## **The Senior Station, Portsmouth**

Age Requirements 60 +Available 24/7 No Other Eligibility Criteria Must be a resident of Portsmouth 60 years or older, or a spouse within the target area. Family No Intake Process Call for more information. Self Refer Yes Senior Services of Southeastern Virginia http://www.ssseva.org/ Main (757) 391-3241 3500 Clifford Street The Senior Station 23707 VA **United States** Monday: 8:30 am-4:30 pm Tuesday: 8:30 am-4:30 pm Wednesday: 8:30 am-4:30 pm Thursday: 8:30 am-4:30 pm Friday: 8:30 am-4:30 pm Saturday: Closed Sunday: Closed Fee Structure Call for Information Payment Method(s) Private Pay Languages Spoken

## English

Portsmouth Senior Station hosts congregate meals for clients living within the target area sites. Also, the program provides socialization/recreation, health screenings, information pertinent to seniors, and referrals to other agencies. Senior Services provides congregate meals Monday through Friday 11:30 am through 12:30 pm to the elderly in addition to other services that may be offered to senior citizens.

Other services include exercise classes, bridge games, ID photos, and day trips. Transportation can be arranged, on a case-by-case basis, for seniors who cannot take public transit or drive.

Service Area(s) Portsmouth City Email services@ssseva.org