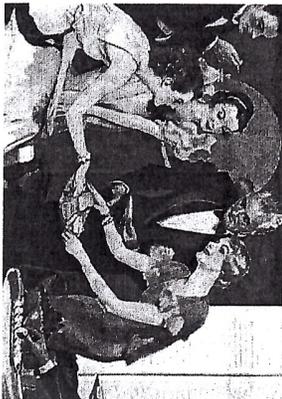


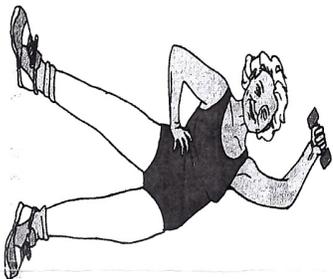
BANKS COUNTY SENIOR CENTER



Meals on Wheels



Congregate Services



wellness

Banks Co. Senior Center

700 Thompson Street

P.O. Box 187

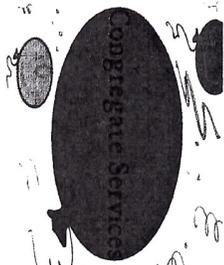
Homer, GA 30547

(706)677-3275

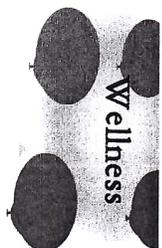
FAX: (706)677-3027

EMAIL:

sledford@co.banks.ga.us availability.



Come join our Senior Center! Meet new friends, learn how to Stay Healthy, and Have Fun!



Our fitness equipment includes a treadmill, a bicycle, and hand weights.

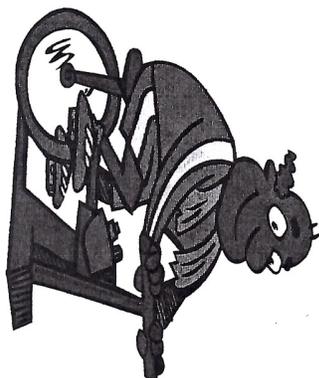
Eligibility Criterion:

- *Over 60 years of age.
- *Banks County resident.
- *Able to function unassisted.

What to Expect:

- *Seniors arrive between 9:00-9:30am
- *Hot lunch served at 11:30am
- *Seniors leave between 1:30-2:00pm

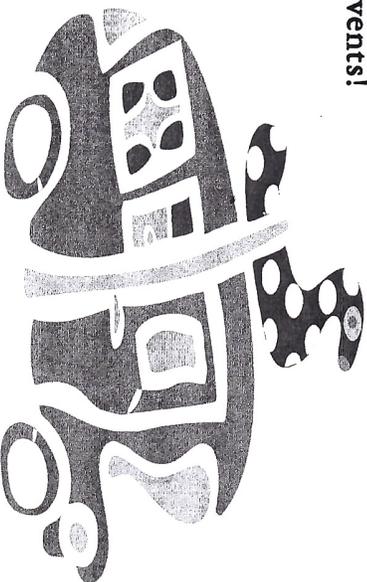
Wellness is finding balance between the physical, mental, emotional and spiritual aspects of life. It begins with a conscious decision to live a healthy lifestyle.



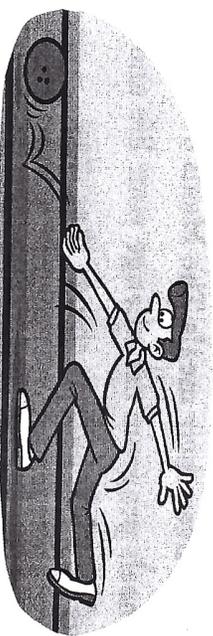
Seniors participate in wellness activities, games, socializing, health screenings, shopping, day trips, puzzles, card games, embroidery, crocheting, and lots of other events!

Other programs available are:

- | | |
|-----------------------------|-------------------|
| -Wellness Checks | -Foot Care |
| -Health/Nutrition Education | -Walking Program |
| -Games & Crafts | -Computer Classes |
| -Stretch & Tone | -Line Dancing |
| | -Brain Fitness |



Transportation services are based on





MEALS ON WHEELS

WHEELS

The Meals on Wheels program is specifically designed to serve the people in our community who are not able to prepare meals or attend the Senior Center. Hot, frozen, and Therapeutic meals are available Monday thru Friday. Frozen meals are available on the weekends.

The Meals on Wheels program is one of the most rewarding opportunities you will ever be involved in. It leaves you feeling good about what you are doing and about yourself. You may be the only contact person the client has with the outside world and they look forward to seeing you when you deliver their meals. The Meals on Wheels program can change your life and the way you look at things that may someday affect you.

VOLUNTEERS NEEDED

Volunteers are the life-blood of our program. During these challenging times, they are needed all the more. If you, or a group or church you belong to, would like to volunteer, please contact Banks County Senior Center.



We Welcome Your Tax-Deductible

Donations

Rising costs are affecting everyone, and services to the elderly are being especially hard hit. Without continued financial support from the private sector, we face the reduction, and possibly even the elimination of vital services to this vulnerable sector of our population.

Volunteer Opportunity Form

I would like to Volunteer at the Senior Center:

NAME: _____

ADDRESS: _____

PHONE #: _____

I am interested in the following:

Meals on Wheels Delivery _____

Donations For Meals on Wheels _____

Amount \$ _____

Teaching a Class _____

Teaching Crafts _____

Other _____

Please fill out form and mail back to:

Banks Co. Senior Center

P.O. Box 187

Homer, GA 30547

(706)677-3275