

## **Older Adult Programs**

Available 24/7

No

Other Eligibility Criteria

50+ active lifestyles, for ages 50+

Intake Contact

Judy Jones

Intake Contact Email

jonesj@chesterfield.gov

Intake Process

Please call for more information.

Intake Contact Telephone

(804) 751-4135

Provider Refer

Yes

Self Refer

Yes

Chesterfield County Parks and Recreation Department

<https://www.chesterfield.gov/990/50-Active-Lifestyles>

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

Main

(804) 748-1623

6801 Mimms Loop

23832 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

Times vary. Call for more information.

Fee Structure

Call for Information

Languages Spoken

English

Older Adult Programs are designed to meet the recreational and leisure needs for adults 50 and over. Programs are located in various locations throughout Chesterfield County such as parks, schools, churches, and libraries.

Activities offered include lifelong learning programs, yoga and aerobics classes, chair fitness, line dancing, brain aerobics, Bridge, painting, Tai chi for seniors, basketball, golf, Seniorcise, tennis, pickleball, games, cards, Bingo, movies, trips, social events and more.

Service Area(s)

Chesterfield County