

2024 Senior Living in Alexandria Speaker Series

TED
IDEAS WORTH SPREADING



SSA CONNECTION LIVE

OUR WEEKLY NEWSLETTER FOR SENIORS IN ALEXANDRIA GOES LIVE!
JOIN US FOR AN IN PERSON PRESENTATION, EXERCISE, COOKING
DEMONSTRATION, AND MORE!



THURSDAY, MARCH 21ST, 10 - 11:30 AM

BETH EL HEBREW CONGREGATION – 3830 SEMINARY ROAD

“SSA Connection Live” will feature inspiring guest speakers, interactive presentations, and so much fun! Join us for the following:

- The founder of the Positive Aging Community, Steve Gurney’s “Ted Talk” with tips for living your best life as an older adult
- Simple chair yoga movement and mindfulness with Virginia Kalish, senior yoga instructor and retired geriatrician
- An easy-to-make recipe shared by The Landing Alexandria’s Executive Chef, Stephen Winterling
- A Crafty art project
- Upcoming Events shared by Diana Price with Beatley Library

THE EVENT IS FREE, BUT PLEASE REGISTER BY EMAILING
EVENTS@SENIORSERVICESALEX.ORG OR CALL 703-836-4414, EXT. 110.



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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

Thursday, April 25th, 2024 at 10:30 am, The View Alexandria by Goodwin Living
5000 Fairbanks Ave, Alexandria, VA

Senior Health & Fitness Fair

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

Senior Law Day

Saturday June 8, 2024 at 9am, First Baptist Church, 2932 King St.