



**OUR MISSION:**

The mission of the Senior Services Department is to enhance the quality of life for older adults in Stanly County by providing a range of services, programs, supports, and opportunities for adults 60 years old and older.



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STANLY COUNTY SENIOR SERVICES DEPARTMENT  
 283 North Third Street  
 Albemarle, NC 28001  
  
 A United Way Agency

# STANLY COUNTY SENIOR SERVICES DEPARTMENT



283 N. Third St.  
 Albemarle, NC 28001  
 Phone: 704-986-3769  
 Fax: 704-986-3776

[www.co.stanly.nc.us/departments/seniorservices.aspx](http://www.co.stanly.nc.us/departments/seniorservices.aspx)

Office hours 8:30-5 M-F  
 Extended hours offered  
 for select activities



A North Carolina Certified Senior Center of Excellence

## Educational & Social

**CLASSES** teach a wide variety of skills (examples are needlework, sewing, stained glass, woodcarving, stamping, cooking, jewelry making, art & etc.)

**TRIPS** both overnight and day trips are offered to a wide range of exciting places.

**CENTER PIECE** is our bi-monthly newsletter that contains scheduled activities, educational information, and interesting articles.

**MONTHLY LUNCHEONS** provide a low cost meal with outside speakers covering various topics and interesting programs.

**LADIES' LUNCH BUNCH** is a monthly luncheon get together for fun and fellowship at different restaurants in the county.

**SINGLE'S SUPPER CLUB** meets monthly for those who enjoy groups to go out to eat.

**BOOK CLUB** participants meet monthly to discuss a pre-selected book through the library. Afterwards, those who want to, go out to eat together.

**CARD GAMES** consist of Bridge, Canasta, and Bunco played once or more a week. Duplicate bridge and contract bridge are played.

**VETERAN'S CLUB** meets once a month for breakfast and fellowship. All branches of service welcomed.

**BINGO** is hosted monthly by a local agency.

**ALZHEIMER'S SUPPORT GROUP** meets monthly and enables family member caregivers to meet and share information.

**CAREGIVER TRAINING** workshops are offered periodically for family members caring for older adults. Library of books & DVD's also available for home use.



## Fitness & Health

**WELLNESS CLASSES** – certified instructors teach a variety of evidence-based health & wellness classes such as Matter of Balance, Living Healthy, Living Healthy with Diabetes & Powerful Tools for Caregivers.

**EXERCISE CLASSES** are held Monday-Thursday. Yoga, Zumba & Tai Chi are also offered periodically.

**DANCE CLASSES** such as Ballroom & Line Dancing are taught weekly. Monthly dances are held on a Friday night.

**SENIOR GAMES** (55 years and older) help maintain physical skills in competitive, fun, & organized programs. Local winners can compete at the state and national levels. (Co-sponsored by Albemarle Parks & Recreation & Troy/Montgomery Senior Center.)

**BLOOD PRESSURE CHECKS** are provided once a month by healthcare professional at no charge.

## Miscellaneous

**“ARE YOU OK?”** is a free telephone contact to senior adults who live alone and desire this added sense of security.

**TAX AIDES** provide free income tax preparation for older adults during tax season.

**SHIIP (Senior Health Insurance Information Program)** offers help in explaining Medicare, Medicare Supplements, Medicare PDP & Long-Term Care Insurance as well as individual counseling for problems encountered in this area.

**VOLUNTEERS** of all ages are welcome & needed at the Senior Center for numerous opportunities in one of our many programs.

**LEGAL ASSISTANCE** for seniors offer free legal advice & help by appointment only.

**MEDIA CENTER** available for computer use, books, magazines, DVDs, music, puzzles & checkers.

Eligibility varies with each service, but you must be 60 years or better to participate in the services listed in this column.

## Transportation

**SCUSA TRANSPORTATION** offers transportation by appointment to medical appointments, shopping, human service agencies, & nutrition sites.

## Nutrition

**CONGREGATE NUTRITION** sites provide a Monday-Friday nutritious mid-day meal along with daily educational and recreational programs at four sites in the county.

**HOME DELIVERED MEALS** are available to home-bound adults & are delivered by volunteers each week day. (There is a waiting list)

**SUPPLEMENTAL MEALS PROGRAM** provides seniors with nutritional supplement drinks of Ensure Plus or Glucerna Shake at a discounted price.

## In-Home Services

**IN-HOME AIDE SERVICES** provide home management assistance, limited personal care, & respite for unpaid caregivers. (There is a waiting list).

**FAMILY CAREGIVER SUPPORT PROGRAM** provides information & assistance, help in receiving services, educational events, short-term respite, and supplemental services (such as incontinence supplies) to eligible caregivers of older adults.

## Information and Assistance

**I & A** provides seniors with supportive information on services available in the community, assesses the capacities of individuals & then links them to services appropriate for their needs.

**HOME REPAIR** coordinates referrals to volunteer organizations for ramps & minor home repairs.