

Anoka:

Anoka County Senior Services

Phone: 763-324-4000

<https://www.anokacounty.us/654/Senior-Services>

Anoka County

Activities for Older Adults

Phone: 763-324-4200

<https://www.anokacounty.us/3764/Activities-for-Older-Adults>

Coon Rapids Senior Services

Activities, Classes, & Resource Guide for Seniors

<https://www.coonrapidsmn.gov/366/Senior-Services>

Help at Your Door

Grocery Assistance, Home Support, & Transportation (Service Fee Based on Income)

Phone: 651-642-1892

<https://helpatyourdoor.org/>

Trellis

Phone: 651-641-8612

<https://trellisconnects.org/>

Benton:

Central Minnesota Council on Aging

Phone: 320-253-9349

<http://www.cmcoa.org/>

Independent Lifestyles

Phone: 320-529-9000

<https://independentlifestyles.org/>

Benton County Senior Services

State Waiver Programs & Non-Waiver Services

<https://www.co.benton.mn.us/620/Adult---Child---Senior-Services>

Big Stone:

Prairie Five Community Action

Aging and Adult Services

Phone: 320-269-6578

<https://prairiefive.org/>

Prairie Five Meals

Home Delivered Meals and Congregate Dining

Free for seniors 60+ : Must complete participant intake form

Phone: Phone: 320-269-6578

<https://prairiefive.org/programs/meals-program/>

Minnesota River Area Agency on Aging

Phone: 507-387-1256

<https://mnraaa.org/>

Blue Earth:

Blue Earth County

Long Term Care Services (65+), Personal Care Assistant (PCA) Program, Healthcare Assistant, Immunizations, Healthcare Programs, Food Programs, Cash Assistance Programs

<https://www.blueearthcountymn.gov/522/Seniors>

Blue Earth Senior Center

Events and Social Connection

Phone: 507-526-7336

<https://becity.org/senior-center/>

Greater Mankato Events

Events for Seniors 55+ (Free)

<https://www.greatermankatoevents.com/events-seniors>

SMILES

Phone: 507-345-2221

<https://smilescil.org/>

Minnesota River Area Agency on Aging

Phone: 507-387-1256

<https://mnraaa.org/>

Brown:

Aging and Disability Resource Center

Online & In Person Events for Seniors (Free)

Phone: 920-448-4300

<https://adrcofbrowncounty.org/events-calendar/>

Senior Activity and Resource Center

Phone: 920-339-4050

<https://www.deperewi.gov/egov/apps/document/center.egov?view=item&id=538>

Minnesota River Area Agency on Aging

Phone: 507-387-1256

<https://mnraaa.org/>

Carver:

City of Waconia

Senior Resources and Guides

Phone: 952-442-2184

<https://www.waconia.org/456/Senior-Resources>

Help at Your Door

Grocery Assistance, Home Support, & Transportation (Service Fee Based on Income)

Phone: 651-642-1892

<https://helpatyourdoor.org/>

Trellis

Phone: 651-641-8612

<https://trellisconnects.org/>

Chippewa:

Prairie Five Community Action

Aging and Adult Services

Phone: 320-269-6578

<https://prairiefive.org/>

Prairie Five Meals

Home Delivered Meals and Congregate Dining

Free for seniors 60+ : Must complete participant intake form

Phone: 320-269-6578

<https://prairiefive.org/programs/meals-program/>

Minnesota River Area Agency on Aging

Phone: 507-387-1256

<https://mnraaa.org/>

Chisago:

Chisago City

Community and Recreation Programs: Let's Go Fishing! (Free for 55+)

Phone: 651-402-5960

<https://www.chisagocountymn.gov/446/Community-Recreation-Programs>

North Branch Area Chamber of Commerce

Upcoming Recreation Events

Phone: 651-674-4077

<https://northbranchchamber.com/events/>

Chisago Lakes School District

Community Education and Programs for Adults

Phone: 651-213-2000

<https://www.isd2144.org/Page/1383>

Central Minnesota Council on Aging

Phone: 320-253-9349

<http://www.cmcoa.org/>

Cottonwood:

The City of Windom

Adult and Senior Organizations

Phone: 507-831-6129

<https://windom-mn.com/community-information/adult-senior-organizations/>

Minnesota River Area Agency on Aging

Phone: 507-387-1256

<https://mnraaa.org/>

A.C.E

Caregiver Services, Health & Wellness Programs, Support Programs, Volunteer Opportunities

Phone: 507-360-4205

<https://aceswmn.org/who-we-are/>

Dakota:

Dakota County Aging & Disability Services

Community Living Services

Phone: 651-554-6336

<https://www.co.dakota.mn.us/HealthFamily/Disabilities>

Dakota County Aging & Disability Services

Community Resources & Information

Phone: 651-554-6104.

<https://www.co.dakota.mn.us/Government/publiccommittees/CFL/Pages/resources-links.aspx>

Help at Your Door

Grocery Assistance, Home Support, & Transportation (Service Fee Based on Income)

Phone: 651-642-1892

<https://helpatyourdoor.org/>

Dakota County Aging & Disability Services

Help Stay at Home Services and Resources: Adult Day Services, Chore Services, Emergency Call systems, Equipment & Supplies, Homeaking, Home-Delivered Meals, Nursing Care & Therapies, Personal Care, Respite Care, Transportation.

Phone: 1-800-333-2433.

<https://www.co.dakota.mn.us/HealthFamily/Disabilities/HelpToStayatHome/Pages/default.aspx>

West St. Paul Senior Resources
Helpful Organizations for Seniors

Phone: 651-554-6115

<https://wspmn.gov/602/Senior-Resources>

City of Burnsville Senior Programs and Activities

Phone: 952-895-4500

<https://burnsvillemn.gov/1616/Senior-Programs>

Active Adults 55+ Programs & Activities

Price Varies By Program

Phone: 952-895-4500

<https://www.ighmn.gov/385/Active-Adults-55-Programs-Activities>

Darts

Caregiver Support, Home Services, Outdoor Chores & Maintenance, Light Housekeeping,
Transportation Services, and Free Grocery Delivery

Phone: 651-455-1560

<https://dartsconnects.org/>

Rosemount 55+ Activities

Phone: 651-322-6016

<https://ci.rosemount.mn.us/314/55-Adult-Activities>

Apple Valley Senior Programs and Activities

Phone: (952) 953-2345.

<https://www.ci.apple-valley.mn.us/226/Senior-Programs>

Trellis

Phone: 651-641-8612

<https://trellisconnects.org/>

Dodge:

Public Health: Senior Home and Community Based Services

Elderly Waivers, Personal Care Assessments, Alternative Care, & Long Term Care
Assessments

Phone: 507-635-6150

https://www.co.dodge.mn.us/departments/senior_home_and_community_based_services.php

Faith in Action

Transportation, Friendly Visit, Respite, Chore/Housekeeping, Errands/Shopping, &
Handyman/Yardwork (Free)

Phone: 507-634-3654

<https://fiadodgecounty.org/>

Semcac Community Action Agency

Senior Dining & Meals on Wheels (60+ Free or Donation) & Senior Services

Phone: 507-634-4350

<https://www.semcac.org/senior-services/senior-dining/>

Southeastern Minnesota AAA

Phone: 507-288-6944

<http://semaaarochestermn.org/>

Douglas:

Dancing Sky Area Agency on Aging

Phone: 218-745-6733

<https://www.dancingskyaaa.org/>

Senior Connections

Transportation (\$6-9), Device Loans, Support Programs, Activities, Education & Resources, & Meals on Wheels

Phone: 715-394-3611

<https://www.seniorconnectionswi.org/>

Douglas County Senior Services

Phone: 320-762-3047

<https://www.co.douglas.mn.us/senior-citizens-health>

Alexandria Senior Services

Healthcare Services, Home Healthcare, Senior Living, Resources, Events & Activities

Phone: 320-763-3161

<https://www.alexandriamn.org/senior-services.html>

Douglas County: Community Services and Parks & Recreation

Senior Community Centers, Health & Nutrition Services, Events, Recreation & Wellness

Phone: 775-782-5500

https://communityservices.douglascountynv.gov/senior_services

Faribault:

Buckham West

Programs & Activities, Senior Center, Transportation, Friendship Program, Education, Legal Services, Senior Dining (50+ with annual \$40 membership)

Phone: 507-332-7357

<https://buckhamwest.org/>

Buckham West Senior Center
Classes & Activities (Free for 55+)
Phone: 507-332-7357

<https://www.ccsomn.org/venue/buckham-west-faribault-senior-center/>

Human Services
Aging & Disability Resources
Phone: 507-526-3265

<https://www.fmchs.com/index.php/community-health/elderly-or-persons-with-disabilities>

Minnesota River Area Agency on Aging
Phone: 507-387-1256

<https://mnraaa.org/>

Fillmore:

Semcac Community Action Agency
Senior Dining & Meals on Wheels (60+ Free or Donation) & Senior Services
Phone: 507-765-2761

<https://www.semcac.org/senior-services/senior-dining/>

Southeastern Minnesota AAA
Phone: 507-288-6944

<http://semaaarochestermn.org/>

Freeborn:

Senior Resources of Freeborn County
Ride Services, Advocacy, Senior Support, Chore Services (60+ free but donations encouraged)
Phone: 507-377-7433

<https://www.srofc.org/>

Semcac Community Action Agency
Senior Dining & Meals on Wheels (60+ Free or Donation) & Senior Services
Phone: 507-373-1329

<https://www.semcac.org/senior-services/senior-dining/>

Southeastern Minnesota AAA
Phone: 507-288-6944

<http://semaaarochestermn.org/>

Goodhue:

Goodhue County Events
Tai Ji Quan (\$30 for 55+ members and \$40 for non members)

<https://co.goodhue.mn.us/Calendar.aspx?EID=1234>

Goodhue County Events
Bike All Day (Free)
<https://co.goodhue.mn.us/Calendar.aspx?EID=1608>

Goodhue County Fair
Free Event Calendar
Phone: 507-732-5001
<http://www.goodhuecountyfair.com/free-entertainment.html>

Zumbrota Senior Center
Senior Activities (Free-Low cost)
Phone: 507-421-6067
<https://www.ci.zumbrota.mn.us/index.asp?SEC=D0B1D853-709D-4372-ADBD-7125CFDBEE59>

Southeastern Minnesota AAA
Phone: 507-288-6944
<http://semaaarocheatermn.org/>

Grant:
Grant County Event Calendar
<http://www.co.grant.mn.us/Calendar.aspx>

City of Santa Cruz
Senior Activities at London Nelson Community Center
Phone: 831-420-5030
<https://www.cityofsantacruz.com/government/city-departments/parks-recreation/senior-programs/senior-activities>

Dancing Sky Area Agency on Aging
Phone: 218-745-6733
<https://www.dancingskyaaa.org/>

Hennepin:
MCIL (Metropolitan Center for Independent Living)
Phone: 651-646-8342
<https://www.macil.org/>

Trellis
Phone: 651-641-8612
<https://trellisconnects.org/>

West Minister Presbyterian Church: Magnet Senior Center
Senior Events and Activities (Free)
Phone: 612-332-3421

Location: Downtown Minneapolis

<https://www.westminstermpls.org/connect/care-support/magnet-senior-center/>

Community Action Senior Services

Community Resources

Phone: 952-933-9639

<https://caphennepin.org/what-we-do/community-resources.html/title/senior-services>

Golden Valley Adult 55+ (Senior) Programs and Resources

Phone: 763-593-8000

<https://www.goldenvalleymn.gov/278/Adult-55-Senior-Programs>

Hennepin County Community Engagement

Phone: 612-348-3000

<https://www.hennepin.us/your-government/get-involved/community-engagement>

Hennepin County: Accessing Supports for Seniors and People with Disabilities

Phone: 612-348-4111

<https://www.hennepin.us/residents/human-services/seniors-disabilities-supports>

Maple Plain Senior Services and Resources

Phone: 763-479-0515

<https://www.mapleplain.com/SeniorServices>

Delano Activity and Clubs

Writing Circle, Book Club, Story Readers, Lending Library, & Senior Singers

Phone: 763-972-0550

<https://www.delano.mn.us/services/senior-center/activities>

Delano Senior Center

Games & Cards (Free)

Phone: 763 972-0574

<https://www.delano.mn.us/services/senior-center/games>

Crystal Friendship Senior Center

Events, Activities, Transportation Services, Meal Programs, Assistance Programs (\$12 for Crystal Residents 55+)

Phone: 763-531-0052

https://parksandrec.crystalmn.gov/recreation/facilities/senior_center

Hennepin County Library Events (Free)

Phone: 612-543-8100

<https://www.supporthclib.org/upcoming-library-events>

Maple Grove Senior Center
Senior Programs and Classes (Free)
Phone: 763-494-6500
<https://www.maplegrovern.gov/357/Senior-center>

Senior Community Services
Technology Support
Phone: 952-767-7893
<https://seniorcommunity.org/services/tech-support-services/tech-resources-for-older-adults/>

Senior Community Services; HOME Program (60+)
Housekeeping, Handyperson Tasks, Painting, Home Safety Checks, Lawn Mowing & Snow Removal, Yard Services, and Tech Support (Cost based on income and ability to pay)
Phone: 952-746-4046
<https://seniorcommunity.org/services/home-program/#home-app-form>

Help at Your Door
Grocery Assistance, Home Support, & Transportation (Service Fee Based on Income)
Phone: 651-642-1892
<https://helpatyourdoor.org/>

Houston:
Houston County Master Gardeners
Phone: 612-625-9864
<https://houstoncountymastergardeners.com/events/>

Semcac Community Action Agency
Senior Dining & Meals on Wheels (60+ Free or Donation) & Senior Services
Phone: 507-864-7741
<https://www.semcac.org/senior-services/senior-dining/>

Area Agency on Aging: SouthEastern Minnesota
Support, Information, and Resources
Phone: 507-288-6944
<https://semaaaa.org/>

Southeastern Minnesota AAA
Phone: 507-288-6944
<http://semaaaarochestermn.org/>

Isanti:
Senior Activities
Meals on Wheels (Free), Foster a Grandparent Program, Medicare 101, Health Screening (\$139)

Phone: 763-444-5512

<https://www.cityofisanti.us/residents/pages/senior-activities>

Isanti Senior Dining

Donation Recommended (\$4-\$7.75)

Phone: 763-444-7539

<https://www.cityofisanti.us/parks-recreation-culture/events/36326>

Isanti County Fair: Senior Day

Phone: 763-689-2555

<https://isanticountyfair.com/seniors-day/>

Isanti Parks and Recreation Activities (Free)

Phone: 763-689-3859

<https://www.co.isanti.mn.us/584/Announcements-and-Events>

Isanti County Programs & Grants

Personal Care Assistance, Relocation Services, Consumer Support Grant, & Family Support

Phone: 763-689-1711

<https://www.co.isanti.mn.us/190/Programs>

Cambridge Senior Activity Center

Events & Activities, Friendship Cafe, Meal Delivery (Lower Cost)

Phone: 763-689-6555

<https://cambridgesac.org/>

Central Minnesota Council on Aging

Phone: 320-253-9349

<http://www.cmcoa.org/>

Jackson:

Jackson Public Services and Resources

Phone: 507-847-3867

<http://www.jacksonmn.com/public-services>

Kandiyohi:

Services For Those Over the Age of 65

MN CHOICE Assessment to Provide Appropriate Support to Meet Needs

Phone: 320-231-7800

https://www.kcmn.us/departments/family_services/elderly_or_under_65_disabled.php

Willmar Community and Activity Center

Senior Dining & Community Activities (60+, Donation Encouraged \$4.50)

Phone: 320-262-5288

https://www.willmarmn.gov/the_willmar_community_center/

Minnesota River Area Agency on Aging

Phone: 507-387-1256

<https://mnraaa.org/>

Minnesota River Area Agency on Aging

Phone: 507-387-1256

<https://mnraaa.org/>

Lac Qui Parle:

Dawson Senior Center

Recreation & Leisure Activities (Free)

Phone: 320-769-2292

<https://www.dawsonmn.com/senior-citizen-center>

Minnesota River Area Agency on Aging

Phone: 507-387-1256

<https://mnraaa.org/>

Prairie Five Community Action

Aging and Adult Services

Phone: 320-269-6578

<https://prairiefive.org/>

Prairie Five Meals

Home Delivered Meals and Congregate Dining

Free for seniors 60+ : Must complete participant intake form

Phone: 320-269-6578

<https://prairiefive.org/programs/meals-program/>

Lac Qui Parle County History Center

Events & Programs (Free)

Phone: 320-598-7678

<https://lqphc.org/events-2/>

Le Sueur:

Le Sueur Chamber of Commerce

Events & Activities (Free)

Phone: 507-665-2501

<https://www.lesueurchamber.org/events>

Minnesota River Area Agency on Aging

Phone: 507-387-1256

<https://mnraaa.org/>

Le Sueur

Events Calendar (Free)

Phone: 507-665-6401

<http://cityoflesueur.com/Calendar.aspx?EID=141>

Le Sueur Recreation and Community Center

Membership Fee: \$25/Month

Phone: 507-665-3325

<https://www.cityoflesueur.com/155/Recreation-Community-Center>

Lincoln:

Southwest Health Senior Services

MnCHOICE Assessment, Community Services & Resources

Phone: 1-888-837-6713

<https://swmhhs.com/social-services/senior-services/>

ACE Events

Phone: 507-360-4205

<https://aceswmn.org/events/>

Minnesota River Area Agency on Aging

Phone: 507-387-1256

<https://mnraaa.org/>

Lyon:

SWCIL (Southwestern Center for Independent Living)

Phone: 507-532-2221

<https://www.swcil.com/>

Minnesota River Area Agency on Aging

Phone: 507-387-1256

<https://mnraaa.org/>

Martin:

Fairmont Area Calendar

Phone: 507-235-3141

<https://www.fairmontareacalendar.com/>

Fairmont Chamber of Commerce Networking Events

Phone: 507-235-5547

<https://fairmontchamber.org/networking-events/>

Human Services

Aging & Disability Resources

Phone: 507-238-4757

<https://www.fmchs.com/index.php/community-health/elderly-or-persons-with-disabilities>

Minnesota River Area Agency on Aging

Phone: 507-387-1256

<https://mnraaa.org/>

McLeod:

Hutchinson Special Events (Price Varies)

Phone: 320-587-2975

<https://www.hutchinsonprce.com/recreation-center/special-events/>

McLeod County Events (Price Varies)

Phone: 320-864-5551

https://www.mcleodcountymn.gov/departments/veteran_services/upcoming_events.php

Minnesota River Area Agency on Aging

Phone: 507-387-1256

<https://mnraaa.org/>

Meeker:

Meeker County Adult Health, Disability, & Seniors

Personal Care Attendant Assessment, Nutrition Assistance for Seniors (NAPS), & Early Intervention

Phone: 320-693-5370

<https://www.co.meeker.mn.us/212/AdultDisabledSenior-Health>

Minnesota River Area Agency on Aging

Phone: 507-387-1256

<https://mnraaa.org/>

Mower:

Semcac Community Action Agency

Senior Dining & Meals on Wheels (60+ Free or Donation) & Senior Services

Phone: 507-459-9270 OR 507-459-9270

<https://www.semcac.org/senior-services/senior-dining/>

Mower County Senior Center

Events, Transportation, Chores, & Dining (\$30/Year)

Phone: 507-481-3331

<https://www.mcs-inc.org/>

Mower County Senior Upcoming Events

<https://www.austindailyherald.com/2022/04/mower-county-senior-upcoming-events/>

Our Place Recreation Center for Intellectual or Developmental Disabilities

Phone: 507-433-8994

<https://www.lifemowercounty.org/our-place-recreation-center.html>

Southeastern Minnesota AAA

Phone: 507-288-6944

<http://semaaarochestermn.org/>

Murray:

Murray County Community Groups

Phone: 507-836-6148

https://www.murray-countymn.com/community/community_groups.php

Murray County Outdoor and Recreation

Phone: 507-836-6148

<https://www.murray-countymn.com/community/activities/index.php>

A.C.E

Caregiver Services, Health & Wellness Programs, Support Programs, Volunteer Opportunities

Phone: 507-360-4205

<https://aceswmn.org/who-we-are/>

Minnesota River Area Agency on Aging

Phone: 507-387-1256

<https://mnraaa.org/>

Nicollet:

Nicollet County Community Resources

<https://www.co.nicollet.mn.us/782/Community-Resources>

City of St. Peter Resources for Seniors

Senior Nutrition Program, Meals on Wheels, Nutrition Assistance Program, High School Activity

Pass (60+, Low Cost)

Phone: 507-934-4840

<https://www.saintpetermn.gov/229/Resources-for-Seniors>

Minnesota River Area Agency on Aging

Phone: 507-387-1256

<https://mnraaa.org/>

Nobles:

Nobles county Adult Services

Phone: 507-295-5240

<https://www.co.nobles.mn.us/departments/community-services/adult-services/>

A.C.E

Caregiver Services, Health & Wellness Programs, Support Programs, Volunteer Opportunities

Phone: 507-360-4205

<https://aceswmn.org/who-we-are/>

Minnesota River Area Agency on Aging

Phone: 507-387-1256

<https://mnraaa.org/>

Olmsted:

Semcac Community Action Agency

Senior Dining & Meals on Wheels (60+ Free or Donation) & Senior Services

Phone: 507-864-7741

<https://www.semcac.org/senior-services/senior-dining/>

Olmsted County Adult & Senior Resources

Phone: 507-328-6000

<https://www.olmstedcounty.gov/residents/services-individuals-families/adults-seniors>

Rochester Events Calendar

Phone: 507-288-4331

<https://www.experiencerochestermn.com/things-to-do/events-calendar/>

SEMCIL (Southeastern Minnesota Center for Independent Living)

Phone: 507-285-1815

<https://www.semcil.org/>

Southeastern Minnesota AAA

Phone: 507-288-6944

<http://semaaarochestermn.org/>

Pipestone:

YourHome Pipestone

Senior Citizen Services, On-site Senior Dining, Meals on Wheels, Senior Linkage

Phone: 507-825-3252

<http://livepipestone.com/be-healthy/sr-services/>

Minnesota River Area Agency on Aging

Phone: 507-387-1256

<https://mnraaa.org/>

Pope:

Pope County Senior Services

Phone: 320-634-7700

<http://www.popecountymn.gov/senior-coordinator>

Glenwood Waterama

Phone: 612-207-7697

<https://www.waterama.org/events>

Glenwood Lakes Area Community Calendar

https://mms.glenwoodlakesarea.org/members/calendar6.php?org_id=GLAC

United Way of Douglas & Pope Counties

Phone: 320- 834-7800

<https://uwdp.org/what-we-do/community-needs.html>

Pope County Senior Wellness and Activity Center

Phone: 479-968-5039

<http://rivervalleyseiors.com/rvs-pope-county/>

Dancing Sky Area Agency on Aging

Phone: 218-745-6733

<https://www.dancingskyaaa.org/>

St. Louis

Arrowhead Area Agency on Aging

Phone: 218-722-5545

<https://www.arrowheadaging.org/>

Ramsey:

Trellis

Phone: 651-641-8612

<https://trellisconnects.org/>

White Bear Lake Community Services & Recreation

Senior Program

Phone: 651-653-3121

<https://communityservices.isd624.org/adults-seniors/programs>

Ramsey County Community

Resources for Seniors

Phone: 651-266-8500

<https://www.ramseycounty.us/residents/assistance-support/assistance/seniors>

Ramsey County

Opportunities for Seniors

Phone: 651-266-0118

<https://www.ramseycounty.us/your-government/volunteer/opportunities-seniors>

Maplewood Senior Resources

Phone: 651-642-1892

<https://www.maplewoodmn.gov/1385/Senior-Resources>

City of Ramsey

Event Calendar

Phone: 763-783-4707 or 1-800-333-2433

<https://www.cityoframsey.com/Calendar.aspx?EID=1516>

Meals on Wheels Ramsey County

Phone: 651-266-4107

<https://mealsonwheels-rc.org/>

School District 622 Community Education

Senior Programs

Phone: 651-748-7630

<https://www.isd622.org/seniors>

Roseville Community Resources for Seniors

<https://www.cityofroseville.com/2733/Community-Resources>

Saint Anthony Park Area Seniors

Phone: 651-642-9052

<https://www.sapaseniors.org/>

Help at Your Door

Grocery Assistance, Home Support, & Transportation (Service Fee Based on Income)

Phone: 651-642-1892

<https://helpatyourdoor.org/>

Redwood:

City of Redwood Parks & Recreation

Senior Activities

Phone: 507-616-7444

<https://redwoodareacommunitycenter.com/youth-adult-recreation/senior-activities/>

Redwood Area Development Corporation

Senior Activities, Blood Pressure Checks, Meals (\$7 a person)

Phone: 507-644-6464

<https://www.radc.org/economic-development/business-directory/p/item/6399/redwood-area-senior-center>

A.C.E

Caregiver Services, Health & Wellness Programs, Support Programs, Volunteer Opportunities

Phone: 507-360-4205

<https://aceswmn.org/who-we-are/>

Minnesota River Area Agency on Aging

Phone: 507-387-1256

<https://mnraaa.org/>

Renville:

Renville County

Senior Services

Phone: 320-523-2202

https://www.renvillecountymn.com/departments/public_health/senior_services_and_people_with_disabilities/index.php

Minnesota River Area Agency on Aging

Phone: 507-387-1256

<https://mnraaa.org/>

Renville County

Community Event Calendar

https://www.renvillecountymn.com/departments/area_events.php

Rice:

Semcac

Senior Dining

Phone: 507-864-7741

<https://www.semcac.org/senior-services/senior-dining/>

Southeastern Minnesota AAA

Phone: 507-288-6944

<http://semaaarochestermn.org/>

Rock:

A.C.E

Caregiver Services, Health & Wellness Programs, Support Programs, Volunteer Opportunities

Phone: 507-360-4205

<https://aceswmn.org/who-we-are/>

Minnesota River Area Agency on Aging
Phone: 507-387-1256
<https://mnraaa.org/>

Scott:
Scott County
Senior Services
Phone: 952-445-7750
<https://www.scottcountymn.gov/1237/Senior-Services>

Help at Your Door
Grocery Assistance, Home Support, & Transportation (Service Fee Based on Income)
Phone: 651-642-1892
<https://helpatyourdoor.org/>

Trellis
Phone: 651-641-8612
<https://trellisconnects.org/>

Sherburne:
Senior Community Services
Technology Support
Phone: 763-416-7969
<https://seniorcommunity.org/services/tech-support-services/tech-resources-for-older-adults/>

Senior Community Services; HOME Program (60+)
Housekeeping, Handyperson Tasks, Painting, Home Safety Checks, Lawn Mowing & Snow Removal, Yard Services, and Tech Support (Cost based on income and ability to pay)
Phone: 763-416-7969
<https://seniorcommunity.org/services/home-program/#home-app-form>

Elk River Senior Activity Center (55+)
Games, Activities, & Events (\$26 Annual Membership Fee for Elk River Residents)
Phone: 763-635-1000
<https://www.elkrivermn.gov/209/Seniors>

Central Minnesota Council on Aging
Phone: 320-253-9349
<http://www.cmcoa.org/>

Sibley:
Sibley County
Senior and Disability Services
Phone: 507-237-7800

<https://www.scottcountymn.gov/1237/Senior-Services>

Minnesota River Area Agency on Aging

Phone: 507-387-1256

<https://mnraaa.org/>

Stearns:

Minnesota Senior Linkage Line

Aging in Place, Caregiving, and Medicare

Phone: 1-800-333-2433

<https://mn.gov/senior-linkage-line/>

Central Minnesota Council on Aging

Phone: 320-253-9349

<http://www.cmcoa.org/>

Steele:

Semac Community Action Agency

Senior Dining

Phone: 507-864-7741

<https://www.semcac.org/senior-services/senior-dining/>

Southeastern Minnesota AAA

Phone: 507-288-6944

<http://semaaarochestermn.org/>

Stevens:

Stevens County

Senior Services

<https://www.co.stevens.mn.us/1052/Senior-Services>

Dancing Sky Area Agency on Aging

Phone: 218-745-6733

<https://www.dancingskyaaa.org/>

Swift:

Prairie Five Community Action Helping People, Changing Lives

Phone: 320-269-6578

<https://prairiefive.org/>

Prairie Five Community Action Helping People, Changing Lives

Meal Program

Phone: 320-269-9009

<https://prairiefive.org/programs/meals-program/>

Minnesota River Area Agency on Aging

Phone: 507-387-1256

<https://mnraaa.org/>

Traverse:

Dancing Sky Area Agency on Aging

Phone: 218-745-6733

<https://www.dancingskyaaa.org/>

Traverse County

Coordinator on Aging

Phone 218-685-8220

<https://www.co.traverse.mn.us/departments/departments/social-services/coordinator-on-aging/>

Wabasha:

Wabasha County

Aging and Disability Services

Phone: 651-565-5200

https://www.co.wabasha.mn.us/departments/public_health/home_and_community_based_services.php

Semaaa (Southeastern Minnesota Area Agency on Aging)

Senior Resources

https://www.co.wabasha.mn.us/departments/public_health/home_and_community_based_services.php

Southeastern Minnesota AAA

Phone: 507-288-6944

<http://semaaarochestermn.org/>

Waseca:

Waseca Area Chamber of Commerce

Senior Resources

Phone: 507-835-3260

<https://www.wasecachamber.com/seniors>

Waseca Caregiver Services

Phone: 507-833-0015

<https://wasecacaregivers.com/resources/>

Waseca County

Senior Health

Phone: 507-835-0647

<https://www.co.waseca.mn.us/231/Senior-Health>

Minnesota River Area Agency on Aging

Phone: 507-387-1256

<https://mnraaa.org/>

Washington:

Washington County

Senior Resources

Phone: 1-800-333-2433

<https://www.co.washington.mn.us/650/Resource-Guides>

Washington County

Adult/Child/Senior

Phone: 651-430-6484

<https://www.co.washington.mn.us/780/Adult-Child-Senior>

Help at Your Door

Grocery Assistance, Home Support, & Transportation (Service Fee Based on Income)

Phone: 651-642-1892

<https://helpatyourdoor.org/>

Trellis

Phone: 651-641-8612

<https://trellisconnects.org/>

Watsonwan:

Watsonwan County

Human Services

Phone: 507-375-3294

<https://www.co.watsonwan.mn.us/154/Human-Services>

Minnesota River Area Agency on Aging

Phone: 507-387-1256

<https://mnraaa.org/>

Winona:

Winona County

Aging Services

<https://www.co.winona.mn.us/427/Services>

Semaaa (Southeastern Minnesota Area Agency on Aging)

Senior Resources

<https://semaaa.org/resources/winona-county/>

Southeastern Minnesota AAA

Phone: 507-288-6944

<http://semaaarochestermn.org/>

Wright:

Central Minnesota Council on Aging

Phone: 320-253-9349

<http://www.cmcoa.org/>

Wright County Minnesota

Senior Health

Phone: 763-682-3900

<https://www.co.wright.mn.us/561/Senior-Health>

Senior Community Services

Phone: 763-416-7969

<https://seniorcommunity.org/services/tech-support-services/tech-resources-for-older-adults/>

Yellow Medicine:

Prairie Five Community Action Helping People, Changing Lives

Phone: 320-269-6578

<https://prairiefive.org/>

<https://prairiefive.org/programs/meals-program/>

Minnesota River Area Agency on Aging

Phone: 507-387-1256

<https://mnraaa.org/>

Minnesota:

Minnesota Board on Aging

Area Agencies on Aging

<https://mn.gov/board-on-aging/about-us/area-agencies/>

Minnesota Employment and Economic Development

Older Workers

Phone: 651-259-7581

<https://mn.gov/deed/job-seekers/find-a-job/targeted-services/older/>

Minnesota Senior Linkage Line

Aging in Place, Caregiving, and Medicare

Phone: 1-800-333-2433

<https://mn.gov/senior-linkage-line/>

Minnesota Seniors: Events and Happenings

Phone: (763) 780-8309

<https://www.mnseniorsonline.com/events.php>

Minnesota Senior Centers and Community Centers

Phone: (763) 780-8309

<https://www.mnseniorsonline.com/senior-centers.php#Dakota%20County>

AARP

Events, Volunteer Opportunities, Informational & Community Resources

Phone: 1-888-687-2277

<https://local.aarp.org/mn/>

National Senior Games Association

Archery, Badminton, Bowling, Cycling, Golf, Horseshoes, Pickleball, Race Walk (1500M, 5000M), Racquetball, Race Walk, Road Race, Shuffleboard, Swimming, Table Tennis, Tennis, Track & Field, Triathlon, Basketball, Softball, Volleyball

Phone: 320-762-2868

Location: Mankato

<https://nsga.com/minnesota/>

Senior Planet

Virtual Social Engagement Resources

Phone: 888-713-3495

<https://seniorplanet.org/social/>

Island Senior Resources

Senior Resources & Virtual Connection

Phone: 360-321-1600

<https://senior-resources.org/virtual-community/>

Seniors Helping Seniors

Companionship, Light Housekeeping, Cooking & Shopping, Personal Care, Pet Care, Handyperson Tasks, Yardwork, Medication Reminders, Mail, Safety & Fall Prevention, Transportation, Errands, Volunteer opportunities & Outings (Affordable Price)

Phone: 610-898-0090

<https://seniorshelpingseniors.com/about-seniors-helping-seniors/>

Cyber Seniors

One on One Tech Support & Free Technology Training & Webinars

Phone: 1-844-217-3057

Friends & Co.

Phone companion, Coffee Talk & Visiting Companions (65+ Free)

Phone: 612-721-1400

<https://www.friendsco.org/>

MN STAR Program

Device loan program to borrow devices for 30 day. They will ship it to the person after they fill out an application and select the items here: <http://server.admin.state.mn.us/star/device.html>

Phone: 651-201-2640

<https://mn.gov/admin/star/>

MN State Services for the Blind

Phone: 651-539-2331

<https://mn.gov/deed/ssb/seniors/>

MS Society of MN

Phone: 612-335-7900

<https://www.nationalmssociety.org/Resources-Support>

MN Telephone Distribution Program

Phone: 651-964-1514

https://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=CM_002909

MN Ramp Project

Phone: 651-603-2029

<http://www.ramps.org/projects-minnesota.htm>

MN Parkinson's Association

Phone: 651-241-8297

<https://www.apdaparkinson.org/community/minnesota/>

MN ALS Association

Phone: 888-672-0484

<https://www.als.org/mn-nd-sd>

Living At Home Network

Connecting seniors with non-profit organizations in their communities across Minnesota

Phone: 651-649-0315

<https://lahnetwork.org/>

Metropolitan Center For Independent Living

Personalized services and programs to support independent living

Phone: 651-646-8342

<https://mcil-mn.org/>

Minnesota Association of Centers for Independent Living
Advocates for statewide network of independent living services and supports
<https://www.macil.org/>

General Resources for Older Adults:

Senior Program Main Office

763-502-5150

Senior Information Line

763-783-4707

Meals on Wheels

763-236-3636

ACCAP Outreach

763-783-4741

Help at Your Door

651-642-1892

Chores & More

763-783-4767