

SENIORS

SPRING & SUMMER
2026 EDITION

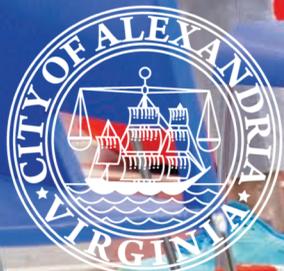
NEW FEATURES INSIDE

Letter from the Director
Subscribe to the Online Newsletter
Learn About William Ramsay
Brain Games

COMMISSION FOR ACCREDITATION OF

CAPRA
ACCREDITED

PARK AND RECREATION AGENCIES



DEPARTMENT OF
**RECREATION, PARKS &
CULTURAL ACTIVITIES**

Registration Begins
Spring

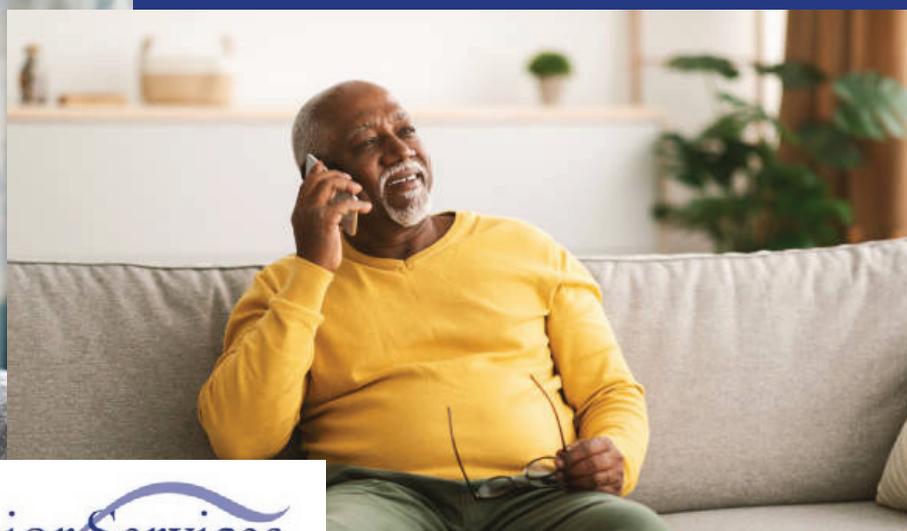
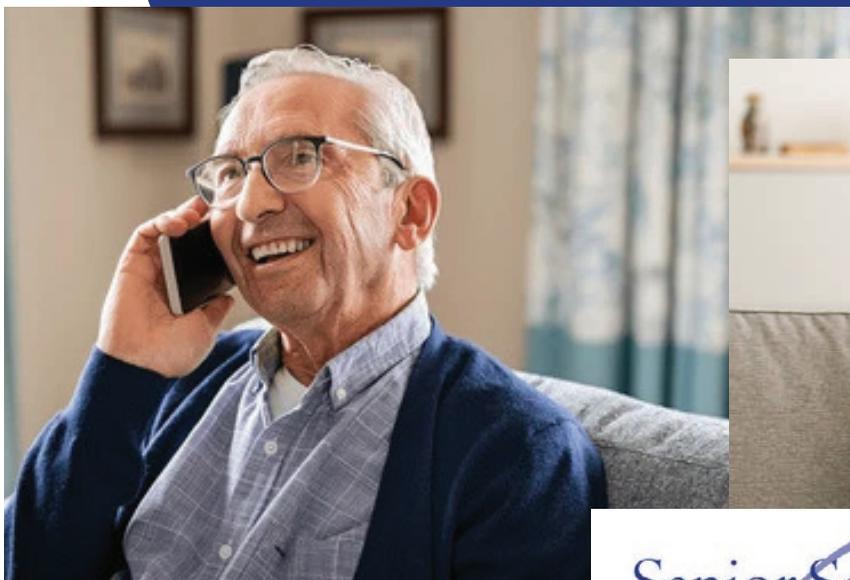
Residents: March 18
Non-residents: December 19

Summer
Residents: May 13
Non-residents: May 15

THE FRIENDLY CALLER PROGRAM

IF YOU WANT TO DEVELOP A NEW FRIENDSHIP, AND STAY CONNECTED TO YOUR COMMUNITY, WHILE ENJOYING CONVERSATIONS WITH SOMEONE WHO CARES, THEN THIS PROGRAM IS FOR YOU! THE FRIENDLY CALLER PROGRAM OFFERS REGULAR SOCIAL CALLS AND WELL-BEING CHECK-INS FROM A FRIENDLY CALLER.

SIGN-UP TODAY!



Senior Services
OF ALEXANDRIA

For more information call 703-836-4414,
ext. 120, or
email friendlyvisitor@seniorservicesalex.org

TORPEDOFACTORY.ORG

f @TORPEDOFACTORY

TORPEDO FACTORY ART CENTER

Jessica Elder in Studio 15



OPEN EVERYDAY

10 A.M. -6 P.M.*



TORPEDO FACTORY
ART CENTER



**105 N UNION ST, OLD TOWN
ALEXANDRIA**

**80+ OPEN
ARTIST STUDIOS**

**FREE TO
EXPLORE**

* Periodic 5 p.m. closure for private events & holidays

Follow us
on social!
#RPCA



REC FEST

May 2
10am-2pm

FREE

Patrick Henry Recreation Center
4653 Taney Ave.

All Ages

Art • Nature • Games • Sports
Food Truck • Prizes • DJ



City of Alexandria | RPCA
Department of Recreation, Parks & Cultural Activities
703.746.5414 | alexandriava.gov/rpca/RecFest



Scan the code
to learn more

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FEATURED HIGHLIGHTS

Letter From the Director...pg. 2

Kick off this season's guide with a message from our Director, sharing what's ahead, our vision for the months to come, and why this season is full of opportunities not to miss.

Brain Games...pg. 8

Challenge your mind with entertaining activities for seniors, including the Explore Alexandria crossword and a spot-the-difference puzzle.

Subscribe to the Newsletter...pg. 10

There's always something happening, and our newsletter keeps you in the know. Get previews, registration reminders, and the latest event updates delivered straight to your inbox.

A New Chapter for the West End...pg. 16

The William Ramsay Recreation Center enters a new era with upgraded spaces, expanded wellness programming, and stronger community connections for residents of all ages.



No class on 5/25, 5/26, 6/19, 7/3 & 7/4. Please contact your program sites for more information.



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.

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.



LETTER FROM *The Director*

Hello Alexandria Seniors,

I want to take a moment to speak to you directly, and from the heart.

As we move from winter to warmer weather, I am reminded just how much our older adults mean to this community. Your presence, your stories, your resilience, and your wisdom help shape Alexandria into the caring and connected city that we all love. It is truly an honor to serve you and to create spaces where you feel welcomed, valued, and celebrated.

At RPCA, we are excited about what this season brings. From RecFest and Jazz Fest to our Juneteenth celebrations, the Senior Health and Fitness Fair, and Dance for All Ages, these are more than just events on a calendar. They are opportunities to get out, stay active, enjoy great music, share laughter, and spend meaningful time with friends, neighbors, and even new faces. They are moments of joy, connection, and community.

I am deeply passionate about ensuring that our older adult community continues to thrive. You deserve programming, spaces, and experiences that keep you engaged, inspired, and connected to one another and to this city. Your energy and spirit make Alexandria stronger, and we are committed to walking alongside you every step of the way.

Thank you for the role you play in making this community so special. I look forward to seeing you this spring and summer, hearing your stories, sharing some laughs, and continuing to build a city where everyone feels they belong.

With appreciation and excitement,

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

Classes for 55+

Chinquapin

Aquatics Exercise for Seniors

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 onthemoveforwellness.com or call 703.863.1898.

434217-01 | T & Th | Apr 7-Jun 11 | 8:15-9 a.m. | \$285
434217-02 | T & Th | Apr 7-Jun 11 | 9:30-10:15 a.m. | \$285
134317-01 | T & Th | Jun 16-Aug 27 | 8:15-9 a.m. | \$309
134317-02 | T & Th | Jun 16-Aug 27 | 9:30-10:15 a.m. | \$309

Oswald Durant

Chair Yoga: Balance, Strength, Posture

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.

413154-01 | W | Apr 8-May 20 | 9:30-10:30 a.m. | \$169
413154-02 | W | Apr 8-May 20 | 11 a.m.-12 p.m. | \$169
113154-01 | W | Jun 24-Jul 22 | 9:30-10:30 a.m. | \$125
113154-02 | W | Jun 24-Jul 22 | 11 a.m.-12 p.m. | \$125

Pop-Up Chair Yoga: Balance, Strength, Posture \$19

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.

413153-01 | M | Apr 20 | 9:30-10:30 a.m.

Patrick Henry

Tai Chi: Gentle Movement for Balance & Wellness \$95

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.

414041-01 | M | Apr 20-Jun 1 | 9:30-10:30 a.m.
114041-01 | M | Jun 8-Jul 20 | 9:30-10:30 a.m.

Senior Body Part Aerobics \$55

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.

414013-01 | M | Apr 20-Jun 1 | 10-11 a.m.
114013-01 | M | Jun 8-Jul 20 | 10-11 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.

414028-01 | T & Th | Apr 21-Jul 16 | 11 a.m.-12 p.m.



Walk & Fit Training

\$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.

414001-01 | W | Apr 22-Jun 3 | 9-10 a.m.

114001-01 | W | Jun 10-Jul 22 | 9-10 a.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!

414026-01 | Th | Apr 23-Jul 16 | 9:30-11:30 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.

414038-01 | F | Apr 24-Jun 5 | 9:30-10:30 a.m.

114038-01 | F | Jun 12-Jul 24 | 9:30-10:30 a.m.

Advance Senior Body Parts Aerobics

\$75

This high-intensity fitness program targets specific muscle groups to improve cardiovascular endurance, strength, balance, and coordination. Participants use equipment like resistance bands or light weights and are guided by an instructor.

414027-01 | F | Apr 24-Jun 5 | 10-11 a.m.

114027-01 | F | Jun 12-Jul 24 | 10-11 a.m.

Senior Recreation Orientation

Free

Take a personalized tour of our Recreation Center and find your fit. From classes and social programs to helpful staff and registration support, we'll show you how fun and easy it is to stay active, connected, and feeling your best.

184000-01 | W | Aug 5 | 10 a.m.-12 p.m.

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

William Ramsay

Stay Active & Independent for Life (SAIL)

Free

Stay strong and steady with this low-impact fitness class

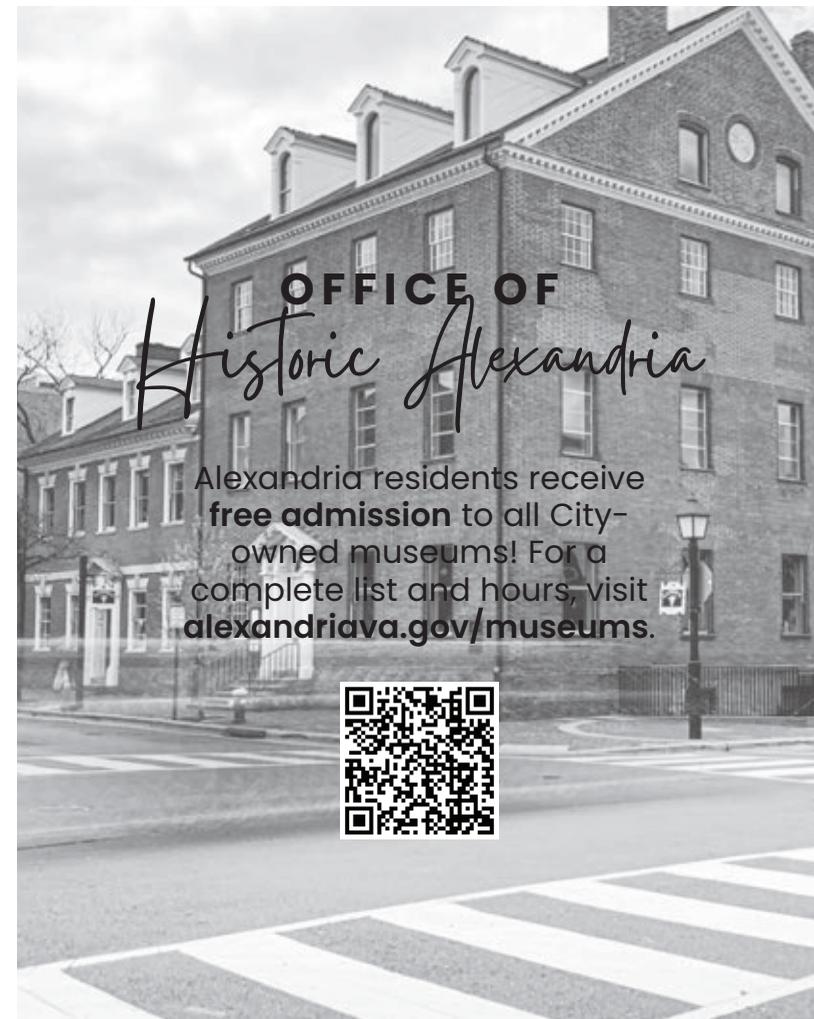
Senior Cardio & Weight Training

\$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.

414003-01 | W | Apr 22-Jun 3 | 12-1 p.m.

114003-01 | W | Jun 4-Jul 16 | 12-1 p.m.



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.

414111-01 | W & F | Apr 8-Jun 12 | 10:30-11:30 a.m.
 114109-01 | W & F | Jun 17-Aug 28 | 10:30-11:30 a.m.

Essentrics
 \$135

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.

114107-01 | Th | Jun 18-Aug 27 | 9:30-10:30 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.

314109-02 | 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

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.

Senior Social Hour

Leonard Armstrong | 10 a.m.-2 p.m.

Beginning April 1, connect, socialize, foster community & friendship in a relaxed setting with games, puzzles, cards & board games.

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 &

pool as we “Get Active to Stay Active.” Equipment is provided & all skill levels are welcome.

Walking for Your Health

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

Walking into a fun, low-impact, gentle movement that improves health & boosts well-being.

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 | 6:30-10 p.m.
(3rd Friday of the 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.

Spring & Summer 2026

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

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.

Color
me!



The Native & Heirloom Seed Library Network (NHSL network) provides community members the opportunity to learn about native and heirloom plant, as well as the ability to plant native and heirloom plant varieties in their own gardens. For more information, please email katrina.napora@alexandriava.gov or visit alexandriava.gov/parks/natural-resources.

DISCOVER

Nature at

JEROME "BUDDIE" FORD
NATURE CENTER



5750 Sanger Ave.
W-Sa 10 a.m.-4 p.m. year-round
excluding holidays

Questions?
703.746.5559

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 11.

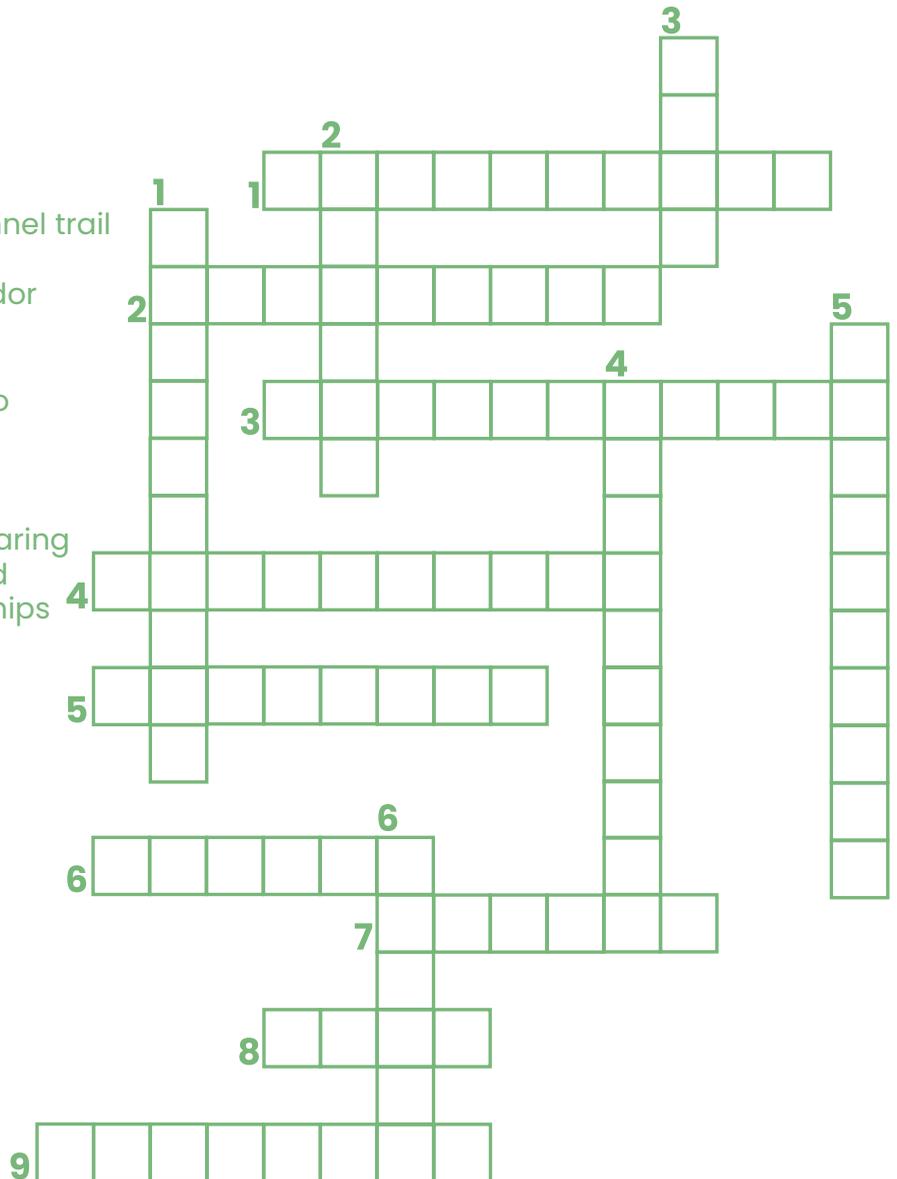
ACROSS

- 1 Landscaped play area
- 2 Indoor recreation building (abbr.)
- 3 Inclusive gathering space
- 4 Historic lighthouse
- 5 Annual music event
- 6 With **6-Down** & **7-Across**, 1856 rail tunnel trail
- 7 See **6-Across** & **6-Down**
- 8 With **9-Across**, City literary ambassador
- 9 See **8-Across**

DOWN

- 1 Bay named for Revolutionary hero
- 2 Historic academy museum
- 3 Metro line color at King Street
- 4 Narrow home nickname
- 5 City partnership that connects caring adults with young people to build supportive one-to-one relationships in Alexandria
- 6 See **6-Across** & **7-Across**

		6	3		7			
		4						5
1					6		8	2
2		5		3		1		6
			2			3		
9				7				4
	5							
	1							
		8	1		9		4	



SUBSCRIBE TO THE RPCA COMMUNITY CONNECTION

MONTHLY NEWSLETTER

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



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](http://alexandriava.gov/Parks/Find-a-park) to find
nearby parks, community
centers, playgrounds,
trails, and more.

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



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:

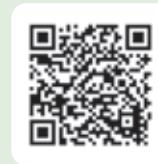
alexandriava.gov/RPCA/Experience-Survey



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.



5	8	6	3	2	7	4	9	1
7	2	4	8	9	1	6	3	5
1	9	3	5	4	6	7	8	2
2	4	5	9	3	8	1	7	6
8	6	7	2	1	4	3	5	9
9	3	1	6	7	5	8	2	4
4	5	2	7	6	3	9	1	8
3	1	9	4	8	2	5	6	7
6	7	8	1	5	9	2	4	3

Across 1 playground 2 rec center 3 public space 4 Jones Point 5 jazz fest
Down 1 Oronoco Bay 2 lyceum 3 blue 4 Spite House 5 Mentorship 6 Street

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

LOCATIONS



Charles Houston
901 Wythe St., 22314
703.746.5552

*M-Th: 9am-9pm,
F-Sa: 9am-10pm, Su: 1-5pm



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



Jerome "Buddie" Ford Nature Center
5750 Sanger Ave., 22311
703.746.5559

*W-Sa: 10am-4pm



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



Lee Center
1108 Jefferson St., 22314
703.746.5414

Registration & Reservation Office
*M-F: 9am-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.*



Senior Recreation Orientation



Let the good times roll...



Senior Ugly Sweater Party 2025



Senior Vale





Minnie Howard First Anniversary



Valentine's Day Party & Luncheon



UPCOMING EVENTS

17 DANCE FOR ALL AGES
APR 7-9 P.M.
ALEXANDRIA CITY HS

Join us for a night to remember that will get you off your feet & moving to all your favorite songs! Refreshments, door prizes, photo booth & DJ will be there. Hope to see you too!

RSVP: Call 703.746.5676 or email jackie.mccord@alexandriava.gov

21 SENIOR HEALTH & FITNESS FAIR
MAY 10 A.M.-12 P.M.
LEE CENTER

The Senior Health & Fitness Fair is co-sponsored by the Successful Aging Committee: DCHS/Aging & Adult Services, RPCA, ARHA, Catholic Charities, and Senior Services of Alexandria.

Features: a guest speaker, cooking demonstration, health screenings, and exercise/fitness demonstrations.

The event is free, but please register by emailing events@seniorservicesalex.org or call 703.836.4414.

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

RPCA PRESENTS

William Ramsay Recreation Center



A New Chapter for the West End

The Revitalized William Ramsay Recreation Center



William Ramsay Recreation Center

In the heart of the West End, the William Ramsay Recreation Center is stepping confidently into a new era defined by wellness, inclusivity, and deeper community connection. As part of the City of Alexandria's continued investment in vibrant, community-centered spaces, the center is undergoing thoughtful upgrades that reflect what residents have asked for most: more opportunities to stay active, gather comfortably, and grow together.

One of the most exciting improvements underway is the renovation of the center's dance studio. Once complete, the refreshed space will be dedicated exclusively to group fitness programming, creating a focused and comfortable environment designed specifically for adult wellness. The studio will host SAIL, Eccentrics, Yoga, Zumba, and

additional low-impact and strength-based classes that support balance, flexibility, cardiovascular health, strength, and overall well-being. With options tailored to a variety of fitness levels, the center is making it easier for adults and seniors to stay active and maintain independence.

Beyond the fitness studio, the center is upgrading its multi-purpose rooms with new tables and chairs. These enhancements will strengthen the Out of School Time Program, support community groups and rentals, and provide flexible spaces that adapt to the evolving needs of families in the West End. These revitalization efforts align with the City of Alexandria's broader goals of expanding access to high-quality, community-centered spaces that promote health, wellness, and lifelong learning.



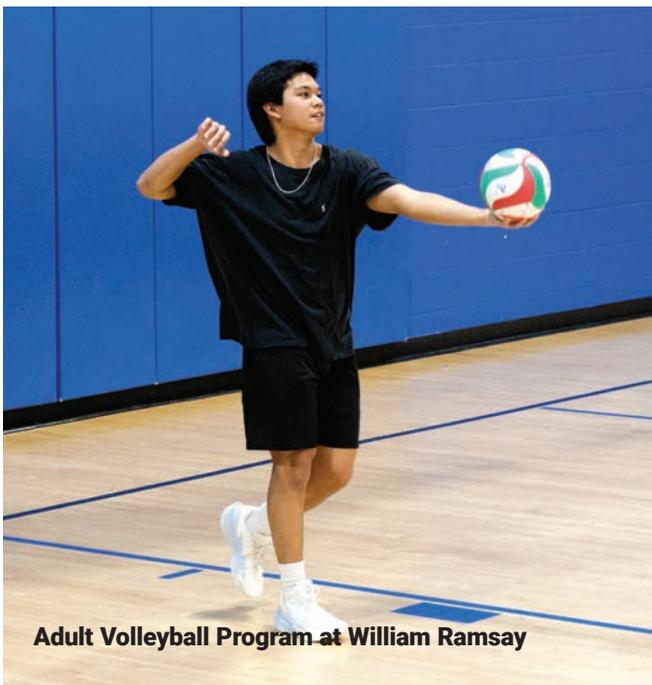
Pool Games at William Ramsay

Youth development remains a cornerstone of the center’s mission. Enhanced multi-purpose rooms will support academic enrichment, recreation, and social development through the Out of School Time Program. Inspire to Lead and RPCA Future Leaders continue to provide mentoring and leadership development opportunities for students across the city, ensuring young people have a safe and empowering place to grow.



Out of School Time Program at William Ramsay

Community feedback played an important role in shaping this new chapter.* Residents consistently expressed interest in more adult wellness classes, improved fitness spaces, and more comfortable gathering areas. The decision to dedicate the studio to group fitness and improve shared spaces reflects that input and reinforces the center’s commitment to listening and responding.



Adult Volleyball Program at William Ramsay

Wellness at the center extends beyond fitness. In partnership with ALIVE!, the center hosts monthly food distributions to help address food insecurity and support family stability in the West End. Through additional partnerships with organizations such as Nova Raft and Alexandria Soccer Association, residents have access to educational programs, youth athletics, and community resources that serve multigenerational families.

Accessibility and affordability remain central to every effort. Many programs are free or low-cost, with financial assistance available to ensure all residents can participate. With upgraded spaces, expanded wellness programming, and strong community partnerships, the William Ramsay Recreation Center is poised to remain a vibrant and welcoming hub for the West End for years to come. Stay tuned this fall for more exciting updates!

RPCA EVENT SCHEDULE

MAR 18

WEDNESDAY / 6PM
2900-A BUSINESS CTR DR.

ADOPT A PARK SEASON KICK OFF

Meet fellow volunteers, request supplies, and get ready for another season caring for the parks we love. New volunteers are always welcome.

MAR 21

SATURDAY / 10AM-2PM
BUDDIE FORD NATURE CTR

WORLD WATER DAY & NATURE WALK

Two events in one! Learn about the Chesapeake Bay through hands-on activities (cost: \$5) and take a guided walk through Dora Kelley (free).



APR 25

SATURDAY / 12-4PM
WILLIAM RAMSAY REC CTR

LE BRUNCH EN BLEU

Bring blankets, tables, chairs, food, and friends for a relaxed afternoon gathering in Alexandria's West End. All are welcome for connection and community.

MAY 30

SATURDAY / 3-7PM
PATRICK HENRY REC CTR

ASIAN AMERICAN PACIFIC ISLANDER MONTH CELEBRATION

Celebrate culture, history, and community through food, live performances, art, youth activities, and storytelling.



JUN 12-14

FRI-SUN / 12PM
WATERFRONT PARK

48TH ANNUAL ALX JAZZ FEST

Featuring three days of music: Americana Roots (Fri), American Jazz and Poetry (Sat), and Future Sounds of America (Sun).



JUN 19

FRIDAY / 4-7PM
CHARLES HOUSTON REC CTR

JUNETEENTH BLOCK PARTY

Celebrate the people, contributions, traditions and culture of Black Americans through food, live music, dance presentations, and recreation programming.

JUL 12

SUNDAY / ALL DAY
ORONOCO BAY PARK

ALEXANDRIA AND USA BIRTHDAY CELEBRATION

Celebrate Alexandria's 277th birthday and the USA's 250th with live music, food, and a fireworks finale over the Potomac River at 9:30 p.m. A can't-miss summer night.

[ALEXANDRIAVA.GOV/RPCA/EVENTS](https://alexandriava.gov/rpc/events)

NOW

NEVER



New Public Art at Waterfront Park, Old Town Alexandria

Now or Never by Alicia Eggert is the eighth installation in the Site See: New Views in Old Town Annual public art series commissioned by the City of Alexandria's Public Art Program.

Eggert's artwork features two monumental sculptures that echo the visual language of signs and billboards. They stand face to face across a narrow passageway, one declaring NOW and the other replying NEVER.

The phrase "now or never" resonates on multiple levels. Collectively, it speaks to global challenges in which hesitation means opportunity lost. Individually, it reminds us that every moment is a turning point, an opportunity to choose one's future and to live deliberately from this moment forward.

By inviting people to move physically between the structures, the artwork underscores the possibility of finding common ground, even in polarized circumstances.

Now or Never will be on display from March through November 2026 at Waterfront Park.

Learn more at: alexandriava.gov/publicart



DEPARTMENT OF
RECREATION, PARKS &
CULTURAL ACTIVITIES