

Center for Positive Aging/Meals on Wheels

Center for Positive Aging

The Center for Positive Aging prepares people of all ages for an expanded and healthy long life. The Center is a partnership of individuals, congregations (including Sacred Heart), and community organizations working together to provide health, educational, and recreational opportunities to improve well-being. It has as its primary mission the promotion of volunteer-driven services and wellness for older persons and their families

Volunteers are involved in activities designed to assist older persons to have a more meaningful and fulfilling life. Volunteers have an opportunity to make new friends, learn skills, and be a part of the expanded vision of positive aging while helping in the Center's fitness programs, serving as teachers in the Adventures in Learning series, delivering Meals on Wheels (see below for more information about this volunteer opportunity), providing data entry services, and filling office duties.

[Center for Positive Aging Newsletter](#)

Contact: Hugh Lynch at 770-939-5327

Meals on Wheels

The Meals on Wheels program is a cooperative ministry of First Presbyterian Church and the Center for Positive Aging. On Tuesdays and Thursdays of each week, volunteers drive routes on which each volunteer delivers hot and nutritious meals to homebound and elderly persons in the Midtown, Morningside, and Buckhead areas. For many meal recipients, the delivery volunteer is their only regular visitor. *The program is in need of volunteers to drive the routes as well as persons willing to serve as substitute drivers on an as needed basis.* Since most of the meal recipients do not pay the full cost of the meal, financial contributions are also welcome through the Ministries of Sacred Heart second collection.

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