

Ages
55+

SPRING & SUMMER RECREATION FOR SENIORS 2025

***Your Season of Fun,
Fitness & Discovery!***

Embrace the warmer seasons with outdoor adventures, wellness programs, and engaging activities designed to keep you active, social, and inspired!

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 60 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.

Chinquapin

Aquatic Exercise for Seniors

Tuesdays & Thursdays, April 22–June 12

8:15–9 a.m. | \$225

9:30–10:15 a.m. | \$225

Tuesdays & Thursdays, June 17–August 7

8:15–9 a.m. | \$215

9:30–10:15 a.m. | \$215

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. Call Candice at 703.863.1898.

Fall Prevention Class | Free

Tuesdays & Thursdays, May 20–June 12

10 a.m.–12 p.m.

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

Mount Vernon

Chair Yoga: Balance, Strength, Posture

Tuesdays, April 29–June 10

12–1 p.m. | \$155

Tuesdays, June 17–July 22

12–1 p.m. | \$135

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, April 30–June 11

9:30–10:30 a.m. | \$155

Wednesdays, June 18–July 23

9:30–10:30 a.m. | \$135

Patrick Henry

Seniors in Sync | Free

Tuesdays, April 9–August 6

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.

Senior Body Part Aerobics

Mondays, April 21–June 2

10–11 a.m. | \$55

Mondays, June 9–July 21

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, April 21–June 2

11:30 a.m.–12:30 p.m. | \$55

Mondays, June 9–July 21

11:30 a.m.–12:30 p.m. | \$55

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, April 22–May 27

9:30–10:30 a.m. | \$55

Tuesdays, June 17–July 29

9:30–10:30 a.m. | \$49

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

Stay Active & Independent for Life (SAIL)

Free

Tuesdays & Thursdays, April 22–July 17

11 a.m.–12 p.m.

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

Patrick Henry

Walk & Fit Training

Wednesdays, April 23–May 28
9–10 a.m. | \$55

Wednesdays, June 4–July 16
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, April 23–May 28
12–1 p.m. | \$55

Wednesdays, June 4–July 16
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, April 24–July 10
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.

Advanced Senior Body Parts Aerobics

Fridays, April 25–May 30
10–11 a.m. | \$75

Fridays, June 6–July 25
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.

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

Senior Recreation Orientation | Free

Wednesday, August 6
10 a.m.–12 p.m.

Join our Senior Wellness Orientation Program for an insightful tour of our recreation center tailored just for you. Discover fitness classes, social gatherings, services, programs & events, including assistance with financial aid, program registration & opportunity to meet staff & instructors.

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Recent highlights...



SENIOR TRAILBLAZERS



SENIORS HOLIDAY



SENIORS PAINT & SIP

Visit
alexandriava.gov/rpca/seniors
for more events!

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 | 9:30-10:30 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.**





UPCOMING FREE EVENTS SPRING & SUMMER

For more information, visit alexandriava.gov/rpca/events or follow us on social media:  [RPCAalexandriava](https://www.facebook.com/RPCAalexandriava)  [rpca.alexandriava](https://www.instagram.com/rpca.alexandriava)

TBD

DANCE FOR ALL AGES

Join us for an under-the-sea-themed dance night with refreshments, prizes, photo booth & DJ. RSVP: 703.746.5676 jackie.mccord@alexandriava.gov.



MAY 22

SENIOR HEALTH & FITNESS FAIR

10 a.m.-1 p.m. | Lee Center

This interactive program features a senior health presentation, exercise with RPCA's Rodney, chair yoga, health screenings & a healthy cooking demo! Register: events@seniorservicesalex.org or call 703.836.4414 ext. 110.



MAY 3

RECFEST | 10 a.m.-2 p.m.

Patrick Henry Rec Center

Enjoy a showcase of the City's fitness, sports, enrichment, arts, nature & more. Meet staff & instructors & register for programs.



JUN 14

JAZZ FEST | 3-9 p.m.

Waterfront Park

Enjoy live performances from the region's top jazz performers, inspiring words from renowned poets, art projects, lawn games & food & drinks.



MAY 7-AUG 1

BINGOCIZE | 9:30-10:30 a.m.

Patrick Henry Rec Center

Join us for a monthly gathering playing BINGO with prizes & camaraderie with our Silver Bingo community.



JUN 21

JUNETEENTH | 12-6 p.m.

Charles Houston Rec Center

Celebrate African American history & culture with live entertainment, food, vendors & art & history activities. Bring blankets or lawn chairs.



MAY 13 & JUL 8

LINE DANCE SOCIAL | 6:30-8:30 p.m.

Charles Houston Rec Center

Dance th toe-tapping fun & socializing! Get ready to groove to some of your favorite tunes!



JUL 12

**ALEXANDRIA & USA BIRTHDAY
CELEBRATION | 6-9:45 p.m.**

Oronoco Bay Park

Celebrate the City's 276th & the USA's 249th birthday with live music, food & drink vendors & fireworks display at 9:30 p.m.

