

FALL 2024

Recreation for Seniors

Ages
55+

Fall into Fitness & Fun!

Your Fall Guide to recreation, fitness & fun tailored for 55+. Embrace the season with sports, wellness programs, and enriching hobbies that keep you learning, moving, engaged and active.



What's inside?

Fitness Passes • Classes • Senior Services
Social Activities • Free Events • Sports

What's new?

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CITY OF ALEXANDRIA

Department of Recreation, Parks & Cultural Activities



alexandriava.gov/RPCA

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Locations

Charles Houston Recreation Center

901 Wythe St., | 703.746.5552
 Mon-Thu: 9 a.m.-9 p.m.
 Fri-Sat: 9 a.m.-10 p.m.
 Sun: 1-5 p.m.

Chinquapin Park Recreation Center & Aquatics Facility

3210 King St., | 703.746.5553
 Mon-Thu: 6 a.m.-9 p.m.
 Fri: 6 a.m.-6 p.m.
 Sat-Sun: 8 a.m.-6 p.m.

Leonard "Chick" Armstrong Recreation Center

25 West Reed Ave., | 703.746.5554
 Mon-Fri: 9 a.m.-9 p.m.
 Sat: 9 a.m.-6 p.m.

Mount Vernon Recreation Center

2701 Commonwealth Ave., | 703.746.5556
 Mon-Fri: 9 a.m.-9 p.m.
 Sat: 9 a.m.-6 p.m.

Nannie J. Lee Recreation Center

1108 Jefferson St., | 703.746.5535
 Open for pre-scheduled programming only.
 Call facility for more information.

Patrick Henry Recreation Center

4643 Taney Ave., | 703.746.5557
 Mon-Thu: 9 a.m.-9 p.m.
 Fri: 9 a.m.-8 p.m.
 Sun: 9 a.m.-2 p.m.

William Ramsay Recreation Center

5650 Sanger Ave., | 703.746.5558
 Mon-Fri: 9 a.m.-9 p.m.
 Sat: 9 a.m.-6 p.m.

Fitness Passes

Fitness Passes*	Resident	Nonresident
Daily Visit	\$6	\$10
3-Month Pass	\$45	\$80
6-Month Pass	\$85	\$150
12-Month Pass	\$140	\$250

*Fitness passes are valid at the following recreation centers:

Charles Houston
 Leonard "Chick" Armstrong
 Patrick Henry
 William Ramsay

Chinquapin Park Recreation Center & Aquatics Facility

Fitness Passes	Resident	Nonresident
Single Day Pass	\$7.20	\$12
1-Month Pass	\$44	\$100
6-Month Pass	\$208	\$500
12-Month Pass	\$372	\$885

City of Alexandria residents 55 and older are eligible to receive 20% discount off the regular adult fitness pass or class rate

Senior Services of Alexandria (SSA)

SSA is a local non-profit organization that offers support & services to seniors living in the City of Alexandria, including Meals on Wheels, DOT Paratransit reservations, Groceries-to-Go, Friendly Visitors, Senior Information Corners, monthly Senior Speaker Series events & a Senior Ambassador Program. For more information, call 703.836.4414 x110, or visit www.seniorservicesalex.org.

Leonard "Chick" Armstrong

Senior Day Trip - Apple Orchard

Friday, September 20 | 9:30 a.m.–2 p.m.

Enjoy a day selecting apples in various colors & sizes, or explore the Farmers Market with a variety of produce. Space is limited; please RSVP to secure your spot. Must purchase at least **one** container of fruit to participate.

Fall Halloween Fest | Free

Saturday, October 19 | 12–3 p.m.

Kick off the spooky season with Chick Armstrong's Halloween Fest! This free event will feature food, vendors, games, music & a costume contest for the entire family.

Senior Dance Fitness Class | Free

Tuesdays, September 10–November 12
10:30–11:30 a.m.

Mount Vernon

Chair Yoga: Balance & Strength

Tuesdays, 12–1 p.m.

September 10–October 8 | \$105
October 22–December 17 | \$169

Wednesdays, 9:30–10:30 a.m.

September 11–October 9 | \$105
October 23–December 18 | \$169

This chair yoga class builds strength, balance, & flexibility. This practice boosts confidence, mobility & mindful breathing, transitioning safely between chair, standing & floor.

Yoga for Healthy Aging

Tuesdays, 9:30–10:30 a.m.

September 10–October 8 | \$85
October 22–December 17 | \$129

Wednesdays, 12–1 p.m.

September 11–October 9 | \$85
October 23–December 18 | \$129

This class improves stability, strength, flexibility & balance with breathing practices, meditations & stress reduction techniques for health benefits. Props included.

Patrick Henry

Senior Body Part Aerobics

Mondays, September 9–October 7
10–11 a.m. | \$45

Mondays, November 4–December 16
10–11 a.m. | \$55

This class is a low-impact program focused on targeted muscle groups, enhancing cardiovascular endurance, strength, balance & coordination, with participants using light equipment under instructor guidance.

Senior Stretching

Mondays, September 9–October 7
11:30 a.m.–12:30 p.m. | \$49

Mondays, November 4–December 16
11:30 a.m.–12:30 p.m. | \$59

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

Seniors in Sync | Free

Tuesdays, September 10–December 17
10–11 a.m. | *Drop-in*

Unleash your creativity with Music Stimulation! Seniors sing, dance & connect in this lively program, exploring new songs & revisiting old favorites with expert guidance. Enjoy the joy of music, karaoke & visual arts.

Stay Active & Independent for Life (SAIL)

Free

Tuesdays, September 10–December 10
11 a.m.–12 p.m.

Thursdays, September 12–December 12
11 a.m.–12 p.m.

This evidence-based program enhances strength, balance & fitness to keep adults active & reduce fall risk. Must pre-register.

Patrick Henry

Walk & Fit Training

Wednesdays, September 11–October 16
9–10 a.m. | \$55

Wednesdays, October 30–December 11
9–10 a.m. | \$55

This circuit training class combines aerobic walking with strength exercises using hand-held weights & resistance bands, offering a fat-burning cardiovascular workout that tones & sculpts your body.

Senior Cardio & Weight Training

Wednesdays, September 11–October 16
12–1 p.m. | \$55

Wednesdays, October 30–December 11
12–1 p.m. | \$55

This class incorporates weight & cardio fitness machines in a timed interval system to increase endurance, burn calories, strengthen & tone muscles & improve flexibility.

Senior Trailblazers | Free

Thursdays, September 12–November 21
9:30–11:30 a.m.

Become a part of our Senior Trailblazers program & embrace the great outdoors with revitalizing group walks, weather permitting. Stay active, forge meaningful connections with fellow seniors & immerse yourself in the beauty of nature.

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

Advanced Senior Body Parts Aerobics

Fridays, September 13–October 18
10–11 a.m. | \$75

Fridays, November 1–December 13
10–11 a.m. | \$75

This class is a high-intensity program focused on targeted muscle groups, enhancing cardiovascular endurance, strength, balance & coordination, with participants using light weights or resistance bands under instructor guidance.

Senior Events | Free

Fridays, 9/20, 10/18, 11/22, 12/20
11 a.m.–1 p.m.

Join us for a Senior Social Mixer, where seniors can connect, enjoy refreshments, and foster new friendships in a warm and welcoming atmosphere.

Rock N Walk | Free

Mondays, September 23–December 16
9–10 a.m. | Drop-in

Join us in a lively morning session filled with rockin' tunes & invigorating walks. Whether you're a seasoned strider or just starting out, groove to the beat & step into the day with energy. Let's rock, walk & make mornings memorable!

Sugar Feet: Line Dancing 101

Mondays, September 23–November 4
10:30–11:30 a.m. | \$55

Experience new dance moves with lively music & supportive company at our intermediate line dance class. Enhance your dancing skills, footwork & rhythm in a friendly environment.

Smooth Movement Fitness

Tuesdays, September 24–October 29
9:30–10:30 a.m. | \$55

Tailored for older adults, this program offers gentle exercises promoting flexibility, strength, & balance. Led by experienced instructors, each session focuses on enhancing mobility & overall wellness.

Patrick Henry

Wanna Dance | Free

Thursdays, September 26–December 12
9–10 a.m. | Drop-in

Start your day with rhythm & fun in a laid-back atmosphere filled with classic hits. Beginners & seasoned dancers are welcome!

Rockin' Maracas: Line Dancing

Thursdays, September 26–October 31
10:30–11:30 a.m. | \$75

Thursdays, November 7–December 19
10:30–11:30 a.m. | \$75

Master advanced dance moves, footwork & rhythms at our Advanced Line Dance Class. Join fellow dancers to enhance your skills & enjoy the fun.

Open Pickle Jar Sundays | Drop-in

Sundays, October 13–December 15
9 a.m.–2 p.m. | \$75

Join us for Pickleball Sundays on our indoor courts. All skill levels welcome. Pre-registration is encouraged, but drop-ins are welcome for \$9/person.

Silver Artisans | Free

Mondays & Fridays, October 18–December 13
10 a.m.–12 p.m. | Drop-in

This program offers tailored art sessions for seniors, designed to stimulate imagination & foster self-expression. Enjoy a welcoming environment to explore creativity, connect & rediscover the joy of artistry.

Sugar Feet: Line Dancing 102

Mondays, November 18–December 16
11:30 a.m.–12:30 p.m. | \$55

Experience new dance moves with lively music & supportive company at our intermediate line dance class. Enhance your dancing skills, footwork & rhythm in a friendly environment.

Grown Folk On Skates

Saturday, December 14
1–4 p.m. | \$15

Lace-up your skates & join the fun with Grown Folk on Skates! Glide to the beat, make new friends & relish the laughter-filled atmosphere.

2024 Medicare Open Enrollment Events at Recreation Centers

Are you looking for free, unbiased & confidential assistance comparing Part D prescription drug plans & Medicare Advantage plans for 2025?

City of Alexandria residents can meet in-person with State-certified VICAP Counselors at select rec centers.

To register, call VICAP at 703.746.5712 or email VICAP@alexandriava.gov.

Lee Center

Thursday, October 17
10 a.m.–2:30 p.m.

Mount Vernon

Tuesday, October 29
10 a.m.–1 p.m.

Oswald Durant

Friday, November 15
10 a.m.–12:30 p.m.

Charles Houston

Monday, October 21
10 a.m.–1:30 p.m.

Patrick Henry

Friday, November 8
10 a.m.–2:30 p.m.

Leonard "Chick" Armstrong

Friday, November 22
9:30 a.m.–1 p.m.

Free Activities Weekly Calendar

Sunday

Pickleball

*Charles Houston | 3-4:30 p.m.
(2nd & 4th Sunday)*

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

Monday

Del Ray Robust Walking Group

Mount Vernon | 9-10 a.m.

This wholesome pathway to successful aging weaves low-intensity exercises into a walk.

Zumba

Leonard Armstrong | 10-11 a.m.

Want to have fun while exercising? This safe, self-directed fitness workout combines Latin dance & modern day hiphop.

Coffee Social Hour

*Leonard Armstrong | 11 a.m.-12 p.m.
(Every 4th Monday)*

Enjoy coffee & cake with new & old friends. This activity rotates through the month. Contact the center for a date.

Pickleball

Nannie J Lee | 12-2 p.m.

Tuesday

Tai Chi

Mount Vernon | 9:30-10:30 a.m.

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

Dance Fitness

Leonard Armstrong | 10:15-11:15 a.m.

Learn the basic steps of line dance for new & old dances. No partner needed.

Del Ray Seniors

Mount Vernon | 11 a.m.-1 p.m.

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

Pickleball

Nannie J Lee | 12-2 p.m.

Wednesday

Del Ray Robust Walking Group

Mount Vernon | 9-10 a.m.

Zumba

Leonard Armstrong | 10-11 a.m.

Pickleball

Patrick Henry | 11:30 a.m.-2 p.m.

Patrick Henry | 6-8:45 p.m.

Thursday

***Walking Club**

Leonard Armstrong | 9-10 a.m.

Connect with others who share your health goals & be a part of a fun group!

Pickleball

Charles Houston | 9 a.m.-12 p.m.

Knitting Group

Mount Vernon | 10 a.m.-2 p.m.

Knitters of all skill levels gather to create items like scarves, hats & blankets. This ongoing program requires participants to bring their own materials.

Table Tennis

Leonard Armstrong | 10-11:30 a.m.

Join us for a few hours of table tennis as we "Get Active to Stay Active." Equipment is provided & all skill levels are welcome.

Friday

Del Ray Walking Group

Mount Vernon | 9-10 a.m.

Pickleball

Charles Houston | 9 a.m.-12 p.m.

***Silver Screen Movie**

Leonard Armstrong | 11 a.m.-1 p.m.
(3rd Friday)

Seniors, join us for bi-monthly movie screenings with snacks. Feel free to bring a movie or suggest one.

***Game Day**

Leonard Armstrong | 11 a.m.-1:30 p.m.
(Once a Month)

Enjoy board games, cards, or billiards in a fun social environment.

55+ Game Night

Mount Vernon | 6:30-8:30 p.m.

Play table games & cards while enjoying entertainment, refreshments & new friends.

Saturday

Del Ray Walking Group

Mount Vernon | 9-10 a.m.

Table Tennis

Mount Vernon | 9 a.m.-3 p.m.

Table Tennis

William Ramsay | 9 a.m.-1 p.m.

Tai Chi

Mount Vernon | 11 a.m.-12 p.m.

Hand Dancing

Mount Vernon | 1-3 p.m.

Come out & join the fun. Learn very smooth footwork & movements & close-in & intricate hand-turns, all danced to a 6-beat, 6-8 count dance rhythm. It is a close-contact swing dance.

***Contact the Center to confirm dates.**



Cozy Fall Days & Festive Holidays



Senior Day Trip to the Apple Orchard

Friday, September 20 | 9:30 a.m.-2 p.m.

Leonard "Chick" Armstrong

*RSVP Required. Trip is free, but must purchase at least **one** container of fruit.



Fall Halloween Fest

Saturday, October 19 | 12-3 p.m.

Leonard "Chick" Armstrong



Senior Fall Festival

Friday, October 18 | 11 a.m.-1 p.m.

Patrick Henry



Senior Fall Harvest Luncheon

Friday, November 22 | 11 a.m.-1 p.m.

Patrick Henry



Senior Ugly Sweater Party

Friday, December 20 | 11 a.m.-1 p.m.

Patrick Henry

Visit alexandriava.gov/rpca/seniors for more information.