

## **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**

Source

[Virginia Senior Center Directory](#)

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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