

2025 Senior Living in Alexandria Speaker Series



## 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 Huettnner, Volunteer Program Coordinator, Office of Historic Alexandria
- **Encore Creativity** will wrap it up with a fun "Sing-along" to tap into your creative spirit.

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

# “SENIOR LIVING IN ALEXANDRIA”

2025 Senior Living in Alexandria Speaker Series

All events are **FREE** and open to the public



## SSA Connection live

Wednesday, March 19, 2025 at 10am, Beth El Hebrew Congregation



## Fresh and Fun Ideas for Floral Arranging with Red Hill Garden Club

Wednesday April 16, 2025 at 10am, location TBD



## Senior Health and Fitness Fair

Thursday, May 22, 2025 at 10am, Lee Center, 1108 Jefferson St.



SENIOR  
LAW DAY

2 0 2 5

## Senior Law Day

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