

WINTER 2025

Recreation for Seniors

**Ages
55+**

***Stay Active,
Stay Warm,
Stay Connected!***

Stay vibrant this winter with activities designed to keep you learning, moving, and thriving. Explore sports, wellness programs, and enriching hobbies that make the season unforgettable!



What's inside?

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



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.

Minnie Howard Aquatics Facility

3795 W. Braddock Rd., | 703.746.5479
 Mon-Thu: 4-9 p.m.
 Sat-Sun: 7 a.m.-7 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.

*No Class Dates

Keep an eye out for the * next to the class/program's title indicating no classes on these dates:

January 20 & February 17

Chinquapin

Aquatic Exercise for Seniors

Tuesdays & Thursdays, January 7–April 17
8:15–9 a.m. | \$420

Tuesdays & Thursdays, January 7–April 17
9:30–10:15 a.m. | \$420

Boost your fitness & well-being with a fun, energizing workout! Improve heart health, build strength with dumbbells & pool noodles, and enhance balance, flexibility & daily movement. Drop-in fee: \$20.

Mount Vernon

Chair Yoga: Balance, Strength, Posture

Tuesdays, March 4–April 1
12–1 p.m. | \$105

Join Certified Yoga Therapist Lisa (C-IAYT/1,000, E-RYT 500) for a chair yoga series focused on strength, balance, flexibility & mindful breathing. Using a chair & wall for support, sessions include seated, standing, & floor movements to enhance mobility & well-being.

Oswald Durant

Chair Yoga: Balance, Strength, Posture

Wednesdays, March 5–April 2
9:30–10:30 a.m. | \$105

Join Certified Yoga Therapist Lisa (C-IAYT/1,000, E-RYT 500) for a chair yoga series focused on strength, balance, flexibility & mindful breathing. Using a chair & wall for support, sessions include seated, standing, & floor movements to enhance mobility & well-being.

Patrick Henry

Rock N Walk* | Free

Mondays, January 13–March 31
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!

Senior Body Part Aerobics*

Mondays, January 13–March 3
10–11 a.m. | \$55

Mondays, March 10–March 31
10–11 a.m. | \$39

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, January 13–March 3
11:30 a.m.–12:30 p.m. | \$75

Mondays, March 10–March 31
11:30 a.m.–12:30 p.m. | \$39

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

Stick & Stretch Fitness

Tuesdays, January 14–February 18
9:30–10:30 a.m. | \$55

Tuesdays, February 25–April 1
9:30–10:30 a.m. | \$55

This program offers gentle exercises promoting flexibility, strength & balance, focusing on mobility & overall well-being.

Patrick Henry

Seniors in Sync | Free

Tuesdays, January 14–April 1

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.

Walk & Fit Fitness

Wednesdays, January 15–February 19

9–10 a.m. | \$55

Wednesdays, February 26–April 2

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, January 15–February 19

12–1 p.m. | \$55

Wednesdays, February 26–April 2

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.

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, January 17–February 21

10–11 a.m. | \$75

Fridays, February 28–April 4

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.

Rock N Walk* | Free

Mondays, January 13–March 31

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!



Patrick Henry

Wanna Dance | Free

Fridays, January 17–April 4
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!

Silver Artisans | Free

Fridays, January 17–February 28
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.

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alexandriava.gov/rpca/subscribe.

Discover Nature at **JEROME "BUDDIE" FORD NATURE CENTER**

Explore the beauty of Alexandria's natural wonders at the Jerome "Buddie" Ford Nature Center! Whether you're looking to connect with local wildlife, enjoy peaceful trails, or participate in engaging programs, there's something for everyone to enjoy.



Interactive Exhibits – Get up close with live animals & learn about our region's ecosystems.



Scenic Trails – Take a stroll through Dora Kelley Nature Park & immerse yourself in the serenity of nature.



Programs & Events – Join fun & educational activities for all ages, including birdwatching, workshops & more.

Where to Find Us:

5750 Sanger Avenue, Alexandria, VA

Questions?

Call 703.746.5559

Visit us online to learn more:
alexandriava.gov/NatureCenter

Free Activities Weekly Calendar

Sunday

Pickleball

*Charles Houston | 1-3 p.m.
(1st & 3rd 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 | 10:30-11:30 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.

Pickleball

*Patrick Henry | 10:30 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.

***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.

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



MATTER OF BALANCE

FREE



TUES & THURS | MAY 20–JUNE 12
10 A.M.–12 P.M.

Chinquapin Park Recreation Center & Aquatics Facility

Matter of Balance is an 8-week discussion-based group intervention that emphasizes practical strategies to reduce the fear of falling. Participants learn to view falls & fear of falling as controllable, set goals to increase activity & make their environments safer.

This partnership program is with Northern Virginia Falls Prevention Alliance (NVFPA).



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