

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 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 June 13-17.

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, June 13	Tuesday, June 14	Wednesday, June 15	Thursday, June 16	Friday, June 17
<p><i>Programs presented by Town of Vienna/Fairfax County/ServiceSource</i></p> <p>10-11 a.m. <i>Special Presentation!</i> Healthy Living for Your Brain Identify reasons for taking care of yourself as you age. Develop strategies to age well in the following areas: physical health and exercise, diet and nutrition, cognitive activity and social engagement. Receive information to plan for healthy aging using research-based tips. Presented by the Alzheimer's Association</p> <p>2-3 p.m. 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: Learn ZOOM Basic Skills 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. <i>Special Presentation!</i> Essential Legal Documents at Any Age by Legal Services of Northern Virginia: Come learn about essential legal documents for people of any age, specifically elderly and elder caregivers (taking care of a spouse or elderly parent).</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: Father's Join us for music and dancing! Have your music selections ready!</p>	<p><i>Program presented by Arlington County and 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>11:30 a.m. - 12:30 p.m. <i>Painting Activity</i> Landscape Reflections in Acrylic by Jim Halloran Arlington County's Community Arts staff, Jim Halloran offers this great painting tutorial! Grab your fan brush and acrylic paints and follow along! Suggested Materials: 9"x12" canvas or cardboard; prime it with a bright warm color like salmon pink; paints (black, white, basic yellow, red, green, blue, salmon pink); sheet aluminum foil for palette; water cup; various brushes - no more than 1" wide; paper towels.</p> <p>1:30-2:30 p.m. Colin Powell: General, Statesman, Hero He dedicated his life to public service, serving his country as a soldier, diplomat and advisor with honor and distinction. David Bame, a retired foreign service officer who worked with Secretary Powell at the State Department, will discuss this extraordinary hero and his leadership lessons that still resonate today.</p>	<p><i>Programs presented by Prince William County</i></p> <p>10-11 a.m. <i>Special Presentation!</i> National Theater: "Hidden Treasures: Your Story as a Gift" story telling workshop During challenging times, we may be feeling isolated and alone, but our stories are a gift that can bring us closer together and strengthen our resilience. We all have stories to tell. We tell to remember who we are. In this workshop you will deepen connections and create community through the power of your own stories in a guided process of sharing and listening.</p> <p>12:30-1:30 p.m. <i>Special Presentation!</i> Tips from the Beekeepers Why and how to create a pollenating garden to attract bees.</p>