



“SENIOR LIVING IN ALEXANDRIA”

SSA’S 2024-2025 SPEAKER SERIES

All events are FREE and open to the public



Senior Academy

Wednesday, September 4, 2024 @ Alexandria City Hall
Wednesday, September 11, 2024 @ Beatley Central Library
Wednesday, September 18, 2024 @ Alexandria City Police Department
Wednesday, September 25, 2024 @ Patrick Henry Recreation Center



“Smart Aging ” Readyng Your Home and Finances

Wednesday, October 16, 2024 at 10am, Westminster Presbyterian Church



Volunteering for Seniors and Engaging Activities in Retirement

Wednesday, November 20, 2024 at 10:30am, Beatley Library



Age Friendly Plan

Wednesday, January 15, 2025 at 10:30am, Beatley Library

“SENIOR LIVING IN ALEXANDRIA”

SSA’S 2024-2025 SPEAKER SERIES

All events are FREE and open to the public



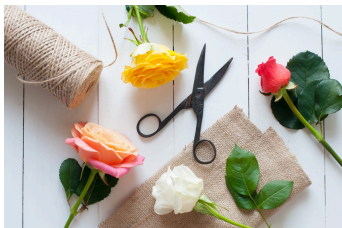
Strategies for Addressing Solo Aging, Social Isolation and Mental Health for Seniors Presenting in Partnership with At Home in Alexandria

Wednesday , February 19, 2025 at 1pm, Beatley Library



SSA Connection live

Wednesday, March 19, 2025 at 10am, Beth El Hebrew Congregation



Fresh and Fun Ideas for Floral Arranging with Red Hill Garden Club

Wednesday April 16, 2025 at 10am, location TBD



Senior Health and Fitness Fair

Thursday, May 22, 2025 at 10am, Lee Center, 1108 Jefferson Ave



Senior Law Day

TBD