

Montgomery County

Senior Adult Activities Center of Montgomery County- Adult Day Center, 50 years and older, yearly membership fee. Includes meals, crafts, socialization and more. Hours: 7:00-6:00, Monday-Friday. Meals on Wheels program, 2 meals/day Mon-Fri, hot/frozen meals, special diet meals

(610) 275-1960 (Norristown)

(215)619-8863 (Ambler)

www.montcosaac.com

Family Services of Montgomery County- Programs for families, children and seniors. Provide care and support for societal needs. Meals on Wheels, provides food to frail, homebound elderly (60+) and disabled individuals

(610)630-2111 (Eagleville)

(610) 326-1610 (Pottstown)

www.fsmontco.org

Colonial Neighborhood - Food Cupboard: Available once a month, 5am -12:30pm Mon-Fri, bring ID. Meals on Wheels, 1 hot meal and 1 cold meal per day Mon-Fri, for elderly and disabled. Thrift shop, Hours: 10am-2pm Monday-Thursday.

(610) 828-6595

Montgomery County Assistance Office- Cash assistance, food stamps, LIHEAP, Medical assistance, employment and training.

(610) 270-3500

(877) 398-5571

<http://www.montcopa.org>

North Penn Visiting Nurses Association- Home Health Care, Hospice care, Adult day services, Meals on Wheels, Children's clinic, Adult health center, Dental clinic, and Health Education classes. Most insurance plans accepted, sliding scale available.

(215) 855-8296

www.npvna.org

Indian Valley Opportunity Center- Services to ethnic minorities, includes Spanish, Vietnamese and Hungarian interpreters. Education: includes citizenship, GED, ESL & more. Clothing and foods pantry to families in Souderton School District as needed
(215) 723-5430

Montgomery County Community Action Development Commission- Crisis Services: Homeless services, Emergency Utility, SNAP (food stamps), Emergency food, LIHEAP. Commodity Supplemental Food Program: seniors and WIC recipients get monthly box of food. SHARE: \$40-\$50 worth of food for \$20 & 2 hours of service. Senior Farmer's Market: eligible seniors receive \$20 voucher.
(610)277-6363
1-(877)223-2662
www.cadcom.org

Acción Comunal Latino Americana de Montgomery County- Educational, health, economic, social, cultural opportunities, especially for those of Spanish-speaking heritages.
(610)277-2570 (Norristown)
(610)970-2134 (Pottstown)
www.aclamo.org