

Georgia Resource Guide for Senior Adults

Learn more about continuing education, employment, volunteer, and recreational opportunities

Volunteer

Senior Corps

Adults 55+ volunteer opportunities
1-800-942-2677 (toll-free)
1-800-833-3722 (TTY/toll-free)
<https://www.nationalservice.gov/programs/senior-corps>

Experience Corps AARP Foundation

Volunteers support literacy efforts in local schools
1-202-434-6400
<https://www.aarp.org/experience-corps/experience-corps-volunteer/>

Volunteer in My Community

Dept. of Human Services
Division of Aging Services
<https://aging.georgia.gov/volunteer-my-community-0>

Continuing Education

University System of Georgia

Georgia residents 62 and older may take courses on a space available basis at little or no cost in the University System of Georgia
https://www.usg.edu/student-affairs/prospective_students/62_and_older

Lifelong Learning Institute Directory

National listing of programs in older adult education, learning in retirement and lifelong learning
www.Nrc.northwestern.edu/wp-content/uploads/2016/10/A-Directory-of-Lifelong-Learning-Institutes-1.pdf

Learn@50+SM

AARP's no cost, online educational programs including job search skills, family caregiving and new technology like social media
<https://learn.aarp.org>

Employment

Senior Community Service Employment Program (SCSEP)

U.S. Department of Labor Employment and Training Administration
A community service and work-based job training program for low-income Americans 55 and older
<https://www.doleta.gov/seniors/>

Recreation

Senior Centers

The local Area Agency on Aging (AAA) website list of local senior centers in addition to resources for health, transportation, caregivers and supportive services
Find your local AAA at:
<https://aging.georgia.gov/locations>

Go4Life from the National Institute on Aging at NIH

Exercise ideas, workout videos and free resources
<https://go4life.nia.nih.gov>

Self-Help Virtual Senior Center

<http://vscm.selfhelp.net/>