

## West Point Active Lifestyle Center

Age Requirements

60+

Available 24/7

No

Family

No

Intake Contact

Lee "Virginia" Jones

Intake Process

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

Self Refer

Yes

Bay Aging

<http://www.bayaging.org>

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

Main

(804) 843-3884

310 Winters Point

23181 VA

United States

Languages Spoken

English

Bay Aging provides recreational, socialization, nutritional, educational and enrichment services to older adults in neighborhood senior centers. 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)

King William County