

## Wellness Center, East Suffolk Senior Center

Age Requirements

60+

Available 24/7

No

Other Eligibility Criteria

Must be 60 years or older and their spouse must be a resident of Suffolk for meals.

Family

No

Intake Process

Contact center directly. Written application required.

Intake Contact Telephone

(757) 514-4500

Self Refer

Yes

Senior Services of Southeastern Virginia

<http://www.ssseva.org/>

<http://www.suffolkva.us/814/Senior-Program>

Main

(757) 514-4500

138 S. 6th Street

23434 VA

United States

Fee Structure

Suggested Donation

Payment Method(s)

Private Pay

Languages Spoken

English

This congregate meal site is housed in the historic East Suffolk High School. Suffolk Parks and Recreation offers a variety of activities for individuals ages 55+ at the East Suffolk Recreation Center and partners with Senior Services of Southeastern

Virginia to provide transportation and nutrition programs to the citizens of Suffolk.

Membership to the Senior Program run by Suffolk Parks and Recreation is only \$5 per year; additional suggested donations for congregate meals. Members enjoy trips and excursions, special events, health screenings, wellness activities, and fitness classes. Every year the Senior Program celebrates the holidays with an annual holiday gala and a Sweetheart Ball. Wii Bowling tournaments and bridge clubs are also opportunities for members to socialize and have fun.

For more information contact us at 757-514-4500.

Service Area(s)

Suffolk City

Email

[services@ssseva.org](mailto:services@ssseva.org)