

2025 Medicare Open Enrollment Events

Virginia Insurance Counseling & Assistance Program (VICAP) Helping You Navigate Medicare

Open enrollment is your once-a-year opportunity to review, change, or renew your Medicare coverage. Whether you're looking for better prescription drug options, lower premiums, or expanded benefits — now's the time to make it happen.

See back for dates and locations.

Get free, unbiased, and confidential in-person assistance from VICAP counselors at different locations.

Bonus: Attendees experience fun activities while learning, receive a planning checklist, and access to local resources.

RSVP Today! Space is limited. Call 703.746.5712 or email VICAP@alexandriava.gov

For reasonable disability accommodation: christina.damhuis@alexandriava.gov or call 703.746.5694, Virginia Relay 711.



DEPARTMENT OF
**COMMUNITY &
HUMAN SERVICES**



Even if you're happy with your current plan, changes in coverage and costs happen every year. Take a few minutes to explore your options. It could save you money and improve your care.

Mount Vernon
Recreation Center
2701 Commonwealth
Ave.

Ellen Coolidge
Burke Branch Library
4701 Seminary Rd.

Mark Center Building
4850 Mark Center Dr.

Nannie J. Lee
Recreation Center
1108 Jefferson St.

Charles Houston
Recreation Center
901 Wythe St.

Leonard "Chick"
Armstrong
Recreation Center
25 West Reed Ave.

Mount Vernon Rec Center
Tue. Oct. 14 | 9-11:30a.m.

Information Tables

Wed. Oct. 15 | 10 a.m.-12 p.m.
Information Tables

Fri. Oct. 17 | 9 a.m.-12 p.m.
Sessions by appointment

Sat. Oct. 18 | 9 a.m.-12 p.m.
Sessions by appointment

**Ellen Coolidge
Burke Branch Library**
Mon. Oct. 20 | 10:30-11:30 a.m.
Information Tables

Mark Center Building
9th floor, Room 9151
Thurs. Oct. 22 | 12:30-2:30 p.m.
Medicare 101

Lee Rec Center
Fri. Oct. 24 | 9a.m.-12 p.m.
Sessions by appointment

Charles Houston Rec Center
Mon. Nov. 3 | 11a.m.-12 p.m.
Presentation at Senior Center

Wed. Nov. 5 | 9 a.m.-12 p.m.
Sessions, Medicare 101, and Activity

Thur. Nov. 6 | 9 a.m.-12 p.m.
Sessions by appointment

**Leonard "Chick"
Armstrong Rec Center**

Tue. Nov. 18 | 11 a.m.-12 p.m.
Presentation at Senior Program

Wed. Nov. 19 | 9 a.m.-12 p.m.
Sessions by appointment

Thur. Nov. 20 | 9 a.m.-12 p.m.
Sessions by appointment