

# Senior Activities, Northampton Community Center

## Age Requirements

56-60

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60+

Available 24/7

No

## Other Eligibility Criteria

Participants age 6 and up need an ID card. All visitors need a visitor's pass and pay \$5 per day.

## Family

No

## Intake Contact Email

nhampton@hampton.gov

## Intake Process

Visit the website; call the office, register if required

## Self Refer

Yes

Hampton Parks, Recreation and Leisure Services

<http://www.hampton.va.us/parks/>

<https://hampton.gov/Facilities/Facility/Details/19>

## Main

(757) 825-4805

1435 A Todds Lane

23666 VA

United States

## Additional Availability Comments

Monday - Thursday 7 am - 9 pm, Friday 7 am - 7 pm, Saturday 9 am - 4 pm. Closed on Sunday

## Fee Structure

Call for Information

## Languages Spoken

English

The Northhampton Community Center offers a variety of programs and instructional classes for all age groups from piano lessons to fitness programs.

The Center has a Lifelong Living Program every Thursday from 10-11:30am. It is designed to keep seniors active and to gain knowledge, create new hobbies and social activities, and of course, continue with a fitness program.

We have an hour and half program with the first 45 minutes or so designated to speakers of all kinds. In the past we have had a talk about nutrition and portion size, and then follow that with another 45 minutes of chair yoga, conversations about the many walking trails in Hampton, and workshops on the ins and outs of coupon shopping. Included are guided tours and proper use of the fitness equipment.

Call for more information.

Service Area(s)

Hampton City

Email

[parksrec@hampton.gov](mailto:parksrec@hampton.gov)