



RECREATION FOR AGES 55 & UP



It's all inside...

Fitness Passes, Classes, Activities, and Sports

SPRING FEATURES



SENIOR SOCIALS

**Fridays, 4/26, 5/31, 6/21, 7/26, 11 a.m.-1 p.m., Free
Patrick Henry Recreation Center (4653 Taney Ave.)**

Ages 55 & Up. Join us for a Senior Social Mixer, a delightful event designed for seniors to connect and socialize. This fun-filled gathering will give you a chance to meet new friends, and each month has a new theme to enjoy!

April 26: Garden Workshop (Activity #484014-01)

May 31: Asian Pacific American Heritage Month (Activity #484014-02)

June 21: Senior Cookout (Activity #484014-03)

July 26: Bring a Friend, Get Two Free (Activity #484014-04)

SENIORS IN SYNC

**Tuesdays, 4/9 - 8/6, 10-11 a.m., FREE
Patrick Henry Recreation Center (4653
Taney Ave.)**

Explore your creativity with Music Stimulation! Seniors sing, dance, and make friends in this lively program. Discover new songs and revisit old favorites with expert guidance. Feel the joy of music, karaoke, and visual arts. Join us for a fun journey of self-expression and friendship! Activity #454006

SENIOR 4TH OF JULY PICNIC

**Saturday, July 6, 12-3 p.m., FREE
Mount Vernon Recreation Center (2701
Commonwealth Ave.)**

Join us to celebrate the holiday weekend with everything picnics are made of food, fun, and friends! Play games win prizes, enjoy live entertainment and a classic summer BBQ!

SILVER ARTISANS

**Fridays, 4/12 - 8/9, 11 a.m. - 1 p.m., FREE
Patrick Henry Recreation Center (4653
Taney Ave.)**

Welcome to the Silver Artisans – a dynamic hub for senior artist! Dive into a world of creative exploration where beginners and experts come together to learn, share, and socialize. From painting to sculpting. Join us for fun-filled sessions, fostering friendship and growth through shared tips and joyful artistic endeavors.

ANNUAL SENIOR COOKOUT

**Friday, July 26, 11 a.m. - 1 p.m., FREE
Leonard "Chick" Armstrong Recreation
Center (25 W Reed Ave.)**

Summer cookout spending time with friends and enjoying the warm weather and sunshine (if weather permits). Bring yourself and a friend, to enjoy the presence of others, wanting to enjoy laughter, games, music, and a great cookout menu.

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

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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, 703.746.5557 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	\$44	\$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 55 and older receive are eligible to receive 20% discount on fitness passes and classes.

CLASSES FOR 55+

STAYING ACTIVE AND INDEPENDENT FOR LIFE-STANDING (SAIL)

11 a.m.-12 p.m., Location: PH

Thursdays, 4/11 - 5/30, #414028-01

Tuesdays, 4/9 - 5/28, #414028-02

Thursdays, 6/6 - 8/1, #114028-01

Tuesdays, 6/4 - 7/30, #114028-02

Stay Active and Independent for Life (SAIL) is an evidence-based strength, balance, and fitness program for adults 65 and older. Performing exercises that improve strength, balance, and fitness are the most critical activities adults can do to stay active and reduce their chances of falling. The entire curriculum of activities in the SAIL Program can help improve strength and balance if done regularly. Free.

SENIOR STRETCHING

11:30 a.m.-12:30 p.m., Location: PH

Mondays, 4/8-5/27, #414007

Mondays, 6/3-7/29, #114012

This low impact stretching class is designed for seniors to improve their range of motion, increase circulation, decrease potential injury and improve rest. \$59.



SENIOR CARDIO & WEIGHT TRAINING

12 -1 p.m., Location: PH

Wednesdays, 4/10-5/29, #413003-01

Wednesdays, 6/5-7/31, #113003-01

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, strengthen and tone muscles, and improve flexibility. \$55.

SENIOR BODY PART AEROBICS

10 -11 a.m., Location: PH

Mondays, 4/8-5/27, #414013

Mondays, 6/3-7/29, #114013

Senior Body Part Aerobics is a low-impact fitness program that incorporates an aerobics workout and everyday movements to tone and sculpt the body, while using a chair for stability. \$75.

ADVANCED SENIOR BODY PART AEROBICS

10 - 11 a.m., Location: PH

Fridays, 4/12-6/7, #414027; Fridays, 6/14-8/9, #114027

This is a high-intensity fitness program targeting specific muscle groups. It improves cardiovascular endurance, strength, balance, and coordination. Participants use equipment like resistance bands or light weights and are guided by an instructor. \$75.

WALK & FIT TRAINING

9 - 10 a.m., Location: PH

Wednesdays, 4/10-5/29, #414001

Wednesdays, 6/5-7/31, #114001

This circuit training class incorporates walking as an aerobic activity and using hand-held weights and resistance bands for strength training. This is a cardiovascular fat burning workout that will aid in firming and sculpting your body. \$55.

SENIOR TRAILBLAZERS

9 - 11:30 a.m., Location: PH

Thursdays, 4/11-8/8, #414026

Calling all active seniors! Enjoy the great outdoors as we embark on invigorating walks together, weather permitting. Stay fit, connect with fellow seniors, and discover the beauty of nature. Lace-up your shoes and become a Senior Trailblazer today! Free.

BEGINNERS LINE DANCE FOR SENIORS

10:30 - 11:30 a.m., Location: PH

Mondays, 4/22-6/20, #54007

Embark on a dance adventure with our Beginners Line Dance Program! Join us in a friendly, supportive atmosphere as we learn basic steps and popular line dances. No experience required—come twirl, shuffle, and laugh with us as we explore the joy of dance together! \$55

LOCATIONS

CH Charles Houston Recreation Center
901 Wythe St. | 703.746.5552

CQ Chinquapin Park Recreation Center & Aquatics Facility
3210 King St. | 703.746.5553

CK Leonard “Chick” Armstrong Recreation Center
25 West Reed Ave. | 703.746.5554

MV Mt. Vernon Recreation Center
2701 Commonwealth Ave. | 703.746.5556

NL Nannie J. Lee Recreation Center
1108 Jefferson St. | 703.746.5550

PH Patrick Henry Recreation Center
4653 Taney Ave. | 703.746.5541

WR William Ramsay Recreation Center
5650 Sanger Ave. | 703.746.5558

FREE ACTIVITIES & SPORTS WEEKLY CALENDAR

Free activity and sport descriptions on the next page

SUNDAY

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

MONDAY

9 - 10 a.m. Del Ray Walking Group MV
10 - 11 a.m. Zumba CK
12 - 2 p.m. Pickleball NL

TUESDAY

9 - 10 a.m. Walking Club CK
9:30 - 10:30 a.m. Tai Chi MV
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
11 a.m. - 12 p.m. Coffee Social Hour CK
12 - 2 p.m. Pickleball NL

WEDNESDAY

9 - 10 a.m. Del Ray Walking Group MV
10 - 11 a.m. Zumba CK
11:30 a.m. - 2 p.m. Pickleball PH
6 - 8:45 p.m. Pickleball PH

THURSDAY

9 - 10 a.m. Walking Club CK
9 a.m. - 12 p.m. Pickleball CH
10 - 11:30 a.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. Friday) 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
1 - 3 p.m. Hand Dancing MV

FREE ACTIVITIES



55+ GAME NIGHTS

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

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.

GAME DAY

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

HAND DANCING

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

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! 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 SERVICES OF ALEXANDRIA (SSA)

SSA is a local non-profit organization that offers support and 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 and a Senior Ambassador Program. For more information, call 703.836.4414 x110, or visit www.seniorservicesalex.org.

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 full listing of programs, visit:

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Spring/Summer 2024