

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**

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

June 2012

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