

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

thompsons@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, exercise and activities for Senior residents. Exercise classes include Yoga, Muscles in Motion, Strength & Stretch, Walking Club and more. The activities schedule includes bowling, Bridge, crochet/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