



## Senior Center

*Dear Young at Heart Senior Center member,  
Happy 4<sup>th</sup> of July!*

We hope you are well and staying safe as we continue to navigate 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 miss seeing you and 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 through our online monthly newsletter

Kind Regards,  
Anne Chase  
Recreation Manager/Senior Center Coordinator

## Virtual Programing is now LIVE!

### Welcome to Fairfax City's new Virtual Center!

[www.fairfaxva.gov/virtual-center](http://www.fairfaxva.gov/virtual-center)

We miss seeing everyone; however we continue to find ways for us to stay connected until we can safely meet in person. We have added many opportunities for you to Stay Connected with us and have resources you may need in order to thrive while social distancing from:

- Discussion Groups & Interactive Activities
- Health, Wellness and Learning Resources
- Virtual Travel Destinations and Programs
- Exercise Videos from our popular Instructors



**Starting July 8th, see your favorite instructor live!**

[Click here](#) to see what we currently have to offer!

Classes will be streamed through the Zoom platform. Registration is through active net and will be closed down 24 hours ahead of the scheduled class. Participants will receive a link sent to their email addresses for the Zoom meeting, which you can log into before the class begins. Registration will be through the active net.

## Outdoor Activities at Green Acres

**Bocce and Pickleball courts are now OPEN for unreserved play. Please practice social distancing.**

**Bocce:** Our traditional season will be canceled this Summer, but you are welcome to come play on your own through the Fall. By the end of July, we will have a storage unit for you to access equipment to borrow- please contact by email for the combination at [anne.chase@fairfaxva.gov](mailto:anne.chase@fairfaxva.gov).



**Pickleball:** Courts are available Green Acres and Van Dyke Park for all to use. We do offer equipment for you to use in the storage unit next to the courts at both Green Acres and Van Dyke Park.

- Please remember to put all the equipment back in the proper manner and lock the unit up when finished playing and please follow the guidelines on the courts.
- All equipment should also be in good working condition. Should an item is broken or needs to be replaced, please report any damage to the Parks and Rec Department
- Just a reminder that the Green Acres building remains closed and bathrooms are not accessible to use; however there is a porta potty is in the back gravel lot at Green Acres.

## Senior Check-In's



As the City reopens, we have decided to conclude the senior calls. It was wonderful to connect and talk to everyone over these past months.

Please contact our Parks and Recreation Main line 703-385-7858 or Senior Center 703-359-2487 if a concern arise and you would like some assistance.

The City of Fairfax's Human Service webpage provides information about available resources:

[www.fairfaxva.gov/government/human-services](http://www.fairfaxva.gov/government/human-services)

and the Golden Gazette provides "News to Use":

[www.fairfaxcounty.gov/familyservices/older-adults/golden-gazette](http://www.fairfaxcounty.gov/familyservices/older-adults/golden-gazette)

## Annual Photo Contest

## Pictures Wanted!

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 by Senior Council prior to the completion of the contest and may include printing in our Senior Center newsletter or another Fairfax City publication.



## General Information

### Senior Council

**The Senior Council held their first virtual meeting on June 16 via Zoom.**

The Senior Council continues to work on behalf of the senior members and staff while the center is closed. During this meeting, the board decided and voted unanimously to skip the Board Elections this year and continue with the present Board until October 2021.



### Next meeting:

ZOOM meeting on August 18, Tuesday, at 1 PM - *No July meeting*

### Parking passes

Your issued parking pass has expired and new passes will be distributed when we reopen. Currently parking enforcement will not be issuing tickets if you come to Green Acres to play Bocce or Pickleball until the first of September; however this date is subject to change.

## 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:

[Click Here](#)

## 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
- 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!

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 Exercises](#)

Online Games & Learning

- [Online Popular Board and Card Games](#)
- [AAPR Play Bridge Online](#)
- [AAPR Games Online](#)
- [AAPR 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](#)

