## Senior Activities, Randolph Community Center

Available 24/7 No Intake Process Call the office for more information. Intake Contact Telephone (804) 646-5733 **Provider Refer** Yes **Report Problems** Call the Agency Self Refer Yes City of Richmond Department of Parks, Recreation and Community Facilities https://www.rva.gov/parks-recreation https://www.rva.gov/parks-recreation/randolph-community-center-0 https://www.facebook.com/rvaparksandrec/ https://twitter.com/rvaparksandrec Main (804) 646-1080 TTY/TTD (804) 780-8687 1415 Grayland Avenue 23220 VA **United States** Monday: 8:00 am-12:00 pm Tuesday: 8:00 am-5:00 pm Wednesday: 8:00 am-5:00 pm Thursday: 8:00 am-5:00 pm Friday: 8:00 am-5:00 pm Saturday: Closed Sunday: Closed Languages Spoken English

Randolph Community Center offers a variety of fun, educational and energizing programs designed for adults over 55 years of age who wish to maintain a healthy and fulfilling life.

Exercise and fitness Programs are available for improving health with activities that promote muscle tone, strength, and strong minds, such as

- chair aerobics
- weight lifting
- fitness room
- walking trail inside and outside

Service Area(s) Richmond City Email Email form is available on the website.