	10:15-11:45 a.m.	Department will be going	ing Scams, What is the	Management to learn
dimensions of wellness	Featured Presentation!	over the current COVID-19 vaccines, vaccine safety,	Dark Triad, and ways to block viruses from your	about how to prepare
through:	Medicare 101	distribution priority groups,	computer with AARP!	for emergencies.
 interactive activities 	presented by VICAP	what to expect when it is	·	
 presentations 	Learn if you are eligible	your turn, and how to regis-	10:30-11:30 a.m.	Noon-1 p.m.
• the latest news and	for Medicare, how to	ter for an appointment.	Featured Presentation!	Lunch Bunch
information	enroll, the different	10:30-11:30 a.m.	AARP Tax Aide Presenta-	A social time with friends, have fun, be
	options such as Part A, B, C and D. and any new	Music Lovers Unite	tion	positive and enjoy the
10:30a.m11:30a.m.	changes to Medicare for	Topic: Songs with a Num-	Come join us to learn how AARP Tax Aide ser-	conversation!
Brain Games	the 2021 year. Register	ber in the Title Join us for music and	vices will be conducted	
Awaken your brain with	at: http://bit.ly/	dancing! We will explore a	during the 2021 year,	1:15-2:15 p.m.
challenging puzzles and	VCAAvicapMAR21 or call	different theme each week.	sites and locations, and	English Conversation
games!	703-339-7676.	Have your music selections	registration process.	Beginner level conver-
	Meeting ID: 926 9667	ready!	Noon-1 p.m.	sation and instruction
Noon-1 p.m.	6897; Passcode: 8727	Noon-1 p.m.	Caregiver Lunch Bunch	on English as a Second
Lunch Bunch	•	Lunch Bunch	Topic: Caregivers TedX	Language. All backgrounds wel-
Topic: Pets!	Noon-1 p.m.	A social time with friends,	Click here to register: http://bit.ly/VCAAclb	come!
We are joined by Beagle	Caregiver Lunch Bunch	have fun, be positive and	Meeting ID: 990 0622	
experts Wayne and Peg-	Topic: Open Forum	enjoy the conversation!	3501	2:30-3:30 p.m.
gy Fleit of Beagle Res- cue, Education, and	Click here to register:	1:15-2:15 p.m.	Passcode: 9550	Creative Corner
Welfare (BREW, Inc.) for	http://bit.ly/VCAAclb	Crossword Puzzles Inter-	1:15-2:15 p.m.	Early Spring Cards
a fun time with their	Meeting ID: 990 0622	mediate and Advanced	Bingo	with Ruth!
dogs	3501; Passcode: 9550	Test your knowledge and skills! To receive the weekly	Come play this classic	Enjoy learning how to
		clues and blank grid email:	game. To receive a	make Early Spring inspired cards!
1:15-2:15 p.m.	1:15-2:15 p.m.	VAseniorserv-	bingo card please email VAseniorserv-	Home supplies to par-
Drawing, Painting and	Game Show Hour	ices@servicesource.org	ices@servicesource.org	ticipate: scissors, glue
Mixed Media	Family Feud	2:30-3:30 p.m.		stick, waxed paper.
Mondays		Spanish Class	2:30-3:30 p.m.	Like what you
Featured Artist	2:30-3:30 p.m.	This is a beginner and intro-	Intermediate German Class	see? Sign up for a
with McLean Project for	Virtual Chorus	duction class to learn and	Expand your German	greeting card supply
the Arts, ArtReach	Sheila Epstein, director, and accompanist of	have fun! You might need to have a pen and paper.	learning through explor-	packet by calling 703- 464-6200.
program.	Little River Glen Chorus	to have a pen and paper.	ing language, culture and	404-0200.
	invites you to join in a	5-6 p.m.	participating in conversation.	
2:30-3:30 p.m.	sing-along celebrating	Lunar Celebration!	tion.	
Cranium Crunches	various themes. Join our	Guest Presentation		
Exercises for your brain!	community and sing	Come for a presentation about the Lunar New Year!		
	your heart out on our	Filled with information		
	virtual choir group.	about festivities from Chi-		
		na, Vietnam, Thailand, Ja-		

pan, and Korea!