



“SENIOR LIVING IN ALEXANDRIA”

SSA’S 2025-2026 SPEAKER SERIES

All events are FREE and open to the public.



Senior Academy

Wednesday, September 3, 2025 to September 24, 2025



The Journey to Healthy Living: Stress Relief, Cooking, Nutrition & Exercise

Thursday, October 23, 2025 at 10 am, Westminster Presbyterian Church



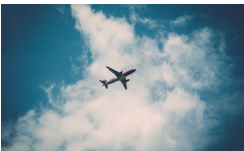
Balanced for Life: Fall Prevention

Thursday, November 20, 2025 at 10 am, Beth El Hebrew Congregation



Resilience and Renewal: Caregiver Workshop

Wednesday, January 21, 2026 at 10 am, Beatley Library



Exploring Horizons: Senior Education and Travel

Wednesday, February 18, 2026 at 10 am, Beatley Library



Senior Technology and Avoiding Scams and Fraud

Wednesday, March 11, 2026 at 10 am. Beatley Library



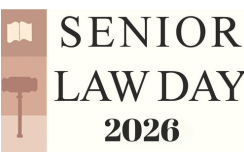
Fresh and Fun: Floral Arranging Workshop with Red Hill Garden Club

Wednesday, April 15, 2026 at 10 am, Beatley Library



Senior Health & Fitness Fair

Thursday, May 21, 2026 at 10 am, Lee Center is address is 1108 Jefferson Street



Senior Law Day

Date and location to be determined.

2025-2026 Senior Living in Alexandria Speaker Series

Senior Academy

Wednesday, September 3, 2025, at Beatley Library

Wednesday, September 10, 2025, at City Hall

Wednesday, September 17, 2025, at Alexandria City Police Department

Wednesday, September 24, 2025, at Patrick Henry Recreation Center

The Journey to Healthy Living: Stress Relief, Cooking, Nutrition & Exercise

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Location: Westminster Presbyterian Church

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Location: Beth El Hebrew Congregation

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