INDIANOLA AREA SENIOR CENTER is a place for seniors to congregate and socialize. Activities include playing cards, crafts, singing, table games, pocket billiards, potluck dinners, tours, health and wellness, dancing and other special activities as arranged.

3/14/2020 - COVID-19 Update:
The Intercultural Senior Center is offering food pantry services (sack of groceries, not prepared meals) for adults ages 50 and older. There are three options to receive this assistance:
HOME DELIVERY  Call 402-444-6529 to request home delivery; geographic ar...

Grimes Senior Meal Site provides lunch and activities (Wii Bowling, bingo, and cards) for individuals 60 and older.

DRIVER SAFETY, monthly AARP Driver Safety course.

RECREATION SERVICES are offered at local senior centers. Each center develops their own schedule of activities to match their hours.
Senior Services

AGENCY: FRIENDLY HOUSE
Senior citizen activities that take into account their personal, physical, social, and educational needs. Activities include arts, education, bingo, aerobics, card playing, social groups, ceramics, crafts, trips, and recreation. Limited free transportation is available to and from programming and Friendly House.

Senior Services

AGENCY: CENTER FOR ACTIVE SENIORS, INC. (CASI)
Senior center providing a variety of social, educational, support, and wellness programs and activities designed for adults ages 50+.
Weekly activities include band, chorus, cards, painting, ceramics, computers, bingo, and trips in the community.
Congregate meal served Mon-Fri 11:30 am-12:30 pm in conjunction with Milestones A...

Senior Center

AGENCY: SIOUXLAND CENTER FOR ACTIVE GENERATIONS
Senior Center with programs and activities for older adults in the areas of recreation, socialization, education, health, and finance.

Senior Center

AGENCY: AGING OFFICE OF WESTERN NEBRASKA (AOWN)
Senior center offering a variety of services for older adults.

Generations Community Center

AGENCY: HEARTLAND FAMILY SERVICE
Recreational, social, and nutritional programming to meet the needs of seniors over the age of 55. The Center offers a sponsored lunch for those 60 and older, monthly musical entertainment, weekly activities, and transportation. There is no cost for membership.
Senior Services at Fairmont Senior Center

Services and activities for senior citizens to support their independence and community involvement. Includes activities coordination, entertainment, fellowship, recreation, and education.

Specific services include congregate meals, home delivered meals, transportation, shopping assistance, information and referral, blood pressure clinic.

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Senior Services at Geneva Senior Center

Senior center provides services and activities to senior citizens to support their independence and community involvement.

Activities coordination, entertainment, fellowship, recreation, education.

Congregate meals.

Home delivered meals.

Information and referral.

Blood Pressure clinic.

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Senior Services at Exeter Senior Center

Senior center provides services and activities to senior citizens to support their independence and community involvement.

Congregate meals.

Blood pressure screenings.

Activities, coordination, entertainment, fellowship, recreation, and education.

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Senior Services

Senior services.
Senior Services

**AGENCY: Wahoo Senior Services**

Activities for senior citizens.

Congregate meals - special diets available with a physician's request.

Educational, recreational, and information programs. Arts and humanities. Group programs and socialization.

Information and referral.

Placement of volunteers at the Center and in the community.

Minority Senior Program

**AGENCY: Diversity Service Center of Iowa**

Offers a senior center, biweekly authentic Hispanic meal site, case management, home visits to improve health and living conditions, and acts as a liaison between clients and community agencies.

Senior Services at Milford

**AGENCY: Seward County Aging Services**

Services and activities for senior citizens to support their independence and community involvement.

Congregate meals Mon-Fri.
Services and activities for senior citizens to support their independence and community involvement.

Farmer’s market program.

Caregiving information.

Fitness Classes, Tai-Chi and Stepping on, call for schedule.

Moms Meal program delivers meals to homebound seniors that are income eligible.

Bone...

Services and activities for senior citizens to support their independence and community involvement.

Recreation, health education, and informational programs.

Seward Senior Shuttle makes appointments every 15 minutes, Mon-Fri 9:30 am-3:30 pm for senior doctor appointments, grocery shopping, shoppin...
Congregate meals.

Meals on Wheels seven days per week.

Recreation, health education, and informational programs.

Information and referral.

Fun and fitness class.

Social events some ev...

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