

Hampton Senior Center

Age Requirements

56-60

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60+

Available 24/7

No

Other Eligibility Criteria

Age 55 and above; resident of Hampton & surrounding area

Family

Yes

Intake Contact Email

seniorct@hampton.gov

Intake Process

Visit the website; call the office, register if required

Self Refer

Yes

Hampton Parks, Recreation and Leisure Services

<http://www.hampton.va.us/parks/>

<https://hampton.gov/Facilities/Facility/Details/21>

Main

(757) 727-6348

Hampton Senior Center

3501 Kecoughtan Road

23661 VA

United States

Additional Availability Comments

Monday - Friday 8 am - 4:30 pm. Additional hours for special programs

Languages Spoken

English

Hampton Senior Center provides recreation, social and lifelong learning programs for senior adults. Programs include fitness and line dancing, trips, special interest

classes, clubs, walking programs, educational programs and seasonal special events. Call for brochure or visit the website for the online calendar.

Transportation is provided on a space available basis by PAA for this program. Inquiries should be directed to them at 757.873.0541.

The Lunch Bunch is an opportunity to meet new people and explore local eateries around town. Meets monthly. Call for locations. No registration is required.

The agency charges a nominal fee for some classes. Fees vary with program.

Agency requires a physician's release form for the programs engaged in strenuous exercise.

Service Area(s)

Hampton City

Email

parksrec@hampton.gov