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PRESS RELEASE
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SENIOR CENTER NUTRITION PROGRAM Is A COMMUNITY SUCCESS STORY

Six months ago, Spalding County began offering nutritional services for senior adults at the Spalding County Senior Center. Since August, 2015 the nutritional program has grown by leaps and bounds as Senior Center members enjoy delicious and affordable meals. Hundreds of members have discovered the value as they enjoy lunch served Monday through Friday from 11:00am to 1:00pm. Once center members experienced these quality services they soon began pressing program managers to add a breakfast service which began in October.

This program has had a significant impact on Senior Center as membership has grown 20% since August. During the month of January the program served a total of 3200 meals including 1469 Home Delivered Meals, 946 Congregate Meals and 785 meals to guests and center members.

Along with the quality nutritional services being offered, the Spalding County Senior Center offers quality recreation programs which have contributed to the growing membership. The Senior Center currently offers more than 40 different programs, classes and events and everyone is sure to find an activity that interests them. Many come to learn a new skill, to travel, to engage their creativity or to get fit.

The Senior Center, serves local citizens ages 50 and over. We currently have 2,266 members and this number is growing daily. The Spalding County Senior Center is quickly becoming the example statewide of the program to watch for best practices in adult recreation and nutrition services.

Membership to the Spalding County Senior Center is free to citizens who are Silver Sneakers Members, this program is offered by several Health Insurance Companies. However, if you aren't a Silver Sneakers member you can become a Senior Center Member for an annual fee of \$25 per person per year. Members enjoy a multitude of benefits including nutrition services, an array of free fitness classes, recreation, education, and creative arts classes, plus access to low cost special events, leisure and travel opportunities.

The Senior Center is located at 885 Memorial Drive, Griffin and is open daily, Monday through Friday from 8:00am to 5:00pm with extended hours on Tuesday and Thursday evenings until 9:00pm. Nutrition Services include: An affordable Breakfast served

from 8:00am to 9:15am and an affordable Lunch that is served daily from 11:00am to 1:00pm.

For more information regarding the nutrition program please contact Jacoya Clinkscales at 770-467-4076.

For Meals on Wheels information contact the Three Rivers Regional Commission Area Agency on Aging toll free at 1-866-854-5652.

For senior adult recreation and leisure services programming contact Jo Ellis at 770-467-4384.

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