

Virtual Center for Active Adults

Virtual programming is presented by these partners:



- Please join in a variety of fun activities such as fitness classes, special presentations, interactive games and much more!
- Follow the instructions below to participate in our classes hosted virtually using Zoom. You can join us using your 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/novaVCAA>
- Brought to you by these partners: Arlington County, Fairfax City, Fairfax County, Prince William County, ServiceSource and the Town of Vienna.

Use your computer, smartphone, or tablet

Log on to 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: bit.ly/VCAAzoom2

Using your Phone

Dial in by phone: 1-301-715-8592

You will be asked for the following:

Meeting ID: 905 123 5932#

Press # to continue:

Password: 3636#

See reverse for event schedule for May 16-20.

Please Note: 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.

Programs and lectures offered on the VCAA are intended to educate our participants and enrich their lives. We are not promoting any particular service, opinion or cause. The views expressed by a presenter are their own and are not necessarily endorsed by the VCAA or its partner jurisdictions.



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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.



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Zoom Platform bit.ly/VCAAzoom2 Meeting ID: 905 123 5932 Password: 3636

***Please check with your doctor before starting this or any exercise program**

Monday, May 16	Tuesday, May 17	Wednesday, May 18	Thursday, May 19	Friday, May 20
<p><i>Programs presented by Fairfax County/ ServiceSource</i></p> <p>10:15-11:15 a.m. Three and a Half Acres (THAY) Yoga* This mat-based yoga class is designed specifically for older adults or anyone interested in a gentle yoga session. Yoga poses can easily be modified to fit your comfort level and physical ability. All levels are welcome. Please check with your doctor before starting this or any exercise program.</p> <p>2-3 p.m. Mixed Media Mondays Mixed Media Mondays Explore the "elements of art" including color, line, pattern, shape, and texture while you find enjoyment and confidence in creating your own personal artwork.</p>	<p><i>Programs presented by Fairfax County/ ServiceSource</i></p> <p>9-10 a.m. Tech Tuesday Want to expand your knowledge and learn how to become cyber savvy? Join us as we discuss all things tech related. Please join this informational session on how to navigate the ZOOM platform. Bring any questions you have about devices, apps, technology, and virtual communication in ZOOM and beyond.</p> <p>10:15-11:15 a.m. ZUMBA Gold* Enjoy a lower-intensity version of Zumba class that is designed to meet the needs of active adults.</p> <p>1-2 p.m. Arts for the Aging: Shake, Rattle, and Roll! with Wall Matthews Are you ready to Shake, Rattle, and Roll! with the irrepressible Arts for the Aging Teaching Artist Wall Matthews? Join this interactive, live virtual workshop for a selection of audience favorites. Move to the rhythm as he blends percussion, acoustic guitar and your favorite songs. Grab a bucket to bang or something to shake and sing along as he performs.</p>	<p><i>Program presented by Fairfax County/ ServiceSource</i></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. 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>1-2 p.m. Music Lover's Unite Topic: Cities We've Visited Join us for music and dancing! Have your music selections ready!</p>	<p><i>Program presented by Fairfax County/ ServiceSource</i></p> <p>9-10 a.m. Gentle Chair Yoga* Relax and strengthen your mind and body.</p> <p>10:15-11:15 a.m. Brain Games Come test your knowledge and awaken your brain in the morning!</p>	<p><i>Programs presented by Prince William County</i></p> <p>10-11 a.m. National Theater: "Unclogging Your Brain" Writing Workshop Lisa Sherman is an actress, improvisational acting teacher, and cognitive skills coach. For seniors she facilitates "Unclogging your Brain" writing workshops which use improvisational techniques to develop new story ideas.</p> <p>1-2 p.m. Tai Chi* Tai chi is a practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing.</p> <p>3-4 p.m. Meat off the Bohn Food Network doesn't have anything on us! Please log in and watch as Chef from the Woodbridge Senior Center demonstrate some fun and easy cooking techniques that anyone can use to be a master chef at home.</p>