

Resources for Older Adults in Virginia Beach

Area's Agency on Aging

Senior Services of Southeastern Virginia (SSSV) is part of the AAA network in the South Hampton Roads area of Virginia that aims to empower and support older adults and their families and caregivers. They offer wide-ranging services including assistance with community planning and advocacy, in-home services, I-ride transportation, wellness centers, meals on wheels, and information on services to enrich the lives of the older adults in the community.

Website: <https://www.ssseva.org/>

This website will help you find opportunities and services in the VA Beach Area!



Contact (757) 461-9481

6350 Center Drive, Norfolk, VA 23502

In addition to being the Area's Agency on Aging, the SSSV also is listed as providing information and assistance, Aging and Disability Resource Centers, Elder Abuse Prevention, Health Insurance Counseling, and Long-term care Ombudsman according to the [Eldercare locator: https://eldercare.acl.gov/Public/Search_Results.aspx](https://eldercare.acl.gov/Public/Search_Results.aspx).

The Office for Aging Services of the Division for Community Living (State Agency)

Receives funding and support from federal government with the purpose of supporting AAAs throughout the state and other private organizations that help connect individuals with the services they need! Contact (804) 662-9333

Commonwealth Council on Aging: <https://vda.virginia.gov/boardsandcouncils.htm> Members from around the state of Virginia are appointed to serve on the council with the purpose of meeting the needs of older adults in their community. An annual report is created by the council each year for the Governor and General Assembly. Contact The Office for Aging Services of the Division for Community Living for more information.

Geriatric Healthcare Providers

Sentara PACE (Virginia Department of Social Services)

The PACE adult day center also has primary medical care provided on site from an interdisciplinary team. Participants are receive ongoing care and services from a team including physicians, therapists, social work, pharmacists, registered dietitians, and home care nursing. Sentara PACE offers a comprehensive plan of care to individuals 55 years of age or older who are able to live in the community but qualify for nursing facility level of care.

Located in Norfolk, but offered to VA Beach!

5900 E. Virginia Beach Blvd, Suite 260, Norfolk, VA 23502

Contact (757) 252-7800

<https://www.sentara.com/hampton-roads-virginia/medicals/services/services/seniors/services/pace.aspx>

The Glennan Center for Geriatrics and Gerontology at EVMS

Providers have received advanced training in meeting the needs of the aging population and offer geriatric assessment consultations that include medical diagnoses and treatment plans with consideration of living situation, caregiving issues, and the physical, psychological, cognitive, and social aspects of the older adult's life. A memory consultation clinic is also offered.

Hofheimer Hall, 825 Fairfax Avenue, Suite 201, Norfolk, VA 23507

Contact (757) 446-7040

https://www.evms.edu/patient_care/specialties/glennan_center_for_geriatrics_and_gerontology/services/

Caregiver Support

Call (757) 461-9481 to **speak to a resource specialist from SSSV** to learn more about services that can assist you in caring for your loved one!

Caregiver support groups:

Alzheimer's Association-Provides the opportunity to share personal experience and learn coping skills.

4560 Princess Anne Rd, Virginia Beach, VA 23462

Contact (757) 495-4211, <https://virginianavigator.org/program/38198/afternoon-group-our-lady-perpetual-help-virginia-beach>

Virginia Beach Dept of Human Services Caregiver Support Groups (757) 385-4135

Senior Centers

These senior centers offer a variety of programs involving dance, exercise, arts and crafts, social events, shopping, meals, and games such as Bridge!

Bow Creek Recreation Center*

- Mondays, Wednesdays, and Fridays 10am-1pm
- 3427 Club House Road, Virginia Beach, VA
- Contact (757) 385-5960

Bayside Recreation Center*

- Wednesday and Friday 10am-1pm
- 4500 First Court Rd, Virginia Beach, VA 23455
- Contact Julia Karasiewicz and Alexis Roeber at (757) 385-5930

Great Neck Community Center*

- Wednesdays and Fridays 10am-1pm
- 2521 Shorehaven Dr, Virginia Beach, VA 23454
- Contact Don Whitney at (757) 496-6766

Seatack Recreation Center*

- Monday through Friday 10am-1pm
- 141 S. Birdneck Rd, Virginia Beach, VA 23451
- Call (757) 437-4858

Williams Farm Recreation Center*

- 5252 Learning Circle, Virginia Beach, VA 23462
- Contact Julie Lindsey, Darlene Ennis, Millicent Howard at (757) 385-2950

Kempsville Recreation Center*

- Tuesdays and Thursdays 10 am-1 pm
- 800 Monmouth Lane Virginia Beach, Virginia
- Contact at (757) 385-5970

Princess Anne Recreation Center*

- Mondays and Wednesdays 9:30 am-12:30 pm
- 1400 Ferrell Parkway, Virginia Beach, VA 23456
- Call (757) 426-0022

Chinese Community Association of Hampton Roads

- 722 Newtown Road, Virginia Beach, VA 23462
- Contact Ming Troung at (757) 618-4589.
- <http://www.ccahr.org/about/>

Tidewater (Korean) Senior Center

- 301 Overland Road Virginia Beach, VA 23452
- Contact Michael Pyon at (757) 497-0799.
- <http://www.tkbcva.org/>

Senior Centers with asterisk () are Forever Young Senior Centers, which are included with a Silver Sneakers Membership Card. More information on all Forever Young Senior Centers here:*

<https://www.vbgov.com/government/departments/parks-recreation/recreation-centers/Pages/senior-centers.aspx>. All senior centers with asterisk also provide meals during programs.

Senior Adult Day Centers

M.E. Cox Center Elder Day Care

This center offers a day program for participants to socialize and engage in activities such as exercise classes, games, and crafts. Medicare and Medicaid not accepted.

644 Lynnhaven Rd, Virginia Beach, VA 23452

Contact Sandy White at (757) 349-4388

<https://www.mecoxcenter.org/index.html>

https://pilotonline.com/news/local/article_f98f39c8-c5a1-11e8-85ad-333a86e6f298.html

Sentara PACE, Norfolk

Depending on the plan of care developed by the individual's interdisciplinary team, the participant may attend the PACE Day Center programs Monday through Friday. At the PACE Center adult program, individuals may receive services from nursing, social work, physical, occupational, and speech therapy, as well as services from a registered dietician. While at the day program, individuals will also have the opportunity to participate in recreational and social activities! Lunch, snacks, and transportation are provided.

<https://www.sentara.com/hampton-roads-virginia/medicalservices/services/seniors/services/pace.aspx>

Transportation

I-Ride Transit

This service is run by the Senior Services of Southeastern Virginia and provides Medical Rides, fixed routes, and wellness center transportation for older adults 60+. Cost varies depending on Medicare/Medicaid coverage.

- For Virginia Beach, call (757) 222-4513 **(please call ahead to schedule)**
- https://www.sseva.org/page/i_ride-transit/

Meals on Wheels

This service provides adults 60 and over who are unable to access food in a group/community setting the opportunity to receive nutritious meals delivered to their home. Price is on a sliding fee scale.

Meals on Wheels of Virginia Beach, Inc.

3750 Sentara Way, Virginia Beach, VA 23464

Contact 757-306-2721

Senior Services of Southeastern Virginia

To find providers:

<https://www.mealsonwheelsamerica.org/>

Religious organizations

Jewish Family Service of Tidewater: transportation, counseling, case management, food assistance (meals on wheels), and more! <https://jfshamptonroads.org/> Contact (757) 321-2222; 5000 Corporate Woods Drive, Suite 400, Virginia Beach, VA 23462

Catholic Charities of Eastern Virginia: in-home respite care, transportation, and weekly check-ins by phone call. <https://www.cceva.org/need-help/older-adult-services/> Contact (757) 456-2366; 5361-A Virginia Beach Blvd, Virginia Beach, VA 23462

Fun Fitness Opportunities!

Zumba Gold

This class has the main elements of Zumba with the original moves and music style, but at a lower-intensity. This class will focus on cardiovascular conditioning in addition to challenging balance and flexibility! Instructors are licensed Zumba instructors.

<https://www.zumba.com/en-US/party/classes/class-zumba-gold>

• **Princess Anne YMCA**

- 2121 Landstown Road, Virginia Beach, VA 23456
- Contact KaKeisha through https://www.zumba.com/en-US/class-location/princess_anne_ymca-23528.

• **Indian River Family YMCA**

- 5660 Indian River Rd, Virginia Beach, VA 23464
- Contact Ami at (757) 366-0488

• **Church of the Holy Apostles**

- 1593 Lynnhaven Parkway, Virginia Beach, VA 23453
- Contact Nancy at (757) 427-0963

• **Sentara Village Virginia Beach**

- 3751 Sentara Way, Virginia Beach, VA 23452
- Contact Pam through <https://www.zumba.com/en-US/profile/pamela-brenner/6970>.

A Matter of Balance

This program is evidence-based and award winning for its ability to improve activity levels and decrease risk of falls. In addition to light balance exercises, this program also includes patient education on home safety to decrease risk for falls (with workbook included) and a group discussion.

• **Our Lady of Perpetual Help**

- 4560 Princess Anne Rd, Virginia Beach, VA 23462
- Spring dates (10 am): February 19, 26; March 5, 12, 19, 25; April 2, 9 (\$4 for 8 sessions)
- Contact (757) 495-4211 to register.
- <https://www.ssseva.org/page/a-matter-of-balance-program/>

Tai Chi

• **Bending Tree Tai Chi Kung**

- 1716 Pleasure House Rd, Virginia Beach, VA 23455
- Contact (757) 318-9355 or director@bendingtree.org
- <http://www.bendingtree.org>

• **Tidewater Tai Chi Center** (Chinese Community Center)

- 722 Newtown Road, Virginia Beach, VA 23462
- Contact Jeff at (757) 353-7335 or Marshall at (757) 630-4217.
- <http://www.tidewatertaichi.com/>

Silver Sneakers

This program is included with many Medicare Advantage plans. Some gyms offer SilverSneakers classes designed specifically for older adults targeting endurance, balance, strength, and flexibility. Classes include Classic, Yoga, CardioFit, Splash, Stability. Other gyms do not offer classes but are still in network for Silver Sneakers members to have access to strength and cardio equipment. Check the link below to search for locations and Silver Sneakers classes offered at each:

<https://tools.silversneakers.com/LocationSearch>.

• **Locations that offer classes:**

- Seatack Community Recreation Center (757) 437-4858
- Princess Anne Recreation Center (757) 426-0022
- Great Neck Community Recreation Center (757) 496-6766
- Williams Farm Recreation Center (757) 385-2950
- Kempsville Community Recreation Center (757) 385-5970
- Bow Creek Recreation Center (757) 385-5960
- **Information about the locations above listed elsewhere in guide.**
- **Other locations that accept Silver Sneakers** (for use of weight and cardio equipment):
 - Anytime Fitness
 - 968 Laskin Rd, Virginia Beach, VA; (757) 962-0802
 - Virginia Beach Hilltop Studio (757) 422-4728
 - 1577 Laskin Rd Suite 105, Virginia Beach, VA