

## Active Aging, Bon Air Center

Age Requirements

56-60

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60+

Available 24/7

No

Documents Required

Call for details

Other Eligibility Criteria

Veterans will need a referral to receive services.

Intake Contact Email

PT\_BonAir@shelteringarms.com

Intake Process

Call for information and an appointment. For fitness and pool services, call (804) 764-5275.

Intake Contact Telephone

(804) 764-1000

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Sheltering Arms Physical Rehabilitation Centers

<https://www.shelteringarms.com>

<https://www.shelteringarms.com/active-aging-services/>

<https://www.facebook.com/shelteringarms/>

<https://twitter.com/SheltArmsRehab>

Rehablog <https://www.shelteringarms.com/about-us/rehablog/>

Main

(804) 764-1000

Toll-Free

(877) 567-3422

206 Twinridge Lane  
23235 VA  
United States

Monday: 8:00 am-5:30 pm

Tuesday: 8:00 am-5:30 pm

Wednesday: 8:00 am-5:30 pm

Thursday: 8:00 am-5:30 pm

Friday: 8:00 am-5:30 pm

Saturday: Closed

Sunday: Closed

Additional Availability Comments

Fitness and pool hours are Monday through Friday from 7:00 am until 7:30 pm.and  
Saturday from 9:00 am until 1:00 pm.

Fee Structure

Call for Information

Payment Method(s)

Private Pay

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Private Insurance

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Medicaid

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Medicare

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Tricare

Languages Spoken

English

Sheltering Arms offers a full array of active aging services specifically designed to help adults age in place and recover from injuries to safely return home. The full list of active aging services available at Sheltering Arms® includes:

- Balance and Vestibular Evaluation,
- Fitness Services including SilverSneakers®,
- Neurological Rehabilitation,
- Physician and Psychology Services,
- Orthopedic Therapy,

- Speech-Language Therapy,
- Social Programming,
- Wellness Services.

Service Area(s)

Amelia County

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Brunswick County

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Caroline County

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Charles City County

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Charlottesville City

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Chesterfield County

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Colonial Heights City

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Cumberland County

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Dinwiddie County

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Essex County

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Fredericksburg City

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Gloucester County

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Goochland County

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Greensville County

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Halifax County

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Hampton City

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Hanover County

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Henrico County  
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Isle of Wight County  
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James City County  
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King George County  
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King William County  
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King and Queen County  
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Lancaster County  
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Louisa County  
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Mathews County  
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Mecklenburg County  
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Middlesex County  
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New Kent County  
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Newport News City  
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Norfolk City  
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Northumberland County  
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Nottoway County  
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Petersburg City  
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Powhatan County  
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Prince Edward County

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Prince George County

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Richmond City

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Richmond County

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Southampton County

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Spotsylvania County

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Stafford County

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Sussex County

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Virginia Beach City

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Westmoreland County

Email

[info@shelteringarms.com](mailto:info@shelteringarms.com)