



**ALEXANDRIA'S
“AGE FRIENDLY PLAN”
WE WANT TO HEAR FROM YOU!**

DATE: FRIDAY, JANUARY 17

**LOCATION: LEE CENTER, 1108 JEFFERSON STREET
EXHIBITION HALL (LOWER LEVEL)**

TIME: 10:00 AM

The Alexandria Commission on Aging and the Division of Aging & Adult Services are updating the City's Age Friendly Strategic Plan. This updated plan will be presented to City Council and, when approved, will guide funds and services for Alexandria's older adult population.

We want to hear from you on what the priorities should be for older adults residing in Alexandria, and how to improve city services and policies. We ask that you complete a short survey on aging services and needs before the January 17th event. Go to <https://tinyurl.com/AgeFriendlyPlan> to complete. If you need assistance, please call 703.726.3339.

THIS EVENT IS FREE.

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

“SENIOR LIVING IN ALEXANDRIA”

2025 Senior Living in Alexandria Speaker Series

All events are **FREE** and open to the public



Age Friendly Plan

Friday, January 17, 2025 at 10am, Lee Center, 1108 Jefferson St.



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 St.



Senior Law Day

TBD

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