



RECREATION FOR AGES 55 & UP



It's all inside...

Fitness Passes, Classes, Activities and Sports

SPRING & SUMMER FEATURES

SPOTLIGHT LINE DANCE PARTY



Fri., April 26, 6:30-8:30 p.m.
Leonard "Chick" Armstrong Recreation Center, 25 W. Reed Ave.
Mix and mingle on the dance floor! Learn basic line dance steps and easy routines. No prior dance experience is necessary. Enjoy great music, food and company while dancing the night away. \$5.

SENIOR HEALTH AND FITNESS FAIR



Wed., May 29, 10 a.m.-12 p.m.
Lee Center, 1108 Jefferson St.
Participate in free cooking and exercise demos, and free health screenings! Refreshments will be provided. Please RSVP online at seniorservicesalex.org or by calling 703.836.4414 ext. 110.

HAND DANCE SOCIAL

Fri., May 17, 7-11 p.m.
Mt. Vernon Recreation Center, 2701 Commonwealth Ave.
Get into the swing of things with this improvisational D.C. variation of floor swing. \$9. #453816.



SENIOR 4TH OF JULY PICNIC

Sat., June 29, 1-3 p.m.
Mt Vernon Recreation Center, 2701 Commonwealth Ave.
Celebrate the holiday weekend with everything picnics are made of, food, fun, and friends! Play board games, win prizes, enjoy live entertainment and a classic summer BBQ! Free.



SENIOR LUNCH CRUISE



Fri., May 17, 11 a.m.-4 p.m.
Leonard "Chick" Armstrong, 25 West Reed Ave.
Enjoy a day on the Potomac aboard the Spirit of Washington

cruise ship. Includes roundtrip transportation, fine dining, music and entertainment. \$55. #483703.

30 DAYS FOR \$30



Chinquapin Park Recreation Center & Aquatics Facility, 3210 King St.
First time passholders can purchase a 1-month Chinquapin fitness pass for only \$30 in June. Visit alexandriava.gov/Aquatics.

Contact the Registration & Reservation Office at 703.746.5414 for more information. Schedules and fees are subject to change.

FITNESS PASSES

Fees include 20% discount for Alexandria residents 55 & up.

NEIGHBORHOOD FITNESS PASSES	Alexandria Residents	Nonresidents
Single Day Pass	\$4	\$10
3-month Pass	\$32	\$80
6-month Pass	\$60	\$150
12-month Pass	\$100	\$250

Neighborhood Fitness Passes are valid at:

Charles Houston Recreation Center

901 Wythe St., Alexandria, VA 22314, 703.746.5552
 Mon.-Friday: 9 a.m.-9 p.m. & Saturday: 9 a.m.-6 p.m.
 Sunday: 1-5 p.m.

Leonard "Chick" Armstrong Recreation Center

25 West Reed Ave., Alexandria, VA 22305, 703.746.5554
 Monday-Friday: 9 a.m.-9 p.m. & Saturday: 9 a.m.-6 p.m.

Patrick Henry Recreation Center

4653 Taney Ave., Alexandria, VA 22304, 703.746.5541
 Monday-Friday: 9 a.m.-9 p.m. & Saturday: 9 a.m.-6 p.m.

William Ramsay Recreation Center

5650 Sanger Ave., Alexandria, VA 22311, 703.746.5558
 Monday-Friday: 9 a.m.-9 p.m. & Saturday: 9 a.m.-6 p.m.

CHINQUAPIN PARK RECREATION CENTER & AQUATICS FACILITY FITNESS PASSES

	Alexandria Residents	Nonresidents
Single Day Pass	\$6.40	\$12
1-month Pass	\$40	\$100
6-month Pass	\$200	\$500
12-month Pass	\$360	\$885
Non-Prime Racquetball	\$8/hr.	\$11/hr.
Prime Racquetball	\$11/hr.	\$14/hr.

Chinquapin Park Recreation Center & Aquatics Facility

3210 King St., Alexandria, VA 22302, 703.746.5553
 Monday-Thursday: 6 a.m.-9 p.m.
 Friday: 6 a.m.-6 p.m. & Saturday-Sunday: 8 a.m.-6 p.m.

Amenities include:

- 25-meter pool w/diving well
- Racquetball Courts
- Locker rooms with saunas
- Facility Rentals
- Fitness Room

CLASSES FOR 55+

Fees reflect 20% discount for Alexandria residents 55 & up.



WALK & FIT TRAINING

Wednesdays, 10-11 a.m.
April 10-June 26

Patrick Henry Recreation Center,
4653 Taney Ave.

This circuit training class features walking for aerobic activity and hand held weights and resistance bands for strength training. \$84. #414001.

AQUATIC EXERCISE DROP-IN

Tuesdays & Thursdays
8:15-9 a.m. & 9:30-10:15 a.m.
June 25 - Aug. 29

Chinquapin Park Recreation Center
& Aquatics Facility, 3210 King St.

Improve muscular and cardiovascular strength without jumping, running or swimming. Eliminate joint aches and improve balance. Email candicekaup@yahoo.com or call 707.863.1898. \$156. #133105.



SENIOR BODY PART AEROBICS

Mondays & Fridays, 10-11 a.m., April 1 - June 12
Patrick Henry Recreation Center, 4653 Taney Ave.

This exciting, low impact chair aerobics workout uses slow every-day movements to tone and sculpt the body. \$84. #404005.

SENIOR LINE DANCE

Fridays, 11:30 a.m.-12:30 p.m., April 5 - June 21
Patrick Henry Recreation Center, 4653 Taney Ave.

Improve endurance, balance, circulation, memory, and socialization through easy and fun instructor-led line dance. \$87.20. #414004.

SENIOR WORKOUT WITH MS. LYNNE

Thursdays, 11-11:45 a.m. April 25 - May 30

Mt. Vernon Recreation Center, 2701 Commonwealth Ave.

Seniors, improve your posture and balance, strengthen your muscles, learn to minimize or eliminate aches and pains and increase your flexibility. \$39.20 per session. #413801.



SENIOR COED PICKLEBALL TOURNAMENT

Thursday, May 9 - Friday, May 10

Times vary

Lee Center, 1108 Jefferson St.

Hit it and score! Make your workout social by playing in a pickleball tournament. \$15. #423227.



GENTLE YOGA

Mondays, 11 a.m.-12 p.m., Jan. 14 - April 8

Charles Houston Recreation Center, 901 Wythe St.

In this beginner yoga class, emphasis is placed on breath and awareness of movement while enhancing flexibility, balance, and strength with compassionate mindfulness. \$95.20. #313126.

LOCATIONS

- CH Charles Houston Recreation Center**
901 Wythe St., 22314, 703.746.5552
- CQ Chinquapin Park Recreation Center & Aquatics Facility**
3210 King St., 22302, 703.746.5553
- CK Leonard "Chick" Armstrong Recreation Center**
25 West Reed Ave., 22305, 703.746.5554
- MV Mt. Vernon Recreation Center**
2701 Commonwealth Ave., 22301, 703.746.5556
- NL Nannie J. Lee Recreation Center**
1108 Jefferson St., 22314, 703.746.5535
- PH Patrick Henry Recreation Center**
4653 Taney Ave., 22304, 703.746.5541
- WR William Ramsay Recreation Center**
5650 Sanger Ave., 22311, 703.746.5558

FREE ACTIVITIES & SPORTS WEEKLY CALENDAR

Sunday

3-4:30 p.m.	Pickleball (2nd & 4th Sunday)	CH
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Monday

9 a.m.	Del Ray Walking Group	MV
9:30 a.m.-12:30 p.m.	Strength & Conditioning	WR
9:30 a.m.-12:30 p.m.	Table Tennis	WR
10-11 a.m.	Zumba	CK
10 a.m.-12 p.m.	Art	MV
10 a.m.-12 p.m.	Pinochle	MV
10:30-11 a.m.	Belly Dance 101	MV
10:45 a.m.-12:45 p.m.	Pickleball	NL

Tuesday

9-10 a.m.	Walking Club	CK
9 a.m.-12 p.m.	Table Tennis	WR
9:30 a.m.-12:30 p.m.	Pickleball	PH
10-11 a.m.	Dance Fitness	CK
11 a.m.-3 p.m.	Del Ray Seniors	MV
12-2 p.m.	Dun Lo Arts	NL
10:45 a.m.-12:45 p.m.	Pickleball	NL
11 a.m.-12 p.m.	Coffee Social Hour	CK

Wednesday

9 a.m.	Del Ray Walking Group	MV
9:30 a.m.-12:30 p.m.	Strength & Conditioning	WR
10-11 a.m.	Zumba	CK

Wednesday continued

10 a.m.-2 p.m.	Bridge	NL
10:30-11 a.m.	Belly Dance 101	CK
1-2:30 p.m.	Women's Basketball	NL
6-7:30 p.m.	Pickleball	PH

Thursday

9-10 a.m.	Walking Club	CK
9 a.m.-12 p.m.	Pickleball	CH
10 a.m.-2 p.m.	Knitting	MV
10-11:30 a.m.	Table Tennis	CK
2:30-3:30 p.m.	Tai Chi	MV

Friday

9 a.m.	Del Ray Walking Group	MV
9 a.m.-12 p.m.	Pickleball	CH
9:30 a.m.-12:30 p.m.	Strength & Conditioning	WR
9:30 a.m.-12:30 p.m.	Table Tennis	WR
10 a.m.-12 p.m.	Pinochle	MV
11 a.m.-1 p.m.	Silver Screen Movie (3rd Fri.)	CK
11 a.m.-1:30 p.m.	Game Day	CK
11 a.m.-12 p.m.	Tech Class (4th Fri.)	CK
7-9 p.m.	55+ Game Night	MV
7-9 p.m.	Silk & Soul Hand Dance	MV

Free activity and sport descriptions on next page.

FREE ACTIVITIES

Descriptions of schedule on previous page.



55+ GAME NIGHTS Play table games and cards while enjoying entertainment, refreshments, and new friends.

ART Begin with sketching and progress through various visual arts mediums with assistance from professional artists. \$5 for materials fee.

BELLY DANCE 101 Perform fluid combinations of moves to energizing music in a self-directed step-by-step class with safe, gentle warm-ups and stretches.

BRIDGE Play cards with neighbors and friends in a relaxed and fun atmosphere.

COFFEE SOCIAL HOUR Enjoy coffee and cake with new and old friends.

DANCE FITNESS Learn the basic steps of line dance for new and old dances with Instructor Glenda Davis. No partner needed.

DEL RAY ROBUST WALKING GROUP

This wholesome pathway to successful aging weaves low-intensity exercises into a walk.

DEL RAY SENIORS Social gatherings to discuss healthy living, exercise, fitness, screenings, recreation and leisure opportunities. Enjoy quarterly luncheons, field trips and guest speakers. Activity fee may apply.

DUN LO ARTS Seniors learn to paint in a group setting. For more information, call Rhoda Seligmann at 703.751.7924.

GAME DAY Enjoy board games, cards, or billiards in a fun social environment.

KNITTING Knitters at various skill levels socialize and knit scarves, hats, sweaters, blankets, etc. Bring materials.

TABLE TENNIS Enjoy the thrill of competing with friends.

PINOCHLE Learn the games of bridge and pinochle and play socially on a regular basis.

SILK & SOUL HAND DANCE Enjoy one of the fastest growing activities. It is a male-led performance, with both partners performing syncopated turns and steps.

SILVER SCREEN MOVIE Seniors, pop on over for a great time watching movies and enjoying snacks. Bring a movie or make a suggestion for the group.

STRENGTH AND CONDITIONING A self-directed group activity to encourage pursuing a personal fitness plan. Recreation Center ID and Fitness Pass are required.

TECH CLASS Become friends with your technology. Learn how to use computers, tablets and smartphone devices to keep up with your kids and grandkids.

WALKING CLUB Connect with others who share your health goals and be a part of a fun group!

ZUMBA Want to have fun while exercising? This safe, self-directed fitness workout combines Latin dance and modern day hip hop.

SPORTS

PICKLEBALL What do you get when you combine badminton, tennis and ping-pong? A popular and quickly growing sports program ideal for active adults. Stay fit while enjoying weekly challenges with friends.

WOMEN'S BASKETBALL Stay healthy and have fun playing 3 on 3 half-court basketball scrimmages. Bring an indoor women's basketball and a light and dark shirt.

Adult Sport Leagues vary by season. View a complete listing at alexandriava.gov/Recreation, pick up a Program Guide from any Recreation Center or call 703.746.5409.

Senior Services of Alexandria (SSA)

Provides Meals on Wheels, DOT transportation, a speaker series and a monthly cable television production, *Senior Living in Alexandria*.

www.seniorservicesalex.org, 703.836.4414.

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*

For a list of all programs, visit alexandriava.gov/Recreation