**Virtual Center 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, Public Libraries, and Department of Housing and Community Development.
* Using your computer, smartphone, or tablet
  + Log onto Zoom using internet or app
  + Go to: <https://zoom.us/>
  + Select join meeting
* Using your phone
  + Dial in by phone: 1-929-205-6099
  + You will be asked for:
    - Meeting ID: 9051235932#
    - Press “#” to continue
    - Meeting password: 3636#
  + *Meeting ID: 905 123 5932*
  + *Password: 3636*
  + Direct link to the meeting: [bit.ly/VAAAzoom](https://bit.ly/VAAAzoom)

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| **Monday, July 6** | **Tuesday, July 7** | **Wednesday, July 8** | **Thursday, July 9** | **Friday, July 10** |
| **9-9:55am** 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.  **10:05-10:50am** Featured Recipe! Healthy Eating – Sweet potato, blue cheese and spinach frittata.  **11:00-11:50am** New Limited Series! Oceanography for cruisers – **To receive activity handouts please email**  [VAseniorservices@servicesource.org](mailto:VAseniorservices@servicesource.org)  **12-1pm** Lunch Bunch – A social time with friends, have fun, be positive and enjoy the conversation!  **1:15-2:15pm** Guest Artist! Close at hand- 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 observation, drawing, and painting. Supplies needed: paper and pencil. Highly recommended but optional coloring instrument: paint, crayons, or colored pencils.  **2:30-3:30pm** Cranium Crunches – Exercises for your brain! | **9-9:50am** Learn zoom - Please join this informational session on how to login or call in to zoom.  **From 9-9:50am call 703-442-9075 for help getting started. For this information in Spanish call 703-865-0520.**  **10-10:55am** Fitness class\* –Low impact exercise to help with overall fitness.  **11:05-11:50am Guest Presenter!** Game Show Hour – Patriotic Jeopardy  **12-1pm** Caregiver Lunch Bunch – Topic: **Hopefulness**  Click here to register: [bit.ly/registerCLB](https://bit.ly/registerCLB)  **1:15-2:15pm** Meditation - Learn and practice relaxation techniques.  **2:30-3:30PM** 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! | **9-9:55am** 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.  **10:05-11:05am** SAIL\* - Stay Active and Independent for Life. A strength, balance, and fitness class for adults 65+.  **11:15-11:50am** Music Trivia - Join us for music and dancing! You bring the rhythm we bring the trivia! Have your music selections ready!  **12-1pm** Special Event! Lunch Bunch – Topic: Fairfax County Library Presentation  **1:15-2:15pm** Crossword puzzles – Intermediate and Advance - Test your knowledge and skills! **To receive the weekly clues and blank grid please email** [VAseniorservices@servicesource.org](mailto:VAseniorservices@servicesource.org)  **2:30-3:30pm ­­­­**  **You be the Judge** – Join a lively discussion with your friends! | **9-9:50am** Learn zoom – Please join this informational session on how to login or call in to zoom.  **From 9-9:50am call 703-442-9075 for help getting started.**  **10-10:55am** Fitness class\* –Low impact exercise to help with overall fitness.  **11:05-11:50am** Facts and Figures – Come join the discussion group to learn about something new.  **12-1pm** Caregiver Lunch Bunch – Topic: **How can we face our caregiver fears**  Click here to register:  [bit.ly/registerCLB](https://bit.ly/registerCLB)  **1:15-2:15pm** Show and Share – Walk down memory lane and share an item from your home or a picture of a pet, be creative!  **2:30-3:30pm** 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! | **9-9:50am** ­­­­­­­­­­­­­­­Gentle Yoga\* - Relax and Strengthen your mind and body.  **10-11am** SAIL\* - Stay Active and Independent for Life. A strength, balance, and fitness class for adults 65+.  **11:10-11:50 –** Special Event! Master Gardeners **-** Demonstration about Ferns  **12-1pm** Lunch Bunch - A social time with friends, have fun, be positive and enjoy the conversation!  **1:15-2:15pm** High and low Aerobics\* – Fun and energetic fitness class!  **2:30-3:30pm**  **Creative Corner – Gardening** |

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