

# SENIOR SERVICES

## SENIOR NUTRITION SITES: EASTERN WASHINGTON

HD - Home Delivered Meals (M - MOW), SC - Senior Center, SN - Senior meals and Senior nutrition sites, some offered by regional agencies, ACSRT - Asotin County Senior Round Table, COA in Whitman County. GSMOW - Greater Spokane MOW, OCTN - Okanogan County Transportation and Nutrition, SAS - Sandpoint Area Seniors, SVS - Silver Valley Seniors MOW, Mow - Meals On Wheels, MD - Meal Delivery

| City/Zip      | Site Name                                    | Location  | Phone (509)                        | MD  | SN  | Hours                    | Agency     | Fee & MOW                |
|---------------|--|---|------------------------------------|-----|-----|--------------------------|------------|--------------------------|
| Airway Hghts  | <b>Airway Pointe Senior Apartments</b>       | 13520 W 6th   |                                    |     | 60+ | 11-1 WF                  | GSMOW      | \$5                      |
| Asotin        | <b>Asotin UMC</b>                            | 313 Second  | <b>758-3816</b>                    |     | 60+ | noon, TTh                | ACSRT      | frozen/HD                |
| Burbank       | <b>Walla Walla Senior Center</b>             |   |                                    |     |     | 10:30-11:30, T           | WWSC       | pick up                  |
| Cheney        | <b>Cheney UMC</b>                            | 204 4th   | <b>924-6976</b>                    |     | 60+ | 11, TTh                  | GSMOW      | \$5                      |
| Clarkston     | <b>Valley Community Center</b>               | 549 Fifth   | <b>758-3816</b>                    |     | 60+ | 11, TThF                 | ACSRT      |                          |
| Clarkston     | <b>Valley MOW</b>                            | 415 6th, Lewiston   | <b>208-799-5767</b>                | MOW |     | 1pm, daily               |            | \$4, \$5 with sack lunch |
| Colfax        | <b>Council on Aging/Colfax Food Bank</b>     | 121 N Main<br>MOW: Whitman Hospital                               | <b>397-4305</b>                    |     | 60+ | noon, MTh                | COA        | \$4.25                   |
| Colton        | <b>Gun Club</b>                              | 51 Church   | <b>397-4305</b>                    |     | 60+ | noon, 1st/2nd/4th W      | COA        | \$4.25                   |
| Colville      | <b>Colville Senior Center</b>                | 39 Short Cut  | <b>675-1479</b>                    |     |     | noon, TTh                |            |                          |
| Colville      | <b>Rural Resources Senior Nutrition Prog</b> | 956 S Main  | <b>684-8421</b>                    | MOW | 60+ | Diner's Choice           | RRCA       | M-F, frozen weekend \$20 |
| Davenport     | <b>Davenport Senior Center</b>               | 728 Morgan, 99122   | <b>725-7055</b>                    |     |     |                          | OCTN       | noon, TWTh               |
| Dayton        | <b>Columbia County Senior Center</b>         | 403 E Pacific   | <b>382-2006</b>                    | MOW | 60+ | 11:30, TTh, 1 3rd Act    | ALTCEW     | SC, \$4                  |
| Deer Park     | <b>Deer Park Senior Center</b>               | St Mary's Presentation 602 E 6th<br>City Hall, E 316 Crawford, LL | <b>276-2948</b><br><b>276-2411</b> |     |     | 11-1, MTh<br>1:30, F     | GSMOW      | \$5 potluck              |
| Endicott      | <b>Endicott Food Center</b>                  | 301 D   | <b>397-4305</b>                    |     |     | 12, 2nd & 4th T          | COA        | \$4                      |
| Ione          | <b>House of Hope-Ione Baptist</b>            | 122 Main/Mail: 124 Main, 99139                                    | <b>442-3610</b>                    | MD  |     | L, 1st Fri; 9a Sun       | Act/chores | SC, 1st F                |
| Lacrosse      | <b>Lacrosse Cafe</b>                         | 204 S Main  | <b>397-4305</b>                    |     | 60+ | noon, 1st/3rd T          | COA        | \$4.25                   |
| Lind          | <b>Lind Senior Center</b>                    | 117 N I   | <b>677-3620</b>                    | MD  | 60+ | 9-9:45, MWThF            |            |                          |
| Oakesdale     | <b>Oakesdale High School</b>                 | 1st & McCoy   | <b>397-4305</b>                    |     | 60+ | 12:30, W                 | COA        | \$4.25                   |
| Odessa        | <b>Odessa Meal Site</b>                      | Old Town Hall, 104 W 1st  | <b>982-2654</b><br><b>826-7979</b> |     |     | noon, MWTh               | OCTN       |                          |
| Otis Orchards | <b>Spokane Baptist Church</b>                | 4506 N Harvard Rd   | <b>924-6976</b>                    |     |     | 11-1, F                  | GSMOW      | \$5                      |
| Othello       | <b>Othello Senior Center</b>                 | 755 N 7th   | <b>488-5700</b><br><b>331-6424</b> |     |     | 5-7, 3rd Th,<br>noon, Th | SC         | \$6, dinner \$15-20      |
| Palouse       | <b>Palouse Community Center</b>              | 220 E Main  | <b>397-4305</b>                    |     | 60+ | noon, W                  | COA        | \$4.25                   |
| Pullman       | <b>Pullman Senior Center</b>                 | City Hall, 325 SE Paradise<br>MOW - Bishops Place                 | <b>397-4305</b><br><b>339-4000</b> | MOW | 60+ | 11:45, MF                | COA        | \$4.25                   |
| Ritzville     | <b>H.E. Gritman Senior Center</b>            | 118 W Main  | <b>659-1921</b>                    |     |     | 12 MTWTh                 |            | \$6SC                    |
| Rockford      | <b>St Joseph Catholic</b>                    | 138 S River   |                                    |     | 60+ | 11, F                    | GSMOW      | \$5                      |
| Spangle       | <b>Spangle Service Club</b>                  | 165 N Main  | <b>701-4532</b>                    |     | 60+ | 11-1, MTH                | GSMOW      | \$5                      |
| Spokane       | <b>American Indian Community Center</b>      | 1025 W Indiana  | <b>535-0886</b>                    |     | 60+ | 11-1, TTh                | GSMOW      | \$5, SC                  |
| Spokane       | <b>Clareview Senior Living</b>               | 4827 S Palouse Hwy  | <b>252-6500</b>                    |     | 60+ | 11-1, M-F                | GSMOW      | \$5                      |
| Spokane       | <b>Corbin Senior Activity Center</b>         | 827 E Cleveland   | <b>327-1584</b>                    |     | 60+ | 11-1, MWTh               | GSMOW      | \$5, SC                  |
| Spokane       | <b>Greater Spokane MOW</b>                   | 12101 E Sprague   | <b>924-6976</b>                    | MOW |     | many sites/times         |            |                          |
| Spokane       | <b>Hillyard Senior Center</b>                | NECC, 4001 N Cook   | <b>482-0803</b>                    |     | 60+ | 11-1, M-F                | GSMOW      | \$5, SC                  |
| Spokane       | <b>MLK Jr Community Center</b>               | 500 S Stone   | <b>868-0856</b>                    |     | 60+ | 11-1, M-F                | GSMOW      | \$5                      |
| Spokane       | <b>Mid-City Concerns Senior Center</b>       | 1222 W 2nd, 99201   | <b>747-3257</b>                    |     | 60+ | 11:30, MTF               |            | \$5, \$25/ year          |
| Spokane       | <b>North Star - Country Homes Christian</b>  | 8415 N Wall, 99208  | <b>924-2808</b>                    |     |     | noon, T                  |            | SC, \$5                  |
| Spokane Vly   | <b>Appleway Court</b>                        | 223 S Farr  | <b>315-5762</b>                    |     | 60+ | 11-1, MW                 | GSMOW      | \$5                      |
| Spokane Vly   | <b>Opportunity Presbyterian</b>              | 202 N Pines   | <b>924-9750</b>                    |     | 60+ | 11-1, TTh                | GSMOW      | \$5                      |
| Spokane Vly   | <b>Spokane Valley Senior Center</b>          | 2426 N Discovery  | <b>926-1937</b>                    |     | 60+ | 11-1, M-F                | GSMOW      | \$5, SC                  |
| Spokane Vly   | <b>Spokane Valley UMC</b>                    | 115 N Raymond   | <b>924-7262</b>                    |     | 55+ | 11-1, Sun                |            | SC                       |
| Sprague       | <b>Feed Sprague</b>                          | Senior Center, 213 C  | <b>979-2168</b>                    |     |     | L, W                     |            |                          |
| Uniontown     | <b>Uniontown Community Bldg</b>              | S Washington St   | <b>397-4305</b>                    |     | 60+ | noon, 3rd W              | COA        | \$4.25                   |
| Waitsburg     | <b>Presbyterian Church</b>                   | 504 Main  | <b>527-3775 x1</b>                 | X   |     | lunch, Tues              | WWSC       |                          |
| Walla Walla   | <b>Senior Round Table - Walla Walla</b>      | Walla Walla SC, 720 Sprague                                       | <b>527-3775 x1</b>                 | MOW | 60+ | 11:30 - 1, M-Th          | WWSC       | \$7 (>60), SC            |
| Wilbur        | <b>Wilbur Senior Center</b>                  | 101 NE Main   | <b>647-5503</b><br><b>826-7979</b> |     |     | noon, TWTh               | OCTN       |                          |

## SENIOR NUTRITION SITES: NORTH IDAHO (208)

| City/Zip      | Site Name  | Location                             | Phone (208)                  | MD       | SN    | Hours                | Agency | Fee & MOW                |
|---------------|--|--------------------------------------|------------------------------|----------|-------|----------------------|--------|--------------------------|
| Bayview       | <b>Bayview Community Center</b>                  | PO Box 493, 83803                    | <b>683-8040</b>              |          |       | noon, W              | SC     |                          |
| Bonnars Ferry | <b>Bonnars Ferry Senior Hospitality</b>          | 663 SS Lincoln/POB 1639              | <b>267-5554</b>              | MOW      |       | noon, M-W, F         | SC     |                          |
| Clark Fork    | <b>Clark Fork Hope Area Seniors</b>              | 1001 Cedar                           | <b>266-1653</b>              | X        | X     | 11:30, WF            | SAS    | HD, \$5                  |
| Coeur d'Alene | <b>Area Agency on Aging of North ID</b>          | 402 W Canfield, Ste 1                | <b>667-3179</b>              | MOW      | 60+   | 7meal/wk             |        | free                     |
| Coeur d'Alene | <b>Lake City Center</b>                          | 1916 Lakewood                        | <b>667-4629</b>              | MOW      | 60+   | noon, M, W, F        | SC     | \$6                      |
| Cottonwood    | <b>Cottonwood Community Hall</b>                 | 506 King, basement                   | <b>792-2465<br/>507-0356</b> |          |       | noon, T              |        |                          |
| Deary         | <b>Deary Senior Meal</b>                         | Community Center 03 Line             | <b>877-1582</b>              |          | N/A   | noon, T              |        | \$5                      |
| Fernwood      | <b>Fernwood Senior Center</b>                    | Hwy 3                                | <b>245-2392</b>              |          | 55+   | noon, MTh            |        |                          |
| Genesee       | <b>Genesee Senior Center</b>                     | 140 Walnut                           | <b>301-8881</b>              |          |       | noon, M              | act    |                          |
| Grangeville   | <b>Grangeville Senior Center</b>                 | 108 Truck Rte                        | <b>983-2033</b>              |          |       | noon, MWF            |        |                          |
| Hayden        | <b>Hayden Senior Center</b>                      | 9428 N Government                    | <b>762-7052</b>              | MOW      |       | noon, T & Th         |        |                          |
| Kamiah        | <b>Kamiah Senior Center</b>                      | 125 N Maple                          | <b>935-0244</b>              | X        | N/A   | noon, MWF            | SC     | \$3                      |
| Kellogg       | <b>Kellogg Senior Center</b>                     | 206 McKinley                         | <b>752-1194</b>              |          |       | noon W               |        | \$6                      |
| Kendrick      | <b>Juliaetta-Kendrick Senior Citizens Center</b> | 104 S Sixth                          | <b>289-5031</b>              | X        | N/A   | noon, WF             |        | \$3                      |
| Lewiston      | <b>Lewiston Community Center</b>                 | 1424 Main                            | <b>743-6983</b>              |          | 60+   | noon, M-W            | CAP    | \$4                      |
| Lewiston      | <b>Orchards UMC</b>                              | 1213 Burrell                         | <b>743-9201</b>              |          |       | noon, MWF            | CAP    | \$4                      |
| Lewiston      | <b>Valley MOW - St. Joseph Medical</b>           | 415 6th                              | <b>799-5767</b>              | MOW      |       | before 1pm, daily    |        | \$4, \$5 plus sack lunch |
| Moscow        | <b>Moscow Senior Center</b>                      | 412 E Third                          | <b>882-1562</b>              | MOW      | 60+   | noon, TTh            | CAPSC  | \$5 HD                   |
| Mullan        | <b>Mullan Senior Meal</b>                        | 17 Hunter                            | <b>752-1194</b>              |          | 60+   | noon, W              | SVS    | \$6                      |
| Nezperce      | <b>Nezperce Senior Citizens</b>                  | 501 Cedar                            | <b>937-2465</b>              |          |       | noon, MTh            | NP     |                          |
| Osburn        | <b>Silver Valley Seniors, Inc.</b>               | VFW Hall, 726 E Mullan               | <b>752-1194</b>              | MOW      | 60+   |                      | SVS    | \$6                      |
| Orofino       | <b>Orofino Senior Center</b>                     | 930 Michigan                         | <b>476-4328</b>              | MOW      |       | noon, T,/F           | SC     |                          |
| Pinehurst     | <b>Pinehurst Real Life</b>                       | 708 N Division                       | <b>752-1194</b>              |          |       | noon, M              |        | \$6                      |
| Plummer       | <b>Plummer Senior Center</b>                     | 888 C                                | <b>686-1863</b>              | X        | 55+   | noon, M/F            | SC     |                          |
| Post Falls    | <b>Post Falls Senior Center</b>                  | 1215 E 3rd                           | <b>773-4582</b>              | X        | 60+   | noon, MWF            | SC     |                          |
| Potlatch      | <b>Potlatch Senior Citizens</b>                  | IOOF/Rebekah Hall, 645 Pine          | <b>875-1071</b>              |          |       | noon, MWF            |        |                          |
| Priest River  | <b>Happy Agers Senior Center</b>                 | 336 Jackson                          | <b>448-2352</b>              | holidays |       | 11, M                | SC     | N/A                      |
| Rathdrum      | <b>Rathdrum Community Center</b>                 | 8037 W Montana                       | <b>687-2028</b>              | X        | 60+   | 11:45a, TTh          |        | HD                       |
| Riggins       | <b>Salmon River Senior Center</b>                | 121 S Lodge                          | <b>628-2394</b>              |          |       | noon, T              |        |                          |
| St Maries     | <b>East Benewah Council for Aging</b>            | 711 Jefferson                        | <b>245-3546</b>              |          |       | noon, MWF            |        | DT 11:30                 |
| Sandpoint     | <b>Sandpoint Area Seniors Inc</b>                | 820 Main                             | <b>263-6860</b>              | Fri      | 60+   | 11:30 M, W, 8:30am F | SAS    | HD, \$5                  |
| Spirit Lake   | <b>Spirit Lake Senior Center</b>                 | 820 Main                             | <b>263-6860</b>              | MOW      | 60+   | 4:30-6, MW           | SC     | Drive thru               |
| Troy          | <b>Friendly Seniors of Troy</b>                  | 100 N Main;<br>curb side 4155 S Main | <b>835-6092</b>              | X        |       | monthly/Brunch       |        |                          |
| Wallace       | <b>Wallace Senior Drop-In Center</b>             | 621 Cedar                            | <b>752-1194/5411</b>         | X        | 60+   | noon, Th             | SVS    | \$6                      |
| Weippe        | <b>Weippe Hilltop Senior Citizens Center</b>     | 215 First W                          | <b>435-4553<br/>827-6925</b> | HD       | 60+HD | noon, MTh            | SC     | \$5                      |
| Winchester    | <b>Winchester Senior Center</b>                  | 413 Nez Perce                        | <b>962-3231</b>              |          |       | noon, W              |        |                          |
| Worley        | <b>Worley Senior &amp; Community Center</b>      | 9936 W E                             | <b>686-1258</b>              | MD       | 60+   | noon, T-Th           | Worley | \$3, 60<\$6, free 12yrs  |