

Free Community Events at the Wellness Center for Older Adults



September and October 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				September 1 1:00 Movie Club: The Devil Wears Prada
September 4 Center Closed in observance of Labor Day	September 5 10:00-2:00 'Brown Bag' Medication Safety Event	September 6 10:30 Creativity Leads to Wellness	September 7 10:00-Noon Emergency Preparedness by the Dept. of Emergency Management and Security	September 8
11 10:15 VCAA: T.H.A.Y Yoga*	12 10:15 VCAA: Fall for Fall Produce* 2:00 Chair Zumba*	13 10:30 Creativity Leads to Wellness 1:00 6 Pillars of Brain Health	14 10:00-2:00 Blood Pressure Screenings 10:00-10:30 Morning Mindfulness 10:30-11:30 Life Skills Group	15
18 10:15 VCAA: T.H.A.Y Yoga*	19 1:00 Dementia 101 2:00 Chair Zumba*	20 10:30 Creativity Leads to Wellness	21 10:00-10:30 Morning Mindfulness 10:30-11:30 Life Skills Group 11:00 Fall Prevention	22 11:00-1:00 Freaky Tiki
25 10:15 VCAA: T.H.A.Y Yoga* 1:00 Movie Club: Cruella	26 10:15 VCAA: S.A.I.L.* 2:00 Chair Zumba*	27 10:00-2:00 Memory Screenings 10:30 Creativity Leads to Wellness	28 10:00-2:00 Blood Pressure Screenings 10:00-10:30 Morning Mindfulness 10:30-11:30 Life Skills Group	29 11:00 Birthday Bingo and Cake 1:00 Fun Brain Train
October 2	October 3 10:00-2:00 'Brown Bag' Medication Safety Event 2:00 Chair Zumba*	October 4 10:30 Creativity Leads to Wellness	October 5 10:00-10:30 Morning Mindfulness 10:30-11:30 Life Skills Group 1:00 Chair Yoga*	October 6 1:00 Movie Club: TBD
9 Center Closed in observance of Indigenous Peoples Day	10 10:15 VCAA: S.A.I.L.* 2:00 Chair Zumba*	11 10:30 Creativity Leads to Wellness	12 10:00-2:00 Blood Pressure Screenings 1:00 Chair Yoga*	13
16 10:00-2:00 Memory Screenings	17 10:15 VCAA: S.A.I.L.* 2:00 Chair Zumba*	18 10:30 Creativity Leads to Wellness	19 1:00 Chair Yoga*	20
23	24 10:15 VCAA: S.A.I.L.* 2:00 Chair Zumba*	25 10:30 Creativity Leads to Wellness 1:00 Fraud Watch	26 10:00-2:00 Blood Pressure Screenings 1:00 Chair Yoga*	27 11:00 Birthday Bingo and Cake 1:00 Fun Brain Train
30 1:00 Karaoke: Halloween Theme	31 11:00-1:00 Halloween Bash			

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

*Activities are streamed with in-person adaptation

**Red = A Community Partner led event

Wellness Center for Older Adults Programming Descriptions

(Alphabetized)

6 Pillars of Brain Health

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

Birthday Celebration

Happy Birthday September and October babies! Play Bingo with us at 11:00AM on the last Friday of the month and 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 & Workshop

NOVA Scripts Central will present a workshop at 10:30 for all to join. September's topic is Allergies and in October, the Importance of good sleep. They also offer free confidential medication reviews and educational materials to people with concerns about their health. Appointments are in 30-minute increments. 11AM-2PM, reserve your appointment!

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.*

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.*

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 and learning the elements of art. All materials will be provided.

Dementia 101

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

Freaky Tiki

Be our guest for our farewell to summer, hello to fall event. This is a summer party for the spooky soul! We'll have treats, and melons to carve as Jack-o'-lanterns!

Fun Brain Train

Keep your brain sharp and focused with Brain Games. Join us as we do logic puzzles, trivia, or other mind games to the brain healthy and active.

Halloween Bash

Come have some fun at our "Monster Mash" Halloween Bash. Enjoy pizza, a witches' brew, and activities. Lunch reservation required, costumes optional.

Karaoke: Halloween Theme

Don your spooky accessories. Be our guest for the day with some Halloween themed activities, music, and nonalcoholic drinks while singing spook-tacular tunes.

Life Skills Group

Join **George Mason Fellows** to learn tools to strengthen your "Wise Mind." In this group you will focus on building and practicing skills that help you navigate your mind, body, and emotions, and your relationships with others.

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.

Morning Mindfulness

Join **George Mason Fellows** and start your day off learning and practicing mindfulness. In this group we will practice activities that promote calm in the mind and body and increase our ability to remain in the present moment.

Movie Club

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

The Devil Wears Prada: A smart but sensible new graduate lands a job as an assistant to Miranda Priestly, the demanding editor-in-chief of a high fashion magazine (2006).

Cruella: A live-action prequel feature film following a young Cruella de Vil (2021)

VCAA - Virtual Center for Active Adults Programs

Join live, interactive programs and engage with other adults.

**These online activities are streamed with in-person adaptations.*

For more information on the VCAA, visit bit.ly/NCSvcaa

