

Fit & Strong!

Organization	Address	City	State	Postal Code	Country	Phone	Website
Healthy Lifestyles Research Center	550 N 3rd St	Phoenix	AZ	85004	USA		
La Frontera Arizona	550 W 29th St	Tucson	AZ	85713	USA	530 838-3993	http://lafronteraaz.org/
Senior Service Associates - Aurora	800 N Lake St	Aurora	IL	60506	USA	630-897-4035	http://www.seniorserviceassoc.org/locations_aurora_office.html
White Crane Wellness Center - Salvation Army	2900 W Burr Oak	Blue Island	IL	60406	USA	7732719001	http://www.whiteranewellness.org/
Cantata Adult Life Services	8700 W 31st St	Brookfield	IL	60513	USA		www.cantata.org
White Crane Wellness Center - Joseph P Argento	1700 Memorial Dr	Calumet City	IL	60409	USA	7732719001	http://www.whiteranewellness.org/
Austin Satellite Senior Center	5071 W Congress Pkwy	Chicago	IL	60644	USA	3127431318	http://www.cityofchicago.org/city/en/depts/fss/dataset/senior_centers.html
CDSS - Abbott/Roseland	49 E 95th St	Chicago	IL	60619	USA		http://www.cityofchicago.org/city/en/depts/fss/provdrs/senior.html
CDSS - Englewood	657 W 63rd St	Chicago	IL	60621	USA	312-745-3328	http://www.cityofchicago.org/city/en/depts/fss/provdrs/senior.html
CDSS - NE Levy	2019 W Lawrence Ave	Chicago	IL	60625	USA	312-744-0784	http://www.cityofchicago.org/city/en/depts/fss/provdrs/senior.html
CDSS - St. Atlas	1767 E 79th St	Chicago	IL	60649	USA	312-747-0189	http://www.cityofchicago.org/city/en/depts/fss/provdrs/senior.html
Chatham Satellite Senior Center	8300 S Cottage Grove Ave	Chicago	IL	60619	USA	3127450401	http://www.seniorestyle.com/property/SeniorSuites-of-Chatham/about
Englewood Satellite Senior Center	653 W 63rd St	Chicago	IL	60621	USA	3127453328	http://www.cityofchicago.org/city/en/depts/fss/dataset/senior_centers.html
Northeast Levy Senior Center	2019 W Lawrence Ave	Chicago	IL	60625	USA	3127440784	http://www.cityofchicago.org/city/en/depts/fss/dataset/senior_centers.html
Northwest Copernicus Senior Center	3160 N Milwaukee Ave	Chicago	IL	60618	USA	3127446681	http://www.cityofchicago.org/city/en/depts/fss/dataset/senior_centers.html
Norwood Park Senior Center	5901 N Natoma Ave	Chicago	IL	60631	USA	7736314893	http://www.npseniorcenter.org/
Pilsen Satellite Senior Center	2021 S Morgan St	Chicago	IL	60608	USA	3127430493	http://www.cityofchicago.org/city/en/depts/fss/dataset/senior_centers.html
Portage Park Satellite Senior Center	4100 N Long Ave	Chicago	IL	60641	USA	3127449022	http://www.cityofchicago.org/city/en/depts/fss/dataset/senior_centers.html
Roseland Satellite Senior Center	10426 S Michigan Ave	Chicago	IL	60628	USA	3127451500	http://www.cityofchicago.org/city/en/depts/fss/dataset/senior_centers.html
Southeast Regional Atlas Center	1767 East 79th Street	Chicago	IL	60649	USA	3127470389	http://www.cityofchicago.org/city/en/depts/fss/dataset/senior_centers.html
Southwest Regional Senior Center	6117 S Kedzie Ave	Chicago	IL	60629	USA	3127470440	http://www.cityofchicago.org/city/en/depts/fss/dataset/senior_centers.html
West Town Satellite Senior Center	1613 W Chicago Avenue	Chicago	IL	60622	USA	3127431016	http://www.cityofchicago.org/city/en/depts/fss/dataset/senior_centers.html
White Crane Wellness Center	1657 W Foster Ave	Chicago	IL	60640	USA	7732719001	http://www.whiteranewellness.org/
Senior Service Associates - Crystal Lake	110 W Woodstock St	Crystal Lake	IL	60014	USA	815-356-7457	http://www.seniorserviceassoc.org/locations_crystal_lake_office.html
Senior Service Associates - Elgin	400 Grove Ave	Elgin	IL	60120	USA	815-356-7457	http://www.seniorserviceassoc.org/locations_elgin.html
Senior Service Associates - McHenry	3519 N Richmond Rd	Johnsburg	IL	60051	USA	815-344-3555	http://www.seniorserviceassoc.org/locations_mchenry_office.html
New Lenox Safe Communities America Coalition		New Lenox	IL	60451	USA	8154626100/ 815-545-1185	https://www.facebook.com/safewelenox
New Lenox Township	200 Veterans Pkwy	New Lenox	IL	60451	USA	815-462-6100/ 815-485-6431	http://www.ageguide.org/index.html
White Crane Wellness Center - Niles Senior Center	999 Civic Center Dr	Niles	IL	60714	USA	7732719001	http://www.whiteranewellness.org/
White Crane Wellness Center - Bremen Township	15350 S Oak Park Ave	Oak Forest	IL	60452	USA	7732719001	http://www.whiteranewellness.org/
White Crane Wellness Center - Oak Park Township Senior Center	418 S Oak Park Ave	Oak Park	IL	60302	USA	7732719001	http://www.whiteranewellness.org/
Oswego Senior Center	156 E Washington St	Oswego	IL	60543	USA	630-554-5602	http://www.oswegoseniorcenter.org/
Senior Service Associates - Yorkville	408 Game Farm Rd	Yorkville	IL	60560	USA	630-553-5777	http://www.seniorserviceassoc.org/locations_crystal_lake_office.html
Zion Park District	2400 Dowle Memorial Dr	Zion	IL	60099	USA	8477465509	http://zionparkdistrict.com/
Evergreen Commons	480 State St	Holland	MI	49423	USA	616-355-5114	http://www.evergreencommons.org/
Agewell	560 Seminole Rd	Norton Shores	MI	49444	USA	(231) 733-8641	http://www.agewellservices.org/
Senior Resources of West Michigan AAA	560 Seminole Rd	Norton Shores	MI	49444	USA	231-755-0434	www.agewellservices.org/
Minnetonka Senior Living	2500 14th St. N.E.	Faribault	MN	55021	USA	5074501091	mmariano@ccwinona.org
St. Michael's Church	404 Gunderson Blvd	Kenyon	MN	55946	USA	5074501091	mmariano@ccwinona.org
St. Mary's Catholic Church	418 W. Lyon Ave	Lake City	MN	55411	USA	5074501091	mmariano@ccwinona.org
Heritage Place	303 Troendle St.	Mapleton	MN	56065	USA	5074501091	mmariano@ccwinona.org
St. John's Lutheran	500 3rd St. W.	Northfield	MN	55057	USA	5074501091	mmariano@ccwinona.org
Rochester Public Library	101 2nd St. S.E.	Rochester	MN	55904	USA	5074501091	mmariano@ccwinona.org
St. Charles Community Center	830 Whitewater Ave.	St. Charles	MN	55092	USA	5074501091	mmariano@ccwinona.org
River of Life Church	830 Sunrise Drive	St. Peter	MN	56082	USA	5074501091	mmariano@ccwinona.org
First Free Church	1213 Gillmore Ave.	Winona	MN	55987	USA	5074501091	mmariano@ccwinona.org
NC AAA Region D - Watagua Senior Center	132 Poplar Grove Connector	Boone	NC	28607	USA		http://www.watagucounty.org/main/App_Pages/Dept/Aging/home.aspx
Arthritis Services	1817 Central Ave	Charlotte	NC	28205	USA	7043314878	http://www.arthritiservices.org/
NC AAA Region F - Arthritis Services	500 E Morehead St	Charlotte	NC	28202	USA	704-331-4878	http://www.arthritiservices.org/
Durham Center for Senior Life	406 Rigbee Ave #202	Durham	NC	27701	USA	919-688-8247 x110	http://www.dcsinc.org/
Piedmont Triad Regional Council Area Agency Aging	1398 Carrollton Crossing Drive	Kennersville	NC	27284	USA	336-497-5610 or 336-904-0300	http://www.ptrc.org/index.aspx?page=43
NC AAA Region E - Quest 4 Life	1031 Morganton Blvd SW	Lenoir	NC	28645	USA		http://www.wpsoc.org/
NC AAA Region P - Village Health & Fitness/Physical Therapy Oriental	1006 Broad St	Oriental	NC	28751	USA		http://www.ecog.org/human-services-area-agency-on-aging/
NC AAA Region J - Resources for Seniors	1110 Navaho Dr	Raleigh	NC	27609	USA	919-630-9153	http://www.tjaaa.org/
Resources for Seniors	1110 Navaho Dr	Raleigh	NC	27609	USA	9196309153	http://www.resourceforseniors.com/
NC AAA Region F - Ruffy-Holmes Senior Center	1120 Martin Luther King Jr Ave S	Salisbury	NC	28144	USA		http://www.ruffyholmes.org/
Resources for Seniors - Northern Wake	235 E Holding Ave	Wake Forest	NC	27587	USA	9195544111	http://www.wakeforestnc.gov/northern-wake-senior-center.aspx
Resources for Seniors - Eastern Wake	323 Lake Dr	Wendell	NC	27591	USA	9193654248	http://www.resourcesforseniors.com/frs/frs1169ag.html
University of Nebraska Nebraska Medical Center	986153 Nebraska Medical Center	Omaha	NE	68138	USA	4025272110	http://www.haywoodnc.net/index.php?option=com_content&view=article&id=80&Itemid=59
Dignity Health St. Rose Dominican	2651 Paseo Verde Pkwy #180	Henderson	NV	89074	USA	(702) 616-4903	https://www.dignityhealth.org/las-vegas/
University of Reno Sanford Center	1664 A Virginia St	Reno	NV	89537	USA	7757844774	http://dhs.unr.edu/aging
Burleson/Caldwell (First United Methodist Church)	590 NE McAlister Rd	Burleson	TX	76028	USA		http://www.lumcburleson.com/
First United Methodist Church	590 NE McAlister Rd	Burleson	TX	76028	USA	8172951166	http://www.lumcburleson.com/
Texas A&M Center for Population Health and Aging	1266 TAMU	College Station	TX	77743	USA	979-436-9336	http://tamhsf.edu/
Scott & White - Summit Fitness Center	820 Friars Creek	Temple	TX	76704	USA		http://www.sw.org/
Scott & White Wellness Center	2401 S 31st Street	Temple	TX	76708	USA	2547242150	http://www.sw.org/
Catholic Charities of Southern Minnesota					USA	(507)450-1518	www.ccsomn.org
Dennis Council on Aging & Senior Center					USA	508-385-5067	http://www.town.dennis.ma.us/pages/DennisMA_COA/index
Senior Service Associates - Aurora Asbury Towers					USA	815-356-7457	http://www.seniorserviceassoc.org/locations_aurora_office.html
Testing					USA	9198088668	http://jasoniela.com
VNA of Cape Cod					USA	508-540-0196	http://www.falmouthmass.us/depart.php?display=senior
VNA of Cape Cod					USA	508-394-7606	http://www.yarmouth.ma.us/index.aspx?nid=309
Volunteers of America MN - Creekside City of Bloomington					USA	612-263-2459	https://www.voammwi.org/minnesota
Volunteers of America MN - Fuller Park					USA	612-263-2459	https://www.voammwi.org/minnesota
Volunteers of America MN - Hope Lutheran Church					USA	612-263-2459	https://www.voammwi.org/minnesota
Volunteers of America MN - Lyngblomsten					USA	612-263-2459	https://www.voammwi.org/minnesota
Volunteers of America MN - Nicollet Towers					USA	612-263-2459	https://www.voammwi.org/minnesota
Volunteers of America MN - North Park Plaza					USA	612-263-2459	https://www.voammwi.org/minnesota
Volunteers of America MN - Odin Church					USA	612-263-2459	https://www.voammwi.org/minnesota
Volunteers of America MN - Rosemount Park and Rec					USA	612-263-2459	https://www.voammwi.org/minnesota
Volunteers of America MN - Tradition Independent and Assisted Living	https://www.voammwi.org/minnesota				USA	612-263-2459	https://www.voammwi.org/minnesota