



## Senior Center



Happy Fall Ya'll!

Join us in appreciating this autumn season full of pumpkin spice and everything nice!

Please see the below information regarding happening for our senior members. We hope that you will try something new and continue to stay connect to us and each other.

While the senior center remains closed, 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.

We started to offer a few in-person senior classes and a once a month senior program following strict guidelines and protocols at Sherwood. At this point, all classes and activities will require pre-registration to participate with no drop in options with limited #'s. 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. All Virginia Health Department mandates will be met to provide you an opportunity to have in person activities as you feel safe to participate.

Our City website <https://www.fairfaxva.gov/> will keep your informed and updated with the latest COVID information. Please let us know if you need any support from our staff.

Stay Safe and Healthy,  
Anne Chase  
Recreation Manager/Senior Center Coordinator

## Fall In-Person Classes



In person Fall class sessions started at the beginning of September at our new location Sherwood with restrictions following the CDC guidelines for Adults and Seniors.

To start we have limited the class size to 15 students in the full performance space . Participants must pre register via active net - no drop ins accepted at

this time.

Our limited class offerings included: *Cardio Circuit, various levels of Clogging, Seniorcise, Tai Chi, and Pickle ball lessons (outside at Van Dyck Park.*

**Session B classes start in the beginning of November – Don't forget to pre-register now! [Click Here](#)**

Registration can safely be done from your home online through active net, by calling the **Parks & Recreation** Information Desk 703.385.7858, mailing in registration forms or emailing staff. [SeniorCenter@fairfaxva.gov](mailto:SeniorCenter@fairfaxva.gov)

## Upcoming In-Person Senior Programs

**THE IMPORTANCE OF MENTAL HEALTH** will take place Friday, November 20 : 1 - 3pm at Sherwood

**Speaker:** Lesley Abashian LCSW, CPM  
Director of Human Services, Fairfax City

Experiencing depression isn't the same as being sad. Taking care of your mental health is as important as caring for physical conditions. Depression can actually worsen physical health conditions. Knowing the warning signs of depression can make a really difference in someone's quality of life. Time for questions and discussion.

Limited to the first 25 to register. [Click Here to Register](#)  
Lunch provided



## 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.



**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

Our traditional Bocce season was canceled this summer, but you are welcome to come play throughout the fall on your own. Storage unit is in place for you to access equipment to borrow- please contact the Parks and Recreation Department by email for the combination  
parksrec@fairfaxva.gov

the combination  
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 Update



The contest deadline was Sept 20 and we were excited to receive photos this year. However, due to Covid-19, the City of Fairfax Senior Center Council has decided to cancel the judging and the prizes presentation portion of the contest this year due to limited entries.

Nevertheless, we are extremely grateful to the five individuals (Lenore Magrum, Peter Alberse,

Genny Jasis, Judy Balsler & Jeanette Mason) who went out of their way to submit photographs.

To show our appreciation, the photographs will be used in future publications and credited to the talented photographers.

Thank you for participation!

## 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 continues to meet virtually each month.

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 Oct 20, Tuesday at 1pm

---

## 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)

---

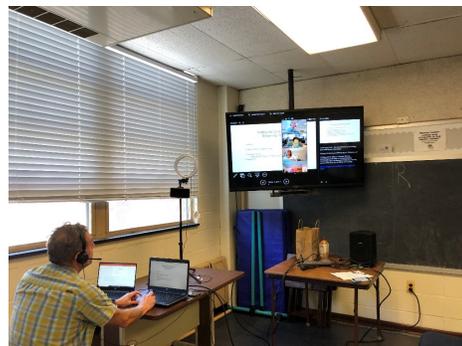
### Parking passes

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.

## Virtual Programs

We, Fairfax City's Parks and Recreation has created a wonderful virtual programming page for all seniors to explore [www.fairfaxva.gov/virtualcenter](http://www.fairfaxva.gov/virtualcenter)

In addition, Fairfax County has enhanced their virtual learning site to include new partners and programs for you to take advantage of this Fall. The goal of the **Virtual Center** for Active Adults is to enrich the lives of adults in **Fairfax County and Fairfax City** while combatting isolation. Here you can connect with your peers, engage in a variety of activities and discover useful resources.



<https://www.fairfaxcounty.gov/neighborhood-community-services/virtual-center-active-adults>

## Fun Puzzles and Games

[Free Online Sudoku](#)

[Free Jigsaw Puzzles](#)

## 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](#)
- [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.

