



Virginia Beach / Southside Hampton Roads Downsizing Resource Guide

Downsizing Housing Options

55+ Communities

Community	Location	Overview	Phone	Website
Opus Select	Virginia Beach	62+ active adult apartment community on the Lynnhaven Inlet offering waterfront views and resort-style amenities, including a rooftop deck, pool, pickleball and bocce courts.	757-320-2399	OpusLiving.com
The Muse at Town Center	Virginia Beach	55+ apartment community near Town Center with one- and two-bedroom units, a complimentary shuttle and planned outings to restaurants, museums and other local destinations.	757-330-4620	TheMuseAtTownCenter.com
The Villages at West Neck	Virginia Beach	55+ active adult community made up of eight villages with single-family homes and condominiums. It features a clubhouse, a pool and community activities.	757-689-4189	WestNeckVillages.com
Wesleyan Place Senior Apartments	Virginia Beach	Affordable 55+ apartment community near shopping, dining and everyday conveniences, with a community room, library, pet park and picnic and grilling areas.	757-694-5999	WesleyanPlace.com
The Commons at Princess Anne	Virginia Beach	55+ apartment community in Kempsville with one- and two-bedroom homes, a fitness center, library, salon, community room and landscaped courtyard.	757-490-7001	CommonsAtPrincessAnne.com
The Arbors at Birchwood	Virginia Beach	62+ apartment community with one- and two-bedroom homes and amenities including a fitness center, library, game room, salon, garden plots and outdoor gathering areas.	757-993-4948	ArborsBirchwood.com

Independent Living Communities

Community	Location	Overview	Phone	Website
Acclaim at East Beach	Norfolk	62+ apartment community overlooking the East Beach waterfront with access to walking paths, nearby restaurants and Ocean View Beach.	757-720-0600	AcclaimEastBeach.com
First Colonial Inn by Kisco Senior Living	Virginia Beach	Colonial-style community set on wooded grounds in the Hilltop area, with courtyards, walking paths and a duck pond, while close to shopping, dining and the Oceanfront.	757-996-4457	KiscoSeniorLiving.com
Aviva Pembroke	Virginia Beach	Newer senior living community near Town Center stores, restaurants and entertainment. Amenities include an indoor heated pool and rooftop lounge.	757-828-4809	AvivaPembroke.com

Continuing Care Retirement Communities (Life Plan Communities)

Community	Location	Overview	Phone	Website
Westminster-Canterbury on Chesapeake Bay	Virginia Beach	Waterfront community on the Chesapeake Bay, where residents have direct access to the beach and several apartments with views of the bay.	757-496-1100	WCBay.com
Atlantic Shores	Virginia Beach	100-acre community with cottages, villas and apartments, including homes overlooking community ponds. Residents have access to Lake Redwing, and the Virginia Beach Oceanfront is less than 2 miles away.	757-716-3000	AtlanticShoresLiving.com
Harbor's Edge	Norfolk	Waterfront community in Downtown Norfolk offering high-rise independent living with access to assisted living, memory support, skilled nursing and rehabilitation.	757-616-7918	HarborsEdgeNorfolk.com

Assisted Living Communities

Community	Location	Overview	Phone	Website
Bickford of Virginia Beach	Virginia Beach	Residential-style assisted living community designed to feel more like a home than a large senior living complex, featuring gathering spaces and outdoor areas.	757-906-3224	BickfordSeniorLiving.com
Hampton Manor of Chesapeake	Chesapeake	Newer community in the Edinburgh area with studio, one- and two-bedroom assisted living apartments.	757-317-2800	AssistedLivingChesapeake.com
Bay Lake Retirement and Assisted Living Community	Virginia Beach	Located along Shore Drive with assisted living in a residential setting near the Chesapeake Bay.	757-460-8868	BayLakeRUI.com

Downsizing Services

Move Managers

Organization	Service Area / Location	Phone	Website
Smooth Transitions of Hampton Roads	Southside Hampton Roads Virginia Beach	757-935-4663	SmoothTransitionsOfHamptonRoads.com
Downsize Designs	Southeastern Virginia Virginia Beach	757-705-4624	DownsizeDesigns.com
Ideal Organizing + Design	Hampton Roads & surrounding areas Virginia Beach	757-777-8685	IdealOrganizers.com
Arange	Hampton Roads & Williamsburg Suffolk	757-567-4443	Arange.org
Caring Transitions of Virginia Beach East	Virginia Beach East Virginia Beach	757-330-5492	CaringTransitionsOfVirginiaBeachEast.com

Moving Companies

Organization	Service Area / Location	Phone	Website
Southside Moving and Storage	Hampton Roads Norfolk	757-234-7080	SouthsideMoving.com
Off Load Moving - Chesapeake Movers	Hampton Roads Chesapeake	757-997-1850	OffLoadMoving.com
Marathon Moving Services	Hampton Roads Virginia Beach	757-348-5124	MarathonMovingServices.com

Estate Sales & Auctions

Organization	Service Area / Location	Phone	Website
Back To The Future Estate Sales	Hampton Roads Virginia Beach	757-542-5093	BackToTheFutureEstateSales.com
Boulevard Treasures	Hampton Roads Virginia Beach	757-222-1742	BoulevardTreasures.com
Coastal Real Estate & Auction Group	Hampton Roads Chesapeake	757-482-7192	CoastalAuctionGroup.com
Barrett Street Auction Center	Hampton Roads Virginia Beach	757-463-1911	BarrettStreet.com
Peoples Auction Company	Hampton Roads Chesapeake	757-421-2525	PeoplesOnlineAuctions.com
Caring Transitions of Virginia Beach East	Virginia Beach East Virginia Beach	757-330-5492	CaringTransitionsOfVirginiaBeachEast.com

Cleanout Services

Organization	Service Area / Location	Phone	Website
The Junkluggers of Southside Hampton Roads	Southside Hampton Roads Virginia Beach	757-600-2854	Junkluggers.com
Clear Out & Move Easy	Hampton Roads Virginia Beach	757-276-3004	ClearOutMoveEasy.com
Innovative Waste Junk Removal and Hauling	Hampton Roads Virginia Beach	757-500-8047	InnovativeWasteVA.com
Caring Transitions of Virginia Beach East	Virginia Beach East Virginia Beach	757-330-5492	CaringTransitionsOfVirginiaBeachEast.com

Consignment Shops

Organization	Service Area / Location	Phone	Website
Boulevard Treasures	Virginia Beach	757-222-1742	BoulevardTreasures.com
The Redefinery	Norfolk	757-937-9820	TheRedefinery.org
Mrs. Pinkadot	Norfolk	757-995-2205	MrsPinkadot.com

Donation Resources

Organization	Service Area / Location	Phone	Website
CHKD Thrift Stores	Multiple Southside locations	757-622-5437	CHKD.org/Thrift-Stores
Habitat for Humanity of South Hampton Roads ReStore	Norfolk & Virginia Beach	757-640-0594	SHRHabitat.org/ReStore
DAV Thrift Stores	Virginia Beach	757-461-4938	DAVThrift.org