

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
<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. Full 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* Topic: The History of Women in Nursing 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* No Registration required! Seated yoga class is designed for people with mobility concerns, multiple health conditions and their caregivers. No prior experience or equipment is required. Meeting ID: 905 123 5932; Password: 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 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, March 1	Tuesday, March 2	Wednesday, March 3	Thursday, March 4	Friday, March 5
<p>9-10 a.m. Wake Up to Wellness Set your alarms for Monday at 9 a.m.! Join our social work interns to address the different dimensions of wellness through:</p> <ul style="list-style-type: none"> • interactive activities • presentations • the latest news and information <p>10:30a.m.-11:30a.m. Brain Games Awaken your brain with challenging puzzles and games!</p> <p>Noon-1 p.m. Lunch Bunch Topic: Pets! We are joined by Beagle experts Wayne and Peggy Fleit of Beagle Rescue, Education, and Welfare (BREW, Inc.) for a fun time with their dogs</p> <p>1:15-2:15 p.m. Drawing, Painting and Mixed Media Mondays <i>Featured Artist</i> with McLean Project for the Arts, ArtReach program.</p> <p>2:30-3:30 p.m. Cranium Crunches Exercises for your brain!</p>	<p>Learn Zoom has moved to every other Thursday at 9 a.m. starting March 11th.</p> <p>10:15-11:45 a.m. <i>Featured Presentation!</i> Medicare 101 presented by VICAP Learn if you are eligible for Medicare, how to enroll, the different options such as Part A, B, C and D. and any new changes to Medicare for the 2021 year. Register at: http://bit.ly/VCAAvicapMAR21 or call 703-339-7676. Meeting ID: 926 9667 6897; Passcode: 8727</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 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>9-10 a.m. <i>Special Presentation!</i> Health Department - COVID-19 Vaccine and Updates in English. 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>10:30-11:30 a.m. Music Lovers Unite Topic: Songs with a Number in the Title Join us for music and dancing! We will explore a different theme each week. 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: VAseniorservices@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>5-6 p.m. Lunar Celebration! <i>Guest Presentation</i> Come for a presentation about the Lunar New Year! Filled with information about festivities from China, Vietnam, Thailand, Japan, and Korea!</p>	<p>9-10 a.m. Tech Thursday <i>Guest Presenter!</i> Topic: AARP Cybersecurity Come learn about Phishing Scams, What is the Dark Triad, and ways to block viruses from your computer with AARP!</p> <p>10:30-11:30 a.m. <i>Featured Presentation!</i> AARP Tax Aide Presentation Come join us to learn how AARP Tax Aide services will be conducted during the 2021 year, sites and locations, and registration process.</p> <p>Noon-1 p.m. Caregiver Lunch Bunch Topic: Caregivers TedX 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. <i>Special Presentation!</i> Emergency Preparedness Join the Fairfax County Office of Emergency Management to learn about how to prepare for emergencies.</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. Creative Corner Early Spring Cards with Ruth! Enjoy learning how to make Early Spring inspired cards! Home supplies to participate: scissors, glue stick, waxed paper. Like what you see? Sign up for a greeting card supply packet by calling 703-464-6200.</p>