

## Senior Clubs

Age Requirements

56-60

,

60+

Family

No

Intake Process

Visit the website; call the office

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Norfolk Department of Recreation, Parks and Open Spaces

<http://www.norfolk.gov/rpos/>

<https://www.facebook.com/NorfolkRPOS>

Main

(757) 441-2400

501 Boush Street

23510 VA

United States

Monday: 8:30 am-5:00 pm

Tuesday: 8:30 am-5:00 pm

Wednesday: 8:30 am-5:00 pm

Thursday: 8:30 am-5:00 pm

Friday: 8:30 am-5:00 pm

Saturday: Closed

Sunday: Closed

Additional Availability Comments

Monday to Friday 8:30am until 5pm

Fee Structure

Call for Information

## Languages Spoken

English

Norfolk Department of Recreation, Parks & Open Spaces (RPOS) offers opportunities for seniors to gather for socialization, fitness and wellness opportunities, as well as health screenings and other classes.

Forums are presented by local wellness experts and each quarter a health and wellness expo is offered at one of the Norfolk senior Centers. Visit the website or call for more information.

Senior Clubs meet usually one day a week at various Recreation and Community Centers, as follows:

Bayview Recreation Center: Club hours are Fridays from 9am-3pm

East Ocean View Community Center: Club hours are Thursdays from 10am-3pm  
(September -May only)

Huntersville Community Center: Club hours are Tuesdays from 11am-1pm  
(September - May only)

Ingleside Recreation Center: Club hours are Wednesdays from 10am-Noon

Norview Community Center - Club hours are Wednesdays from 11am-2pm  
(September - May only)

Sherwood Forest Community Center: Club hours are Thursdays from 10am-1pm  
(September -May only)

Tarrallton Community Center: Club hours are Fridays from 11am-1pm

Titustown Recreation Center: Club hours are Tuesday and Thursday from 10am-2pm

Young Terrace Community Center: Club hours are Tuesday and Wednesday from 10am-2pm

Hours may vary. Please call to confirm.

Service Area(s)

Norfolk City

Email

[rpos@norfolk.gov](mailto:rpos@norfolk.gov)