



Since 1990, the Montgomery County Senior Center has provided mature citizens in our community nutritious meals, games, crafts, and exercise five days per week. In addition to serving these members of our community, we also deliver nutritious meals to senior citizens who are homebound.

The primary mission of Montgomery County Senior Center is to provide programs that address the nutritional, emotional, mental, physical, and social needs of the senior

population while recognizing that aging is a normal process and as such, they have a right to have a voice in determining matters in which they have a vital interest.

Participation Criteria

- Be 60 years or older.
- Able to perform activities of daily living independently, (i.e., eating, able to use the bathroom without assistance, etc.).
- Be supportive of the “contribution philosophy” as noted in the federal Older Americans Act (OAA).
- Complete necessary enrollment forms (i.e., emergency contact, medical history, financial information).

The Montgomery County Senior Center partners with The Heart of Georgia Altamaha RC Area Agency on Aging (AAA) to provide services to Montgomery County's aging population. The Heart of Georgia Altamaha RC Area Agency on Aging, part of the Heart of Georgia Altamaha Regional Commission, was designated in 1977 by the Georgia Division of Aging Services, to address the needs and concerns of older individuals and their caregivers in a seventeen-county planning and service area. The Area Agency on Aging has an advisory council, comprised primarily of older adults, to review and comment on all programs affecting the older adults.

For additional information, please click on the Heart of Georgia button on the top left of this page.

Office & Staff Directory

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