

## A DAY AT THE CENTER



**8:00a** Senior Center is open for participants

**9:00a** Bus Riders Arrive – enjoy coffee and fellowship till the opening discussion.

**9:30a** Opening Discussion – Pledge of Allegiance, Lord's Prayer, Four Cheers, news for the day

**10:00a** Educational Sessions are scheduled for 10 am a few days a month, usually they last 30 minutes with the daily group activity to begin afterwards at 10:30am. There is a DAILY group activity. You can check the monthly Activity calendar for the schedule. The Activity calendar is prepared once a month with the group participants input. So let us know if you have a group activity you would like to present to the seniors.

**11:30a** LUNCH is served. A nutritional hot lunch daily

**12::30p** Free Time – Everyday the participants use this time to enjoy fellowship by playing card games, watching a movie, board games, sewing, knitting, crocheting or quilting, or just visiting with each other.... etc....

**1:30p** Bus Riders Leave to return home. ( Fridays they leave at 12:30pm)

**4:00p** Center closes CENTER PHONE 912-729-1945

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## C AMDEN CO. SENIOR CENTER

1501 GEORGIA AVE., WOODBINE, GA. 31569  
912-729-1945

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The center is a public recreation facility designed to meet the needs of our older adult population in all of Camden County. We offer a variety of programs and services to those who attend. Through participation and volunteerism, we strive to create a place where seniors can socialize and feel a sense of independence. The center is open to adults age 60 and older.

A hot nutritious lunch is available Monday through Friday at 11:30am to our clients. There is no charge to participate in the lunch program.

If you do not drive we offer transportation to the senior center through the Coastal Regional Coaches.

We have plenty of room for new members and would love for you to visit our center. The best time to visit is between 10am to 1:00pm.

We partner with the Coastal Georgia Regional Commission AREA AGENCY ON AGING and use their regulations for our operating procedures.

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