

## **Active Older Adult Programs, Socialization and Wellness**

Age Requirements

No Age Requirement

Other Eligibility Criteria

Seniors age 55 and older

Family

Yes

Intake Contact Email

info@ymcarichmond.org

Intake Process

Visit the website for the YMCA and call

Provider Refer

Yes

Self Refer

Yes

YMCA of Greater Richmond

<http://www.ymcarichmond.org>

<https://www.ymcarichmond.org/programs/health-and-fitness/aging-well>

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

<https://twitter.com/YMCARichmond>

Main

(804) 644-9622

2 West Franklin Street

23220 VA

United States

Monday: 5:30 am-9:00 pm

Tuesday: 5:30 am-9:00 pm

Wednesday: 5:30 am-9:00 pm

Thursday: 5:30 am-9:00 pm

Friday: 5:30 am-8:00 pm

Saturday: 7:00 am-4:00 pm

Sunday: 11:00 am-4:00 pm

## Fee Structure

Fixed Fee

Payment Method(s)

Credit / Debit

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Private Pay

Languages Spoken

English

YMCA of Greater Richmond offers a wide range of food, fellowship, and social opportunities for active older adults. Activities vary by branch but include card games, art groups, bingo, Bunco, board games, chess, bocce ball, group knitting sessions, Bible study, luncheons, book clubs, art classes, birthday socials, trips, fall prevention program, guest speakers and much more. The programs give older adults the opportunities to maintain a healthy social lifestyle and to grow in spirit, mind, and body.

There are 17 locations in the Greater Richmond area. Visit [Find a YMCA Location](#) to find a YMCA near you.

These classes are designed for adults aged 55 years and older but are open to all members of the YMCA.

Service Area(s)

Chesterfield County

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Goochland County

,

Hanover County

,

Henrico County

,

Petersburg City

,

Powhatan County

,

Richmond City

Email

[info@ymcarichmond.org](mailto:info@ymcarichmond.org)