

Upcoming Events

at the WCOA

Wellness Center for Older Adults

Community Partnership Events

June 7 *'Brown Bag'* **Medication Safety Event**

Medication reviews are 10AM - 2PM with pharmacists from NOVA Scripts Central. Appointments will be in 30-minute increments. Call 703-970-3601 to reserve a spot.

June 13 **Memory Screenings**

Insight Memory Care Center offers free, confidential memory screenings and educational materials to people with concerns about their memory or who want to check their memory now for future comparison. 10AM-2PM, call to reserve an appointment at 703-970-3601.

June 24 **Birthday Bingo Celebration**

Happy Birthday baby! Come celebrate with us at 1:00PM, June baby or not. Cake will be provided. Call 703-970-3601 to save a slice!

June 29 **Brain Health Presentation**

AARP volunteer community ambassador, Suba Saty, presents "Six Pillars of Brain Health". Join us every last Wednesday of the month at 1:00PM. Call 703-970-3601 to reserve a seat. All guests receive a free activity book!

For more information: <https://www.servicesource.org/virginia-wcoa>
call 703-970-3601 or email VAwellnesscenter@servicesource.org
4027B Olley Lane, Fairfax VA 22032

Daily Events

at the WCOA

Wellness Center for Older Adults

*All events are free and open for
registration by calling 703.970.3601*

Book Club

Mondays

1:00PM

Love reading? Discuss your favorite books and current reads. Discover new titles and learn from other reading enthusiasts.

Mental Muscle

Tuesdays

1:15PM

Test your skills playing classic trivia games and various brain games to increase knowledge and memory skills.

Walking Club

Wednesdays

11:00AM

You are invited to walk a little every day! Join us as we complete a mile around campus (weather permitting) Wednesday mornings.

Blood Pressure Screenings

Thursdays

10AM-2PM

Blood Pressure checks and nurse consultations are available 10AM - 2PM with American Health Care Professionals. Appointments are in 30-minute increments. Call 703-970-3601.

Creativity Leads to Wellness

Fridays

10:30AM

Join our creative art sessions led by local artist, Sharon Fishel from McLean Project for the Arts. This class will focus on individuals discovering their own creativity working in the mediums of drawings, paintings and mixed-media collage. All materials will be provided.

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