

2025-2026 Senior Living in Alexandria Speaker Series



**EXPLORING HORIZONS:
SENIOR EDUCATION & TRAVEL
WEDNESDAY, FEBRUARY 18 AT 10 AM**

**BEATLEY CENTRAL LIBRARY
5005 DUKE STREET, ALEXANDRIA**

Senior Services of Alexandria and At Home in Alexandria are hosting a Speaker Series event “Exploring Horizons: Senior Education and Travel” on Wednesday, February 18 at Beatley Central Library, 5005 Duke Street, 10 – 11:30 am. This event will feature expert speakers talking about continuing education opportunities for older adults in the Washington, DC region, as well traveling – both locally and beyond. We hope you will join us for this informative and fun event!

PLEASE RSVP BY EMAIL AT EVENTS@SENIORSERVICESALEX.ORG OR CALL (703) 836 4414 EXT. 110.



2025-2026 Senior Living in Alexandria Speaker Series

Senior Academy

Wednesday, September 3, 2025, at Beatley Library

Wednesday, September 10, 2025, at City Hall

Wednesday, September 17, 2025, at Alexandria City Police Department

Wednesday, September 24, 2025, at Patrick Henry Recreation Center

The Journey to Healthy Living: Stress Relief, Cooking, Nutrition & Exercise

Thursday, October 23, 2025 at 10 am,

Location: Westminster Presbyterian Church

Balanced for Life: Fall Prevention

Thursday, November 20, 2025 at 10 am

Location: Beth El Hebrew Congregation

Resilience and Renewal: Caregiver Workshop

Wednesday, January 21, 2026 at 10 am

Location: Beatley Library

Exploring Horizons: Senior Education and Travel

Wednesday, February 18, 2026 at 10 am

Location: Beatley Library

Senior Technology and Avoiding Scams and Fraud

Wednesday, March 11, 2026 at 10 am

Location: Beatley Library

Fresh and Fun: Floral Arranging Workshop with Red Hill Garden Club

Wednesday, April 15, 2026 at 10 am

Location: Beatley Library

Senior Health & Fitness Fair

Thursday, May 21, 2026 at 10 am

Location: Lee Center, 1108 Jefferson Street

Senior Law Day

Saturday, June 6, 2026 at 8:30 am, First Baptist Church