



PICKENS COUNTY MEALS ON WHEELS YOUNG AT HEART DINING & ACTIVITY CENTERS

Maintaining a healthy lifestyle is important. The Young at Heart Dining & Activity Centers of Pickens County Meals on Wheels provides the perfect place for active seniors to dine for lunch, socialize, and participate in a variety of planned activities such as structured fitness and exercise, recreation, and educational and nutritional programs.

The Young at Heart Activity Center program operates under the umbrella of Pickens County Meals on Wheels and is supported by the SC Department on Aging, through the Appalachian Council of Governments (ACOG). ACOG provides information and services to senior adults including the group dining, nutrition and exercise programs of the Young at Heart Dining & Activity Centers.



The McKissick Center for Senior Wellness

349 Edgemont Avenue, Liberty SC
864.855.3770

Hours: Mon.-Fri. 8:30 am – 5:00 pm
Marsha Robertson, *Site Coordinator*



Easley Young at Heart Center YMCA Campus

250 Burns Road, Easley SC
864.614.1280

Hours: Mon.-Fri. 8:30 am – 2:30 pm
Jeanna Sevic, Katie Boone
Site Coordinators



The Central Young at Heart Community Center

120 Commons Way, Central SC
864.507.2245

Hours: Mon.-Fri., 8:30 am – 2:30 pm
Stacey Brodie, *Site Coordinator*



MEMBERSHIP

Annual Membership Fees:
(Ages 55+)

- Individual: \$25
- Couple: \$35

GROUP DINING

Lunchtime meals are served
Monday – Friday between
11:30 AM and 12:30 PM

Meal Cost:

- \$3 for senior center members
- \$5 for non-members and guests

** Suggested donation of \$3 for seniors age 60+ who are assessed through the Appalachian Council of Governments (ACOG)*

EXERCISE & FITNESS

Included in the membership are daily, evidence-based exercise sessions including Zumba Gold, Geri-Fit and Arthritis Health. Sessions are led by certified, trained instructors.

SOCIALIZATION & RECREATION

Table games, outdoor games, puzzles, arts and crafts, billiards and special holiday celebrations are among the activities available. In addition, day trips may occur once or twice annually.



For more information, visit
pcmow.org