

Active Senior Activities

Age Requirements

56-60

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60+

Available 24/7

No

Family

No

Intake Process

Visit the website or call

Provider Refer

Yes

Self Refer

Yes

Caroline County Parks and Recreation

<https://co.caroline.va.us/238/Parks-Recreation>

<https://co.caroline.va.us/239/Active-Seniors>

Main

(804) 633-7277

17202 Richmond Turnpike

22514 VA

United States

Additional Availability Comments

Call our office to register and for more information.

Fee Structure

No Fee

Languages Spoken

English

Caroline County Parks and Recreation offer a variety of active senior programs, including

- 55 Plus Club Activities and Trips
- Golden Threads Social Club
- Funrobics
- Zumba Gold
- Mental and Memory Health Activities

Visit the website or call for more information.

The Senior Corner offers special classes for seniors. This program partners with the Rappahannock Area Agency on Aging. Activities include Senior Exercise classes, Arts & Crafts, Bingo, occasional trips, Crochet, Knitting, & Quilting, Seminars and more.

Service Area(s)
Caroline County