

2025 Medicare Open Enrollment Events at Rec Centers

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

The Open Enrollment Period 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.

State-certified VICAP counselors will meet you in person at these locations. See back for details.

- Mount Vernon Recreation Center (2701 Commonwealth Ave.)
- Charles Houston Recreation Center (901 Wythe St.)
- Nannie J. Lee Recreation Center (1108 Jefferson St.)
- Leonard “Chick” Armstrong Recreation Center (25 West Reed Ave.)

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

Sign up today! Space is limited. Call 703.746.5712 or email VICAP@alexandriava.gov

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



DEPARTMENT OF
**COMMUNITY &
HUMAN SERVICES**



Get free, unbiased, and confidential in-person assistance from VICAP Counselors.

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.

Tue. Oct. 14 from 9-11:30 a.m. | Information Tables

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

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

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



Nannie J. Lee Recreation Center 1108 Jefferson St.

Fri. Oct. 24 from 9 a.m.-12 p.m. | Sessions by Appointment



Charles Houston Recreation Center 901 Wythe St.

Mon. Nov. 3 from 11 a.m.-12 p.m. | Presentation at Senior Center

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

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



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

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

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

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