



# “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 10am, Beth El Hebrew Congregation



### **Age Friendly Plan**

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

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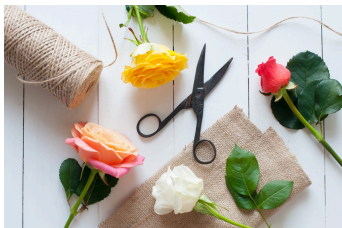
### **Strategies for Addressing Solo Aging, Social Isolation and Mental Health for Seniors Presenting in Partnership with At Home in Alexandria**

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

*2024 Senior Living in Alexandria Speaker Series*

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