

### Seniors' Community Housing

(subsidized by the Region of Waterloo)

Housing Cambridge  
Phone: 519-650-5599

Kitchener Housing  
Phone: 519-744-6655

Millwood Manor, Kitchener  
Phone: 519-745-9901

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

Sunnyside Supportive housing  
Phone: 519-893-8494 Ext 6265

### 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

### 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

#### **Hearing Care Counselling - Canadian Hearing Society Waterloo**

Individuals 55 years and over experiencing hearing loss  
Phone: 519- 744-6811

#### **Kitchener Downtown Community Health Centre**

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

#### **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, Transportation Program**

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 Social Development Centre of Waterloo Region at 519-579-1096

### 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**

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

# 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:

**Phone/TTY: 519-579-3800**

From outside Waterloo Region: 1-877-579-3859  
74 Frederick St Kitchener, N2H 2L7

**Email: [info@waterlooregion.org](mailto:info@waterlooregion.org)**

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



Social Development Centre  
— WATERLOO REGION —