



# SENIORS

FALL 2026 EDITION

## THIS SEASON'S HIGHLIGHT

*A New Way to Experience  
Four Mile Run*



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



**Registration Begins**  
Residents: August 5  
Non-residents: August 7



# HISTORY. ADVENTURE. FAMILY FUN.

ESCAPE TO AN URBAN OASIS

## Winkler Botanical Preserve

Stroll through a 44-acre oasis in the middle of Alexandria's Mark Center. Discover streams, bridges, and a waterfall as you explore the wooded trails.

[NOVAPARKS.COM/WINKLER](http://NOVAPARKS.COM/WINKLER)

SHARE HOLIDAY MAGIC



## Ice & Lights — The Winter Village at Cameron Run

Skate and explore a festive winter village wonderland. Stay warm by sipping on hot chocolate or roasting s'mores.

[NOVAPARKS.COM/ICELIGHTS](http://NOVAPARKS.COM/ICELIGHTS)

TRAVEL BACK IN TIME



## Carlyle House Historic Park

Completed in 1753 by John Carlyle, an Alexandria founder, this historic mansion is among the nation's finest examples of Georgian residential architecture.

[NOVAPARKS.COM/CARLYLEHOUSE](http://NOVAPARKS.COM/CARLYLEHOUSE)

SWING, PUTT, AND SPLASH



## Cameron Run Regional Park

Enjoy 26 acres of outdoor adventure, with batting cages, picnic areas, 18 holes of miniature golf and the region's only outdoor wave pool.

[NOVAPARKS.COM/CAMERONRUN](http://NOVAPARKS.COM/CAMERONRUN)



DISCOVER WHAT'S NEXT  
AT [NOVAPARKS.COM](http://NOVAPARKS.COM)





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## FEATURED HIGHLIGHT

### **A New Way to Experience Four Mile Run...pg. 16**

Alexandria's new ADA-accessible kayak launch is now open!

Enjoy a new way to experience the outdoors. The accessible launch at Four Mile Run Park features a gradual boardwalk, floating dock, wheelchair transfer platform, and roller system, making it easier for paddlers of all abilities to get on the water.

Learn more:  
[alexandriava.gov/parks/project/four-mile-run-kayak-launch](https://alexandriava.gov/parks/project/four-mile-run-kayak-launch)

Four Mile Run Park • 3700 Commonwealth Ave.

**No class on 10/8, 10/10,  
10/12, 11/3, 10/28, 11/11, 11/26,  
11/27, 11/28, 12/24 & 12/25.**

PHRC, CHRC & CQRC: Open  
9 a.m.-3 p.m. on 10/12, 11/11  
& 11/27. 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](http://www.seniorservicesalex.org).



## LETTER FROM *The Director*

Hello Alexandria Seniors,

Fall is one of my favorite times of year in Alexandria. The cooler weather makes it a little easier to get out, catch up with friends, and try something new. Whether you have been part of our programs for years or are thinking about joining us for the first time, we hope you will find something that interests you in this guide.

This season is filled with opportunities to stay active, be creative, and spend time with others.

Join us for a Senior Day Trip, relax and enjoy our Senior Sip and Paint, gather with friends at the Senior Harvest Tea, celebrate the season at the Senior Holiday Luncheon, or have a little fun at the Senior Ugly Sweater Party. We also offer fitness classes, arts programs, games, educational workshops, and many other activities throughout the season.

If you have a friend or neighbor who has never joined an RPCA program, bring them along. Some of the best connections start with a simple invitation, and we are always happy to welcome someone new.

Thank you for being such an important part of our community. We hope you will come out, get involved, and spread the word about everything RPCA has to offer. We look forward to seeing you this fall.

Wishing you a season filled with friendship and fun,

A handwritten signature in black ink that reads "Hashim T. Taylor".

**Hashim T. Taylor**

*Director, Department of Recreation, Parks & Cultural Activities*

## Chinquapin

### Adult Beginner Swim \*

Participants with little or no experience or who are fearful in water will learn skills including entering and exiting the water, floating on front and back, gliding on front and back, breathing techniques, rolling from front to back and back to front, swimming at least two body lengths on front and back using arm and leg action, using rhythmic breathing, and introduction to deeper water.

|           |        |               |                |       |
|-----------|--------|---------------|----------------|-------|
| 234230-01 | M & W  | Sep 14-30     | 7:45-8:30 p.m. | \$119 |
| 234230-02 | Sa     | Sep 12-Oct 24 | 8:30-9:15 a.m. | \$119 |
| 234230-04 | M & W  | Oct 5-28      | 7:45-8:30 p.m. | \$139 |
| 234230-05 | Sa     | Nov 7-Dec 19  | 12-12:45 p.m.  | \$119 |
| 236312-01 | T      | Sep 8-Oct 6   | 6:45-7:30 p.m. | \$115 |
| 236312-02 | Th     | Sep 10-Oct 8  | 7:45-8:30 p.m. | \$115 |
| 236312-03 | Sa     | Sep 12-Oct 10 | 12-12:45 p.m.  | \$115 |
| 236312-04 | Su     | Sep 13-Oct 11 | 12:15-1 p.m.   | \$115 |
| 236312-05 | T      | Oct 13-Nov 17 | 8-8:45 p.m.    | \$135 |
| 236312-06 | W      | Oct 14-Nov 18 | 7:45-8:30 p.m. | \$135 |
| 236312-07 | Sa     | Oct 17-Nov 21 | 12-12:45 p.m.  | \$135 |
| 236312-08 | Su     | Oct 18-Nov 22 | 12:15-1 p.m.   | \$135 |
| 236312-09 | T & Th | Dec 1-17      | 8-8:45 p.m.    | \$135 |

### Adult Intermediate Swimming \*

This class is designed for adults who are comfortable in the water and ready to improve technique and endurance. Participants will refine stroke mechanics, breathing patterns, and body positioning while building strength and efficiency. Skills include coordinated arm and leg movements, rhythmic breathing, treading water, and swimming longer distances with greater confidence and control.

|           |        |               |                       |       |
|-----------|--------|---------------|-----------------------|-------|
| 234231-01 | M & W  | Sep 14-30     | 7:45-8:30 p.m.        | \$119 |
| 234231-02 | Sa     | Sep 12-Oct 24 | 11:45 a.m.-12:30 p.m. | \$119 |
| 234231-03 | Sa     | Nov 7-Dec 19  | 12-12:45 p.m.         | \$119 |
| 234231-04 | T & Th | Dec 1-17      | 7:45-8:30 p.m.        | \$119 |
| 234231-05 | T & Th | Oct 6-27      | 7:45-8:30 p.m.        | \$139 |

### Masters Swimming \*

This program is for adult swimmers of all levels seeking fitness, technique, and endurance in a structured, coached environment. Workouts include varied sets for different abilities, creating a supportive team atmosphere where swimmers can train at their own pace, stay motivated, improve skills, and enjoy swimming year-round.

|           |        |              |          |      |
|-----------|--------|--------------|----------|------|
| 234237-01 | M & W  | Sep 14-30    | 6-7 a.m. | \$75 |
| 234237-02 | T & Th | Sep 15-Oct 1 | 6-7 a.m. | \$75 |
| 234237-03 | M & W  | Oct 5-28     | 6-7 a.m. | \$89 |
| 234237-04 | T & Th | Oct 6-27     | 6-7 a.m. | \$89 |
| 234237-05 | M & W  | Nov 2-18     | 6-7 a.m. | \$65 |
| 234237-06 | T & Th | Nov 3-19     | 6-7 a.m. | \$75 |

|           |        |               |          |      |
|-----------|--------|---------------|----------|------|
| 234237-07 | M & W  | Nov 30-Dec 16 | 6-7 a.m. | \$75 |
| 234237-08 | T & Th | Dec 1-17      | 6-7 a.m. | \$75 |

### Aquatic Exercise for Seniors \*

\$395

Make new friends, build stronger muscles, and get your heart pumping with some interval and steady-state cardio training. We will also focus on functional exercises that help with your daily movement, arthritis, balance and flexibility. Learn more about Candice at [onthemoveforwellness.com](http://onthemoveforwellness.com) or call 703.863.1898.

234217-01 | Tu & Th | Sep 15-Dec 22 | 8:15-9 a.m.

234217-02 | Tu & Th | Sep 15-Dec 22 | 9:30-10:15 a.m.

### Water Walking \*

\$315

Join Coast to Coast Fitness for a fun, low impact workout in waist deep water! This energizing class combines music, cardio, strength training, stretching, and water fitness equipment to improve endurance, muscle control, and overall fitness. Each session includes a warm up, workout, and cool down led by expert instructors.

234221-01 | Tu & Th | Sep 15-Dec 17 | 10:55-11:55 a.m.

### ChinquaCircuit

\$165

An all-encompassing workout that targets resistance training, core strength, cardio and balance by employing weight machines, free weights and other workout equipment – a great way for people of all ages to become better conditioned and to reach their health and fitness goals.

214208-01 | T | Sep 15-Dec 15 | 9:05-9:50 a.m.

214208-02 | T | Sep 15-Dec 15 | 6:15-7:15 p.m.

### Lessons 2 Laps Senior Edition \*

Take your swimming up a level in this swim class that combines technique and practice. The first half focuses on instruction to improve stroke, breathing, and overall efficiency. The second half is a guided workout where you apply those skills to build endurance and confidence in the water. Suitable for swimmers with basic swim skills.

234256-01 | M & W | Oct 5-28 | 8:15-9:15 a.m. | \$139

234256-02 | M & W | Sep 14-30 | 8:15-9:15 a.m. | \$139

234256-03 | M & W | Nov 2-18 | 8:15-9:15 a.m. | \$139

234556-04 | M & W | Nov 30-Dec 16 | 8:15-9:15 a.m. | \$139

### Adult Swimming

\$119

Take your swimming up a level in this swim class that combines technique and practice. The first half focuses on instruction to improve stroke, breathing, and overall efficiency. The second half is a guided workout where you apply those skills to build endurance and confidence in the water. Suitable for swimmers with basic swim skills.

234556-04 | M & W | Nov 30-Dec 16 | 8:15-9:15 a.m.



# Oswald Durant

## Chair Yoga: Strength, Balance & Mobility 50+ \*

\$259

Build strength, improve balance, and increase flexibility with the support of a chair. This accessible class combines seated, standing, and optional floor movements to help you move with greater ease and confidence. Led by Lisa, an experienced yoga teacher and certified yoga therapist.

213154-01 | W | Sep 16-Dec 16 | 9:30-10:30 a.m.

213154-02 | W | Sep 16-Dec 16 | 11 a.m.-12 p.m.

## Pop-U: Reconnecting With the Wisdom of the Heart 50+

\$75

Explore how patterns held in the heart can influence the body, mind, breath, and energy. Through gentle movement, guided breathing, and reflective journaling, you'll identify areas of tension, create space for release, and cultivate greater balance and connection in daily life. Led by Lisa, Certified Yoga Therapist (C-IAYT).

213137-01 | Sa | Nov 14 | 2-4 p.m.

# Patrick Henry

## 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.

214007-01 | W | Sep 9-Oct 21 | 9:15-10:15 a.m.

214007-01 | W | Oct 28-Dec 9 | 9:15-10:15 a.m.

## Senior Cardio & Weight Training \*

\$55

This cardio and weight training exercise program is designed by using fitness machines in a timed interval system to increase endurance, burn calories, strengthen and tone muscles, and improve flexibility.

214011-01 | W | Sep 9-Oct 21 | 12-1 p.m.

214011-01 | W | Oct 28-Dec 9 | 12-1 p.m.

## Advanced Senior Body Parts Aerobics

\$75

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

214027-01 | F | Sep 11-Oct 16 | 10-11 a.m.

214027-02 | F | Oct 23-Dec 11 | 10-11 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.

214016-01 | M | Sep 14-Oct 19 | 10-11 a.m.

214016-02 | M | Nov 2-Dec 7 | 10-11 a.m.

## Essentrics: Gentle Stretching \*

A low-impact full-body workout designed to support mobility, posture and everyday movement. Participants move through controlled stretches and light strengthening sequences that promote flexibility and joint health. The program emphasizes smooth, continuous motion and alignment.

214042-01 | M | Sep 14-Oct 26 | 10-11 a.m. | \$66

14042-02 | M | Nov 2-Dec 7 | 10-11 a.m. | \$55

## Stay Active/Independent for Life-Standing (SAIL) \*

Free

SAIL is an evidence-based strength, balance, and fitness program that help 55+ adults 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.

214028-01 | T & Th | Sep 15-Dec 10 | 9:30-10:30 a.m.

214028-02 | T & Th | Sep 15-Dec 10 | 11 a.m.-12 p.m.

## Senior Trailblazers \*

Free

Calling all active seniors! 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.

214045-01 | Th | Sep 17-Nov 19 | 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.

214038-01 | F | Sep 18-Oct 23 | 9:30-10:30 a.m.

214038-02 | F | Oct 30-Dec 11 | 9:30-10:30 a.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.

214041-01 | M | Sep 21-Nov 2 | 9:30-10:30 a.m. | \$55

214041-02 | M | Nov 9-Dec 14 | 9:30-10:30 a.m. | \$45

**Stick & Stretch Fitness**  
\$55

Tailored for older adults, this program offers gentle exercises promoting flexibility, strength, and balance. Led by experienced instructors, each session focuses on enhancing mobility and overall wellness.

214037-01 | T | Sep 22-Oct 27 | 9:30-10:30 a.m.

214037-02 | T | Nov 3-Dec 15 | 9:30-10:30 a.m.

**William Ramsay**

**Essentrics**  
\$125

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.

214121-01 | Th | Sep 3-Nov 5 | 9:30-10:30 a.m.

**Stay Active & Independent for Life (SAIL)**  
\$125

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.

214118-01 | W & F | Sep 3-Nov 5 | 10:30-11:30 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.

### Mahjong Game Time

Mount Vernon | 10 a.m.-12 p.m.  
(1st Wednesday of the month)

Beginners & experts are all welcome to this friendly gathering to socialize, challenge your mind & enjoy the company of fellow mahjong players.

### 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.

## 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.

Discover, learn, and connect at  
**ALEXANDRIA  
LIBRARY**  
Visit [alexlibraryva.org](http://alexlibraryva.org) for more info.



## 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.

## did you know?

There's a Northern Virginia Senior Olympics every year where ages 50+ can compete in over 90 events, such as darts, rock climbing, weightlifting, and more! Registration's open until August 24. For more details, visit [nvso.us](http://nvso.us).





# 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

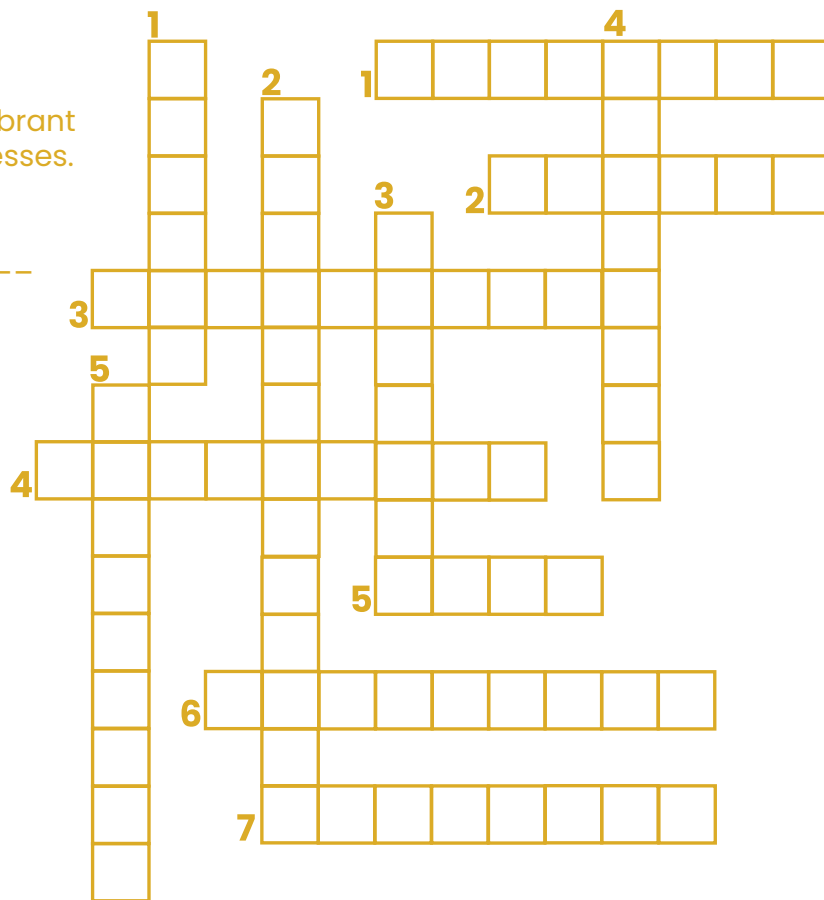
**Directions:** Use the clues to fill in the crossword with places, facts & fun things about the City of Alexandria. Need help? Think local landmarks, parks & history!

**Answer key:**  
See page 11.

## ACROSS

- 1 The preserved Civil War fort located in Alexandria's West End.
- 2 Alexandria neighborhood known for its vibrant arts community and independent businesses.
- 3 Parks provide opportunities for outdoor \_\_\_\_\_ and relaxation.
- 4 NRPA ([nrpa.org](http://nrpa.org)) promotes healthy \_\_\_\_\_ through parks and recreation programs.
- 5 See **1-Down**
- 6 Recreation programs can help reduce feelings of \_\_\_\_\_.
- 7 The ability to move safely and independently.

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



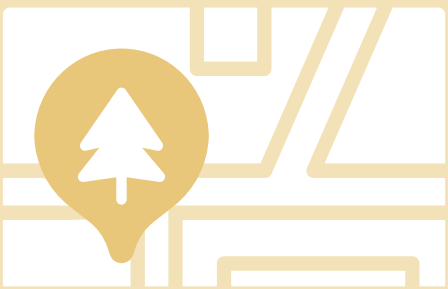
## DOWN

- 1 With **5-Across**. Alexandria's largest historic district and one of the oldest in the nation.
- 2 Annual spring event featuring thousands of flowering trees along the waterfront.
- 3 A low-impact activity often recommended for older adults.
- 4 Walking paths, gardens, and green spaces contribute to mental \_\_\_\_\_.
- 5 A gathering place where older adults participate in classes and events. (abbr.)



# **SUBSCRIBE TO THE RPCA COMMUNITY CONNECTION MONTHLY NEWSLETTER**

PROGRAMS • EVENTS • PARK CLOSURES • LATEST NEWS & UPDATES  
[alexandriava.gov/RPCA/Community-connection](http://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](http://alexandriava.gov/Volunteer).

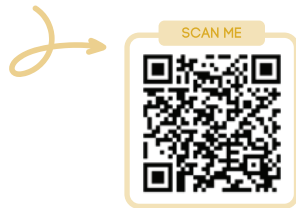


## YOUR EXPERIENCE MATTERS

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](https://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](https://alexandriava.gov/RPCA).



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

**Across** 1 Fort Ward 2 Del Ray  
3 recreation 4 wellbeing 5 Gray  
6 isolation 7 mobility **Down** 1 Parker  
2 Cherry Blossom 3 walking  
4 wellness 5 rec center

### 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
- TR Swim Lessons Assistant
- Program Support
- Greeter
- Administrative Support
- Park Clean-up & Planting
- Special Event Support
- Mystery Swimmer
- Mentors
- Community Garden Assistance

# 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

Please visit the website  
[alexandriava.gov/Aquatics](http://alexandriava.gov/Aquatics)  
for the most up-to-date hours.



**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



### Nannie J. Lee

1108 Jefferson St., 22314  
703.746.5550

Open only for pre-scheduled  
programming.



### Oswald Durant

1605 Cameron St., 22314  
703.746.5560

Open only for scheduled  
programs & rentals.



### Patrick Henry

4653 Taney Ave., 22304  
703.746.5557

\*M-Th: 9am-9pm, F: 9am-11pm  
Sa: 9am-6pm



### Torpedo Factory Art Center

105 N. Union St., 22314  
703.746.4570

\*M-Su: 10am-6pm



### 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.
-

# UPCOMING *EVENTS*

## **7** **OCT** **SENIOR DAY TRIP** 9:30 A.M.–2 P.M. MOUNT VERNON REC CENTER

FREE

Join us for a relaxing and refreshing day surrounded by the beauty of nature at a local botanical garden. This special trip is designed for seniors to enjoy peaceful outdoor scenery, vibrant seasonal flowers, and beautifully curated garden landscapes.

Participants will have the opportunity to take a leisurely stroll along scenic paths, explore a variety of plant collections, and enjoy the calming atmosphere of nature. Whether you love gardening or simply appreciate the outdoors, this trip offers a wonderful chance to unwind, connect with others, and experience the natural beauty in bloom.

### **Trip Highlights:**

- Guided or self-paced garden exploration
- Beautiful floral displays and themed gardens
- Opportunities for photos and relaxation
- Social time with fellow participants

Comfortable walking shoes are recommended. Transportation details and timing will be provided upon registration.

## **18** **NOV** **SENIOR SIP & PAINT** 10 A.M.–12 P.M. MOUNT VERNON REC CENTER

This fun and social gathering is perfect for beginners and experienced painters alike. Guided by an instructor, participants will create their own unique masterpiece in a welcoming and stress-free environment.

\$9

Enjoy a refreshing beverage, while you paint, listen to music, and connect with others.

### **What to Expect:**

- Step-by-step painting instruction
- All supplies provided (canvas, paint, brushes)
- A relaxed, social atmosphere
- Your own finished artwork to take home

## **18** **NOV** **SENIOR HARVEST TEA** 10 A.M.–12 P.M. MOUNT VERNON REC CENTER

FREE

Join us for this special tea celebrating the harvest season and create a fall harvest craft. Guests will dine on sandwiches, assorted sweets, scones, and hot tea. Event is free, but **registration is required**. Visit the link below to sign up!

**for more events, visit**  
[alexandriava.gov/RPCA/Events](http://alexandriava.gov/RPCA/Events)

FREE

**11  
DEC****SENIOR HOLIDAY  
LUNCHEON**10:30 A.M.-1 P.M.  
LEE CENTER

Gather with friends old and new for a festive holiday luncheon filled with good food, laughter, and seasonal cheer. Enjoy an afternoon of celebration, conversation, and community as we come together to make lasting holiday memories.

FREE

**18  
DEC****SENIOR EVENTS**11 A.M.-1 P.M.  
PATRICK HENRY REC CENTER

Experience the joy of the season at our Ugly Sweater Party, a festive event for seniors. Don your most outrageous holiday attire and indulge in Holiday craft sessions, cookie decoration fun, lively games, and joyful music. Embrace the spirit of the season as we celebrate with laughter, creativity, and delightful memories.



# FITNESS PASSES

| <b>Fitness Passes*</b> | 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.

| <b>Fitness Passes*</b> | 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.



# A NEW WAY TO EXPERIENCE FOUR MILE RUN







## **Alexandria's new ADA accessible kayak launch opens the river to more people than ever before.**

There is something different about seeing Alexandria from the water.

The sounds of traffic fade into the background. Great blue herons hunt along the shoreline. Turtles warm themselves on fallen logs, and the gentle rhythm of a paddle replaces the pace of everyday life. Until recently, getting onto Four Mile Run required experience, strength, or equipment, making it difficult for many people to launch a kayak.

That has changed.

This past spring, the City of Alexandria, in partnership with the Four Mile Run Conservancy, celebrated the opening of a new ADA-compliant kayak launch at Four Mile Run Park. The project represents a significant investment in making outdoor recreation more accessible while creating new opportunities for residents and visitors to connect with one of Alexandria's most unique natural resources.

The launch is the first facility of its kind in the Washington metropolitan area, designed so people of varying ages and abilities can enjoy kayaking with greater independence and confidence.

## Designed for Everyone

Accessibility was at the center of every design decision.

The launch includes a gently sloped elevated boardwalk leading to a floating dock connected by a gangway that adjusts with changing water levels. A wheelchair transfer platform allows paddlers to move safely into their kayak, while an integrated roller system helps guide boats into and out of the water with less lifting and strain.

These accessible features benefit everyone by making launching easier, safer, and more convenient. They help beginners, older adults, families with children, people who use wheelchairs, and anyone paddling alone.

Removing barriers means more people can experience the river, regardless of their level of experience or physical ability.



For the Four Mile Run Conservancy, the project reflects years of planning and advocacy to make waterways more welcoming to everyone. The organization's commitment to expanding equitable access to nature through its Water Access for All initiative recently earned a Gold Medal in the Governor's Environmental Excellence Awards.

## A Different View of Alexandria

Four Mile Run offers a side of Alexandria that many residents have never seen.

The launch sits along the tidal portion of the stream, where calm, shallow waters create an ideal setting for first-time paddlers and casual recreation. From the dock, kayakers can explore restored wetlands filled with native plants and wildlife before continuing toward the Potomac River Water Trail.

The experience is surprisingly peaceful considering its location within a busy urban corridor.

Birdwatchers may spot osprey circling overhead or kingfishers darting across the water. Fish move through underwater grasses, and



seasonal changes transform the landscape throughout the year.

For many visitors, paddling becomes more than recreation. It offers a new appreciation for Alexandria's natural environment and the restoration efforts that have helped improve the health of Four Mile Run over the years.

### **More Than a Place to Launch**

While the kayak launch creates a new recreational destination, its impact reaches well beyond boating.

The site provides a setting for educational programs, guided paddles, environmental stewardship projects, and volunteer cleanup events that help residents learn about the local watershed while caring for it.



Schools and youth organizations will have new opportunities for outdoor learning, introducing students to ecology, conservation,

and water safety in a hands-on environment. Community organizations can also use the space to encourage healthy outdoor activity and foster connections with Alexandria's waterways.

By expanding access to nature, the project supports both physical and mental well-being while helping people build a stronger connection to the environment around them.

### **A Lasting Addition to Alexandria's Waterfront**

The grand opening may be over, but the launch is just beginning its role as a gateway to Four Mile Run.

Now open to the public, the facility gives residents and visitors a new way to experience one of Alexandria's most scenic natural areas. Whether it's an early-morning paddle, an afternoon exploring the wetlands, or a family outing on the water, the launch makes it easier for more people to enjoy the river year-round.

As guided paddles, environmental programs, volunteer cleanups, and educational events continue to grow, the launch will serve as more than a place to put a kayak in the water. It is a space where recreation, conservation, and community come together, inviting people to see Four Mile Run from a perspective that was once out of reach.

For more information about the kayak launch, including directions and future programming, visit [alexandriava.gov/parks/project/four-mile-run-kayak-launch](https://alexandriava.gov/parks/project/four-mile-run-kayak-launch).

*Images taken at the Kayak Run Launch Grand Opening event held on Saturday, May 9, 2026.*

# 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!**



**For more information call 703-836-4414,  
ext. 120, or  
email [friendlyvisitor@seniorservicesalex.org](mailto:friendlyvisitor@seniorservicesalex.org)**



TORPEDOFACTORY.ORG

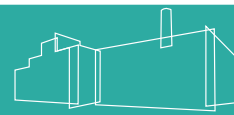
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# TORPEDO FACTORY ART CENTER



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

**SITE SEE 2026**

# **NOW OR NEVER**

**BY ALICIA EGGERT AT WATERFRONT PARK THROUGH NOVEMBER**



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