

## **FREE SERVICES & ACTIVITIES FOR SENIOR CITIZENS Age 60+**

The Greene County Senior Center located on 104 Greenridge Road in Snow Hill provides services and activities for Senior Citizens at least age 60 and older. We are open Monday through Friday from 7:30-5:00, with some weekend and evening activities.

**Featuring:** The **Free Breakfast & Lunch** Program for those age 60+. **NO INCOME LIMITS-** if you are at least age 60, you qualify. **Seats available, sign up today!**

**Frozen Meals & Meal Supplements** for the Homebound must be age 60+. Slots available for the Frozen Meals Program. Please **contact us today** for eligibility requirements.

Greene County **Transportation** Provides free Van Rides to and from the Center for Meals

**Activities** like Bingo, Arts & Crafts, Billiards, Card & Board Games, Shuffleboard, Trips, Corn Hole, Movie Monday, Bocce, Horseshoes, Singles Club, Senior Dances, and Seasonal Programs & Parties

**Durable Medical Equipment Loan Program-**gently used canes, walkers, & assistance chairs as available

**Family Caregiver Support Services-**Monthly Support Groups, Respite Vouchers, Training Programs, Home Safety Devices, & Incontinence Supplies as available, Medication Lock Box, Family Caregiver Lending Library, Telephone Reassurance for Home Bound, Frail, or at Risk Older Adults

To promote **Healthy Lifestyles:** Exercise Equipment, Exercise Classes, Nutrition Workshops, Living Healthy Workshops, Chair Exercise, Ready Set Walk-A Walking Club for Seniors, Senior Games, Health Fairs, Blood Pressure Checks, Line Dancing, Evidenced Based Health Promotion Programs, Walking Aerobics, Flu Shots, Tai Chi, Medicine Ball Work Out, Bingocize!

**Volunteer** Opportunities for Senior Citizens & the Community

Senior Center Volunteer Needs & list of Local Community Service Opportunities available

**Information and Assistance** on site for most of your Senior Service Needs Including:

Tax Preparation, Legal Aid, Housing, Reverse Mortgages, Home Weatherization, Social Security, Job Training & Placement, Disaster Preparedness, Hospice, Respite Care, Durable Medical Equipment, Elder Abuse & Fraud, Energy Assistance, Free Fans, Home Health, In-Home Aid, Adult Day Care & Respite, Mental Health, Long Term Care/Ombudsman, Rehabilitation, Advanced Care Planning, Medication Lock Boxes

Senior Health Insurance Information including **Medicare-A,B, C, Part D, Medication Management, Affordable Care Act Navigator, Medigap Policies, Complaints with Insurance Companies, State Health Plan, Medicaid**

**Educational Activities** to include Lap Top/Touch Screen Computer Classes and Bible Study

**Support Groups** for Weight Loss-Slim/Fit, Vision Loss, Alzheimer's disease, and Family Care Givers

**Educating the Public on the Needs of Senior Citizens** through the Area Agency on Aging, Dementia Live, Dementia Friends, Workshops & Training for Non-Senior Populations on the needs of Older Adults

**The Greene County Senior Center, promoting the Health, Well Being, and Quality of Life for All Senior Citizens!**

For more information, contact the Senior Center at 252-747-5436. On the Web at [www.greencountync.gov](http://www.greencountync.gov), Click on Departments, then Senior Services. Our Newsletter, Activity Calendars, and Menus are on this site.

**Like us on Face Book at Greene County Senior Center & Services**