

Local Senior Housing

The locations below provide safe, affordable housing for seniors in Tifton, Georgia.

Azalea Trace
38 Pertilla Place
229-382-2142

Maple Court
2408 Tift Ave
229-382-1791

Bradley Place
418 Park Ave N
229-386-9789

Tift Tower
311 2nd St E
229-386-8911

The Suites at Cypress Pond
15 Kent Rd
229-382-3333

Tifton Housing Authority
15 16th St E
229-382-5434

Legacy Village
1934 Whiddon Mill Rd
229-386-2273

West Haven Senior Village
2760 E B Hamilton Dr
229-382-2181

Safe Walking Tips

- Choose a comfortable shoe that fits well and is the right type for your local weather and terrain.
- Wear comfortable, bright/visible, loose-fitting clothing that is suitable for the weather.
- Good walking techniques include: good posture, strong arm motion, heel-to-toe steps, and smaller, more frequent steps.
- Where there's no sidewalk, walk facing oncoming traffic.

Transportation

Anyone may use Tift Lift to schedule a ride. Rides must be scheduled 24 hours in advance. Hours of operation are Monday through Friday 8:00 a.m. to 5:00 p.m. The cost is \$2 for up to 3 miles, \$3 from 3 to 5 miles, and \$4 for over 5 miles. Call 229-382-8438.

Other Senior Resources

Several state and regional agencies and organizations provide critical services and resources for older residents. Below are phone numbers for some of the more commonly needed resource agencies within Tift County and throughout the State of Georgia.

Adult Protective Services

Georgia Department of Human Services, Division of Aging
1-866-552-4464, Press '3'

Aging and Disability Resource Connection

Southern Georgia Regional Commission; 1-888-732-4464

Department of Family and Children Services (DFCS)

Georgia Department of Human Services
1-877-423-4746; in Tift County call: 229-386-3388

U.S. Social Security Administration Office

732 2nd St W, Tifton, GA 31794; 1-800-772-1213

U.S. Department of Veterans Affairs, VA Clinic

1824 N Ridge Ave, Tifton, GA 31794; 229-391-6080

Tift County Emergency Management Agency/CodeRED

316 2nd St W, Tifton, GA 31794; 229-388-6060



About the Southern Georgia Regional Commission's Area Agency on Aging

The Southern Georgia AAA develops, provides, and coordinates programs and services for older individuals, at-risk adults, and persons with disabilities in an 18-county region. The AAA serves as your Aging and Disability Resource Connection (ARDC). When a client or caregiver calls **1-888-732-4464**, an ARDC counselor will provide information and assistance, explore long-term care options, and/or screen for program eligibility. The nurses and social workers who work as ARDC counselors are impartial and trained to help you navigate the labyrinth of potential services and programs. If you have interest in any of the following services—or just don't know where to begin—pick up the phone and make that call.

- Legal Assistance
- Home Modification
- Homemaker Services
- Alzheimer's Adult Day Care
- Nutrition & Senior Center Services
- GeorgiaCares Services
- Wellness Programs
- Personal Care Services
- Caregiver In-Home Respite
- Coordinated Transportation
- Care Consultation
- Caregiver Education
- Assistive Technology
- Elderly & Disabled Waiver Program

2018 Edition

Tifton Senior Resource Guide

A COMMUNITY WALKING MAP FOR ACTIVE OLDER ADULTS



327 W Savannah Ave

Valdosta, GA 31601

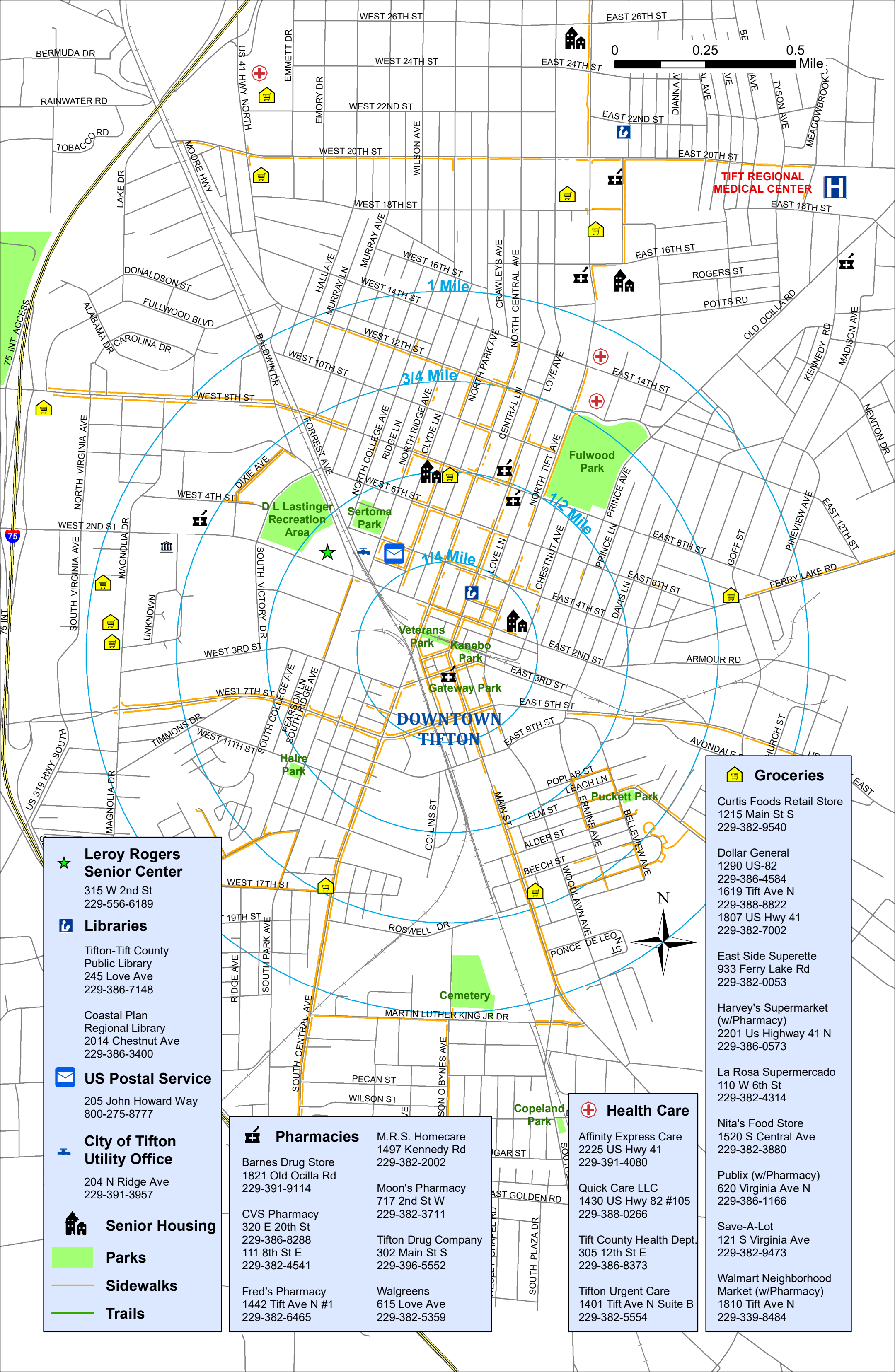
229-333-5277

1725 S Georgia Pkwy W

Waycross, GA 31503

912-285-6097

www.sgrc.us



★ Leroy Rogers Senior Center
 315 W 2nd St
 229-556-6189

📖 Libraries
 Tifton-Tift County Public Library
 245 Love Ave
 229-386-7148
 Coastal Plan Regional Library
 2014 Chestnut Ave
 229-386-3400

✉️ US Postal Service
 205 John Howard Way
 800-275-8777

🏠 City of Tifton Utility Office
 204 N Ridge Ave
 229-391-3957

🏠 Senior Housing

🌳 Parks

🚶 Sidewalks

👟 Trails

🏪 Pharmacies

M.R.S. Homecare 1497 Kennedy Rd 229-382-2002	Moon's Pharmacy 717 2nd St W 229-382-3711
Barnes Drug Store 1821 Old Ocilla Rd 229-391-9114	Tifton Drug Company 302 Main St S 229-396-5552
CVS Pharmacy 320 E 20th St 229-386-8288 111 8th St E 229-382-4541	Walgreens 615 Love Ave 229-382-5359
Fred's Pharmacy 1442 Tift Ave N #1 229-382-6465	

🏥 Health Care

Affinity Express Care
 2225 US Hwy 41
 229-391-4080

Quick Care LLC
 1430 US Hwy 82 #105
 229-388-0266

Tift County Health Dept.
 305 12th St E
 229-386-8373

Tifton Urgent Care
 1401 Tift Ave N Suite B
 229-382-5554

🏪 Groceries

Curtis Foods Retail Store
 1215 Main St S
 229-382-9540

Dollar General
 1290 US-82
 229-386-4584
 1619 Tift Ave N
 229-388-8822
 1807 US Hwy 41
 229-382-7002

East Side Superette
 933 Ferry Lake Rd
 229-382-0053

Harvey's Supermarket (w/Pharmacy)
 2201 Us Highway 41 N
 229-386-0573

La Rosa Supermercado
 110 W 6th St
 229-382-4314

Nita's Food Store
 1520 S Central Ave
 229-382-3880

Publix (w/Pharmacy)
 620 Virginia Ave N
 229-386-1166

Save-A-Lot
 121 S Virginia Ave
 229-382-9473

Walmart Neighborhood Market (w/Pharmacy)
 1810 Tift Ave N
 229-339-8484