



SENIOR RESOURCE GUIDE

Updated August 2022

TRANSPORTATION

C-TRAN, ROUTE 48

Weekdays Only. www.c-tran.com
Bus route connecting Ridgefield to transit center.

GOLDEN CHARIOT

360-944-9833,
www.goldenchariotmedicaltransportation.com

Individual transportation services for senior and disabled clients.

C-TRAN, THE CURRENT

360-695-0123, www.c-tran.com/thecurrent
On-demand rideshare through C-TRAN.

MERCY 1 TRANSPORTATION

360-896-5156,
www.mercy1transportation.com
Individual transportation services for senior and disabled clients.

C-VAN PARATRANSIT SERVICES

360-695-8918, www.c-tran.com
Reservation based service for riders whose disability prevents them from riding on fixed bus system.

TLC WHEELCHAIR SERVICES, INC

360-887-8735, www.tlcwheelchair.com
Medical transportation services.

INFORMATION

AREA AGENCY ON AGING AND DISABILITIES OF SOUTHWEST WASHINGTON

1-888-637-6060 or 360-694-8144
www.helpingelders.org
201 NW 73rd St, Vancouver, WA 98665
Connects seniors, adults with disabilities, and caregivers to community resources.

SENIOR INFORMATION AND ASSISTANCE

360-694-8144, www.211info.org
Extensive information on community services geared toward seniors.

CATHOLIC COMMUNITY SERVICES - VOLUNTEER SERVICES

1-844-851-3980
Helps low-income elders or disabled adults, with household chores or errands.

OFFICE OF THE INSURANCE COMMISSIONER WASHINGTON STATE

1-800-562-6900, www.insurance.wa.gov
shiba@oic.wa.gov
Get help with an insurance problem, talk to an insurance specialist, get free unbiased Medicare counseling in your area.

SENIOR MESSENGER

360-487-8701,
www.cityofvancouver.us/messenger
A free monthly publication full of interesting information for the 50-plus adventurer in Clark County.

SENIORS AND LAW ENFORCEMENT TOGETHER

360-834-4151
Meetings & newsletters to inform about scams & other topics.

SOCIAL CLUBS & SERVICE ORGANIZATIONS

RIDGEFIELD COMMUNITY LIBRARY

360-906-4770, www.fvrl.org/loc/ri
210 N Main Ave, Closed Sunday
Provides library services along with events and activities.

RIDGEFIELD GARDEN CLUB

www.ridgefieldgardeners.org,
RidgefieldGardeners@gmail.com
Monthly meetings and field trips

SOROPTOMIST INTERNATIONAL OF SW WASHINGTON

sisouthwestwashington@soroptomist.net
Group of volunteers who care about making the world a better place for women and girls.

RIDGEFIELD NAZARENE CHURCH

www.ridgenaz.org/
Senior 'Prime Timers' Gathering meets weekly and has monthly socials.

RIDGEFIELD COMMUNITY GLEANERS ASSOCIATION

rcgleaners@gmail.com
Volunteers who gather produce from local gardens to support those in need.

RIDGEFIELD FOOD PROJECT (GREEN BAG PROJECT)

ridgefieldfoodproject@gmail.com
Collects food donations on the second Saturday of even months.

FRIENDS OF RIDGEFIELD COMMUNITY LIBRARY

www.ridgefieldfriends.org/
ridgefieldfriendsoflibrary@gmail.com
Volunteer led organization that works to guide, promote, enhance, and expand Ridgefield Community Library.

RIDGEFIELD ART ASSOCIATION

www.ridgefieldartassociation.com,
RidgefieldArtAssociation@gmail.com
Monthly meetings, art shows, other artist opportunities.

RIDGEFIELD LIONS CLUB

www.ridgefieldlions.org
Service organization involved in dozens of community events and projects annually.

FRIENDS OF RIDGEFIELD WILDLIFE REFUGE

www.ridgefieldfriends.org
Support, protect and enhance the Ridgefield National Wildlife Refuge

RIDGEFIELD MAIN STREET

www.ridgefieldmainstreet.com
Non-profit organization dedicated to preserving the cultural heritage of downtown Ridgefield.



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RECREATION & FITNESS

RIDGEFIELD SCHOOL DISTRICT-COMMUNITY EDUCATION

360-619-1303,
terri.cochran@ridgefieldsd.org
Community Education classes and sports.
Check online for current classes.

WHIPPLE CREEK REGIONAL PAK

17202 NW 21st Ave, Ridgefield, WA 98642
Open 7AM to Dusk
300 acre regional park with 4.3 miles of trails that cater to hikers and horseback riders.

EAST RIDGEFIELD CROSSFIT

360-818-8414, eastridgefieldcrossfit.com
7509 S 5th St STE 121, Ridgefield, WA 98642

CITY OF RIDGEFIELD TRAILS, PARK, AND EVENTS

City Parks and Trails:
<https://ridgefieldwa.us/find-a-park/>.
Find City of Ridgefield on Strava.
Community Events Calendar also available on website.

MK ELEVATE

360-605-0026, www.mkelevate.com
On demand and live video fitness classes.

NW WORKOUTS FITNESS STUDIO

1-425-941-8801,
nwworkoutsstudio.weebly.com/
4326 S Settler Dr, Ridgefield, WA 98642

RIDGEFIELD NATIONAL WILDLIFE REFUGE

www.fws.gov/refuge/ridgefield/
Walking Trails and Drive Through Options. \$3 fee.

ALDER CREEK KAYAK, CANOE, RAFT & SUP

www.aldercreek.com, 5 Mill St
Located at McCuddy's Marina on Lake River in downtown Ridgefield.

ANYTIME FITNESS

360-557-2021, www.anytimefitness.com
4326 S Settler Dr, Ridgefield, WA 98642

MEALS AND FOODS

COMPASSION 360

360-877-3576
Food boxes and other basic support and resources.

NEIGHBORS HELPING NEIGHBORS

360-887-3354,
www.ridgefieldneighbors.weebly.com
Food and clothing bank in Ridgefield.

MEALS ON WHEELS PEOPLE

Ridgefield Church of the Nazarene, 747 Pioneer St
Open Tuesdays 11:30am-1:30pm, Lunch served 12pm-1pm.

VETERANS

AMERICAN LEGION POST 44

360-899-0759,
www.facebook.com/ridgefieldamericanlegion/
Organization dedicated to veterans helping veterans.

CCDCS - VETERANS ASSISTANCE FUND

360-693-7030, www.ccvac.net
Offering everything from coffee to emergency assistance fund.

WASHINGTON DEPT OF SOCIAL AND HEALTH SERVICES

360-725-2300. www.dshs.wa.gov/altsa

SENIOR GUIDANCE

1-888-595-9101. www.seniorguidance.org

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