

A Community of Support, Enrichment & Fun for our Alexandria Neighbors Ages 55+

Lots to Celebrate in June! by Jamie Ciesla, AHA Executive Director

As we head into summer, I am looking forward to warmer months filled with connection, learning, celebration, and fun! AHA's June calendar is packed with engaging programs, social gatherings, and opportunities to spend time with both new and familiar friends. I hope to see many of you throughout this exciting and celebratory summer season!

Come Celebrate AHA's 15th Anniversary! One of the highlights of the month will be AHA's 15th Anniversary Celebration, a wonderful opportunity to reflect on the friendships, programs, and community that have shaped AHA over the years. We hope many members, volunteers, and friends of AHA will join us for this special occasion as we celebrate all that we have accomplished together and look ahead to an exciting future.

Please join us on Sunday, June 20 at the Charles Houston Recreation Center at 901 Wythe Street from 2 to 4 pm. There will be light refreshments, a photo booth, and plenty of time to reconnect with old friends and meet new ones. We will be playing some fun games, and gift cards will go to the winners! The Charles Houston Recreation Center has a parking lot and street parking is also available. Members can register through the AHA Hub or by emailing or calling the AHA office.

Welcome Nona Phinn! We are also delighted to welcome Nona Phinn to the AHA team as Marketing and Membership Manager! Nona joins us with enthusiasm, warmth, and a passion for marketing and community engagement, and we are excited for members to get to know her in the coming weeks. Nona's first day with AHA will be June 15. Please give Nona a warm AHA welcome when you see her at upcoming events and programs.



AHA Wins Grant Funding! I am also delighted to report on another success for AHA! We have been selected to receive a \$10,000 grant from the Alexandria Fund for Human Services (AFHS) to support the "Building Community Connections for Older Adults – West Alexandria" initiative. The three-year grant period runs from July 1, 2026, through June 30, 2029. Continued funding in years two and three is contingent upon annual City Council appropriations and program performance. This funding will help strengthen community connections and support services for older adults in Alexandria.

June 2026 Calendar

Please note that the programs in this calendar may be scheduled via Zoom or in person. The AHA office will send you the Zoom link after you have registered for a program. To register, please call or email AHA at AHA@AtHomeInAlexandria.org or at (703) 231-0824

SPECIAL EVENTS

Thursday, June 4	Rainbow Network LGBTQSL Peer Group by Zoom	See page 3 for details
Saturday, June 6	AHA at West End Business Association Festival at Ben Brenman Park, 4800 Brenman Park Dr	12 – 6 pm
Saturday, June 20	Clear the Clutter and Donate Old Computer Equipment	See page 4 for details
Saturday, June 20	AHA's 15th Anniversary Celebration at Charles Houston Recreation Center at 901 Wythe Street	2-4 pm
Friday, June 25	AHA, Synergy, and MVAH co-sponsor Celebrate America250 at Martha Washington Library, 6614 Fort Hunt Road	1 – 3 pm
Saturday, June 27	AHA at Alexandria Pride Fair at John Carlyle Square Park, 825 John Carlyle Street	2 – 6 pm
Tuesday, June 30	Adventures Through Africa by AHA member Doris Parker at Madison Room in Alexandria House, 400 Madison Street	4 – <u>6 pm</u>

MONTHLY EVENTS

Tuesdays, June 2, 23, 30	AHA Yoga at The View in Alexandria House. Mat Yoga from 9:30 – 10:30. Chair Yoga from 11 am to noon. BOTH classes are FULL.	9:30 – 12 pm
Every Tuesday in June	Weekly Scrabble at the home of Jeff and Donna Gathers. Limit of 3.	1:30pm
Tuesday, June 9	Ladies' Night Out at Dok Khao, 2514 Richmond Highway. Limit of 10.	5-7pm
Wednesday, June 10	Tech Thursday Wednesday (just for this month): MyChart Learn how to access MyChart on different devices and discuss common problems AHA office, limit of 10.	1pm
Wednesday, June 10	Dine Around at Del Ray Café, 205 E. Howell Street. Limit of 8.	6-8pm
Monday, June 15	Lively Arts Discussion at Charlotte Tsoucalas's home. Limit of 10.	10am
Wednesday, June 17	Third Wednesday Book Club on Zoom. "The Correspondent" by Virginia Evans.	7pm
Thursday, June 18	Men's Night Out at Aldo's Italian Kitchen, 2850 Eisenhower Ave. No limit.	5-6:30pm
Monday, June 22	Morning Brew at Paris Baguette, 4616 Kenmore Avenue. No limit.	10am
Wednesday, June 24	Lunch Around at Care du Sol, 720 Jefferson Street. Limit of 10.	12:30 pm
	Movie Group is looking for a new facilitator. Please contact the office if you are interested.	
	The Solo <u>AHAer</u> Group. Next meeting will be announced in the coming weeks.	



Join Us At the Alexandria Pride Fair

At Home In Alexandria will be one of 60 exhibitors at the Alexandria Pride Fair on Saturday, June 27, from 2 to 6 pm at John Carlyle Square Park at 825 John Carlyle Street. The Alexandria LGBTQ+ Task Force in partnership with the Alexandria Library, Department of Community and Human services, and many community partners are hosting the event.



AHA Members may enjoy listening to the *The People You Meet in Old Town*, hosted by Jane Khodos Beyer. This podcast goes beyond the postcard version of Old Town to explore the lives of the people who make this community truly special.

In particular, they may enjoy listening to the episode *On the Right Track: Railroads, Aging in Place & Dr. Seuss*. In it, AHA member Chriss Nielsen discusses her work as a freight economist, reflects on her experience in Old Town, and mentions AHA.

 [Listen on Apple Podcast: The People You Meet in Old Town](#)

 [Listen on Spotify: The People You Meet in Old Town](#)

 [Watch and listen on YouTube: The People You Meet in Old Town](#)



for LGBTQ+ Members

AHA is a proud member of the Village-to-Village Network (VtV) that was established to support similar villages across the US. VtV has recently created a Rainbow Network LGBTQSGL Peer Group. This peer-run space will meet bi-monthly via Zoom and will be facilitated by a Rainbow Network member. If you are interested, please join the Kick Off on June 4th event from 1:00 – 2:30 pm to celebrate Pride month.

Register

here: https://www.vtvnetwork.org/content.aspx?page_id=4091&club_id=691012&item_id=2930868



AHA will be participating in the West End Business Association (WEBA) first-ever outdoor festival. The festival runs from noon to 6 p.m. Saturday, June 6, at Ben Brenman Park, 4800 Brenman Park Drive. Admission is free. Please stop by the AHA table and say hello!

Two Opportunities to Declutter on June 20

CLEAR THE CLUTTER: For the third year running, AHA volunteer Richmond Bowen and HITT Contracting are volunteering to pick up items for donations, recycling, or trash from AHA members' homes. Volunteers will come to your home on June 20 (between 9 am-2 pm). Book your slot by contacting the AHA office by phone at 703-231-0824 or by email at aha@athomeinalexandria.org.

DONATE OLD COMPUTER EQUIPMENT: Computer CORE, a local organization that prepares underserved adults to realize career aspirations, is hosting a Donation Day on Saturday, June 20 from 10 am to noon at the Fairlington Presbyterian Church, 3846 King Street. Computer CORE is accepting laptops, desktops, monitors, keyboards, mice, or cords. If they are deemed unusable, responsible e-cycling is available onsite. AHA can help coordinate pick-up of your donation at your home for delivery to the event. Let us know by contacting the AHA office at AHA@AtHomeinAlexandria.org or at 703-231-0824

A Month-Long Adventure Through Eastern and South Africa

Doris Parker, AHA volunteer, will be sharing photos, videos and commentary from her recent journey through Rwanda, Kenya, Tanzania, and South Africa. If you want to recall your travel to this area or if you want to experience it vicariously, please join Doris on June 30 in the Madison Room at Alexandria House, 400 Madison Street, at 4:00 pm Register by contacting the AHA office at AHA@AtHomeinAlexandria.org or at 703-231-0824

In Memoriam

AHA recently lost three of our community members.

Helen Yost is fondly remembered by the AHA staff for her delightful, emoji-filled emails and joyous gratitude.

Emma Sigety and her husband owned and operated Washington Square Antiques in Old Town. Fiercely independent, Emma walked herself to nearby appointments until her last year of life.

Nancy Gouinlock Berg was a beloved and loyal member of AHA, having joined within a year of founding. AHA became especially important to her in her later years, helping her stay connected and engaged while living at home. There will be a small celebration of life on June 13, 2026. For more information, please contact the AHA office.

Tell Us How We Can Meet Your Needs

In May, AHA emailed a survey to our members. We asked you to share your thoughts and experiences as members of AHA with the Virginia Villages Collective (VVC), an informal collaboration of Virginia's 17 Villages. This confidential survey will help us better understand how to meet member needs and reduce the risk of social isolation both locally and throughout the Commonwealth. Please complete the survey by June 15. You can [complete the survey at this link](#) or call us to request a paper copy.



Our own Cele Garrett received the City of Alexandria Commission on Aging Annie B. Rose Lifetime Award on May 12, surrounded and supported by AHA members and friends.



"Dine Around", hosted by Babs and Elliott Waters, with its rotating selection of fine dining and unique restaurants, recently visited Taverna Cretekou specializing in Greek Isles cuisine



Welcome New Members

Jane Kolson, Lucille O'Flaherty,
Darlene Roquemore

Welcome New Volunteers

Felicia Brewster, Sonia Campos, Andrew Hamilton,
Dawn Sheridan

Interested in walking with AHA friends?

AHA Board Member, Jim Larocco, is starting an AHA walking group. If interested, please email him directly at rocca-rocco@usa.net.



Celebrate America250

Synergy Homecare is partnering with AHA and Mount Vernon at Home (MVAH) to host a joint educational event, "Alexandria Commemorates America250: Life, Liberty, and the Pursuit of Happiness," on Friday, June 25 at 1:00 p.m. at the Martha Washington Library. The featured speaker is Liz Williams, who has served with the City of Alexandria since 2004. We expect this to be an informative and engaging event as Alexandria commemorates America250. You can register by calling the AHA office at 703-231-0824 or emailing us at AHA@AtHomeInAlexandria.com

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Special Days in May

<i>June</i>	<i>Pride Month</i>
<i>June 14</i>	<i>Flag Day</i>
<i>June 19</i>	<i>Juneteenth (AHA Office Closed)</i>
<i>June 21</i>	<i>Father's Day</i>
	<i>First Day of Summer</i>
<i>June 27-29</i>	<i>Eid al Adha</i>

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JUNETEENTH
FREEDOM DAY

We will be closed on Friday, June 19th in observance of Juneteenth.