

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.



Missouri Listings

MEALS ON WHEELS

Meal On Wheels of Greater St. Louis (MOW)

P.O. Box 11552, St. Louis, MO 63105 314-268-1523
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 – 1:00pm

ST. LOUIS CITY:

Mid-Town West 314-367-0679

Serves parts of 63108, 63110, 63113,
9:30am – 12:00pm, \$2.95

Northeast City 314-653-6959

Serves parts of 63106, 63107, 63113, 63115, \$2.55

NORTH COUNTY:

Bridgeton 314-739-5599

Serves parts of 63043, 63044,
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, Ritenour School District,
Natural Bridge to Page, Hwy 170 to Ashby, 9:30am
– 11:30am, \$3.00

North County 314-953-6800

Serves parts of 63031, 63033, 63042, 63134, 63135,
63136, 63137, 63138, Bellefontaine, Berkeley, Black
Jack, Dellwood, Florissant, Ferguson, Glasgow, Ha-
zelwood, 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, Maple-
wood, Richmond Heights, 9:00am – 11:30am, \$2.85

Lafayette-West County 636-391-9247

Serves parts of 63011, 63017, 63021,
Ballwin, Chesterfield, Ellisville, Manchester, Pond.

Metro-Creve Coeur 314-251-1882

Serves parts of 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 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 314-843-7089

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. \$3.25

Kirkwood 314-835-1775

Serves parts of 63122, 63131, Des Peres, Frontenac,
Huntleigh, Kirkwood, Warson Woods,
West Glendale. \$3.00

Valley Park 636-394-7531

Serves parts of 63088, 63021. \$3.00

Webster Groves 314-968-5460, Ext. 493

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, MO 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 dietician. 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 who are 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 MEAL ZIP CODE SERVICE AREA

FRANKLIN COUNTY

Gerald Satellite Center

731 South Main, Gerald, MO 63037

573-764-2256

Serves 63013, 63037, 63056

St. Clair Senior Center

310 Park Ave., St. Clair, MO 63077

636-629-2187

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

Sullivan Senior Center

730 West Main St., Sullivan, MO 63080

537-468-3766

Serves 63080

County Seat (Union) Senior Center

1329 North Union, Union, MO 63084

636-583-5432

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

Washington Senior Center

1459 West 5th St., Washington, MO 63090

636-239-3374

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

JEFFERSON COUNTY

Arnold Senior Center

1695 Missouri State Rd., Arnold, MO 63010

636-296-0475

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

DeSoto Senior Center

13227 State Rd. E, DeSoto, MO 63020

636-586-8833

Serves 63020, 63050

High Ridge Senior Center

2800 Community Dr., High Ridge, MO 63049

636-677-4578

Serves 63049, part of 63026, 63051

Quad-Cities Senior Center

221 Bailey, Crystal City, MO 63019

636-937-8333

Serves 63019, 63028, 63048, 63070

ST. CHARLES COUNTY

O'Fallon Senior Center

106 North Main, O'Fallon, MO 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, MO 63301

636-949-0658

Serves 63301, 63303, 63373

St. Peters Senior Center

108 McMenamy Rd., St. Peters, MO 63376

636-278-2410

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

Wentzville Senior Center

306 S. Linn St., Wentzville, MO 63385

636-327-8720

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

ST. LOUIS COUNTY

Affton Senior Center

White Rogers Community Center

9801 Mackenzie, Affton, MO 63123

314-544-5100

Serves 63123, 63128

Bridgeton Senior Center

Bridgeton Community Center

4201 Fee Fee Rd., St. Louis, MO 63044

314-739-5572

Serves 63043, 63044, 63045

Covenant House Senior Center

#2 Millstone Campus, Creve Coeur, MO 63146

314-442-3149

Kosher Meals

Serves 63105, 63124, 63132, 63146

Crown Satellite Center

Crown Center for Senior Living

8350 Delcrest Dr., St. Louis, MO 63124

314-991-3119

Kosher Meals

Congregate Dining Only

Webster Groves Satellite Center,

Douglas Manor

546 N. Elm, Webster Groves, MO 63119

314-965-1002

Congregate Dining Only

Kirkwood Senior Center

Kirkwood House

385 S. Taylor, Kirkwood, MO 63122

314-965-1002

Serves 63117, part of 63119, 63122, 63143, 63144

North County Senior Towne

528 Northwest Plaza, St. Ann, MO 63074

314-209-0079

Serves 63074, 63114, 63132, 63134, 63140, 63145

Home-delivered meals only.

Northside Senior Center

9635 Lewis and Clark, St. Louis, MO 63136

314-867-5661

Serves 63135, 63136, 63137, 63138

University City (Ochs) Senior Center

Heman Park Community Center

975 Pennsylvania, University City, MO 63130

314-721-2722

Serves 63105, part of 63121, part of 63124, 63130, 63133

Pope John Paul II Senior Center

6325 Waterways, Florissant, MO 63033

314-741-1930

Serves 63031, 63033, 63034

Route 66 Senior Center

500 N. Central, Eureka, MO 63025

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

Serves 63025, 63026, 63038, 63040, 63069, 63088

Shrewsbury Senior Center

St. Joseph Apartments

7677 Watson Rd., St. Louis, MO 63119

Serves 63126, 63127, part of 63119

South County Senior Center

9451 Gentry, St. Louis, MO 63125

314-631-8698

Serves 63125, 63129

West County Senior Center

14535 Manchester Rd., Manchester, MO 63011

636-227-3882

Serves 63011, 63017, 63021

ST. LOUIS AREA AGENCY ON AGING (SLAAA)

City of St. Louis Department of Human Services

634 N. Grand, 7th Floor, St. Louis, MO 63103 • Phone: 314-612-5918 • Fax: 314-612-5915 E-mail: SLAAA@stlouiscity.com

Web site: <http://www.slaaa.org>

SLAAA provides home delivered meals and congregate meals bringing nutritionally balanced meals to homebound people age 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 for an older adult. 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.

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

SENIOR CENTERS

City of St. Louis

Bevo Area Community Improvement Corporation
4705 Ridgewood Ave., 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.

Father Tolton Senior Center
1018 Baden Ave., 63147
314-389-4900, 314-385-3445
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.

Grace Hill PATCH Center
7925 Minnesota Ave., 63111
314-584-6964
Home delivered meals, congregate meals, and transportation are available.

Grand Oak Hill Senior Center
4168 Juniata, 63116
314-865-5530
Home delivered meals, congregate meals, and transportation are available.

Little Sisters Senior Center
3225 N. Florissant, 63107
314-421-6022
Congregate meals and transportation 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 Senior 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, 63108
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.

**Questions?
Call SLAAA at
314-612-5918**



Illinois Listings

Alton Area Meals on Wheels

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

Evangelical Church, 1212 Homer Adams Parkway,
Godfrey, IL 62035

Fees: \$2.95 per meal.

Home Delivered Meals: Hot and liquid meals are available Monday through Friday and on Holidays.

Serving: Madison County

Description of Services: *The meals are delivered at noon, but the office can be contacted Monday through Friday 8:00am to 4:00pm. We provide special diets with an order from the doctor, and those diets include diabetic, kosher, low sodium, and renal. We only serve the Alton Area.*

Bond County Senior Center

Phone: 618-664-1465 Fax: 618-664-1478

Email: bcsenior@sbc.net

Website: www.bondseniors.org

305 South Third Street, Greenville, IL 62246

Fees: Contributions are accepted.

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

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

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

Serving: Bond County County

Description of Services: *The center is open Monday through Friday 8:00am to 4:00pm. Other services that are available within the center include: social activities, leisure activities, health screening, exercise classes are occasionally offered, tours, trips to go shopping, food pantry, and information and referral.*

Breese Senior Citizens Center

Phone: 618-526-2188

480 South 4th Street, Breese, IL 62230

Fees: Contributions are accepted

Congregate & Home Delivered Meals: Hot meals are available Monday through Friday.

Serving: Clinton County

Description of Services: *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 from center to home or home to center and for shopping.

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

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

Serving: St. Clair County

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

Call for Help, Inc.

Phone: 618-397-0996 Fax: 618-397-6836

9400 Lebanon Road, Edgemont, IL 62203

Email: Email through website

Website: www.callforhelpinc.org

Serving: St. Clair County

Description of Services: *This is an after-hours emergency food pantry, to assist those in need, when all other pantries are closed. Clients should bring current identification, proof of income and residency.*

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

Serving: Madison, Jersey & Calhoun Counties

Description of Services: *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 8:30am to 4:30pm.*

Catholic Urban Programs

Phone: 618-398-5616

771 Vogel Place, East St. Louis, IL 62205

Email: jhubbard@diobelle.org

Website: www.ccsil.org

Serving: St. Clair County

Description of Services: *The office is open Monday through Friday from 9:00am to 4:30pm. 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

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

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

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

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

Serving: Randolph County

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

SENIOR CENTERS & FOOD RESOURCES CONTINUED

Clinton County Senior Services

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

630 8th Street, Carlyle, IL 62231

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

Transportation: Available curb to curb 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: 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: 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.

Serving: Clinton County

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

Clyde Jordan Senior Center

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

6755 State Street, East Saint Louis, IL 62203

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

Transportation: Available, but reservations need to be made three days in advanced 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: Hot meals are available for lunch Monday through Friday. Lunch is not available after 1:00pm.

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

Lunch is not available after 1:00pm

Serving: St. Clair County

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

Hot and frozen meals are available weekdays and weekends.

Serving: Madison County

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

Email: weeocsc@htc.net

127 St. Paul Street, Columbia, IL 62236

Fees: Suggested donations for each service. Home delivered meals \$3.75, congregate meals \$3.50, and transportation \$1.00 a stop.

Transportation: Available curb to curb.

Transportation includes center to home and home to center, recreation, shopping, and doctor. Reservations must be made for doctor appointments. Transportation is available from 9:30am to 1:30pm Monday through Friday.

Congregate & Home Delivered Meals: 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.

Serving: Monroe & St. Clair Counties

Description of Services: *The center is open Monday through Friday from 9:00am to 2:30pm. 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.

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

Serving: Madison County

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

Cosgroves Kitchen

Phone: 618-397-3113

3718 State Street, East Saint Louis, IL 62205

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

Congregate Meals: Hot meals are available Monday through Saturday.

Serving: St. Clair County

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

Crisis Food Center Inc.

Phone: 618-462-8201

21 East 6th Street, Alton, IL 62002

Serving: Madison County

Description of Services: *The food pantry is available Monday through Friday from 1:00pm to 2:45pm. No appointment is needed for initial use; an agency referral is needed thereafter and a current ID is required. The individual must also live in the service area.*

SENIOR CENTERS & FOOD RESOURCES CONTINUED

Edwardsville Senior Citizens Services Inc.

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

1003 North Main Street, Edwardsville, IL 62025

Fees: Call for more information.

Transportation: Services are available

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

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

Serving: Madison County

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

Emergency Food Pantry of the Caseville Churches

Phone: 618-344-5792

3 Miller Lane, Collinsville, IL 62234

Serving: Madison County

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

Fairview Heights Food Pantry

Phone: 618-398-0292

412 St. Clair Road, Fairview Heights, IL 62208

Serving: St. Clair County

Description of Services: The food pantry is open from Monday through Friday 9:00am to 11:00am. 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: 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: 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: Hot meals are available Monday through Friday. Diabetic and low sodium diets are available. A suggested donation of \$2.75 per meal.

Serving: Madison County

Description of Services: The center is open Monday through Friday 8:30am to 5:00pm. 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

620 13th Street, Highland, IL 62249

Serving: Madison County

Description of Services: The food pantry is open every Tuesday and Thursday from 10:00am to 1:00pm, and the first and third Saturday of every month. They use USDA

guidelines for qualifying for the service. The client must bring proof of income and current identification. The service area is the Highland School District.

Jarvis Township Senior Citizens Center

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

410 Wickliffe, Troy, IL 62294

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

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

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

Serving: Madison County

Description of Services: The center is open Monday through Friday from 9:00am to 3:00pm. 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 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: Hot meals are available for lunch Monday through Friday.

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

Serving: St. Clair County

Description of Services: The center is open Monday through Friday from 9:00am to 1:00pm. 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, Mascoutah, IL 62258

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

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

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

Serving: St. Clair County

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

SENIOR CENTERS & FOOD RESOURCES CONTINUED

Millstadt Township Senior Services

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

102 South Jefferson, Millstadt, IL 62260

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

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

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

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

Serving: St. Clair County

Description of Services: The center is open Monday through Friday from 8:00am to 3:00pm. 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.

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

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

Serving: Washington County

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

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 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: Hot meals are available for lunch Monday through Friday.

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

Serving: St. Clair County

Description of Services: The center is open Monday through Friday 8:00am to 1:00pm. 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 Street, Sparta, IL 62286

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

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

testimonial



"The *St. Louis Times* RESOURCE GUIDE is a valuable tool when working with our senior participants. Often times, it is essential that a number of different resources come together when helping mature workers prepare for, and eventually secure, the jobs they need. AARP, and all the other programs, services, and agencies listed in the guide, help everyone do their job...and do it better! My employment specialists, my coordinators, and my front office staff all use the Guide each and every day."

Lisa Bishop - AARP

SENIOR CENTERS & FOOD RESOURCES CONTINUED

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

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

Serving: Randolph County

Description of Services: The center is open Monday through Friday 8:00am to 3:00pm. 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.

Oakdale Nutrition Site

Phone: 618-329-5277

75 North Weigh Street, Oakdale, IL 62268

Fees: Suggested donation of \$3.00 per meal.

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

Serving: Washington County

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

OASIS

Phone: 618-465-1490

100 Alton Square, Alton, IL 62002

Fees: Contributions are accepted, but there is not a cost.

Serving: Madison County

Description of Services: The center is open Monday through Friday 10:00am to 3:00pm. The center does offer educational classes, leisure activities, social activities, and tours. The center helps provide additional services for seniors such as information and referral.

O'Fallon Community Food Pantry

Faith Lutheran Church

Phone: 618-632-5019

520 East Highway 50, O'Fallon, IL 62269

Serving: St. Clair County

Description of Services: The food pantry is open Monday and Tuesday from 9:00am to 12:00pm, and Friday from 9:00am to 3:00pm. The client must bring proof of income, current identification, and proof of residency. Clients must have a 62269 zip code.

O'Fallon Nutrition Center

Phone: 618-610-3610

801 East State Street, O'Fallon, IL 62269

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

Congregate Meals: Hot meals are available Monday through Saturday.

Serving: St. Clair County

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

Operation Blessing

Phone: 618-251-5683

18 E. Lorena Avenue, Wood River, IL 62095

Serving: Madison County

Description of Services: The food pantry is open Monday through Thursday from 10:00am to 1:00pm. 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.

Red Bud Senior Center

Phone: 618-282-6333 **Fax:** 618-282-9449

4111 State Route 159, Red Bud, IL 62278

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

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

Congregate Meals: Hot meals are available for lunch Monday through Friday at 11:15am. The only special diet available is diabetic.

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

Serving: Randolph & Monroe Counties

Description of Services: The center is open Monday through Friday 7:30am to 2:30pm. Additional services include educational classes, health screening, leisure activities, tours, and social activities.

Salvation Army

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

525 Alby Street, Alton, IL 62002

Website: <http://www.usc.salvationarmy.org>

Serving: Madison County

Description of Services: The food pantry is available Monday, Tuesday, Thursday, and Friday from 9:00am to 11:30am. 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.

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

Serving: St. Clair County

Description of Services: Meals are available on Monday, Wednesday, and Thursday at 11:30am. 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

Serving: Madison County

Description of Services: 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 CENTERS & FOOD RESOURCES CONTINUED

Senior Services Plus, Inc.

Phone: 618-465-3298 **Fax:** 618-465-3302
2603 North Rodgers Avenue, Alton, IL 62002
Email: jbecker@seniorservicesplus.org
Website: <http://www.seniorservicesplus.org>
Fees: Congregate \$2.75, Home Delivered \$4.75
Transportation: Services are available
Congregate & Home Delivered Meals: Available
Serving: Madison & St. Clair Counties

St. George

Phone: 618-233-6320
105 East D Street, Belleville, IL 62220
Serving: St. Clair County
Description of Services: *The food pantry is open Tuesday, Wednesday, and Thursday from 9:00am to 11:45pm. 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: http://www.stpaulucc.org/FoodPantry/Food_Pantry.htm
Serving: St. Clair County
Description of Services: *The food pantry is open Monday, Wednesday, and Friday from 1:30pm to 3:00pm. 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
Email: steeleville@egyptian.net
107 A West Broadway, Steeleville, IL 62288
Fees: \$3.50 per client for meals only.
Transportation: Available center to home and home to center.
Congregate Meals: Hot meals are available Monday through Friday. The cost is \$3.50 per client. The only special diet offered is diabetic
Home Delivered Meals: Hot meals are available Monday through Friday. The cost is \$3.50 per client. The only special diet offered is diabetic.
Serving: Randolph County
Description of Services: *The center is open Monday through Friday from 8:00am to 2:00pm. Some services that they offer include educational classes, leisure activities, and social activities.*

SWIC Programs and Services for Older Persons

Phone: 618-234-4410, 800-222-5131
Fax: 618-234-8634
201 North Church Street, Belleville, IL 62220
Website: www.southwestern.cc.il.us/psop
Fees: The center does accept contributions, but there is no general cost.

Transportation: Available Monday through Friday 6:00am and 6:00pm. The cost is \$3.50 per trip (exact change is required). Reservations must be made one day to two weeks ahead.

Congregate Meals: Hot meals are available for lunch only on Tuesdays. Lunch is at 11:30am for \$3.00.

Serving: St. Clair County

Description of Services: *The center is open Monday through Friday 8:00am to 4:30pm. Additional services include educational classes, health screening, leisure activities, recreation, social activities, tours, and information and assistance.*

Urban League Inc.

Phone: 618-274-1150
690 North 20th Street, East St. Louis, IL 62205
Serving: St. Clair County
Description of Services: *The food pantry is open Monday through Friday from 9:00am to 4:00pm. 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
Serving: Madison County
Description of Services: *The food pantry is open Tuesday, Wednesday, and Thursday from 3:00pm to 5:00pm. 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.
Congregate Meals: Hot meals are available for lunch Monday through Friday.
Home Delivered Meals: Hot or frozen meals are available for lunch Monday through Friday.
Serving: Madison County
Description of Services: *The center is open Monday through Friday 9:00am to 1:00pm.*

Washington County Senior Services

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: 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: 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: Hot or frozen meals are available for lunch Monday through Friday. The only special diet offered is diabetic. Suggested donation of \$3.00 a meal.
Serving: Washington County

SENIOR CENTERS & FOOD RESOURCES CONTINUED

Description of Services: The center is open Monday through Friday 8:00am to 3:30pm. Additional services include health screening, leisure activities, recreation, social activities, and information and assistance. Assistance with applications such as the circuit breaker are also available.

Waterloo Multipurpose Senior Center

Phone: 618-939-8880 **Fax:** 618-939-1374

207 West 4th Street, Waterloo, IL 62298

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

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

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

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

Serving: Monroe County

Description of Services: The center is open Monday through Friday 7:00am to 3:00pm. Additional services include educational classes, health screening, leisure activities, recreation, and social activities.

Western Egyptian

Phone: 618-826-3141

128 A Koeneman Acres, Chester, IL 62233

Email: execdir@weeoc.org

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

Serving: Randolph County

Description of Services: The food pantry is open Monday and Wednesday from 9:00am to 2:00pm. 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

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

Serving: Randolph County

Description of Services: The food pantry is open Tuesday and Thursday from 8:00am to 2:00pm. 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: 618-939-8715

207 W. Fourth, Waterloo, IL 62298

Email: execdir@weeoc.org

Website: <http://www.weeoc.org/Community/Communserv.htm>

Serving: Monroe County

Description of Services: The food pantry is open Monday, Wednesday, and Friday from 8:00am to 1:30pm. 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.

testimonial



"I use the Resource Guide for my clients when they are trying to find facilities such as Assisted Living and nursing homes. In addition the guide is a great source for my staff to find other information such as Home Care Agencies, services that are available for products and services for seniors and their families."

*Bonnie Laiderman - President
Veterans Home Care, LLC*

"I use the guide as a resource to refer clients to specialists and agencies for services needed for their specific family members needs, from legal advice to financial advise or to organizations such as ALS or Alzheimer's."

*Howard Laiderman - Vice President
Veterans Home Care, LLC*