## **Senior Citizens Center**

Age Requirements

60 +

Available 24/7

No

Other Eligibility Criteria

Must be 55 years or older; senior citizen residing in Colonial Heights

Family

No

Intake Contact Email

thompsone@colonialheightsva.gov

**Intake Process** 

Call the office for more information.

Self Refer

Yes

Colonial Heights Recreation and Parks

http://www.colonialheightsva.gov/256/Recreation-Parks

http://www.colonialheightsva.gov/261/Senior-Center

https://www.facebook.com/colonialheightsrec

Main

(804) 520-9219

157 Roanoke Avenue

23834 VA

**United States** 

Monday: 8:00 am-5:00 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 Fee Structure

Call for Information Languages Spoken

## English

The Colonial Height's Senior Citizen Center is adjacent to the Community Building at 157 Roanoke Avenue. The Center offers socialization, execise and activites for Senior residents. Exercise classes include Yoga, Muscles in Motion, Strength & Stretch, Walking Club and more. The activities schedule includes bowling, Bridge, crotchet/knitting group, sewing class, Quilts for Vets and more. If you enjoy being with people, then there is something for you.

The Nutrition Program is open to City Residents 60 years of age or older who meet the qualifications.

Call 804-520-9220 for information and 804-520-9219 for transportation.

Service Area(s)
Colonial Heights City
Email
skalakc@colonialheightsva.gov