

Multicultural & Lifestyle Resources

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Houses of Worship

Ames Jewish Congregation 3721 Calhoun Avenue Ames, IA 50010 515-233-1347 www.uahc.org/congs/ia/ia003	Asian Church of the Open Bible 1300 Buchanan Street Des Moines, IA 50316 515-261-0246	Beth El Jacob Synagogue 954 Cummins Parkway Des Moines, IA 50312 515-274-1551 www.bethljacob.org
Chabad Lubavitch of Iowa 943 Cummins Parkway Des Moines, IA 50312 515-277-1718	Christian Science Church: First Church of Christ Scientist 3750 Grand Avenue Des Moines, IA 50312 515-255-6144	Hindu Temple & Cultural Center of Iowa 3392 155th Lane Madrid, IA 50156 515-795-2635 www.iowatemple.org
Iowa City Zen Center 1025 E. Fairchild Street Iowa City, IA 52245 319-354-1997 www.iczc.org	Islamic Center of Des Moines 6201 Franklin Avenue Des Moines, IA 50322 515-255-0212 www.islamiccenterofdm.org	Reorganized Church of Jesus Christ of Latter Day Saints Bill McDonald, Pastor 714 Willets Drive Knoxville, IA 50138 641-842-3687
Temple B'Nai Jeshurun 5101 Grand Avenue Des Moines, IA 50312 515-274-2072 www.templebnajeshurun.org	Tifereth Israel Synagogue 924 Polk Boulevard Des Moines, IA 50312 515-255-1137 www.tifereth.org	Wat Lao Buddhavath of Iowa 1804 E. Park Avenue Des Moines, IA 50320 515-282-1801 www.watlaoiowa.org

Restaurants

El Charro's Mexican Cuisine 514 Main Street, Pella 641-628-2307	Kaldera's Greek & Italian 1205 Washington Street, Pella 641-628-3339	Oriental Express Chinese & Vietnamese 706 Main Street, Pella 641-620-1199
Panda Garden Szechuan, Mandarin, Hunan 807 East 1st Street, Pella 641-620-8833	Windmill Café Greek Selections 709 Franklin Street, Pella 641-621-1800	

Grocers

<p>A Taste of Italy 8421 University Avenue Clive, IA 50325 515-221-0743 Italian groceries</p>	<p>Campbell's Nutrition Center 4040 University Street Des Moines, IA 50311 515-277-6351 www.campbellsnutrition.com Whole foods</p>	<p>Eastern European Grocery 5609 Douglas Avenue Des Moines, IA 50310 515-277-6440</p>
<p>Everybody's Market & Café 501 N. 2nd Street Fairfield, IA 52556 641-472-5199 Whole foods</p>	<p>International Groceries & More 7517 Douglas Avenue Urbandale, IA 50322 515-278-1522 Misc. international groceries</p>	<p>Juli's Health & More Food Store 931 West Street Grinnell, IA 50112 641-236-7376 Whole foods</p>
<p>Jung's Oriental Food Store 1140 E. 9th Street Des Moines, IA 50314 515-262-1663 Asian groceries</p>	<p>La Cruz Mexican Market 4007 SE 13th Street Des Moines, IA 50313 515-256-3283 Mexican groceries</p>	<p>New City Market 4721 University Street Des Moines, IA 50311 515-255-7380 Whole foods</p>
<p>Thai Grocery 1220 - 2nd Ave. Des Moines, IA 50314 515-288-8937 Thai & Asian groceries</p>	<p>Tienda Mexicana 1524 E. Grand Avenue Des Moines, IA 50309 515-265-8614 Mexican groceries</p>	

ESL Services

<p>Crossroads of Pella 712 Union Street Pella, IA 50219 641-628-1212</p> <p>2010 Winter English as a Second Language (ESL) Class January to May Pella Community Center, 712 Union Street, on Tuesday, Wednesday and Thursday afternoons from 1:15 p.m. to 3:15 p.m. Class caters to mid-Beginner to mid- to upper-Intermediate levels, with the help of student assistants and individual learning sessions. The registration cost is \$35 for the semester. Call Susan Kuyper 515-343-6584 for further information.</p>	<p>Hawthorn Hill Ministries ESL Contact: Brandee Marckmann 1001 Pleasant St. Des Moines, IA 50309 515-243-8519 www.hawthornhillministries.com</p>	<p>Monfort/DMAcc ESL 918 SE 11 Des Moines, IA 50309 515-280-3736 Contact: Jagdeesh Adhav</p>
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Agencies

<p>ALIANZA: Latino Business Association 700 Locust St. Suite 100 Des Moines, IA 50309 Contact: Nanette Rodriguez, Secretary 515-286-4982 www.alianza-LBA.org</p>	<p>Alliance Francaise of Central Iowa 4425 Kingman Boulevard Des Moines, IA 50311 Contact: Patricia Westphal, President 515-277-5741 westphalp@central.edu</p>	<p>Alpha Kappa Alpha Sorority, Inc. P.O. Box 8431 Des Moines, IA 50309 Contact: Mary Lee Madison, President 515-221-3508 www.aka1908.com</p>
<p>Celtic Music Association P.O. Box 30001 Des Moines, IA 50310 Contact: Mike Glynn, President 866-883-9482 www.thecma.org</p>	<p>Center for Immigrant Leadership and Integration John and Mary Pappajohn Higher Education Center 1200 Grand Avenue Des Moines, IA 50309 Contact: Max Cardenas 515-235-4617 www.newiowans.com</p>	<p>Chinese Association of Iowa 1947 NW 152nd St. Clive, Iowa 50325 Contact: Swallow Yan, Executive Director 515-988-0901 www.iowachinese.org</p>
<p>Creative Visions 1343 13th Street Des Moines, IA 50314 Contact: Ako Abdul-Samad, CEO/Founder 515-244-4003 www.creativisions.org</p>	<p>Danish-American Heritage Society 4015 Stonebrooke Road Ames, IA 50010 Contact: Dr. James Iverson, President 515-232-7479</p>	<p>Daughters of Penelope (Promote Greek culture) 3100 Grand Avenue Apt. 4A Des Moines, IA 50312 Contact: Elaine Koutsounis, Secretary 515-279-0316</p>
<p>Des Moines Area Religious Council 3816 - 36th Street, Suite 204 Des Moines, IA 50310 Contact: Forrest Harms, Executive Director 515-277-6969 www.dmreligious.org</p>	<p>Des Moines Diversity Chorus 3530 70th Street Urbandale, IA 50322 Contact: Elsie Naylor, Director 515-276-0625 www.urbucc.org</p>	<p>Des Moines Gay Men's Chorus 4114 Allison Avenue Des Moines, IA 50310 Contact: Randal Buikema, Director 515-274-1534 www.urbucc.org/music.htm</p>
<p>Equality Iowa P.O. Box 286 Carlisle, IA 50047 Contact: Sandy Vopalka 515-537-3126 www.equalityiowa.org</p>	<p>First Friday Breakfast Club, Inc. 666 Walnut Street, Suite 2500 Des Moines, IA 50309 Contact: Jonathan Wilson 515-288-2500 www.ffbc Iowa.org</p>	<p>GLBT Youth in Iowa Schools Task Force PO Box 1797 Des Moines, IA 50306 515-243-1221 www.iowasafeschools.org</p>
<p>Gay & Lesbian Resource Center 3839 Merle Hay Road Des Moines, IA 50310 515-277-7884</p>	<p>Good Samaritan Urban Ministries (housing) P.O. Box 4843 Des Moines, IA 50306-4843 515-283-0818 info@goodsamaritan-dsm.org www.goodsamaritan-dsm.org</p>	<p>Hispanic Educational Resources, Inc. (and Bilingual Day Care) 828 Scott Avenue Des Moines, IA 50309 Contact: Christina Fernandez- Morrow, Executive Director 515-282-6542 www.herdm.com</p>

<p>Il Itrattenimento Italiano 2200 South Union Des Moines, IA 50315 Contact: Patricia Civitate 515-244-4672</p>	<p>India Cultural Association of Central Iowa 3003 Bayberry Road Ames, IA 50314 515-296-2768 Contact: Amita Dayal, Treasurer www.icaiaowa.org</p>	<p>Indo-American Association of Iowa P.O. Box 283 Johnston, IA 50131 Contact: Rajesh Kumar 515-727-4750 www.iaaiowa.com</p>
<p>Iowa Asian Alliance 1501 - 50th Avenue, Suite 200 West Des Moines, IA 50266 Contact: Kim L. Poam 515-309-6047 www.iowaasianalliance.com</p>	<p>Iowa Chinese Language School P.O. Box 648 Johnston, IA 50131 Contact: J Zhang, Principal 515-270-3718 www.iowachineseschool.org</p>	<p>Iowa Civil Rights Commission 400 E. 14th Street, Grimes Building Des Moines, IA 50319 515-281-4121 www.state.ia.us/government/crc</p>
<p>Iowa Commission on the Status of African Americans 321 E. 12th Street, Lucas State Office Building Des Moines, IA 50319 Contact: Kimberley Baxter, Administrator 515-281-7283 www.state.ia.us/dhr/saa</p>	<p>Iowa Commission on the Status of Women 321 E. 12th Street, Lucas State Office Building Des Moines, IA 50319 515-281-4461 Contact: Charlotte Nelson, Executive Director www.state.ia.us/dhr/sw</p>	<p>Iowa Council for International Understanding 1000 Walnut Street, Suite 1105 Des Moines, IA 50309 515-282-8269 Contact: Michael Soria, Executive Director www.iciu.org</p>
<p>Iowa Department of Human Rights 321 E. 12th Street, Lucas State Office Building - 2nd floor Des Moines, IA 50319 515-242-5655 Contact: Walter Reed, Jr., Director www.state.ia.us/dhr * includes Commission on Status of Iowans of Asian & Pacific Islander Heritage</p>	<p>Iowa Department of Human Rights - Division of Persons with Disabilities 321 E. 12th Street, Lucas State Office Building - 2nd floor Des Moines, IA 50319 515-242-5655 Contact: Jill Fulitan-Avery, Division Administrator www.state.ia.us/dhr/pd</p>	<p>Iowa Department of Human Services - Bureau of Refugee Services 1200 University Avenue, Suite D Des Moines, IA 50314 515-283-7904 Contact: Wayne Johnson, Bureau Chief www.dhs.state.ia.us/refugee/</p>
<p>Iowa Division of Latino Affairs 321 E. 12th Street, Lucas State Office Building - 2nd floor Des Moines, IA 50319 Contact: John-Paul Chaisson-Cardenas, Administrator 515-281-4080 www.state.ia.us/dhr/la/</p>	<p>Iowa Jewish Senior Life Center 900 Polk Boulevard Des Moines, IA 50312 515-255-5433 Contact: Stephen Blend, Executive Director www.seniorlifecenter.org</p>	<p>Iowa Pride Network P.O. Box 1797 Des Moines, IA 50306 Contact: Ryan Roerman, Director 515-243-1110 www.iowapridenetwork.org</p>
<p>Iowa Welsh Society - Cymdeithas Gymreig Iowa 2502 Beaver Avenue Des Moines, IA 50310 515-255-0233 Contact: Patricia McCaughey, Board President</p>	<p>Islamic Center of Des Moines 6201 Franklin Avenue Des Moines, IA 50322 515-255-0212 Contact: Abraham Dremali, Imam www.islamiccenterofdm.org</p>	<p>Italian-American Cultural Center 1961 Indianola Avenue Des Moines, IA 50315 Contact: Patricia Civitate, Director 515-280-3719</p>

<p>Japan America Society of Iowa P.O. Box 12093 Des Moines, IA 50312 515-285-2464 Contact: Polly Fortune, Board President www.i-rule.net/jasi.org</p>	<p>Jewish Federation of Greater Des Moines 924 Polk Boulevard Des Moines, IA 50312 515-277-6321 Contact: Toni Urban, President jewishdesmoines.org</p>	<p>Latinos Unidos of Iowa, Inc. 4119 - 27th Street Des Moines, IA 50310 Contact: Lena Robison, Founder 515-279-6840 www.latinosunidosofiowa.com</p>
<p>League of United Latin American Citizens (LULAC) 962 - 40th Street West Des Moines, IA 50265 515-261-7270 Contact: Ila Plasencia, President</p>	<p>LGBT Resource Center of Central Iowa 3839 Merle Hay Road, Suite 227 Des Moines, IA 50310 515-277-7884 Contact: Rhea Van Brocklin, Program Director www.lgbt-dsm.com</p>	<p>Muslim Community Organization 1087 25th Street Des Moines, IA 50311 515-266-7591 Contact: Mohamad Khan, President</p>
<p>New Iowa Centers 150 Des Moines Street Des Moines, IA 50309 515-242-6240 Contact: Barbara Kinew Bobb www.iowaworkforce.org/centers/newiowan</p>	<p>Pass It On Services 3839 Merle Hay Road, Suite 215 Des Moines, IA 50310 515-278-6382 TTY 866-410-5787 x 75180 voice Stuart Thiessen, Executive Director www.passitonservices.org</p>	<p>Polish-American Cultural Society of Iowa 3207 SE 22nd Circle Des Moines, IA 50320 515-282-7810 Contact: Andrezej Nosek, Board President</p>
<p>Scottish Heritage Society of Iowa 1008 - 38th Street Des Moines, IA 50311 515-279-8908 Contact: Shelley Bain, President www.iowascots.org</p>	<p>Society of Thai Dam-American Friendship P.O. Box 1911 Des Moines, IA 50306 515-282-5098 Contact: Pheth Houangsavanh, Coordinator www.sotaf.net</p>	<p>Sudanese American Federation Association 1620 Pleasant St. Des Moines, IA 50314 515-288-3920 Contact: Daniel Lock, Executive Director</p>
<p>Tai Studies Center 715 - 44th Street Des Moines, IA 50312 515-274-6123 Contact: Sianh Bachthi, Executive Director www.taicomunity.com</p>	<p>Taiwanese Association of Iowa 811 Hickman Road Des Moines, IA 50314 515-883-2940 Contact: Ta-Yu Yang, Director</p>	<p>White Eagle Seventh Generation Multicultural Powwow 2640 Chicago Ave. Des Moines, IA 50317 515-255-7478 Contact: Ralph & Carol Mosia, President www.whiteeaglepowwow.com</p>