

[Seniors' Community Housing](#)

(subsidized by the Region of Waterloo)

Housing Cambridge
Phone: 519-622-5535

Marsdale Manor, Cambridge
Phone: 519-622-5864

Kitchener Housing
Phone: 519-744-6655

Millwood Manor, Kitchener
Phone: 519-745-9901

Trinity Village Studios, Kitchener
Phone: 519-896-3112 ext. 300

Trinity Village Terrace, Kitchener
Phone: 519-896-3112 ext. 232

[Independent Affordable Rental Housing for Seniors](#)

Several housing providers have units specifically for older adults that are not included on the Region's centralized waiting list. For more information, phone the Community Information Centre of Waterloo Region at 519-579-3800. Ask for the *Housing for Seniors* list.

[Funding Assistance for Housing](#)

Affordable Community Housing Program

Community Housing Access Centre
235 King Street, 6th Floor, Kitchener
Phone: 519-575-4833

Affordable Home Ownership Program

150 Frederick St, 8th Floor, Kitchener
Phone: 519-575-4047

Ontario Renovates Program (Homeowners Repair Program)

150 Frederick St, 8th Floor, Kitchener
Phone: 519-575-4047

[Food Hampers](#)

Cambridge Vineyard

147 Elgin St N, Cambridge
Phone: 519-740-8463

Cambridge Self Help Food Bank

54 Ainslie St S, Cambridge
Phone: 519-622-6550
Mon, Tue 12-4:30pm; Wed, Fri 9am-4:30pm;
Thu 9am-6:30pm

Cambridge Vineyard

147 Elgin St N, Cambridge
Phone: 519-740-8463

The Salvation Army, Cambridge

12 Shade St
Phone: 519-623-2520
Mon-Fri 9am-12pm

Historic St Paul's Lutheran Church, Community Cupboard

137 Queen St S, Kitchener
Phone: 519-745-4891
Mon 10am-12pm (Nov – April)

House of Friendship Emergency Food Hamper Program

807 Guelph St, Kitchener
Phone: 519-742-0662
Mon-Fri 11am-4:15pm except 1st Wed of month

House of Friendship of Kitchener, Family Services, Kingsdale Community Program

Kingsdale Community Centre, 72 Wilson Ave, Kitchener
Phone: 519-748-6463

Kitchener Church of God, Tri-City Multicultural Centre for Development

533 Weber St E, Kitchener
Phone: 519-745-8561

The Salvation Army, Kitchener

300 Gage Ave, Unit 1, Kitchener
Phone: 519-745-4215
Mon-Thu 10am-12 noon, 1-4pm

Wilmot Family Resource Centre Food Bank

175 Waterloo St, Unit 1, New Hamburg
Phone: 519-662-2731
Mon, Tues, Thurs 11am-4pm

Woolwich Community Services

Food Basket Program

73 Arthur St S, Elmira
Phone: 519-669-5139
Mon-Fri 9am-5pm

[Support Services](#)

Community Care Concepts of Woolwich, Wellesley and Wilmot

Home support assistance to adults 60 years and over
Phone: 519-664-1900

Community Support Connections

Home support services for Kitchener and Cambridge, Meals on Wheels for Kitchener, Waterloo, Cambridge and North Dumfries
Phone: 519-772-8787

Waterloo Home Support Services

Home support services available to seniors 65 years and over in Waterloo, resource and information centre
Phone: 519-579-6930

Waterloo Wellington Community Care Access Centre

Assessment and referral to community based services, specialty health services and Long Term Care
Phone: 519-748-2222
Toll Free Phone: 1-888-883-3313
After hours phone: 519-883-5544

[Elder Abuse](#)

Elder Abuse Response Team

Mosaic (Carizon) Counselling and Family Services
Phone: 519 579-4607

Elder Mediation Service

Community Justice Initiatives of Waterloo Region
Phone: 519-744-6549

Waterloo Region Committee on Elder Abuse

Phone: 519-883-2280

[Health Care and Safety](#)

Kitchener Downtown Community Health Centre

Primary health care, resources, and information for seniors and caregivers
Phone: 519-745-4404

Lifeline Systems Canada

Monitoring and response service
Kitchener Phone: 519-749-8008
Cambridge Phone: 519-740-4994

Seniors Mental Health Clinic

Cambridge Memorial Hospital
Phone: 519-740-4981

Services for Seniors - KW Counselling

Services to help address life changes such as retirement, loss, illness, and care giving
Phone: 519-884-0000 ext. 222

The Canadian Red Cross Society

Health Equipment Loan Program (HELP) loans medical equipment on short term basis
Phone: 519-621-1840

Waterloo Wellington Community Care Access Centre

Assessment and referral to community based services, specialty health services and Long Term Care
Phone: 519-748-2222
Toll Free Phone: 1-888-883-3313
After hours phone: 519-883-5544

Waterloo Region Social Services Department – Seniors' Services

Programs and services to support healthy aging: Community Alzheimer Programs, Convalescent Care, Respite Care, Homemaking and Nursing Services
Phone: 519-575-4400

Woolwich Community Health Centre

Primary health care, resources, and information for seniors and caregivers
St. Jacobs Phone: 519-664-3794
Wellesley Phone: 519-656-9025

Transportation

Grand River Transit

- Mobility PLUS
Accessible door to door transportation, application required
 - TaxiSCRIP
Subsidized taxi service, must apply
- Phone: 519-585-7555

Kiwanis Transit

Specialized accessible transportation service in Wellesley, Wilmot, and Woolwich townships
Phone: 519-669-4533

Woolwich Community Services, Care-Ring Elmira

Transportation to and from medical appointments
Phone: 519-669-5139

General Financial Assistance

Old Age Security and Guaranteed Income Supplement

409 Weber St W, Kitchener
Toll Free Phone: 1-800-277-9914
Toll Free Phone: 1-800-277-9915 (French)

Canada Pension Plan/Retirement Pension

Toll Free Phone: 1-800-277-9914
Toll Free Phone: 1-800-277 9915 (French)

Ontario Health Insurance (OHIP), Kitchener Information Office

1400 Weber St E, Unit 2B, Kitchener
Kitchener Information Centre: 519-893-3966

Income Tax Clinics

Income tax clinics are available throughout Waterloo Region for low income individuals. For more information, call the Community Information Centre of Waterloo Region at 519-579-3800.

Education

Laurier Association for Lifelong Learning

Offers university and college level courses
75 University Ave W, Waterloo
Phone: 519-884-0710 ext. 4628

Public Libraries

Often offer community education programs and services. Call for more information.

- Cambridge Libraries and Galleries
Phone: 519-621-0460
- Kitchener Public Library
Phone: 519-743-0271
- Region of Waterloo Library
Phone: 519- 575-4590
- Waterloo Public Library
Phone: 519- 886-1310 ext. 110

Waterloo Catholic District School Board St Louis Adult Learning and Continuing Education Centre

Seniors/Lifelong Learning classes
80 Young St, Kitchener
Phone: 519-745-1201

Waterloo Region District School Board Continuing Education

Programs such as night school, summer school, and international languages.
151 Weber Street South, Waterloo
Phone: 519-885-0800

Third Age Learning Kitchener-Waterloo

Lectures by professors and community experts
Century Room at the Manulife Sportsplex, RIM Park, Waterloo
Phone: 519-885-2959

Volunteering

Volunteer Action Centre of Kitchener-Waterloo and Area

151 Frederick St, Suite 300, Kitchener
Phone: 519-742-8610

Volunteer Cambridge

150 Main St, 2nd floor, Cambridge
Phone: 519-621-1030

Recreation

Allan Reuter Centre

Ages: 50 plus
507 King St E, Cambridge
Phone: 519-740-4681 ext. 4406

David Durward Centre

62 Dickson St, Cambridge
Phone: 519-740-4681 ext. 4360

G E (Ted Wake) Lounge

WG Johnson Centre, 31 Kribs St, Cambridge
Phone: 519-740-4681 ext. 4464

Breithaupt Centre

350 Margaret Ave, Kitchener
Phone: 519-741-2502

Downtown Community Centre

35B Weber St W, Kitchener
Phone: 519-741-2501

Rockway Centre

1405 King St E, Kitchener
Phone: 519-741-2507

Waterloo Adult Recreation Centre

185 King St S, Waterloo
Phone: 519-579-1020

Wing 404 RCAFA/Rotary Adult Centre

510 Dutton Dr., Waterloo
Phone: 519-888-6356

Woolwich Seniors Centre

Ages: 55 plus
24 Snyder Ave S, Elmira
Phone: 519-669-5044

Link to:



Community Services



Settlement Services



Services for Persons with Disabilities

Resources for Seniors



- Community Housing
- Funding Assistance for Housing
- Food Hampers
- Support Services
- Elder Abuse
- Health Care and Safety
- Transportation
- General Financial Assistance
- Education
- Volunteering
- Recreation

For more information, call, visit or email:



Community Information Centre of Waterloo Region
151 Frederick St, Suite 300
Kitchener, ON N2H 2M2

Phone/TTY: 519-579-3800
Toll Free: 1-877-579-3859
Email: info@waterlooregion.org
www.waterlooregion.org

Mach 2014