

# 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!**



***November and December  
free community event calendar***



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

# 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.

November

**2**

**10:30AM**

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

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 on Wednesdays: 2nd, 9th, 16th, and 30th at 10:30AM. No class the 23rd!**



November

**4**

**1:00PM**

#### **Film Showing: The Thing About Harry**



Join us for a movie club experience. Shirley MacLaine makes her screen debut in this Alfred Hitchcock comedy-mystery set in Vermont that stars Edmund Gwenn and John Forsythe. This activity is centered around watching quality film and having a discussion following the movie.

November  
**8 & 15**

**10:30AM**

#### **Nutrition Presentation**



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.

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# November Events

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## Wellness Center for Older Adults

### Community Partnership Events

All events are FREE !!!

#### November **Blood Pressure Screening**



**10**  
**10AM-2PM**

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.

#### — **November 10 Let's Make S'Mores!**



**10**  
**11:00AM**

It's an Easy Bake activity with friends from the Wellness Center. All supplies will be provided. Join us, the S'more the better!

#### — **November 18**

**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 Normal Aging vs. Dementia**

**21**  
**11:00AM**

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.

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### Community Partnership Events

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November

**23**

**1:00PM**

#### **Film Showing: Little Women**



Join us for a movie club experience. Based on the 1968 novel, this movie adaptation follows four sisters as they grow up in the backdrop of the American Civil War as they deal with issues of love and loss, and finding their own way. This activity is centered around watching quality film and having a discussion following the movie.

November

**30**

**1:00PM**

#### **Mocktail Hour**



The Wellness Center is having a Mocktail Social. Apple Cider inspired drinks and dessert will be provided.

November

**30**

**1:00PM**

#### **Birthday Bingo Celebration**



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

November  
**Mondays**

**10:00AM**

#### **Time Slips**



In partnership with George Mason University, Time Slips is a creative engagement and storytelling program to stimulate creativity and imagination.

Join us each Monday on the 7th, 14th, 21st and 28th.

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# December Events at the WCOA

## Wellness Center for Older Adults

### Community Partnership Events

All events are FREE !!!

December

6

10:30AM

#### '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.

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#### Creativity Leads to Wellness



December

7

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 December: 7th, 14th, 21st, and 28th at 10:30AM.*

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#### Blood Pressure Screenings

December

8 &  
22

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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#### "Help! Where Did my Hearing Go?"



December

14

11:00AM

Northern Virginia Resource Center brings information and resources to people with hearing loss. Join us for this in-person presentation at 11:00AM.

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# Events at the WCOA

# December

## Wellness Center for Older Adults

### Community Partnership Events

All events are FREE !!!

December

**16**

**1:00PM**

#### **Effective Communication Strategies**

Does communicating with your loved one frustrate you? Is there a better way to reach a person with neuro-cognitive difficulties? This program will give you real-life tools you can use as you navigate the difficulties of being a care partner.

December

**19**

**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.

December

**29**

**1:00PM**

#### **Birthday Celebration**

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

**Select  
Tuesdays  
&  
Thursdays**

#### **Senior Planet Classes**

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

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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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