

# **ADULT DAY CARE SERVICES**

## **CHESAPEAKE**

**GEORGIAN MANOR**  
651 Riverwalk Parkway  
Chesapeake 23320  
Charles Nelson  
Phone: 436-9618

**CEDAR MANOR**  
1324 Cedar Road  
Chesapeake 23322  
Phone: 548-4192

## **NORFOLK**

**ADULT DAY-HEALTH CARE  
GHENT CENTER**  
Norfolk Senior Center  
924 West 21<sup>st</sup> Street  
Norfolk 23517  
Candace Skinner  
Phone: 625-5857

**HELPING HANDS ADULT DAY  
CARE**  
2539 Corprew Ave.  
Norfolk 23504  
Arlinda Walker  
Phone: 626-1255

## **PORTSMOUTH**

**VISIONS COMMUNITY CENTER**  
Portsmouth Adult Day Care  
633 High Street  
Portsmouth 23704  
Barbara Lifland  
Phone: 397-1233

## **VIRGINIA BEACH**

**M.E. COX CENTER FOR ELDERLY  
DAY CARE**  
644 N. Lynnhaven Road  
Virginia Beach 23452  
Sharon Goumas  
Phone: 340-4388

**SENTARA LIFE CARE  
CORPORTATION ADULT DAY-  
HEALTH CENTER**  
3751 Sentara Way  
Virginia Beach 23452  
Donna Zaccagnini  
Phone: 306-2850

**SENTARA SENIOR COMMUNITY  
CARE**  
665 Newtown Road, Ste. 121  
Virginia Beach 23462  
Phone: 456-2700

Ltc/sh 7/03  
adultdaycares