



RECREATION FOR AGES 55 & UP



It's all inside...

Fitness Passes, Classes, Activities and Sports

FALL FEATURES

2022 NORTHERN VIRGINIA SENIOR OLYMPICS

September 10-24, 2022

Adults ages 50 to 100+ years of age will complete in more than 50 events including track, swimming, golf, bowling, line dancing, cycling, pickleball, bridge, scrabble, table tennis, and many more. For more information visit the NVSO at www.nvso.us. Activity #624201.



ROBUST WALKATHON

Tuesday, September 20, 2022

10 a.m.-12 p.m.

**Ben Brenman Park
Ben Brenman Park Dr.**

We're putting the FUN in fundraising with a healthy walking workout. Rain date Sept. 27. Register at www.seniorservicesalex.org or call 703.836.4414.

STRIBLING APPLE ORCHARD

Monday, October 7, 2022, 11 a.m.-1 p.m.

Come and enjoy a day in the country at Stribling Orchard and see historic buildings, farm animals, and pick some of Virginia's finest apples. Space limited. RSVP by calling 703.746.5554.

HISPANIC HERITAGE CELEBRATION

Friday, September 23, 2022

6:30-8:30 p.m.

Location: CK

We celebrate Hispanic Heritage Month with a community dance to promote diversity and cultural awareness in the recreation center by embracing and recognizing our Latino culture. \$7.20 per date. Activity #283703.



TECHNOLOGY CLASS WITH JOHN KENNY

Monday, October 17, 2022, 11 a.m.-1 p.m.

Location: CK

This class offers training on various topics; basic computer skills, use of mobile devices, photo sharing, and more. Bring your cell phone, iPad, laptops, and questions. Call 703.746.5554 to RSVP.

CENTRAL PARK OUTLET, FREDERICKSBURG

Thursday, November 9, 2022, 10 a.m.-3 p.m.

Premium Outlets, many national big stores, smaller local businesses, and big savings. Enjoy lunch at any of the 40-plus restaurants. Space Limited. Call 703.746.5554 to RSVP.

City residents 60 and older receive a 20% discount upon request.

Contact the Registration & Reservation Office at 703.746.5414 for more information.
Schedules and fees are subject to change.

FITNESS PASSES

NEIGHBORHOOD FITNESS PASSES	Alexandria Residents	Nonresidents
Single Day Pass	\$6	\$10
3-month Pass	\$45	\$80
6-month Pass	\$85	\$150
12-month Pass	\$140	\$250

Neighborhood Fitness Passes are valid at the following recreation centers:

Charles Houston Recreation Center

901 Wythe St., Alexandria, VA 22314, 703.746.5552
 Mon.-Friday: 9 a.m.-9 p.m. & Saturday: 9 a.m.-6 p.m.
 Sunday: 1-5 p.m.

Leonard "Chick" Armstrong Recreation Center

25 West Reed Ave., Alexandria, VA 22305, 703.746.5554

Patrick Henry Recreation Center

4653 Taney Ave., Alexandria, VA 22304, 703.746.5541
 Monday-Friday: 9 a.m.-9 p.m. & Saturday: 9 a.m.-6 p.m.

William Ramsay Recreation Center

5650 Sanger Ave., Alexandria, VA 22311, 703.746.5558
 Monday-Friday: 9 a.m.-9 p.m. & Saturday: 9 a.m.-6 p.m.

CHINQUAPIN PARK RECREATION CENTER & AQUATICS FACILITY FITNESS PASSES

	Alexandria Residents	Nonresidents
Single Day Pass	\$9	\$12
1-month Pass	\$55	\$100
6-month Pass	\$260	\$500
12-month Pass	\$465	\$885

Chinquapin Park Recreation Center & Aquatics Facility

3210 King St., Alexandria, VA 22302, 703.746.5553
 Monday-Thursday: 6 a.m.-9 p.m.
 Friday: 6 a.m.-6 p.m. & Saturday-Sunday: 8 a.m.-6 p.m.

Amenities include:

- 25-meter pool w/diving well
- Racquetball Courts
- Locker rooms with saunas
- Facility Rentals
- Fitness Room

Alexandria residents 60 and older receive are eligible to receive 20% discount on daily and monthly passes.

CLASSES FOR 55+



WALK & FIT TRAINING

Wednesdays, 10-11 a.m.

Sept. 7- Dec. 7, Location: PH

This circuit training class features walking for aerobic activity and hand held weights and resistance bands for

strength training. \$109. Activity #214007.

AQUATIC EXERCISE (DROP-IN)

Tuesdays & Thursdays

9:15-10 a.m.

Oct. 1 - Dec. 12, Location: CQ

Improve muscular and cardiovascular strength without jumping, running or swimming. Eliminate joint aches and improve balance. Email candicekaup@yahoo.com or call 707.863.1898. \$215. Activity #234217.



SENIOR BODY PART AEROBICS

Mondays & Fridays, 10-11 a.m.

Sept. 12 - Dec. 12, Location: PH

This exciting, low impact chair aerobics workout uses slow every-day movements to tone and sculpt the body. \$105. Activity #214100.

SENIOR CARDIO & WEIGHT TRAINING

Wednesdays

Sept. 7 - Dec. 12, Location: PH

This cardio and weight training exercise program is designed by using our weight and cardio fitness machines in a timed interval system to increase endurance, burn calories, and tone and improve flexibility. \$105. Activity #214011.

GENTLE YOGA

Mondays, 11 a.m.-12 p.m.

Sept. 23 - Dec. 9, Location: CH

Seniors, improve your posture and balance, strengthen your muscles, learn to minimize or eliminate aches and pains and increase your flexibility. \$39.20 per session. Activity #313801.

FUNCTIONAL FITNESS FOR OLDER ADULTS

Tuesdays & Thursdays, 9:05-10:05 a.m.

Sept. 24 - Dec. 12, Location: CH

Improve your independence while improving upper and lower body strength, balance, flexibility and coordination. \$229. Activity # 213100.

SENIOR STRETCHING

Mondays, 11:30 a.m.-12:45 p.m.

Sept. 12 - Dec. 5, Location: PH

This low impact stretching class is designed for seniors to improve range of motion, increase circulation, decrease potential injury, and improve rest.



\$105. Activity # 214012.

LOCATIONS

- CH** Charles Houston Recreation Center
901 Wythe St., 22314, 703.746.5552
- CQ** Chinquapin Park Recreation Center & Aquatics Facility
3210 King St., 22302, 703.746.5553
- CK** Leonard "Chick" Armstrong Recreation Center
25 West Reed Ave., 22305, 703.746.5554
- MV** Mt. Vernon Recreation Center
2701 Commonwealth Ave., 22301, 703.746.5556
- NL** Nannie J Lee Recreation Center
1108 Jefferson St., 22314, 703.746.5550
- PH** Patrick Henry Recreation Center
4653 Taney Ave., 22304, 703.746.5541
- WR** William Ramsay Recreation Center
5650 Sanger Ave., 22311, 703.746.5558

FREE ACTIVITIES & SPORTS WEEKLY CALENDAR

Sunday

3-4:30 p.m. Pickleball (2nd & 4th Sunday) CH

Monday

9-10 a.m. Del Ray Walking Group MV

10-11 a.m. Zumba CK

10 a.m.-12 p.m. Art MV

10:45 a.m.-12:45 p.m. Pickleball NL

Tuesday

9-10 a.m. Walking Club CK

9:30 a.m.-12:30 p.m. Pickleball PH

10:15-11:15 a.m. Dance Fitness CK

11 a.m.-1 p.m. Del Ray Seniors MV

12-2 p.m. Dun Lo Arts NL

10:45 a.m.-12:45 p.m. Pickleball NL

11 a.m.-12 p.m. Coffee Social Hour CK

Wednesday

9-10 a.m. Del Ray Walking Group MV

10-11 a.m. Zumba CK

10 a.m.-2 p.m. Bridge NL

11:30 a.m.-2 p.m. Pickleball PH

Wednesday continued

1-1:30 p.m. Women's Basketball NL

6-7:30 p.m. Pickleball PH

Thursday

9-10 a.m. Walking Club CK

9 a.m.-12 p.m. Pickleball CH

10 a.m.-2 p.m. Knitting MV

10-11:30 p.m. Table Tennis CK

Friday

9-10 a.m. Del Ray Walking Group MV

9 a.m.-12 p.m. Pickleball CH

11 a.m.-1 p.m. Silver Screen Movie (3rd Fri.) CK

11 a.m.-1:30 p.m. Game Day CK

6:30-8:30 p.m. 55+ Game Night MV

Saturday

9-10 a.m. Del Ray Walking Group MV

9 a.m.-1 p.m. Table Tennis WR

11 a.m.-12 p.m. Tai Chi MV

Free activity and sport descriptions on next page.

FREE ACTIVITIES



55+ GAME NIGHTS Play table games and cards while enjoying entertainment, refreshments, and new friends.

ART Begin with sketching and progress through various visual arts mediums with assistance from professional artists. \$9 for materials fee.

BRIDGE Play cards with neighbors and friends in a relaxed and fun atmosphere.

COFFEE SOCIAL HOUR Enjoy coffee and cake with new and old friends. This activity rotates through the month. Contact the center for a date.

DANCE FITNESS Learn the basic steps of line dance for new and old dances. No partner needed.

DEL RAY ROBUST WALKING GROUP This wholesome pathway to successful aging weaves low-intensity exercises into a walk.

DEL RAY SENIORS Social gatherings to discuss healthy living, exercise and fitness, screenings and recreational and leisure opportunities. Enjoy quarterly luncheons, field trips and guest speakers. Fee may apply for activities.

DUN LO ARTS Seniors learn to paint in a group setting. Art exhibits take place each May and December. For more information, call Rhoda Seligmann at 703.751.7924.

GAME DAY Enjoy board games, cards, or billiards in a fun social environment. Contact center for dates.

KNITTING Knitters at various skill levels socialize and knit scarves, hats, sweaters, blankets, etc. Bring materials.

SILVER SCREEN MOVIE Seniors, pop on over for a great time watching movies and enjoying snacks. Bring a movie or make a suggestion for the group. Scheduled bi-monthly. Contact center for date.

STRENGTH AND CONDITIONING A self-directed group activity to encourage pursuing a personal fitness plan. Recreation Center ID and Fitness Pass are required.

TABLE TENNIS Join us for a few hours of table tennis as we 'Get Active to Stay Active.' Play on two tables with balls and paddles provided. All skill levels are welcome.

TAI CHI Originally developed for self-defense, tai chi has evolved into a graceful form of exercise used for stress reduction and a variety of other health conditions.

WALKING CLUB Connect with others who share your health goals and be a part of a fun group! Sept.-Nov. 2022. Contact the Center to confirm.

ZUMBA Want to have fun while exercising? This safe, self-directed fitness workout combines Latin dance and modern day hip hop.

SPORTS

ADULT PICKLEBALL What do you get when you combine badminton, tennis and ping-pong? A popular and quickly growing sports program ideal for active adults. Stay fit while enjoying weekly challenges with friends.

SENIOR WOMEN'S BASKETBALL Stay healthy and have fun playing 3 on 3 half-court basketball. Fellow players will help sharpen your skills through scrimmage opportunities. Bring an indoor women's basketball and a light and dark shirt.

Adult Sport Leagues vary by season. View a complete listing at alexandriava.gov/Recreation, pick up a Program Guide from any Recreation Center or call 703.746.5409.

Senior Services of Alexandria (SSA)

Provides Meals on Wheels, DOT transportation, a speaker series and a monthly cable television production, *Senior Living in Alexandria*.

www.seniorservicesalex.org, 703.836.4414.

Department of Community & Human Services' Aging & Adult Services

Senior Centers serving meals

- *The Senior Center at Charles Houston, 703.746.5456*
- *St. Martin de Porres Senior Center, 703.751.2766*

The Alexandria Adult Day Services Center

Daytime program for older adults with physical and/or cognitive limitations

- *Adult Day Services Center, 703.746.5676*

For a list of all programs, visit alexandriava.gov/Recreation