

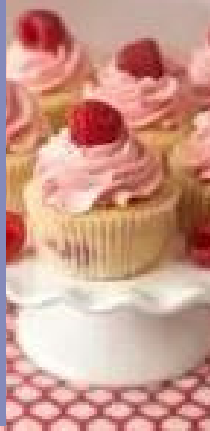
2025 Senior Living in Alexandria Speaker Series

TED
IDEAS WORTH SPREADING



SSA CONNECTION LIVE

OUR WEEKLY NEWSLETTER FOR SENIORS IN ALEXANDRIA GOES LIVE!
JOIN US FOR AN IN PERSON PRESENTATION, EXERCISE, COOKING
DEMONSTRATION, AND MORE!



WEDNESDAY, MARCH 19TH, 10 - 11:30 AM

BETH EL HEBREW CONGREGATION – 3830 SEMINARY ROAD

"SSA Connection Live" will feature inspiring guest speakers, interactive presentations, and plenty of fun! Join us for:

- **TED Talk:** Jim Zalewski, Manager of Old Town Funeral Choices
- **Fitness Leaders:** Karen Rouse and Gladstone Harriott, City of Alexandria's Department of RPCA
- **Cooking Demo:** An easy-to-make recipe shared by The Landing Alexandria's Executive Chef, Stephen Winterling
- **City Happenings:** Kristy Huettner, Volunteer Program Coordinator, Office of Historic Alexandria
- **Creative Project:** Encore Creativity "Sing-along"

THE EVENT IS FREE, BUT PLEASE REGISTER BY EMAILING
EVENTS@SENIORSERVICESALEX.ORG OR CALL 703-836-4414, EXT. 110.



2025 Senior Living in Alexandria Speaker Series

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 St.

Senior Law Day

Saturday, June 7 at 8:30am, First Baptist, 2932 King St.