

## Senior Activities, East Suffolk Recreation Center

### Age Requirements

56-60

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60+

Available 24/7

No

### Other Eligibility Criteria

Must be 55 years of age and older.

### Intake Process

Walk in or call for information

Suffolk Department of Parks & Recreation

<http://www.suffolkva.us/266/Parks-Recreation/>

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

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

Main

(757) 514-4500

138 South 6th Street

23434 VA

United States

### Additional Availability Comments

Monday-Friday 8:30 am-5 pm

### Languages Spoken

English

East Suffolk Recreation Center offers activities for individuals age 55 and older. Suffolk Parks and Recreation has partnered with Senior Services of Southeastern Virginia to provide transportation and nutrition programs for only \$5 per year. Members also enjoy trips, special events, health screenings, wellness classes and fitness classes. Call 757-514-4500 for more information.

### Service Area(s)

Suffolk City

Email

[parksemail@suffolkva.us](mailto:parksemail@suffolkva.us)