

# 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](mailto: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/](http://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](mailto: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](mailto: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](mailto: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](mailto: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 AGING

### Harris County Area Agency on Aging

**Services:** Benefits Counseling, Nutrition, In-home, 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

**Email:** [aging@houstontx.gov](mailto:aging@houstontx.gov)

## HEALTHY AGING PROGRAM

### 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](mailto:HealthyAging@phs.hctx.net)

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