

# Cool Spaces For Seniors

→ AIR-CONDITIONED SPACES FOR OLDER ADULTS AND PEOPLE WITH DISABILITIES ←

## **NORTHEAST:**

Hollywood District Senior Center Services  
1820 N.E. 40th Ave., Portland 97212 • 503-288-8303  
Monday–Friday • 8:30am–4:30pm

## **NORTHWEST:**

Friendly House District Senior Center Services  
1737 NW 26th Ave, Portland 97210 • 503-224-2640  
Monday–Friday • 9:00am–5:00pm

## **SOUTHEAST:**

Impact NW District Senior Center Services  
4610 S.E. Belmont St, Portland 97215 • 503-988-6300  
Monday–Friday • 7:30am–5:00pm

## **SOUTHWEST:**

Elm Court, Meals on Wheels  
1032 SW Main St., Portland 97205 • 503-295-0044  
Monday–Friday • 8:30am–3:30pm; Sat. and Sun. • 10:00am–2:00pm

## **SOUTHWEST:**

Neighborhood House District Senior Center Services  
7688 S.W. Capitol Hwy., Portland 97219 • 503-244-5204  
Monday–Friday • 9:00am–3:30pm

## **MID-COUNTY:**

IRCO District Senior Center Services  
10615 SE Cherry Blossom Drive, Portland 97236 • 503-988-5480  
Monday–Friday • 8:00 a.m.–5:00 p.m.

## **EAST COUNTY:**

Multnomah County East Building, Meals on Wheels  
600 NE 8th St, Rm 10 • 503-988-3840  
Monday–Friday • 8:00am–5:00pm

For more information, please call

Multnomah County Aging and Disability Services at  
503-988-3646

