



**VOLUNTEERING FOR
SENIORS AND ENGAGING
ACTIVITIES IN RETIREMENT**

WEDNESDAY, NOVEMBER 20, 2024 AT 10:30AM

**BETH EL HEBREW CONGREGATION
3830 SEMINARY ROAD, ALEXANDRIA**

Several Local non-profits will be on hand to talk about their volunteer opportunities for older adults looking to make a difference in the community.

Speakers include:

- ALIVE!
- Computer Core

There will be several local non-profits in attendance for participants to talk to about the many volunteer opportunities available in Alexandria.

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

2024 Senior Living in Alexandria Speaker Series

Age Friendly Plan

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

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

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 & Fitness Fair

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

Senior Law Day

TBD