

## Northumberland County Active Lifestyle Center

Age Requirements

60+

Available 24/7

No

Family

No

Intake Contact

Peggy Keeve

Intake Process

Walk in; call for information; visit the calendar on the website.

Self Refer

Yes

Bay Aging

<http://www.bayaging.org>

<http://bayaging.org/northumberlandalc/>

Main

(804) 453-7177

36 Courthouse Road

22473 VA

United States

Additional Availability Comments

Open Monday, Wednesday and Friday

Languages Spoken

English

Bay Aging provides recreational, socialization, nutritional, educational and enrichment services to older adults in neighborhood senior centers. Senior Centers are called Active Lifestyle Centers and are located in each of the ten counties of the Northern Neck and Middle Peninsula of Virginia. Services are available to individuals who are age 60 and over and who function independently.

Programs on money management, managing the aging process, sports and exercise programs, arts and crafts, hot nutritious meals and transportation to centers, local shopping, banking and occasional day trips.

The Agency's goal is to provide support to help older citizens remain as independent as possible for as long as possible.

Please call for more information.

Service Area(s)

Northumberland County