

Free Community Events at the Wellness Center for Older Adults January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 Center Closed in observance of New Years Day	2	3 10:30 Creativity Leads to Wellness	4	5 12:00 Movie Club: Three Men and a Baby
8	9 10:30 'Brown Bag' Medication and Workshop	10 10:30 Creativity Leads to Wellness	11 1:00 Dementia 101	12
15 Center Closed in observance of Martin Luther King, Jr. Day	16	17 10:30 Creativity Leads to Wellness	18	19 12:00 Movie Club: The Cutting Edge
22 10:00-2:00 Memory Screenings	23 1:00 Bingo-cize	24 10:30 Creativity Leads to Wellness	25 1:00 Bingo-cize	26 10:00 Rhythm and Nature 1:30 Birthday Bingo Celebration
29	30 1:00 Bingo-cize	31 10:30 Creativity Leads to Wellness 1:00 VCAA: Arts for the Aging*	February 1 10:00 Cupid Crew 1:00 Bingo-cize	February 2 10:00 Rhythm and Nature



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)

Bingo-cize

This 10-week class meets twice a week on Tuesdays and Thursdays (starting 1/23, ends 3/28) and is facilitated by **Elderlink**. The program combines a bingo-like game with exercise, fall reduction and health education. Goals to improve mobility and independence, learn and use health information, and provide social engagement.

Birthday Celebration

Happy Birthday January babies! Join our staff and day program participants at 1:30PM on the last Friday of the month for bingo and reserve your slice of cake!

'Brown Bag' Medication & Workshop

NOVA Scripts Central will present a workshop at 10:30 for all to join. The topic for January is **"The Sleep Cycle"**. 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!

Creativity Leads to Wellness

Join our creative art sessions led by local artist, Sharon Fishel from **McLean Project for the Arts**, every Wednesday. This class will focus on individuals discovering their own creativity and learning the elements of art. All materials will be provided.

Cupid Crew

Join the effort to offset loneliness seniors may feel on the National Day of Love. 'Cupid Crew' volunteers spread love by making Valentine cards for adults in long-term care facilities. The group of volunteers, organized by Wish of a Lifetime from AARP, and our day program participants plan to make 500 cards

and wrapped roses. We will meet at the WCOA February 1st, 7th and 13th.

Dementia 101

Learn the basics of dementia, including Alzheimer's disease and other dementias. While not everyone travels the same path, come and learn about the general stages to help you anticipate future changes. This program is presented by the **Insight Memory Care** Team at the Wellness Center for Older Adults.

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.

Rhythm and Nature

Are you interested in joining a study that offers free holistic programming – involving your choice of drumming and/or garden-based activities for enjoyment, socialization, and self-expression? Join **George Mason University** faculty and students for this academic led activity Friday mornings. The drumming and nature-based activities will last up to 2 hours.

Movie Club

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

VCAA - Virtual Center for Active Adults

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



Wellness Center address: 4027B Olley Lane in Fairfax, VA, 22032

Hours of Operation: Monday to Friday 9:00-3:30PM.

Visit: <https://www.servicesource.org/virginia-wcoa/>

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

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p><i>ServiceSource Closed! Happy New Year!</i></p> <p>2024</p>	<p>2</p> <p>9:30-10:00 Daily Chronicles 10:00-11:00 Movement Through Music 11:00-12:00 Trivia: January Jeopardy (AC) 1:00-1:30 Chair Zumba 1:30-2:30 Karaoke 2:30-3:00 Computer Assistance</p>	<p>3</p> <p>9:30-10:00 Daily Chronicles 10:00-10:30 Puzzles: Junk Drawer Detective (AC) 10:30-12:00 Creativity Leads to Wellness 1:00-2:00 VCAA: Trivia Time 2:00-3:00 Computer Assistance</p>	<p>4</p> <p>9:30-10:00 Daily Chronicles 10:00-11:00 Movement Through Music 11:00-12:00 Arts and Crafts: Braided Keychains and Bracelets 1:00-1:30 Chair Yoga 1:30-2:30 VCAA: Barbies Adventures In Space 2:30-3:00 Computer Assistance</p>	<p>5 <i>Order Lunch</i></p> <p>9:30-10:00 Daily Chronicles 10:00-11:00 Name That Tune 11:00-12:00 Parachute Activity 12:00-3:00 Movie Club: Three Men and a Baby</p>
<p>8</p> <p>9:30-10:00 Daily Chronicles 10:15-11:15 VCAA: THAY Yoga 11:15-12:00 Health and Safety with Val: Appropriate Winter Clothing 1:00-1:30 Chair Zumba 1:30-2:30 Trivia: EZ Does It (AC) 2:30-3:00 Computer Assistance</p>	<p>9</p> <p>9:30-10:00 Daily Chronicles 10:00-10:30 Puzzles: Dot Doodles (AC) 10:30-11:00 NOVA Scripts Presentation 11:00-2:00 Brown Bag Med Checks 1:00-1:30 Chair Zumba 1:30-2:30 Wii Bowling 2:30-3:00 Computer Assistance</p>	<p>10</p> <p>9:30-10:00 Daily Chronicles 10:00-10:30 Cranium Crunches (AC) 10:30-12:00 Creativity Leads to Wellness 1:00-2:00 Accessibility Committee Meeting 1:00-2:00 VCAA: Music Lovers UNITE! Winter Wonderland Songs 2:00-3:00 Computer Assistance</p>	<p>11</p> <p>9:30-10:00 Daily Chronicles 10:00-11:00 Movement Through Music 11:00-12:00 Health and Safety with Val: Bomb Threat 1:00-2:00 Insight Memory Care Presentation: Dementia 101 2:00-3:00 Computer Assistance</p>	<p>12</p> <p>9:30-10:00 Daily Chronicles 10:00-11:00 Roll and Draw a Snowman 11:00-12:00 Cooking with Val: Decorate Snowflake Cookies 1:00-1:30 Chair Yoga 1:30-2:30 Air Hockey/Corn Hole 2:30-3:00 Computer Assistance</p>
<p>15</p> <p><i>ServiceSource Closed! MLK Day</i></p> 	<p>16</p> <p>9:30-10:00 Daily Chronicles 10:00-11:00 Movement Through Music 11:00-12:00 Animal Streaming (AC) 1:00-1:30 Chair Zumba 1:30-2:30 Card Games 2:30-3:00 Computer Assistance</p>	<p>17</p> <p>9:30-10:00 Daily Chronicles 10:00-10:30 Puzzles: Word Search (AC) 10:30-12:00 Creativity Leads to Wellness 1:00-2:00 VCAA: Virtual Traveler-Road Trip Across the USA! 2:00-3:00 Computer Assistance</p>	<p>18</p> <p>9:30-10:00 Daily Chronicles 10:00-11:00 Movement Through Music 11:00-12:00 Wii Bowling 1:00-1:30 Chair Yoga 1:30-2:30 Travelogue: Newfoundland and Labrador (AA) 2:30-3:00 Computer Assistance</p>	<p>19 <i>Order Lunch</i></p> <p>9:30-10:00 Daily Chronicles 10:00-11:00 Trivia: Modern Jeopardy (AC) 11:00-12:00 Balloon Volleyball 12:00-3:00 Movie Club: The Cutting Edge</p>
<p>22</p> <p>9:30-10:00 Daily Chronicles 10:00-2:00 Memory Screenings 10:15-11:15 VCAA: THAY Yoga 11:15-12:00 Arts and Crafts: Paint by Numbers 1:00-1:30 Chair Zumba 1:30-2:30 Karaoke 2:30-3:00 Computer Assistance</p>	<p>23</p> <p>9:30-10:00 Daily Chronicles 10:00-11:00 Movement Through Music 11:00-12:00 Arts and Crafts: Ping Pong Tea Lights 1:00-2:00 Elderlink: Bingo-cize 2:00-3:00 Computer Assistance</p>	<p>24</p> <p>9:30-10:00 Daily Chronicles 10:00-10:30 Puzzles: Picture It (AC) 10:30-12:00 Creativity Leads to Wellness 1:00-2:00 VCAA: Music Lovers UNITE! Female Recording Artists 2:00-3:00 Computer Assistance</p>	<p>25</p> <p>9:30-10:00 Daily Chronicles 10:00-11:00 Movement Through Music 11:00-12:00 Arm Chair Travel-The Caribbean: Aruba and Curacao 1:00-2:00 Elderlink: Bingo-cize 2:00-3:00 Computer Assistance</p>	<p>26</p> <p>9:30-10:00 Daily Chronicles 10:00-12:00 MASON: Rhythm and Nature 1:00-1:30 Chair Yoga 1:30-2:30 Birthday Bingo and Celebration 2:30-3:00 Computer Assistance</p>
<p>29</p> <p>9:30-10:00 Daily Chronicles 10:15-11:15 VCAA: THAY Yoga 11:15-12:00 Arts and Crafts: Paint by Numbers 1:00-1:30 Chair Zumba 1:30-2:30 Air Hockey/Cornhole 2:30-3:00 Computer Assistance</p>	<p>30</p> <p>9:30-10:00 Daily Chronicles 10:00-11:00 Movement Through Music 11:00-12:00 Who, What, Where: 20 Question Mysteries (AC) 1:00-2:00 Elderlink: Bingo-cize 2:00-3:00-Computer Assistance</p>	<p>31</p> <p>9:30-10:00 Daily Chronicles 10:00-10:30 Puzzles: Wordquake (AC) 10:30-12:00 Creativity Leads to Wellness 1:00-2:00 VCAA: Arts for the Aging 2:00-3:00 Computer Assistance</p>	<p>WCOA Daily Activities AC = Activity Connection Staff Choice Activity Community Outing** *Weather Permitting* Community Partner Led Event Intern Choice Activity Lunch @ Noon Special Activity w/ Community Virtual Activities</p>	