

## **Socialization and Recreation**

Age Requirements

0-5

,

6-12

,

13-21

,

22-55

,

56-60

,

60+

Available 24/7

No

Other Eligibility Criteria

Persons aged 50 and older

Family

No

Intake Contact Email

dsanders@meoc.org

Provider Refer

Yes

Self Refer

Yes

Mountain Empire Older Citizens, Inc. (MEOC)

<http://meoc.org/socializationandrecreationmeoc.htm>

Main

(276) 523-4202

Toll-Free

(800) 252-6362

1501 Third Avenue East

24219 VA

United States

Monday: 8:00 am-5:30 pm

Tuesday: 8:00 am-5:30 pm

Wednesday: 8:00 am-5:30 pm

Thursday: 8:00 am-5:30 pm

Friday: 8:00 am-5:30 pm

Saturday: Closed

Sunday: Closed

Fee Structure

No Fee

Languages Spoken

English

Mountain Empire Older Citizens (MEOC) congregate nutrition sites offer a variety of activities, exercise, health education, health screenings, music, storytelling, quilting, and crafts. Current events and other topics of interest to older citizens are an important part of the program.

These sites operate as part of MEOC's Wellness Is Now (WIN) initiative. The focus is on disease prevention and health promotion. The program offers a low impact exercise program, health screenings, nutrition and health education, games, and recreational outings. Most WIN Centers also provide group respite service during regular hours of operation.

Service Area(s)

Lee County

,

Norton City

,

Scott County

,

Wise County