

Suffolk Senior Center

Age Requirements

56-60

,

60+

Available 24/7

No

Other Eligibility Criteria

Male or female; over age 55; must be a resident of Suffolk; ambulatory & able to take care of own needs.

Family

No

Intake Contact

Janice Myrick

Intake Contact Email

jmyrick@suffolkva.us

Intake Process

Walk-ins accepted; written application, basic information for files required

Suffolk Department of Parks & Recreation

<http://www.suffolkva.us/266/Parks-Recreation>

<http://www.suffolkva.us/814/Senior-Program>

<https://www.facebook.com/suffolkva/>

Main

(757) 514-4500

136 South 6th Street

23434 VA

United States

Additional Availability Comments

Participants hours are Monday-Friday 10:00AM-2:00PM,

Languages Spoken

English

Suffolk Senior Service Center provides socialization to the elderly population of Suffolk. The center offers a wide range of programs to this segment of the City's population. The Center is a ready source of information and services.

The following ongoing services are arts & crafts; chorus; aerobics; community service projects; nutrition and health counseling; day trips and occasional overnight trips; blood pressure and diabetes screening; and movies and social events. Call 514-7270 for details.

Senior Services of Southeastern Virginia provides nutritious lunches to Seniors 60 and over at 12 Noon Monday - Friday.

Service Area(s)

Suffolk City

Email

parksemail@suffolkva.us