

Virtual Activities for Active Adults

Partnership with ServiceSource Inc. and Fairfax County Neighborhood and Community Services

- Please join in a variety of fun activities such as games, discussion groups, trivia, exercise classes, caregiver focused discussion groups and much more!
- Follow the instructions below to join our zoom classes on the 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 Activity Adults website: <https://bit.ly/NCSvcaa>
- Brought to you in partnership with ServiceSource Inc., Fairfax County Neighborhood and Community Services Senior Centers, Department of Family Services: Area Agency on Aging, Health Department, Community Services Board, Fairfax County Public Library and the Department of Housing and Community Development.

Use your computer, smartphone, or tablet

- Log onto 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 to meeting: bit.ly/VCAAzoom

Use your phone

- Dial in by phone: 1-929-205-6099
- You will be asked for:
 - Meeting ID: 9051235932#
 - Press “#” to continue
 - Meeting password: 3636#

See reverse for event schedule for August 10-14.

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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.



Monday, August 10	Tuesday, August 11	Wednesday, August 12	Thursday, August 13	Friday, August 14
<p>9-9:55 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>10:05-10:50 a.m. Brain Games - Awaken your brain in the morning!</p> <p>11:00-11:50 a.m. Guest Artist! Arts for the Aging Presents: The Poetry of Tango</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. Close at Hand Guest Artist! Join local artist, Sharon Fishel, from McLean Projects for the Arts. Learn how we can ENJOY things that are close at hand in our "new" daily lives through drawing, mixed media and painting. Suggested supplies: paper, pencil, coloring instrument, glue, scissors</p> <p>2:30-3:30 p.m. Cranium Crunches Exercises for your brain!</p>	<p>9-9:50 a.m. Learn Zoom Please join this informational session on how to log in or call in to Zoom. From 9-9:50 a.m. call 703-442-9075 for help getting started. For this information in Spanish call 703-865-0520.</p> <p>10-10:55 a.m. Fitness Class* Low impact exercise to help with overall fitness.</p> <p>11:05-11:50 a.m. Game Show Hour - Wheel of Fortune</p> <p>Noon-1 p.m. Caregiver Lunch Bunch Topic: Fall prevention presentation by Adult Day Health Care Center Nurse Coordinator. Click here to register: bit.ly/registerCLB</p> <p>1:15-2:15 p.m. Meditation Learn and practice 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 including Latin, Soca, top hits and electric dance music. Come join the party and have a great workout!</p>	<p>9-9:55 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>10:05-11:05 a.m. SAIL - Stay Active and Independent for Life* A strength, balance and fitness class for adults 65+.</p> <p>11:15-11:50 a.m. Music Trivia Join us for music and dancing! You bring the rhythm we bring the trivia! 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 please 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>9-9:50 a.m. Learn Zoom Please join this informational session on how to log in or call in to Zoom. From 9-9:50 a.m. call 703-442-9075 for help getting started.</p> <p>10-10:55 a.m. Fitness Class* Low impact exercise to help with overall fitness.</p> <p>11:05-11:50 a.m. Facts and Figures – Come join the discussion group to learn about something new.</p> <p>Noon-1 p.m. Caregiver Lunch Bunch Topic: Forgiveness Click here to register: bit.ly/registerCLB</p> <p>1:15-2:15 p.m. Health and Wellness Presentation Feature Discussion! Environmental and emotional wellness</p> <p>1:15-2:15 p.m. Reeves Rx-Relax Adapted Yoga*. Six-week session. Registration is currently FULL.</p> <p>2:30-3:30 p.m. Dance Fitness* An energetic cardio dance class that fuses a variety of upbeat musical dance rhythms including Latin, Soca, top hits and electric dance music. Come join the party and have a great workout!</p>	<p>9-9:50 a.m. Gentle Yoga* Relax and strengthen your mind and body.</p> <p>10-11 a.m. SAIL - Stay Active and Independent for Life* A strength, balance and fitness class for adults 65+.</p> <p>11:10-11:50 a.m. Traveling Through Music Special Event! Expand your music interest by learning and listening to the evolution of music from different countries. This week we will explore classical music from around the world!</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. High and Low Aerobics* Fun and energetic fitness class!</p> <p>2:30-3:30 p.m. Creative Corner Music Performance! – Sing-A-Long - Come sign and have fun!</p>

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