



## Senior Center

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Dear Young at Heart Senior Center member,

This past 6 months, while the senior center has been closed due to the pandemic, has shown us all how to live our new normal and thrive in ways we never imagined. While our physical building remains closed until further notice, I encourage you to stay connected in creative new ways with your senior center friends and the staff - keeping these connections strong will continue to create a wonderful sense of community for all.

Many of you have asked when our physical senior center will reopen, in a sense we have never closed. We are providing our services in innovative ways to stay in touch with you. Albeit in a different manner, our staff are still here working for you to provide support and services as well as programs that are safe for you to enjoy as you feel comfortable.

While technology may prove a challenge to many, it also provides us an effective tool to stay connect and continue to bring programs and opportunities to you while reducing social isolation.

I am delighted to say I have witnessed many of our senior members increase their comfort level with virtual platforms. As the months have gone by many have participated in virtual classes and in virtual meetings to keep the connection with each other and learn new skills.

There are so many virtual classes and opportunities for you to take advantage of both Live and on- demand through our website [www.fairfaxva.gov/virtualcenter](http://www.fairfaxva.gov/virtualcenter) to help combat the isolation you may feel in the coming season. I encourage all of you to learn a new skill, travel virtually to visit a special place, engage in a new activity in the comfort of your home and discover useful resources.

As many of you have already heard, Green Acres Center is temporarily hosting a child care program due to the decision by Fairfax County Public Schools to provide virtual instruction. As for our senior members, we are working closely with the Fairfax County Health Department and all the senior centers in Northern Virginia to plan for reopening centers and services for seniors when it is safe and appropriate to do so- currently all senior centers remain closed.

We have however been cleared to offer some in-person senior classes following strict guidelines and protocols at other venues in the City of Fairfax starting in September. At this point, all classes and activities will require [pre-registration](#) to participate with no drop in options. Many of your favorite instructors and staff are anxious to welcome you back to in person programs

and are looking forward to providing you an awesome safe experience.

Please continue to stay strong, be patient, and remain safe and healthy!

Take Care,  
Anne Chase  
Recreation Manager/Senior Center Coordinator

## Fall In-Person Programs

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.



- Seniors classes will be relocated and offered at **Sherwood and/or Old Town Hall**.
- We will be offering a few free in person senior activities that we can safely social distance in the fall such as Bingo and lunch and learns. Please refer to the [brochure](#) for details and [registration](#). If you have trouble with active net you may email [SeniorCenter@fairfaxva.gov](mailto:SeniorCenter@fairfaxva.gov) to register.
- All classes and activities will require pre-registration to participate, no drop in options. Each class limited to 25 seniors, first come first serve.
- 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:** New Bocce Courts are here! We are excited to announce our new Bocce Courts at Green Acres. I have already seen some of our members' happy faces enjoying the new courts.

Our traditional Bocce season was canceled this summer, but you are



**Pickleball:** Courts are available at Green Acres and Van Dyck Park for all to use for unreserved play. We do offer equipment for you to use in the storage unit next to the courts at both Green Acres and Van Dyck Park. Please contact the Parks and Recreation Department by email for the combination

welcome to come play throughout the fall on your own. We will soon have a storage unit for you to access equipment to borrow- please contact the Parks and Recreation Department by email for the combination parksrec@fairfaxva.gov

parksrec@fairfaxva.gov

*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 become 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 a porta potty is 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. Please email [anne.chase@fairfaxva.gov](mailto:anne.chase@fairfaxva.gov) with you entries.
- Prizes will be awarded virtually for each category on Friday, October 2, 2020.

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 Young at Heart Seniors' Advisory Council members are volunteers who work as a group with the staff to enhance the programs and activities of the Fairfax City Senior Center. The Senior Council continues to work on behalf of the senior members and staff while our physical center remains closed.

#### **2019/2020 Senior Center Advisory Members**

Kim Chu, Sam Crumpler, Susan DiMaina, Pat Hyland, Jayne Jackson, Jay Lamb, Jeanette Mason, Pete Pollak, Sigrid Schipper, Charles Spasaro, and Sandy Moshos.

The Senior Council continued to meet virtually throughout the summer months and has



their next scheduled meeting in September via Zoom.

During the June 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 Sept 22, Tuesday at 1pm

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## Fairfax Host Lions Club shows Support for our Seniors!



On behalf of the senior center, I would like to thank the Lions Club for their donation to the senior center again this year in May 2020. This donation by the Fairfax Host Lions Club is used to sponsor our Bingo games here at the Senior Center.

For more information on this wonderful community service organization, please visit the Fairfax Host Lions Club: [www.fairfaxlions.org](http://www.fairfaxlions.org) or send an email to: [lionsffx@msn.com](mailto:lionsffx@msn.com)

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### Parking passes

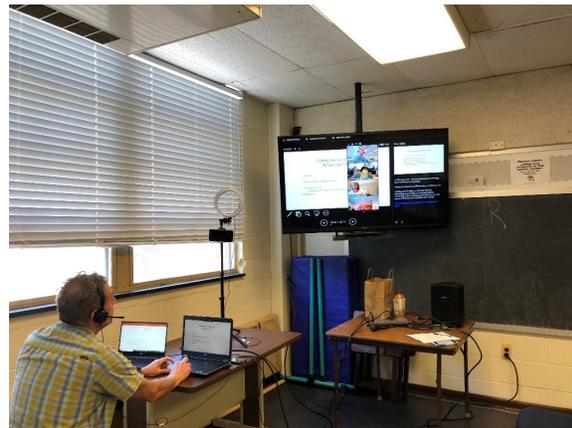
Your issued parking pass has expired and new passes will be distributed when we reopen. Currently parking enforcement will not be issuing tickets if you come to Green Acres to play Bocce or Pickle ball until further notice.

## Remembering a Virtual Summer

For the first time ever, the Senior Center and Green Acres programs went to a virtual platform. We have created a wonderful virtual programming page for all seniors to explore.

[www.fairfaxva.gov/virtualcenter](http://www.fairfaxva.gov/virtualcenter)

We offered free and fee based classes this summer for our members and senior community. We also posted full classes for the community to engage in physical activity.



## 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](#)

