Wellness Center for Older Adults

Come join us for all our FREE events!

Welcome!

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

Upcoming Events at the WCOA

Wellness Center for Older Adults

Community Partnership Events

All events are FREE !!!

'Brown Bag' Medication Safety Event

August 2

NOVA Scripts Central offers free, confidential medication reviews and educational materials to people with concerns about their health. 10AM-2PM, call to reserve an appointment at 703-970-3601.

Creativity Leads to Wellness

August 5

Join our creative art session at 10:30AM 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.

Rhythm and Nature

August 4, 5 & 9

George Mason University will be piloting a new program!Join us for a drumming and garden-based activity on these three days. Thurs at 10:00AM, Friday at 1:00PM, and Tuesday at 11:00AM. Call 703-970-3601 to find out more.

AHCP Seminar: Nutrition & Diabetes

August 11

American Health Care Professionals' Wellness Nurse, Liz Day, will host this free educational presentation at 10:00AM. Call to reserve a seat at 703-970-3601. Refreshments will be provided.

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Creativity Leads to Wellness

August 12

Join our creative art session at 10:30AM 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.

Home-made Ice Cream Class

August 16

Healthy eating is our goal. Join us as we make a three-ingredient NICE Cream Tuesday at 11:00. Then help us eat this treat with an ice Cream social at 1:00.

Tye Dye Activity

August 18

Join us for the most colorful summer activity! All dyeing materials will be provided. Grab a bandana or a shirt and join the fun! Call 703-970-3601 to dye with us at 10:00AM

Memory Screenings

August 22

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.

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August 22

Film Showing: Steel Magnolias

Join us for a movie club experience at 1:30PM. Snacks will be provided as we watch the film "Steel Magnolias". This activity is centered around watching quality film and having a discussion following the movie.

August 25

AHCP Seminar: Sleep Disorders

American Health Care Professionals' clinician, Dr. Clishia Taylor, will host this free educational presentation at 10:00AM. Call to reserve a seat at 703-970-3601.

August 26

Birthday Celebration

Wear your Tye-Dye!

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

August 31

Fraud Watch Basics

Join AARP for a disucssion about how to spot and avoid identity theft and fraud so you can protect yourself and your family. Wednesday at 1:00PM. Call 703-970-3601 to reserve a seat. Refreshments will be provided!

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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 Workshop

Mondays
1:30PM

Are you a craft enthusiast? Join us for sessions where you can dabble in various crafting and art activities at 1:30PM. Projects vary, all materials will be provided.

Mental Muscle

Tuesdays
1:30PM

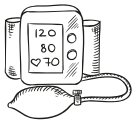
Test your skills playing classic trivia games and various brain games to increase knowledge and memory skills.

Tai Chi

Wednesdays
9:00AM

Join instructor Quinta for a low imapct exercise. Tai Chi is a dance-like, martial arts form for all abilities. Adapted for seated and standing.

Blood Pressure Screenings



Thursdays
10AM-2PM

American Health Care Professionals offer free Blood Pressure checks and nurse consultations . Appointments are in 30-minute increments. 10AM-2PM, call to reserve an appointment at 703-970-3601.

Creativity Leads to Wellness

Fridays
10:30AM

Join our creative art session at 10:30AM led by local artist, Sharon Fishel from McLean Project for the Arts.

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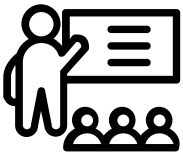
Events *at the WCOA*

Coming Soon

Butterflies!

We are raising butterflies. Visit us and our babies. When they become adults, we'll have a butterfly release party!

Brain and Stroke Injury Presentation September 8



Save the date for this presentation 11:00-12:30. Courtesy of our Friends at the Shepherd Center of Fairfax-Burke.

Fall Prevention Seminar September 22

In honor of Fall Prevention week, Marymount University will be providing this free educational presentation at 10:30AM. Call to reserve a seat at 703-970-3601.

Vaccine Clinic

The Health Department will be providing free Covid Boosters at the WCOA. Look for flyers with upcoming information soon or call the WCOA for more information.

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