

## The Senior Station

Age Requirements

56-60

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60+

Family

No

Intake Process

Call for information, visit the website

Provider Refer

Yes

Self Refer

Yes

Portsmouth Department of Parks, Recreation and Tourism

<http://www.portsvaprls.com/>

<http://www.portsvaprls.com/senior-programs/>

Main

(757) 391-3241

The Senior Station

3500 Clifford Street

23707 VA

United States

Additional Availability Comments

Monday through Friday 9am until 4pm

Languages Spoken

English

The Senior Station offers a wide range of recreational regular, ongoing activities, classes, and exercise programs. Activities include billiards, cards and table games, morning spelling bee, chair seniorcise, craft corner, sewing class, bingo, Bible study, book club, survival club, Monday Movie Classic, tournament Tuesday, Gospel sing, Red Hatters, birthday bash, blood pressure screening and Mayor's Commission on Aging.

Special events and classes are also held each month. View the activity, time, place and cost on the Portsmouth [Parks and Recreation website](#) or call 757-391-3241.

Van Service is currently available for medical/nutritional and social needs for those 60+ on a 1st call, 1st serve basis. Nutritional lunches served three days a week, donations requested. Both services provided by Senior Services of Southeastern Virginia. Donations to defray expenses are requested.

Service Area(s)

Portsmouth City