ALX

SENIORS

WINTER 2027 EDITION



EXCLUSIVE FEATURES INSIDE

Letter From the Director
Weekly Activities & Seasonal Event
Brain Games
Learn About Therapeutic Recreation

COMMISSION FOR ACCREDITATION OF PARK AND RECREATION AGENCIES
CAPRA ACCREDITED

CITY OF ALEXANDRIA VIRGINIA

DEPARTMENT OF
RECREATION, PARKS &
CULTURAL ACTIVITIES

Registration Begins
Residents: December 16
Non-residents: December 18

We're preparing for winter weather!

Are you ready?

Before the snow falls, remember to:

Park off the street. Whenever possible, move your vehicle off the street to help snowplows do their job – and always follow parking restrictions on emergency routes.

Look out for your neighbors. Check in on anyone who may need a helping hand during winter weather.

Check the forecast before heading out of town. Make a plan for someone to clear your sidewalks if you're away – this keeps everyone safe and helps you avoid City fines, snow removal fees, or both.

Stock up on supplies. Make sure you have salt, shovels, ice scrapers, and emergency supplies ready for your home and car.

Keep it clear. Remove ice, snow, and leaves from around fire hydrants and storm drains.

Shovel smart. Keep snow on your property—never shovel it onto sidewalks or streets.

Make a difference in your neighborhood!

Become a Snow Buddy

The **Snow Buddy Program** connects volunteers with Alexandria residents who are unable to clear snow on their own, including adults age 60 and older who are low-income (under $65,000 in annual household income), homebound, or living with disabilities.

To learn more about the program, visit:
volunteeralexandria.org/snow

Sign up for CERT

Alexandria **CERT** (Community Emergency Response Team) is a diverse group of volunteers who work alongside the City government to prepare for, respond to, and recover from emergencies. After completing the free training, CERT volunteers join a team that's ready and able to prepare and protect the community!

If you live, work, go to school, or own a business in Alexandria, you're eligible to apply!

Learn more about the City's winter weather readiness at
alexandriava.gov/Snow



Connect with us on social media for the latest winter updates!

@AlexandriaVATES
@alexandriavates.bsky.social

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EXCLUSIVE FEATURES

Letter From the Director...pg. 2

Hear from our Director with a look at what's ahead this season, including programs, events, and opportunities to stay active and connected.

Weekly Activities & Seasonal Events...pg. 10

Looking for something to do? Check out our free weekly activities and events for opportunities to stay active, meet new people, and enjoy the season.

Brain Games...pg. 6

Give your brain a workout with fun challenges! Enjoy the Explore Alexandria crossword, sudoku, and a coloring page.

Super-Abilities in Action...pg. 16

Explore programs designed to support inclusion, connection, and participation for people with disabilities and diverse abilities.

No class on 12/24, 12/25, 1/1, 1/19, 2/16 & 4/5. Some classes may have additional skip dates, which will be provided at registration.

PHRC, CHRC & CQRC: Open 9 a.m.-3 p.m. on certain days. Please contact your program sites for more information.

The City of Alexandria Department of Recreation, Parks & Cultural Activities received national re-accreditation from the Commission for Accreditation of Park & Recreation Agencies (CAPRA) in September 2024. National accreditation requires that park & recreation agencies meet 155 standards representing elements of effective & efficient park & recreation operations.

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**.



LETTER FROM THE DIRECTOR

Hello Alexandria Seniors,

What do you call a snowman who likes to work out? A little more chill than the rest of us.

Winter is a wonderful time to reconnect, stay active, and enjoy all that our recreation centers and community have to offer. While the colder weather may encourage us to spend more time indoors, I hope you'll take advantage of the many opportunities we have planned to keep you engaged, moving, and connected throughout the season.

Our winter senior programs offer something for everyone. Whether you're interested in walking groups, Tai Chi, pickleball, Mahjong, knitting, book discussions, or simply enjoying a cup of coffee and good conversation, there's a place for you. These programs are about more than activities. They're about building friendships, creating new experiences, and strengthening the connections that make our community special.

We also have several exciting events planned, including Senior Craft Day, our Valentine's Day Tea Party, senior day trips, and seasonal hikes for all ages. I encourage you to try something new, reconnect with familiar faces, and invite a friend or neighbor to join you.

At RPCA, we're committed to providing welcoming spaces and meaningful experiences that support healthy, active, and connected lives at every age. Our recreation centers are more than places to participate in programs. They're places where relationships grow, memories are made, and community comes together.

Thank you for being part of our RPCA family. I look forward to seeing you at one of our recreation centers this winter and wish you a wonderful season filled with friendship, laughter, and new experiences.

Hashim T. Taylor

Hashim T. Taylor
Director, Department of Recreation, Parks & Cultural Activities





Chinquapin

Aquatic Exercise for Seniors
$275 | Drop-in Rate: $20

Make new friends, build stronger muscles, and boost your heart health with interval and steady-state cardio training. Improve daily movement, balance, flexibility, and arthritis support. Learn more about Candice at onthemoveforwellness.com or call 703.863.1898.

334217-01 | Tu & Th | Jan 12-Mar 11 | 8:15-9 a.m.
334217-02 | Tu & Th | Jan 12-Mar 11 | 9:30-10:15 a.m.

Stay Active and Independent for Life (SAIL)
Free

This evidence-based fitness program helps improve strength and balance. If done regularly, and performing these exercises are the single most important activity that adults can do to stay active and reduce their chances of falling.

342194-01 | Tu & Th | Jan 12-Mar 18 | 11 a.m.-12 p.m.

Deep Water Aqua Aerobics
$165

Designed for a complete body workout with zero impact and stress on joints, yet 100% cardio and muscle involvement. Flotation support is provided and no swimming experience necessary.

334224-01 | W | Jan 13-Mar 10 | 6-7 a.m.
334224-02 | W | Jan 13-Mar 10 | 6:30-7:30 p.m.

Adult Beginner Swimming for Seniors

Designed for seniors with little or no swimming experience, or those who feel uncomfortable in the water. Build confidence while learning water safety, floating, gliding, breathing, and basic swimming skills at a comfortable, supportive pace.

334211-01 | W | Jan 13-Feb 24 | 4:30-5:15 p.m. | $139
334211-02 | F | Jan 15-Feb 12 | 9:30-10:15 a.m. | $119
334211-03 | F | Feb 19-Mar 19 | 9:30-10:15 a.m. | $119

Yoga to Improve Mobility & Flexibility

Blend Hatha and Yin Yoga with accessible movements, mindful breathing, and gentle poses to improve strength, balance, mobility, and relaxation. Props and modifications are provided to support individual needs, while building body awareness and making everyday movement easier.

314225-01 | Th | Jan 14-Mar 11 | 10-11 a.m. | $125

Lessons 2 Laps Senior Edition
$119

Improve stroke technique, breathing and efficiency, then put your skills into practice with a guided workout to build endurance and confidence. Basic swim skills required.

334284-01 | F | Jan 15-Feb 12 | 8:30-9:15 a.m.
334284-02 | F | Feb 19-Mar 19 | 8:30-9:15 a.m.

Adult Intermediate Swimming for Seniors
$119

Keep moving, build endurance, and improve your swimming skills in this instructor-guided class designed for participants to work on stroke technique, breathing, body position, and efficient movement through the water.

334212-01 | F | Jan 15-Feb 12 | 10:30-11:15 a.m.
334212-02 | F | Feb 19-Mar 19 | 10:30-11:15 a.m.

Water Walking
$185

Get moving with Coast to Coast Fitness! Enjoy a fun, low-impact, waist-deep aquatic workout set to great music. Build endurance, tone muscles, and improve flexibility with water-based equipment, expert instruction, and a full warm-up and cool-down.

334221-01 | Tu & Th | Jan 19-Mar 11 | 10:55-11:55 a.m.

Try Senior Tennis Clinic
Free

This introductory clinic is a fun, low-pressure way to get started with tennis. Learn basic skills through simple drills and games, while building confidence and getting active.

324213-01 | F | Mar 12 | 11:30 a.m.-12 p.m.
324213-02 | F | Mar 19 | 11:30 a.m.-12 p.m.

Nannie J Lee

Dazzling Sensory Stars
Free

Sensory experience designed for adults 55 & older to promote relaxation and social connection.

343013-01 | Tu | Jan 12-Feb 9 | 10:30 a.m.-12 p.m.

Oswald Durant

Chair Yoga: Balance, Strength & Posture
$205

Build strength, improve balance, and increase flexibility with the support of a chair. This class combines seated, standing, and optional floor movements at a steady, intentional pace to help you move with greater ease and confidence. Exercises are adaptable to your comfort level, with options and chair or wall support provided throughout. Taught by Lisa, an experienced yoga teacher and certified yoga therapist.

313154-01 | W | Jan 6-Mar 24 | 9:30-10:30 a.m.
313154-02 | W | Jan 6-Mar 24 | 11 a.m.-12 p.m.

Patrick Henry

Yoga for Strength, Balance & Mobility 45+
$155

Feeling stiff, low on energy, or less strong and steady? This all-levels class uses slow, intentional movements to build strength, improve flexibility, and release tension. Accessible yet challenging, the class helps improve balance, stability, posture, and mobility while allowing you to work at your own pace in a supportive environment. Taught by Lisa, an experienced yoga teacher and certified yoga therapist.

313152-01 | Tu | Jan 5-Mar 23 | 9:30-10:30 a.m.
313152-02 | Tu | Jan 5-Mar 23 | 11 a.m.-12 p.m.

Senior Body Part Aerobics

This low-intensity, instructor-guided fitness program targets specific muscle groups, and improves cardiovascular endurance, strength, balance, and coordination. Participants use equipment like resistance balls or light weights.

314005-01 | M | Jan 11-Mar 1 | 10-11 a.m. | $55
314005-02 | M | Mar 8-Mar 29 | 10-11 a.m. | $35

Stay Active/Independent for Life-Standing (SAIL)
Free

This evidence-based fitness program helps improve strength and balance. If done regularly, and performing these exercises are the single most important activity that adults can do to stay active and reduce their chances of falling.

314028-01 | Tu & Th | Jan 12-Mar 25 | 9:30-10:30 a.m.
314028-02 | Tu & Th | Jan 12-Mar 25 | 11 a.m.-12 p.m.

Walk & Fit Fitness
$55

This cardiovascular, fat-burning circuit training class incorporates walking as an aerobic activity and using hand-held weights and resistance bands for strength training that aids in firming and sculpting your body.

314001-01 | W | Jan 13-Feb 17 | 9:30-10:30 a.m.
314001-02 | W | Feb 24-Mar 31 | 9:30-10:30 a.m.

Senior Cardio & Weight Training
$55

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.

314011-01 | W | Jan 13-Feb 17 | 12-1 p.m.
314011-02 | W | Feb 24-Mar 31 | 12-1 p.m.

Advanced Senior Body Parts Aerobics
$65

This high-intensity, instructor-guided fitness program targets specific muscle groups and improves cardiovascular endurance, strength, balance, and coordination. Participants use equipment like resistance bands or light weights.

314027-01 | F | Jan 15-Feb 19 | 10-11 a.m.
314027-02 | F | Feb 26-Apr 2 | 10-11 a.m.

Senior Trailblazers
Free

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.

314024-01 | Th | Jan 21-Mar 25 | 9:30-11:30 a.m.

Tai Chi: Gentle Movement for Balance & Wellness
$75

This low-impact, meditative exercise program is designed for all fitness levels to improve balance, flexibility, and overall wellness, support joint health, and reduce fall risk. Movements are slow, flowing, and easy to follow.

314041-01 | M | Jan 25-Mar 22 | 9:30-10:30 a.m.

Essentrics: Gentle Stretching
$59

This class offers a low-impact, whole-body approach designed to support mobility, posture, and everyday movement. Participants move through controlled stretches and light strengthening sequences that promote flexibility and joint health without strain. The program emphasizes smooth, continuous motion and alignment, making it ideal for those looking to stay active, while being kind to their bodies.

314042-01 | M | Jan 25-Mar 22 | 11 a.m.-12 p.m.

Chair Yoga: Gentle Movement for Body & Mind
$55

Chair Yoga is a gentle, low-impact and accessible yoga wclass for beginners, older adults, and those with limited mobility. Using a chair for support, participants engage in seated and standing poses to improve flexibility, balance, and relaxation.

314038-01 | F | Jan 29-Mar 19 | 9:30-10:30 a.m.

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

RPCA Contact Information

l Director's Office 703.746.5501
Hashim Taylor, Director
hashim.taylor@alexandriava.gov

l General Information 703.746.4343

l Programs & Services

Aquatics 703.746.5441
City Arborist/Trees 703.746.5496
City Marina 703.746.5487
Nature & Environmental Education Programs 703.746.5559
Out of School Time Programs 703.746.5411
Cultural Activities 703.746.5588
Park Maintenance 703.746.5484
Park Planning & Design 703.746.5488
Picnic Reservations & Facility Rentals 703.746.5414
Recreation Classes & Camps 703.746.5414
Senior & Teen Programs 703.746.5414
Special Events & Major Park Rentals 703.746.5421
Therapeutic Recreation 703.746.5550
Youth & Adult Sports 703.746.5402

l VA Relay 711

l 24-Hour Hotlines

Alexandria Safe Place 703.746.5400
Special Events 703.746.5592
Classes & Camps 703.746.5594
Coed & Women Sports 703.746.5595
Men Sports 703.746.5596
Youth Sports 703.746.5597

Draw your superpower and cut out the pieces to

MAKE YOUR OWN PUZZLE



Answer key: See page 8.

EXPLORE*Alexandria*

Answer key:
See page 8.

Directions: Use the clues to fill in the crossword with places, facts & fun things about the City of Alexandria. Need help? Think local landmarks, parks & history!

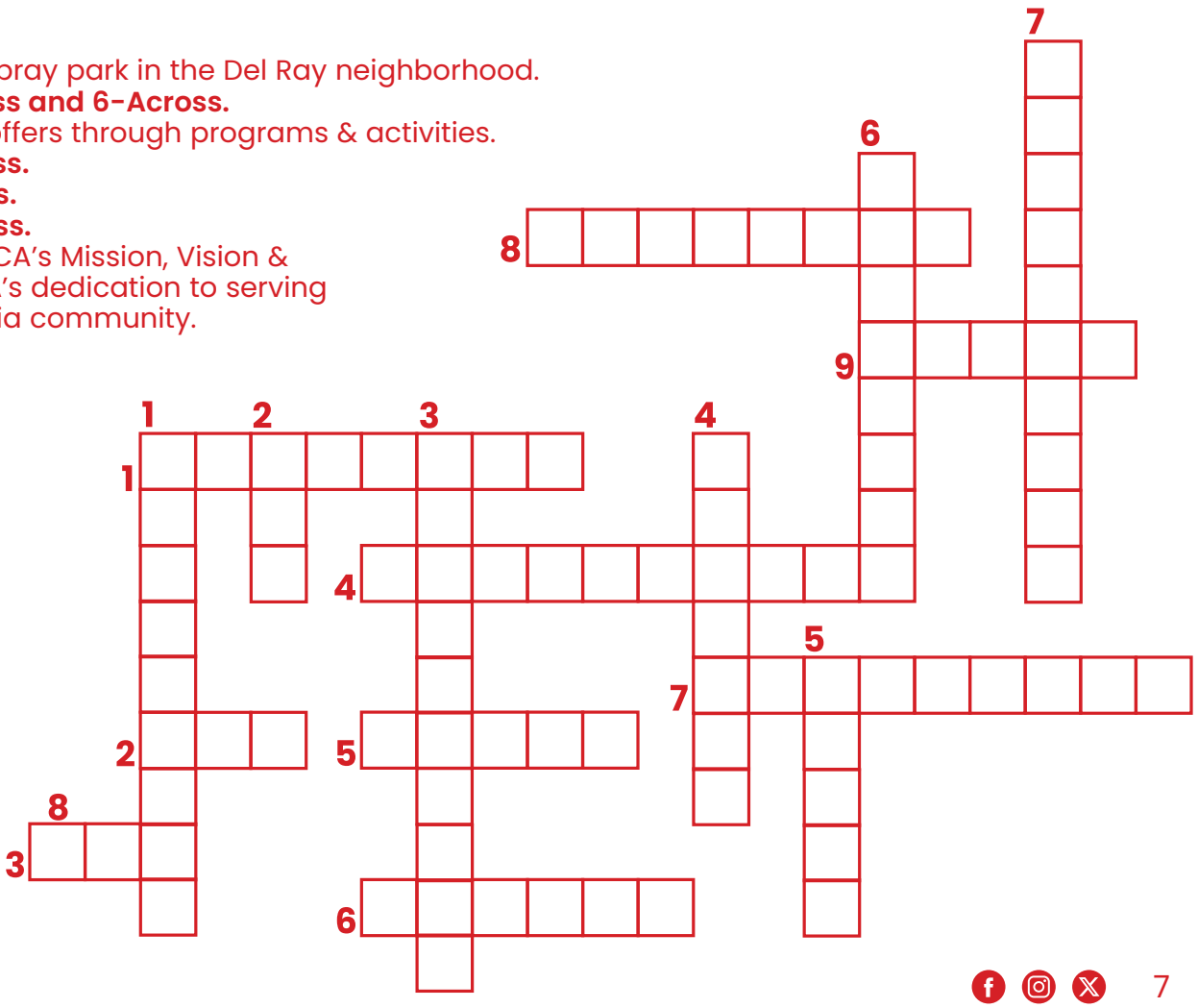
Across

1 With 4-Across. One of the three divisions of RPCA.
2 A network of local mentoring programs available for Alexandria's youth & young adults in need - abbr.
3 With 6-Across and 2-Down. Name of the dynamic arts vehicle that engages artists & residents.
4 See 1-Across.
5 Green spaces that make our City a great place to live, play & enjoy.
6 With 3-Across and 2-Down.
7 With 4-Down. City-managed lands, parks & natural areas that are protected & cared for by RPCA.
8 With 6-Down. City programs celebrating poetry & literature.
9 With 5-Down. Kudzu munchers at All Veterans Park.

	4		3	5			1	8
	2		7	4				
							4	
		3		6				1
5	6			3			7	
1			4					
	3		2				6	
		7						9
			6	8				

Down

1 Brand new spray park in the Del Ray neighborhood.
2 With 3-Across and 6-Across.
3 What RPCA offers through programs & activities.
4 With 7-Across.
5 See 9-Across.
6 With 8-Across.
7 Based on RPCA's Mission, Vision & Values. RPCA's dedication to serving the Alexandria community.





Find a Park

Connecting you to active & open spaces in your neighborhood.

Search parks by your favorite amenity!
Visit alexandriava.gov/Parks/Find-a-Park to find nearby parks, community centers, playgrounds, trails, and more.

Financial Assistance

Our department wants everyone to have access to safe and equitable recreation opportunities for all ages, levels and abilities. If you are in need of financial assistance to participate in any of our programs, apply now!

For details, visit **alexandriava.gov/RPCA.**

ANSWER KEY

Across 1 Cultural **2** AMP **3** Art
4 Activities **5** parks **6** Mobile **7** Resources
8 Literary **9** goats **Down 1** Colasanto
2 Lab **3** recreation **4** Natural **5** sheep
6 Programs **7** commitment

7	4	9	3	5	2	6	1	8
8	2	6	7	4	1	5	9	3
3	1	5	8	9	6	7	4	2
4	7	3	9	6	5	2	8	1
5	6	2	1	3	8	9	7	4
1	9	8	4	2	7	3	5	6
9	3	1	2	7	4	8	6	5
6	8	7	5	1	3	4	2	9
2	5	4	6	8	9	1	3	7

Get Involved

The City of Alexandria Department of Recreation, Parks, and Cultural Activities provides many ways to be active and connect with neighbors. Help shape your community by volunteering.

For available opportunities, visit alexandriava.gov/Volunteer.

RPCA Resources



Your Experience MATTERS

At the City of Alexandria's **Department of Recreation, Parks & Cultural Activities,** we're committed to delivering service that's responsive, professional, courteous & accountable. Your input helps us grow & improve.

Tell us how we're doing by completing a quick survey:

alexandriava.gov/RPCA/Experience-Survey

SCAN ME

A wide variety of opportunities are available throughout the year, including:

- Advisory Councils
- Patrick Henry Recreation Center
- Charles Houston Recreation Center
- Chinquapin Park Recreation Center & Aquatics Facility
- Leonard "Chick" Armstrong Recreation Center
- Mount Vernon Recreation Center
- William Ramsay Recreation Center
- Youth Sports
- Therapeutic Recreation
- Youth Sports Coaches
- Therapeutic Rec Aide
- Program Support
- Greeter
- Administrative Support
- Park Clean-up & Planting
- Special Event Support

FREE WEEKLY ACTIVITIES

Please contact the center to confirm dates.

SUNDAY

Pickleball
Charles Houston | 1-3 p.m.
(1st and 3rd Sundays of the month)

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.

Senior Walking Group
William Ramsay | 10:45-11:30 a.m.

A fun, social way for older adults to stay active, enjoy the outdoors & connect with others. Walk at a comfortable pace & build endurance. All fitness levels welcome!

***Coffee Social Hour**
Leonard Armstrong | 11 a.m.-12 p.m.
(4th Monday of the month)

Enjoy coffee & cake with new & old friends. This activity rotates through the month.

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 | 10:45 a.m.-2 p.m.
Patrick Henry | 6-8:45 p.m.

Senior Mahjong Game Time
Mount Vernon | 10:30 a.m.-12:30 p.m.
(1st & 3rd Wednesdays of the month)

Whether you're an experienced player or new to the game, come learn, sharpen your skills & enjoy some friendly competition. Spend the morning connecting with others, exercising your mind & making new friends in a welcoming, relaxed setting.

Senior Walking Group
William Ramsay | 10:45-11:30 a.m.

THURSDAY

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

Chair Tai Chi
Leonard Armstrong | 10 a.m.-11 a.m.

This is a safe, self-directed Fu Style sitting Tai Chi. Verbal cues for breathing & relaxation integrate smoothly with natural movements to energize the body & alleviate stressors.

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

Knitters of all skill levels gather to create items like scarves, hats & blankets. Please bring your own materials.

Table Tennis & Pool
Leonard Armstrong | 10-11:30 a.m.

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

Senior Book Club & Coffee Chat
Mount Vernon | 10 a.m.-12 p.m.
(1st Thursday of the month)

Share your love of reading through engaging group discussions, favorite books & meaningful conversations over a warm cup of coffee. Exchange ideas, discover new books, meet fellow readers & build lasting friendships.

Senior Puzzles & Coffee
Mount Vernon | 10 a.m.-12 p.m.
(2nd Thursday of the month)

Enjoy a relaxing morning of puzzles, coffee & good company! Challenge your mind, work together or on your own & connect with others in a welcoming social setting.

FRIDAY

Del Ray Robust Walking Group
Mount Vernon | 9-10 a.m.

BINGO
Mount Vernon | 10 a.m.-12 p.m.
(Every 1st Friday of the month)

Enjoy a fun-filled session of Senior BINGO — a classic game of chance, prizes & friendly competition!

***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 | 6:30-10 p.m.
(3rd Friday of the month)

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

SATURDAY

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

LOCATIONS



Charles Houston
901 Wythe St., 22314
703.746.5552
*M-Th: 9am-9pm,
F-Sa: 9am-10pm, Su: 1-5pm*



Jerome "Buddie" Ford Nature Center
5750 Sanger Ave., 22311
703.746.5559
W-Sa: 10am-4pm



Leonard "Chick" Armstrong
25 West Reed Ave., 22305
703.746.5554
*M-F: 9am-1:30pm & 6-9pm,
Sa: 9am-6pm*



Chinquapin Park Recreation Center & Aquatics Facility
3210 King St., 22314
703.746.5553
*M-Th: 6 am-9pm, F: 6am-6pm
Sa-Su: 8am-6pm*



Lee Center
1108 Jefferson St., 22314
703.746.5414
Registration & Reservation Office
M-F: 9am-7pm



Minnie Howard Aquatics Facility
3795 W. Braddock Rd., 22314
703.746.5479
Please view the website alexandriava.gov/Aquatics for the most up-to-date schedule.

*Hours subject to change. Programs may occur outside of operating hours, which may change. Call the center or scan the QR code for the full schedule, including specific hours for teens, special hours, or holiday hours.

SCAN ME



Mount Vernon
2701 Commonwealth Ave., 22301
703.746.5556
**M-F: 9am-9pm, Sa: 9am-6pm*



Nannie J. Lee
1108 Jefferson St., 22314
703.746.5550
Open only for pre-scheduled programming.



Oswald Durant
1605 Cameron St., 22314
703.746.5560
Open only for scheduled programs & rentals.



Patrick Henry
4653 Taney Ave., 22304
703.746.5557
**M-Th: 9am-9pm, F: 9am-11pm*
Sa: 9am-6pm



Torpedo Factory Art Center
105 N. Union St., 22314
703.746.4570
**M-Su: 10am-6pm*



William Ramsay
5650 Sanger Ave., 22311
703.746.5558
**M-F: 9am-9pm, Sa: 9am-6pm*

- Arts & Crafts Room *Small/Large Room*
- Boxing Ring
- Computer Lab
- Dance Studio *Small Room*
- Game Room
- Gymnasium
- Kitchen
- Meeting Rooms *Small/Large Room*
- Multi-Purpose Room *Small/Large Room*
- Performance *Small/Large Room Auditorium*
- Swimming Pool
- Soft Playroom Playspace, Sensory Room
- Racquetball Court
- Weight/Fitness Room
- Exhibit Space
- Available for Rental *Rental hours may exceed operating hours.*

UPCOMING EVENTS



Northern Virginia Senior Olympics

Ready to Play?

Adults 50+ can compete, stay active and have a little friendly competition with events like swimming, cycling, pickleball, bowling, Scrabble and more!

Pick your event. Bring your game. Register for the Northern Virginia Senior Olympics at **nvso.us.**

FREE

27 JAN — SENIOR CRAFT DAY

10:30 A.M.-12:30 P.M.
MOUNT VERNON REC CENTER

Seniors are invited to enjoy a relaxing and creative morning filled with hands-on crafts, artistic expression, and fellowship. Whether you're an experienced crafter or trying something new, this is a wonderful opportunity to explore your creativity, connect with friends, and make something special to take home. Come enjoy great company, share ideas, and let your creativity shine!

FREE

12 FEB — SENIOR VALENTINE'S DAY TEA PARTY

11 A.M.-1 P.M.
PATRICK HENRY REC CENTER

Celebrate love and friendship at our Senior Valentine's Day Tea Party! Join us for an afternoon of delightful tea, delectable treats, and heartwarming conversations. Share stories, enjoy live music, and create cherished memories with fellow seniors in a charming, heart-themed setting. A perfect way to celebrate the season of love!

FREE

5 FEB — SENIOR DAY TRIP

9 A.M.-2 P.M.
MOUNT VERNON REC CENTER

Join us for a fun-filled shopping excursion to Arundel Mills Mall! Seniors are invited to enjoy a day of shopping, browsing favorite stores, exploring new finds, and socializing with friends. Whether you're looking for something special or simply want to enjoy a change of scenery, this trip offers a wonderful opportunity to get out, connect, and enjoy the day together.



for more events, *visit*
alexandriava.gov/RPCA/Events

FREE

SEASONAL HIKES

4-5 P.M.
JEROME "BUDDIE" FORD NATURE CENTER

8 JAN **5 FEB** **5 MAR** **2 APR**

Open to all ages.
Explore Dora Kelley Nature Park with an Environmental Educator or guest presenter. Observe changes as plants and animals awaken for the spring. Hikes will have a different theme each month.

Where to Find the Nature Center:
5750 Sanger Ave.

Hours
W-Sa 10 a.m.-4 p.m. year-round excluding holidays

Visit online to learn more:
alexandriava.gov/NatureCenter



fitness pass

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

Valid at the following recreation centers:

Charles Houston
Leonard "Chick" Armstrong
Patrick Henry
William Ramsay

Aquatics & Fitness Center Pass

Valid at all aquatics facilities & fitness centers.

Fitness Passes*	Resident	Nonresident
Daily Visit	$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.

SUPER ABILITIES IN ACTION

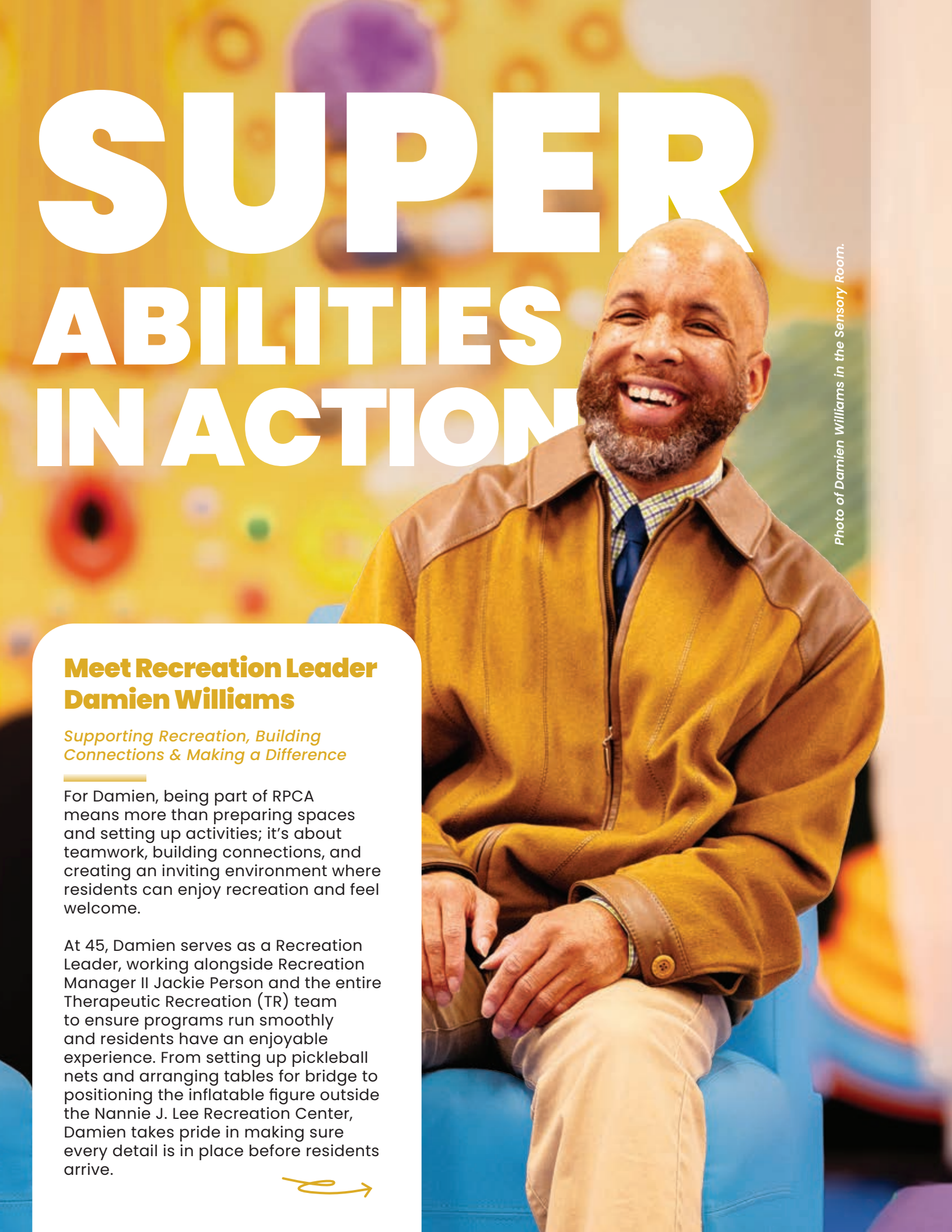


Photo of Damien Williams in the Sensory Room.

Meet Recreation Leader Damien Williams

Supporting Recreation, Building Connections & Making a Difference

For Damien, being part of RPCA means more than preparing spaces and setting up activities; it's about teamwork, building connections, and creating an inviting environment where residents can enjoy recreation and feel welcome.

At 45, Damien serves as a Recreation Leader, working alongside Recreation Manager II Jackie Person and the entire Therapeutic Recreation (TR) team to ensure programs run smoothly and residents have an enjoyable experience. From setting up pickleball nets and arranging tables for bridge to positioning the inflatable figure outside the Nannie J. Lee Recreation Center, Damien takes pride in making sure every detail is in place before residents arrive.

Damien's journey with RPCA began in 2002, when he joined the department as an Equipment Room Assistant. Since then, he has continued to grow professionally while building lasting relationships with colleagues and community members. His behind-the-scenes contributions play an important role in creating meaningful recreational experiences for residents of all abilities.

RPCA is proud to recognize Damien for his dedication, teamwork, and positive attitude. His willingness to lend a helping hand and commitment to supporting others reflect the spirit of service that makes our recreation centers welcoming places for everyone.



Get to know Damien!

What do you enjoy most about working at RPCA?

I enjoy the friendly environment. I like working alongside my coworkers, helping them setup for Bridge Club and indoor pickleball. I appreciate being a part of a team where everyone works together to make a difference.

Where do you see yourself in five years?

I hope to work at my cousin's restaurant, Mr. Charles Chicken and Fish 2 and explore the next chapter of my journey.

Discover the Benefits of Therapeutic Recreation in Alexandria

Creating inclusive opportunities for connection, confidence, growth, and joy for residents of all abilities.

At the City of Alexandria's Department of Recreation, Parks and Cultural Activities (RPCA), recreation is more than an activity. It is a way to build friendships, develop life skills, discover new interests, and create a sense of belonging. Through its Therapeutic Recreation Program, RPCA provides children and adults of varying abilities with opportunities to participate, grow, and experience the joy of recreation in a supportive environment that celebrates individual strengths.

At the heart of this work is Jackie Person, Recreation Manager II for RPCA's Therapeutic Recreation Program, who has dedicated more than 14 years to serving the Alexandria



Photo of a child participant in the Sensory Room at Nannie J. Lee Recreation Center.

community at Nannie J. Lee Recreation Center. Throughout her career, Person has helped create an environment where participants feel welcomed, encouraged, and celebrated.

Her philosophy is simple: rather than defining people by disabilities or limitations, she embraces the term "Super-abilities" to recognize the unique strengths, perspectives, and potential each individual brings.

"What some people may view as a challenge, I see as an opportunity," reflects her approach. Every interaction is a chance to learn, grow, and better understand the world through someone else's perspective.

Recreation That Makes a Difference

RPCA's Therapeutic Recreation Program provides meaningful recreational experiences that encourage personal development, social connection, and greater independence. With inclusive activities and individualized support, participants can explore interests, build relationships, and develop skills that carry into everyday life.

The program supports participants in several important ways:

Building Social Connections: Group activities and shared experiences create opportunities to make friends, practice communication and teamwork, and develop a stronger sense of belonging.

Encouraging Confidence and Independence: Learning a new skill, trying an activity, or reaching a personal goal helps participants build confidence, make choices, express themselves, and celebrate progress at their own pace.

Supporting Physical and Emotional Well-Being: Movement, games and creative activities encourage physical wellness, coordination and emotional expression while providing opportunities for laughter, relaxation and stress relief.

Creating Opportunities for Learning: Recreational experiences help participants practice problem-solving, communication, adaptability and daily routines, all in engaging environments tailored to their interests and special abilities.

Supporting Families and Caregivers: Inclusive programming gives families opportunities to connect with community resources, build relationships, and feel supported while their loved ones participate in meaningful activities.

A Commitment to Inclusion, One Participant at a Time

Behind every successful therapeutic recreation experience is a team committed to making participants feel safe, respected, and excited to return. During her more than two decades at Nannie J. Lee Recreation Center, Person has trained and mentored numerous staff members to provide thoughtful, engaging, and supportive experiences for Alexandrians with Super-abilities.

Her leadership emphasizes understanding each participant as an individual, recognizing their strengths and creating opportunities for meaningful participation. By equipping staff to support a range of needs, the program helps build a culture of inclusion that extends beyond the recreation center.

These experiences benefit the entire community. When participants, staff, families, and neighbors interact and learn from one another, they have opportunities to develop empathy, challenge assumptions, and appreciate different abilities and perspectives.

Therapeutic recreation is about more than making activities accessible. It is about creating an environment where everyone feels welcomed, valued, and encouraged to participate.

Looking Ahead: Expanding Opportunities Across Alexandria

As community needs and interest in inclusive recreation continue to grow, RPCA is exploring opportunities to expand therapeutic recreation offerings to additional recreation centers over the next several years.

The goal is to reach more children and adults, give families greater access to recreational resources in their own neighborhoods, and create more opportunities for meaningful participation. This expansion will also help more recreation center staff and community members learn about inclusion and the importance of making recreation welcoming to everyone.

Discover Your Super-Abilities

The RPCA Therapeutic Recreation Program demonstrates how recreation can bring people together, open doors to new experiences, and strengthen the Alexandria community.



Photo of a child participant in the Sensory Room at Nannie J. Lee Recreation Center.

Through the dedication of Jackie Person and the staff who support participants every day, the program reinforces an important message: everyone deserves the opportunity to play, learn, connect, and thrive.

Whether it is making a new friend, discovering a talent, or celebrating a personal milestone, every experience matters. When everyone has the opportunity to participate and shine, the entire community benefits.

At RPCA, inclusion is an invitation to belong, and every Super-ability deserves the opportunity to shine.



Photo of Recreation Manager II, Jackie Person (left), alongside the Therapeutic Recreation staff and participants in the Sensory Room at Nannie J. Lee Recreation Center.

Learn More:

Alexandria residents and families interested in therapeutic recreation are encouraged to contact RPCA or visit **alexandriava.gov/RPCA/Therapeutic-Recreation** for information about available programs, eligibility, registration, and future offerings.

DEPARTMENT OF
RECREATION, PARKS &
CULTURAL ACTIVITIES

Senior Holiday Celebration

DECEMBER 11 | 10:30 A.M.–1 P.M.
LEE CENTER, 1108 JEFFERSON ST.

Luncheon · Route 66 Band · Door Prizes

RSVP by calling **703.746.5676** or sign up at your Senior Center by **December 1**.

For ADA accommodation, please call **703.746.5422** or TTY 703.535.5784 one week prior to the event.

Sponsors

Successful Aging Committee, Department of Community & Human Services, Department of Recreation, Parks & Cultural Activities, Senior Services of Alexandria, Alexandria Redevelopment & Housing Authority, and Catholic Charities.

Apply to Bring Alexandria's Mobile Art Lab To Your Event

Applications for the 2027 year close on Monday, February 1, 2027. A virtual information session will be held Thursday, January 7, 2027, and selected applicants will be notified by Friday, February 19, 2027.



Learn more and Apply Here: alexandriava.gov/arts/artlab

For questions, call 703.746.5407 or email artlab@alexandriava.gov.