Wellness Programs

Age Requirements 56-60 , 60 +Available 24/7 No Other Eligibility Criteria Must be 55 and older. Family No **Intake Process** Call for information Provider Refer Yes **Report Problems** Call the Agency Self Refer Yes Senior Station https://parks.portsmouthva.gov/243/Senior-Station Main (757) 391-3241 3500 Clifford Street 23707 VA **United States** Monday: 9:00 am-4:00 pm Tuesday: 9:00 am-4:00 pm Wednesday: 9:00 am-4:00 pm Thursday: 9:00 am-4:00 pm Friday: 9:00 am-4:00 pm Saturday: Closed Sunday: Closed Fee Structure

Call for Information Languages Spoken English

Senior Station offers Wellness Program periodically. The programs consist of screenings (blood pressure, eye, hearing, depression, and mammography); health watch (videos on related health information addressing elder issues); educational material (brochures, pamphlets); bi-monthly local TV show addressing health related issues with active senior audience participation; exercise programs (Chair exercise is offered, which is a workout using all body muscles; gentle aerobics and dance exercise are an option, as well as walking indoor. Also offered - Ping-pong and table hockey)

Call for information.

Service Area(s) Portsmouth City