

Senior Centers

Centers for recreation, meals, classes and activities for older adults.

Links

Virtual Senior Center

Source

[Virtual Senior Center](#)

Links

Virginia Senior Center Directory

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Article

Greet the Neighbors: 5 Practical Tips for Making Connections Close to Home

Strong social connections are important for our physical and mental well-being. Making connections with neighbors can reduce social isolation and be transformative for everyone!

Source

[AARP](#)

Article

Self-Assessment: Is Isolation Affecting Me?

You can take the Connect2Affect Self-Assessment for social isolation for yourself or someone you know.

Source

[AARP](#)

Article

Senior Centers

Senior Centers offer something for virtually everyone -- from social activities to exercise classes to educational opportunities.

Source

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