



RESOURCES

- City of Alexandria Division of Aging & Adult Services—
703.746.5999
- Alexandria Meals –on-Wheels—**703.836.4414**
- Alexandria Senior Taxi—**703.746-5999**
- Alexandria Transportation—**703.746.4079**
- Alexandria Redevelopment & Housing
Authority—**703.549.7115**
- Legal Services of Northern Virginia—**703.778.6800**

CENTER STAFF

PAMELA GUERRA—Center Manager
703-843-4959

MARGARET WILBORN—Center Assistant
Manager

TERESA GIBSON—Nutrition/Activity Aide

CENTER HOURS

Monday—Friday

8:30 a.m.—2:00 p.m.

OFFICE HOURS

8:30 a.m.—4:00 p.m.



Lunch Served Daily. Reservations are required for lunch.
Transportation to and from the Center and for Field Trips is provided.

Minimum Suggested Contributions

\$2.00—Lunch \$1.00—Shopping

.50—Transportation to and from Senior Center



THE SENIOR CENTER @ CHARLES HOUSTON

901 Wythe Street
Alexandria, VA 22314
703.746.5456

October 2026

Awww.chsenior.us

***The Senior Center is sponsored by the
Alexandria Redevelopment & Housing
Authority (ARHA) in partnership funded by the City' of Alexan-
dria Department of Community & Human Services' Division of
Aging & Adult Services***



October 2026 HIGHLIGHTS

Shopping, Shopping, Shopping Trips

**10/1– The Loop; Walmart, Dollar Tree and Shoppers Alexandria, VA
9:30am**

**10/8 -Amish Market and Miller’s Farm Upper Marlboro, MD
9:30am**

10/15– Thurmont Pumpkin Patch Thurmont, MD 9:30am

10//22– African Art Museum Washington DC 9:30am

10/29– Overdue Recognition Art Gallery, Bowie, MD 9:30am

ACTIVITIES

**10/2, 10/5, 10/9, 10/16,10/19,10/23: Chair Yoga class
10:00am**

10/7, 10/14,10/21,10/28: Tai Chi 10:30am

10/13,10,2010/27: Walkers to Pentagon City Mall 9:30am

**10/13: Understanding & protecting your income in retire-
ment; Dr Laurel Breedon 11:00am**

10/16: Hispanic Heritage Celebration 10:30am

Center Closed October 12, 2026

REMINDERS

Bus reservations must be made at least one day in advance by 1 p.m.

Lunch reservations must be made at least one day in advance by 11 a.m.

**PLEASE NOTE: Continue to listen to television and radio announce-
ments concerning weather related closings. Remember we follow the
Alexandria City Schools schedule; if the system is closed or has a de-
layed opening the SENIOR CENTER IS CLOSED for the day! If the
Alexandria Schools aren’t in session, please call the Center for a rec-
orded message concerning the status of the Center. Thanks!**



October Birthdays

Martha 10/3

Fannie Mae 10/7

Diana 10/18

Ulia 10/25

Pamela 10/26