Employment/Volunteering

Volunteer Action Centre of Kitchener-Waterloo and Area Inc Supported Volunteering

151 Frederick St, Suite 300, Kitchener

Phone: 519-742-8610

Assists individuals experiencing barriers to

volunteering

United Way of Cambridge and North Dumfries

Volunteer Cambridge

150 Main St, 2nd floor, Cambridge

Phone: 519-621-1030

Assists individuals to find volunteer

opportunities

Recreation

Allan Reuter Centre

507 King St E, Cambridge Phone: 519-740-4681 ext 4406

Social and recreational programs for 50 plus

David Durward Centre

62 Dickson St, Cambridge

Phone: 519-740-4681 ext 4360

Provides social and recreational activities including fitness classes and lunch programs

G E (Ted Wake) Lounge

WG Johnson Centre 31 Kribs St, Cambridge

Phone: 519-740-4681 ext 4464 Social and recreational programs

Breithaupt Centre

350 Margaret Ave, Kitchener

Phone: 519-741-2502

Provides social and recreational programs

Downtown Community Centre

35B Weber St W, Kitchener

Phone: 519-741-2501

Recreational programs, computer and special

interest courses

Rockway Centre

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

Community resource centre, social activities, educational courses, travel club,

free computer and Internet access

Waterloo Adult Recreation Centre

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

Social and recreational centre, drop in

centre

Wing 404 RCAFA/Rotary Adult Centre

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

Social and recreational activities for seniors

Woolwich Seniors Centre

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

Social and recreational programs for 55

plus

Senior Neighbourhood Clubs

Phone: 519-741-2510 TTY: 1-866-969-9994

Clubs located throughout Kitchener, meetings at various locations, call for

locations

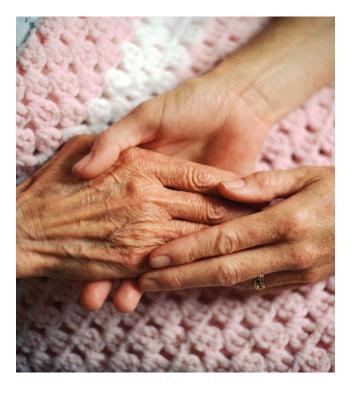
Free Internet Access Sites in Waterloo Region

All **Public Libraries** in Waterloo Region and **City of Kitchener Community Centres and Senior Centres** have free internet access available, call **519-579-3800** for more information.

For more information on these services and others, call the **Community Information Centre** at **519-579-3800**

June 2012

Resources for Seniors



Produced by:



Community Information Centre of Waterloo Region 151 Frederick St, Suite 300

Kitchener, ON N2H 2M2

Phone/TTY: 519-579-3800 From outside Waterloo Region call 1-877-579-3859

www.waterlooregion.org

Financial

Department of Social Development Old Age Security and Guaranteed Income Supplement

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

Canada Pension Plan Retirement Pension

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

Ministry of Health and Long Term Care Ontario Health Insurance

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 families and individuals. For more information, call **519-579-3800**.

Housing

Canada Mortgage and Housing Corporation

Home Adaptations for Seniors Independence (HASI): financial assistance for adaptations

Phone: 1-800-668-2642

Residential Rehabilitation Assistance Program: financial assistance to bring properties up to minimum health and safety levels

Phone: 1-800-668-2642

Applications for geared to income, subsidized housing are available at these sites:

Community Housing Access Centre

235 King St E, 6th floor, Kitchener Phone: 519-575-4608 ~ 519-575-4833 (applications)

Emergency Food

Cambridge Self-Help Food Bank Emergency Food Assistance Program

54 Ainslie St S, Cambridge Phone: 519-622-6550

House of Friendship of Kitchener Emergency Food Hamper Program

807 Guelph St, Kitchener Phone: 519-742-0662

The Salvation Army Community and Family Services

1-300 Gage Ave, Kitchener Phone: 519-745-4215

Meal Programs

David Durward Centre

62 Dickson St, Cambridge Phone: 519-740-4681 ext 4360 Daily lunch program

Downtown Community Centre Noon Hour Meal Program

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

Waterloo Home Support Services Community Meals Program

185 King St S, Waterloo Phone: 519-579-6930 Hot noon hour meal

Education

Laurier Association for Lifelong Learning

75 University Ave W, Waterloo Phone: 519-884-0710 ext 6036 Offers university and college level courses

Waterloo Catholic District School Board St Louis Adult Learning Centre

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

Support Services

Community Support Connections

420 Weber St N, Waterloo

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

Waterloo Home Support Services

185 King St S, Waterloo Phone: 519-747-8733 Home support services available to seniors 65 years and over in Waterloo, resources and information centre

Waterloo Wellington Community Care Access Centre

800 King St W, Kitchener Phone: 1-888-883-3313 ~ 519 748 2222

519-883-5544 (after hours)

73 Water St N, Suite 501, Cambridge Phone: 1-888-883-3313 ~ 519 748 2222 Assessment and referral to community based services, specialty health services and Long Term Care

Community Care Concepts of Woolwich, Wellesley and Wilmot

A-28 South St W, Elmira Phone: 519-669-3023 ~ 519-749-0784 Home support assistance to adults 60 years and over

Community Alzheimer Programs Sunnyside Home

247 Franklin St N, Kitchener Phone: 519-893-8482 For adults 60 and over, requires referral through Community Care Access Centre

PATER

887 Langs Dr, Cambridge Phone: 519-622-3136 Volunteer driving service for essential tasks in Cambridge and North Dumfries