



“EMPOWERING CAREGIVERS”

**STRATEGIES & RESOURCES FOR CAREGIVERS OF
OLDER ADULTS**

WEDNESDAY, JANUARY 17TH 10:30 A.M

**BEATLEY LIBRARY, 5005 DUKE STREET
ALEXANDRIA, VA 22304**

This annual event features local experts on programs and services for those serving as caregivers and their loved ones.

The organizations included:

Alexandria Adult Day Service Center

Cherry Blossom PACE

Insight Memory Care Center

Regional Older Adults Facilities Dementia Support Team (RAFT)

Bellevue Medical Partners

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

2024 Senior Living in Alexandria Speaker Series

“Empowering Caregivers” – Strategies & Resources for Caregivers of Older Adults

Wednesday, January 17, 2024 at 10:30 am, Beatley Library

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

Thursday, February 15, 2024 at 10 am, The View Alexandria

SSA Connection Newsletter: LIVE in Person

Thursday, March 21, 2024 at 10 am, Beth El Hebrew Congregation

Fresh Ideas for Floral Arranging with Red Hill Garden Club

Wednesday, April 17, 2024 at 10:30 am, Beatley Library

Senior Health & Fitness Fair

Thursday, May 23, 2024 at 10 am, Lee Center 1108 Jefferson Street, Alexandria

Senior Law Day

Saturday in June (Date TBD), First Baptist Church, 2932 King St., Alexandria, VA