

SENIORS

WINTER 2026 EDITION

NEW FEATURES INSIDE

Letter from the Director

Subscribe to the Online Newsletter

Learn About Mentorship

Brain Games

COMMISSION FOR ACCREDITATION OF
PARK AND RECREATION AGENCIES

CAPRA
ACCREDITED



DEPARTMENT OF
RECREATION, PARKS &
CULTURAL ACTIVITIES

Registration Begins
Residents: December 17
Non-residents: December 19

EXPERIENCE **Minnie Howard** AQUATICS FACILITY

DISCOVER THE WARM SIDE OF WELLNESS AT MINNIE HOWARD POOL

Find your balance, soothe your body, and dive into relaxation at Minnie Howard Pool — where wellness and community come together.

Experience the difference of our **90° therapy pool**, perfect for gentle movement, recovery, and our **Aqua Soothe for Arthritis** classes.

Join our pop-up **Floating Sound Baths with Simpson Aquatics**, a one-of-a-kind way to relax your mind and body as sound and water combine for a truly immersive experience.

Located inside the Minnie Howard Campus, our pool **unites ACPS and RPCA in a partnership** that brings **wellness to every age and stage**.

MINNIE HOWARD
AQUATICS FACILITY



Visit Us
3795 W. Braddock Rd.



Learn More and Dive In
ALEXANDRIAVA.GOV/AQUATICS

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NEW FEATURES

Letter From the Director...pg. 2

Get inspired with a special letter from our Director! Hear firsthand about what's ahead, our vision for the season, and why this is one you won't want to miss.

Subscribe to the Newsletter...pg. 2

There's always something new to explore and our newsletter makes sure you're the first to hear about it. Get exclusive previews, registration reminders, and event news, all in one convenient email.

Brain Games...pg. 6

Keep your mind sharp with fun activities for seniors! Enjoy the Explore Alexandria crossword and a spot-the-difference challenge designed to entertain and engage.

Mentoring in Alexandria...pg. 16

For nearly 20 years, RPCA's mentoring programs has connected youth with caring adults, creating 700+ mentoring relationships each year that build confidence, belonging, and lifelong impact.

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.

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.



No class on 12/24, 12/25, 1/1, 1/19, 2/16 & 4/5. PHRC, CHRC & CQRC: Open 9 a.m.-3 p.m. on 1/19 & 2/16. Please contact your program sites for more information.



66

LETTER FROM The Director

Hello Alexandria Seniors,

As winter settles in, I cannot help but think about the warmth, energy, and strong spirit you bring to our community every single day. This season, I am excited to share a lineup of programs and events designed to keep you moving, keep you connected, and help you enjoy meaningful time with friends and neighbors.

We have your favorites on deck, including the Seniors Holiday Celebration, the Senior Ugly Sweater event, and our Valentine's Day Tea Party and Luncheon. These gatherings are the perfect way to celebrate the season with familiar faces and new friends.

We also have plenty of events for all ages. Come enjoy the Line Dance Social, lift your voice at the Black History Poetry Slam and Open Mic, unwind at Family Movie Night, or dive into something new with our Urban Gardening Series.

At the Department of Recreation, Parks and Cultural Activities, we are committed to creating experiences that bring people together and make Alexandria a vibrant and welcoming place for everyone. Our older adult community is truly at the heart of that work, and we appreciate everything you contribute to the spirit of this City.

Thank you for being such an important part of Alexandria. We look forward to seeing you at our upcoming events. Come join the fun with RPCA!

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

SUBSCRIBE
To the
RPCA
COMMUNITY
CONNECTION
MONTHLY NEWSLETTER



scan
here

PROGRAMS • EVENTS • PARK CLOSURES • LATEST NEWS & UPDATES
alexandriava.gov/RPCA/Community-connection

Classes for 55+

Chinquapin

Aquatic Exercise for Seniors

\$339 | 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 onthermoveforwellness.com or call 703.863.1898.

334217-01 | T & Th | Jan 6-Mar 26 | 8:15-9 a.m.

334217-02 | T & Th | Jan 6-Mar 26 | 9:30-10:15 a.m.

Mount Vernon

Pop-Up Chair Yoga: Balance, Strength, Posture

\$15

Join Lisa, Certified Yoga Therapist (C-IAYT/1,000 E-RYT 500) to cultivate empowerment in your body and ease in the mind in a safe and sustainable way. With support from a chair or wall, you'll improve balance, flexibility, mobility, and breath awareness to support healthy lung function.

313155-01 | M | Jan 5 | 9:30-10:30 a.m.

Senior Craft Day

Free

Celebrate the season with tea, cookies, and a festive craft. Registration is required.

353833-01 | W | Dec 10 | 10 a.m.-12 p.m.

Senior Craft Day

Free

Let your creativity shine and experience the joy of making something unique. Registration is required.

353833-02 | W | Jan 21 | 10 a.m.-12 p.m.

353833-03 | W | Feb 11 | 10 a.m.-12 p.m.

Oswald Durant

Chair Yoga: Balance, Strength, Posture

\$225

Join Lisa, Certified Yoga Therapist (C-IAYT/1,000 E-RYT 500) to cultivate empowerment in your body and ease in

the mind in a safe and sustainable way. With support from a chair or wall, you'll improve balance, flexibility, mobility, and breath awareness to support healthy lung function. It is important to be able to transition safely from standing to the floor with the use of the chair for our overall health. We will be moving from the chair to standing and/or to the floor in these series sessions.

313154-01 | W | Jan 7-Mar 18 | 9:30-10:30 a.m.

313154-02 | W | Jan 7-Mar 18 | 11 a.m.-12 p.m.

Pop-Up Chair Yoga: Balance, Strength, Posture

\$15

Join Lisa, Certified Yoga Therapist (C-IAYT/1,000 E-RYT 500) to cultivate empowerment in your body and ease in the mind in a safe and sustainable way. With support from a chair or wall, you'll improve balance, flexibility, mobility, and breath awareness to support healthy lung function.

313155-01 | M | Jan 5 | 9:30-10:30 a.m.

Patrick Henry

Advance Senior Body Parts Aerobics

\$65

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.

314027-01 | F | Jan 16-Feb 20 | 10-11 a.m.

314027-02 | F | Feb 27-Apr 3 | 10-11 a.m.

Bingocize

Free

Combines the fun of bingo with gentle exercise to improve strength, balance, and flexibility. This evidence-based program is perfect for older adults looking to stay active and social in a relaxed setting. Win prizes, move your body, and enjoy healthy competitions in one engaging class!

314032-01 | W & F | Jan 14-Mar 18 | 10-11 a.m.

Chair Yoga: Gentle Movement for Body & Mind

\$55

Chair Yoga is a gentle, accessible yoga class for 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. Perfect for

beginners or anyone seeking low-impact movement in a welcoming environment.

314038-01 | F | Jan 30-Mar 20 | 9:30-10:30 a.m.

Senior Body Part Aerobics

Senior Body Part Aerobics 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.

314005-01 | M | Jan 12-Mar 2 | 10-11 a.m. | \$55

314005-02 | M | Mar 9-Mar 30 | 10-11 a.m. | \$35

Discover, learn, and connect at

ALEXANDRIA LIBRARY



**ALEXANDRIA
LIBRARY**

Visit alexlibraryva.org for more info.

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 14-Feb 18 | 12-1 p.m.

314011-02 | W | Feb 25-Apr 1 | 12-1 p.m.

Senior Trailblazers

Free

Calling all active seniors! Join our Senior Trailblazers program at Patrick Henry Recreation Center. 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!

314024-01 | Th | Jan 22-Mar 26 | 9:30-11:30 a.m.

Stay Active/Independent for Life-Standing (SAIL)

Free

Stay Active and Independent for Life (SAIL) is an evidence-based strength, balance and fitness program for adults 55 and older. 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.

314028-01 | T & Th | Jan 13-Mar 26 | 9:30-10:30 a.m.

314028-02 | T & Th | Jan 15-Apr 2 | 11 a.m.-12 p.m.

Tai Chi: Gentle Movement for Balance & Wellness

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 26-Mar 23 | 9:30-10:30 a.m. | \$55

314041-02 | W | Jan 28-Mar 4 | 11 a.m.-12 p.m. | \$45

Walk & Fit Fitness

\$55

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.

314001-01 | W | Jan 14-Feb 18 | 9:30-10:30 a.m.

314001-02 | W | Feb 25-Apr 1 | 9:30-10:30 a.m.

William Ramsay

Essentrics

\$65

A low-impact full-body workout for all fitness levels that blends stretching and strengthening through flowing movements. Improve flexibility, mobility, posture, and muscle tone, while promoting balance, circulation, and injury prevention with a focus on functional, graceful movement.

314110-01 | Th | Feb 19-Mar 26 | 9:30-10:15 a.m.

Register through alexandriava.gov/webtrac

Senior Crafting

\$25

Enjoy a creative and relaxing crafting class designed for adults 55 and older. Explore a variety of projects, connect with others, and express your creativity in a friendly, welcoming environment. No prior experience needed, just bring your imagination!

354103-01 | F | Jan 9-Feb 6 | 12-1 p.m.

Stay Active & Independent for Life (SAIL)

Free

Stay strong and steady with this low-impact fitness class designed to improve balance, strength, and flexibility. Perfect for adults 55 and older looking to maintain independence and enhance overall wellness in a supportive, friendly setting.

314111-01 | F | Jan 16-Mar 27 | 10:30-11:15 a.m.

Western Line Dancing

\$55

Join us for a fun, low-impact Western Line Dancing class made for adults 55 and older! Stay active, improve coordination, and enjoy classic country music in a friendly, social setting. No partner or dance experience needed.

314109-01 | Th | Jan 15-Feb 12 | 10:30-11:15 a.m.

314109-02 | Th | Feb 26-Mar 26 | 10:30-11:15 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

I Director's Office 703.746.5501

Hashim Taylor, Director
hashim.taylor@alexandriava.gov

I General Information 703.746.4343

I 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

I VA Relay 711

I 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

Spot 10 Differences

Mentorship Edition

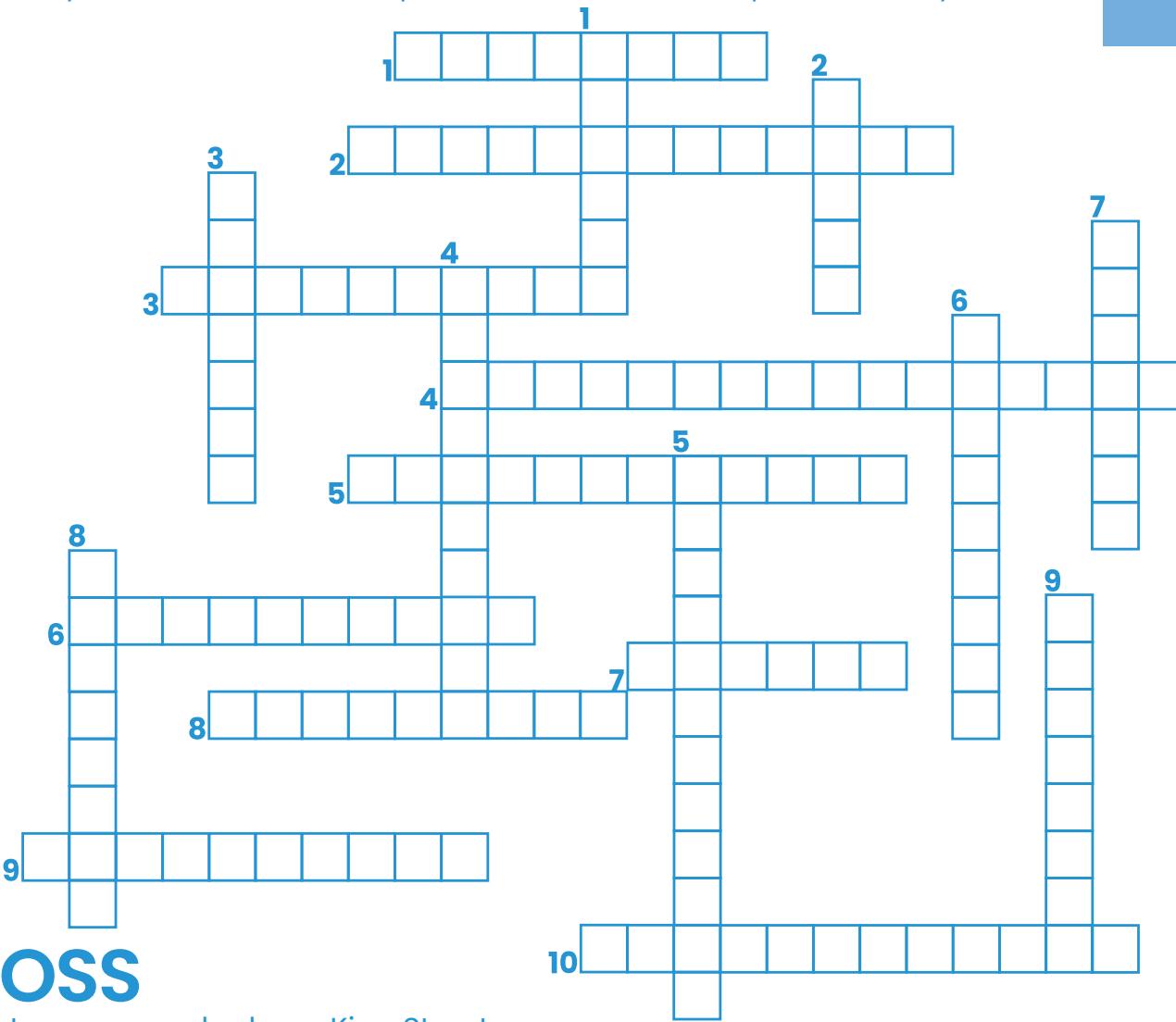


Answer key: See page 8.

EXPLORE Alexandria

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!

Answer key:
See page 8.



ACROSS

- 1 What many people do on King Street & Del Ray for gifts.
- 2 "___ at Cameron Run" featuring lights & skating.
- 3 Parade on the Potomac River with decorated vessels.
- 4 Loud & spirited contest often held at ACHS & hosted by RPCA.
- 5 The large evergreen event in front of this building downtown.
- 6 Act of gliding on ice during holiday events.
- 7 Seasonal display illuminating streets & parks.
- 8 Event where artisans sell homemade goods; held at John Carlyle, etc.
- 9 Famous street in Old Town full of boutiques & restaurants.
- 10 Annual ___ Christmas Parade in Alexandria.

DOWN

- 1 A procession or march through the streets as part of the holidays.
- 2 He rides in the parade & is at tree lighting; delivers gifts.
- 3 The free seasonal transport along King St.
- 4 Community programs hosted by the Department of Recreation, Parks & Cultural Activities that can be found on alexandriava.gov/rpca/events.
- 5 Director of Alexandria's Department of Recreation, Parks & Cultural Activities
- 6 After dark spectacle often ending in a bang over the river.
- 7 Festive multi-branched candelabrum for Hanukkah
- 8 Alexandria site with museums & architecture from the 18th- & 19th-century.
- 9 Where City government meets; often used for holiday events.

OFFICE OF *Historic Alexandria*



Alexandria residents receive **free admission** to all City-owned museums! For a complete list and hours, visit alexandriava.gov/museums.

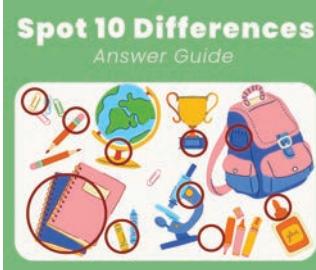


Find a Park

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.



Crossword Answer Key

Across 1.Shopping 2.WinterVillage 3.BoatParade
4.CheerCompetition 5.TreeLighting 6.IceSkating
7.Lights 8.CraftShow 9.KingStreet 10.ScottishWalk

Down 1.Parade 2.Santa 3.Trolley 4.RPCAEvents
5.HashimTaylor 6.Fireworks 7.Menorah 8.Historic
9.CityHall

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

WE'RE LISTENING

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



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 more information on requirements and how to apply, visit alexandriava.gov/RPCA.



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

SUNDAY

Pickleball

Charles Houston | 1-3 p.m.
(1st and 3rd Sundays)

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.

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. Please bring your own materials.

Table Tennis & Pool

Leonard Armstrong | 10-11:30 a.m.

Join us for a few hours of table tennis and pool as we "Get Active to Stay Active."

FITNESS PASSES

Equipment is provided & all skill levels are welcome.

FRIDAY

Del Ray Robust Walking Group

Mount Vernon | 9-10 a.m.

BINGO

Mount Vernon | 10 a.m.-12 p.m.
(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 | 6:30-8:30 p.m.
(Once a month)

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

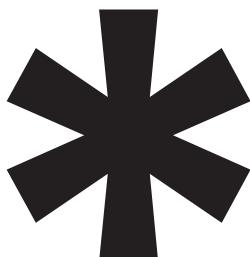
SATURDAY

Table Tennis

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

Tai Chi

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



Please contact
the center to
confirm dates.

Winter 2026

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

AND Minnie Howard Aquatics Facility

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.

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-Sc: 10am-4pm



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



Leonard "Chick" Armstrong

25 West Reed Ave., 22305

703.746.5554

*M-F: 9am-1:30pm & 6-9pm,
Sa: 9am-6pm



Minnie Howard Aquatics Facility

3795 W. Braddock Rd., 22314

703.746.5479

*M-Th: 4-9pm

*F: Special events only.

*Sa-Su: 7am-7pm



*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



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



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



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



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



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.

DISCOVER

Nature at

JEROME "BUDDIE" FORD NATURE CENTER

INTERACTIVE EXHIBITS

Get up close with live animals & learn about our region's ecosystems.

SCENIC TRAILS

Take a stroll through Dora Kelley Nature Park & immerse yourself in the serenity of nature.

PROGRAMS & EVENTS

Join fun & educational activities for all ages, including birdwatching, workshops & more.

Where to Find Us:

5750 Sanger Ave.

Hours

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

Questions?

703.746.5559

Visit Us Online to Learn More:
alexandriava.gov/NatureCenter

Let's Talk HEALTH

Join us for a fun & engaging learning experience hosted by the Alexandria Health Department. This interactive series is designed to help you build confidence in understanding & navigating your health. Topics include how to make healthy eating choices, understand your medications, manage stress, explore medical directives & more!

Come learn, share & grow together!

Session 1
Healthy Eating

Session 2
Medicine & Emergencies

Session 3
Appointments & Preventing Disease

Session 4
It's My Health

Session 5
Advanced Medical Directives

Session 6
Mental Health

January 13–March 17
Tuesdays at 6:30 p.m.
Patrick Henry
Recreation Center

UPCOMING EVENTS



12
DEC **SENIORS HOLIDAY
CELEBRATION**

10:30 A.M.–1 P.M.
LEE CENTER

19
DEC **SENIOR UGLY SWEATER**
11 A.M.–1 P.M.
PATRICK HENRY REC CENTER

10
FEB **CHARLES HOUSTON
LINE DANCE SOCIAL**
6:30–8:30 P.M. | FOR AGES 18+
CHARLES HOUSTON REC CENTER

13
FEB **SENIOR VALENTINE'S DAY
TEA PARTY**
11 A.M.–1 P.M.
PATRICK HENRY REC CENTER

13
FEB **SENIOR VALENTINE'S DAY
LUNCHEON**
12–1 P.M.
WILLIAM RAMSAY REC CENTER

13
FEB **GALENTINE'S DAY
SOCIAL | \$25**
6:30–8:30 P.M. | FOR AGES 12+
OSWALD DURANT CENTER

21
FEB **BLACK HISTORY POETRY
SLAM & OPEN MIC | \$5**
6–9 P.M. | FOR AGES 12+
CHARLES HOUSTON REC CENTER

27
FEB **FAMILY MOVIE NIGHT
\$5**
6:30–8:30 P.M. | FOR ALL AGES
LEONARD ARMSTRONG REC CENTER

15
MAR **URBAN GARDENING
SERIES**
10–11 A.M. | FOR AGES 18+
CHARLES HOUSTON REC CENTER

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

MENTORING IN ALEXANDRIA

Building Connections That Last



Stephanie and her mentor Renuka

Nearly two decades ago, a series of community meetings in Alexandria uncovered a shared concern: local youth needed more positive adult role models. That same message echoed through citywide discussions and public forums, where adults and youth alike spoke about the difference a trusted mentor can make.

At the time, mentoring programs throughout the city operated independently with little coordination. Recognizing the potential for greater impact, community leaders, City staff, school officials, and nonprofit partners came together to form the Alexandria Mentoring Partnership. Their goal was simple but powerful: to strengthen and expand mentoring opportunities for Alexandria's youth.

Today, the City's partnering mentorship programs support more than 700 mentoring relationships each year, connecting young people with caring adults through partnerships with schools, nonprofits, faith-based groups, City agencies, businesses, and local residents. Mentors commit to one or more hours a week for at least one year, but the impact lasts a lifetime.

So why does mentoring matter so much? Research and real-life experience both tell the same story: when a person has a consistent and caring adult in their life, it changes how they see themselves and the world around them. Mentors help youth build confidence, set goals, and stay connected to their communities.



Mentor Alijah Morris shares, "I chose to become a mentor because I believe in the power of guidance, creating meaningful connections, and being a positive influence within the community. Growing up, I understood how much of a difference it makes to have someone believe in you and help you reach your full potential. That understanding motivated me to give back in the same way and help youth recognize the potential they have."

Through his experience with the Building Your Power program, Alijah has seen that difference firsthand. "What I love most about mentoring is building trust, the constant laughter, and the moment when a student finally opens up or uses something we talked about," he said. "Those small victories remind me why this work is so important." His reflection captures what many mentors describe: the joy and purpose that comes from showing up for someone else.

And for mentees, that presence can mean everything. Stephanie, who's been paired with her mentor Renuka since 2017, remembers their first meeting vividly: "I remember whispering to my mom, not so secretly, that she looked very pretty. I'm sure Renuka took notice because she looked over and



Mentors at Armistead L. Boothe Park.



smiled at me. I felt that at that moment I knew she had to be my mentor and I had to be her mentee. To describe exactly how the moment felt, it was like a spark that lit up in my heart."

Eight years later, their connection remains strong. "Renuka would always show up for me and to this day she continues to be there for me. She is very supportive and displays that every time and in every way she possibly can," Stephanie said. "Not only is Renuka an amazing and inspiring person to have by my side but she has also influenced me to become the best version of myself."

Stories like Stephanie's echo across the city. Studies have shown that these relationships can lead to better grades, stronger school attendance, and a greater sense of purpose.

Young people with mentors are also more likely to continue their education and step into leadership roles later in life. Additionally, most say their mentor made them feel accepted and helped them understand who they are—something every young person needs.

That sense of growth and encouragement is what Cynthia, an 11th grader and mentee, wanted to capture through her artwork. "This art is basically of my mentor, Moira and I, and it shows the bond



that we both have together. The flowers represent my growth and dreams blooming to a reality. My mentor was always someone that helped me to dream big and to move forward in the most positive ways."

She added, "Thanks to her she has given me so many opportunities in life to try my best and she even helped me get the internship I wanted. I am so thankful to her and the many things she has done to change my life."



Mentors at Armistead L. Boothe Park.

And mentoring doesn't just transform the lives of young people. Many adults who volunteer as mentors say the experience is just as rewarding for them. It gives them a new sense of purpose.

In fact, 80% of mentors say they plan to continue mentoring beyond their current role—proof that the relationships they're building are genuine and lasting.

The City of Alexandria's mentoring programs are a reminder of what happens when a community listens and acts. Nearly twenty years after those first public meetings, the city continues to nurture connections that build confidence, belonging, and opportunity. Because mentoring at its heart is about people showing up for each other. And that's something that our city continues to do remarkably well.

Become a Mentor



Join the Alexandria Mentoring Partnership!



Scan the QR code to start your journey in empowering youth. Your guidance can help foster confidence, ignite growth, and open doors to brighter possibilities.



alexandriava.gov/Mentoring





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LOVE ALEXANDRIA'S PARKS, WATERFRONT & ARTS? JOIN RPCA'S COMMISSION

Sign up for one of our citizen-led commissions and work with City Council and RPCA to bring new ideas to life and ensure our public spaces reflect the community's needs.

Park & Recreation Commission

Make a difference in how we play, connect, and relax. This 11-member group helps plan and improve our City's parks, recreation programs, and cultural spaces.

Meets the 3rd Thursday of each month at 7 p.m.



Commission for the Arts

Bring creativity to every corner of our City. Members support public art projects, artist grants, and creative partnerships across Alexandria.

Meets the 3rd Tuesday of each month at 7 p.m.



Waterfront Commission

Help protect and enhance Alexandria's most iconic views! This 21-member team advises the City on waterfront projects and the implementation of the Waterfront Small Area Plan.

Meets the 3rd Tuesday of each month at 7:30 a.m. at City Hall.



Beautification Commission

Help Alexandria shine! This 12-member group champions projects that make our City greener and more beautiful, including the annual Beautification Awards.

Meets the 2nd Thursday of each month at 7:30 p.m.



READY TO GET STARTED?

Commission vacancies are posted as they open through eNews and the City's website: alexandriava.gov/rpca/rpca-commissions.

All meetings are open to the public, and everyone is welcome to attend.



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for details*