

Senior Support Community Resource List

Southwest Idaho Area Agency on Aging – Mission to be the Southwest Idaho long term care resource hub that provides reliable and accessible information.

<https://www.a3ssa.com/>

Meals on Wheels Metro Boise - Meals on Wheels Metro Boise delivers and serves nearly 2,000 nutritious meals each weekday to seniors throughout Ada County, Emmett, Middleton, Marsing, McCall, Caldwell, and beyond.

<https://www.metromealsonwheels.net/>

Aging Strong - With programs focused on health, independence, and happiness, we serve individuals from youth to older adulthood. Our mission is to combat isolation, give hope, and provide older adults with purpose, while empowering all to lead healthier, more fulfilling lives. Through innovative solutions we strive to strengthen communities and create lasting positive change.

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

Boise Senior Center (Dick Eardley Senior Center) –

<https://www.cityofboise.org/departments/parks-and-recreation/facilities/dick-eardley-senior-center/>

Meridian Senior Center - <https://www.meridianseniorcenter.org/>

Nampa Senior Center - <https://www.nampaparksandrecreation.org/179/Senior-Center>