



Fall 2025

SENIOR ACADEMY

CALLING
ALL SENIORS
60+

Starting Sept 3, on every Wednesday in September from 10 am to 12pm, this four-week course provides Alexandria's seniors with the opportunity to learn about to the City's various government functions. Come learn about local organizations that serve Alexandria's older adults, and help seniors get more involved!

The Senior Academy is a free program. Light refreshments are provided each week, and a special graduation ceremony will follow the last class.



Registration closes on Friday, August 22.

To learn more, or to register for the Senior Academy, visit seniorservicesalex.org or call Lindsay Hemphill at 703-836-4414, ext. 110.

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: Mental Health, Cooking, Nutrition & Exercise

Thursday, October 23, 2025 at 10 am,

Location: Westminster Presbyterian Church

Balanced for Life: Fall Prevention

Thursday, November 20, 2025 at 10 am

Location: Beth El Hebrew Congregation

Resilience and Renewal: Caregiver Workshop

Wednesday, January 21, 2026 at 10 am

Location: Beatley Library

Exploring Horizons: Senior Education and Travel

Wednesday, February 18, 2026 at 10 am

Location: Beatley Library

Senior Technology and Avoiding Scams and Fraud

Wednesday, March 11, 2026 at 10 am

Location: Beatley Library

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

Wednesday, April 15, 2026 at 10 am

Location: Beatley Library

Senior Health & Fitness Fair

Thursday, May 21, 2026 at 10 am

Location: Lee Center, 1108 Jefferson Street

Senior Law Day

Date and location to be determined.