

## Social Club

Age Requirements

56-60

,

60+

Intake Process

Visit the website to purchase a membership.

Provider Refer

Yes

Report Problems

Call the Agency

,

Send an Email

Self Refer

Yes

Elder Pep Day Club and Spa

<https://www.elderpep.com/>

<https://www.facebook.com/Elder-Pep-Day-Club-Spa-LLC-101950612516263>

Main

(804) 664-4483

Bon Air Shopping Center

2610 Buford Road

23235 VA

United States

Monday: 10:00 am-4:00 pm

Tuesday: 10:00 am-4:00 pm

Wednesday: 10:00 am-4:00 pm

Thursday: 10:00 am-4:00 pm

Friday: 10:00 am-4:00 pm

Saturday: Closed

Sunday: Closed

Fee Structure

Call for Information

Payment Method(s)

Private Pay

Languages Spoken

English

The Elder Pep Day Club and Spa offers socialization, life-long learning, activities promoting engagement, and spa services. Activities and services include:

- Gentle exercise including Chair Yoga, Chair Zumba, and Ageless Grace,
- Games for the mind and body,
- Basic computer skills,
- Crafts,
- Art Classes,
- Live Music,
- Reiki and Hand Reflexology.

Service Area(s)

Chesterfield County

,

Richmond City

Email

[info@elderpep.com](mailto:info@elderpep.com)