

Senior Nutrition Programs

CODES: HD - 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 GSMOW suggested donation is \$3.95, COA in Whitman County is \$4.25. <http://wasnp.org>, SAS- Sandpoint Area Seniors, SVS - Silver Valley Seniors MOW, For Tri-County Area North of Spokane check with services offered by Rural Resources, WWSC - Walla Walla Senior Center. **closing in 2020

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City/Zip	Site Name	Location	Phone	SC	SN	Hours	Agency	Fee & MOW
99202	American Indian Center	610 E North Foothills Dr	535-0886	X	60+	noon, M-F	GSMOW	\$3.95
99206	Appleway Court	221 S Farr Rd	838-6541		60+	11:00, M-F	GSMOW	\$3.95
99201	Canterbury Court	1010 S Rockwood	924-6976		60+	11, M-F	GSMOW	\$3.95
99223	Clairview South	4827 S Palouse Highway	252-6500		60+	11, M-F	GSMOW	\$3.95
99205	Corbin Senior Center/Silver Cafe	827 W Cleveland	327-1584	X	60+	1:30-1, M-F	GSMOW	\$3.95
99006	Deer Park Senior Center	316 E Crawford	327-1584		60+	11, M-F	GSMOW	\$3.95
99201	The Delaney Apts	242 W Riverside Ave	747-5081		60+	11:15, M-F	GSMOW	\$3.95
99202	Mid City Concerns Senior Center	1222 W 2nd	747-3257	X	60+	11:30, M-F	MCMOW	\$3.95, HD
99206	Opportunity Presbyterian	202 N Pines	924-9750			11, M-F	GSMOW	
99004	Sessions Village	2221 N 6th St, Cheney	235-6196		60+	11, M-F	GSMOW	\$3.95, HD
99216	Spokane Valley Senior Center	2426 N Discovery Pl	926-1937		60+	11, M-F	GSMOW	\$3.95
99201	St Aloysius Senior Center	330 E Boone, basement (O'Malley Hall)	313-5896	X	N/A	noon, 1st Th	St Aloy	\$5.00
99219	Talon Hills	25000 E Hawkstone Lp	924-7705		60+	11, M-F	GSMOW	\$3.95
Asotin	Asotin UMC	313 Second St	758-3816			noon, TTh	WWSC	\$4.00
Clarkston	Valley Community Center	549 Fifth St	758-3816			noon, TThF	WWSC	\$4.00
Dayton	Dayton Senior Center	403 E Pacific	382-2006			11:30, T-Th	WWSC	\$4.00
Colfax	Meal Site	121 N Main	397-4305		60+	noon, W	COA	\$4.25
Lacrosse	Lacrosse Cafe		397-4305		60+	noon, 1st/3rd T	COA	\$4.25
Oakesdale	Oakesdale High School	1st & McCoy	397-4305		60+	12:30, W	COA	\$4.25
Palouse	Palouse Community Center	220 E Main	397-4305		60+	noon, W	COA	\$4.25
Pomeroy	Pomeroy Senior Center	695 Main St	843-3308			noon, MWF		
Pullman	Pullman Senior Center	City Hall, 325 SE Paradise	397-4305	X	60+	11:45, MF	COA	\$4.25
Rosalia	Rosalia Methodist **	214 S Whitman Ave	397-4305		60+	noon, T	COA	\$4.25
Valleyford	Valleyford Community Church	13015 S Madison	926-2142		50+	6:15, 3rd F		X
Waitsburg	Waitsburg Presbyterian	504 Main	527-3773			noon, T	WWSC	\$4.00
Walla Walla	Adult Day Center		527-3775			10:30-2:30, M-Th	WWSC	\$4.00
Walla Walla	Center @ the Park	Senior Center, 720 Sprague	527-3775			11, M-F	WWSC	\$4.00

EFLC, 631 S Richard Allen, #215 - Spokane WA 99202 - 509-535-4112



Meals on Wheels
Greater Spokane County



(509) 924-6976
MORE THAN A MEAL

Greater Spokane County
Meal on Wheels
serves meals across all
1,800 square miles
of Spokane County.
Call us and learn how we can
help you or someone you love!
We're Here to Help.
www.GSCMealsOnWheels.org

We are there
for homebound seniors.



If you know of a
homebound senior
in need of a caring visit
and a hot meal,
please call
509-456-6597



mowspokane.org

SENIOR NUTRITION SITES: NORTH IDAHO

City/Zip	Site Name	Location	Phone	SC	SN	Hours	Agency	Fee & MOW
Bonnars Ferry	Senior's Hospitality Center, Inc	6635 Lincoln St	267-5553	X		noon, MTWF		\$3.50, HD
Clark Fork	Clark Fork Hope Area Seniors	1001 Cedar	266-1653	X	X	11:30, WF	SAS	HD
Coeur d'Alene	Lake City Center	1916 Lakewood Dr	667-4628	X	60+	noon, MTWF		\$4.00, HD
Cottonwood	Cottonwood Community Hall	506 King Street, basement	792-2465			noon, T		
Deary	Deary Shared Council	401 Line St	877-1717	X	N/A	noon, T		X
Emida	Drifters Cafe					4, Sun		\$5.00
Grangeville	Grangeville Senior Center	108 Truck Route	983-2033			noon, MWF		
Hayden	Hayden Senior Center	9428 N. Govt. Way	762-7052	X	60+	noon, TTh		X
Kamiah	Kamiah Senior Center	125 N. Maple St	935-0244			noon, MWF		
Kendrick	Julietta-Kendrick Senior Citizens Cntr	104 S Sixth/PO Box 38	289-5031	X	N/A	11, WF		\$3.00
Lewiston	Lewiston Community Center	1424 Main St	743-6983			Noon, M-W	CAP	\$4.00
Lewiston	Orchards UMC	1213 Burrell Ave	743-9201			noon, M-W	CAP	\$4.00
Moscow	Moscow Senior Center	412 E Third	882-1562	X	60+	noon, TTh	CAP	\$5.00, HD
Mullan	The Morning Club	17 Hunter Ave	752-1194		60+	noon, W	SVS	
Nezperce	Nezperce Senior Citizens	501 Cedar St	937-2465			noon, MTh	NP	
Osburn	Silver Valley Seniors, Inc.	726 E Mullan Ave	752-1194		60+	noon, T; HDM: M-F	SVS	HD
Orofino	Orofino Senior Center	930 Michigan Ave	476-4328			noon, T, F		
Post Falls	Post Falls Senior Center	1203 E 3rd Ave	773-9582	X	60+	11:30, MWF		HD
Potlatch	Potlatch Senior Citizens	100F/Rebekah Hall, 645 Pine St	875-1071			noon, TF		
Rathdrum	Rathdrum Senior Citizen's Center	8037 W Montana St	687-2028	X	60+	noon, TTh; 8am, Sun		HD
Riggins	Riggins Odd Fellows Building	121 S Lodge St	628-4147			noon, T		
St Maries	East Benewah Council for Aging	711 Jefferson	245-3546			noon, MWF		
Sandpoint	Sandpoint Area Senior Inc	820 Main St/ PO Box 614	263-6860	X	60+	11:30am M-Th, 8:30 F	SAS	HD
Spirit Lake	Spirit Lake Seniors	218 N 4th Ave	623-6125			5:30pm, M, W		HD
Tensed	Tensed Community Senior Citizens	260 3rd	274-2851	X	N/A	noon, MTh		X
Wallace	Wallace Senior Drop In-Center	621 Cedar St	752-1194/5411	X	60+	noon, Th	SVS	X
Weippe	Weippe Hilltop Senior Citizens Cntr	215 First St W/PO Box 42	435-4553			noon, MTh		
Worley	Worley Senior & Community Center	9936 W "E" St	686-1258	X	60+	noon, T-Th	Worley	