

senior centers & food resources



Senior centers are places where older adults can gather and make new friends. While programs vary by center, most provide meals and offer outreach programs, health screenings and counseling, and a variety of educational, fitness and volunteer programs. They may also provide comprehensive information and referral services. Most senior centers have regular operating hours and are often the community's focal point for older adult services. There is no charge for Area Agency on Aging center meals or services, but participants are given the opportunity to make a voluntary contribution to help support the services. For meal reservations or other information, call your nearest senior center.



MEALS ON WHEELS

Meal On Wheels of Greater St. Louis (MOW)

P.O. Box 410395, St. Louis, MO 63141 • 314-268-1523 Website: mowstl.org

An all-volunteer meal delivery service for elderly, homebound or convalescent people who cannot shop for or prepare their own meals. The meals are planned and prepared by professionals, usually at hospitals or nursing homes. Monetary support for MOW comes from churches, individuals, foundations and grants that provide funds to pay for meals to recipients who cannot pay the full meal cost. Unlike the federal government home delivered meal program, MOW uses no state or federal funding and is conducted entirely by volunteers. 9:00am – 4:00pm

ST. LOUIS CITY:

Mid-Town West 314-367-0679

Serves parts of 63108, 63110, 63113,
10:00am – 11:30pm, \$3.00

Northeast City 314-653-6959

Serves parts of 63106, 63107, 63113,
63115, \$3.25

NORTH COUNTY:

Bridgeton 314-739-5599

Serves parts of 63043, 63044, 63045,
63063, 63146

Bridgeton, Maryland Heights, \$2.50

Normandy 314-382-4045

Serves parts of 63114, 63121, 63133,
63134, Normandy School District, 9:00am
– 10:30am, \$3.25

Ritenour 314-493-6069

Serves parts of 63074, 63114, 63134
Ritenour School District, Natural Bridge to
Page, Hwy 170 to Ashby, 9:30am – 11:30am,
\$3.25

North County 314-953-6800

Serves parts of 63031, 63033, 63042, 63134,
63135, 63136, 63137, 63138, Bellefontaine,
Berkeley, Black Jack, Dellwood, Florissant,

Ferguson, Glasgow, Hazelwood, Jennings,
Moline, Riverview, Spanish Lake,
10:30am – 1:00pm, \$3.25

CENTRAL WEST COUNTY:

Bellevue 314-781-8385

Serves parts of 63105, 63117, 63143,
Clayton, Maplewood, Richmond Heights,
9:00am – 11:30am, \$3.35

Lafayette-West County 636-394-4512

Serves parts of 63005, 63011, 63017,
63021, 63038, 63040
Ballwin, Chesterfield, Ellisville, Manchester,
Pond, \$3.75

Metro-Creve Coeur 314-251-1882

Serves parts of 63117, 63124, 63131,
63132, 63141, 63146,
Clayton Road to Page, Hwy 170 to
Hwy 141. \$2.50

SOUTH COUNTY:

Affton 314-843-9722

Serves parts of 63109, 63119, 63123,
Watson Road to Gravois,
Grant Road to River Des Peres. \$2.55

Lemay 314-487-4060

Serves parts of 63123, 63125, Belle Vista,

Lemay, St. George, Wilbur Park. 9:00am
– 11:00am, \$2.75

South County 314-487-3310

314-892-2557 (63129 only)
Serves parts of 63123, 63126, 63128, 63129,
Gravois to Mississippi River, Lindbergh to
Meramec River. 9:00am – 11:00 am, \$3.50

SOUTHWEST COUNTY:

Crestwood / Sunset Hills 314-843-7358

Serves parts of 63126, 63127,
South Crestwood & Sunset Hills to Gravois.
\$3.50

Kirkwood 314-498-0848

Serves parts of 63122, 63131, Des Peres,
Frontenac, Huntleigh, Kirkwood,
Warson Woods,
West Glendale. \$4.50

Valley Park 636-394-7531

Serves parts of 63021, 63026, 63088. \$3.00

Webster Groves 314-968-5460, Ext. 5410

Serves parts of 63119, 63126, 63144,
Brentwood, E. Glendale, N. Crestwood,
Rock Hill, Webster. 8:30am – 11:30am,
\$3.25

MID-EAST AREA AGENCY ON AGING (MEAAA)

14535 Manchester Rd., Manchester 63011 • Phone: 636-207-0847 • Fax: 636-207-1329

E-mail: info@mid-eastaaa.org • Web site: www.mid-eastaaa.org

MEAAA Home Delivered Meals/"Meals on Wheels" brings nutritionally balanced meals to homebound people age 60 and older in St. Charles, Franklin, Jefferson and St. Louis Counties. Menus are planned by a registered dietitian. Each meal provides 1/3 of the recommended daily allowance for an older adult. Meals are appropriate for diabetics and those with heart disease. MEAAA can schedule 2nd meals for those at high nutritional risk. A staff member will visit the person requesting the meals to determine eligibility. Although there is no charge for the meals, persons who receive this service may make voluntary contributions to help support the program. To apply, call the center nearest you. **If you have any questions about which center serves your area, call 1-800-AGE-6060.**

HOME-DELIVERED MEALS ON WHEELS ZIP CODE SERVICE AREA

FRANKLIN COUNTY:

St. Clair Senior Center

310 Park Ave., St. Clair 63077

636-629-2187

Serves 63060, 63061, 63072, 63077, 63080, 63084

Sullivan Senior Center

730 West Main St., Sullivan 63080

537-468-3766

Serves 63080

Union Senior Center

1329 North Union, Union 63084

636-583-5432

Serves 63013, 63055, 63084, part of 63089, 63090, 62037, 63056

Washington Senior Center

1459 West 5th St., Washington 63090

636-239-3374

Serves 63014, 63068, 63085, part of 63090, 63332

JEFFERSON COUNTY:

Arnold Senior Center

1695 Missouri State Rd., Arnold 63010

636-296-0475

Serves 63010, 63012, 63026, 63041, part of 63051, 63052, 63053

De Soto Senior Center

13227 State Rd. E, De Soto 63020

636-586-8833

Serves 63020, 63050

Northwest Jefferson County Senior Center

6180 Highway MM, House Springs, MO 63051

636-677-4578

Serves 63049, 63023 part of 63026, 63051, 63088

Quad-Cities Senior Center

221 Bailey, Crystal City 63019

636-937-8333

Serves 63019, 63028, 63048, 63070

ST. CHARLES COUNTY:

O'Fallon Senior Center

106 North Main, O'Fallon 63366

636-272-4180

Serves part of 63304, 63366, part of 63367, 63368, and part of 63376

St. Charles Senior Center

1455 Fairgrounds, St. Charles 63301

636-949-0658

Serves 63301, 63303, 63373

St. Peters Senior Center

108 McMenamy Rd., St. Peters 63376

636-278-2410

Serves part of 63301 and 63304, part of 63366 and 63376

Wentzville Senior Center

506 S. Linn St., Wentzville 63385

636-327-8720

Serves 63341, 63346, 63365, part of 63366, part of 63367, 63385

ST. LOUIS COUNTY:

Afton Senior Center

White Rogers Community Center

9801 Mackenzie, St. Louis 63123

314-544-5100

Serves 63123, 63126

Bridgeton Senior Center

Bridgeton Community Center

4201 Fee Fee Rd., St. Louis 63044

314-739-5572

Serves 63031, 63042, 63043, 63044, 63074, 63114, 63140, 63145

Covenant House Senior Center

#2 Millstone Campus, St. Louis 63146

314-442-3149

Serves Kosher Meals

Serves 63132, 63141, 63146

Crown Satellite Center

Crown Center for Senior Living

8350 Delcrest Dr., St. Louis 63124

314-991-2055

Serves Kosher Meals

Serves 63105, 63114, 63124, 63130, 63132

Webster Groves Satellite Center,

Douglas Manor

546 N. Elm, St. Louis 63119

314-965-1002

Congregate Dining Only

Kirkwood Senior Center

Kirkwood House

385 S. Taylor, St. Louis 63122

314-965-1002

Serves 63122, 63127, 63131

Northside Senior Center

9635 Lewis and Clark, St. Louis 63136

314-867-5661

Serves 63135, 63136, 63137, 63138

University City (Ochs) Senior Center

Heman Park Community Center

975 Pennsylvania, St. Louis 63130

314-721-2722

After Dec. 1, 2011, the University City Center's address will be:

University City Senior Center

Centennial Commons

7210 Olive Blvd., St. Louis 63130

314-721-2722

Serves 63105, 63124, 63130, 63132, 63133

Pope John Paul II Senior Center

6325 Waterways, Florissant 63033

314-741-1930

Serves 63033, 63034

Route 66 Senior Center

500 N. Central, Eureka 63025

636-938-5525 or toll free 888-290-5866

Serves 63016, 63025, 63038, 63040, 63049, 63069, 63088

St. Jane Senior Center

7530 Natural Bridge Rd.

St. Louis, MO 63121

314-677-8087

Serves 63120, 63121, 63134, 63140

Shrewsbury Senior Center

St. Joseph Apartments

7677 Watson Rd., St. Louis 63119

314-968-8720

Serves 63126, 63127, part of 63119, 63117, 63143, 63144

South County Senior Center

9451 Gentry, St. Louis 63125

314-631-8698

After Jan. 1, 2012, the South County Senior Center becomes:

Lemay Senior Center

225 Lemay Ferry Rd., St. Louis 63125

Serves 63125, 63128, 63129

West County Senior Center

14535 Manchester Rd., Manchester 63011

636-227-3882

Serves 63005, 63011, 63021, 63017

ST. LOUIS AREA AGENCY ON AGING (SLAAA)

City of St. Louis Department of Human Services

1520 Market St., Room #4065, St. Louis, MO 63103

Phone: 314-612-5918, 877-612-5918 • Fax: 314-612-5915

E-mail: SLAAA@stlouiscity.com • Web site: www.SLAAA.org

SLAAA provides home delivered meals and congregate meals bringing nutritionally balanced meals to homebound people age 18-59 with a disability or 60 and older in the City of St. Louis. Menus are planned by a registered dietician. Each meal provides 1/3 of the recommended daily allowance. Meals are appropriate for diabetics and those with heart disease. SLAAA can provide nutrition supplements for those who are at high nutritional risk and unable to eat the meals. A staff member will visit the person requesting the meals or nutrition supplements to determine eligibility. Although there is no charge for the meals, persons who receive this service may make voluntary contributions to help support the program. Transportation is available at most of the senior centers.

In addition, other programs are provided at the Senior Centers. These programs vary from center to center. Some of these programs include: computer classes, tax assistance, intergenerational program planning, food pantries, health screenings and classes, benefits assistance, disaster preparedness, and speaker series. Please contact the senior center closest to you to request a calendar of events, or call 314-612-5918.

To apply, call the St. Louis Area Agency on Aging at 314-612-5918.

SENIOR CENTERS *CITY of ST. LOUIS*

Bevo Area Community Improvement Corp.

4705 Ridgewood, 63116
314-352-0141

Home delivered meals, congregate meals, and transportation are available.

Carondelet Senior Center

6518 Michigan Ave., 63111
314-353-9425

Home delivered meals, congregate meals, and transportation are available.

Five Star Senior Center

2832 Arsenal, 63118
314-664-1008

Home delivered meals, congregate meals, and transportation are available.

Father Tolton Senior Program

1018 Baden Ave., 63147
314-385-3445

Home delivered meals, congregate meals, and transportation are available.

Grace Hill PATCH Center

7925 Minnesota Ave., 63111
314-584-6964

Congregate meals are available.

Grand Oak Hill Senior Center

4168 Juniata, 63116
314-865-5530

Home delivered meals, congregate meals, and transportation are available.

Little Sisters of the Poor

3225 N. Florissant, 63107
314-534-4200

Congregate meals are available.

Northside Senior Center

4120 Maffitt, 63113 - 314-531-1937

Home delivered meals, congregate meals, and transportation are available.

San Francisco Temple Multiplex Senior Center

5341 Emerson, 63120 - 314-383-4863

Home delivered meals, congregate meals, and transportation are available.

Southside Wellness Center

3017 Park Ave., 63104
314-664-5024

Home delivered meals, congregate meals, and transportation are available.

St. Louis Senior Center

5602 Arsenal, 63139
314-645-3477

Home delivered meals, congregate meals, and transportation are available.

Union-Sarah Senior Center

1408 N. Kingshighway, 63113
314-367-8964

Home delivered meals, congregate meals, and transportation are available.

Wesley House Senior Center

4507 Lee, 63115
314-385-1000

Home delivered meals, congregate meals, and transportation are available.

Missouri Listings

Food Outreach

Phone: 314-652-3663 **Fax:** 314-652-3673

3117 Olive Street, St. Louis, MO 63103

Email: karin@foodoutreach.org

Website: www.foodoutreach.org

Fees: No fees to clients. Income eligibility requirements. Must live at or below 300% of the Federal Poverty Level

Transportation Available? No

Congregate Meals? Yes

Congregate Meals Detail: Mondays only (except holidays). Noon. A three-course lunch served restaurant-style.

Home Delivered Meals? Yes

Home Delivered Meals Detail: On a case by case basis, for individuals without transportation or those too ill to come to our facility.

Counties Served: Franklin MO, Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO, Clinton IL, Madison IL, Monroe IL, St. Clair IL

Description: Food Outreach provides nutritional support to low income men, women and children undergoing treatment for Cancer or HIV/AIDS. Services include healthy prepared meals, groceries, nutrition counseling, home meal delivery (on a case by case basis), and a congregate Monday lunch.

Jewish Community Center/MEAAA

Covenant House Senior Center

Phone: 314-442-3143 **Fax:** 314-442-3143

10 Millstone Campus Dr., St. Louis, MO 63146

Fees: Suggested donations: Congregate meals-\$3.50; Home-Delivered Meals-\$4.00.

Transportation Available? No

Congregate Meals? Yes

Congregate Meals Detail: Kosher meals available Mon.-Fri., 5:00 p.m.-5:45 p.m. at Covenant House Senior Center at Covenant 1. Social programs are held numerous evenings after dinner. Traditional Shabbat dinners are available.

Home Delivered Meals? Yes

Home Delivered Meals Detail: Kosher dinner meals are available to homebound individuals, Mon.-Fri. Participants must meet certain criteria and live within the designated service area.

Counties Served: St. Louis MO

Description: Nutritious, kosher meals are available to individuals 60 years old and older at the JCC/Covenant House Senior Center. A different dinner menu is offered daily, Monday - Friday. Social programs include entertainment, informational programs, bingo and parties. Home delivery meals are available to eligible homebound seniors. There is no charge for meals or services; participants may contribute.

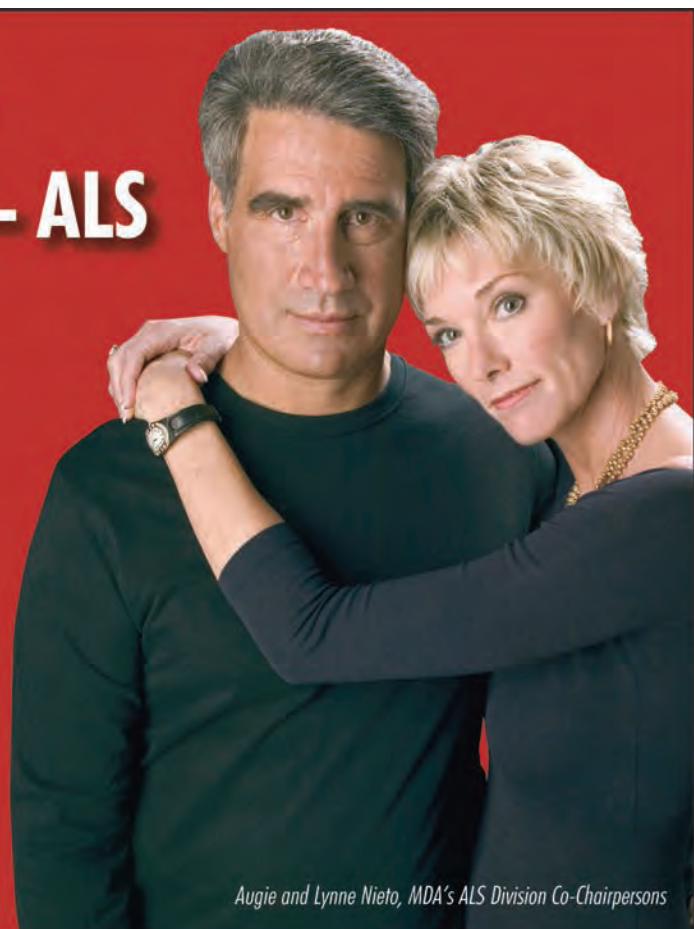
They're facing their greatest challenge – ALS

Fitness pioneer Augie Nieto looks at ALS (Lou Gehrig's disease) as an irony he would prefer to exploit rather than dwell on. With Augie's Quest, his hope is to find a cure by funding fast-track research by the Muscular Dystrophy Association, the world's leader in the fight against ALS.



ALS Division • MDA

For more information, visit www.augiesquest.org and www.als-mds.org



Augie and Lynne Nieto, MDA's ALS Division Co-Chairpersons

Meals on Wheels of Greater St. Louis

Phone: 314-268-1523

P. O. Box 410395, St. Louis, MO 63141

Email: jane_nix@yahoo.com

Website: mowstl.org

Fees: Varies with program

Transportation Available? No

Congregate Meals? No

Home Delivered Meals? Yes

Home Delivered Meals Detail: 15 programs deliver meals to recipients

Counties Served: St. Louis MO, St. Louis City MO

Description: *Volunteer run meal delivery service for people who cannot shop for or prepare their own meals. Meals are prepared by professionals, usually at hospitals or nursing homes. Donations provide funds to pay for meals for recipients who cannot pay the full meal cost. Meals on Wheels of Greater St. Louis receives no state or federal funding.*

Mid-East Area Agency on Aging

Phone: 636-207-0847 **Fax:** 636-207-1329

14535 Manchester Road, Manchester, MO 63011

Website: www.mid-eastaaa.org

Fees: Voluntary contribution. Suggested amount for meals is \$3.25.

Transportation Available? Yes

Transportation Detail: Call 636-207-1323 for information.

Congregate Meals? Yes

Congregate Meals Detail: Nutritious meals served Monday-Friday at the centers.

Home Delivered Meals? Yes

Home Delivered Meals Detail: Meals on Wheels available for those age 60 and older and frail and homebound.

Counties Served: Franklin MO, Jefferson MO, St. Charles MO, St. Louis MO

Description: *Senior Centers serve as links to services and opportunities for adults 60 and older in your community. Multi-purpose center serve nutritious hot meals weekdays and offer a variety of social, recreational and educational activities.*

St. Louis Area Agency on Aging

Phone: 314-612-5918 or 877-612-5918 **Fax:** 314-612-5915

1520 Market Street Room 4065, St. Louis, MO 63103

Email: slaaa@stlouiscity.com

Website: www.slaaa.org

Fees: Although there is no charge for the meals, persons who receive this service may make voluntary contributions to help support the program.

Transportation Available? Yes

Transportation Detail: Transportation is available at most of the centers. Contributions are accepted.

Congregate Meals? Yes

Congregate Meals Detail: Nutritionally balanced meals are provided at the senior centers.

Home Delivered Meals? Yes

Home Delivered Meals Detail: A home delivered meal is provided to persons living in the City of St. Louis who are medi-

cally in need. SLAAA also provides nutrition supplements for those who are at high nutritional risk.

Counties Served: St. Louis City MO

Description: *Senior centers are places where persons 60 and older and persons 18-59 with a disability can gather and make new friends. Each center's programming varies, but most provide a congregated meal, health screenings, socialization, fitness, and other programs.*



Illinois Listings

Bond County Senior Citizens Center, Inc.

Phone: 877-983-7433, 618-664-1465 **Fax:** 618-664-1478

305 South Third Street, Greenville, IL 62246

Email: bcsenior@gvc.net

Website: www.gvc.net/~bcsenior

Fees: Contributions are accepted

Transportation Available? Yes

Transportation Detail: We offer curb to curb services Monday through Friday from 8:00 am to 4:00 pm. The cost is \$1.25 each stop. All vehicles are wheel chair accessible. The transit phone number is 618-664-9844.

Congregate Meals? Yes

Congregate Meals Detail: Hot meals are available Monday through Friday for lunch. Suggested donation of \$3.00.

Home Delivered Meals? Yes

Home Delivered Meals Detail: Hot and frozen meals are available Monday through Friday for lunch. Suggested donation of \$3.00.

Counties Served: Bond IL, Madison IL

Breese Senior Citizens Center

Phone: 618-526-2188

480 South 4th Street, Breese, IL 62230

Transportation Available? Yes

Congregate Meals? Yes

Home Delivered Meals? No

Counties Served: Clinton IL

Description: *The center is open Monday through Friday 9:00am to 1:00pm. The center also offers information and referral services.*

Cahokia Senior Center

Phone: 618-337-9515 **Fax:** 618-337-9332

190 Cahokia Park Drive, Cahokia, IL 62206

Fees: Contributions are accepted, but there is no cost for general services

Transportation Available? Yes

Transportation Detail: Available from center to home or home to center and for shopping.

Congregate Meals? Yes

Congregate Meals Detail: Hot meals are available for lunch Monday through Friday. The only special diet includes diabetic.

Home Delivered Meals? Yes

Home Delivered Meals Detail: Hot or frozen meals are

SENIOR CENTERS & FOOD RESOURCES - Illinois

available for lunch Monday through Friday. The only special diet includes diabetic.

Counties Served: St. Clair IL

Description: *The center is open Monday through Friday 9:00am to 1:00pm. Additional services besides lunch and social activities.*

Catholic Charities of Alton and Wood River

Phone: 618-462-0634 **Fax:** 618-462-3209

3512 McArthur Boulevard, Alton, IL 62002

Email: Manns_ccalton@charterinternet.com

Transportation Available? No

Congregate Meals? No

Home Delivered Meals? No

Counties Served: Madison IL

Description: *The office offers a food pantry, and individuals must bring the proper identification and live in the service area to qualify for this service. They also must meet income guidelines. The regular operating hours of the office are Monday through Friday from 8:30 am to 4:30 pm.*

Catholic Urban Programs

Phone: 618-398-5616

771 Vogel Place, East St. Louis, IL 62205

Email: jhubbard@diobelle.org

Website: www.ccsil.org

Transportation Available? No

Congregate Meals? No

Home Delivered Meals? No

Counties Served: St. Clair IL

Description: *The office is open Monday through Friday from 9:00 am to 4:30 pm. There is a food pantry available for those in need. Other programs and services provided through this agency include: emergency clothing, companion services, family center, and Holy Angels Homeless Shelter and the Neighbor Hood Law Office are also in affiliation with this agency.*

Chester Multipurpose Senior Center

Phone: 618-826-5108 **Fax:** 618-826-1508

805 State Street, Chester, IL 62233

Email: cmssc@weeoc.org

Fees: Suggested donation of \$3.50 for congregate meals and \$3.75 for approved home delivered meals.

Transportation Available? Yes

Transportation Detail: To and from meal site and appointments in Chester if the time does not conflict with home deliveries for a small fee.

Congregate Meals? Yes

Congregate Meals Detail: We serve meals at 11.30 am

Home Delivered Meals? Yes

Home Delivered Meals Detail: They have to be approved thru the Case Coordination Unit.

Counties Served: Franklin MO, Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO, Bond IL, Clinton IL, Madison IL, Monroe IL, Randolph IL, St. Clair IL, Washington IL

Description: *The center offers assistance to seniors with*

circuit breaker applications and assistance with any other type of application that they may be required to file out and do not completely understand. We do accept walk-ins. Hours are Monday through Friday 8:00 am to 3:30 pm.

Clinton County Senior Services

Phone: 618-594-2321 **Fax:** 618-594-8412

630 Eighth St., Carlyle, IL 62231

Email: hellmanlisa@sbcglobal.net

Fees: Contributions are accepted, but there is no cost for general services.

Transportation Available? Yes

Transportation Detail: Available curbside to curbside and door to door. Advance notice must be done within 24 hours and a cancellation must be made within 24 hours. Transportation is available center to home, home to center, recreational, and shopping.

Congregate Meals? Yes

Congregate Meals Detail: Hot meals are available for lunch Monday through Friday. The only special diet offered is low sodium. A suggested donation of \$3.00 per meal.

Home Delivered Meals? Yes

Home Delivered Meals Detail: Hot or frozen meals are available for lunch Monday through Friday. Frozen meals are available for holidays and weekends. The only special diet offered is low sodium. A suggested donation of \$3.00 per meal.

Counties Served: Franklin MO, Jefferson MO, St. Louis MO, St. Louis City MO, Clinton IL

Description: *The center is open Monday through Friday 8:00 am to 3:30 pm. Additional services include educational classes, health screening, leisure activities, recreation, social activities, tours, lunch, and information and assistance.*

Clyde C. Jordan Center

Phone: 618-293-6700 **Fax:** 618-293-6574

6755 State Street, East St. Louis, IL 62203

Email: ccjcenter@sbcglobal.net

Fees: Contributions are accepted, but there is no cost for general services

Transportation Available? Yes

Transportation Detail: Available, but reservations need to be made three days in advance and a cancellation must be made within 24 hours. Transportation is door to door and there is also available a wheelchair lift and wheelchair folding. This service is available Monday through Friday 7:00am to 3:00pm. Transportation is from center to home, home to center, recreational, and shopping.

Congregate Meals? Yes

Congregate Meals Detail: Hot meals are available for lunch Monday through Friday. Lunch is not available after 1:00 pm.

Home Delivered Meals? Yes

Home Delivered Meals Detail: Hot or frozen meals are available for lunch Monday through Friday.

Counties Served: St. Clair IL

Description: *The center is open Monday through Friday 8:00 am to 4:00 pm. Additional services include educational classes, health screening, leisure activities, recreation, social activities, tours, and information and assistance. Assistance with applications such as the circuit breaker is also available.*

Collinsville Area Meals on Wheels

Phone: 618-345-7779

714 Claremont Court, Collinsville, IL 62234

Fees: \$2.20 per day

Transportation Available? No

Congregate Meals? No

Home Delivered Meals? Yes

Home Delivered Meals Detail: Hot and frozen meals are available weekdays and weekends

Counties Served: Madison IL

Description: *Operation hours are 9:00 am to 12:30 pm.*

Weekend meals are delivered frozen with Friday's meal. This organization serves Collinsville and Maryville only. Special diets include diabetic and low sodium.

Columbia Senior Center

Phone: 618-281-7414 **Fax:** 618-281-0305

113 South Rapp, Columbia, IL 62236

Email: weeocsc@htc.net

Fees: Suggested donations for each service

Transportation Available? Yes

Transportation Detail: \$1.00/stop

Congregate Meals? Yes

Congregate Meals Detail: \$3.50. Hot and frozen meals are available for lunch Monday through Friday. Breakfast is offered on the last holiday of the month. Special diets that are offered include diabetic and low sodium. Must make reservations one day before.

Home Delivered Meals? Yes

Home Delivered Meals Detail: \$3.75. Hot and frozen meals are available for lunch Monday through Friday. Breakfast is offered on the last holiday of the month. Special diets that are offered include diabetic and low sodium. Must make reservations one day before.

Counties Served: Bond IL, Madison IL, Randolph IL, St. Clair IL

Description: *The center is open Monday through Friday from 9:00 am to 2:30 pm. Other services that are available within the center include: educational classes, evening activities, health screening, leisure activities, recreation, social activities, tours, and information and referral services.*

Community Care Center

Phone: 618-876-8770

1818 Cleveland Boulevard, Granite City, IL 62040

Fees: Contributions are accepted, but there is no cost for general services

Transportation Available? No

Congregate Meals? Yes

Congregate Meals Detail: Hot meals are available Monday through Friday in the soup kitchen at the center. There also is a food pantry available.

Home Delivered Meals? No

Counties Served: Madison IL

Description: *The center is open Monday through Saturday from 11:00 am to 2:00 pm.*

Cosgroves Kitchen

Phone: 618-397-3113

3718 State Street, East St. Louis, IL 62205

Fees: Contributions are accepted, but there is no cost for general services

Transportation Available? No

Congregate Meals? Yes

Congregate Meals Detail: Hot meals are available Monday through Saturday.

Home Delivered Meals? No

Counties Served: St. Clair IL

Description: *The center is open Monday through Saturday from 11:00 am to 2:00 pm.*

Edwardsville Senior Citizen Services

Phone: 618-656-0300 **Fax:** 618-656-0135

1003 North Main St., Edwardsville, IL 62025

Fees: Call for more information

Transportation Available? Yes

Transportation Detail: Services are available

Congregate Meals? Yes

Congregate Meals Detail: Hot meals are provided Monday through Friday. The cost is \$3.00 per meal

Home Delivered Meals? Yes

Home Delivered Meals Detail: Hot meals are provided Monday through Friday. The cost is \$2.50 per meal.

Counties Served: Madison IL, Randolph IL

Description: *The center is open Monday through Friday from 8:00 am to 4:00 pm.*

Emergency Food Pantry of the Caseyville Churches

Phone: 618-344-5792

3 Miller Lane, Collinsville, IL 62234

Transportation Available? No

Congregate Meals? No

Home Delivered Meals? No

Counties Served: Madison IL

Description: *The food pantry is open Tuesday and Friday from 10:00 am to 12:00 pm. The individual must bill proof of residency, current identification, proof of income, and a current bill. They also must have a 62232 zip code.*

Evangelical United Church of Christ

Phone: 618-466-6077 **Fax:** 618-466-9498

1212 W. Homer M. Adams Parkway, Godfrey, IL 62035

Email: eucc@evangelicalucc.com

Website: www.evangelicalucc.com

Fees: \$2.95 per meal

Transportation Available? Yes

Transportation Detail: Home Delivered Meals

Congregate Meals? No

Home Delivered Meals? Yes

Counties Served: Madison IL

Fairview Heights Food Pantry

Phone: 618-398-0292

412 St. Clair Road, Fairview Heights, IL 62208

Transportation Available? No

SENIOR CENTERS & FOOD RESOURCES - Illinois

Congregate Meals? No

Home Delivered Meals? No

Counties Served: St. Clair IL

Description: *The food pantry is open from Monday through Friday 9:00 am to 11:00 am. They will only service members of the church with a zip code of 62208. Individuals must bring a current ID and proof of residency.*

Granite City Senior Center

Phone: 618-877-4373 **Fax:** 618-877-0179

2060 Delmar Avenue, Granite City, IL 62040

Fees: Contributions are accepted, but there is no cost for general services

Transportation Available? Yes

Transportation Detail: Are available and the service is door to door. Transportation is from center to home or home to center, recreational, and for shopping.

Congregate Meals? Yes

Congregate Meals Detail: Hot meals are available Monday through Friday. Diabetic and low sodium diets are available. A suggested donation of \$2.75 per meal.

Home Delivered Meals? Yes

Home Delivered Meals Detail: Hot meals are available Monday through Friday. Diabetic and low sodium diets are available. A suggested donation of \$2.75 per meal.

Counties Served: Madison IL

Description: *The center is open Monday through Friday 8:30 am to 5:00 pm. Other services include information and referral, social activities, leisure activities, and recreation. The center also assists with forms such as the Circuit Breaker (IL 1363).*

Highland Area Christian Service Ministry

Phone: 618-654-9295 **Fax:** 618-654-9965

900 Chestnut Street, Highland, IL 62249

Email: hacsm@hometel.com

Fees: None

Transportation Available? No

Congregate Meals? No

Home Delivered Meals? No

Counties Served: Madison IL

Description: *Multi-social service agency - Food Pantry, past-due rent & utility assistance, counseling referrals & case management for those with verifiable needs that live in our service area.*

Jarvis Township Senior Citizens Center

Phone: 618-667-2022 **Fax:** 618-667-2022

420 Wickliffe Street, Troy, IL 62294

Fees: Contributions are accepted, but there is no cost for general services

Transportation Available? Yes

Transportation Detail: Available from center to home and home to center, and also for recreation and shopping. Suggested donation for round trip in town is \$2.00 and out of town \$3.00.

Congregate Meals? Yes

Congregate Meals Detail: Hot meals are available for lunch Monday through Friday. Suggested donation of \$2.75.

Home Delivered Meals? Yes

Home Delivered Meals Detail: Hot and frozen meals are available for lunch Monday through Friday. Suggested donation of \$2.75.

Counties Served: Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO, Madison IL

Description: *The center is open Monday through Friday from 9:00 am to 3:00 pm. Other activities that are offered include educational classes, health screening, leisure activities, recreation, and social activities. A beautician comes in once a month to do hair and manicures and pedicures.*

Marissa Senior Services of

Southern Saint Clair County

Phone: 618-295-3474 **Fax:** 618-295-3438

815 North Borders, Marissa, IL 622572

Fees: Suggested donation of \$2.00 per week for transportation from just the center to home and home to center. A little extra contribution is suggested for additional transportation service.

Transportation Available? Yes

Transportation Detail: Available from center to home and home to center, and also for recreation and shopping. The vehicle does have a wheel chair lift and the service is curb to curb.

Congregate Meals? Yes

Congregate Meals Detail: Hot meals are available for lunch Monday through Friday.

Home Delivered Meals? Yes

Home Delivered Meals Detail: Hot meals are available for lunch Monday through Friday.

Counties Served: St. Clair IL

Description: *The center is open Monday through Friday from 9:00 am to 1:00 pm. The services that are available are leisure activities and social activities.*

Mascoutah Senior Services Program

Phone: 618-566-8758 **Fax:** 618-566-3703

227 N. Market Street, Mascoutah, IL 62258

Email: mascsr@htc.net

Fees: No cost for services, but we do accept contributions

Transportation Available? No

Congregate Meals? Yes

Congregate Meals Detail: Hot meals are available for lunch Monday through Friday

Home Delivered Meals? Yes

Home Delivered Meals Detail: Hot meals are available for lunch Monday through Friday

Counties Served: St. Clair IL

Description: *The center offers education classes, health screening, leisure activities, recreation, social activities, tours, and some evening activities during the hours of 6:00 pm to 8:00 pm. The center also offers information and referral services. The regular hours of the center are Monday through Friday 8:00 am to 1:00 pm.*

SENIOR CENTERS & FOOD RESOURCES - Illinois

Millstadt Township Senior Services

Phone: 618-476-3731 **Fax:** 618-476-3921

102 South Jefferson, Millstadt, IL 62264

Email: seniorce@htc.net

Fees: Contributions are accepted, but there is no cost for general services.

Transportation Available? Yes

Transportation Detail: Available from center to home and home to center, and also for recreation and shopping.

Congregate Meals? Yes

Congregate Meals Detail: Hot meals are available for lunch Monday through Friday.

Home Delivered Meals? Yes

Home Delivered Meals Detail: Hot meals are available for lunch Monday through Friday.

Counties Served: St. Clair IL

Description: *The center is open Monday through Friday from 8:00 am to 3:00 pm. The other services available include educational classes, health screening, leisure activities, recreation, and social activities. The center also offers information and referral services.*

Nashville Nutrition Site

Phone: 618-327-4078 **Fax:** 618-327-3288

454 North Hoffman, Nashville, IL 62263

Fees: Contributions are accepted, but there is no cost for general services.

Transportation Available? No

Congregate Meals? Yes

Congregate Meals Detail: Hot meals are available for lunch Monday through Friday.

Home Delivered Meals? Yes

Home Delivered Meals Detail: Hot and frozen meals are available for lunch Monday through Friday.

Counties Served: Washington IL

Description: *The center is open Monday through Friday from 9:15 am to 12:45 pm.*

New Athens Area Multipurpose Center

Phone: 618-475-3683 **Fax:** 618-475-3531

100 South Benton Street, New Athens, IL 62264

Fees: Contributions are accepted, but there is no cost for general services.

Transportation Available? Yes

Transportation Detail: Available from center to home or home to center. The transportation is door to door with driver's assistance. The center needs 24 hours advance notice or for cancellation. A wheelchair lift is also available.

Congregate Meals? Yes

Congregate Meals Detail: Hot meals are available for lunch Monday through Friday.

Home Delivered Meals? Yes

Home Delivered Meals Detail: Hot meals are available for lunch Monday through Friday.

Counties Served: St. Clair IL

Description: *The center is open Monday through Friday 8:00 am to 1:00 pm. The center offers seniors with several different types of social activities.*

Northeastern Randolph County

Senior Services, Inc.

Phone: 618-443-4020 **Fax:** 618-443-6050

500 West Second St., Sparta, IL 62286

Email: nerandolph@neondsl.com

Fees: Contributions are accepted, but there is no cost for general services.

Transportation Available? Yes

Transportation Detail: Available from center to home, home to center, recreational, and shopping.

Congregate Meals? Yes

Congregate Meals Detail: Hot meals are available for lunch Monday through Friday.

Home Delivered Meals? Yes

Home Delivered Meals Detail: Hot or frozen meals are available for lunch Monday through Friday.

Counties Served: Bond IL, Clinton IL, Madison IL, Monroe IL, Randolph IL, St. Clair IL, Washington IL

O'Fallon Nutrition Center

Phone: 618-610-3610

801 East State Street, O'Fallon, IL 62269

Transportation Available? No

Congregate Meals? No

Home Delivered Meals? No

Counties Served: St. Clair IL

Description: *The center is open Monday through Friday from 8:30 am to 12:30 pm.*

Oakdale Nutrition Site

Phone: 618-329-5277

75 North Weigh Street, Oakdale, IL 62268

Fees: Suggested donation of \$3.00 per meal.

Transportation Available? No

Congregate Meals? Yes

Congregate Meals Detail: Hot meals are available Monday, Tuesday, and Thursday for lunch.

Home Delivered Meals? No

Counties Served: Washington IL

Description: *The site is open from 11:00 am to 1:00 pm. There are no special diets available.*

O'Fallon Community Food Pantry

Faith Lutheran Church

Phone: 618-632-5019

520 East Highway 50, O'Fallon, IL 62269

Transportation Available? No

Congregate Meals? No

Home Delivered Meals? No

Counties Served: St. Clair IL

Operation Blessing

Phone: 618-251-5683

18 E. Lorena Avenue, Wood River, IL 62095

Transportation Available? No

Congregate Meals? No

Home Delivered Meals? No

Counties Served: Madison IL

SENIOR CENTERS & FOOD RESOURCES - Illinois

Description: *The food pantry is open Monday through Thursday from 10:00 am to 1:00 pm. The client must bring proof of income, proof of residency, and current identification. The individual must also live in the service area that includes Shiloh, Wood River, and Fort Russell. For any other questions contact the above number.*

Salvation Army

Phone: 618-465-7764 **Fax:** 618-465-0331

525 Alby Street, Alton, IL 62002

Website: www.usc.salvationarmy.org

Transportation Available? No

Congregate Meals? No

Home Delivered Meals? No

Counties Served: Madison IL

Description: *The food pantry is available Monday, Tuesday, Thursday, and Friday from 9:00 am to 11:30 am. It is closed on Wednesday. Individuals must live in the service area to qualify for the pantry and they must bring current identification and meet income guidelines.*

Salvation Army

Phone: 618-235-7378

20 Glory Place, Belleville, IL 62226

Fees: Contributions are accepted, but there is no cost for general services.

Transportation Available? No

Congregate Meals? Yes

Congregate Meals Detail: Hot meals are available Monday, Wednesday, and Thursday at 11:30 am.

Home Delivered Meals? No

Counties Served: St. Clair IL

Description: *Meals are available on Monday, Wednesday, and Thursday at 11:30 am. The cooks will try and accommodate any special diets if they are asked.*

Senior Circle

Phone: 618-798-3800

Gateway Regional Medical Center, 2100 Madison Avenue, Granite City, IL 62040

Website: www.gatewayregional.net

Fees: \$15.00 membership

Transportation Available? No

Congregate Meals? No

Home Delivered Meals? No

Counties Served: Madison IL

Description: *Local membership benefits consist of: free calendar, free monthly activities, free exercise classes, free educational lunch and learn program, discounts at area shops, day and overnight travel opportunities, free notary public, free copying and faxing important papers, holiday parties, and there are more benefits for national members.*

Senior Services Plus

Phone: 618-465-3298 **Fax:** 618-465-3302

2603 North Rodgers Ave., Alton, IL 62002

Email: mianier@seniorservicesplus.org

Website: www.seniorservicesplus.org

Fees: Suggested donation: \$3.50

Transportation Available? Yes

Transportation Detail: Available only in the areas surrounding center

Congregate Meals? Yes

Congregate Meals Detail: Located at 2603 N. Rodgers open 7:00 am – 1:00 pm, Mon-Fri.

Home Delivered Meals? Yes

Home Delivered Meals Detail: Meals are delivered Mon-Fri. during the noon hour. Suggested \$3.50 donation

Counties Served: Madison IL, St. Clair IL

Description: *Meals delivered during the noon hour Monday - Friday. Congregate Dinning hours are Monday - Friday.*

St. George

Phone: 618-233-6320

105 East D Street, Belleville, IL 62220

Transportation Available? No

Congregate Meals? No

Home Delivered Meals? No

Counties Served: St. Clair IL

Description: *The food pantry is open Tuesday, Wednesday, and Thursday from 9:00 am to 11:45 pm. The client must bring proof of income, proof of residency, and current identification. The individual must live in the general area of Belleville.*

St. Paul Food Pantry

Phone: 618-233-3303 **Fax:** 618-233-1122

115 West B Street, Belleville, IL 62220

Website: www.stpaulucc.org/FoodPantry/Food_Pantry.htm

Transportation Available? No

Congregate Meals? No

Home Delivered Meals? No

Counties Served: St. Clair IL

Description: *The food pantry is open Monday, Wednesday, and Friday from 1:30 pm to 3:00 pm. Clients must bring proof of income, proof of residency, and current identification. Records are kept and assistance is only allowed once a month. The service area includes the Belleville community.*

Steeleville Senior Center

Phone: 618-965-9415 **Fax:** 618-965-9479

107 A West Broadway, Steeleville, IL 62288

Email: steeleville@egyptian.net

Fees: \$3.50 per client for meals only.

Transportation Available? Yes

Transportation Detail: Available center to home and home to center.

Congregate Meals? Yes

Congregate Meals Detail: Hot meals are available Monday through Friday. The cost is \$3.50 per client. The only special diet offered is diabetic.

Home Delivered Meals? Yes

Home Delivered Meals Detail: Hot meals are available Monday through Friday. The cost is \$3.50 per client. The only special diet offered is diabetic.

Counties Served: Randolph IL

SENIOR CENTERS & FOOD RESOURCES - Illinois

Description: *The center is open Monday through Friday from 8:00 am to 2:00 pm. Some services that they offer include educational classes, leisure activities, and social activities.*

Urban League Inc.

Phone: 618-274-1150

690 North 20th Street, East St. Louis, IL 62205

Transportation Available? No

Congregate Meals? No

Home Delivered Meals? No

Counties Served: St. Clair IL

Description: *The food pantry is open Monday through Friday from 9:00 am to 4:00 pm. The client must have a food voucher from their case worker to obtain services. They must also provide current ID and live in the service area.*

Venice Food Pantry New Shining Light Church

Phone: 618-877-5610 **Fax:** 618-781-6195

740 Broadway, Venice, IL 62090-1130

Transportation Available? No

Congregate Meals? No

Home Delivered Meals? No

Counties Served: Madison IL

Description: *The food pantry is open Tuesday, Wednesday, and Thursday from 3:00 pm to 5:00 pm. The client must provide proof of income, proof of residency, and current identification. They also must live in the service area.*

Venice Nutrition Site

Phone: 618-876-8163

Brown and Klein Streets, Venice, IL 62090

Fees: Contributions are accepted, but there is no cost for general services.

Transportation Available? No

Congregate Meals? Yes

Congregate Meals Detail: Hot meals are available for lunch Monday through Friday.

Home Delivered Meals? Yes

Home Delivered Meals Detail: Hot or frozen meals are available for lunch Monday through Friday.

Counties Served: Madison IL

Description: *The center is open Monday through Friday 9:00 am to 1:00 pm.*

Washington County Senior Services, Inc.

Phone: 618-243-6533, 800-337-2349 **Fax:** 618-243-6317

305 North Nashville, Okawville, IL 62271

Fees: The center does accept contributions, but there is no general cost.

Transportation Available? Yes

Transportation Detail: The center offers curb to curb. The center needs 24 hour notice to schedule transportation or to cancel transportation. The needs accommodated are wheelchair lift and wheelchair folding. Transportation is offered center to home, home to center, and for shopping.

Congregate Meals? Yes

Congregate Meals Detail: Hot meals are available for lunch Monday through Friday. The only special diet offered is diabetic. Suggested donation of \$3.00 a meal.

Home Delivered Meals? Yes

Counties Served: Washington IL

Description: *Office hours are Monday through Friday 8:30 am to 3:30 pm. The center does accept walk-ins, and we assist seniors with circuit breaker applications and other applications. The center will connect them with services that are available to them. The center also provides home visits, calls clients so they have someone to talk to, and helps them remember to take their medications.*

Waterloo Multipurpose Senior Center

Phone: 618-939-8880 **Fax:** 618-939-1974

207 West 4th Street, Waterloo, IL 62298

Email: weecwsc@htc.net

Fees: Contributions are accepted, but there is no cost for general services.

Transportation Available? Yes

Transportation Detail: Available from center to home, or home to center, recreational, and for shopping.

Congregate Meals? Yes

Congregate Meals Detail: Hot and frozen meals are available for lunch Monday through Friday. The only special diet available is diabetic.

Home Delivered Meals? Yes

Home Delivered Meals Detail: Hot or frozen meals are available for lunch Monday through Friday. The only special diet available is diabetic.

Counties Served: Monroe IL

Western Egyptian

Phone: 618-826-3141

128 A Koeneman Acres, Chester, IL 62233

Email: execdir@weeoc.org

Website: www.weeoc.org/Community/Communserv.htm

Transportation Available? No

Congregate Meals? No

Home Delivered Meals? No

Counties Served: Randolph IL

Description: *The food pantry is open Monday and Wednesday from 9:00 am to 2:00 pm. Food items are available on an emergency basis. Clients must show proof of income and residency. Referrals are preferred. Private food donations and food drive items are appreciated from the community to stock the food pantry.*

Western Egyptian

Phone: 618-443-5231

1820 N. Market, Sparta, IL 62286

Email: execdir@weeoc.org

Transportation Available? No

Congregate Meals? No

Home Delivered Meals? No

Counties Served: Randolph IL

Description: *The food pantry is open Tuesday and Thursday from 8:00 am to 2:00 pm. Food items are available on an*

SENIOR CENTERS & FOOD RESOURCES - Illinois

emergency basis. Clients must show proof of income and residency. Referrals are preferred. Private food donations and food drive items are appreciated from the community to stock the food pantry.

Western Egyptian

Phone: 618-939-8715

207 W. Fourth, Waterloo, IL 62298

Email: execdir@weeoc.org

Website: www.weeoc.org/Community/Communserv.htm

Transportation Available? No

Congregate Meals? No

Home Delivered Meals? No

Counties Served: Monroe IL

Description: The food pantry is open Monday, Wednesday, and Friday from 8:00 am to 1:30 pm. Food items are available on an emergency basis. Clients must show proof of income and residency. Referrals are preferred. Private food donations and food drive items are appreciated from the community to stock the food pantry.

Western Egyptian Red Bud

Phone: 618-282-6333

4111 State Route 159, Red Bud, IL 62278

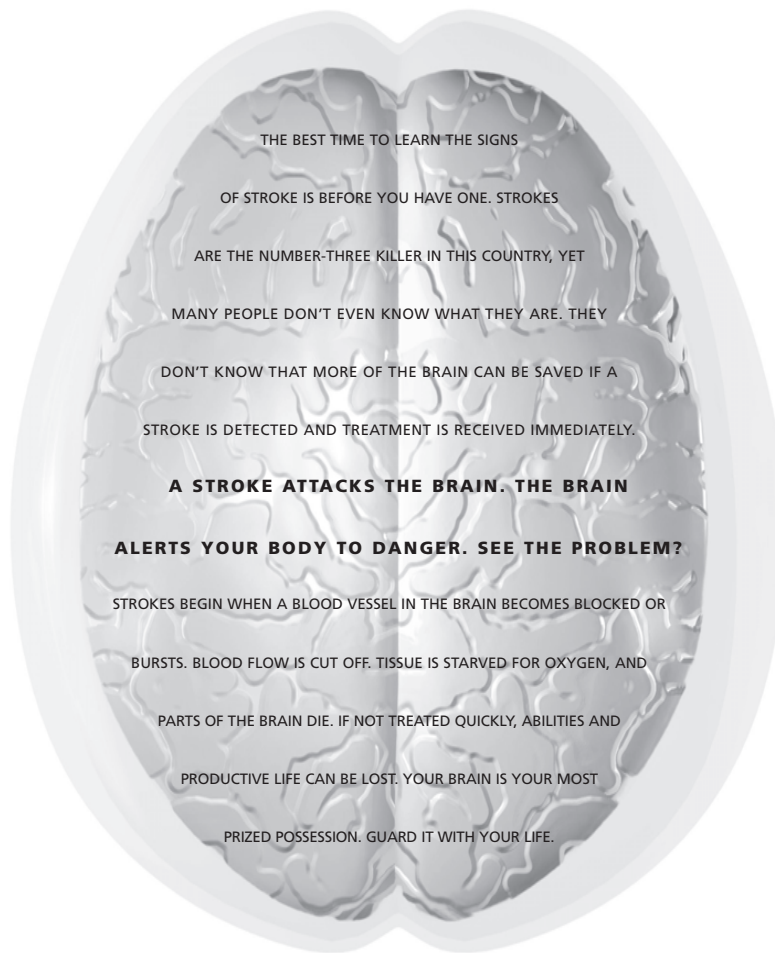
Email: execdir@weeoc.org

Transportation Available? Yes

Congregate Meals? Yes

Home Delivered Meals? No

Counties Served: Randolph IL



WITH A STROKE, TIME LOST IS BRAIN LOST.

If you suddenly have or see any of these symptoms, call 9-1-1 immediately: Numbness or weakness of the face, arm or leg, especially on one side of the body • Confusion, trouble speaking or understanding • Difficulty seeing in one or both eyes • Trouble walking, dizziness, loss of balance or coordination • Severe headache with no known cause

Learn more at StrokeAssociation.org or 1-888-4-STROKE.



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