



## Senior Center

*Dear Young at Heart Senior Center member,*  
Happy Summer- we hope you are well and staying safe as we navigate through the uncertainty of our current situation. Green Acres Center and Senior Center continue to remain closed to the public while following the Virginia Governor's recommendations until further notice.

The latest up to date information can be found on our City's website <https://www.fairfaxva.gov/government/parks-recreation/coronavirus-information-response>

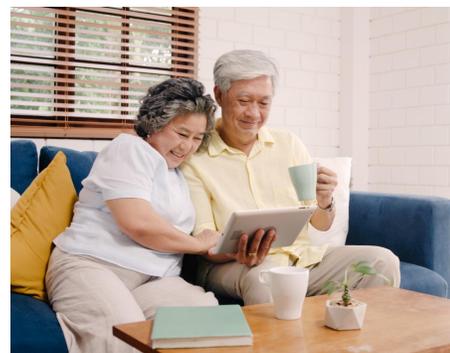
We wanted to reach out and stay connected to you, our senior center members, and keep you up to date with the senior center news and happenings as well as some wonderful resources for you to use.

Take Care,  
Anne Chase  
Recreation Manager/Senior Center Coordinator

## Virtual Programming for Seniors 55+

Thank you for your participation in our survey regarding virtual programming, we are looking into ways to incorporate all the wonderful ideas that have come forward from our members.

Fairfax City is currently working on providing our community with exciting and helpful information to keep you engaged and connected during this time of isolation. We will be sure to notify you when our page is up and running.



In the meantime Fairfax County has set up an extensive virtual platform and has shared with our city senior residents. Although Fairfax County's Senior and Community Centers are closed indefinitely due to the COVID-19 pandemic, adults can still stay connected with NCS's new Virtual Center for Active Adults, [click here](#). We hope you will take advantage of all the many offerings.

## Cancellations

Our traditional **Older American's Month Celebration** at the Senior Center, on May 1, has been canceled but virtual information for participation is available for seniors <https://acl.gov/sites/default/files/oam/2020/EngageVirtually.pdf>

**Senior Olympics and Games**

Northern Virginia Senior Olympics Executive Committee has made the decision to cancel the games September 12-27, 2020. Green Acres is the host of the Bocce and Horseshoes event each year. More information and last year's results can be found on their website <https://nvso.us/>

The **2020 Virginia Senior Games** has been cancelled as well. The National Senior Games and the VSG Committee, made the difficult decision after carefully considering a number of key factors to include: safety of our athletes, sponsors, local organizers, volunteers, guidelines presented by national, state, local governments and availability of sports venues. The PATHWAY TO QUALIFY FOR THE 2021 NATIONAL SENIOR GAMES is posted from NSGA verbatim on their [website](#).

## Senior Check-In's

Since Fairfax City residents are our top priority, employees are making phone calls to senior residents who scanned their cards in the few months prior to closure. The purpose of the calls is to check-in to see how you are doing during this time of isolation. If you are a city resident and have not been receiving a weekly telephone call, perhaps we do not have your updated land line or cell phone number. If you or someone else who you think would appreciate a call, please notify the Fairfax City Parks & Recreation Department's main line: 703-385-7858.

## Staff Updates



Jann Richards-Weltman, Recreation Assistant at Green Acres Center retired from Fairfax City Parks & Recreation Department on Thursday, April 30, 2020. She started at the Green Acres front desk in April 2013, learning all of the ropes of the Young at Heart Senior Center, Green Acres Center, the Active Net registration system, and enjoyed schmoozing with the participants. In January 2016, she was promoted to the cubicle in the Senior Center to focus on recreation programming for youth, adults and seniors with classes, on-going programs, day trips and special events held at Green Acres Center and for department-wide special events! After her shift ended, Jann taught senior adult focused fitness classes including Chair Yoga, Stretch & Balance, and Sit & Fit. She also taught a Traditional Yoga class to the general public on Tuesday and Thursday evenings. Currently, Jann resides with her husband, Lenny Weltman, in Fairfax City.

We thank Jann for all her hard work , optimism and dedication to the City of Fairfax Parks and Recreation Department and wish her well as she moves forward in her next chapter in life.

Congratulations Jann, wishing you good times, good health, and good friends beside you in your retirement.

## Annual Photo Contest

### ***Pictures Wanted!***

*Volunteer Coordinator Needed!*

Photographs must be taken between January 1st and September 18, 2020.

Categories include:

- **Friends and Family**
- **Nature**
- **Travel**
- **At Home** - (selfie photos, stay-cations, home projects, gardening, etc)
- **Around Our City** – (Fairfax City only)

Contest is open to members of the Fairfax City Young at Heart Senior Center.

**Click Here** for an Entry Form with Rules.

All Entries Due to the Senior Center staff by 12 noon on Friday, September 18, 2020 by email or mail.

Prizes will be awarded for each category on Friday, October 2, 2020 at 12:30 pm in the Senior Center.

- The actual prizes will be determined prior to the completion of the contest and may include printing in our Senior Center newsletter or another Fairfax City publication.



## Helpful Resources

[Complimentary pick-up and delivery transportation via Pohanka](#)

[How To Avoid COVID-19 Fraud](#)

## Shopping Hours for At-Risk Customers

The Economic Development Authority (EDA) has published Shopping information of interest to seniors:

### **ALDI — 855-955-2534**

\*Vulnerable Customers

Tuesdays & Thursdays, 8:30-9:30 am  
11001 Lee Hwy, Fairfax, VA 22033

### **Safeway — 703-591-8473**

\*At-Risk Customers

Tuesday & Thursdays, 7-9 am  
10350 Willard Way, Fairfax, VA 22030

### **Trader Joe's — 703-764-8550**

\*Senior Hours

Monday – Sunday, 8-9 am  
9464 Main St., Fairfax, VA 22031

### **Walgreens — 703-591-1025**

\*Seniors Only

Tuesdays, 8-9 am  
10320 Main St., Fairfax, VA 22030

The EDA also have a list of restaurants that are doing take out/delivery on their website:

[https://fairfaxcityconnected.com/covid19/?](https://fairfaxcityconnected.com/covid19/?fbclid=IwAR0ECuiyMMRzGLRq1qsaPVENz7yd8kXdoqN8qZIF51E_bEvqqA6cQR4eTK4)

[fbclid=IwAR0ECuiyMMRzGLRq1qsaPVENz7yd8kXdoqN8qZIF51E\\_bEvqqA6cQR4eTK4](https://fairfaxcityconnected.com/covid19/?fbclid=IwAR0ECuiyMMRzGLRq1qsaPVENz7yd8kXdoqN8qZIF51E_bEvqqA6cQR4eTK4)

## Activities at HOME

We hope you are occupying yourselves while we are in social isolation. Below are some ways to stay busy while at home socially distancing!

- Walk around your neighborhood or trails (while practicing 6ft social distancing)
- Calling and chatting with your family, friends and neighbors
- Write a letters to family & friends
- Journaling what's going on now or memories from your past

National Institute on Aging at Home Workout Samples

- [10 Minute Workout](#)
- [15 Minute Workout](#)
- [20 Minute Workout](#)
- [60 Minute Workout](#)
- [7 Strength, Balance, and Flexibility](#)

- Get in touch with your artistic/crafty side
- Do some spring cleaning
- Have a spa day (facial, manicure, pedicure, soak in a tub of bubbles, salts, or baking soda)
- Plant seeds in a pot or garden (mindful of outdoor frost date);
- Read books or magazines
- Cooking and preparing healthful foods
- Put your favorite music on and dance!

### Exercises

#### Online Games & Learning

- [Online Popular Board and Card Games](#)
- [AAPR Play Bridge Online](#)
- [AARP Games Online](#)
- [AARP Podcasts](#)
- [Adult Online Coloring Pages](#)

These links are all originate from outside of Fairfax City.  
Please keep in mind that these are just suggestions, and you should use at your own discretion.

CITY OF FAIRFAX PARKS & RECREATION  
703-385-7857 | [WEBSITE](#) | [EMAIL](#)

