

# SENIOR SERVICES

## SENIOR PROGRAMS

**AARP** AARP.ORG **800-424-3410**  
**GRANDPARENTS INFO** **202-434-2296**  
**AARP/IRS TAX-AIDE** **888-227-7669**

### Health Issues

**Alzheimer's Disease Education and Referral Center** ALZHEIMERS.GOV  
**Alzheimer's Foundation of America** ALZFDN.ORG **866-232-8484**  
**The Alzheimer's Store** ALZSTORE.COM **800-752-3238**  
**ARTHRITIS FOUNDATION** ARTHRITIS.ORG **800-283-7800**  
**Arthritis Foundation Helpline** **800-542-0295 / 206-547-2707**  
**Assn of Late Deafened Adults** ALDA.ORG **TTY 815-332-1515**  
**Huntington's Disease Society of America** HDSA.ORG **800-345-4372**  
**National Osteoporosis Fund** NOF.ORG HELPLINE **800-231-4222**  
**PARKINSON'S FOUNDATION** PARKINSON.ORG **800-327-4545**  
**Helpline** **800-473-4636**

### Washington (509)

**AARP** **866-227-7457** **AARP Discounts** **877-422-7718**  
**Alzheimer's Association** **24/7 HELPLINE 800-272-3900**  
**WA Chapter** INQUIRYWA@ALZ.ORG ALZ.ORG **206-363-5500**  
 Provides information, education, referral and support to families affected with any type of dementia. Covers WA and N Idaho.

**Aging & Long Term Care of Eastern WA - ALTCEW** **458-2509**  
 1222 N Post, 99201 action@altcew.org altcew.org  
 Resource for independent living & community-based services in EWA.  
**Falls Prevention Course** **960-7281**  
**SPOKANE AREA DEMENTIA FRIENDLY COMMUNITY** **458-2509**  
dementia@altcew.org Supports people living with dementia (PLWD) strengthen this community-based effort.

### Senior Centers Social services, meals and activities.

**AIRWAY HEIGHTS PARKS & RECREATION** **244-4845**  
 11405 W Deno, 99224 airwayheightsparksandrec.org  
**American Indian Community Center** AICCINC.ORG **535-0886**  
**Corbin Senior Activity Center** 827 W CLEVELAND, 99205 **327-1584**  
CORBINSENIORCENTER.ORG  
**Davenport Senior Center** 728 MORGAN, 99122 **725-7055**  
**Deer Park Senior Center** 316 E CRAWFORD, 99006 **276-2411**  
cityofdeerparkwa.com  
**HE Gritman Senior Center** 118 W MAIN, RITZVILLE 99169 **659-1921**  
**Hillyard Senior Center - NECC** HILLYARDSENIORCENTER.ORG **482-0803**  
**Lind Senior Center** 117 N1 ST, LIND 99341 **677-3620**  
**Martin Luther King Jr Community Center** MLKSPOKANE.ORG **868-0856**  
**Mid-City Concerns Senior Center** MOWSPOKANE.ORG **747-3257**  
**Pullman Senior Center** 325 SE PARADISE, 99163 **334-4555**  
SINTO SENIOR ACTIVITY CENTER 1124 W SINTO SINTOCENTER.COM **327-2861**  
**Southside Community Center** 3151 E 27TH SOUTHSIDESCC.ORG **535-0803**  
**Spokane Valley Senior Cntr** SPOKANEVALLEYSENIORCENTER.ORG **926-1937**  
 2426 N Discovery, Spokane Valley 99216  
**Tum Tum Seniors** 214 E FRANKLIN, NINE MILE FALLS 99026 **466-9643**  
**Valley Community Center** 549 5TH, STE F, CLARKSTON 99403 **758-7909**

**MovHer** Movher.com **954-4777**  
 6010 E Broadway, Spokane Valley 99212 Female owned moving, storage, cleaning and packing company.

### SHIBA - Statewide Health Insurance Benefits Advisors

INSURANCE.WA.GOV **800-562-6900**  
**ALTCEW** 1222 N Post, 99201 ALTCEW.ORG **458-2509**  
 Provides free, unbiased information about health care coverage. Counseling on Medicare and Medicaid coverage.

**Rural Resources Community Action** **684-8421**  
 956 S Main, Ste A, Colville NE WA and Lincoln County.  
**Tri-Cities Community Health** MYTCCH.ORG **543-1952**  
 515 W Court, Pasco 99301 Walla Walla & Columbia counties.

**Smooth Transitions of the Inland Northwest LLC** **443-7211**  
DeAnne@movingforseniors.com SmoothTransitionsSpokane.com

### Idaho (208)

**AARP** **866-295-7284**  
**Alzheimer's Association** ALZ.ORG **24/7 HELPLINE 800-272-3900**  
**Alzheimer's Support** 414 CHURCH, SANDPOINT **290-1973**

### Area Agency on Aging of North Central Idaho - CAP

124 New Sixth, Lewiston 83501 **743-5580/800-746-5450**  
 Aging and disability resource connections for Clearwater, Idaho, Latah, Lewis and Nez Perce counties. cap4action.org

### Area Agency on Aging of North Idaho 667-3179/800-786-5536

**NIC** 402 W Canfield, Ste 1, CdA 83814 InfoAssist@nic.edu  
 Provides answers on aging issues in Benewah, Bonner, Boundary, Kootenai and Shoshone counties. aaani.org

### Senior Centers

**Bayview Community Center** 20298 E PERIMETER, 83803 **683-8040**  
bayviewcommunitycenter.org  
**Blanchard Community Center** BLANCHARDIDAHO.NET **437-1037**  
 685 Rusho Ln/PO Box 127, Blanchard 83804  
**Harrison Senior Citizens Center** 103 W PINE, 83833 **689-3557**  
**Hayden Senior Center** 9428 N Government, 83835 **762-7052**  
HAYDENSENIORCENTER.ORG  
**Hope House of Boundary Cnty** 5100 CAMELOT, MOXIE SPRINGS **267-5105**  
**Jewett House** 1501 E LAKESHORE, CdA 83814 **667-5194**  
**KELLOGG SENIOR CENTER** 211 MCKINLEY, 83837 **783-4581**  
**Lake City Senior Center** 1916 N LAKEWOOD, CdA 83814 **667-4628**  
lakecitycenter.org  
**Lewiston Senior Center / Parks & Rec** 1424 MAIN, 83501 **746-2313**  
**Memorial Community Center** 415 WELLINGTON, HOPE 83836 **264-5481**  
memorialcommunitycenter.com  
**Moscow Senior Center** 1912 E THIRD, 83843 **882-1562**  
users.moscow.com/srcenter/header.html  
**Post Falls Senior Center** 1215 E 3RD, 83854 **773-9582**  
postfallsseniorcenter.org  
**Priest River Senior Center** 339 W JACKSON, 83856 **448-2352**  
**Rathdrum Community Center** 8037 W MONTANA, 83858 **687-2028**  
**Sagle Senior, Inc** 70 Walker/POB 614, 83860 **265-2627**  
**Sandpoint Senior Center** 820 MAIN, SANDPOINT 83864 **263-6860**

[sandpointareaseniors.org](http://sandpointareaseniors.org)

**Seniors Hospitality Center** SENIORSHOSPITALITYCENTER.COM

6635 Lincoln, Bonners Ferry 83805

**St Maries Senior Center** 711 W JEFFERSON, ST MARIES 83861

**267-5554**

**245-3546**

**EDUCATION & ACTIVITIES**

**Washington (509)**

**AARP Employment Program** 222 W Mission #124, 99201 **325-7712**

Places low-income people 55+ in 20-hour/week, minimum-wage nonprofit and public service agencies to gain work experience, job referrals and marketable skills.

[sjmoore@aarp.org](mailto:sjmoore@aarp.org)

**ACT 2 Program - SCC** 1810 N Greene, 99217

**533-7181**

Offers ways to stay active, informed and enriched in retirement.

Affordable classes in Spokane, Spokane Valley, Chewelah, Colville and Newport. Courses include art, exercise, history and technology.

[scc.spokane.edu](mailto:scc.spokane.edu)

**Alliance for Retired Americans**

**206-890-1009**

23406 52nd Pl S, Kent 98032

[waareapresident@hotmail.com](mailto:waareapresident@hotmail.com)

**LGBTQ+ Seniors of the Inland NW**

[FB@SpokaneLGBTSENIORS](mailto:FB@SpokaneLGBTSENIORS)

[INFO@LGBTQSENIORSOFHEINLANDNORTHWEST.COM](mailto:INFO@LGBTQSENIORSOFHEINLANDNORTHWEST.COM)

[LGBTQSENIORSOFHEINLANDNORTHWEST.COM](http://LGBTQSENIORSOFHEINLANDNORTHWEST.COM)

**NARFE: National Active & Retired Federal Employees**

NARFE.ORG

**Federal Benefits Experts**

**800-456-8410**

606 N Washington St, Alexandria VA 22314

**Washington**

<https://www.narfewa.org>

**Chapter 32** [NARFE0032@gmail.com](mailto:NARFE0032@gmail.com)

**747-1589**

PO Box 4592, Spokane 99220

[narfespokane.org](http://narfespokane.org)

**Chapter 1192 - Tri-Cities** 2802 W 40TH, KENNEWICK 99337

**378-2494**

[narfe1192.org](http://narfe1192.org)

**PROJECT JOY SENIOR ENTERTAINERS**

**535-0584**

[music@projectjoy.org](mailto:music@projectjoy.org)

[projectjoy.org](http://projectjoy.org)

**Retired Educator's Foundation** [spokanearearetirededucators.org](http://spokanearearetirededucators.org)

Volunteers provide talks on travel to seniors and senior homes.

**RSVP - Retired Senior Volunteer Program**

**344-7787**

1126 N Monroe, 99201

[rsvpspokane.org](http://rsvpspokane.org)

Connects volunteering, spiritual growth and community health. Matches member interests and talents with one-time and ongoing volunteer opportunities in county nonprofit and public organizations.

[rsvp@ymcainw.org](mailto:rsvp@ymcainw.org)

**SeniorCorps - Americorps**

[SERVEWASHINGTON.WA.GOV/SENIOR-CORPS](http://SERVEWASHINGTON.WA.GOV/SENIOR-CORPS)

**SeniorNet.org** **800-747-6848**

**WA Assn of Retired & Senior Volunteer Program (RSVP)**

WARSVPD.ORG

**RSVP OF BENTON / FRANKLIN / WALLA WALLA COUNTIES**

**965-7100**

Catholic Charities in Central WA, 5301 Tieton, Yakima 98908

[ddavidson@catholiccharitiescw.org](mailto:ddavidson@catholiccharitiescw.org)

[catholiccharitiescw.org](http://catholiccharitiescw.org)

**IDAHO (208)**

**RSVP - Retired Senior Volunteer Program - AAA/NID**

**667-3179**

[rsvp@aaani.org](mailto:rsvp@aaani.org) [aaani.org/volunteer.php](http://aaani.org/volunteer.php)

**800-786-5536**

Matches member interests and talents, volunteer opportunities with nonprofit organizations.

**RSVP NORTH CENTRAL IDAHO** [crobinson@wivc.org](mailto:crobinson@wivc.org)

**208-746-7787**

WA-ID Volunteer Center, 1424 Main, Lewiston 83501

[wivc.org](http://wivc.org)

Also serves in Asotin & Garfield counties.



*Together we can help you find solutions to issues facing aging adults!*

**208-667-3179 \* 800-786-5536 \* [www.aaani.org](http://www.aaani.org)**

**402 W. Canfield Ave, Ste 1, Coeur d'Alene, ID 83815**

**~A 'Hub' for available resources in the community ~**

- Senior Center meals and information
- Home Delivered Meal information
- Support and referrals for suspected Elder Abuse
- Long-Term Care Elder Advocate
- Help with navigating Advance Directives
- Connection to Alzheimer & Dementia resources
- Medicare Fraud education
- Homemaker services

- Funding & support to give you a break when caring for a loved one
- Caregiver educational programs
- Fit & Fall information
- Referrals for Housing, Legal, Transportation and much more
- Help with Wheelchair ramps, Grab-bar installation and other minor home repairs

**PROUDLY SERVING BENEWAH, BONNER, BOUNDARY, KOOTENAI, & SHOSHONE COUNTIES**



