



“Senior Living in Alexandria”

SSA’s 2023-2024 Speaker Series

*All events are **FREE** and open to the public.*

SEPTEMBER

Senior Academy

Wednesday, September 6, 2023 @ City Hall

Wednesday, September 13, 2023 @ Alexandria Police Department

Wednesday, September 20, 2023 @ Charles Houston Recreation Center

Wednesday, September 27, 2023 @ Beatley Library

OCTOBER

“Staying Safe for Seniors” -- Home Tips, Fall Prevention, Stroke Awareness & Prescriptions

Thursday, October 19, 2023 at 10 am

Location: Westminster Presbyterian Church

NOVEMBER

Discover Fun Things to See and Do in Alexandria

Wednesday, November 15, 2023 at 10:30 am

Location: Beatley Library

JANUARY

“Empowering Caregivers” -- Strategies & Resources for Older Adult Caregivers

Wednesday, January 17, 2024 at 10:30 am

Location: Beatley Library

FEBRUARY

Aging Well Workshop-- Preparing for Health and Happiness as an Older Adult

Thursday, February 15, 2024 at 10 am

Location: The View Alexandria

MARCH

SSA Connection Newsletter: LIVE in Person

Thursday, March 21, 2024 at 10 am

Location: Beth El Hebrew Congregation

APRIL

Fresh Ideas for Floral Arranging with Red Hill Garden Club

Wednesday, April 17, 2024 at 10:30 am

Location: Beatley Library

MAY

Senior Health & Fitness Fair

Thursday, May 23, 2024 at 10 am

Location: Lee Center, 1108 Jefferson Avenue, Alexandria

JUNE

Senior Law Day

Saturday in June (Date TBD)

Location: First Baptist Church, King Street

For more information, visit www.SeniorServicesAlex.org
or call 703.836.4414, x 110.