Senior News

Serving MACON & CENTRAL GEORGIA

Information For Ages 50 PLUS!



May 2016

Vol. 30, No. 5

The evening will be capped off with a concert by Fort Valley's own Conquest

Show Band,

continued on page 5

<u>Let us entertain you</u>

by CLAIRE HOUSER DODD

Spring has sprung The grass has riz I wonder whar my false teeth is.

we read this in a church paper we picked up in Forsyth while having lunch the other day. It was sent in by a guy who said he learned it in grammar school. Our prayer is that he didn't learn it in an English School.

Sure 'nuff, "Spring has sprung," if only off and on! And, for sure, our "grass has riz" cause our mowers are out of whack for one reason or another. We may go down to South GA and borrow a goat from Blues singer, E.G. Kight. She could have brought one up when she came to Evelyn Robertson's brother, Wayne's BBQ, a huge one scheduled for the 23rd of April. The BBQ is always delicious and the rest of the food is unbelievable as it looks like a country church' all day singing and dinner on the ground! Nothing is left out, and you can not see the table for the food. It is always exceptional, but more so this year as Wayne has added more outdoor covered seating AND a new state of the art kitchen.

EG's band includes Johnney Fountain, guitar; Ken Winn, guitar; Rhonda, sings, and Mike Harrell on keyboard. Maybe we'll tell you a little about it in June.

Fort Valley has had several businesses opening lately and is expecting two new ones in a couple of weeks, Shark's Chicken and Fish, Chicago Style and Popeyed. We've also had some very distinguished people moving into town. Several couples have joined our Gourmet Club which met April 16th at Ed and Leigh Wasson's home with Frank and Connie Freshwater and yours truly as hosts. Frank caught the fish, he and Ed fried them and the rest of us filled in the blanks. It was divine food in a beautiful back yard next to the antique hot house, lush with Leigh's flowers blooming.

The most spectacular happening in Peach County we can remember lately was the grave marking on April 2nd for William Wiggins, Jr, an American Revolution War patriot.

Having been awaiting this very spectacular historical happening at Oak Lawn Cemetery for several months, we arrived early to watch the unloading and set up of this event. It was a fascinating involvement with our sacred history from beginning to end for this ceremony for William Wiggins' grave marking as a soldier of the American Revolutionary War.

First we saw the colors and the flags, which were exciting to begin with. Next, the costumed patriots began to show up. One at the time,



two at the time, then several at once. Each one a version of a Revolutionary War soldier- the very essence of the freedom of our country. Though a warm day, chills were tickling the spine.

The uniforms of the
Revolutionary Soldiers were not
mandated. There were no funds
available. Consequently, each one
put together his own uniform from
his private collection of clothing. It
made for a very colorful army, and
the costumes at the Grave Marking
showed much ingenuity and more
creativity. They were exceedingly
accurate, and would have been welcomed in a class A movie or on a
Broadway stage.

Since most of us were not history majors in college, we've probably
forgotten half we learned about our
War of Independence. For starters, it
began a year before we declared our
independence in 1776 on July 4 with
the adoption of the Declaration of
Independence, and the action of the
colonists continued on to 1783.
Actually the American colonist had
shown dissatisfaction toward British
domination with uprisings and skirmishes since 1763. A good 20 years
of war and unrest.

There is something dramatic and heartwarming about flags. And the posting of the colors today was no different. It was a splendid sight, both heartwarming and patriotic. The flags were presented by the FA. Society of the Sons of the American Revolution, FASAR color guards, led by Shep Hammack, Commander. The pageantry of this dedication ceremony of the grave marker of the Revolutionary War Soldier, William Wiggins, Jr. did not go unnoticed by approximately 75-100 participants. It was especially poignant because of the descendants of one of our oldest and most beloved citizens of Fort Valley, and our cousin, Bill Marshall. The descending goes like this.

Both Bill's sons, John and David, were here to celebrate with him, and it is also noted that, though Bill is 5th generation down from the American Revolution hero, there are now three more generations under him. His sons and their children Nicole (John's daughter), Phillip and Elise (David's children) and Elise's baby daughter who is a year old. An astounding 8 generations located and four alive. Congratulations to all of you.

We also want to congratulate all the people responsible for this spectacular presentation – The GA chapter of The Ocmulgee Chapter and the Blue Ridge Mountains Chapter.

"We the descendants of the heroes of the American Revolution, who by their sacrifices, established the United States of America, reaffirm our faith in the principles of liberty and our constitutional Republic, and solemnly pledge ourselves to defend them against every foe."

Especially outstanding was Jack Duggar, of Blairsville, Ga. A direct descendant who actually did the research and found the grave of William Wiggins, Jr to be marked. The unveiling of the bronze marker at the foot of his resting place was dramatic, as the bow and courtesy of the SAR's and DAR's who all did their own interpretation of the old colonial show of honor and respect.

Taps, by Dan Topolewski, and the military salute by Elijah Clark Militia, Bill Palmer, Commandeer the SAR Recessional led by Ed Reid, Historian and closing remarks by Ray Crumbley brought this patriotic presentation to a close.

What a beautiful afternoon, but it was not without one more pleasant event, the reception at the MacArthur-Saxon House, which has never looked so pretty or has offered her guests such delicious refreshments and punch. Many thanks to Fran Washko of the DAR and the Peach County Historical Society. It was a lovely afternoon tea and to our knowledge, not one of the quests at the Grave Marking of William Wiggins, Jr. missed it. All rooms were filled with interested and interesting people feeling as though they were in a time machine, enjoying a bit of the Colonial Era, the beginning of our very fine country. We should do it more often.

A well-adjusted person is one who makes the same mistake without getting nervous.

Author Unknown



Homebuyers tricked into wiring closing costs

by KELVIN COLLINS President/CEO, BBB of Central Georgia & the CSRA, Inc.

Buying a home this spring?

If so, watch out for this cunning new con. A recent alert from the Federal Trade Commission (FTC) warns that scammers are hacking into email accounts and instructing homebuyers to wire closing costs straight into their pockets.

Here's how the scam works. Imagine you are buying a home, and everything is ready for your closing. Then, your real estate agent or title company emails with new instructions. Instead of bringing a check to your closing, you are instructed to wire your closing costs to a bank account immediately.

Don't do it! You'll be wiring thousands of dollars into a scam account. Hackers have been breaking into the email accounts of consumers' and real estate professionals to search for information about upcoming transactions. After figuring out the closing date, the hacker sends a phishing email to the buyer, posing as the agent or title company notifying them of the change in payment methods. If the buyer takes the bait, their bank account is usually cleared out within minutes. And

since the scammers are usually outside of the country, that is money the victim will likely never see again.

Don't accept changes to an agreed transaction based solely upon an email. If someone tells you to deviate from a previous plan, especially one that involves thousands of dollars, check it out before you send a dime. Call your agent or title company and make sure the new directions are legitimate.

Tips to Spot a Phishing Scam:

Email is not a secure way to send financial information. Your real estate professional or title company will know that. They will not send nor ask you to provide banking information via email.

Be wary of unexpected emails that contain links or attachments. Do not click on links or open files in unfamiliar emails.

Consider how the company normally contacts you. If a company usually contacts you by phone, be suspicious if you suddenly start receiving emails or text messages without ever opting into the new communications.

Don't believe what you see. Just because an email looks real, doesn't mean it is. Scammers can fake anything, from a company logo to the "Sent" email address. If something seems suspicious, check the company's website or call them. Err on the side of caution and confirm before taking any action. DON'T click on any links or call a number in a message you suspect is a scam. If you want to look on the company's website, type in the URL listed on your statement or do a web search.

Finally, be sure to keep your operating system, browser and security software up to date and run regular scans.

For more trustworthy consumer tips, visit bbb.org. Kelvin Collins is president/CEO of the Better Business Bureau of Central Georgia & the CSRA, Inc. serving 41 counties in Central Georgia and the Central Savannah River Area (CSRA). This tips column is provided through the local BBB and the Council of Better Business Bureaus. Questions or complaints about a specific company or charity should be referred directly to the BBB at Phone: 1-800-763-4222, Web site: www.bbb.org or E-mail: info @centralgeorgia.bbb.org or info@csra.bbb.org.

The 2016 Georgia Golden Olympics

Special to Senior News

The 2016 Georgia Golden
Olympics is scheduled for
September 21-24, 2016 in Warner
Robins, Georgia and hosted by the
Warner Robins Recreation
Department. Join us for the 2016
event and qualify for the 2017
National Senior Games scheduled
for June 2-15, 2017 in Birmingham,
AL.

Registration will open May 1

and continue through August 1, 2016. If you have competed in the Georgia event in previous years, you may register online (after May 1, 2016) from the website: www.georgiagoldenolympics.org

If this is your first time to compete, you may print the form from the website and mail with your fees and age verification to Georgia Golden Olympics, PO box 958, Winder, GA.

For more information about the games you may go to website or call 770-867-3603.







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Poets' Corner

MOM, I LOVE YOU

by Pauline M. Brown

Mom, I love you for all you've done! You never held back, even after all

You gave me food, you dried my

and when I was tired, you hugged me twice.

Mom, I love you on this special day, Not because you gave me or let me have my way.

But because you taught me right from wrong.

When I couldn't sleep, you held me in your arms.

Mom, I love you because you are

And I thank you for all you do.

Happy Mother's Day! I'm blessed. You are my mom: just another blessing.

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LINKS THAT BIND

by Henry N. Goldman (To all, with whom I have enjoyed the game, I dedicate this anaphora.)

Bound by fairway's plush green splendor,

Bound by green's smooth rolling

Bound by nature's tree lined wonder. Bound to go and test my swing.

Bound by fellow golfers' friendship, Bound by their camaraderie, Bound to hear somebody's loose lips, Bound to wind up behind some tree.

Bound to try some new found gimmick.

Bound to trust it's amazing claims, Bound to find it does not help me, Bound to lay on it the blame.

Bound to make that perfect golf shot, Bound to hit the green and run. Bound to find that little white pot, Bound for my first hole-in-one! *******

MY SPECIAL FRIEND

by Sandra Schwamlein Moore

I met "My Special Friend" A long time ago...

We've kept in touch And now I know...

I'm in love with him. What should I do?

Could he be in love With me, too?

His kisses were sweet When he came to see me.

That's when I knew He was "Special" to me.

His next visit... may be soon, He hopes so, and I do, too!

Should I tell him I love him?

I don't want to scare him away... When he arrives, it will be "A Special Day!"

He is in my thoughts "Morning, Noon and Night!"

I never thought I'd feel this way at this point in my life.

Just hearing his voice, makes me I hope I see him, in a little while.

Love is Wonderful! Love is Grand!

Soon I will be in his arms. And holding his hand.

Every Day so Happy am I. "My Special Friend" is the reason why!

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FEATURING:

Kevin Brigle, Massey Cancer Center Virginia Commonwealth University Health System

Friends and family are welcome!

Section and other property in the section of the se



PEACH FESTIVAL

from cover

beginning at 8:00 p.m. Be sure to bring your lawn chairs and dancing shoes. Also on Friday in Byron, the Byron Methodist Church will host the Byron Area Historical Society's annual luncheon beginning at 12:00 Noon.

Saturday, June 4th will be the "big" day for the Georgia Peach Festival, beginning with the popular Georgia Peach Festival Parade. The Georgia Peach Festival Board is proud to announce that the current reigning, Miss America, Peach County's own Betty Cantrelle will be the Grand Marshall for this year's Georgia Peach Festival Parade. Other distinguished guests and dignitaries will be in the parade including the Honorable Mayor of Fort Valley, Barbara Williams. The parade will begin at approximately 10:00 a.m. Immediately after the conclusion of the parade, Miss America will be at the gazebo to sing, and the 2016 Miss Georgia Peach Festival Oueen and her court will be introduced. Entertainment will be taking place all day at the gazebo. Miss America will be on hand to autograph the official 2016 Georgia Peach Festival t-shirts at the Austin Theater from 12:30 p.m. – 2:00 p.m. Don't forget the many arts & crafts vendors and

food vendors. The Fort Valley Historical Society will also hold their popular chicken salad luncheon beginning at 11:30 a.m. at the McArthur-Saxon House, 201 North Miller Street. Tickets can be purchased from members of the Fort Valley Historical Society or at the Troutman House.

At approximately 2:00 p.m., the World's Largest Peach Cobbler will be served at the World's Largest Peach Cobbler pit by Rich Bennett and his staff.

The "big" day continues to the infamous Peach Beach in the Peach County Courthouse parking lot. A womanless wet t-shirt contest will be held, along with a DJ, more entertainment and line dancing. At 9:45 p.m. the grand finale will be the 3-D fireworks display.

The 30th Georgia Peach
Festival continues to Friday, June
10th with the inaugural Georgia
Peach Festival's Peach Blossom
Gala, beginning at 7:00 p.m. in the
Peach Shoppes Outlet Mall in
Byron, GA (the old Montana's
location). Enjoy a great dinner,
peach desserts and a cash bar.
Entertainment will be by the Las
Vegas Legends and Elvis entertainer, Randy Stephens. For sponsorships and ticket information go
to; gapeachfestival.com

The Georgia Peach Festival culminates on Saturday, June 11th at North Peach Park beginning at



3:00 p.m. to 6:00 p.m. with food, arts & crafts vendors, a Kid's Zone and other entertaining exhibits. At 7:00 p.m., pre-concert music begins before the free concert featuring the Tres Hombres Band to be followed by the Has Beens. The Has Beens feature four original members of the Capricorn Recording artists, Stillwater and one member of the famed Doc Holliday band. Bring your lawn chairs for a fun-filled night of great entertainment by these great musicians. At approximately 9:45 p.m., an encore of the fabulous 3-D fireworks will take place.

The Georgia Peach Festival encourages everyone to get on board and get involved with this year's 30th Annual Georgia Peach Festival. If you desire to enter the womanless wet t-shirt for a chance to win some really great prizes or if you want to bring fun games to the Family Fun Day at the Fort Valley Festival Park, call; Emily @ 478-955-4138 or Jane @ 478-825-4002. For information on being involved in the Georgia Peach Festival parade, call Michelle @ 478-308-0577.

The 30th Annual Georgia Peach Festival will be a great event for the whole family to attend.

We will see you there at all these great events!

Warning Signs of a Stroke are No Laughing Matter



You know how we joke around and say 'I almost had a stroke'? Well, it's not really funny if you or someone you love actually has one. And there's no time for humor from the onset of symptoms until the stroke victim is receiving qualified medical help. According to the American Heart Association/American Stroke Association, stroke is the number five cause of death and a leading cause of adult disability in the United States. On average, someone suffers a stroke every 40 seconds; someone dies of a stroke every four minutes; and 795,000 people suffer a new or recurrent stroke each year.

First it's important to understand what a stroke is. It's a brain injury caused by the interruption of blood flow. And because the brain isn't getting oxygen and nutrients

from blood, a stroke victim's brain tissue can begin to die within minutes. When it comes to stroke, time lost is brain lost. So recognizing the signs of stroke and acting quickly literally saves the brain and offers the best chance of recovery.

An easy way to remember the signs and what to do if you suspect someone is having a stroke is to us the American Heart/ American Stroke Association's F.A.S.T. approach to recognizing this potentially fatal attack.

Face Drooping: Is one side of the person's face drooping or numb? Ask the person to smile and see if one side doesn't move up.

Arm Weakness: Is one arm weak or numb? Ask the person to raise both arms and see if one drifts down.

Speech Difficulty: Is their speech slurred? Are the unable to speak or understand? Ask the person to say a simple sentence like 'the sky is blue.'

Time to call 911: Even if you think symptoms are subsiding, call 911 and get the person to the hospital as quickly as possible for care. Check the time so that you can let the medical personnel know when the symptoms started.

Getting immediate treatment for a stroke is necessary to open the blocked blood vessel that caused it. The sooner blood flow is restored, the more likely the person will benefit from a reduction in the chance of a stroke in the future, improved function

affected by the stroke, and be able to overcome disabilities caused by the stroke.

Coliseum Health System will be celebrating survivors of stroke and remembering
stroke victims at the "Stroke Stroll" on
Thursday, May 5 at 9am at the Spring
Street Landing of the Ocumulee Heritage
Trail (also known as the River Walk). This
event is for anyone who has been affected
by stroke. No RSVP is required. We hope
you join us! For more information on the
warning signs of stroke or services offered
at our hospital for stroke patients, call our
toll free health information and physician
referral line at (478) 746-4646.



Are you at risk for a stroke? Find out using our FREE online health risk assessment. Visit www.coliseumhealthsystem.com/stroke for more information!

Consult-a-Nurse Referral Line: (478) 746-4646

www.coliseumhealthsystem.com

MACON METRO AREA Senior Services & Events Directory

Additional Senior Services & Events Information Available at www.seniornewsga.com

Coliseum Health System

Medicare Made Easy and Advanced

Coliseum Northside Hospital, 400 Charter Blvd. For complete information call 478-746-4646.

Support Groups

- Bosom Buddies: A support group for breast cancer survivors. 1st Wed. each month at noon, Coliseum Medical Centers, Cancer Center, Bldg. C. Suite 120. Free. Call 478-765-4805.
- · Bosom Buddies Too: A support group for breast cancer survivors. 2nd Thurs. each month at 6 p.m., Macon Northside Hospital, 1st Floor Conference Room. Free. Call 478-765-4805.
- Chronic Fatigue/Fibromyalgia Support Group: First Sat. every month, 1-3 p.m., Location varies. Call 478-475-4908.
- · G.L.A.D. (Good Living Around Diabetes): 2nd Mon. every other month at 5:30 p.m., Coliseum Diabetes Management Center, Bldg. C, Suite 120. Free. Call 478-765-4338.
- Surviving Together... Strive From Stroke Support Group: 3rd Thurs, each month, 11:30 a.m.-1 p.m. Lunch is served. Coliseum Medical Centers cafeteria. Patients, families and caregivers whose lives have been touched by stroke. Call 478-765-4413.
- United Ostomy Association Support Group: 4th Sun. every month, 3 p.m., Coliseum Medical Centers, Private Dining Room. For people who have had colostomy, ileostomy, or urostomy surgery. Call 478-765-4185.
- Helping Hands Grief Support Group: Meets every Mon. at 2:30 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. Call 478-464-1401 or 478-765-4805.
- · Middle GA MS Support Group: 3rd Thurs. each month, 6:30-8:30 p.m., Coliseum Northside Hospital, 1st floor

conference room. 478-475-1818.

- · Bipolar Support Group: Meets every Thurs., 6-7:30 p.m., First Floor Conference Room, Coliseum Psychiatric Center, 478-741-1355
- · Survivors of Suicide Support Group: 2nd Wed., 6-7 p.m., Coliseum Psychiatric Center, 340 Hospital Dr. 478-741-1355.
- Extending H.O.P.E. Lymphedema Support Group: 1st Wed., 1:30 p.m., Coliseum Medical Centers, Bldg. C. Suite 120. 478-765-4805.
- . HOPE Network: 1st Thurs., 2 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. Support group for all cancer survivors and their caregivers. 478-765-

Alzheimer's Association, Central Georgia Regional Area Caregivers'

Support Groups Call 478-746-7050 or 800-272-3900 for details.

- Bibb County 2nd Tues., 3:30 p.m., Alzheimer's Association, 886 Mulberry St., Macon, 478-746-7050
- · 1st Wed., 10 a.m., Martha Bowman UMC, 500 Bass Rd., Macon, 478-743-

Houston County

- · 4th Thurs., 7 p.m., Peachbelt Rehab Center, 801 Elberta Rd., Warner Robins, 478-397-4669
- · 4th Tues., 7 p.m., Houston Health Care, Classroom #1, 1601 Watson Blvd.. Warner Robins, 478-923-2532 Dodge County
- · 3rd Thurs., 5:30 p.m., Dodge County Hospital, Educational Annex, 901 Griffin Ave., Eastman, 478-374-0600 Lamar County
- · 4th Tues., 6:30 p.m., First United Methodist Church, 375 Thomaston St., Barnesville, 770-358-4516 Laurens County
- 1st Thurs., 2 p.m., Carl Vinson VA Medical Center, 12-A Family Room, 1826 Veterans Blvd., Dublin, 478-272-1210, x2328

Monroe County

- 1st Thurs., 6 p.m., Monroe County Hospital Dining Hall Downstairs, 88 Martin Luther King, Jr., Dr., Forsyth, 478-747-8754 Peach County
- 3rd Thurs., 7 p.m., The Medical Center of Peach County Cafeteria, 1960 Highway 247 Connector, Byron, 478-

Putnam County

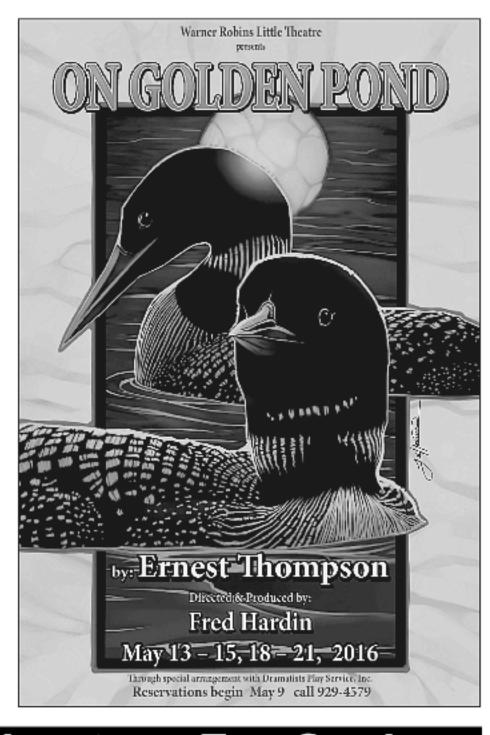
- · 3rd Wed., 10 a.m., First Baptist Church, 115 N. Madison Ave., Eatonton, Upson County
- Last Thurs., 7 p.m., Thomaston Reflections, 302 S. Bethel St., Thomaston, 706-647-1607 Telephone Support Group
- . 1st & 3rd Tues., 7-8 p.m., "Care

Connection" facilitated by an Alzheimer's Assoc, staff member, 1-866-453-5550. To learn more about "Caring Connection" call 800-272-3900.

Meals on Wheels of Macon and Bibb County

Meals on Wheels of Macon and

continued on page 7



General Business Directory For Seniors



Al-Hame Occupational Therapy Services

Eulanda Waller, OTR/L, CAPS

478-227-8968 info@wallerot.com

Creating Solutions, Rebuilding Lives www.wallerot.com

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Home Inspector (478) 213-5986

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EVENTS from page 6

Bibb County needs volunteers to help deliver meals to home-bound clients. Volunteers must have a valid Georgia driver's license and a positive attitude. If you can spare two hours a day one day a week, then you may just be the person needed. We especially need help on Thursdays and Fridays. Meals of Wheels is a wonderful organization which takes pride in everything it does. This program would not exist without

If you are interested in volunteering, please call Joyce Waller or Beverly McCard at 478-745-9140.

Macon-Bibb County Parks & Recreation Department Senior Center 1283 Adams Street Macon, Georgia 31201; Phone: 478-751-2790, 478- 751-9238; Daily activities 9:00-2:00

Warner Robins Senior Citizen Services (50+ Years Old) Warner Robins Recreation Department - Felicia Wright, Director Email: FWRIGHT@wrga.gov; 478-293-

Senior Activity Center 152 Maple Street, Warner Robins Office: 478-293-1066

Support Group for Caregivers of Frail Elderly Family Members

First & third Tuesdays of each month, 3:30-5 p.m., 6060 Lakeside Commons Place (off Bass Rd.), Macon. Call Martha Duke at 478-808-6957.

Theatre Macon

438 Cherry Street, Macon 478-746-9485

 Sabrina Fair by Samuel Taylor, May 27-June 4

Warner Robins Little Theatre

South Pleasant Hill Drive 478-929-4579; www.wrlt.org On Golden Pond by Ernest Thompson: May 13-15, 18-21 Sat., Noon-3 p.m.

Divorce Recovery Group

First Baptist Church of Macon, located at 511 High Place, is offering a Divorce Recovery Group for those interested. The meetings are held on Wednesday evenings. Child care and children's activities will be provided.

For additional information call the church office at 478-742-6485.

DivorceCare Offered By Central Baptist Church

Divorced? Separated? Find help at DivorceCare.

DivorceCare is a special weekly seminar and support group for people who are separated or divorced. The group meets at Central Baptist Church located at 1120 Lake Joy Road, Warner Robins. Childcare is provided for babies through 5th grade.

For additional information call 478-953-9319.

Volunteers Needed

GeorgiaCares, Georgia's State Health Insurance Assistance Program (SHIP), needs volunteers to assist seniors and persons with disabilities with Medicare problems, fraud, and abuse. Must be computer savvy. Rewarding volunteer work. Call Butch Swinney, GeorgiaCares Coordinator for the Middle Georgia Regional Commission/Area Agency on Aging, at 478-751-6489 or email: bswinney@mg-

Open Sketching Portraits

Presented by the Fine Art Society of Middle Georgia. Every Tuesday that is not a holiday, 6-7 p.m., Nola Brantley Library, Watson Blvd., Warner Robins. For details contact Leslie Hoops-Wallace at 478-396-9198 or email: unicornsquest@hotmail.com.

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Fine Art Society of Middle Georgia Meets 4th Mondays at the Flint Electric Building, Hwy. 96 & Sutherlin Dr., Warner Robins. For details call 478-396-9198, email:

fasmidga@gmail.com, or visit www.fasmidga.org. FAS Gallery of Art is located at 2507 Moody Rd., Warner Robins.

Houston County Council on Aging/Meals on Wheels

Houston County Council on Aging/ Meals on Wheels is a nonprofit that delivers meals to home bound seniors. We have openings for seniors in need of meals and

for volunteers able to distribute meals. Please call Alesha Mathis, Meals on Wheels Coordinator, at 478-328-6070 for more information, to sign up for meals, or to volunteer.

Turkey Creek Festival

May 7 in Byromville, GA. Family oriented fun for everyone. Parade at 10 a.m. Slide show vendors, games, rides, food, door prizes, and entertainment. 15 minutes west of I-75, Exit 122, right onto GA Highway 230. For details visit www.turkeycreekfestival.com.

BUSINESS CARD SECTION

For Advertising Information Call Billy Tucker at 478-929-3636 David VonAlmen at 478-213-5986 Jan Tassitano at 678-575-4184

Dempsey Apartments

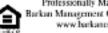
Affordable Living In Historic Downtown Macon

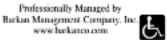
- Spacious Studio & One Bedroom Apertments Homes Designed for adults 62 years of age & over and those
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- Apartments include wall-to-wall carpeting, stoves & refrigerators
- Access Control
- Cameras
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- 24-hour Maintenance
- Recreational/Educational Programs Within walking distance of the Post Office, hospitals, theaters, restaurants & shopping

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Funding is provided by the U.S. Department of Housing & Urban Development (HUD Section 8 Program). Annual income must not exceed income limits set by HUD.





General Business Directory For Seniors



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380 Hospital Drive

Macon, GA 31217

Across from the Emergency Room

BOB MOODY RPH.

Pharmacist, owner

Start Getting Better Now!!! Phone: 478-745-5431 Fax: 478-765-4359

FREE PRESCRIPTION DELIVERY

Macon and Middle Georgia



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Goodwill NEEDS



YOUR DONATIONS

When you donate your clothing and household

items to Goodwill Industries, the merchandise will be processed by trainees and resold at Goodwill stores to fund job training and placement services for people with barriers to employment

YOUR TIME

Spend an afternoon, or a few hours each week giving back to the community. Make volunteering a part of your family activities.

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www.goodwillworks.org



Vineville **Christian Towers**

~ Accepting Applications ~

Applicants must be at least 55, meet income guidelines, have good rental and credit history and acceptable background screening.

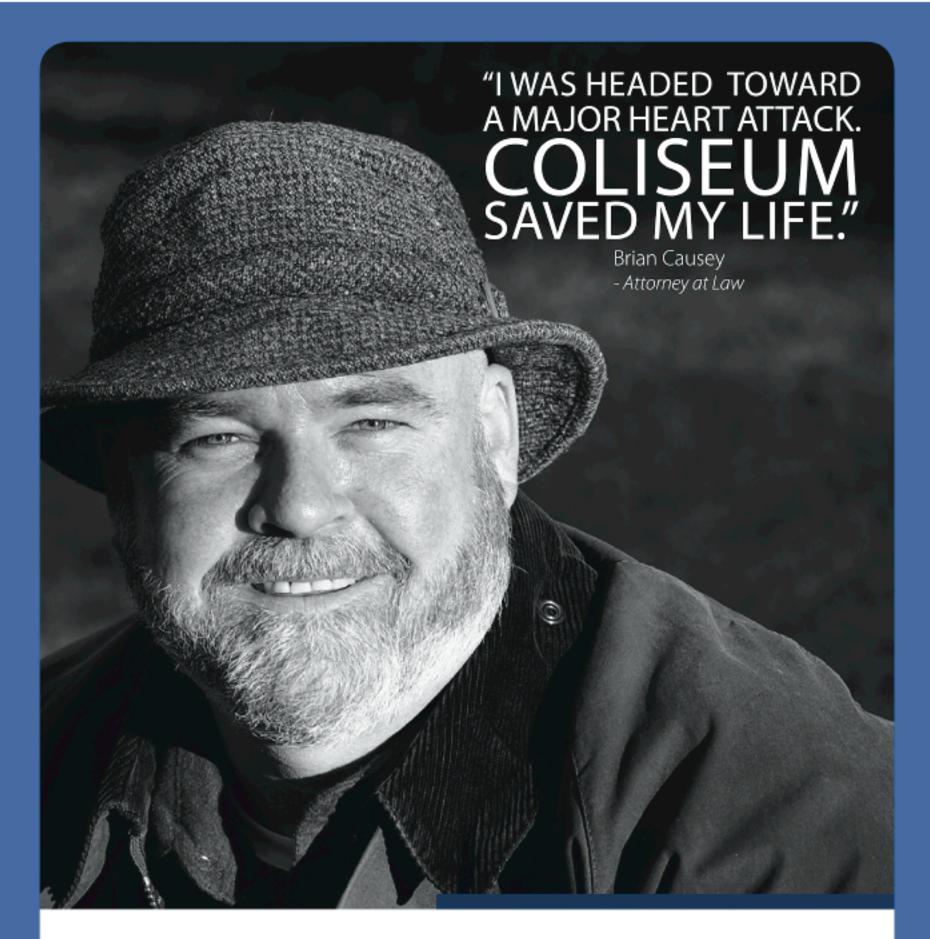


Studio & 1-Bedroom Apartments

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478-743-4661





The Heart Institute at Coliseum Medical Centers has been saving lives like Brian's with its experienced physicians, caring staff, and state-of-the-art technology. Brian never expected to have a heart attack in his 40's. Thanks to the team at Coliseum, that never happened. Clearing five blockages and triple bypass surgery restored normal blood flow to Brian's heart. Today, he is happy to be able to do the things he loves, like walking his dog and cherishing every moment with his family.



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For more information on the Heart Insitute, call us a (478) 746-4646 or visit coliseumhealthsystem.com.



The Coliseum Heart Institute is a Society of Cardiovascular Patient Care (SCPC) accredited Chest Pain Center with PCI, with Cycle IV standards, for its ability to assess, diagnose, and treat patients who may be experiencing a heart attack.