



RECREATION FOR AGES 55 & UP



It's all inside...

Fitness Passes, Classes, Activities, and Sports

WINTER FEATURES



51ST MARTIN LUTHER KING JR. WINTER MEMORIAL PROGRAM

Monday, January 15, 4 p.m.

Location: George Washington Masonic Memorial (101 Callahan Dr)

Please join us for a celebration of the life, dream, and legacy of Dr. Martin Luther King Jr. The program is sponsored by the City of Alexandria in cooperation with local religious, spiritual, civic and social organizations. Annually, the citizen-led, volunteer Committee plans an interfaith, intergenerational, multi-racial and ethnic program embodying the principles of its founder and espousing such values of diversity and inclusivity revered by Dr. King.

REGISTER NOW: drkingmemorialprogram.org/annual-commemoration



SENIOR WINTER CRAFTING WORKSHOP

Friday, January 26, 11 a.m. - 1 p.m.,

Location: Patrick Henry Recreation Center (4653 Taney Ave.)

Designed exclusively for seniors, this program offers a variety of seasonal crafting activities, from making handcrafted ornaments to knitting warm scarves. Connect with fellow seniors while honing your crafting skills in a warm, welcoming atmosphere.
Activity # 384013 - 01



SENIOR VALENTINE'S DAY PARTY

Wednesday, February 14, 11 a.m. - 1 p.m.

Location: Patrick Henry Recreation Center (4653 Taney Ave.)

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! Activity # 384013 - 02



SENIOR SPRING CLEANING AND DECLUTTERING SEMINAR

Friday, March 15, 11 a.m. - 1 p.m. | Location: Patrick Henry Recreation Center (4653 Taney Ave.)

Learn expert tips to efficiently declutter your space, discover organization hacks, and embrace the rejuvenating power of a clean environment. Join us to make your spring brighter, your home lighter, and your life more organized. Activity # 384013 - 03

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	\$44	\$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 55 and older receive are eligible to receive 20% discount on fitness passes and classes.

CLASSES FOR 55+

STAYING ACTIVE AND INDEPENDENT FOR LIFE-STANDING (SAIL)

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

Jan 9 - Mar 26 & Jan 11 - Mar 21, Location: PH

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

Jan 3 - Mar 20, Location: WR

Stay Active and Independent for Life (SAIL) is an evidence-based strength, balance, and fitness program for adults 65 and older. Performing exercises that improve strength, balance, and fitness are the most critical activities 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. No Class on Feb. 16 @ WR. Activity #314028

SENIOR STRETCHING

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

Jan 8 - Mar 18, 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. \$75. Activity #314012

SENIOR CARDIO & WEIGHT TRAINING

Wednesdays, 12 -1 p.m.

Jan 10 - Feb 14 & Feb 21 - Mar 27, 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 #314011

SENIOR BODY PART AEROBICS

Mondays, 10 -11 a.m.

Jan 8 - Mar 18, Location: PH

Senior Body Part Aerobics is a low-impact fitness program that incorporates an aerobics workout and everyday movements to tone and sculpt the body, while using a chair for stability. \$75. Activity #314005

ADVANCED SENIOR BODY PART AEROBICS

Fridays, 10 - 11 a.m.

Jan 12 - Feb 16 & Feb 23 - Mar 23, Location: PH

Advanced Senior Body Part Aerobics 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 #314027

WALK & FIT TRAINING

Wednesdays, 9 - 10 a.m.

Jan 10 - Feb 14 & Feb 21 - Mar 27, 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 #314001

SENIOR TRAILBLAZERS

Thursdays, 9 - 11:30 a.m., Mar 7 - 28, Location: PH

Calling all active seniors! Join our Senior Trailblazers and 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. Lace-up your shoes and become a Senior Trailblazer today! Free. Activity #314024

LOCATIONS

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

FREE ACTIVITIES & SPORTS WEEKLY CALENDAR

Free activity and sport descriptions on the next page

SUNDAY

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

MONDAY

9 - 10 a.m.	Del Ray Walking Group	MV
10 - 11 a.m.	Zumba	CK
12 - 2 p.m.	Pickleball	NL

TUESDAY

9 - 10 a.m.	Walking Club	CK
9:30 a.m. - 12:30 p.m.	Pickleball	PH
10:15 - 11:15 a.m.	Dance Fitness	CK
11 a.m. - 1 p.m.	Del Ray Seniors	MV
11 a.m. - 12 p.m.	Coffee Social Hour	CK
12 - 2 p.m.	Pickleball	NL

WEDNESDAY

9 - 10 a.m.	Del Ray Walking Group	MV
10 - 11 a.m.	Zumba	CK
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 - 11:30 a.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. Friday)	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
1 - 3 p.m.	Hand Dancing	MV

FREE ACTIVITIES

55+ GAME NIGHTS

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



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.

HAND DANCING

Come out and join the fun. Learn very smooth footwork and movements, and close-in and intricate hand-turns, all danced to a 6-beat, 6 to 8 count dance rhythm. It is a close-contact swing dance.

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! Contact the Center to confirm.

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.

SENIOR SERVICES OF ALEXANDRIA (SSA)

SSA is a local non-profit organization that offers support and 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 and a Senior Ambassador Program. For more information, call 703.836.4414 x110, or visit www.seniorservicesalex.org.

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 full listing of programs, visit:

ALEXANDRIA.GOV/RECREATION

Winter 2024