

# “SENIOR LIVING IN ALEXANDRIA”

## SSA’S 2025 SPEAKER SERIES

*All events are FREE and open to the public*



### Age Friendly Plan

Friday, January 17, 2025 at 10:00am, Lean Center



### 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

Saturday, June 7, 2025 at 8:30am,  
First Baptist Church, 2932 King Street

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