

## **Middlesex Active Lifestyle Center**

Age Requirements

56-60

Available 24/7

No

Family

No

Intake Process

Walk in; call for information; visit the website for calendar activities

Self Refer

Yes

Bay Aging

<http://www.bayaging.org>

<http://bayaging.org/middlesexalc/>

Main

(804) 758-4495

111 Port Town Lane

23175 VA

United States

Languages Spoken

English

Bay Aging provides a hot, nutritious meal along with educational and socialization activities at this location. Transportation by Bay Transit is available. Call for details about fitness classes, walking exercise, crafts and guest speakers.

Service Area(s)

Middlesex County