

PARTICIPANTS:

The Center is non-denominational and serves all people aged 60 or older that live within the City of Alexandria.

NEW PARTICIPANT REGISTRATION:

A short registration process is used to assess a prospective participant's needs and to meet Administrative requirements. Please call 540-773-9848 to make an appointment.

SENIOR OPPORTUNITIES:

The Center promotes happiness and independence through health and wellness, social, educational, recreational, and cultural opportunities. Referrals are made to other services throughout the community. Nutritious lunches are served daily.

CENTER LOCATION:

The Center is located at **4650 Taney Avenue, Alexandria**, across the street from the Patrick Henry Elementary School and Rec Center. Take Seminary Road to North Jordan then turn right on Taney Avenue. Another option is to take Duke Street to North Jordan; turn left on Taney Ave. Also, you may take the Metro bus route 25B.

TRANSPORTATION AND MEALS:

The City of Alexandria provides door-to-door bus transportation and daily lunch. Registered participants can make bus or meal reservations by calling 540-773-9848, one day in advance before 11:00 am.

PARTNERS OF ST. MARTIN DE PORRES SENIOR CENTER:

This senior center is a partnership funded by the City of Alexandria Department of Community and Human Services Division of Aging and Adult Services.

HELPFUL INFORMATION SOURCES:

- **City of Alexandria Division of Aging and Adult Services: 703-746-5999**
- Alexandria DOT Transportation: 703-746-4079
- Alexandria Meals-On-Wheels: 703-836-4414 x.110 Marshall Hespe
- Alexandria Senior Taxi: 703-746-5999 x1
- Arlington County Agency on Aging: 703-228-1700
- Fairfax Area Agency on Aging: 703-324-7948
- Legal Services of Northern Virginia: 703-778-6800 Mon-Thurs 9:30-12:30, 1:30-3:30
- Catholic Charities Emergency Assistance: 703-548-4227, 703-548-4881
- **Catholic Charities Diocese of Arlington Senior Services: 540-773-9848**
Anne Coyne

ST. MARTIN DE PORRES SENIOR CENTER STAFF:

Anne Coyne, St. Martin de Porres Senior Center Program Director
Luis Angel, Senior Center Assistant Director
Maria Mellor, Activities and Food Service Assistant, Volunteer Coordinator



ST. MARTIN DE PORRES SENIOR CENTER

ALL SENIORS WELCOME!

Welcome Back!!

This senior center is a partnership funded by the City of Alexandria Department of Community and Human Services Division of Aging and Adult Services.



May 2022

4650 Taney Ave. Alexandria, 22304

Phone: 540-773-9848

www.ccda.net

CENTER OPEN: MONDAY – FRIDAY
8:30 A.M. – 1:30 P.M.

OFFICE HOURS: 8:00 A.M. – 4:00 P.M.

Happy Birthday!

May Birthdays!

04 – Almaz Woldegebriel
09 – Bongsun Choi
11 – Kathryn Hunter
11 – Rai Nayyar
13 – Nora Opena
24 – Gahmar Raouf
24 – Suman Nayyar



Our Birthday Party will be on
Wednesday, May 25th

Reminder

Center Closed:

5/11 – Field Trip

5/30 – Memorial Day



-Bus reservations
must be made at least
one day in advance
by 11 am.



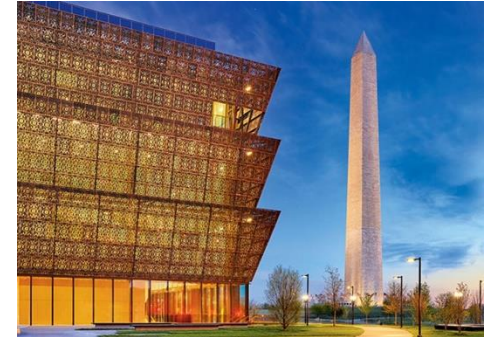
-Lunch

reservations must be made at least one day in advance by
11am.

FIELD TRIPS

Wednesday, May 11: National Museum of African American History and Culture with lunch at the center

We are starting going to our first museum trip of the year! We will be exploring the NMAAHC museum. This is a great chance for you to explore one of the most popular Smithsonian museum. We will be returning to the senior center for lunch. Seating on the bus is limited to 12 seats, open on a first come first serve basis. Bus pick up begins at 8:30 and we will be leaving the center at 9:30. Last day to sign up is May 10th at 11:00. Please sign up with Maria **in person**.



Thursday May 19th: Health and Nutrition Fair

Join us for a field trip to the Lee Center to participate in the Health Fair!! Participate in a cooking presentation, learn nutrition facts and have lunch with seniors from the other centers. Seating on the bus is limited to 13 seats, open on a first come first serve basis. Last day to sign up is May 13th at 11:00. If you are interested in driving on your own, please also sign up to reserve your lunch. Please sign up with Maria **in person**.

Wednesday May 25th: Walkathon

Join us for a field trip to participate in the annual Walkathon!! Participate in a exercises, learn new exercise routines that you can do at home and go on a walk with seniors from the other centers. This trip is part of a fundraiser to support senior activities that go on throughout the year. Seating on the bus is limited to 13 seats, open on a first come first serve basis. Last day to sign up is May 20th at 11:00. If you are interested in driving on your own, please also sign up to reserve your lunch. Please sign up with Maria **in person**.

