



RECREATION FOR AGES 55 & UP



It's all inside...

Fitness Passes, Classes, Activities and Sports

FALL FEATURES

2023 NORTHERN VIRGINIA SENIOR OLYMPICS

September 9-24, 2023

Adults ages 50 to 100+ years of age will complete in more than 50 events including track, swimming, golf, bowling, line dancing, cycling, pickleball, bridge, scrabble, table tennis, and many more. For more information visit the NVSO at www.nvso.us.

SOCIAL MIXER

Friday, September 22, 2023

12-2 p.m., Location: PH

Enjoy a fun-filled gathering as we serve refreshments and create a warm and inviting atmosphere for you to make new friends.



ROBUST WALKATHON

Tuesday, September 26, 2023

10 a.m.-12 p.m.

Location: Ben Brenman Park

We're putting the FUN in fundraising with a healthy walking workout. Rain date October 3. Register at www.seniorservicesalex.org or call 703.836.4414.



FALL FESTIVAL

Friday, October 20, 2023

12-2 p.m.

Location: PH

Engage in a variety of fall-themed games, enjoy crafts, music, delicious food, and endless fun in a festive celebration of autumn!

FALL HARVEST LUNCHEON

Friday, November 17, 2023

12-2 p.m.

Location: PH

Enjoy a delectable meal infused with seasonal flavors while engaging in lively games, crafting activities, making new friends, and relishing in uplifting music.



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

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, 703.746.5541
 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	\$55	\$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 60 and older receive are eligible to receive 20% discount on daily and monthly passes.

CLASSES FOR 55+

STAYING ACTIVE AND INDEPENDENT FOR LIFE-STANDING (SAIL)

Tuesdays & Thursdays, 11 a.m. -12 p.m.

Sept. 5 - Nov. 30, Location: PH

Wednesdays & Fridays, 11 a.m. -12 p.m.

Sept. 6 - Dec. 1, Location: WR

This is an evidence-based strength, balance, and fitness program for older adults. Performing exercises that improve strength, balance and fitness are the single most important activity that 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. Activity #214024.

SENIOR STRETCHING

Mondays, 11:30 a.m.-12:30 p.m.

Sept. 11 - Oct. 30 &

Nov. 6 - Dec. 11, Location: PH

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

Activity #214012.



SENIOR CARDIO & WEIGHT TRAINING

Wednesdays, 12-1 p.m.

Sept. 6 - Oct. 11 & Oct. 18 - Dec. 6, Location: PH

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. Activity #214011.

SENIOR BODY PART AEROBICS

Mondays, 10-11 a.m.

Sept. 11 - Oct. 30 & Nov. 6 - Dec. 11, Location: PH

This is a low-intensity fitness program targeting specific muscle groups. It improves cardiovascular endurance, strength, balance, and coordination. Participants use equipment like resistance balls or light weights and are guided by an instructor. \$55. Activity #214100.



ADVANCED SENIOR BODY PART AEROBICS

Fridays, 10-11 a.m.

Sept. 8 - Oct. 13 & Nov. 3 - Dec. 15, Location: PH

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. Activity #214027.

WALK & FIT TRAINING

Wednesdays, 9-10 a.m.

Sept. 6- Oct. 11 & Oct. 18- Dec. 6, Location: PH

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. Activity #214007.

SENIOR TRAILBLAZERS

Thursdays, 9-10:30 a.m., Sept. 9 - Dec. 14, Location: PH

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. Free. Activity #214023.

LOCATIONS

- CH Charles Houston Recreation Center**
901 Wythe St., 22314, 703.746.5552
- CQ Chinquapin Park Recreation Center & Aquatics Facility**
3210 King St., 22302, 703.746.5553
- CK Leonard "Chick" Armstrong Recreation Center**
25 West Reed Ave., 22305, 703.746.5554
- MV Mt. Vernon Recreation Center**
2701 Commonwealth Ave., 22301, 703.746.5556
- NL Nannie J Lee Recreation Center**
1108 Jefferson St., 22314, 703.746.5550
- PH Patrick Henry Recreation Center**
4653 Taney Ave., 22304, 703.746.5541
- WR William Ramsay Recreation Center**
5650 Sanger Ave., 22311, 703.746.5558

FREE ACTIVITIES & SPORTS WEEKLY CALENDAR

Sunday

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

Monday

9-10 a.m. Del Ray Walking Group MV

9:30 – 11:30 a.m. Bingo WR

10-11 a.m. Zumba CK

10 a.m.-12 p.m. Art MV

10:45 a.m.-12:45 p.m. Pickleball NL

Tuesday

9-10 a.m. Walking Club CK

9:30 a.m.-12:30 p.m. Pickleball PH

10 – 11 a.m. William Ramsay Walks WR

10:15-11:15 a.m. Dance Fitness CK

11 a.m.-1 p.m. Del Ray Seniors MV

10:45 a.m.-12:45 p.m. Pickleball NL

11 a.m.-12 p.m. Coffee Social Hour CK

Wednesday

9-10 a.m. Del Ray Walking Group MV

10-11 a.m. Zumba CK

Wednesday continued

11:30 a.m.-2 p.m. Pickleball PH

6-7:30 p.m. Pickleball PH

Thursday

9-10 a.m. Walking Club CK

9 a.m.-12 p.m. Pickleball CH

10 a.m.-2 p.m. Knitting MV

10-11:30 p.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 Fri.) 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

Free activity and sport descriptions on next page.

FREE ACTIVITIES



55+ GAME NIGHTS Play table games and cards while enjoying entertainment, refreshments, and new friends.

ART Begin with sketching and progress through various visual arts mediums with assistance from professional artists. \$9 for materials fee.

BINGO Join the William Ramsay Recreation Center for fun with friends. Senior BINGO is a time to connect with others and have fun. Light refreshments provided.

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.

KNITTING Knitters at various skill levels socialize and knit scarves, hats, sweaters, blankets, etc. Bring materials.

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! Sept.-Nov. 2023. Contact the Center to confirm.

WILLIAM RAMSAY WALKS Connect with others while gently raising your heartrate. Walking will take place inside and outside weather permitting.

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.

Adult Sport Leagues vary by season. View a complete listing at alexandriava.gov/Recreation, pick up a Program Guide from any Recreation Center or call 703.746.5409.

Senior Services of Alexandria (SSA)

Provides Meals on Wheels, DOT transportation, a speaker series and a monthly cable television production, *Senior Living in Alexandria*.

www.seniorservicesalex.org, 703.836.4414.

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 list of all programs, visit alexandriava.gov/Recreation