# **SENIOR ACTIVITY CENTERS**

# City of Wyoming Senior Center

2380 De Hoop Ave, Wyoming, MI 49509 || 616-530-3190 bit.ly/2GVufqy

Provides older adults with a variety of recreational, social and volunteer opportunities. Also provides a variety of health and wellness services.

#### Northview Senior Citizens

5255 Grand River Dr NE, Grand Rapids, MI 49525 || 616-365-6150 northviewseniors.org

Offers a broad spectrum of programming including weekly classes, monthly activities, lectures, outings and day trips.

#### North Kent Connect

10075 Northland Dr NE, Rockford, MI 49341 || 616-866-3478 nkconnect.org/seniorservices.php

North Kent Connect works to help seniors by providing specially tailored programs to meet their needs.

# **Senior Neighbors**

seniorneighbors.org || 616-459-6019

Promotes the well-being of older adults in Kent County with services that promote self-sufficiency, especially to those with physical, social or economic needs. Centers located in Grand Rapids, Grandville, Lowell, Sparta and Walker.

# Salvation Army Kroc Community Center

2500 Division Ave S, Grand Rapids, MI 49507 || 616-588-7200 grkroccenter.org/seniors.html

Senior programs provide fellowship and community as well as ways for older adults to stay active and involved with fitness classes and activities.

Service changes may have been affected due to COVID 19. Please call 2-1-1, or contact organizations by phone for service updates.

Last updated: 01-11-2021

# **Community Resources**

# **SERVICES FOR SENIORS**



A starting point for finding resources that can help you maintain an independent, healthy and social lifestyle as you age.

Resources Provided by:



Information Ideas Excitement!

#### **GENERAL RESOURCES**

# 2-1-1 Heart of West Michigan United Way

hwmuw.org/211 hwmuw.org/211-live-chat Dial 2-1-1

United Way's 2-1-1 connects people to thousands of services in Kent County. Whoever you are, whatever your needs, 2-1-1 makes it easy to find help for yourself, a neighbor, or a loved one. Please note that 2-1-1 is an information and referral service and does not provide direct services or financial assistance.

## Area Agency on Aging of Western Michigan

3215 Eaglecrest Dr NE, Grand Rapids || 616-456-5664 aaawm.org

Area Agency on Aging of Western Michigan's mission is to provide older adults and adults living with a disability services designed to promote independence and dignity in their homes and their communities. AAAWM is the source for seniors in Allegan, Ionia, Kent, Lake, Mason, Mecosta, Montcalm, Newaygo, and Osceola counties.

#### accessKENT

bit.ly/2rwuk91 || 616-632-7950

Departments > Community Action > Senior Services (outreach & assistance, transportation, meals, weatherization)

# **Elders Helpers**

500 Cherry St SE, Grand Rapids || 616-454-8305 eldershelpers.com

Works closely with clients and their families to determine which home health care or homemaking services are needed. They then collectively devise a person-centered plan to provide the highest quality of care so that their clients can continue to thrive in the comfort of their own home.

## **Elder Law of Michigan**

144 44th St SW #2, Grand Rapids || 866-400-9164

elderlawofmi.org

Elder Law of Michigan is a nonprofit charitable organization that promotes and protects the rights, health, and economic well-being of older adults and people with disabilities by providing information, advocacy, legal advice and professional services.

## Kent County Elder Abuse Coalition

protectkentseniors.org | 1-855-444-3911

The Kent County Elder Abuse Coalition is a large group of agencies representing non-profit, profit, and government organizations. dedicated to the elimination of elder abuse in Kent County and surrounding areas.

# **United Methodist Community House**

904 Sheldon Ave SE, Grand Rapids, MI 49507 || 616-452-3226 ext *3013 bit.ly/2S8XVIh* 

Partnering with over 60 different community organizations, our seniors department fills the schedule with health screenings, exercise programs, educational programs, and awareness programs.

#### **TRANSPORTATION**

# **Kent County Ride Link**

aaawm.org/ridelink || 616-774-1288 or toll free 866-425-3848
RideLink provides Kent County adults, age 60+, affordable transportation throughout
Kent County.

#### The Rapid Go Bus

bit.ly/2UTqZPD || 616-456-6141

GO!Bus is a shared ride, advanced reservation, ADA para-transit service intended to provide a comparable level of transportation to that which is provided by a The Rapid fixed-route bus.

## **FOOD RESOURCES**

# Meals on Wheels Western Michigan

mealsonwheelswesternmichigan.org | 616-459-3111

Provides quality nutrition services in a supportive environment to promote health and independence of older adults.

# LIFELONG LEARNING OPPORTUNITIES

# <u>Grand Valley State University Grand Forum</u>

gvsu.edu/learn/grand-forum-7.htm || 616-331-6615

The Grand Forum is an membership based educational outreach program for adults 55 and older who are eager to learn, love to meet new people, and enjoy discussing impactful topics with their peers.

# **OLLI at Aquinas**

aguinas.edu/olli-aguinas || 616-632-2430

The Osher Lifelong Learning Institute is a membership-based, lifelong learning program that offers a wide variety of college-level, non-credit lectures, short courses, and special events for intellectually curious adults over age 50.

## Rockford Community Schools Adult Enrichment Programs

bit.lv/2W8iYa3 | | 616-863-6322

Offers a variety of fee-based enrichment and technology classes for adults.

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