

*2025-2026 Senior Living in Alexandria Speaker Series*



**EXPLORING HORIZONS:  
SENIOR EDUCATION & TRAVEL  
WEDNESDAY, FEBRUARY 18 AT 10 AM**

**BEATLEY CENTRAL LIBRARY  
5005 DUKE STREET, ALEXANDRIA**

Senior Services of Alexandria and At Home in Alexandria are hosting a Speaker Series event “Exploring Horizons: Senior Education and Travel” on Wednesday, February 18 at Beatley Central Library, 5005 Duke Street, 10 – 11:30 am. This event will feature expert speakers talking about continuing education opportunities for older adults in the Washington, DC region, as well traveling – both locally and beyond. We hope you will join us for this informative and fun event!

**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