



Senior Center

Dear Young at Heart Senior Center member,

Even though you may be home this summer just dreaming of the beach, August is the month known for hot sunny days, swimming, vacations, and lots of summer fun- we hope you still will enjoy the month and all it has to offer!

We want to continue to stay connected to 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.

The latest information and updates regarding COVID 19 reopening can be found on our City's website:

<https://www.fairfaxva.gov/government/parks-recreation/coronavirus-information-response>

Stay Cool,
Anne Chase
Recreation Manager/Senior Center Coordinator

Program News

Welcome to Fairfax City's new Virtual Center!

www.fairfaxva.gov/virtualcenter

We introduced the virtual classes this summer and hope you enjoyed participating in this new experience.



We will continue to offer many opportunities for you to Stay Connected with us virtually 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**

[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.

Changes This Fall

While the senior center remains closed to the public until further notice we are working toward a phased reopening for our thriving senior center. The Fairfax City Parks and Recreation Department is beginning to reopen with COVID-19 safety guidelines from the Virginia Governor's office and the Centers for Disease Control and Prevention (CDC) in place.

In combination for the safety and wellbeing of our senior members of the needs of our community for childcare, a decision was made and accepted by the Mayor and City Council, regarding Green Acres and we would like to share the following information with you:

- Green Acres will be open for childcare this school year 2020/21. This is the best location for this temporary program due to the classroom set-up meeting the needs of a child care program.
- Senior Center activities and senior programs at Green Acres will remain closed through this school year June 2021
- We will be offering a few in person free senior activities that we can safely social distance such as Bingo and lunch and learns as soon as we are able.
- Seniors classes will be relocated and offered at Sherwood and/or Old Town Hall.
- All classes and activities will require pre-registration to participate, no drop in options.
- Many of your favorite instructors are anxious to come back to in person classes and will have complete schedule in August for you to view in an on line brochure.
- Our classes are projected to start the week after Labor Day.

All Virginia Health Department mandates will be met to provide you an opportunity to have in person activities as you feel safe to participate

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. We will have a storage unit for you to access equipment to borrow coming soon- please contact by email for the combination at 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 be 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 in the back gravel lot at Green Acres.

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.



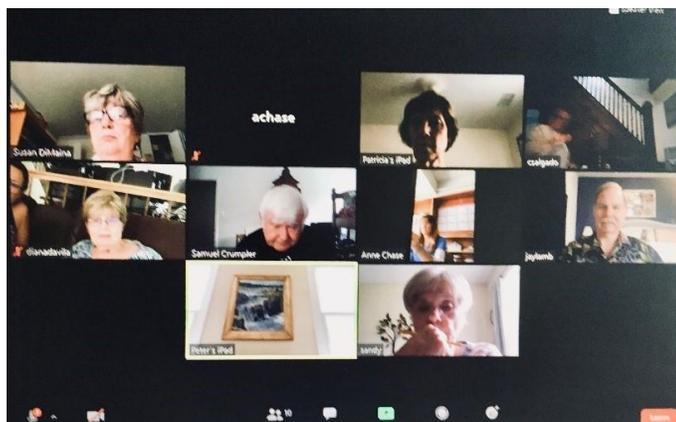
General Information

Senior Council

The Senior Council held their first virtual meeting on June 16 via Zoom and took off July: however did have a productive meeting in July to discuss Green Acres plans for the coming school year with the Parks and Recreation staff.

Next meeting:

ZOOM meeting on August 18, Tuesday, at 1 PM



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

Trader Joe's — 703-764-8550

*Senior Hours

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

Safeway — 703-591-8473

*At-Risk Customers

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

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](#)
- [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.

