

## VPAS Cafes

Age Requirements

60+

Available 24/7

No

Other Eligibility Criteria

Senior must be able to independently move, eat, interact, and see to own needs.

Intake Contact

Pam Bennett

Intake Contact Email

pam@vpas.info

Intake Process

Please call or email for more information.

Intake Contact Telephone

(540) 949-7141

Valley Program for Aging Services (VPAS)

<http://vpas.info/>

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

Main

(540) 949-7141

Toll-Free

(800) 868-8728

325 Pine Avenue

22980 VA

United States

Monday: 8:30 am-4:30 pm

Tuesday: 8:30 am-4:30 pm

Wednesday: 8:30 am-4:30 pm

Thursday: 8:30 am-4:30 pm

Friday: 8:30 am-4:30 pm

Saturday: Closed

Sunday: Closed

Additional Availability Comments

Varies by Cafe location.

Fee Structure

No Fee

Languages Spoken

English

Valley Program for Aging Services (VPAS) has VPAS Cafes. These community-based locations are offered one or two days a week for about three hours to provide \*a freshly prepared lunch, nutrition education, exercise, social contact, and community engagement. Transportation may be provided between home and Cafes.

\*a freshly prepared lunch may not be available at all Cafe locations.

Service Area(s)

Augusta County

,

Bath County

,

Buena Vista City

,

Harrisonburg City

,

Highland County

,

Lexington City

,

Rockbridge County

,

Rockingham County

,

Staunton City

,

Waynesboro City

Email

[vpas@vpas.info](mailto:vpas@vpas.info)