

SENIOR NUTRITION SITES

CODES: F - Frozen MOW, H - Hot meal or Hot MOW, HDM - Meals on Wheels or Home Delivered Meals, SC - Senior Center (not listed in Senior Resources and Programs), SN - Senior meals and Senior nutrition sites, some offered by regional agencies, Spokane County locations offered by ALTCEW suggested donation is \$3.50, COA in Whitman County is \$4.25

| City/Zip | Site Name | Location | Phone | SC | SN | Hours/Meal type | Agency | H MOW |
|---------------|---|------------------------------------|----------------------|----|-----|----------------------|--------|---------|
| 99202 | American Indian Center | 610 E North Foothills Dr | 535-0886 | X | 60+ | noon, M-F | ALTCEW | X |
| 99206 | Appleway Court | 221 S. Farr Road | 838-6541 | | 60+ | 11:30, M-F | ALTCEW | X |
| 99223 | Clare House Retirement Community | 4827 S. Palouse Highway | 252-6500 | | 60+ | 11-1, M-F | ALTCEW | X |
| 99205 | Corbin Senior Center/Silver Cafe | 827 W Cleveland | 327-1584 | | 60+ | noon, M-Th | ALTCEW | X |
| 99207 | Hillyard Senior Center | 4001 N Cook | 482-0803 | X | 60+ | 11:45, M-F | ALTCEW | X |
| 99202 | Mid City Concerns Senior Center | 1222 W 2nd | 747-3257/ | X | 60+ | 11:30, M-F | ALTCEW | X, MOW |
| 99206 | Opportunity Presbyterian | 202 N Pines | 924-9750 | | 60+ | 11:30, M-F | ALTCEW | X |
| 99207 | Otis Orchards Elementary | 22000 E. Wellesley Ave | 924-9823 | | 60+ | 12:30, TTh | ALTCEW | X |
| 99201 | Sinto Senior Activity Center | 1124 W Sinto | 327-2861 | X | 60+ | 11:30, T-F | ALTCEW | X |
| 99206 | Spokane Valley UMC | 115 N Raymond Rd | 924-7262 | | 55+ | 12:30pm, last W | ALTCEW | X |
| 99201 | St Aloysius Senior Center | 330 E Boone (call by M to RSVP) | 313-5896 | X | N/A | noon, 1st Th | \$5.00 | X, RSVP |
| 99206 | Valley Senior Center | Center Place, 2426 N. Discovery Pl | 926-1937 | X | 60+ | noon, M-F | ALTCEW | X |
| Cheney | Cheney Care Center | 2219 N 6th St | 235-6196 | | 60+ | noon, M-F | | X, MOW |
| Colfax | Plymouth Congregational | 321 S Main | 800-809-3351 | | 60+ | noon, W | COA | X |
| Deer Park | Deer Park Senior Center | 316 E Crawford | 276-2411 | X | 60+ | 11:30, M-F | ALTCEW | X, MOW |
| Oakesdale | Oakesdale High School | 1st & McCoy | 800-809-3351 | | 60+ | noon, W | COA | X |
| Palouse | Palouse Community Center | 220 E Main | 800-809-3351 | | 60+ | noon, W | COA | X |
| Pullman | Pullman Senior Center | City Hall, 325 SE Paradise | 800-809-3351 | X | 60+ | 11:45, MF | COA | X |
| Rosalia | Rosalia Methodist Church | 214 S Whitman Ave | 800-809-3351 | | 60+ | noon, T | ALTCEW | X |
| Tekoa | Tekoa High School | 513 E College | 800-809-3351 | | 60+ | 12:15, Th | COA | X |
| Valleyford | Valleyford Community Church | 13015 S Madison | 926-2142 | | 50+ | 6:15, 3rd F | | X |
| Bonnars Ferry | Senior's Hospitality Center, Inc | 6635 Lincoln St | 267-5553 | X | 60+ | noon, MTWF | \$3.50 | X, MOW |
| Clark Fork | Clark Fork Hope Area Seniors | 1001 Cedar | 266-1653 | X | X | 11:30, WF | | X, MOW |
| Coeur d'Alene | Lake City Senior Center | 1916 Lakewood Dr | 667-4628 | X | 60+ | noon, MTWF | \$4.00 | X, MOW |
| Deary | Deary Senior Meal Site | Community Center, 403 Line St | 877-1717 | X | N/A | noon, T | | X |
| Fernwood | Fernwood Community Bible | Hwy 3 | 245-6693 | X | 60+ | noon, MTh | | X |
| Hayden | Hayden Senior Center | 9428 N. Govt. Way | 762-7052 | X | 60+ | noon, TTh | | X |
| Kamiah | Kamiah Senior Center | 125 Maple St | 935-0244 | X | 60+ | noon, MWF | | X |
| Kellogg | Kellogg Senior Meal Site | Shoshone Apts, 411 Bunker NE | 752-1194 | | 60+ | noon, W | | X |
| Kendrick | Kendrick Senior Citizens Center | 104 S Sixth | 289-5031 | X | N/A | noon, WF | | X |
| Lewiston | Lewiston Community Center | 1424 Main St. | 743-6983 | | | noon, M-W | CAP | |
| Lewiston | Orchards UMC | 1213 Burrell Ave. | 743-9201 | | | noon, M-W | CAP | |
| Moscow | Moscow Senior Center | 1912 Center, 412 E Third | 882-1562 | X | 60+ | noon, TTh | | X |
| Mullan | The Morning Club | 17 Hunter Ave | 752-1194 | | 60+ | noon, W | | X |
| Nezperce | Nezperce Senior Citizens | 501 Cedar St. | 937-2465 | | | noon, MTh | | |
| Osburn | Osburn Senior Meal Site | VFW - 4th & Mullan | 752-1194 | | 60+ | noon, M | | X |
| Osburn | Silver Valley Seniors/ Inc. | 726 E. Mullan Ave. | 752-1194 | | 60+ | noon, T; HDM: M-F | | X, MoW |
| Orofino | Orofino Senior Center | 121 S Lodge St | 476-4328 | | | noon, T, F | | |
| Pinehurst | Community Bible Church | 210 Main St | 752-1194 | | 60+ | noon, F | | X |
| Plummer | Coeur d'Alene Tribe Senior Center | 125 10th St., Hwy 95 | 686-3013 | | | noon, M-Th | CDA Tr | |
| Plummer | Plummer Senior Center | 888 C St | 686-1863 | X | 60+ | noon, TF | | X |
| Post Falls | Post Falls Senior Center | 1203 E 3rd Ave | 773-9582 | X | 60+ | noon, MWF | | X, MoW |
| Potlatch | Potlatch Senior Citizens | 100F/Rebekah Hall on Pine St. | 875-1071 | | | noon, T, F | | |
| Rathdrum | Rathdrum Senior Citizen's Center | 8037 W Montana St | 687-2028 | X | 60+ | noon, TTh; 8am, Sun; | | X, MoW |
| Rose Lake | Rose Lake Community Center | Old Rose Lake School Hwy 3 | 752-1194 | X | 60+ | noon, T | | X |
| St Maries | East Benewah Council for Aging | 711 Jefferson | 245-3546 | | | noon, MWF | | |
| Sandpoint | Sandpoint Area Senior Inc | 820 Main St | 263-6860 | X | 60+ | 11:30am M-Th, 8:30 F | | X, MoW |
| Spirit Lake | Spirit Lake Seniors | 218 N 4th Ave | 623-6125 | | | 5:30pm, M, W | | X, MoW |
| Tensed | Tensed Community Senior Citizens | 260 3rd | 247-2851 | X | N/A | noon, MTh | | X |
| Wallace | Wallace Senior Drop In-Center | 621 Cedar St | 752-1194/5411 | X | 60+ | noon, Th | | X |
| Worley | Worley Senior & Community Center | 9936 W. "E" St. | 686-1258 | | | noon, T-Th | | |