

## Senior Activities

Age Requirements

56-60

,

60+

Available 24/7

No

Other Eligibility Criteria

Varies according to program.

Family

No

Intake Contact Email

mdees@galaxva.com

Intake Process

Walk ins and telephone referrals accepted. Written application/specific documents required for some services.

Provider Refer

Yes

Self Refer

Yes

Galax Parks and Recreation

<https://www.galaxparks-rec.com>

Main

(276) 236-3218

601 South Main Street

PO Box 837

24333 VA

United States

Fee Structure

Call for Information

Payment Method(s)

Private Pay

Languages Spoken

English

Galax Parks and Recreation Department develops and administers recreation programs for senior citizens.

The Galax Recreation Center has an indoor pool and an outdoor pool which offer recreational swimming (including Arthritis aquatic exercise), aquacise and water safety classes. A multipurpose gymnasium is available for classes, dry land exercises, weight room, bridge club, dining club, leagues and rental.

The Department offers shopping trips, day trips, overnight and extended stay trips, arts and crafts, dance, cooking, defensive driving class, computer classes, bingo, parties and lectures. A sheltered picnic area may be rented anytime on a first come first serviced basis. Picnic rental kits are available for a fee. Volunteers are needed to help assist with youth programs and special events.

Internet Access Stations are available Monday-Friday 6:00 AM to 8:30 PM and Saturday - Sunday 1 PM to 5 PM. Sign in for user times.

AARP Free income tax preparation is available during tax season.

Service Area(s)

Carroll County

,

Galax City

,

Grayson County