

COUNTY DIRECTOR

Myrtle Pratt

870-836-6314

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CAMDEN SENIOR CENTER

465 COLUMBIA ST.

CAMDEN, AR 71701

(870-836-6314)

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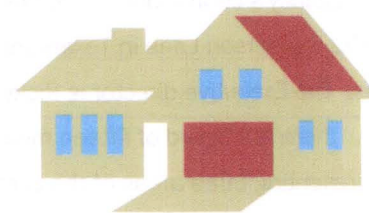
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CHIDESTER SENIOR CENTER

136 HWY 57

Chidester, AR 71726

(870)-685-2969

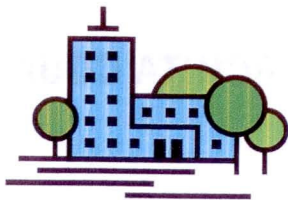


**OUACHITA COUNTY**

# INTRODUCTION

Southwest Arkansas Development Council (SWADC) is a private non-profit community action organization that has served Southwest Arkansas since 1965. The Council began operation in April of that year under the Equal Opportunity Act of 1964. SWADC offers services in a twelve county area.

The agency's central office is located at 3902 Sanderson Lane in Texarkana, Arkansas. The Executive director is Ricky Pondexter. There is a board of fifteen members representing three areas of the community, business, local government and the community at large.



## SENIOR CITIZEN CENTERS

The Senior Citizen Centers in Ouachita County are a vital part of the Camden & Chidester communities. The centers are open to any individual 60 years of age or older or the spouse of someone 60 years or older. There is no income requirement for this program. The centers provide a nutritionally balanced congregate lunch, transportation (within a limited area) for rides to and from the center, shopping, doctor appointments, prescription pick-up and home delivered meals for homebound clients. We are also a provider for hot Elderchoice Home Delivered Meals.

Daily recreational activities are a major part of each center's focus. This includes group singing, moderate exercise, word puzzles, dominoes, bingo, guest entertainment, crafts and games. Special activities are often planned for Holidays.

Socialization for many of the participants contributes to their mental well-being. The center gives every Senior a chance to visit, laugh and enjoy each other's company.



SWADC also serves as an information and referral source. Special events and speakers are brought in to inform the Seniors on important issues such as health care, diet, etc. SWADC is proud to serve the Senior Citizens in Ouachita County and will continue to provide needed services for these vital members of our communities.

