

PROGRAMS AND SERVICES

- The **Martin County Senior Center in Williamston** – a state-approved program for older adults which provides structured and unstructured activities for education, fellowship, exercise, health education and awareness, recreation and support groups. The Williamston Senior Center is open 8:00 a.m. – 5:00 p.m., Monday through Friday. Activity and program times vary. Please contact the Williamston office at (252) 792-1027 for more information.
- **SATELLITE SENIOR CENTER HOURS OF OPERATION:**
 - Jamesville Senior Center/Nutrition Site- Mon thru Thurs 9:00 am until 1:00 pm
1601 Roanoke Court, Jamesville NC 27846 (252) 792-1215
 - Oak City Senior Center/Nutrition Site- Mon thru Thurs 10:00 am until 2:00 pm
415 S.W Commerce St, Oak City NC 27857 (252) 798-9761
 - Robersonville Senior Center/Nutrition Site- Mon thru Thurs 9:00 am until 1:00 pm
203 Green St., Robersonville NC 27871 (252) 795-4580
- The **General Transportation Program** – A ride to nutrition sites, buy groceries, pay bills, pick up medicines, etc., provided by **MARTIN COUNTY TRANSIT (252) 789-4390**. 24 hour advance notice **REQUIRED!**
- The **Medical Transportation Program** – A ride for scheduled doctor's appointments provided by **MARTIN COUNTY TRANSIT**. 24 hour advance notice **REQUIRED!**
- **Congregate Meals** – Mid-day program, activities and hot meals served 4 days a week in a group setting. Contact the Senior Center location nearest you for more information.
- **Home Delivered Meals** – A hot mid-day meal delivered to the home bound elderly 5 days a week. Contact the Senior Center location nearest you for more information.
- **In Home Aide/Respite Care Program** – A program designed to provide relief for the caregiver. A certified nurse's assistant in your home to take care of your family member for limited hours each week.
- **Sitter's List** – A private pay sitters list is provided upon request.
- **Our Care System-** An emergency response telephone system. Help is available at the push of a button. \$10 installation and \$25 a month.

- **Health & Wellness Program** – Multipurpose exercise program equipped to handle your fitness needs. Aerobic, dance class, weight rooms. Doctor's note required. Arthritis Foundation exercise classes are ongoing.
- **The Senior's Health Insurance Information Program (SHIIP)** – A program sponsored by the NC Department of Insurance, is co-coordinated in Forsyth County by the Shepherd's Center and Senior Services, Inc. Trained volunteers provide counseling for all forms of insurance affecting older adults including Medicare, Medicare Supplement and Long Term Care Insurance. Call for an appointment.
- **Computer Classes** – Taught through the Martin Community College at the Department of Aging in Williamston. Fee applicable. Call the Williamston Senior Center at (252) 792-1027 for more information.
- **Educational and Recreational Trips** – Occasional day trips and special activities.
- **FOCUS Newsletter** – A monthly newsletter that keeps you abreast of older adult issues and activities. The cost is \$5 for a yearly subscription.
- **End of Life Forms** – Living Will, Power of Attorney, Health Care Power of Attorney. Notary Public provided. Appointments required.
- **Caregiver Information** – Educational information and support groups available. Call the Williamston Senior Center at (252) 792-1027 for more information.
- **Senior Games** – Annual local, district and state sporting competitions. Helps 55+ stay active, athletic and competitive to improve life.
- **Information & Referral** – If services are not available at the Department of Aging we can refer you to the right agency or organization to meet your needs.
- **Reassurance Call** – This service is in place to assure our frail elderly who may be isolated in their homes are safe and secure, as well as to express to them our concern for their well being. Call the Williamston office at (252) 792-1027 to add a senior to our call list.
- **Bargain Shoppe** – A store of donated items available for sale. Proceeds benefit the Department of Aging. Sponsored by the Martin County Council on Aging. Volunteers welcome.
- **Additional Services** – *Health Screenings *Income Tax Assistance Referral * Legal Assistance Referral.

***Volunteer Opportunities-** Volunteer participation is welcome in a number of programs and services listed above. Please contact the Williamston office or the Senior Center nearest you for more information.