

# Wellness Center for Older Adults

4027B Olley Lane, Fairfax VA 22032

Phone: 703.970.3601 Fax: 703.323.3688

Operating Hours: Monday - Friday 9:00AM - 3:30PM  
Closed Saturday and Sunday

**Welcome!**



***October and November  
free community event calendar***



For more information: Visit <https://www.servicesource.org/virginia-wcoa>  
call 703-970-3601 or email [VAwellnesscenter@servicesource.org](mailto:VAwellnesscenter@servicesource.org)

# October Events

at the WCOA

## Wellness Center for Older Adults

### Community Partnership Events

All events are FREE !!!

#### 'Brown Bag' Medication Safety Event



October

4

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

10AM-2PM

#### Creativity Leads to Wellness



October

5

10:30AM

Join our weekly 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. *This class is offered every Wednesday in October: 5th, 12th, 19th, and 26th at 10:30AM.*

October

7

1:00PM

#### Film Showing: Back to the Future



Join us for a movie club experience. Snacks will be provided as we watch the film "Back to the Future" starring Michael J. Fox and Christopher Lloyd. This activity is centered around watching quality film and having a discussion following the movie.

October

11

10AM-2PM

#### Booster Clinic



Keep up your protection against Covid! Register for your free booster shot. See separate flyer for more information.

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### Community Partnership Events

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October

**13**

**10:00AM**

#### **AHCP Seminar: Depression**



American Health Care Professionals will host this free educational presentation. Refreshments will be provided.

October

**17**

**10AM-2PM**

#### **Memory Screening**



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.

October

**19**

**1:00PM**

#### **Fall Prevention**



Join us for a presentation to raise awareness among older adults and their families and caregivers, elder care professionals, and the general public about the seriousness of falls and ways to reduce fall risk from students from the Northern Virginia Community College.

October

**21**

**1:00PM**

#### **10 Warning Signs of Alzheimer's**



Am I getting old or getting Alzheimer's? Is forgetfulness a natural part of aging? When does memory difficulty signal a larger problem? This program provides an understanding of the difference between normal aging and when symptoms reveal a larger problem.

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October

**26**

**1:00PM**

#### ***Fraud Watch Basics***



Join AARP for a discussion about how to spot and avoid identity theft and fraud so you can protect yourself and your family.

—

October

**28**

**1:00PM**

#### ***Birthday Bingo Celebration***



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

—

October

**31**

**11AM-1PM**

#### ***Halloween Party***



Join us for a spook-tacular day of activities! Halloween trivia, ghost stories, learn to do the Monster Mash, and dress up! We highly encourage costumes and will award for best costume.

—

October

**31**

**1:00PM**

#### ***Film Showing: Hocus Pocus 2***



Join us for a movie club experience. Snacks will be provided as we watch the film "Hocus Pocus 2" starring Bette Midler, Sarah Jessica Parker and Kathy Najimy. This activity is centered around watching quality film and having a discussion following the movie.

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October

**7, 12,  
21, 28**

#### **Rhythm and Nature Series**

Are you interested in joining us in a study that offers free holistic programming - involving your choice of drumming and/or garden-based activities for enjoyment, socialization and self-expression? All materials will be provided. **This class is offered at 10:00AM on Fridays 7, 21 and 28 and 1:00PM on Wednesday the 12th.**



October

**13 &  
27**

#### **Blood Pressure Screenings**

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



October

**7, 14,  
21, 28**

#### **Breast Cancer Awareness Walks**



Weather permitting!!! Friday Walking Club!!! Join us for a walk around campus every Friday morning. Meet in the WCOA's lobby area wearing pink attire. About 1 in 8 U.S. women (about 13%) will develop invasive breast cancer over the course of her lifetime.



**Select  
Tuesdays  
&  
Thursdays**

#### **Senior Planet Classes**

In partnership with AARP, the Wellness Center will be hosting free classes October - December. Classes include "Getting Started on Facebook", "Steaming on Smart TVs", "Shopping on Amazon", and more. See additional flyer for more details.

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# November Events

at the WCOA

## Wellness Center for Older Adults

### Community Partnership Events

All events are FREE !!!

November

**1**

**10:30AM**

#### **The Flu and 'Brown Bag' Medication Safety Event**



NOVA Scripts Central presents "The Flu" workshop at 10:30. They also offer free confidential medication reviews and educational materials to people with concerns about their health. Call to reserve an appointment at 703-970-3601.

#### **Creativity Leads to Wellness**



November

**2**

**10:30AM**

Join our weekly 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. *This class is offered every Wednesday in November: 2nd, 9th, 16th, 23rd and 30th at 10:30AM.*

#### **Nutrition Presentation**



November  
**8 & 15**

**10:30AM**

Join us for a presentation to raise awareness about nutrition for older adults from students from George Mason University. Two different Nutrition topics will be discussed on the 8th and the 15th at 10:30AM.

#### **Blood Pressure Screening**

November

**10**

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



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November

**18**

**1:00PM**

#### **Dementia Conversations: Doctor Visits, Driving, Legal and Financial**



This program provides tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss: Going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care.

November

**21**

**11:00AM**

#### **Normal Aging vs. Dementia**

What's normal and when is it time to ask your doctor if it's something more? Join us for a discussion on changes that occur with age, warning signs of a memory problem, and what to do if someone you love is experiencing symptoms of dementia.

November

**23**

**1:00PM**

#### **Film Showing:**

**TBD**



Join us for a movie club experience. Snacks will be provided as we watch the film. This activity is centered around watching quality film and having a discussion following the movie.

November

**30**

**1:00PM**

#### **Birthday Bingo Celebration**



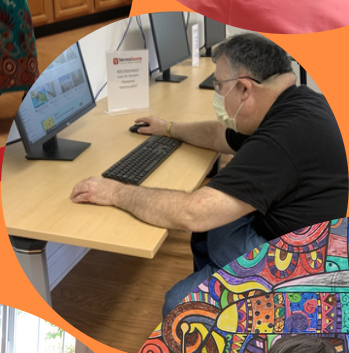
Happy Birthday baby! Come celebrate with us at 1:00PM, October baby or not. Cake will be provided. Call 703-970-3601 to save a slice!

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# Wellness Center for Older Adults



- Assistive Tech Lab
- Center on Aging
- Exercise Room
- Health Screenings
- Inclusive Day Program
- Recreation Activities
- Support Groups



## Community Partners

- AARP
- Alzheimer's Association
- American HealthCare Professionals
- George Mason University
- Osher Lifelong Learning Institute
- Insight Memory Care
- Marymount University
- INOVA Medical House Calls
- NoVa Community College (NVCC)
- NOVA ScriptsCentral
- McLean Project for the Arts
- Parkinson Social Network
- Shenandoah University
- Shepherd's Center of Fairfax-Burke



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