

## Gloucester Active Lifestyle Center

Age Requirements

60+

Available 24/7

No

Family

No

Intake Contact

Pam Allen

Intake Process

Walk in; call for information

Self Refer

Yes

Bay Aging

<http://www.bayaging.org>

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

Main

(804) 693-4150

6650 Main Street

23061 VA

United States

Languages Spoken

English

Gloucester Active Lifestyle Center 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.

On Monday, Wednesday and Friday, 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. On Tuesday and Thursday, computers are available and computer classes are offered at 10:30 am. Exercise machines and pool tables also available on Tues and Thursday.

The Center has 4 computer stations.

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)  
Gloucester County