

# Senior Living

APRIL 2014

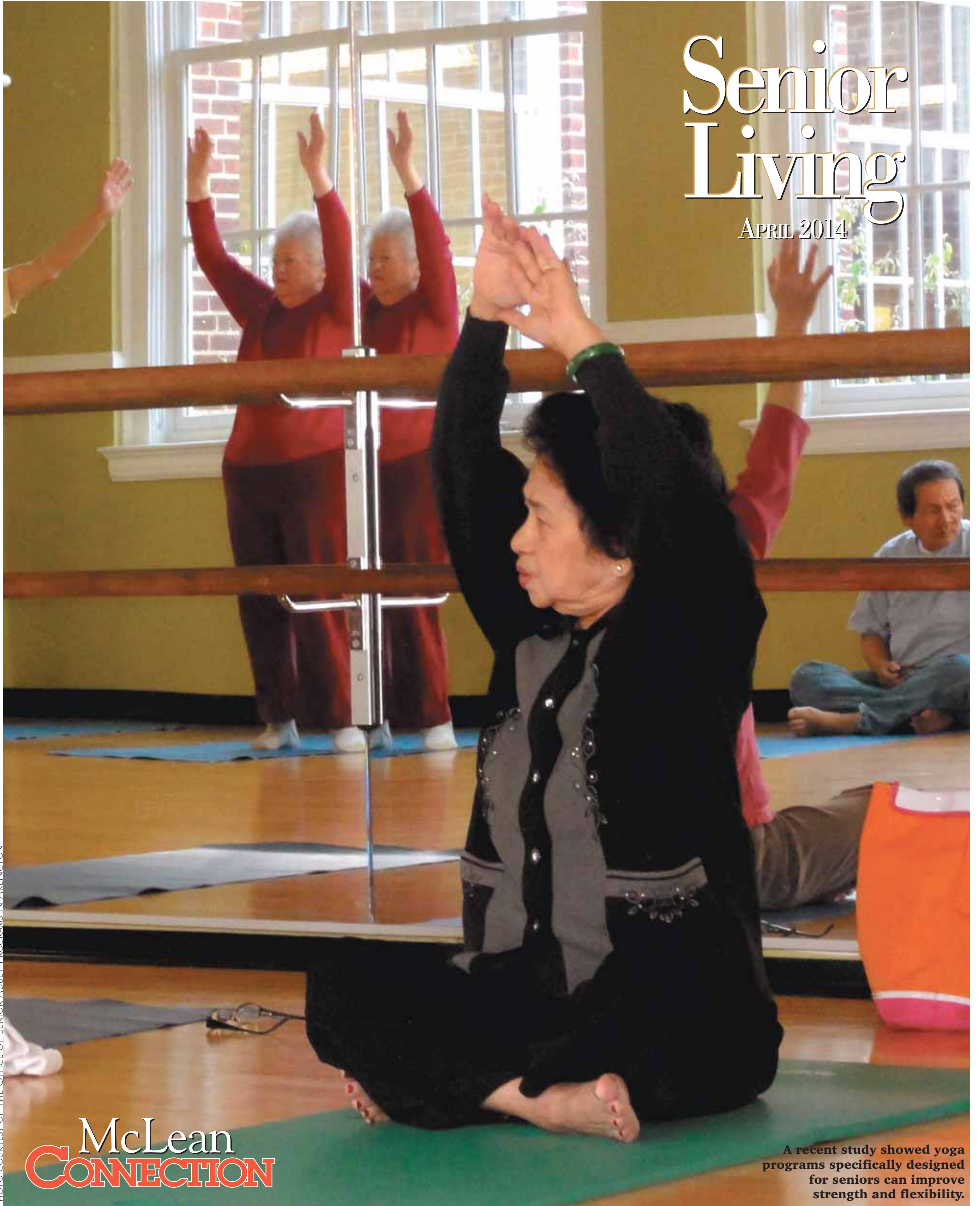


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## Senior Living

### Senior Center Locations

- ❖ **Bailey's Senior Center**  
5920 Summers Lane, Falls Church, VA 22041  
Monday-Friday, 9 a.m.-3 p.m.  
703-820-2131, TTY 711
- ❖ **South County Senior Center (+)**  
8350 Richmond Highway, Suite 325, Alexandria, VA 22309  
Monday-Friday, 9 a.m.-4 p.m.  
703-704-6216, TTY 711  
Fax: 703-704-6699
- ❖ **Herndon Senior Center (+)**  
873 Grace Street, Herndon, VA 20170  
Monday-Thursday, 9 a.m.-8 p.m.; Friday, 9 a.m.-4 p.m.,  
Saturday, 10 a.m.-5 p.m.  
703-464-6200, TTY 711
- ❖ **Hollin Hall Senior Center**  
1500 Shenandoah Road, Alexandria, VA 22308  
Monday-Friday, 9 a.m.-4 p.m.  
703-765-4573, TTY 711
- ❖ **James Lee Senior Center (+)**  
2855-A Annandale Road, Falls Church, VA 22041  
Monday-Friday, 9 a.m.-3 p.m.  
703-534-3387, TTY 711
- ❖ **Kingstowne Center for Active Adults**  
6488 Landsdowne Center, Alexandria, VA 22315  
Monday - Friday 9 a.m. to 4 p.m.  
703-339-7676, TTY 711
- ❖ **Lewinsville Senior Center (+)**  
1609 Great Falls Street, McLean, VA 22101  
Monday-Friday, 9 a.m.-4 p.m.  
703-442-9075, TTY 711
- ❖ **Lincolnia Senior Center (+)**  
4710 North Chambliss Street, Alexandria, VA 22312  
Monday-Friday, 9 a.m.-4 p.m.  
703-914-0223, TTY 711
- ❖ **Little River Glen Senior Center (+)**  
4001 Barker Court, Fairfax, VA 22032  
Monday-Friday, 9 a.m.-4 p.m.  
703-503-8703, TTY 711
- ❖ **Lorton Senior Center (+)**  
7722 Gunston Plaza, Lorton, VA 22079  
Monday-Friday, 9 a.m.-4 p.m.  
703-550-7195, TTY 711  
Fax: 703-541-2092
- ❖ **Pimmit Hills Senior Center**  
7510 Lisle Avenue, Falls Church, VA 22043  
Monday-Friday, 9 a.m.-4 p.m.  
703-734-3338, TTY 711
- ❖ **Sully Senior Center (+)**  
5690 Sully Road, Centreville, VA 20120  
Monday-Friday, 9 a.m.-4 p.m.  
703-322-4475, TTY 711
- ❖ **Wakefield Senior Center**  
Audrey Moore RECenter  
8100 Braddock Road, Annandale, VA 22003  
Monday-Friday, 9 a.m.-4 p.m.  
703-321-3000, TTY 711  
Fax: 703-764-2204
- ❖ **City of Fairfax**  
4401 Sideburn Road, Fairfax, VA 22030  
Monday-Friday, 8 a.m.-5 p.m.  
Phone: 703-359-2487, TTY 711

### City of Falls Church

223 Little Falls Street, Falls Church, VA 22046  
Monday-Friday, 9 a.m.-3 p.m.  
703-248-5020, TTY 711

### Fairfax County Senior Centers

Senior Centers for Active Adults offer opportunities to make friends, stay on the move, and learn new things. Fairfax County residents age 55 and older may join any of the 13 senior centers sponsored by the Department of Neighborhood and Community Services. Senior centers offer classes, health and wellness programs, computer and internet access, trips and tours, and opportunities to socialize with others and stay connected with your community. There is an annual membership fee of \$48 for attending the senior centers. Visit [www.fairfaxcounty.gov/ncs/srctrs.htm](http://www.fairfaxcounty.gov/ncs/srctrs.htm) for more.

Lunch is available to those 60 and older with a suggested donation of \$2-\$6, based on age and income. Participants younger than 60 may purchase lunch for \$8.50. Reservations must be made at least one day in advance.

Transportation, by Fastran bus, may be available at a nominal charge from your home to the center nearest you and back home. Check with the center to find out about transportation.

**SENIOR+** is an innovative inclusion program for seniors with minor cognitive and physical disabilities. The program bridges the gap between programs for fully independent seniors and those who require some assistance. It allows seniors with disabilities to enjoy the wide range of programming found at the county's full service senior centers. Senior+ enables participants to remain in the least restrictive environment and maintain as much independence as possible. Participation reduces loneliness and isolation by providing fun and enjoyment in addition to preserving dignity and enhancing the quality of life.

Senior+ offers supportive services so that seniors with mild impairments may maintain as much independence as possible in their home and community. Services include:

- ❖ Planned and adapted activities created by a recreation therapist
- ❖ Health consultations and assessment by a registered nurse
- ❖ Consultation and assessment by a mental health specialist
- ❖ Referrals to other county agencies and transitions to other programs as needed
- ❖ An Individualized Wellness Plan developed with staff and participant input

Senior+ programs also offer a sliding fee scale for monthly program fees or a nutritional lunch. Program hours are Monday-Friday, 10 a.m.-2 p.m. Transportation may be available from the participants home to the nearest center.

The Senior Plus program is offered through the cooperative efforts of several Fairfax County agencies: Department of Neighborhood and Community Services, Department of Family Services, Department of Housing and Community Development, Department of Systems Management for Human Services, Fairfax-Falls Church Community Services Board, the Health Department and our non-profit partner, Easter Seals of the Greater Washington-Baltimore Region, Inc.

Centers offering Senior+ are indicated with (+). Visit [www.fairfaxcounty.gov/ncs/seniorplus.htm](http://www.fairfaxcounty.gov/ncs/seniorplus.htm) for more.

### Senior Calendar

#### WEDNESDAY/APRIL 2

**Combat Financial Fraud.** 9:30 a.m. at Ernst Cultural Center, NOVA Community College, Annandale Campus, 8333 Little River Turnpike, Annandale. The Lifetime Learning Institute of Northern Virginia Speaker's Forum presents Nora Dowd Eisenhower who will discuss the complicated financial decisions about retirement, home equity, long-term care, and financial care taking responsibilities for seniors. Free. Garage parking is \$2 per hour. Call 703-503-0600.

#### FRIDAY/APRIL 4

**Online Order Deadline.** Native plants can be pre-ordered and picked up on April 26, 1-5 p.m., at Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Visit [www.arlingtonva.us/departments/parksrecreation/documents/file91228.pdf](http://www.arlingtonva.us/departments/parksrecreation/documents/file91228.pdf) for more.

#### SATURDAY/APRIL 5

**Navigating the Complexities of Lyme Disease.** 9 a.m. - 12 p.m. Vienna Presbyterian Church, 124

Park St, Vienna. Topics include: diagnosis & treatment, emotional and spiritual effects, and navigating the medical maze. Cost \$15 preregistration/\$20 at door. To register, visit <http://bit.ly/lymecomplexities>.

**Reston 50/100 Founder's Day Celebration.** 12-3 p.m. Lake Anne Plaza, 11426 Washington Plaza W, Reston. Fifty years after Robert E. Simon, Jr. founded Reston, it continues to flourish and over 50,000 residents call Reston "home." Join the Reston Historic Trust and Museum for Founder's Day as they celebrate Reston's 50th anniversary and the 100th birthday of founder, Robert E. Simon, Jr.

#### TUESDAY/APRIL 8

**Luncheon and Tour.** 11 a.m.-2 p.m. at Westminster at Lake Ridge, 12191 Clipper Drive, Lake Ridge, Va. Explore retirement living at Westminster at Lake Ridge, a continuing care retirement community near Occoquan Village. Complimentary lunch and tour. RSVP to Michelle 703-496-3440, or visit [wlrva.org](http://wlrva.org) for more.

#### TUESDAY/APRIL 8

**NARFE (National Active and Retired Federal Employees) Vienna Oakton Chapter 1116 Meeting.** 1:30 p.m. Vienna Community Center, 120 Cherry Street, Vienna. The program will be about the Vienna Town Council and mayor candidates. The meeting is open to all members and their guests. Refreshments will be served.

**Retirement Planning.** 7 p.m., located in the large meeting room at the Beatley Central Library, 5005 Duke Street, Alexandria. Bryan Riley, a financial advisor for Ameriprise, presents, "Plan for Retirement: Challenge Your Concerns and Take Control." Call, 703-746-1751.

#### SUNDAY/APRIL 13

**Book Look: Child of the Civil Rights Movement.** 2 p.m. Artspace Herndon, 750 Center Street, Herndon. Poignant, moving, and hopeful, *Child of the Civil Rights Movement* is an intimate look at the birth of the Civil Rights Movement. Each Book Look event features a

SEE CALENDAR, PAGE 8

# Senior Living

## Seniors Rush to Yoga

Yoga teachers, research point to health benefits for seniors.

BY MARILYN CAMPBELL  
THE CONNECTION

Shortly after 10 a.m. on any given Tuesday or Thursday morning, 84-year-old Lola Wulchin can be found slowly stretching into a downward facing dog pose or lunging into a warrior one posture. The Vienna resident has been a yoga devotee at East Meets West Yoga Center in Vienna for slightly more than two years. In fact, she credits twice-weekly, gentle yoga practice with boosting her health and improving her quality of life.

"I had been bothered by a lot of neck pain from arthritis," said Wulchin. "I had seen a pain management doctor who gave me shots, I had physical therapy, but I still had neck pain and very little range of motion."

A turning point came after she was struck by a passing comment from one of her doctors. "My neurologist mentioned that his wife had been doing yoga for back pain and it had helped. So I decided to try it."

Wulchin embarked on a twice-weekly ritual that she describes as life changing. "My gentle yoga classes have been a God-send," she said. "I have less pain now. I still



PHOTO COURTESY OF EAST MEETS WEST YOGA CENTER

Linda Liberatucci, 67, Colette Ashley, 70+, Ann Mandelbaum, 68, Lola Wulchin, 84 and Frankie Gibson, 74, do a downward facing dog pose during gentle yoga class at East Meets West Yoga Center in Vienna.

have some stiffness, but I have a better range of motion."

She isn't the only senior to reap the benefits of yoga. Researchers at the American

Congress of Rehabilitation Medicine and the American Academy of Physical Medicine and Rehabilitation conducted an eight-week study of 23 adults aged 62 to 83 years old.

They designed a yoga program for that age group with the goals of improving lower-body strength and flexibility. Participants SEE YOGA, PAGE 6

## More Seniors Plan To Age in Place

BY MARILYN CAMPBELL  
THE CONNECTION

The AARP reports that nearly 80 percent of adults age 65 and older want to remain in their current homes as long as possible. That population is growing. According to the Department of Health and Human Services' Administra-

Many local techniques and programs can help seniors stay in their homes longer.

tion on Aging, the population 65 years or older numbered 39.6 million in 2009. By 2030, that number will grow to about 72.1 million.

While people are living longer and healthier lives, there are still barriers to aging in place, including medication management, self-care, socialization and transportation. But there are innovative strategies and initiatives to help combat these roadblocks.

"We're showing people how to modify their home so that it is accessible," said said Robert C. Eiffert, the Long Term Care Program manager for the Fairfax County Health Department. Fairfax and other local counties are conducting workshops on how to make a home safe for a senior who wants to live alone. "We're talking about things like adding a ramp to your front door, changing your door knobs and cabinet handles for people who have arthritis in their hands."

"There are wonderful emerging technologies that allow adult children to monitor their parents who live alone," he said. "It is not intrusive. There are not cameras involved, but there are motion sensors. For example, if there is no movement in the morning, an adult child might think, 'Hmmm, I need to check.'"

Andrew J. Carle, director of the Senior Housing Administration at George Mason

University, recommends First Street for Boomers and Beyond ([www.firststreetonline.com](http://www.firststreetonline.com)) which offers products for seniors and their caregivers. "Products like a nice walk in bathtub for seniors or an alarm that reminds you when to take your medicine are things you can do to change your home and make it safe."

A LACK OF SOCIAL interaction and mental stimulation can contribute to depression and mental deterioration, Carle said. Or-

SEE AGING IN PLACE, PAGE 4



PHOTO COURTESY OF THE OSHER LIFELONG LEARNING INSTITUTE

Members of the Osher Lifelong Learning Institute (OLLI) at George Mason University take an educational field trip. Opportunities for socializing and learning are important as one ages.

McLean  
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Senior Living

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# Senior Living

## Aging in Place Gracefully

FROM PAGE 3

organizations like the Osher Lifelong Learning Institute (OLLI) at George Mason University, offer opportunities for intellectual stimulation and cultural experiences for retirees in Northern Virginia.

"OLLI, as we call it, is for people who don't want to sit around and watch television all day," said Carle. "Professors volunteer their time to give lectures on art, history, science and other topics. Listening to professors speak about stimulating topics helps keep their brains sharp."

Jennifer Disano, OLLI's executive director, says the group has 1,200 members, and is funded by an endowment from the Bernard Osher Foundation. The group's main campus is in Fairfax, but other campuses are in Reston and Sterling. It serves the needs of those who might not feel comfortable in traditional college classrooms and don't want the pressure of writing papers and taking tests, but are still interested in learning.

"We have people here who were economists and worked with finance, but in their retired life they want to explore areas ... like art classes or history classes," she said.

One of those members is 76-year-old John Woods. He has attended three to four OLLI events a week for 10 years. "We have a wide variety of professionals and a wide variety of groups that meet," he said. "We have a group that meets to talk about financial investments. Another group meets every Monday morning at 9 a.m. and looks at the past week's headlines from the Washington Post, New York Times and Wall Street Journal. They have insights that are important. The stimulating thing is sharing ideas among ourselves."

**VILLAGES ARE** community-based organizations designed to help members help each other remain independent and in the communities of their choice. "Back in 2000, villages started with a group in Boston, and in 2007 there was a big boom," said Barbara Sullivan, executive director of Mount Vernon at Home in Mount Vernon. "It is community-based. Every village is different, but they're there for people who want to age in place."

Eiffert, of George Mason, says village members define the type and scope of services. "A good starting point when creating a village is to survey the community members to determine their needs," he said. "We provide technical assistance to community

groups that are interested in putting together a village and encouragement on what models work best for their community. Fairfax County is working with Montgomery County to rewrite the manual on how to start a village."

There are a few different models, including the "Concierge Village," which is a non-profit model that coordinates access to an array of services through vetted providers, including transportation, home repairs, care coordination and computer technicians. Most also include social and educational activities. Members arrange for services by calling a central phone number, and pay annual dues that can range from \$500 to \$800 for an individual and \$700 to \$1,200 for a couple.

The "All Volunteer" model organizes community volunteers to provide services and support to others. There are no paid staff. In some cases, hours donated by volunteers are "banked" and can be used in the future if the volunteer needs services or assistance. The "Neighborhood Network" is also informal. Groups meet on a regular basis to hear speakers on topics of interest selected by members.

**ANOTHER BIG GAP** is medication management, Eiffert said. "If someone can't manage their own medication and can't afford to pay someone to come in to do it for them, that is a service gap that forces people into assisted living facilities."

Carle agrees that the decision to age in place is complicated. "The first knee-jerk reaction is that when asked, seniors want to stay in their own



PHOTOS COURTESY OF THE OSHER LIFELONG LEARNING INSTITUTE  
Members of the Osher Lifelong Learning Institute (OLLI) at George Mason University play music for their peers. Below, other members listen to a lecture.

homes," he said, adding that those surveys can be misleading: "The surveys are not always credible if you're surveying people who are 50-plus. I'm 54 and of course I want to stay in my house, but ask me again in 20 years. I think they should be surveying people who are 75-plus."

In addition, "people don't always understand the economic, social and safety aspects of it," he added. "You can create all kinds of technology and universal designs to create a house for aging in place, but a senior might not be able to afford it. It could end up costing far more than the best assisted living facility in town."

Granny Pods, small prefabricated homes that allow families to house their relatives in small backyard cottages, are another alternative. "These small living units allow you to put an elderly relative in your backyard and hook up to your electricity," said Carle.



"Professors volunteer their time to give lectures on art, history, science and other topics."

### Local Villages

**Fairfax County Villages**  
For more information about current Villages in Fairfax County, call, email or visit the web page of one of the Villages listed below:

◆ **Braddock District Council Aging in Place Program** — Email: [bwallbdc@gmail.com](mailto:bwallbdc@gmail.com)

◆ **Franklin Park Village** — email [e.duggan@verizon.net](mailto:e.duggan@verizon.net) or call 703-534-4964

◆ **Herndon Village Network (HVN)** — 703-582-9482

◆ **Lake Barcroft Village** — [www.lakebarcroftvillage.org](http://www.lakebarcroftvillage.org)

◆ **McLean Community: A Village for All Ages (MCVA)** — email [mcleancommunityvillage@gmail.com](mailto:mcleancommunityvillage@gmail.com) or visit [www.mcva.weebly.com](http://www.mcva.weebly.com)

◆ **Mosby Woods Village** — [mosbywoodsivillage@gmail.com](mailto:mosbywoodsivillage@gmail.com)

◆ **Mount Vernon at Home Village** — [www.mountvernonathome.org](http://www.mountvernonathome.org)

◆ **Reston for a Lifetime** — [www.restonforalifetime.org](http://www.restonforalifetime.org)

◆ **Reston Useful Services Exchange** — [www.restonuse.org](http://www.restonuse.org)

To learn more, visit the Village to Village Network at [www.vtwnetwork.org](http://www.vtwnetwork.org).



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# Seniors Rush to Yoga

FROM PAGE 3

attended two 90-minute yoga classes per week, and were asked to complete at least 20 minutes of directed home practice on alternate days.

The study found yoga programs tailored to elderly adults can be a cost-effective way to prevent or reduce age-related changes, specifically an increased risk for falls, dependency and other ailments.

Local yoga teachers agree, saying that while yoga classes designed for the 55 and older crowd are increasing in popularity, myths about the practice keep some seniors out of yoga studios.

“The main thing that I hear is that you have to already be flexible to do yoga,” said Sandy Pradas of Joyful Heart Yoga in Mount Vernon. “People look at pictures in magazines of people wrapping their legs around their necks or doing other advanced poses and they think, ‘If I can’t do that, then I can’t do yoga.’”

Pradas, whose students are mostly between 50 and 75 years old, said, “Everybody can do yoga, but there are a lot of types of yoga and not every type is good for everybody.”

Dawn Curtis, owner of East Meets West Yoga Center, recently completed a course at Duke Integrative Medicine and believes an increasing interest in yoga among seniors will be known as the Silver Tsunami.

“That is baby boomers going into yoga,” she said. “Yoga for seniors is going to be



**Arlington seniors take a hatha yoga classes. A recent study showed yoga programs specifically designed for seniors can improve strength and flexibility.**



PHOTO COURTESY OF EAST MEETS WEST YOGA CENTER

**Seniors Linda Liberatucci, 67, Colette Ashley, 70+, Ann Mandelbaum, 68, Lola Wulchin, 84 and Frankie Gibson, 74, do a downward facing dog pose during gentle yoga class at East Meets West Yoga Center in Vienna.**

“Everybody can do yoga, but there are a lot of types of yoga and not every type is good for everybody.”

— Sandy Pradas, Joyful Heart Yoga

the biggest target audience that yoga teachers are going to have because of the number of baby boomers who are looking for alternative ways of exercise because they are not going to be able to keep up with impact exercises like running.”

In fact, she says gentle yoga classes are among the most popular at her studio. “I have students who are as old as 84. We deal with people who can’t get on the floor,” she said. “We use chairs. We work on balance because that is a main concern among seniors. We work on coordination because that is another thing that tends to diminish as we age.”

Jennifer Collins, a countywide program specialist in the Office of Senior Adult Programs in Arlington, said that yoga classes that are specifically tailored for those 55 and

older are among her office’s most popular.

“Some of our [yoga] classes fill up within minutes of opening,” said Collins. “We have people sitting at computers at our senior centers ready to register as soon registration opens because they know the classes are going to fill.”

Sean .FM (yes, that is his name) of OneAum in Potomac, works with seniors with a wide range of abilities. He said it’s important to find a class that is a good fit.

“There are many kinds of seniors,” he said. “There are seniors that are immobile and some who are really active. We have a student who is almost 70 and I just taught him how to do a handstand. We created Yoga Rx for those with mobility issues. We work them in the chairs. We also do a lot of private sessions.”

George Lynch, fitness director at Vinson Hall Retirement Community in McLean, is planning to incorporate yoga classes into the community’s fitness program. The instruction will be tailored to meet the needs of his clients. “We have residents who are in their 80s, 90s and some in their 100s. Everything we do is designed specifically for seniors.”

Andrew J. Carle director of the Senior Housing Administration at George Mason University said an increasing number of retirement communities are offer yoga classes as part of their fitness programs. “The future of senior housing will include science-based wellness activities like yoga,” he said. “Anything that gets us beyond senior activities such as birthdays, Bibles, bingo and bridge is a step up.”

PHOTO COURTESY OF ONEAUM YOGA

**A 70-year-old yoga student performs a handstand at OneAum Yoga in Potomac, Md.**



# Senior Living



The Lee Center Dancers, who came in third in a 2013 Senior Olympics line dancing event, are: Kathy Fanelli, Annandale; Neelima Gokhale, Arlington; Inga Ercolano, Arlington; May McWilliams, Arlington; Marcia Diamond, Arlington; Janey Brauninger, Arlington; Melissa Mendell, Arlington; and Bill Wong, Fairfax.

## Northern Virginia Senior Olympics Mission: Living Healthy Longer

“Living healthy longer is the mission of the Northern Virginia Senior Olympics,” said Dave Jerome, of Burke, chairman of the Northern Virginia Senior Olympics. “It is our goal to promote healthy aging through both mental and physical activity, which is why NVSO offers such a wide range of events from sports to board games.”

The 2014 Northern Virginia Senior Olympics will take place Sept. 13-24 at 18 venues throughout Northern Virginia. Adults 50 years of age and over who live in one of the sponsoring jurisdictions are eligible to participate.

Events include swimming, diving, track, field, tennis, table tennis, racquetball, pickleball, duplicate bridge, chess, scrabble, cribbage, men’s basketball, handball, ERG rowing, Wii bowling, ten pin bowling, eight ball pool, horse-

shoes, softball hit and throw, yo-yo tricks, bocce, Frisbee throw, golf, miniature golf, bunco, men’s and women’s basketball free throw, team line dancing, volleyball, badminton, cycling and more. Gold, silver and bronze medals are awarded after each event. All events are open to the public.

Online registration will be available at [www.nvso.com](http://www.nvso.com) after July 1. Registration forms will be available at senior residences, community centers, seniors centers or by calling 703-228-4721. Registration fee is \$12 which covers multiple events. There is no onsite registration. Registration deadlines are Aug. 29 (mail) and Sept. 5 (online). The Northern Virginia Senior Olympics is sponsored by the counties of Arlington, Fairfax, Fauquier, Loudoun and Prince William and the cities of Alexandria, Fairfax and Falls Church.

- lost (adj): 1. unable to find the way.  
2. not appreciated or understood.  
3. no longer owned or known



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4 DAYS ONLY**

Where:  
Advanced Hearing Technologies

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April 1, 2, 3, 4  
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**FREE  
VIDEO EAR INSPECTION**



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All Digital & Programmable Hearing Aids

**CUSTOM CANAL**  
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Up to 40db loss.

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## Senior Calendar

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reading and craft project related to the book. Books will be available for purchase and signing by the author. The readings are free and open to the public, but seating is limited so reservations are recommended. Visit [www.artspaceherndon.org](http://www.artspaceherndon.org) for more information and to register.

### WEDNESDAY/APRIL 16

**Discussion Series.** 1-3 p.m. at Beatley Library, 5005 Duke St. "So You Think You're Covered: Evaluating Your Long-Term-Care Plans." Get guidance in how to evaluate long-term care insurance to see if it covers what you think it does, and if it doesn't, what you can do about it. Free. Reservations recommended, 703-231-0824.

**125th Birthday Celebration for Charlie Chaplin.** 7:30 p.m. The Alden, 1234 Ingleside Avenue, McLean. The Alden in McLean will celebrate Charlie Chaplin's 125th birthday with an evening of silent films with live musical accompaniment. For more information or to purchase tickets online, visit: [www.aldentheatre.org](http://www.aldentheatre.org) or call 703-790-0123.

### THURSDAY/APRIL 17

**Vietnam Veterans of America Chapter Meeting.** Neighbor's Restaurant, 262D Cedar Lane, Cedar Lane Shopping Center, Vienna. Edward D. Connor, WW II Army Air Corps veteran, will discuss the Battle of the Bismarck Sea of March 2-4, 1943. Admission is free. For information, call Len Ignatowski at 703-255-0353 or visit [www.vva227.org](http://www.vva227.org).

**Ideas for the Garden.** 11 a.m. at the Little Falls Presbyterian Church, 6025 Little Falls Road. Landscape designer and horticulturalist Florence Everts will speak on design principles during the monthly program of the Rock Spring Garden Club. Free and open to the public, with an optional \$5 lunch following the program. RSVP by April 10 to [rockspringgardenclub@gmail.com](mailto:rockspringgardenclub@gmail.com). Visit [www.rockspringgardenclub.com](http://www.rockspringgardenclub.com).

### TUESDAY/APRIL 18

**Genealogical Society Meeting.** 1 p.m. at Hollin Hall Senior Center, room 112, 1500 Shenandoah Road. Mount Vernon Genealogical Society meeting will feature a presentation entitled "Experiences of a Young Waist Gunner in WW II" by Ray Bailey. What was it like for an 18 year old high school graduate from a small Ohio town to go off to war, fight the Germans and survive his plane "going down?" Visit [www.MVGenealogy.org](http://www.MVGenealogy.org). Questions about the program should be directed to Karen Jenkins at 703-866-2478 or [publicity@mvgenealogy.org](mailto:publicity@mvgenealogy.org).

### WEDNESDAY/APRIL 23

**Senior Services.** 9:30 a.m.-noon at the Nannie J. Lee Center, 1108 Jefferson Street, Alexandria. Senior Services of Alexandria, Inova Alexandria Hospital and the successful aging committee of Alexandria are sponsoring a Health and Fitness Event. Free, open to the public. Visit [www.seniorservicesalex.org](http://www.seniorservicesalex.org), <http://www.seniorservicesalex.org>, or call 703-836-4414, ext 10.

**Author Lecture: Cheat the Clock.** 1 p.m. at Westminster at Lake Ridge, 12191 Clipper Drive, Lake Ridge, Va. Margaret Pressler will discuss her book, "Cheat the Clock: How New Science Can Help You Look and Feel Younger." First 20 registrants receive free copy of the book. Call 703-496-3440 to attend. Visit [wlrva.org](http://wlrva.org) for more.

### THURSDAY/APRIL 24

**Condo Living Class.** 7-9 p.m. at The Station at Potomac Yard, 650 Maskell St. The City and Arlington and Fairfax Counties will host a two-hour "Understanding Condominium Living" class. Free, seating is limited. Confirm attendance at 703-746-4990 or email [shane.cochran@alexandriava.gov](mailto:shane.cochran@alexandriava.gov).

### SATURDAY/APRIL 26

**Community Cleanup.** 9 a.m.-noon at five locations along Four Mile Run. Cleanup volunteers needed at Madison Manner, Glen Carlyn, Arlington Mill Community Center,

Barcroft Park and Shirlington Park. An adult must accompany children under 16 years of age. Call 703-525-0168 or [ParkRangers@arlingtonva.us](mailto:ParkRangers@arlingtonva.us).

### WEDNESDAY/APRIL 30

**How to Protect Yourself From Identity Theft.** 1:30-2:30 p.m. at Westminster at Lake Ridge, 12191 Clipper Drive, Lake Ridge, Va. Courtney Sweeney of Wells Fargo Asset Management will share tips to prevent identity theft before. RSVP to Michelle 703-496-3440, or visit [wlrva.org](http://wlrva.org) for more.

### SATURDAY/MAY 3

**Plant Sale.** 9:30 a.m.-2:30 p.m. at Wakefield High School, 1325 S. Dinwiddie St., on the Dinwiddie Street side of the building. Annuals, perennials, herbs, vegetables and flowering baskets available. Place an order before April 12 in the school main office; drop it off or mail it in. Order forms are available on the Wakefield Website <http://apsva.us/Page/17411>.

### TAX HELP

**AARP Tax-Aide,** the nation's largest free tax preparation and tax counseling volunteer program starts its free Tax Preparation Services Feb. 1. The program, sponsored by the IRS, is staffed with Certified IRS Tax Counselors and use IRS computers and software to prepare and eFile tax returns for low to middle income families and elderly citizens. Bring government-issued picture IDs, and social security cards for all persons that will be included in your tax return. Also bring a printed copy of last year's tax return, if you itemized. Located at Lee Center, 1108 Jefferson St., Wednesdays and Fridays from 10 a.m.-2 p.m. Walk-ins welcome. Visit [www.aarp.org/taxaide](http://www.aarp.org/taxaide) for additional information.

### ONGOING

**Senior Fall Prevention Classes.** 1:30-2:30 p.m. and 2-3 p.m., The Woodlands Retirement Community, 4320 Forest Hill Drive, Fairfax. Classes are held in a heated indoor pool and are designed to work on balance and core muscles. \$10. 703-667-9800.

**Coffee/Tea Poetry Group.** Poets and poetry lovers seek to form a group to meet once a month at a local coffee/tea shop to enjoy each other's creations. 703-819-1690.

**New Neighbors League Club of Northern Virginia.** For women, the club includes Bridge, mah jong, gardening, quilting and many other activities. [www.newneighborsvirginia.com](http://www.newneighborsvirginia.com).

**Join Jewish War Veterans of the USA.** The Burke Post E 100 at 5712 Walnut Wood, Burke, invites Jewish veterans and service members to join. 703-209-5925.

**Singers Wanted for the Celebration Singers.** The women's show choir is interested in new talent to perform at various Northern Virginia community sites. Practices are Wednesdays 10:30 a.m.-2:30 p.m. in Burke. Contact Gayle Parsons, 703-644-4485 or email [gparrsons3@cox.net](mailto:gparrsons3@cox.net).

**Senior Fall Prevention Classes.** 1:30-2:30 p.m., at the Woodlands Retirement Community, 4320 Forest Hill Drive, Fairfax. Tuesday and/or Thursday classes in a heated pool designed to work on balance and core muscles for injury prevention. \$10. Call 703-667-9800.

**American Red Cross CPR, First Aid and AED.** Various times, at 2720 State Route 699, Suite 200, Fairfax. One-year certification, digital or print materials and continued education on Mondays through Thursday and Saturday. \$70-110. Visit [www.redcrossna.org](http://www.redcrossna.org).

### Mental Health First Aid Training Classes.

Additional sessions have been added to the schedule. The course teaches risk factors, warning signs and symptoms of mental health and substance use disorders. Registration is open until filled. Limit 20 participants per class and seats fill quickly. Classes run from September through June. Visit [alexandriava.gov/DCHS](http://alexandriava.gov/DCHS) for class dates and registration. Attendees of the full eight-hour course will receive a three-year certification in MHFA. For more about the classes, contact Donielle Marshall at 703-746-3523 or [donielle.marshall@alexandriava.gov](mailto:donielle.marshall@alexandriava.gov). To learn more about MHFA, visit [mentalhealthfirstaid.org](http://mentalhealthfirstaid.org).