

## Adult Health and Development Program, Seniors

### Age Requirements

18 and over

### Other Eligibility Criteria

For area residents, 50 years and older

### Family

No

### Intake Contact Email

owensne@jmu.edu

### Intake Process

Call for information or visit the website to sign up for the class

### Report Problems

Call the Agency

### Self Refer

Yes

### James Madison University

<http://www.jmu.edu>

### Main

(540) 568-8172

### MSC 9017

22807 VA

United States

### Additional Availability Comments

Class times may vary

### Fee Structure

Fixed Fee

### Payment Method(s)

Private Pay

### Languages Spoken

English

The Adult Health and Development Program (AHDP) is an intergenerational program that partners "Members" (adults 50+) with trained "Staffers" (JMU students). The

staffers are trained in adult health topics and theories and encourage members to engage in activities that positively effect their health, well-being, physical fitness, and health knowledge.

Members are adults in the community, over the age of 50, who are interested in improving their well-being and enjoy the company of students and other adults. Once a week, these partners participate in various activities including exercise, health education, crafts, and music, along with sharing knowledge and wisdom about life. The focus of AHDP is on building relationships and enhancing the members' sense of personal wellness.

The program is open to all adults 50+, without regard to the level of ability. AHDP meets each semester for nine Wednesdays at the Price Rotary Senior Center from 3:30-5:30 pm. The AHDP is a good way for students and adults 50 and over to connect. This program gets students out of the classroom and focuses on relationship building and learning firsthand about older adult's life experiences.

The program runs for 9 weeks during the Fall and Spring Semesters, usually on Wednesdays from 3:30 pm until 5:30 pm.

Service Area(s)

Augusta County

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Bath County

,

Buena Vista City

,

Harrisonburg City

,

Highland County

,  
Lexington City

,  
Rockbridge County

,  
Rockingham County

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Staunton City

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Waynesboro City