

# **Mary Williams Community Senior Center with Mid-Day Meal**

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](mailto: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/>

<http://www.jabacommunityseniorcenters.org/mary-williams-community-senior-center/>

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

JABA (@jabacares) / Twitter

Main

(434) 897-8433

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

Mary Williams Community Senter Center is located inside the newly renovated historic Jefferson School City Center, and offers a hot, freshly prepared lunch, which incorporates local foods when available. Please call for more information.

The Community Senior Center is a gathering place for daily socialization, whether for health or current events discussions, crafts, sewing, gardening, exercise programs, computer classes, games or field trips.

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)