



## **Resilience and Renewal: Caregiver Workshop**

**WEDNESDAY, JANUARY 21, 2026 AT 10AM**

**BEATLEY LIBRARY, 5005 DUKE ST, ALEXANDRIA, VA 22304**

Caring for a loved one is a rewarding but often challenging journey.

Join Senior Services of Alexandria for a special workshop designed to empower family caregivers with practical tools, expert advice, and local resources.

Our panel of experts will guide you through essential strategies for maintaining your own well-being while providing the best care for others.

### Program Schedule & Featured Speakers:

- Pamela Austin, City of Alexandria Division of Aging and Adult Services (DAAS)
- Lindsay Vajpeyi, Insight Memory Care Center
- Kate Chutuape, VHC Health
- Christine Friedberg, Griswold Home Care

Take a morning to invest in yourself and your caregiving journey. We look forward to seeing you there!

**PLEASE RSVP BY EMAIL AT [EVENTS@SENIORSERVICESALEX.ORG](mailto:EVENTS@SENIORSERVICESALEX.ORG) OR CALL (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: Stress Relief, 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**

Saturday, June 6, 2026 at 8:30 am, First Baptist Church