

SENIOR SERVICES CURRENTLY AVAILABLE TO PRINCE GEORGE RESIDENTS

<p>Crater District Area Agency on Aging 23 Seyler Drive Petersburg, VA 23805 804-732-7020 Ext. 1008</p>	<p>Congregate Nutrition Program- Snack, lunch and recreational activities, exercise class at the Disputanta Recreation Center</p> <p>During Public Health Emergency- 5 frozen meals and art kits biweekly are delivered to site participants. Group teleconference are offered.</p> <p>Localities can purchase a van through CDAAA or Department of Rail and Public Transportation (DRPT) for medical transportation. Must have a transportation program.</p>	<p>Thursdays – Weekly 10 a.m. – 1 p.m.</p> <p>Transportation is provided if needed for the Nutrition Program</p> <p>More information concerning purchasing a van will become available after the DRPT Compliance Review on 6/22/21 at CDAAA</p>
<p>CAPUP (Capital Project of Uplifting People)</p> <p>Petersburg Community services 804-722-9570</p>	<p>Assists seniors with delinquent utility and rent payments. During the summer months, depending on funding, may help with porches and windows for homes.</p>	<p>Tuesday-Friday 7:30 a.m.- 6 p.m.</p>
<p>Prince George Parks and Rec Debbie Lafland 458-6164</p>	<p>Exercise classes –open to all ages, but focused on seniors: Cardio – Mon, Tues, Thursday Wed – Yoga</p> <p>Group trips (must provide own transportation), ceramic class, quilting</p> <p>Gym services available and other classes available are being offered – ZUMBA, Line Dancing, etc. for a fee</p>	<p>Monday – Friday 10-10:45 a.m.</p> <p>Senior classes are free- PG residents only</p>
<p>James House 804-458-2704</p>	<p>Assistance to victims of Domestic Violence or Sexual Violence and Stalking.</p>	<p>8:50 -4:50 daily After hours crisis line 458-2704</p>

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<p>Susie's Fund Nancy 452-0107</p>	<p>Medication Assistance- Connects uninsured people who cannot pay for their prescription medication with free drug programs and the Central Virginia Health Services Pharmacy (Pays for maintenance medication for diabetes, blood pressure, cholesterol and antibiotics. Does not pay for controlled meds.)</p>	<p>Monday-Friday 8:30-5 p.m.</p>
<p>PG TRIAD Chapter Ruth Parham, President 721-2647</p>	<p>Programs to reduce crime against the elderly</p>	<p>Fourth Monday each month at PG Library 1 -2 p.m. (Not currently meeting due to Public Health Emergency.)</p>
<p>Senior Navigator Bonnie Scimone Lead Community Specialist & Marketing Assistant</p> <p>Virginia Navigator 7501 Boulder View Drive, Suite 630 North Chesterfield, VA 23225 Mobile: 804-363-3849</p>	<p>Prince George County/Senior Navigator Partnership, addressing the needs of seniors and those that care for them. Local resources and information on health and aging - everything from assisted living to exercise classes, from adult day care to Alzheimer's support groups, from flu shots to family education.</p>	<p>To access this information, please visit: http://princegeorge.seniornavigator.org</p>
<p>Adult Protective Services Prince George DSS 733-2650</p>	<p>Addresses complaints of Adult Abuse, Neglect and Exploitation for citizens 60 or older or incapacitated and 18 years or older</p>	<p>Monday – Friday 8:30-5p.m.</p> <p>Afterhours and weekends 1-888-832-3858</p>
<p>The Shepherd's Center – Chesterfield 804-706-9198 or 804-706-6689</p>	<p>Assisted Rides: to Medical appointments, Pharmacy, Dentist, Grocery Store</p> <p>Handy Hands Program – Changing light bulbs, replacing faucet washers, replacing smoke alarm batteries, replacing faulty electrical receptacles.</p>	<p>6800 Lucy Corr Blvd. Chesterfield, VA 23832</p> <p>shepcenter@gmail.com</p>

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	Adventures In Learning: \$25 fee for members - \$40 for non-members. (All classes are on Wednesday's) Call for a list of classes.	
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