

Free Community Events at the Wellness Center for Older Adults

March 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
1pm BINGOcize	10:30am NOVA Scripts Presentation- "National Kidney Month" 1pm SAIL Class	10:30am Creativity Leads to Wellness 1pm BINGOcize	1pm SAIL Class	
10	11	12	13	14
1pm BINGOcize	1pm SAIL Class	10:30am Creativity Leads to Wellness 1pm BINGOcize	1pm SAIL Class	12pm Movie Club- TBD
17	18	19	20	21
 10:00am-2:00pm Memory Screenings 1pm BINGOcize	1pm SAIL Class	10:30am Creativity Leads to Wellness 1pm BINGOcize	1pm SAIL Class	
24	25	26	27	28
1pm BINGOcize	1pm SAIL Class	10:30am Creativity Leads to Wellness 1pm BINGOcize	11am Birthday Bash BINGO! 1pm SAIL Class	12pm Movie Club- Harry Potter #2



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

***Activities are streamed online**

****Red = A Community Partner led event**

Descriptions of Community Events at the Wellness Center for Older Adults

BINGOcize

Facilitated by **Elderlink**, this program combines a Bingo-like game with exercise, fall reduction, and health education. Goals are to improve mobility and independence, learn and use health information, and provide social engagement.

Birthday BINGO & Celebration

Happy Birthday *March* babies! Join our staff and day program individuals on the last Friday of the month for a cupcake and a movie!

NOVA Scripts Presentation

NOVA Scripts Central will present a workshop at 10:30 for all to join. The topic for *March* is "**National Kidney Month**". They will explore the vital functions of the kidneys, discuss various kidney diseases, and help you recognize early symptoms of kidney disease. Most importantly, you'll learn practical tips to keep your kidneys healthy.

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.

Movie Club

Join us for a movie club experience. This activity is centered around watching quality films and having a discussion following the movie. Bring your lunch and enjoy the film!

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.

SAIL Classes

SAIL (Stay Active & Independent in Life) class is an evidence-based balance and fall prevention exercise class that focuses on cardio, balance, and strength exercises. Classes will be taught by trained student research assistants from **George Mason University**.



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.