

FALL 2025

Recreation for Seniors

**Ages
55+**

Golden Season, Active You!

Celebrate the season with activities designed to keep you learning, moving, and thriving — from sports and wellness programs to enriching hobbies and social connections.



What's inside?

Fitness Passes • Classes • Senior Services
Social Activities • Free Events • Sports

What's new?

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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.

Buddie Ford Nature Center

First Friday Bird Count

Fridays, 9–11 a.m. | **Free**

September 5, October 3,
November 7, December 5

Join an environmental educator on the first Friday of the month for a morning bird count. Participants will observe a variety of species in Dora Kelly Nature Park as the seasons change and contribute data to conservation efforts. Binoculars will be available to loan. All experience levels are welcome.

Invasive Plant Hike

Sundays, 8:30–10:30 a.m. | \$5

September 14, October 12,
November 9, December 14

Take a guided walk to learn how to identify native vs. invasive plants & why it matters. Help remove invasives—bring gloves & clippers if you can & dress for thorns.

Chinquapin

Aquatic Exercise for Seniors

Tuesdays & Thursdays, September 23–
December 18 | 8:15–9 a.m. | \$339

Tuesdays & Thursdays, September 23–
December 18 | 9:30–10:15 a.m. | \$339

This low-impact class is great for all fitness levels & helps improve strength, heart health, flexibility & balance—while easing joint pain. It's a fun way to meet new friends & move with purpose. Drop-in: \$20. No class 11/28. Questions? Call Candice at 703.863.1898.

Low Impact Aquatic Exercise for Seniors

Monday, TBD | 9–9:45 a.m. | \$20

Gentle movement in the warm therapy pool. Stretch, balance & move with ease in this 90° low-impact class—perfect for those seeking a joint-friendly, no-jumping workout. Drop-in: \$20. Questions? Call Candice at 703.863.1898.

Patrick Henry

Senior Body Part Aerobics

Mondays, September 8–October 27
10–11 a.m. | \$55

Mondays, November 3–December 15
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, September 8–October 27
11:30 a.m.–12:30 p.m. | \$59

Mondays, November 3–December 15
11:30 a.m.–12:30 p.m. | \$59

This low-impact stretching class is designed for seniors to improve their range of motion, increase circulation, decrease potential injury & improve rest.

Walk & Fit Training

Wednesdays, September 10–October 15
9:15–10:15 a.m. | \$55

Wednesdays, October 29–December 10
9:15–10:15 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, September 10–October 15
12–1 p.m. | \$55

Wednesdays, October 29–December 10
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.

Patrick Henry

Advanced Senior Body Parts Aerobics

Fridays, September 12–October 17
10–11 a.m. | \$75

Fridays, October 31–December 12
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.

Stay Active & Independent for Life (SAIL)

Free

Tuesdays & Thursdays, September 16–
December 11
9:30–10:30 a.m.

Tuesdays & Thursdays, September 16–
December 11
11 a.m.–12 p.m.

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

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 Trailblazers | **Free**

Thursdays, September 18–November 27
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.

Chair Yoga: Gentle Movement for Body & Mind

Fridays, September 19–October 24
9:30–10:30 a.m. | \$55

Fridays, October 31–December 12
9:30–10:30 a.m. | \$55

This gentle class uses a chair for support during seated & standing poses to improve flexibility, balance & relaxation. Great for older adults, beginners, or anyone seeking low-impact movement.

Tai Chi: Gentle Movement for Balance & Wellness

Mondays, September 22–November 3
9:30–10:30 a.m. | \$55

Mondays, November 10–December 15
9:30–10:30 a.m. | \$45

This slow, flowing practice improves balance, flexibility & joint health while promoting relaxation. Ideal for all fitness levels & great for fall prevention.

Sugar Feet: Line Dancing 101

Mondays, September 22–November 3
10:30–11:30 a.m. | \$65

Mondays, November 10–December 15
10:30–11:30 a.m. | \$65

Experience new dance moves with lively music & supportive company at our intermediate line dance class. Enhance your dancing skills, footwork & rhythm in a friendly environment.

Patrick Henry

Sugar Feet: Line Dancing 102

Mondays, September 22–November 3
11:30 a.m.–12:30 p.m. | \$65

Mondays, November 10–December 15
11:30 a.m.–12:30 p.m. | \$65

Experience new dance moves with lively music & supportive company at our intermediate line dance class. Enhance your dancing skills, footwork & rhythm in a friendly environment.

Stick & Stretch Fitness

Tuesdays, September 23–October 28
9:30–10:30 a.m. | \$55

Tuesdays, November 4–December 16
9:30–10:30 a.m. | \$55

Embrace vitality with this program that offers gentle exercises promoting flexibility, strength & balance. Led by experienced instructors, each session focuses on enhancing mobility & overall wellness.

Rockin' Maracas: Line Dancing

Thursdays, September 25–October 30
10:30–11:30 a.m. | \$55

Thursdays, November 6–December 11
10:30–11:30 a.m. | \$55

Master advanced dance moves, footwork & rhythms at our Advanced Line Dance Class. Join fellow dancers to enhance your skills & enjoy the fun.

William Ramsay

Line Dancing

Tuesdays, September 2–October 7
10–11 a.m. | \$65

Fridays, September 5–October 10
7–8 p.m. | \$65

Join us for a fun, low-impact & energizing line dancing class designed specifically for adults aged 55+. Whether you are new to dancing or have some experience, this class offers a welcoming & supportive environment to help you move to the beat, improve your coordination & boost your overall fitness. No partner or previous dance experience is required!

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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

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.

*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!

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.

Saturday

Del Ray Walking Group

Mount Vernon | 9-10 a.m.

Table Tennis

Mount Vernon | 9 a.m.-3 p.m.

Tai Chi

Mount Vernon | 11 a.m.-12 p.m.

Friday

Del Ray Walking Group

Mount Vernon | 9-10 a.m.

BINGO

Mount Vernon | 10 a.m.-12 p.m.

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

*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.

***Contact the Center to confirm dates.**



Fall Warmth & Winter Wonders



FREE*

Senior Day Trip to the Apple Orchard

Friday, September 19 | 9:30 a.m.-2 p.m.

Leonard "Chick" Armstrong

*RSVP Required. Trip is free, but must purchase at least **one** container of fruit.



FREE

Senior Harvest Tea

Wednesday, November 12 | 11 a.m.-12 p.m.

Mount Vernon

Celebrate the season with tea, treats & a fall craft! Enjoy sandwiches, sweets, scones & hot tea. **Registration required.**



FREE

Senior Holiday Luncheon

Friday, December 12 | 10:30 a.m.-1 p.m.

Lee Center



FREE

Senior Ugly Sweater Party

Friday, December 19 | 11 a.m.-1 p.m.

Patrick Henry



Visit alexandriava.gov/rpca/seniors for more information.