

Free Community Events at the Wellness Center for Older Adults

April and May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 10:00AM-2:00PM 'Brown Bag' Medication Safety Event 10:30-11:30 Healthy Drinks Workshop 1:00PM Chair Zumba*	5 10:30 Creativity Leads to Wellness	6 11:00 Virtual Center for Active Adults- Trivia* 1:00PM Chair Yoga*	7 10:30 Virtual Center for Active Adults Earth Day Presentation* 1:00 Movie Club: Singin' in the Rain
10	11 1:00PM Chair Zumba*	12 10:30 Creativity Leads to Wellness	13 10:00-2:00 Blood Pressure Screenings 1:00PM Chair Yoga*	14
17 10:00-2:00 Memory Screenings 1:00 Nutrition Demonstration	18 1:00 Virtual Center for Active Adults- Arts for the Aging* 2:00PM Chair Zumba*	19 10:30 Creativity Leads to Wellness	20 11:00AM Chair Yoga* 1:00 Movie Club: Footloose	21 1:00 Understanding Alzheimer's and Dementia
24 12:30 Eid Celebration	25 1:00PM Chair Zumba*	26 10:30 Creativity Leads to Wellness 1:00 Fraud Watch	27 10:00-2:00 Blood Pressure Screenings 1:00PM Birthday Bingo Celebration	28 CLOSED

Call 703-970-3601 or email VAwellnesscenter@servicesource.org

*Activities are streamed with in-person adaptation

**Red = A Community Partner led event

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8	9 1:00 Chair Zumba*	10	11 10:00-2:00 Blood Pressure Screenings 1:00 Chair Yoga*	12
15	16 1:00 Dementia 101	17 10:30 Creativity Leads to Wellness	18 1:00 Chair Yoga*	19 10:00 Brunch Reception 1:00 10 Warning Signs of Alzheimer's
22	23 1:00 Chair Zumba*	24 10:30 Creativity Leads to Wellness 1:00 6 Pillars of Brain Health	25 10:00-2:00 Blood Pressure Screenings 1:00 Chair Yoga*	26 1:00 Birthday Bingo Celebration

CLOSED

May 2023



ServiceSource // General Information

Wellness Center for Older Adults Programming Descriptions

(Alphabetized)

6 Pillars of Brain Health

Join a discussion by **AARP** to explore information on the pillars ongoing exercise, restorative sleep and eating right. Puzzle books will be provided!

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 by **Alzheimer's Association** provides an understanding of the difference between normal aging and when symptoms reveal a larger problem.

Birthday Celebration

Happy Birthday April or May baby! Play Bingo with us at 1:00PM. Reserve your slice of cake!

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 or email to reserve an appointment.

'Brown Bag' Medication & Healthy Drinks Workshop

NOVA Scripts Central will present a workshop at 10:30 for all to join. They also offer free confidential medication reviews and educational materials to people with concerns about their health. Reserve your appointment!

Brunch Reception/Open House

The WCOA is celebrating it's one-year anniversary! This open house is from 10:00-2:00. Breakfast food will be available at 10:00 and tours offered throughout the day.

Chair Zumba

Grab a chair at the wellness center! Move to music in this low impact exercise. **This class is streamed with in-person adaptations.*

Chair Yoga

Chair yoga is a beneficial form of yoga for any fitness level, from active seniors to those recovering from an injury. **This class is streamed with in-person adaptations.*

Creativity Leads to Wellness

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.

Fraud Watch

This presentation by **AARP** includes information on how to spot and avoid scams, how to protect yourself and your family, and what you should do if you think you've become a victim of a scam.

Nutrition Demonstration

Aprons on, Everybody! These simple recipes require no cooking and are delicious. Call or email to save a seat for the "cooking" demonstrations.

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. Call to reserve a 30-minute appointment at 703-970-3601.

Movie Club

Join us for a movie club experience. This activity is centered around watching quality film and having a discussion following the movie.

Footloose is a 1984 film about a city teenager who moves to a small town where rock music and dancing have been banned, and his rebellious spirit shakes up the populace.

Singin' in the Rain is a 1952 American musical comedy about a couple who find love while trying to adjust to the movie industry coming of sound.

Dementia 101

Learn the basics of dementia, including Alzheimer's disease and other dementias with **Insight Memory Care Center**. While not everyone travels the same path, come and learn about the general stages to help you anticipate future changes.

Virtual Center for Active Adults Programs

**These activities are streamed for in-person adaptations.*

Understanding Alzheimer's and Dementia

Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors, current research and treatments available, and **Alzheimer's Association** resources.

