

## Middlesex County Active Lifestyle Center

Age Requirements

56-60

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60+

Available 24/7

No

Intake Contact

Judith Jessie, Manager

Intake Process

Walk in; call for information

Report Problems

Call the Agency

Self Refer

Yes

Bay Aging

<http://www.bayaging.org>

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

Main

(804) 758-4495

2788 General Puller Highway

23149 VA

United States

Fee Structure

No Fee

Languages Spoken

English

Middlesex 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. Transportation by Bay Transit.

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.

Computers are located at this location.

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)

Middlesex County