

Houston Senior Resource Guide



FOOD DRIVE/FOOD PANTRIES

Spring Woodlands Ministry (SWM)

Days of Operations: For food delivery drop-off, please contact SWM at Info@SWMin.org to schedule an appointment.

Services: Food Pantry

Website: <https://springwoodlandsministries.org/>

Address: SWM is mobile.

Number: 281-353-4480

Note: Serving seniors ages 61 and older in zip codes 77373, 77379, 77380, 77381, 77382 and 77386 77388, 77389 in Woodlands, Spring and Klein areas.

Northwest Assistance Ministries (Meals on Wheels)

Days of Operations: Mon-Fri / 9am-2pm

Services: Food Pantry

Website: <https://www.namonline.org/>

Address: 15555 Kuykendahl Road
Houston, TX 77090

Number: 281-885-4555

Community Family Centers

Days of Operations: Mon- Fri / 7:30am-5pm

Services: Food Pantry

Website: www.communityfamilycenters.org/

Address: 7524 Avenue E
Houston, TX 77012

Number: 713-923-2316

The Way Food Pantry

Services: Food Pantry

Website: <https://www.wayfoodpantry.com/>

Address: The Way Church
24418 Interstate 45 North, Spring, TX 77386

Number: 281-681-8922

Trinity Lutheran Church

Days of Operations: Mon & Wed/ 9:30-11am

Services: Food Pantry

Website: <https://www.trinityklein.org/care/food-pantry/>

Address: Trinity Klein
5201 Spring Cypress Rd., Spring, TX 77379

Number: 281-290-4922

Note: We will assist 100 families a week. You must make an appointment online. Call for appointment assistance.

Houston Food Bank - Senior Box Program

Services: Food Pantry

Website: <https://www.houstonfoodbank.org/our-programs/senior-box-program/>

Address: 535 Portwall St.
Houston, TX 77029

Number: 832-369-9390

Note: Serves income-eligible seniors ages 60 and older in Harris, Montgomery, Galveston, Brazoria, Waller, Walker, Chambers, Liberty, Fort Bend Counties.

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Humble Area Assistance Ministries (Meals on Wheels)

Services: Food Pantry

Website: <https://haaministries.org/>

Address: 1304 First Street
Humble, TX 77338

Number: 281-446-3663

Note: Contact for eligibility.

New Deliverance Fellowship Ministries Community Food Bank

Services: Food Bank

Website: <https://www.newdeliverancefellowshipministries.com/bgm/>

Address: 6602 Martin Luther King Blvd.
Houston, TX 77033

Number: 713-731-1250

Email: debstring@aol.com

Note: Email for information.

South Union Church of Christ

Services: Food Pantry

Website: <https://www.southunioncoc.org/>

Address: 7427 Ardmore St.
Houston, TX 77054

Number: 713-747-5440

Email: secretary@sucoc.org

Note: Email for information.

TRANSPORTATION

Northwest Assistance Ministries (NAM)

Days of Operations: Mon-Fri/ 9am-2pm

Services: Car Repair/Replacement

Website: <https://www.namonline.org/>

Address: 15555 Kuykendahl Road
Houston, TX 77090

Number: 281-583-5600

Rides

Services: Public Transportation for seniors ages 64 and older

Website: <https://rides.harriscountytexas.gov/Pages/default.aspx>

Address: 8410 Lantern Point Drive
Houston, TX 77054

Number: 713-368-7433

METRO

Days of Operations: Mon- Fri/ 8am - 5pm

Services: Public transportation for seniors ages 65 and older

Website: <https://www.ridemetro.org/Pages/ContactUs.aspx>

Address: Lee P. Brown Administration Building, 1900 Main St., Houston, TX 77002

Number: 713-739-6968

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TRANSPORTATION

Reduced-Cost Taxi Service

Services: Transportation for seniors or disabled individuals unable to access typical public transportation

Website: <https://rides.harriscountytexas.gov/Lists/Registrations/NewForm.aspx?Source=/Pages/Registration-Successful.aspx>

Number: 713-578-2216

Ride United (Lyft Service by United Way)

Services: Transportation for individuals with specific non-emergency healthcare transport, employment and veterans' needs

Website: <https://www.unitedway.org/our-impact/featured-programs/2-1-1/ride-united#>

Number: 877-541-7905

HOUSING

Northwest Assistance Ministries (NAM)

Days of Operations: Mon-Fri/ 8am -11am & 1pm - 2pm

Services: Housing Assistance

Website: <https://www.namonline.org/>

Address: 15555 Kuykendahl Rd.
Houston, TX 77090

Number: 281-885-4555

Aishel House

Days of Operations: Mon-Fri / 8am -5pm

Services: Housing

Website: <https://www.aishelhouse.org/>

Address: 1955 University Blvd.
Houston, TX 77030

Number: 713-522-2004

Email: info@aishelhouse.org

FINANCIAL ASSISTANCE

STAR - Medicaid Managed Care

Services: Financial Aid

Website: <https://yourtexasbenefits.hhsc.texas.gov/programs/health>

Number: 1-877-541-7905

Northwest Assistance Ministries (Emergency Basic Needs Program)

Days of Operations: Mon-Fri/ 8:30am-4pm;
Call to schedule an appointment

Services: Financial Aid

Website: <https://www.namonline.org/>

Address: 15555 Kuykendahl Road
Houston, TX 77090

Number: 281-885-4555

Email: naminfo@namonline.org

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DENTAL CARE

Hacs Spring-Cypress

Days of Operations: Mon-Fri/ 9am-5pm

Services: Dental Care

Website: <https://avenue360.org/>

Address: 17010 Sugar Pine Dr.
Houston, TX 77090

Number: 713-426-0027

Legacy Southwest Clinic

Days of Operations: Mon-Fri/ 8am-8pm;
Sat/ 8am-5pm

Services: Dental Care

Website: <https://www.legacycommunityhealth.org/>

Address: 1415 California St.
Houston, TX 77006

Number: 713-830-3000

Vecino Health Centers

Days of Operations: Thur-Fri/ 8am-5pm

Services: Dental Care

Website: <https://denverharborclinic.org/>

Address: 424 Hahlo Street
Houston, TX 77020

Number: 713-674-3326

Legacy Community Health

Days of Operations: Mon- Fri/ 8am - 5:15pm;
Sat/ 8am - 4pm

Services: Dental Care

Website: <http://www.legacycommunityhealth.org/>

Address: 3811 Lyons Avenue
Houston, TX 77020

Number: 832-548-5000

Spring Branch CHC - Pitner Clinic

Days of Operations: Mon-Fri/ 8am -5pm

Services: Dental Care

Website: <https://www.sbchc.net/>

Address: 8575 Pitner Rd.
Houston, TX 77080

Number: 713-462-6555

Note: Serves residents of Fort Bend, Harris County, Montgomery and Waller County; offers sliding fee for uninsured.

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AREA AGENCY ON AGING

Harris County Area Agency on Aging

Services: Benefits Counseling, Nutrition, In-home Services, Health Promotion, Caregiver Services, Special Services

Website: <https://www.houstontx.gov/health/Aging/>

Address: 8000 N Stadium, 3rd Floor, Houston, TX 77054

Number: 832-393-4301

HEALTHY AGING PROGRAM

Email: aging@houstontx.gov

Harris County Public Health: Healthy Aging Program

Days of Operations: 8 - 4 PM Daily

Services: Online and in-person evidence-based workshops designed to improve the health of seniors, age 60 and older. Workshops include chronic disease and pain management and fitness balance workshops to name but a few.

Address: 7457 Harwin Dr. #149, Houston, TX 77036

Number: 713-274-5757

Email: HealthyAging@phs.hctx.net

OTHER RESOURCES

Grants for Seniors in Texas

Services: Resources for housing and rent assistance, financial assistance, health assistance, utility bills assistance, and food assistance

Website: <https://grantsforseniors.org/grants-for-seniors-in-texas/>

Grants for Seniors in Houston

Services: Houston specific resources for housing and rent assistance, financial assistance, health assistance, utility bills assistance, and food assistance

Website: <https://grantsforseniors.org/grants-for-seniors-in-houston>

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