Senior Centers & Programs

**AARP**  
info@corbinseniorcenter.org  
AARP 866-295-7284 WA 866-227-7457  
AARP/IRSA Tax-Aide 888-227-7669  

**Alzheimer's/Dementia Resources**  
Alzheimer's Association  
Alzheimer's Association 456-0456  
InfoAssist@AAANI.org  
Deer Park Senior Center  
Deer Park City Hall, Lower Level  
E116 Crawford St  
276-2411  
PO Box 842, Deer Park 99006  
Senior nutrition program $3.50 donation, hot meal site at noon.  
Senior activities, bingo, cards and holiday celebrations. Age 60+.  
Handicap accessible.  

**DHS Residential Care Svcs**  
-Spokane: 310 W Boone, Ste 170, 99201  
- Yakima: 3011 River Rd, Ste 200  
98902  
225-2800  
Licensing certification, oversight of long-term care facilities.  

**Hillyard Senior Center**  
NE Community Center  
487-1603  
4001 N Cook, 99207  
hillyardseniorcenter.org  
Wendy Moore  
294-1324  

**Aging & Long Term Care of Eastern Washington - ALTCEW**  
458-2509  
1222 N Post St, 99201  
action@altcew.org  
altcew.org  

**Ageing Studies**  
EWU School of Social Work  
Center for the Studies on Aging  
Senior Hall, Cheney 99004  
rokobayashi@ewu.edu  
ev.edu/csbssw/programs/aging-studies.xml  
Fax: 359-6475  

**Area Agency on Aging of North Central Idaho**  
Community Action Partnership  
124 New Sixth St  
208-746-3335  
ElderCare.gov  

**Community Living Connections**  
Information, Referral & Options Counseling  

**Senior Services**  
Adult Day Care  
Bathing Assistance  
Dental Access  
Group Meal Sites  
Home Delivered Meals  
Legal Assistance  
Minor Home Repair  
Transportation  

**Caregivers and Families**  
Caregiver Training and Registry  
Caregiver Support  
Kinship Caregiver Support  

**Community Services**  
Care Coordination  
Falls Prevention Classes  
Medicaid In-Home Care Management  
Medicare and Medicaid Counseling  
Public Benefit Counseling  

**To access these services and others, call:**  
Spokane County:  
Community Living Connections  
509-960-7281  

Stevens, Pend Oreille & Ferry (Tri) Counties:  
Rural Resources Community Action  
800-873-5889  

Whitman County:  
Rural Resources Community Action  
800-873-5889  

For other states and counties  
Eldercare Locator  
Eldercare.gov  

**ADVOCACY • ACTION • ANSWERS**  
Aging & Long Term Care  
1222 N. Post St.  
Spokane WA 99201  
509-458-2509  
www.altcew.org
-ALTC EW  458-2509
1222 N Post, 99201
action@altcew.org altcew.org/shiba
Provides free, unbiased information about health care coverage. Counseling on Medicare & Medicaid Coverage.

-RURAL RESOURCES COMMUNITY ACTION  684-8421
956 S Main, Ste A
Colville 99114
NE Washington, Lincoln Counties

-SHIBA @ COMMUNITY CHOICES US  487-4119
504 S Chelan Ave, Wenatchee
mshh-donorcloset.com

Senior Centers
Provide social services & activities. BAYVIEW COMMUNITY CTR 683-8040
PO Box 493, 83803  683-2951
BLANCHARD AREA SENIORS INC, BASIC 685 Rusho Ln  208-437-1037
PO Box 127 Blanchard 83804
blanchardidaho.net

CHEYENNE SENIOR CITIZENS CENTER
302 E Main, 99109  935-6204
GOLDEN AGES CLUB OF MEDITERRANEAN LIFE
PO Box 999, 99022  299-7360
HARRISON SENIOR CITIZENS CENTER
103 W Pine, 83833  208-689-3557
HAYDEN SENIOR GEMS  208-762-7052
9428 N Government Way, 83835
haydenseniorcenter.org

KELLOGG SENIOR CENTER  783-4581
211 McKinley Ave, 83837
NORTH STAR SENIOR CENTER
8414 N Wall St, 99208  466-6350
SAGE SENIOR, INC  208-265-2627
70 Walker Way, POB 614, 83860
TUM TUM SENIORS  466-9643
214 E Franklin Dr
Nine Mile Falls 99026

Senior Health Issues
AMERICAN PENSION'S DISEASE ASSOC
135 Parkinson Ave  800-223-2732
Staten Island NY 10305
apdaparkinson.org

ARTHITIS FOUNDATION  800-283-7800
115 NE 100th St, Ste 350  arthitis.org
Seattle 98125  888-391-9389
Information and referral service: local programs and physicians list.

ARTHITIS FOUNDATION HELPLINE  800-542-0293
206-547-2707
ASSOCIATION OF LATE DIABETIC ADULTS
TTX 815-332-1515
HUNTINGTON'S DISEASE SOCIETY OF AMERICA
Hotline 800-345-4372
NATIONAL OSTEOPOROSIS FOUNDATION
nfs.org  Helpline 800-231-4222
NATIONAL PARKINSON FOUNDATION
parkinson.org  800-327-4545
Helpline 800-473-4636

Senior Falls Prevention - Healthy Communities Prog - SRHD
1101 W College Ave, 99201
srhd.org  324-1530

SENIORS HOSPITALITY CENTER
6635 Lincoln St  208-267-5554
PO Box 1639  TDD 800-377-1634
Bonners Ferry 83805
Information@seniorshospitalitycenter.com  Fax: 267-2563
seniorshospitalitycenter.com

Helps older persons maintain or improve their health status and independence. Prevents premature institutionalization. Allows earlier discharge from hospitals and care facilities.

SINTO SENIOR ACTIVITY CENTER
1124 W Sinto, 99201  327-2861
sintocenter.com

Recreational, educational and social programs for seniors and their families. Local outings, domestic and international trips, classes, games, special events and home cooked meals.

SNAP LONG TERM CARE OMBUDSMAN PROG  456-7133
3102 W Ft Wright Dr, 99224
snapwa.org  800-660-7133
ltcop@snapwa.org

Advocates for residents in long-term care facilities. Trains and certifies volunteers to visit long-term care residents. To volunteer use the email.

SOUTHSIDE COMMUNITY CENTER
3151 E 27th, 99223  535-0803
Lisa Roiier  southsidescc.org

A social and recreational facility for large rentable biomass and full commercial kitchen, multiple class rooms available to rent. Social and recreational facility for all age groups. Offers exercise, card games, bingo, travel, special events, dinners, speakers, dances and volunteer opportunities.

EDUCATION & ACTIVITIES
AARP EMPLOYMENT PROG  325-7712
222 W Mission #124, 99201
Dir: Steve Reiter  Fax: 325-7729
Helps low-income people gain work experience and job referrals. Places clients 20 hours a week at minimum wage in a nonprofit or public service agency for work experience and upgrade marketable skills. 55+.

ACT 2 PROGRAM - SCC  279-6030
1810 N Greene St, MS 2151, 99217
scspokane.edu  Fax: 279-6090
Offers affordable classes which are conveniently located in Spokane Metro and locations across eastern WA. Course offerings include technology, history, exercise and art.

COMPUTER SKILLS FOR SENIORS
- ARE YOU GOING APE WITH YOUR COMPUTER?
Tzena Scarborough  891-8588
tzena@areyougoingape.com
areyougoingape.com

Volunteer for The Fig Tree
write • edit • deliver • mail events • displays
Call 535-4112
or emailvolunteer@thefigtree.org

We can help you find solutions to issues facing aging adults!

- Aging & Disability Resource Center
- Resource Information & Referrals
- Family Caregiver Support Programs
- Long Term Care Ombudsman
- Adult Protection Services
- In-Home Support Services
- Community Support Services
- Long Term Options Counseling
- Medicare Fraud Education
- Medicare “Extra Help”

Call us to learn about available resources In your community!
208-667-3179 • 800-786-5536
www.aaani.org