



VIRTUAL VOLUNTEER RECOGNITION

SAY THANK YOU TO OUR VOLUNTEERS

Come say a virtual thank you to all of the wonderful volunteers that have helped make the activities so successful on the Virtual Center for Active Adults.

**FRIDAY, APRIL 23, 2021
NOON - 1:00 P.M.**

Social SPACE | Social Play Achieve Create Edu-tain

Meeting ID: 901 875 2818 | Passcode: 8727

Join by Zoom: bit.ly/VCAASocialSPACE

Join by phone: 1-301-715-8592; 901-875-2818#; #; 8727#

(to mute/unmute on the phone press *6)



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 more information, call 703-324-4600, TTY 711. March 2021 | A Fairfax County, V.A. publication | www.fairfaxcounty.gov/ncs | www.servicesource.org

VC AA

THE VIRTUAL CENTER FOR ACTIVE ADULTS
PRESENTS
ARTS FOR LIFE FESTIVAL

ART SHOW CASE

CALLING
ALL
ARTISTS,
PERFORMERS
AND CREATORS!

A VIRTUAL ART SHOW
TO SHARE YOUR
WORK AND LEARN
FROM FELLOW
ARTISTS

MAY 21, 2021
2:30PM - 3:30PM

THERE IS AN ARTIST IN ALL OF US!
COME SHARE YOUR ARTISTIC TALENTS.

Interested in sharing your work, please email the following information to VAseiorservices@servicesource.org by 05/07/21

- A) 'ART SHOW' in subject line
- B) Your name, materials used (if applicable), and a brief description of your work or performance
- C) Attach a photo or video

(Photos should be JPEGs or PNGs, three (3) to five (5) minutes for videos)

Social SPACE | Social Play Achieve Create Edu-tain
Join the Art Show by ZOOM: bit.ly/VCAASocialSPACE
Meeting ID: 901 875 2818 | Passcode: 8727

Join by phone: 1-301-715-8592; 901-875-2818#; #; 8727#
(to mute/unmute on the phone press *6)



By submitting photos or videos of your artwork, you acknowledge and agree that the photos and videos may be edited and used for noncommercial purposes as desired by Fairfax County government or ServiceSource. This includes in print publications and across digital/electronic communication channels. Additionally, all photos and videos become the property of Fairfax County without compensation to you and are subject to the Virginia Freedom of Information Act.

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To view a full schedule of the Arts for Life Festival events, visit www.bit.ly/NCSvcaa

ARTS FOR LIFE

Virtual Center for Active Adults and ArtsFairfax

Presents

ARTIST RESIDENCIES

FREE weekly virtual interactive sessions

Full session descriptions on the reverse

Pictures and Poetry:

Visualizing your Words for the World

Tuesday & Thursday | 5 p.m.

April 27-June 10

Registration Required:

bit.ly/VCAAPicturesPoetry

(no class May 27 or June 8)

Moving Dialogues

Tuesday & Thursday

6:15 p.m.

May 11-June 17

Music City DC! - The History of Popular Music in the Nation's Capital

Monday & Thursday | 2:30 p.m.

May 17-June 28

(no class May 31)

World of Rhythm and Sound

Wednesday & Thursday

11:45 a.m.

May 19-June 24

Social SPACE | Social Play Achieve Create Edu-tain

JOIN BY ZOOM: [BIT.LY/VCAASOCIALSPACE](https://bit.ly/VCAASOCIALSPACE)

MEETING ID: 901 875 2818 | PASSCODE: 8727

JOIN BY PHONE: 1-301-715-8592; 901-875-2818#; #; 8727#

(to mute/unmute on the phone press *6) ****The above programs are on Social SPACE unless otherwise noted****

To view a full schedule of the Arts for Life events, visit <http://bit.ly/NCSvcaa>



Virtual Center
for Active Adults



ServiceSource



ARTSFAIRFAX



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April 2021 | A Fairfax County, V.A. publication | www.fairfaxcounty.gov/ncs | www.servicesource.org

Pictures and Poetry: Visualizing your Words for the World with Tamarrah Addison

Pictures and Poetry is a fun, interactive, low stress communal gathering where the participants will view and write poetically about visually pleasing images that evoke an array of emotions and responses. The facilitator uses the images as a catalyst for conversation, healing, laughter and insight. Participants will also get a chance to bring their own images to assist in cultivating creativity for the community of learners. Come to this gathering with an open mind and leave with new best friends and poetic pictures rendered by YOU!

Moving Dialogues with Kelly King

Tap into your own creativity, clarity, and happiness.

Moving Dialogues is a powerful way to come together, experience each other's perspective, and create deeper meaning. Zero dance experience is expected—Moving Dialogues is for everyone and every body.

Be prepared to: write, move your body, think, and play.

Who is Moving Dialogues for?

Anyone seeking authentic feedback on any topic, to create community between groups, to build teamwork, support, and empathy for any group within an organization. Or, to create a community quickly amongst strangers, new-hires, or retreat attendees.

BENEFITS:

- Discover greater clarity and ownership of ideas and experiences.
- Generate new ideas.
- Set goals for individuals.
- Reflection in "real time" demonstrates and punctuates the company's commitment to feedback from the essential question.

Moving Dialogues workshops started at American University's Emerging Arts Leaders Symposium in 2015. Founder Kelly King led a group of participating arts leaders to answer the question: "What makes me happy?"

Since then, Kelly has led Moving Dialogues workshops for businesses and community groups, including: Visit Baltimore, The Smith Center for Healing and the Arts, Goddard College, Washington Performing Arts, ReCreative Spaces, The Girl Scouts of America's Keys to Success Conference, Round House Theatre, Anacostia Arts Center, YMCA leadership, Office Accomplish, and more.



Photo by Ossie White III



Daily Joy Workshop Photo by Petra Kuppers

Music City DC! - The History of Popular Music in the Nation's Capital

with Ken Avis

Washington, D.C., has given much to the musical world beyond its best-known exports; Duke Ellington, and the punk, and go-go scenes. Join musician, broadcaster, and historian Ken Avis as he explores the area's lesser-known, remarkable, and fascinating musical avenues and why they could only have happened here in the DMV area. Film and recordings bring legendary musicians to life as Avis examines how social change, technological development, and business innovation shaped the sounds that emerged from D.C.—a political town with a serious music habit. Discover music, stories and facts...and a lot of surprises as you hear the stories of Music City DC!



World of Rhythm and Sound **with Tom Teasley**

Award winning percussionist, composer and educator, Tom Teasley, will offer a series of workshops into his unique world of rhythm and sound. Tom has traveled the world as a cultural envoy for the U.S. Department of State and will share musical examples of his travels as well as stories of the cultures from which this music emanates. He is currently working virtually with the US Embassy in Port au Prince, Haiti on a series of percussion workshops in addition to music business presentations. Other travels have taken him to China, Iraq, Korea, Oman, Jerusalem, Bahrain and others. Tom will also share his work on creating music for theatre which has earned him seven Helen Hayes Nominations and three awards. The program will consist of many musical and instrument demonstrations and performances and encourage participation among the participants. Tom has equipped his studio with the latest technology for virtual presentations with professional sound interface, microphones, camera and more. All of our hearts beat in universal rhythm. Please join us for these exciting workshops.



“Those who tell the Stories Rule the World”

Join us for a new monthly feature:

“Storytelling”

Come to tell a story and listen to a story

Remember, as JK Rowling said: “No story lives unless someone wants to listen”



Date: Monday, April 19, 2021

Time: 12:00pm

Location: Social Space

Social Play Achieve Create Edu-tain

ZOOM Platform

Meeting ID: 901 875 2818

Passcode: 8727

Direct Link: www.bit.ly/VCAAsocialSPACE

Call in Number: 1-301-751-8592; 901-875-2818#; 0#; 8727#



Caregiver Lunch Bunch

Every Tuesday Noon – 1 p.m.

New and seasoned caregivers are welcome to join us for a variety of discussions on topics related to the caregiving journey!

- April 6: Continuum of Care Discussion part 1 of 3: Is the Senior Center the right fit? with Pam
- April 13: Continuum of Care Discussion part 2 of 3: Assisted Living & Skilled Nursing Facility: What is the difference?
- April 20: Continuum of Care Discussion part 3 of 3: Adult Day Healthcare and Insight Memory Care Center: Additional recreation options for those who need more support
- April 27: Open Forum: Bring your questions about caregiver support options and available services!

Social SPACE | Social Play Achieve Create Edu-tain

MEETING ID: 990 0622 3501 | PASSCODE: 9550

REGISTER: [HTTP://BIT.LY/VCAACLB](http://bit.ly/VCAACLB)

JOIN BY PHONE: 1-301-715-8592; 990-0622-3501#; #: 9550#

(to mute/unmute on the phone press *6)



**To view the full schedule of
VCAA programs and events,
Visit www.bit.ly/NCsvcaa**



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Virtual Center for Active Adults

Arts for the Aging Visualizing Spring

Enjoy music, movement, and art for all audiences and abilities!

- April 8th: Creative Café
- April 22nd: Color me Spring!
- May 6th: Poetry in Motion
- May 20th: Best of...Annetta!

Date: Every other Thursday

Time: 1:15 p.m.

Social SPACE

Social Play Achieve Create Edu-tain

ZOOM Platform

Meeting ID: 901 875 2818

Passcode: 8727

Join by ZOOM: bit.ly/VCAASocialSPACE

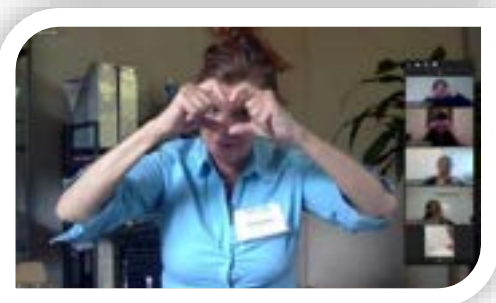
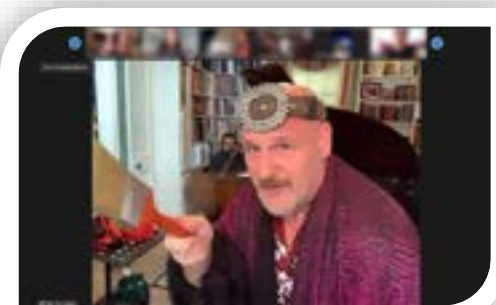
Join by Phone: 1-301-751-8592; 901-875-2818#;

#; 8727# (to mute/unmute on the phone press *6)

****Please see reverse side for session details****



ARTS FOR THE AGING



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www.fairfaxcounty.gov/ncs

www.servicesource.org

AFTAarts.org

September 2020

A Fairfax County, Va., publication

Arts for the Aging Visualizing Spring Session Details

Thursday, April 8, 2021, 1:15 PM

Creative Café

Relax and create in ***Creative Café*** a workshop with Arts for the Aging Teaching Artists Marcie Wolf-Hubbard and Chris Brown. Combine drawing, collage, and “up-cycling” (using materials you intend to recycle) inspired by nature and spring with guidance from visual artist Marcie in a direct response to Chris’ live, improvisational music. Participants can use items available in their home including pencils, paper, glue, scissors.

Thursday, April 22, 2021, 1:15 PM

Color Me Spring!

Join Arts for the Aging Teaching Artist Paula Cleggett in an exploration and reimagining of artwork by Ed Clark, on view at the National Museum of African American History and Culture. Use simple household items to create your own works of art. Bring wrapping or tissue paper, junk mail, paper, pencils, glue, scissors, and any art supplies you may have to create a new way to look at art in ***Color Me Spring!***

Thursday, May 6, 2021, 1:15 PM

Poetry in Motion

Experience ***Poetry in Motion*** with Arts for the Aging Teaching Artists Nancy Havlik and Lauren Mazow Boyle. Discover the interplay between dance and poetry in this interactive, live 4-week workshop series via Zoom. Participants will read and discuss seasonal poetry with Lauren to awaken the senses through language and rhythm and express themselves physically through guided movement and dance with choreographer Nancy. They will also create collaborative poems to help integrate the experiences, capture feelings, and strengthen community connections.

Thursday, May 20, 2021, 1:15 PM

Best of...Annetta!

Arts for the Aging Teaching Artist Annetta Dexter Sawyer explores three arts disciplines in ***Annetta’s Best Of...Movement, Theater, and Art!*** Experience gentle stretching and breathing exercises to find one’s presence. Participate in theatrical games through expressive play. Have plain paper and pencil available to create simple line drawings inspired by the artwork of Paul Klee. This is a perfect sampler program to promote movement, spark imagination, and inspire creativity.



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www.fairfaxcounty.gov/ncs

www.servicesource.org

AFTAarts.org



International Coffee Hour

Join the Social SPACE community for a fun social hour!

Reconnect with friends and make new ones.

Join the conversation in your native language (English,
Farsi, Hindi, Mandarin, Spanish).

9AM | 2nd and 4th Friday of each Month | First Meeting April 9th

Social SPACE | Social Play Achieve Create Edu-tain

Meeting ID: 901 875 2818 | Passcode: 8727

Join by Zoom: bit.ly/VCAASocialSPACE

Join by phone: 1-301-715-8592; 901-875-2818#; #; 8727#
(to mute/unmute on the phone press *6)



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VISIT [WWW.BIT.LY/NCVCAA](https://www.bit.ly/NCVCAA)

La Hora Internacional del Café

Únase al Espacio Social (Social Space) de la comunidad para una divertida hora social!
Reconéctese con sus amigos y haga nuevos. Únase a la conversación en su propio idioma.

9AM | 2do y 4to Viernes de cada mes | Primera reunión Abril 9

Únase por Zoom: bit.ly/VCAASocialSPACE

Meeting ID: 901 875 2818; Passcode: 8727

O por Teléfono: 1-301-715-8592; 901-875-2818#; #; 8727# (para hablar o apagar voz al usar el teléfono, presione *6)

國際咖啡時間

請加入社區將舉行的社交空間(Social SPACE)有趣的社交歡樂時光! 讓我們能夠重新聯繫老朋友以及認識更多新朋友。

並能使用您的母語來談話。

每個月的第二個和第四個的星期五。

第一次社交空間一起聚會日期: 4月9日

社交空間(Social SPACE)! 社交遊戲實現創建教育!

會議ID: 901 875 2818

密碼: 8727 通過Zoom加入: bit.ly/VCAASocialSPACE

加入電話: 1-301-715-8592; 901-875-2818 #; #; 8727 # (要在電話上靜音/取消靜音, 請按* 6)

گردهمایی مجازی برای همه (International Coffee Hour)

به فضای مجازی بپیوندید و ساعتی را با تماس با دوستان قدیم - و پیدا کردن دوستان جدید - خوش باشید.
این گردهمایی به زبان مادری خود شما خواهد بود.

ساعت: ۹ صبح

روز: دومین و چهارمین جمعه هر ماه

اولین گردهمایی: ۹ آوریل ۲۰۲۱

شماره گردهمایی: ۹۰۱۸۷۵۲۸۱۸

کد ورود: ۸۷۲۷

: شما می‌توانید از طریق زوم و یا از طریق تلفن به گردهمایی بپیوندید

از طریق زوم

bit.ly/VCAASocialSPACE

شماره گردهمایی:

901 875 2818

کد ورود: 8727

از طریق تلفن

اول:

1 301 715 8592

بعد:

901 875 2818#

8727#

(برای بصدا در آوردن و از صدا انداختن تلفن دکمه *6 را فشار دهید)

एक मजेदार सामाजिक घंटे के लिए सामाजिक अंतरिक्ष समुदाय में शामिल हों!

दोस्तों के साथ फिर से कनेक्ट करें और नए दोस्त बनाएं।

अपनी मूल भाषा में वार्तालाप में शामिल हों

सुबह 9 बजे | प्रत्येक माह का दूसरा और चौथा शुक्रवार | पहली मुलाकात 9 अप्रैल



THE VIRTUAL CENTER
FOR ACTIVE ADULTS
PRESENTS

CREATIVE CORNER

A diverse range of activities involving
creative skills, imagination, conceptual
ideas, and demonstrations

FRIDAYS
APRIL & MAY, 2021
2:30 - 3:30 PM

April 9: Edible Springtime Decorations

April 16: Quilting Trunk Show

April 23: Card Making - "Fresh Florals"

April 30: Virtual Tour of Disney

May 7: Mother's Day Craft

May 14: Card Making - "Birthdays"

May 21: Art Show Case

May 28: Cooking Demo

Social SPACE: Social Play Achieve Create Edu-tain

Join Creative Corner by ZOOM: bit.ly/VCAAsocialSPACE

Meeting ID: 901 875 2818

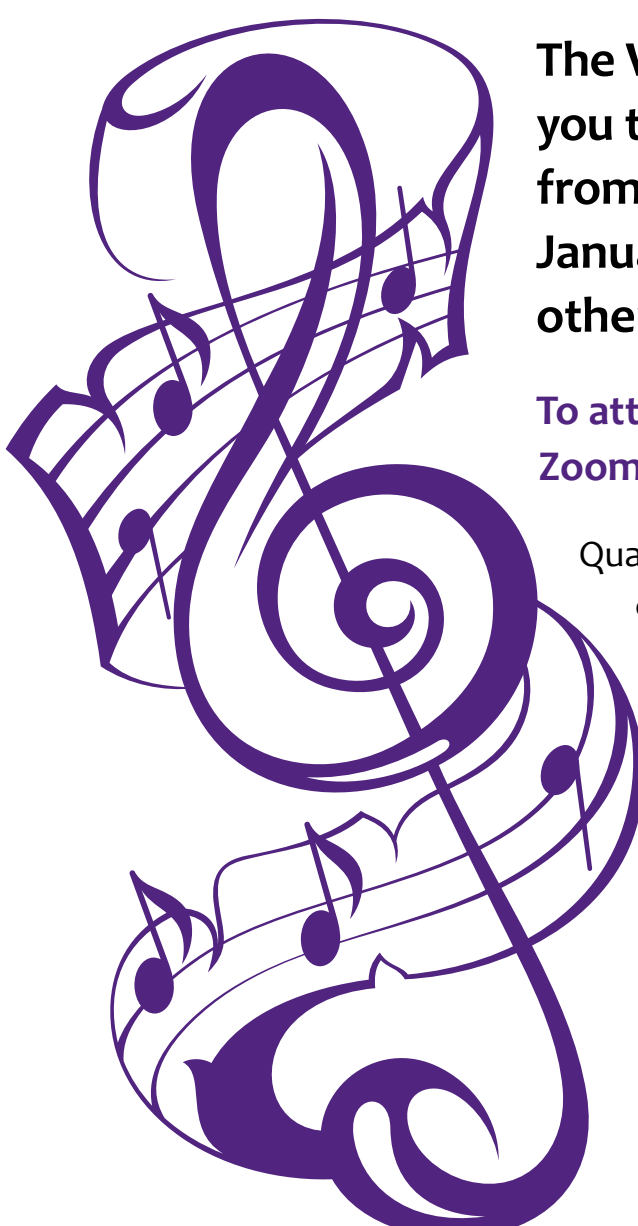
Passcode: 8727

Call in Number: 1-301-751-8592; 901-875-2818#; #; 8727#

Virtual Center for Active Adults

Friday Evening Concert Series

with Quarantine Music Busters



The Virtual Center for Active Adults invites you to join us for live concerts by musicians from Quarantine Music Busters. Starting January 15, concerts will take place every other Friday at 7 p.m.

To attend, simply log onto the VCAA's Social SPACE Zoom account at bit.ly/VCAASocialSPACE

Quarantine Music Busters (QMB) is a student-founded, community-based organization dedicated to providing free entertainment and solace through music via virtual or in-person concerts during the COVID-19 pandemic. The QMB is made up of 29 musicians, ranging from freshmen to high school graduates who perform on a variety of instruments in the genres of classical, jazz and show tunes.



Virtual Center
for Active Adults



ServiceSource



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A Fairfax County, VA, publication. 1/2021





Join Virtual Center for Active Adults & Therapeutic Recreation Services For



Community Kindness

Let's celebrate each other, our friendships and the community we live in together during our Community Kindness Virtual Program!

Join us on Zoom to share and create kindness in our community!

~Program Details~

**Wednesdays from 5:30-6:30 p.m.
On April 14, 28, May 12, 26**

Social SPACE

Social Play Achieve Create Edu-tain

ZOOM Platform

Join us on ZOOM: bit.ly/VCAASocialSPACE

Meeting ID: 901 875 2818

Passcode: 8727

**Join by phone: 1-301-751-8592; 901-875-2818#;
0#; 8727# (to mute/unmute press *6)**

Cost: FREE!



Community Kindness Series

For Individuals ages 22+



For more Therapeutic Recreation Services programs call 703-324-5532, TTY 711 or visit:
<https://www.fairfaxcounty.gov/neighborhood-community-services/therapeutic-recreation>

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presents

Self-Care for a Healthier Life

Learn self-care techniques and how to develop your own self-care plan with Rob Grape, Lewinsville Center Director.

Date: Friday, April 30th

Time: 10:30AM

Location: Social Space

Social Play Achieve Create Edu-tain

ZOOM Platform

Meeting ID: 901 875 2818

Passcode: 8727

Direct Link: www.bit.ly/VCAAsocialSPACE

Call in Number: 1-301-751-8592; 901-875-2818#; 0#; 8727#



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VCAA Book Clubs



THE VCAA OFFERS TWO MONTHLY BOOK CLUBS.
IF YOU LOVE READING, SHARING BOOK
RECOMMENDATIONS AND GREAT CONVERSATION,
PLEASE JOIN US AT ONE OR BOTH OF OUR BOOK CLUBS.

Book Lovers Unite!

Join the 3rd Friday of each
month at 10:30 a.m.

April 16: The Haunting
of Hill House
by Shirley Jackson

May 21: The Weekenders
by Mary Kay Andrews

Mystery Book Club

May, 4 at 3:45-4:45 p.m.
Run Away
By Harlan Coben

Social SPACE | Social Play Achieve Create Edu-tain

Meeting ID: 901 875 2818 | Passcode: 8727

Join by Zoom: bit.ly/VCAASocialSPACE

Join by phone: 1-301-715-8592; 901-875-2818#; #; 8727#

(to mute/unmute on the phone *6)



Visit www.bit.ly/NCSvcaa



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presents

“Smartphones Are a Vision Aid in Your Pocket”

**Learn from Sandy Neuzil, Advocate for people with Low Vision.
Prevention of Blindness Society of Metropolitan Washington and
Reston VIP Low Vision Support Group.**

- Bigger, Brighter, Bolder on your phone!
 - Magnify anything with your camera or an App.
 - Enhance colors and contrast to suite your eyes.
 - Enlarge fonts or just zoom in on your screen.
- Let a Voice read short text to you.
- Learn about Support Groups with Free Smart Phone Tech Support for people with low vision.



Date: Thursday, May 6th

Time: 9 am – 10 am (Tech Thursday)

Location: Social Space

Social Play Achieve Create Edu-tain

ZOOM Platform

Meeting ID: 901 875 2818

Passcode: 8727

Direct Link: www.bit.ly/VCAAsocialSPACE

Call in Number: 1-301-751-8592; 901-875-2818#; 0#; 8727#



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presents

Monthly Presentations from The Alzheimer's Association

Tuesday, May 11th at 10:30 a.m.

Dementia Conversations

This workshop will offer tips on how to have honest and caring conversations with family members about going to the doctor, deciding when to stop driving and making legal and financial plans. The workshop reinforces the need to plan ahead and build a care team that communicates well and connects families to resources to enhance quality of life for everyone involved.

Date: 2nd Tuesday of the Month (March – June)

Time: 10:30 a.m.

Location: Social SPACE

Social Play Achieve Create Edu-tain

ZOOM Platform or by Phone

Meeting ID: 901 875 2818

Passcode: 8727

Join by Zoom: bit.ly/VCAASocialSPACE

Join by Phone: 1-301-751-8592



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UPCOMING PROGRAMS from The Alzheimer's Association

Tuesday, June 8th at 10:30 a.m.

Effective Communication Strategies

Communication is more than just talking and listening-it is also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. This workshop explores how communication takes place when someone has Alzheimer's. Learn to decode the verbal and behavioral messages delivered by someone with dementia and identify strategies to help connect and communicate at each stage of the disease.



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FAIRFAX COUNTY HEALTH DEPARTMENT

COVID-19 VACCINE EDUCATION

Are you interested in receiving the vaccine?

The Fairfax County Health Department will be going over the current COVID-19 vaccines, vaccine safety, distribution priority groups, what to expect when it's your turn, and how to register for an appointment.

In English: April 15 | 10:30 a.m.

In Mandarin: April 16 | 9 a.m.

In English: May 20 | 10:30 a.m.

April 16 and May 20 sessions will include Spring Health information:

Understanding the Health Risks of Ticks

Join by Zoom: bit.ly/VCAASocialSPACE

Meeting ID: 901 875 2818 | Passcode: 8727

Join by phone: 1-301-715-8592;

901-875-2818#; #; 8727# (to mute/unmute press *6)



ServiceSource



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Engagement Through Technology

*Breaking down barriers to provide virtual support activities
to older adults and people with disabilities.*

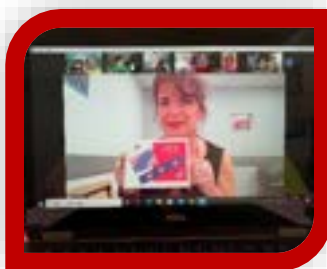
ServiceSource Virginia's Senior Services team is designing and implementing creative digital strategies to stay connected with participants who are unable to leave their homes during this pandemic. To help those we serve access the technology needed to take part in these activities, the ServiceSource Foundation launched the **Technology Grant Program**.

**This program will help to provide tablets to older adults and
people with disabilities who need them the most.**

We could use your help!

To support our efforts, consider making a donation to the ServiceSource Foundation by visiting www.servicesource.org/donate. You can also mail a check to:
ServiceSource Foundation, 10467 White Granite Drive, Oakton, VA 22124.

If you would like your donation to specifically support the **Technology Grant Program**, please note your designation in the comment box online or the memo line of your check. *All donations are tax deductible.*



**Questions? Contact Senior Services at
VASeniorServices@ServiceSource.org or 703-970-3636**

www.servicesource.org