

HELPFUL RESOURCES FOR SENIORS

Important Phone Numbers and Links

Covid19 hotline - 844.442.2681

Cobb/Douglas Public Health - cobbanddouglaspublichealth.com

Douglas County Senior Services - 770.489.3100

Woodie Fite - 678.626.5630. Please join the Woodie Fite Facebook page for live daily activities. facebook.com/woodiefite.senior

Food Banks

Sweetwater Mission in Austell - 770.819.0662

6130 Hotel Street, Austell, GA 30106

Providing express food with limited social contact

The Pantry - 770.217.0729 **Saturdays 9am-12:00pm**

Food Delivery Services

Instacart - sign up online for grocery delivery at instacart.com

UberEats - offering free food delivery at ubereats.com

Transportation

Go Go Grandparents - 1.855.464.6872

(discounted Lyft and Uber for Seniors)

Grocery

Farmer's Table - 770.693.0171. Free delivery within 4 miles, call-in, carry-out, or curbside service available

Ingles - Senior hours: **7am-8am Tuesday and Wednesday**

Kroger - Senior (ages 60+) hours: **7am-8am Monday-Thursday**

Publix - Senior (ages 65+) hours: **7am-8am Tuesday and Wednesday**

Sam's Club - Senior hours: **7am-9am Thursday only**

Walmart - Senior hours: **6am-7am Tuesday only**

MORE INFORMATION ON BACK...

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Medical

Georgia Council on Substance Abuse - 1.844.326.5400 free recovery counseling via telephone

The Care Place - 678.945.0700. Free medical care on **Saturdays 8am-12pm**

Monarch Family Dentistry - 678.502.1702. Providing emergency dental needs

Pharmacy

Taylor Pharmacy and Wellness Center - 678.402.5033. Free delivery for prescription order over \$25

Premier Drugstore - 770.635.8509. Free delivery of prescription items for clients 65+ within 10 miles

Sam's Club - 770.489.6167 Curbside ordering.

Pickup for pharmacy items - 770.489.3334 (**Sunday - Saturday**)

Walgreens - Senior hours: 8am-9am **Monday-Sunday** (also offer drive thru shopping)

Wyatt's Pharmacy - 770.948.8825. Curbside with call ahead. Delivery within 5 mile radius

Retail

Dollar General - Senior hours: **8am-9am Monday-Sunday**

Target - Senior hours: 8am-9am **Wednesday**

Walmart - Senior hours: 6am-7am **Tuesday**

Exercise Videos

[youtube.com/watch?v=J2IPtuZgFsU&list=PLz5i2TbhU3H2UAWqTa7v48b_ZWgJ4FLAW](https://www.youtube.com/watch?v=J2IPtuZgFsU&list=PLz5i2TbhU3H2UAWqTa7v48b_ZWgJ4FLAW)

[youtube.com/watch?v=AIH2jCYArMU](https://www.youtube.com/watch?v=AIH2jCYArMU)

[youtube.com/watch?v=8BcPHWGQO44](https://www.youtube.com/watch?v=8BcPHWGQO44)

[youtube.com/watch?v=R6Nr-VaFcqM](https://www.youtube.com/watch?v=R6Nr-VaFcqM)

[youtube.com/watch?v=Ps3oXu5Czvc](https://www.youtube.com/watch?v=Ps3oXu5Czvc)

[youtube.com/watch?v=sEk8bZbeZao](https://www.youtube.com/watch?v=sEk8bZbeZao)