

## Employment/Volunteering

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

151 Frederick St, Ste 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 Flr, 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

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.

# Resources for Seniors



*Ask us Anything!*



Produced by:  
**Social Planning Council of  
Kitchener-Waterloo/  
Community Information Centre of  
Waterloo Region**

151 Frederick St, Suite 300  
Kitchener, ON N2H 2M2

**519-579-3800**

From outside Waterloo Region call  
1-877-579-3859

[www.waterlooregion.org](http://www.waterlooregion.org)

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## Financial

**Department of Social Development  
Old Age Security and  
Guaranteed Income Supplement**  
409 Weber St W, Kitchener  
Phone: 1-800-277-9914

**Canada Pension Plan  
Retirement Pension**  
409 Weber St W, Kitchener  
Phone: 1-800-277-9914

**Ministry of Health and Long Term Care  
Ontario Drug Benefit Program**  
Phone: 1-800-575-5386 (Trillium Drug Plan)

**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

For a listing of apartments and retirement homes,  
call **Community Information Centre** at  
**519-579-3800**.

**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**  
150 Main St, Cambridge  
Phone: 519-740-5777

**Community Housing Access Centre**  
235 King St E, 6th Flr , Kitchener  
Phone: 519-575-4833

## 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

These programs generally require a fee, call  
the **Community Information Centre** at **519-  
579-3800** for more information about these  
and other 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

## Support Services

Some of these programs are specific as to which  
city they serve, call the **Community Information  
Centre** at **519-579-3800** for more information

**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: 519-579-6930  
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

73 Water St N, Ste 501, Cambridge  
Phone: 1-888-883-3313  
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  
Home support assistance to adults 60 years and  
over

**Community Alzheimer Programs**  
Sunnyside Home, 247 Franklin St N, Kitchener  
Phone: 519-893-1609  
For adults 60 and over, requires referral through  
Community Care Access Centre

**PATER**  
First United Church, 15 Wellington St, Cambridge  
Phone: 519-622-3136  
Volunteer driving service for essential tasks in  
Cambridge and North Dumfries

## 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