

Upcoming Events

at the WCOA

Wellness Center for Older Adults

Community Partnership Events

May 3

'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.

May 3

Healthy Living for Brain and Body

Alzheimer's Association presents "Healthy Living for Brain and Body" Tuesday at 11:00AM. Attend this educational presentation and receive a free activity book!

May 19

Ribbon Cutting Ceremony

You're invited to the Grand Opening of the WCOA Thursday, May 19 at 11 a.m. You may also watch the event live on Channel 1016 (Cox) or Channel 16 (Verizon/Comcast).

May 25

Brain Health Presentation

AARP volunteer community ambassador, Suba Saty, presents "Six Pillars of Brain Health". Join us every fourth Wednesday of the month at 1:00PM. Call 703-970-3601 to reserve a seat.

May 27

Birthday Celebration

Honoring all May babies! Come celebrate with us at 1:00PM. Cake will be provided. Call 703-970-3601 to save a slice!

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*

Creative Art Club

Mondays

11:00AM

Are you an art enthusiast? Join our creative art sessions where you can dabble in various crafting and art activities. Projects vary, all materials will be provided.

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 will be in 30-minute increments. Call 703-970-3601.

Book Club

Fridays

1:00PM

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

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