

Senior Wellness Program, GoldenClub

Age Requirements

56-60

,

60+

Available 24/7

No

Intake Process

Call for application; walk in or schedule an appointment.

Self Refer

Yes

Riverside Health System

<http://www.riversideonline.com/services/seniors/goldenclub.cfm>

Main

(757) 856-7010

Toll-Free

(888) 380-2273

Denbigh Professional Park

608 Denbigh Boulevard, Suite 806

23602 VA

United States

Fee Structure

Call for Information

Languages Spoken

English

GoldenClub (formerly GoldenCare) is designed to offer you all the services and amenities that will make your goal of an exciting, full life a reality. Benefits include medical, educational, social and active wellness opportunities. Membership is completely free, and it takes just a few minutes to join. If you were a member of Riverside's GoldenCare program, you are automatically enrolled in GoldenClub.

Members receive among other benefits:

- Coordination of care and services to meet all of your aging-related health needs
- Educational seminars and wellness checks
- Free fitness days for GoldenClub members at Riverside Wellness and Fitness Centers
- Coordinated medical transportation (limited locations and times)
- [And more](#) (visit the website)
- For more information, call 757-856-7010.

Service Area(s)

Essex County

,

Gloucester County

,

Hampton City

,

James City County

,

King William County

,

King and Queen County

,

Lancaster County

,

Mathews County

,

Newport News City

,

Northumberland County

,

Poquoson City

,

Westmoreland County

,

York County