



SENIOR RESOURCE GUIDE

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@soroptimist.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/
ridgefieldfriendslibrary@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.



SENIOR RESOURCE GUIDE

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

The City of Ridgefield does not recommend, endorse, or suggest that you should use any of these businesses, agencies, or organizations nor have we screened them in any way; this is your responsibility. If you use a resource from this list, you are responsible for your relationship and their terms of service. We offer this information only as a resource to help you meet your needs.