

Employment/Volunteering

Lutherwood

55 Plus Employment Services

Rockway Centre for Active Living,
1405 King St E, Kitchener

Phone: 519-741-2509

Job search assistance for adults 55 years and over

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

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.

Ask us Anything!

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Resources for Seniors



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

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 **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
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 **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 **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
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

K-W Seniors Day Program
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