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Virtual Center
for Active Adults

presents

Kingstowne Center for Active Adults Retirement Party for Dawn Mayo

Join us to celebrate with Dawn Mayo, director of Kingstowne Center for Active Adults, as she begins her retirement! Sharnel will be your hostess with the mostess as we toast to Dawn and thank her for her years of service with Fairfax County. Dawn worked at Springfield, Wakefield, and Kingstowne. Everyone is welcome to attend!



Date: Friday, February 19, 2021

Time: 2:30pm-3:30pm

Location:

Fit & FAB

Flexible Active Balance

ZOOM Platform

Meeting ID: 997 9585 0422

Passcode: 7676

Direct Link: <http://bit.ly/KCAARetire>

Call in Number: 1-301-751-8592; 997 9585 0422#; 0#; 7676#

If you are interested in saying a few kind words to Dawn during this event, please contact Sharnel Jones in advance at **703-339-7676**

Email: Sharnel.Jones@fairfaxcounty.gov



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.

Virtual Center for Active Adults



Wake up to Wellness!

Set your alarms for Monday's at 9 AM!
Join our social work interns to address the different dimensions of wellness through:

- interactive activities
- presentations
- the latest news & information.

Mondays

9:00 AM – 10:00 AM

Social Space

Social Play Achieve Create Edu-tain
ZOOM Platform

Meeting ID: 901 875 2818

Passcode: 8727

Direct Link: bit.ly/VCAASocialSPACE

Call in Number: 1-301-751-8592;

901-875-2818#; 0#; 8727#



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presents

“Memories of Martin Luther King, Jr.” Panel Discussion

Please come join us to share your memories of Martin Luther King Jr. or your experience watching the “I have a Dream” speech during our Lunch Bunch!

Date: Monday February 22, 2021

Time: 12p.m.- Lunch Bunch

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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www.servicesource.org

Virtual Center for Active Adults

Arts for the Aging

Enjoy music and movement for all audiences and abilities!

- Thursday, February 25 at 1:15 PM
Free to Move
- Thursday, March 11 at 1:15 PM
Shake, Rattle, and Roll!
- Thursday, March 25 at 1:15 PM
Joy of Movement

Social Space

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COVID-19 VACCINES

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: February 18, 2021 | 10:30 a.m.

In Mandarin: February 19, 2021 | 9 a.m.

In Spanish: February 26, 2021 | 9 a.m.

Zoom Platform: <https://bit.ly/VCAASocialSPACE>

Meeting ID: 901 875 2818 | Password: 8727



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FAIRFAX COUNTY HEALTH DEPARTMENT

费郡卫生署谈新冠肺炎疫苗

COVID-19 VACCINES

您有兴趣接种新冠疫苗吗？

费郡卫生署将介绍现阶段新冠 疫苗及其安全性，有效性，优先组接种，如何注册和预约。

February 19, 2021 | 9 a.m. 2月19日上午9点

Zoom Platform: <https://bit.ly/VCAASocialSPACE>

Meeting ID: 901 875 2818 | Password: 8727



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Book Lovers Unite!



If you love reading, sharing book recommendations and great conversation, please join us at the Virtual Center for Active Adults (VCAA) Book Club!!! Grab a snack, a beverage, your book and meet new friends!

3rd Friday of each month 10:30 - 11:30am

February 19th Book: Happiness by Aminatta Forna

March 19th Book: Remarkable Creatures by Tracy Chevalier

Social Space

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ZOOM Platform

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



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Virtual Center for Active Adults

Pandemic Self-Care

Please join us for a lunch bunch discussion about Pandemic Self-Care with Dr. Jerome Short.

Dr. Short is a Licensed Clinical Psychologist and Associate Professor of Psychology and Associate Director of Clinical Training at George Mason University.

<https://psychology.gmu.edu/people/jshort>

Friday, February 26th

12:00 – 1:00 PM

Social Space

Social Play Achieve Create Edu-tain

ZOOM Platform

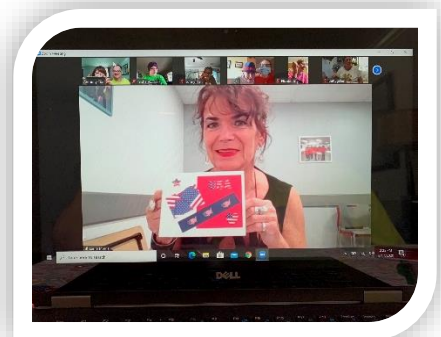
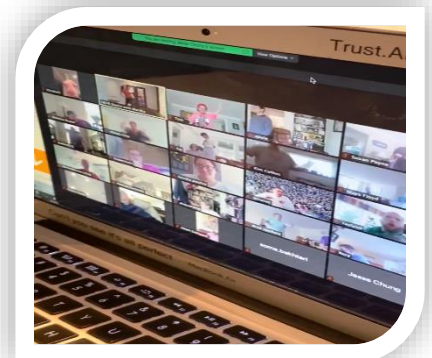
Meeting ID: 901 875 2818

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Mystery Book Club

**Friday, February 26, 2021
2:30pm-3:30pm**

**Book for discussion: The Black Box by
Michael Connelly**

Can be accessed at any FFX County
Library Branch

Bring your snacks, coffee/tea and let's discuss this month suspense/mystery/thriller book. Discuss the characters; setting (place/time/special events), the plot to include twists and turns, any surprises unfold; and, your thoughts of the book. Information for the next meeting and the upcoming book.

VCAA SocialSPACE

Direct link to meeting: bit.ly/VCAASocialSPACE



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www.fairfaxcounty.gov/ncs



A Fairfax County, Va., publication

Virtual Center for Active Adults

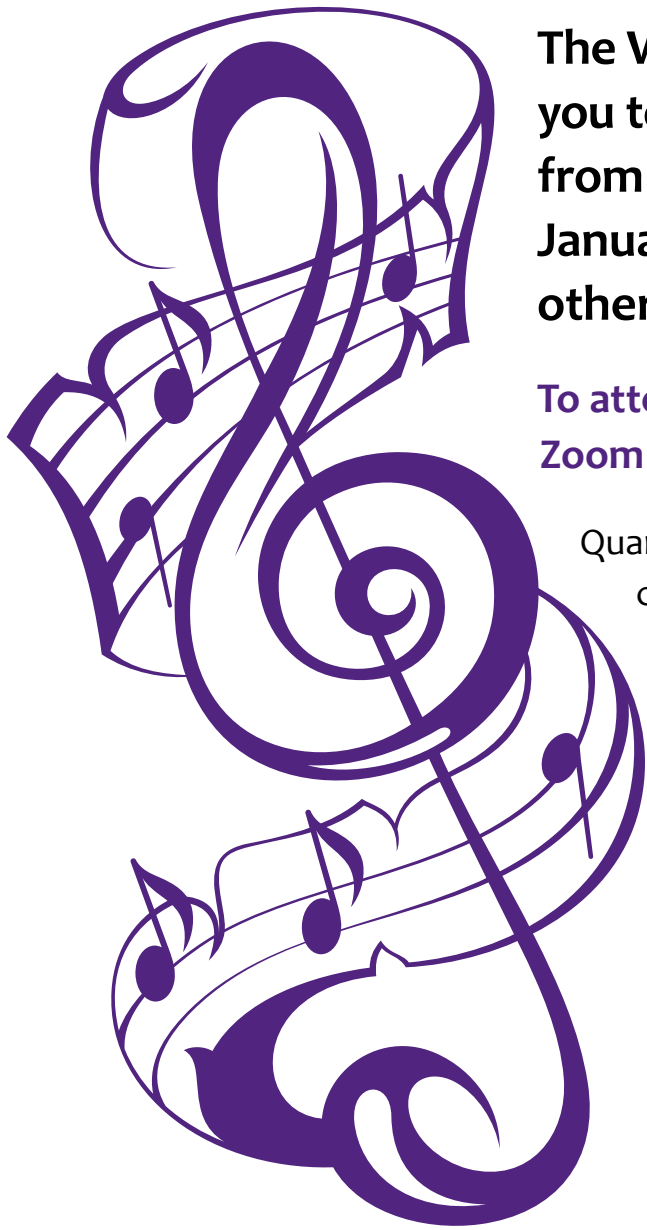
Friday Evening Concert Series

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



Virtual Center for Active Adults



Tuesday March 2, 2021:

VIRTUAL Medicare 101 Workshop

10:15a.m.-11:45a.m.

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.

You must register to attend the workshop online at:

<http://bit.ly/VCAAvicapMAR21>

call 703-339-7676 to register by phone



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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.servicessource.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.servicessource.org