WHAT IS A FRIENDSHIP CAFÉ?

Senior Connections’ Friendship Cafés are neighborhood gathering places for seniors. A hot midday meal, good friends, and many activities keep you connected to the community while meeting your nutritional needs.

WHO MAY ATTEND?

Seniors who:
• Are age 60 or older and live in the City of Richmond, or the Counties of Charles City, Chesterfield, Goochland, Hanover, Henrico, New Kent or Powhatan.
• Are not homebound and physically, mentally, and medically able to attend the Café.
• Can participate without the help of additional private caregivers or family members unless family members are eligible to also attend the Café.
• Live in a private residence; and are not a current resident of an adult care residence, assisted living facility, or nursing home.

WHAT IS PROVIDED?

Meals: A hot, nutritious meal at lunchtime. Since the Café is a nutrition program, you cannot bring your own lunch.

Activities: Exercise, lectures, health and nutrition education and screenings as well as social activities.

Field Trips: For those who can be accommodated. May include a client-purchased restaurant meal once a month.

Assessments: Initial assessment and periodic reassessments are performed to verify eligibility and to provide assistance to secure other services if needed.

Is There a Charge to Participate?
No. Participants are encouraged to contribute according to their ability; however, there is no obligation to do so.

Who Is On Duty at the Friendship Café?
Friendship Cafés are staffed by knowledgeable meal site managers trained in proper and safe food service techniques and activity planning.

When is the Friendship Café Open?
Friendship Cafes are generally open 9:30 a.m. - 1:00 p.m. Days of operation vary depending on location. Cafés are closed on Saturdays, Sundays, major holidays & when the weather is unsure for travel.

How Can I Get There?
Participants can drive themselves, get rides with friends and family, or use the vans provided by Senior Connections, if transportation is available.

LOCATIONS ON THE BACK
To Apply Call - 804-343-3000
For more info visit seniorconnections-va.org or Call 804-343-3000
FRIENDSHIP

Cafés

LOCATIONS

City of Richmond
CAPUP* East Senior Center
1103 Oliver Hill Way
Good Shepherd Baptist Church
1127 N. 28th Street
Guardian Place
1620 N. Hamilton Street
Korean Senior Center
The Renaissance
1021 German School Rd. Richmond
Linwood Robinson Senior Center
700 N. 26th Street
Monarch Woods
6501 Jahnke Road
Randolph Community Center
1415 Grayland Ave.

Chesterfield County
Bon Air Presbyterian Church
9201 W. Huguenot Road
Market Square Apartments
7300 Taw Street
Rockwood Village
3901 Price Club Blvd.
Signs and Wonders
6415 Irongate Dr.

Hanover County
Shiloh Baptist Church
106 S. James Street, Ashland
Montpelier Senior Center
17203 Mountain Road
Mechanicsville United Methodist Church
7356 Atlee Rd.

Charles City County
Ruthville Gymnasium Complex
13100 The Glebe Lane

Henrico County
Deep Run Recreation Center
9900 Ridgefield Parkway
Highland Springs Recreation Center
16 S. Ivy Avenue
Oakwood Memorial Baptist Church
3100 Gay Avenue
West Richmond Church of the Brethren
7612 Wanymala Road

New Kent County
New Generation Church
6160 Pocahontas Trail

Powhatan County
Powhatan United Methodist
2253 Rosson Rd.

AGING STRONG CAFÉS

Goochland
Goochland YMCA
1800 Dickinson Rd

Henrico
John Rolfe YMCA
2244 John Rolfe Parkway

Powhatan County
Powhatan YMCA
2269 Mann Rd.

Richmond
Northside YMCA
4207 Old Brook Rd.