

Local Senior Housing

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

Ashley House Apartments
109 E Hill Ave, Ste. 101
Valdosta, GA 31601
229-247-4834

Langdale Place
2720 Windermere Dr
Valdosta, GA 31602
229-247-4300

Ashton Meadows
2611 Bemiss Rd
Valdosta, GA 31602
229-242-3588

Sands Horizon, Inc.
1195 Old Statenville Rd
Valdosta, GA 31601
229-242-4025

Azalea Towers
2910 Tara Dr
Valdosta, GA 31602
229-247-1275

Valdosta Housing Authority
610 E Ann St
Valdosta, GA 31601
229-242-4130

Brittany Woods Apartments
1150 Old Statenville Rd
Valdosta, GA 31601
229-244-1770

Woodlawn Terrace
1211 N Forrest St
Valdosta, GA 31601
229-249-9043

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 Lowndes County Public Transit to schedule a ride Monday through Friday 7:30 a.m. to 4:30 p.m. Rides must be scheduled 24 hours in advance. The cost is \$3 for the first 10 miles (\$2 for persons over 65), plus \$0.50 for each additional mile. Call 229-316-2153.

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 Lowndes 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 Lowndes County call: 229-333-5200

U.S. Social Security Administration Office
3149 Perimeter Park Lane, Valdosta, GA 31602; 229-242-2595

U.S. Department of Veterans Affairs, VA Clinic
2841 N Patterson St, Valdosta, GA 31602; 229-293-0132

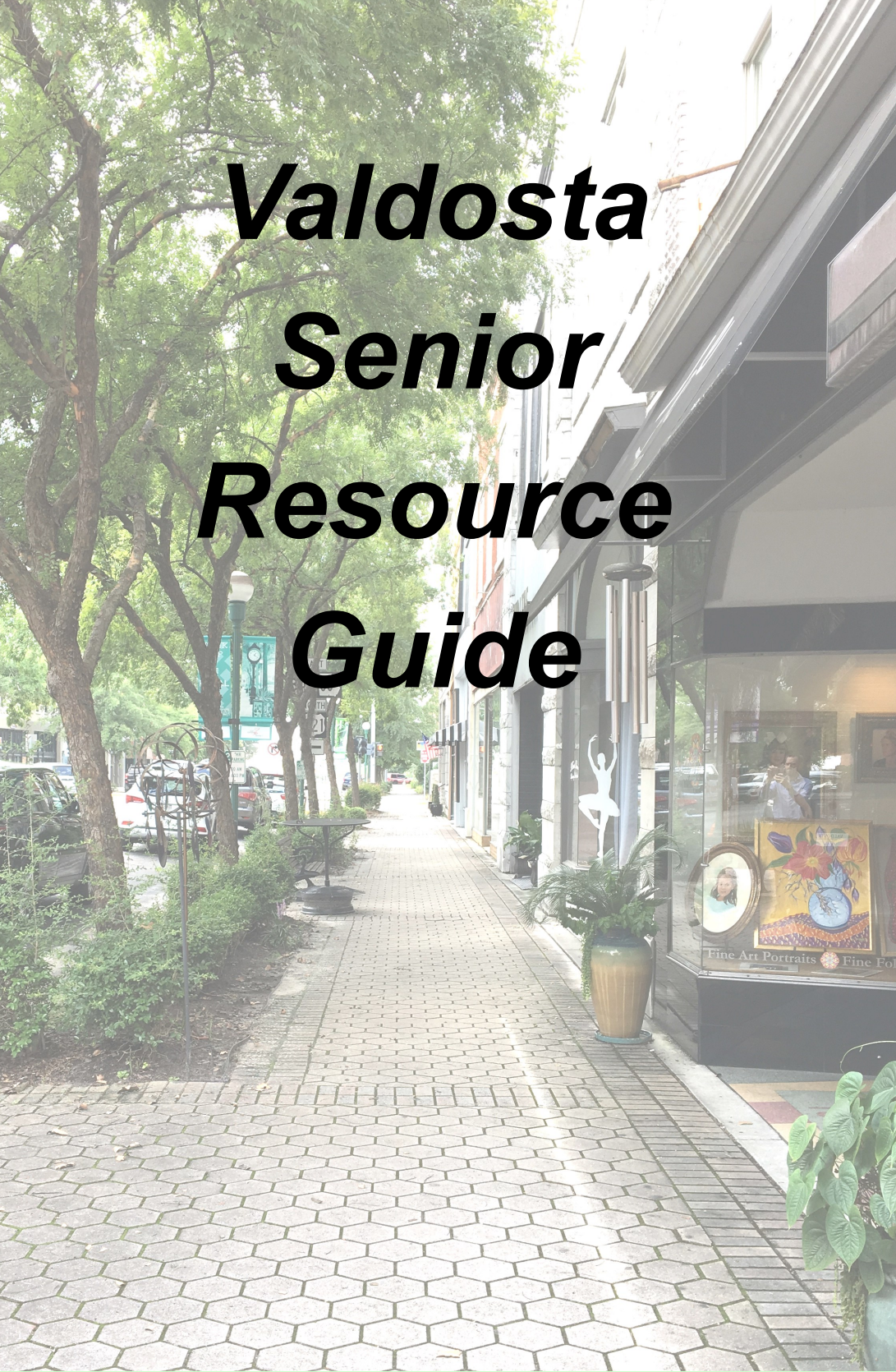
Lowndes County Emergency Management Agency / CodeRED
327 N Ashley St, Valdosta GA 31601; 229-671-2790



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.

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



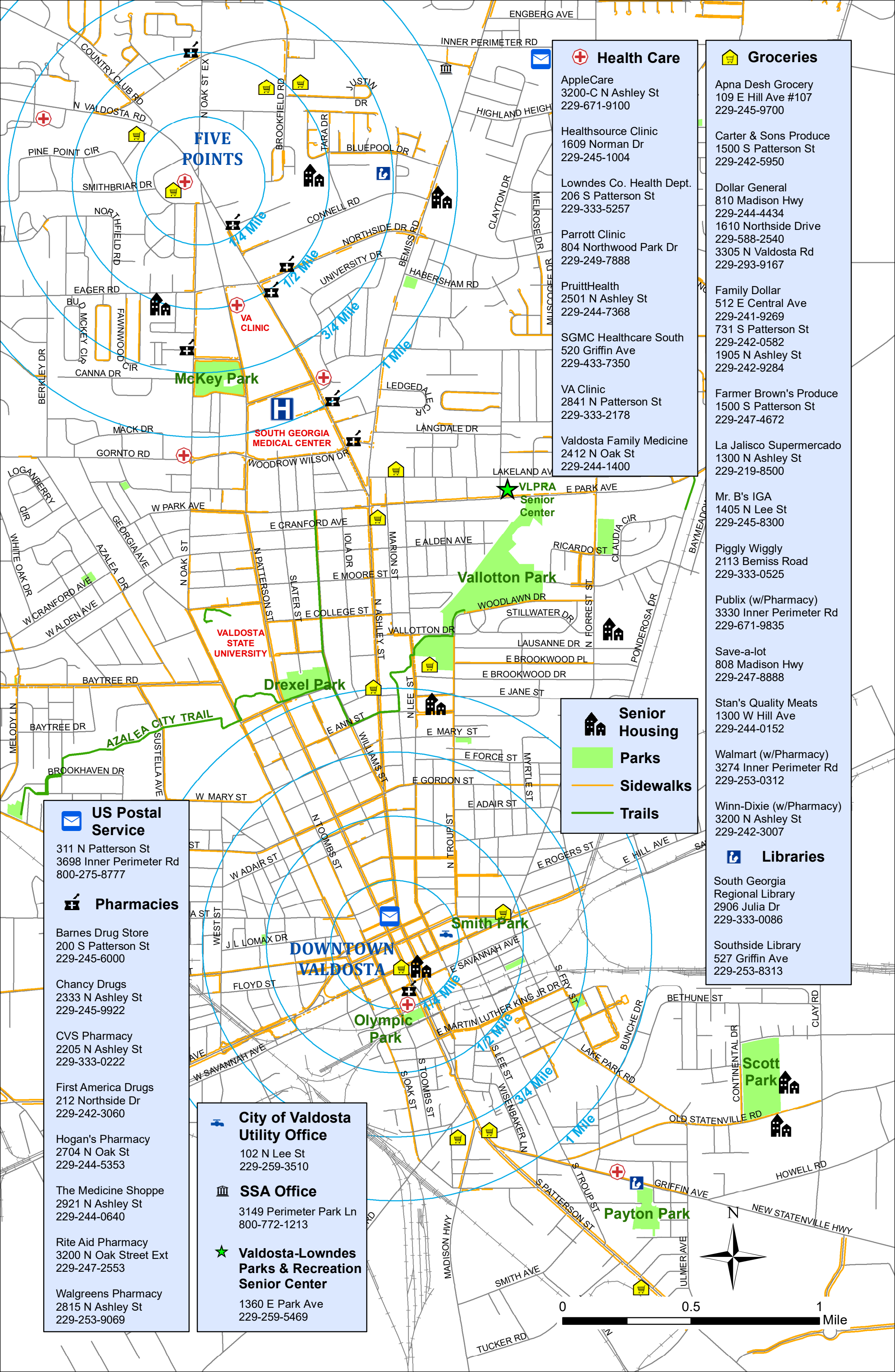
Valdosta Senior Resource Guide

A COMMUNITY WALKING MAP FOR ACTIVE OLDER ADULTS



327 W Savannah Ave	1725 S Georgia Pkwy W
Valdosta, GA 31601	Waycross, GA 31503
229-333-5277	912-285-6097

www.sgrc.us



Health Care

- AppleCare
3200-C N Ashley St
229-671-9100
- Healthsource Clinic
1609 Norman Dr
229-245-1004
- Lowndes Co. Health Dept.
206 S Patterson St
229-333-5257
- Parrott Clinic
804 Northwood Park Dr
229-249-7888
- PruittHealth
2501 N Ashley St
229-244-7368
- SGMC Healthcare South
520 Griffin Ave
229-433-7350
- VA Clinic
2841 N Patterson St
229-333-2178
- Valdosta Family Medicine
2412 N Oak St
229-244-1400



Groceries

- Apna Desh Grocery
109 E Hill Ave #107
229-245-9700
- Carter & Sons Produce
1500 S Patterson St
229-242-5950
- Dollar General
810 Madison Hwy
229-244-4434
1610 Northside Drive
229-588-2540
3305 N Valdosta Rd
229-293-9167
- Family Dollar
512 E Central Ave
229-241-9269
731 S Patterson St
229-242-0582
1905 N Ashley St
229-242-9284
- Farmer Brown's Produce
1500 S Patterson St
229-247-4672
- La Jalisco Supermercado
1300 N Ashley St
229-219-8500
- Mr. B's IGA
1405 N Lee St
229-245-8300
- Piggly Wiggly
2113 Bemiss Road
229-333-0525
- Publix (w/Pharmacy)
3330 Inner Perimeter Rd
229-671-9835
- Save-a-lot
808 Madison Hwy
229-247-8888
- Stan's Quality Meats
1300 W Hill Ave
229-244-0152
- Walmart (w/Pharmacy)
3274 Inner Perimeter Rd
229-253-0312
- Winn-Dixie (w/Pharmacy)
3200 N Ashley St
229-242-3007



Senior Housing



Parks



Sidewalks



Trails



US Postal Service

311 N Patterson St
3698 Inner Perimeter Rd
800-275-8777



Pharmacies

- Barnes Drug Store
200 S Patterson St
229-245-6000
- Chancy Drugs
2333 N Ashley St
229-245-9922
- CVS Pharmacy
2205 N Ashley St
229-333-0222
- First America Drugs
212 Northside Dr
229-242-3060
- Hogan's Pharmacy
2704 N Oak St
229-244-5353
- The Medicine Shoppe
2921 N Ashley St
229-244-0640
- Rite Aid Pharmacy
3200 N Oak Street Ext
229-247-2553
- Walgreens Pharmacy
2815 N Ashley St
229-253-9069



**City of Valdosta
Utility Office**

102 N Lee St
229-259-3510



SSA Office

3149 Perimeter Park Ln
800-772-1213



**Valdosta-Lowndes
Parks & Recreation
Senior Center**

1360 E Park Ave
229-259-5469



Libraries

- South Georgia
Regional Library
2906 Julia Dr
229-333-0086
- Southside Library
527 Griffin Ave
229-253-8313

