

# **Mary Williams Community Senior Center**

## Age Requirements

60+

## Available 24/7

No

## Other Eligibility Criteria

Independent Adults who are mobile and not homebound. Caregivers must attend with clients if personal assistance is needed.

## Intake Contact

Carleigh Showalter

## Intake Contact Email

cshowalter@jabacares.org

## Intake Process

Call, email, or stop in for a visit.

## Intake Contact Telephone

(434) 987-8433

## Provider Refer

Yes

## Self Refer

Yes

JABA (Jefferson Area Board for Aging)

<https://www.jabacares.org/>

<https://jabacenters.com/#/mary-williams-community-senior-center/>

<https://www.facebook.com/jaba.charlottesville/>

JABA (@jabacares) / Twitter

## Main

(434) 817-5222

## Toll-Free

(833) 559-2428

674 Hillsdale Drive

Suite 9

22901 VA

United States

Monday: 10:00 am-1:00 pm

Tuesday: 10:00 am-1:00 pm

Wednesday: 10:00 am-1:00 pm

Thursday: 10:00 am-1:00 pm

Friday: Closed

Saturday: Closed

Sunday: Closed

Additional Availability Comments

Administrative office hours are Monday through Friday from 8:30 AM until 5:00 PM.

Fee Structure

Suggested Donation

Languages Spoken

English

JABA's Mary Williams Community Senior Center provides access for older adults (60+) and their families to a wide array of community services essential for maintaining health, independence, and wellbeing. Programs are offered in four core areas: Health and Nutrition, Education and Recreation, Physical Fitness, and Volunteerism. Programs include lectures, live arts, exercise classes, interest groups, nutritious lunches, health education and screenings, entertaining activities, and community based events. Through a case manager, the center also provides home based nutrition services.

Caregivers are expected to attend along with individuals who require personal assistance.

Service Area(s)

Albemarle County

,

Charlottesville City

Email

[info@jabacares.org](mailto:info@jabacares.org)