

2010-  
2011

Cambridge and North Dumfries Seniors Directory  
of Community Agencies

Compiled by:  
Information Cambridge and North Dumfries,  
A service of



**Social Planning Council**  
of Cambridge and North Dumfries

20  
YEARS

## Table of Contents

<b>Introduction.....</b>	<b>3</b>
<b>Important Numbers.....</b>	<b>4-5</b>
<b>Affordable Housing/ Housing Services for Seniors.....</b>	<b>6-7</b>
<b>Long-Term Care Homes for Seniors.....</b>	<b>8-10</b>
<b>Palliative Care Homes.....</b>	<b>11</b>
<b>Work and Income Support.....</b>	<b>12</b>
<b>Volunteer and Recreation.....</b>	<b>13</b>
<b>Legal Help.....</b>	<b>14</b>
<b>Health Services for Seniors.....</b>	<b>15-18</b>
<b>Health Care Providers.....</b>	<b>19</b>
<b>Home Services for Seniors.....</b>	<b>20-21</b>
<b>Caregiver Relief Programs.....</b>	<b>22-23</b>
<b>Senior Citizen’s Organizations.....</b>	<b>24-27</b>
<b>Churches/ Faith Groups.....</b>	<b>28-33</b>
<b>List of Neighbourhood Organizations.....</b>	<b>34-35</b>
<b>Libraries and Computer Access.....</b>	<b>36</b>
<b>Websites of Interest.....</b>	<b>37</b>
<b>Index.....</b>	<b>38-44</b>

## Introduction

The Social Planning Council of Cambridge and North Dumfries has spent the past several months requesting and updating agency and organization information in order to bring you this pilot edition of *Cambridge and North Dumfries Services for Seniors*. This publication is a comprehensive listing of all services that include or are geared towards the senior population of Cambridge and North Dumfries. The purpose of this directory is to provide easier access for citizens to commonly needed services within Cambridge and North Dumfries.

This directory has been designed to be easy to navigate. Organizations are listed under specific categories with a detailed table of contents at the front and a complete index at the back. All organizations and agencies listed include a phone number, address, description of services provided, and level of wheelchair accessibility.

Criteria for being listed in this directory is that the agency or organizations are either non-profit or provide a unique and important service that cannot be accessed in this region in the non-profit sector. Agencies and organizations must also provide a direct service to the elderly community.

It is the hope of the Social Planning Council of Cambridge and North Dumfries that you find this directory to be useful and informative. If you know of any organizations that meet the criteria that are not listed in this directory, feel free to give us a call at 519-623-1713 Ext. 225

Sincerely,

The Social Planning Council of Cambridge and North Dumfries

## Important Numbers

### Are you hurt or in danger?

Cambridge Memorial Hospital.....519-621-2330  
700 Coronation Blvd, Cambridge

Community Care Access Centre.....310-2222

Elder Abuse Response Team (EART).....519-579-4607

Telehealth Ontario .....1-866-797-0000

Victim Services of Waterloo Region.....519-585-2363  
Waterloo Regional Police, Division 2, 176 Hespeler Rd, Cambridge

Waterloo Region Committee on Elder Abuse.....519-883-2280

Waterloo Regional Police..... **Crisis 911**  
200 Maple Grove Rd, Cambridge ..... 519-653-7700

### Are you in need of shelter?

The Bridges Shelter.....519-624-9305  
26 Simcoe St, Cambridge

Haven House.....Abused Women 519-653-2289  
Cambridge..... Crisis 1-800-410-4482, 519-653-2422

### Are you hungry?

The Bridges Shelter.....519-624-9305  
26 Simcoe St, Cambridge

Cambridge Self-Help Food Bank.....519-622-6550  
54 Ainslie St S, Cambridge

Cambridge Vineyard.....Tuesdays 519-623-4639  
147 Elgin St N, Cambridge.....Other Days 519-740-8463

Family & Community Connections, Ayr.....519-632-9737  
80 Stanley St, Ayr

The Salvation Army.....519-623-1221  
16 Shade St, Cambridge

The Salvation Army Hespeler Community Church.....519-658-9850  
18 Tannery St E, Cambridge

Waterloo Region Social Services Department.....519-883-2290  
Community Outreach Program

Trinity Community Table.....519-621-8860  
Trinity Anglican Church, 12 Blair Rd, Cambridge

### **Do you need someone to talk to?**

Telecare Distress Centre.....519-658-6805  
Box 32074 Preston Centre PO, Cambridge

Cambridge Active Self Help Organization..... 519-623-6024  
13 Water St N, Cambridge

Canadian Mental Health Association, Grand River Branch, Centre for Mental Health  
Cambridge.....519-740-7782  
Ayr.....519-632-9737  
Distress Line.....519-745-1166

COPING Bereavement Support Groups of Ontario Inc.....519-650-0852  
1740 Blair Rd, Cambridge.....1-877-554-4498

John Howard Society of Waterloo-Wellington.....519-622-0815  
Cambridge Place, 3-73 Water St N, Cambridge

Lutherwood, Mental Health Services, Lutherwood Family Counselling Services.....519-622-1670  
35 Dickson St, Cambridge

### **Are you new to Canada and need support?**

YMCA Immigrant Services.....519-621-1621  
258 Hespeler Rd, Cambridge

## Affordable Housing/ Housing Services for Seniors

### Cambridge Kiwanis Village Non-Profit Housing

519-650-5437

Cambridge Kiwanis Village Towne Centre, 1195 King St E, Cambridge, ON N3H 5N5

Affordable and low-income housing.

Unknown Accessibility

### Cambridge Non-Profit Housing Corporation

519-622-5535 or 519-622-5858

123 Water St N, Cambridge, ON N1R 3B7

Operates 7 affordable rental housing sites in the City of Cambridge for families and seniors. 70 percent of the 387 units are subsidized.

Not Accessible

### Canada Housing and Mortgage Corporation

1-800-668-2642

#### Home Adaptations for Seniors' Independence

The Home Adaptations for Seniors' Independence (HASI) program offers financial assistance for minor home adaptations that will help low-income seniors to perform daily activities in their home independently and safely in the form of a forgivable loan.

#### Homeowner Residential Rehabilitation Assistance Program

Canada Mortgage and Housing Corporation (CMHC) offers financial assistance to low-income homeowners for mandatory home repairs that will preserve the quality of affordable housing. The program helps people who live in substandard dwellings and cannot afford to pay for necessary repairs to their home

### Grandview Co-op Homes

519-622-4485

58 Stirling MacGregor Dr, Cambridge, ON N1S 4X3

This non-profit co-op housing has 42 units reserved for people with lower incomes.

Unknown Accessibility

### John Howard Society- Housing Help Centre

519-622-0815

40 Ainslie St S, Cambridge, ON N1R 3K1

This non-profit organization provides housing counseling to find affordable housing in the region and information on subsidized housing.

Fully Accessible

### Lutherwood Housing Services, Housing Counselling Program

519-623-9380

35 Dickson St, Cambridge, ON N1R 7A6

The Housing Coordinator provides assistance with accessing or maintaining rental housing. Clients can access housing information, referrals, assistance with subsidized housing, and individual housing counselling.

Fully Accessible

### **Lutherwood, Rent Bank and Eviction Program**

519-623-9380

35 Dickson St, Cambridge, ON N1R 7A6

The Rent Bank and Eviction Prevention Program can assist in preventing homelessness through eviction prevention. Services include information on landlord and tenant relations, eviction process and tenant rights and responsibilities.

Fully Accessible

### **Region of Waterloo Coordinated Access System, Community Housing Access Centre**

519-575-4833

150 Main St, Cambridge, ON N1R 6P9

Access Site office locations are your point of access to the centralized waiting list for Community Housing. Access Site staff can help you with your Application, provide you with forms that you need, and answer questions that you may have.

Fully Accessible

### **St. Peter's Place**

519-653-2805

824 King St E, Unit 100, Cambridge, ON N3H 5G1

Non-profit co-op housing for seniors. 62 units including 30 units allotted to low-income families.

Partially Accessible

## Long-Term Care Homes for Seniors

### Cambridge Country Manor

519-650-0100

3680 Speedsville Rd, Cambridge, ON N3H 4R6

A long-term care facility with 79 beds available. Private, semi-private rooms and ward are available.

Fully Accessible

### Chartwell Select Queen's Square Terrace

519-621-2777

10 Melville St N, Cambridge, ON N1S 1H5

Retirement community and home.

Fully Accessible

### Fairview Mennonite Homes

519-653-5719

515 Langs Dr, Cambridge, ON N3H 5E4

Retirement community includes warm water therapy, seniors centre and more!

Fully Accessible

### Golden Years Nursing and Assisted Living Centre

519-653-5493

704 Eagle St N, Cambridge, ON N3H 4T3

Provides residential support for seniors, and to physically and mentally challenged individuals. Long-term care accommodation is also available.

Fully Accessible

### Grand River Retirement Home

519-621-5502

62 Grand Ave N, Cambridge, ON N1S 2K9

This senior's residence provides long-term care and has subsidized rates available.

Fully Accessible

### (The) Hanning Houses

519-650-2505

540 Queenston Rd, Cambridge, ON N3H 3J8

Retirement home and community.

Fully Accessible

### (The) Marian Residence

519-653-0363

640 Hillview Rd, Cambridge, ON N3H 5H3

Retirement home that offers a drop in centre, activities for seniors, tea-room, assisted and independent living units, nursing facilities, and doctor visits once a week.

Fully Accessible

## **Ontario Retirement Communities Association**

905-403-0500 or 1-800-361-7254

ORCA is a non-profit provincial organization that sets professional operating standards, inspects and accredits retirement residences in Ontario. ORCA operates a toll-free Retirement Home Complaints Response and Information Service that gives seniors and their families the information they need to make informed choices and helps them resolve problems quickly and effectively.

Fully Accessible

## **Marsdale Manor**

519-622-5864

25 Linnwood Ave, Cambridge, ON N1R 1V2

Retirement home with 24 hour qualified nursing care, three meals daily, laundry, housekeeping and recreational activities.

Fully Accessible

## **PeopleCare Hilltop Manor**

519-621-3067

42 Elliott St, Cambridge, ON N1R 2J2

Long term care home with 5 distinctive specialty care areas including 2 secure Alzheimer units.

Residents receive help with activities of daily living, enjoy recreation and restorative care programs with respectful medical and 24 hour nursing care as needed.

Fully Accessible

## **Riverbend Place**

519-740-3820

650 Coronation Blvd, Cambridge, ON N1R 7S6

A multi level retirement community which includes independent apartments with the option to purchase additional personalized care and services, retirement lodge and long-term care nursing. Subsidy is available for long-term care.

Unknown Accessibility

## **Riverside Manor**

519-621-5256

54 Grand Ave N, Cambridge, ON N1S 2K9

Retirement home; assisted and independent living.

Unknown Accessibility

## **St. Andrew's Terrace Long Term Care Community**

519-620-9512

255 St. Andrew's St, Cambridge, ON N1S 1P1

St. Andrew's Terrace offers multiple levels of care for 128 residents who have arranged their placement through the Community Care Access Centre.

Unknown Accessibility

## **St. Luke's Place**

519-658-5183

1624 Franklin Blvd, Cambridge, ON N3C 3P4

Nursing facility for long term care; respite care; palliative care; assisted living, independent living apartments; meals, and recreational activities. Subsidy is available.

Unknown Accessibility

### **Stirling Heights Long Term Care Centre**

519-622-3434

200 Stirling MacGregor Dr, Cambridge, ON N1S 5B7

Retirement home that offers live-in pets, residents' council, a volunteer program, outdoor gardens/horticultural activities, a comfort care coordinator, a specialized skin and wound care program with 3M Canada.

Fully Accessible

### **Victoria Lodge Retirement Home**

519-632-7541

144 Piper St, Ayr, ON N0B 1E0

Retirement home. Nursing facilities are available. Activities are conducted for the residents

Partially Accessible

## Palliative Care Homes

### Hospice of Waterloo Region

519-743-4114

298 Lawrence Ave, Kitchener, ON N2M 1Y4

Hospice of Waterloo Region is a volunteer organization dedicated to providing comfort, care and support to people affected by life-threatening illness. Our services are provided in home, hospital, or long-term care facility settings by trained volunteers free of charge.

Fully Accessible

### Lisaard House

519-650-1121

990 Speedsville Rd, Cambridge, ON N3H 4R6

The Lisaard house is a 6 bedroom Residential Hospice which offers individuals with cancer, who are facing the last few weeks of their lives, the option of a home-like setting with around-the-clock professional care.

Fully Accessible

## **Work and Income Support**

### **Lutherwood 55+ Employment Services**

519-741-2509

1405 King St E, Kitchener

Job search assistance for adults 55 years and over.

Unknown Accessibility

### **Service Canada- Cambridge Centre**

519-621-7150

350 Conestoga Blvd, Unit C2, Cambridge, ON N1R 7L7

Helps people with accessing Disabilities Canada Pension Plan Disability Benefits, Seniors Allowance for the Survivor Program, Canada Pension Plan Retirement Pension or Old Age Security

Fully Accessible

### **Waterloo Region Social Services Department**

519-740-5700

150 Main St, Cambridge, ON N1R 8H6

The Waterloo Region Social Services Department (Cambridge Branch) provides resources on the topics of Income Support, Family Support, Employment Services and Special Services

Fully Accessible

## Volunteer and Recreation

### **Cambridge Memorial Hospital, Volunteer Associations, Volunteer Resources**

519-621-2333 ext 2368

700 Coronation Blvd, Cambridge, ON N1R 3G2

The CMH Volunteer Association provides assistance to Cambridge Memorial Hospital through ongoing support to our patient service and revenue-producing programs. Volunteers are always needed in a variety of areas to enhance services to our patients and visitors. A teen volunteer program is also available.

### **City of Cambridge Community Services**

519-740-4681

P.O. Box 669, 50 Dickson St E, Cambridge, ON N1R 5W8

The Community Services Department provides recreation facilities, programs and consultation services for Cambridge residents. These services ensure that all residents, regardless of their recreational interests, capabilities, or financial status are able to participate.

Unknown Accessibility

### **Volunteer Cambridge, United Way of Cambridge and North Dumfries**

519-623-0423

150 Main St. 2<sup>nd</sup> Fl. Cambridge, ON N1R 6P9

Promotes and encourages volunteerism within the Cambridge community. Links community residents interested in volunteering with appropriate programs and services, offers assistance in volunteer management and recognition.

Fully Accessible

## Legal Help

### Legal Aid Ontario

1-800-668-8258

416-979-1446

Provides financial assistance with a wide range of legal issues. Accepts collect calls.

### Ontario Retirement Communities Association

905-403-0500 or 1-800-361-7254

ORCA is a non-profit provincial organization that sets professional operating standards, inspects and accredits retirement residences in Ontario. ORCA operates a toll-free Retirement Home Complaints Response and Information Service that gives seniors and their families the information they need to make informed choices and helps them resolve problems quickly and effectively.

Fully Accessible

### Waterloo Region Committee on Elder Abuse

Information Line: 519-883-2280

420 Weber St N, Waterloo, ON N2L 4E7

Provides information about elder abuse and about the community resources available. Volunteers are available to promote elder rights and to raise awareness about elder abuse, by providing information sessions to community groups.

Unknown Accessibility

### Waterloo Region Community Legal Services

519-743-0254

450 Frederick St S, Unit 101 (ground floor), Kitchener, ON N2H 2P5

Community Legal Aid Clinic providing advice and/or representation in areas such as landlord-tenant, consumer, Ontario Works, Ontario Disability, Canada Pension Plan Disability, Workers Compensation. No services in family, criminal or immigration.

Fully Accessible

## Health Services for Seniors

### Alzheimer's Society of Cambridge

519-650-1628

940 King St E, Cambridge, ON N3H 3P3

Dedicated to enhancing the lives of persons with Alzheimer's Disease and Related Dementias and their caregivers by providing support, information, education, public awareness, advocacy and promotion of research.

Unknown Accessibility

### Cambridge Memorial Hospital Lifeline

519-740-4994

A phone line support service run by 'Lifeline' organization, to help seniors, people with challenges, and patients with medical conditions, live safely at home.

Operates 24 hours a day, 7 days a week

### Cambridge Osteoporosis Support Group

519-740-4681 ext 4406

Allan Reuter 50+ Recreation Centre, 507 King St E, Cambridge, ON N3H 3N4

A support group for individuals with osteoporosis and their families. A variety of guest speakers discuss topics such as prevention, falls, diet, exercise, and footwear.

Fully Accessible

### Canadian Cancer Society, Waterloo Region Unit

519-886-8888

241 Duke St W, Kitchener, ON N2H 3X5

A non-profit organization that funds cancer research, offers comprehensive, credible information on cancer, risk reduction and treatment, and also provides support for cancer patients and their family and friends.

Fully Accessible

### Canadian Diabetes Association Leadership Centre

519-742-1481

14 Irvin St, Suite 1, Kitchener, ON N2H 1K8

Promotes the health of Canadians through diabetes research, education, service and advocacy. Regularly scheduled information evenings, support groups, resource library, referral and information.

Unknown Accessibility

### Canadian Red Cross

519-621-1840

17 Cambridge St, Cambridge, ON N1R 3R8

Humanitarian organization serving the most vulnerable in the community. We offer Personal Disaster Assistance to those affected by fire or other emergency, Home Healthcare Equipment Rentals, First Aid, CPR, AED, and Respect Ed programs.

Fully Accessible

### **(The) Coping Centre**

519-650-0852

1740 Blair Rd, Cambridge, ON N3H 4R8

The Coping Centre offers programs for Adults (widows, widowers, suicide support, loss of parent, sibling, friend, etc) and Bereaved Parents. All groups have a maximum of 8 people and run for 8-10 weeks

Unknown Accessibility

### **Heart and Stroke Foundation**

519-571-9600 or 1-888-473-4636

1373 Victoria St N, Suite 2A, Kitchener, ON N2B 3R6

The Heart and Stroke Foundation, a volunteer-based health charity, works to eliminate heart and stroke disease and reduce its impact through the advancement of research, and promotion of healthy living.

Partially Accessible

### **Hopespring Cancer Support Centre**

519-624-5855

51 Cambridge St, Cambridge, ON N1R 3R8

HopeSpring offers a variety of programs and services to people in the community affected by cancer, free of charge, without a medical referral, in Waterloo and Cambridge.

Programs include courses, workshops, seminars, gentle exercise, relaxation therapies, and information nights. HopeSpring also provides individual and group support, a free wig boutique, and a resource centre.

Partially Accessible

### **Kidney Cancer Canada**

519-620-7241

P.O. Box 23026, Westgate P.O., Cambridge, ON N1S 4Z6

Kidney Cancer Canada is a charitable patient-led support organization established to improve the quality of life for patients and their families living with kidney cancer.

Fully Accessible

### **Langs Farm Village Association**

519-653-1470

887 Langs Dr, Unit 1, Cambridge, ON N3H 5K4

Langs offers community programs and medical counselling. Langs also conducts free tax clinics for low income families and seniors.

Fully Accessible

### **Ontario Breast Screening Program**

519-740-4999

Cambridge Memorial Hospital, 700 Coronation Blvd, Cambridge, ON N1R 3G2

This program is a service of Cancer Care Ontario, providing high quality and comprehensive breast screening to women aged 50 and over. Physical breast examination and mammography provided. Self-examination training. Self-referrals accepted.

Fully Accessible

### **Parkinson Society Southwestern Ontario**

519-652-9437 or 1-888-851-7376

117-4500 Blakie Rd, London, ON N6L 1G5

Resource centre provides literature, speakers and educational programs.

Fully Accessible

### **Self Help Alliance Waterloo Wellington (CASH)**

519-623-6024

9 Wellington St, Unit 1, Cambridge, ON N1R 3Y4

The Self Help Recovery Centre offers opportunities for individuals to engage in interactive discussion about recovery, advocacy, personal development and social justice. The Self Help Resource Centre contains information pertaining to self help, advocacy, recovery, mental health and concerns of individuals who experience mental health issues.

Community access centre (C.A.P) makes computers available for members to use

Fully Accessible

### **Senior Peer Support Program**

519-741-2576

1405 King St, Kitchener, ON N2G 2N9

It offers pre-retirement program, confidential peer support, counselling and information on various senior issues.

Fully Accessible

### **Seniors Program- Community Living Cambridge**

519-623-7490

160 Hespeler Rd, Cambridge ON N1R 6V7

Offers programs for seniors aged 55 and up that focus on enhancing the individual's well being through ensuring appropriate social, physical and mental stimulation in an appropriate environment.

### **Stroke Recovery Association- Cambridge and District**

519-742-3226

Preston Mennonite Church, 791 Concession Rd, Cambridge, ON

Provides support, education, information, and referrals to individuals and their families dealing with stroke.

Visitation on requests, monthly meetings, newsletter, socialization and information sharing.

Fully Accessible

### **Waterloo Wellington Community Care Access Centre**

519-748-2222 or 310-2222

800 King St W, Kitchener, ON N2G 1E8

Finding and accessing the care you need can sometimes be confusing and complicated. The Waterloo Wellington CCAC is here to help you navigate Ontario's health care system. We will seek to understand your personal situation and give you information and advice about the options available in our community.

Our services help people avoid hospitalization, or return home quicker after being in hospital to recuperate in the comfort of their own homes. When living at home is no longer possible, we will help with admission into long-term care.

Fully Accessible

## **YMCA Wellness Services**

519-623-9622

250 Hespeler Rd, Cambridge, ON N1R 3H3

YMCA wellness programs offer Seniors exercise programs, wellness seminars and group discussions on health-related matters.

Unknown Accessibility

## Health Care Providers

### Cambridge Memorial Hospital

519-621-2330

700 Coronation Blvd, Cambridge, ON N1R 3G2

Cambridge Memorial Hospital is a 240-bed community hospital serving Cambridge and North Dumfries Township. CHM provides acute care services including Cancer Care, Intensive Care, Medicine Unit, as well as Diagnostic, Emergency, Surgical, Mental Health, Outpatient, Rehabilitation and Restorative Services.

Fully Accessible

### Cambridge Walk-In Clinic

519-654-2260

980 Franklin Blvd, Cambridge, ON N1R 7Z1

Walk in medical clinic for non life threatening medical problems and a Family Medical Centre.

Fully Accessible

### Cambridge Walk-In Clinic

519-654-2260

101A Holiday Inn Dr. Cambridge, ON N3C 1Z3

Walk in medical clinic for non life threatening medical problems and a Family Medical Centre.

Fully Accessible

### Langs Farm Community Health Centre

519-653-1470

887 Langs Dr. Unit 1 Cambridge ON N3H 5K4

Offers medical counselling for people in Preston within the catchment area.

Fully Accessible

### North Dumfries Community Health Centre Satellite

519-632-1229

53 Hilltop Dr. Ayr, ON N0B 1E0

Community health centre that provides: Primary Health Care, Programs for Children and Youth, Social Work Counselling and Nutrition Counselling

Fully Accessible

### Region of Waterloo Public Health

519-883-2000

150 Main St, Cambridge, ON N1R 6P9

Health education, disease prevention, promotional activities, counselling, and referral services in these areas: violence prevention, dental, environmental, infection control, food safety, cancer prevention, heart health, AIDS/STDs, sexual health

Fully Accessible

## Home Services for Seniors

### Canadian Diabetes Association Clothesline Program

519-623-0216 or 1-800-505-5525

101 Sheldon Dr, Unit 5, Cambridge, ON N1R 6T6

FREE pick-up of used clothing, clothing accessories, shoes, linen, bedding, pillows, blankets, curtains, fabric material, kitchen utensils, small appliances, dishware, pots and pans, toys, books, knick-knacks.

Unknown Accessibility

### City of Cambridge Friendly Visiting Program

519-740-4681 ext 4423

Allan Reuter Centre, 507 King St E, Cambridge, ON N3H 3N4

Volunteers are matched with an isolated senior or adult with physical disabilities to provide companionship and to visit once a week for 2 to 3 hours.

Fully Accessible

### Community Support Connections, Meals on Wheels and More

519-772-8787

800 Franklin Blvd, Unit 4B, Cambridge, ON N1R 7Z1

Provides services to older adults including Meals on Wheels, Home Help, Home Maintenance, Homemaking, Reassurance and Security Checks, Snow Removal, and a Dine and Dash Club.

Fully Accessible

### House of Friendship Appliance Repair Program

519-742-8327

51 Charles St E, Kitchener, ON N2G 4R3

House of Friendship provides assistance with major appliance repairs to low-income persons in Waterloo Region.

Fully Accessible

### People Assisting in Transporting Elderly Residents (P.A.T.E.R. Program)

519-622-3136

15 Wellington St, Cambridge, ON N1R 3Y4

Volunteer drivers provide escorted transportation for seniors and adults with a disability (not dependent of a wheelchair) to medical appointments, therapy, banking, grocery shopping and social outings.

Partially Accessible

### Senior Homecare by Angels

519-653-8185

506 King St E, Cambridge, ON N3H 3N2

A non-medical homecare agency geared towards Seniors. Caregivers will assist in personal hygiene, meal preparation, light housekeeping, errands, shopping and companionship at low hourly rates.

Not Accessible

## Seniors for Seniors

Cambridge and Kitchener-Waterloo: 519-585-0845

Seniors for Seniors is a non-medical homecare agency catering exclusively to the needs of senior citizens and older adults. Offers overnight and live-in companions/homemakers, home care support (cleaning, cooking, laundry etc), driving services and personal support services.

Fully Accessible

## Caregiver Relief Programs

### Adult Day Programs- Community Living Cambridge

519-623-7490

160 Hespeler Rd, Cambridge ON N1R 6V7

Provides a medley of activities, approaches and settings in response to individualized needs and interests for the broad spectrum of individuals supported.

Fully Accessible

### Boost

519-740-4681 Ext. 4424

North Dumfries Community Health Satellite, 53 Hilltop Dr. Ayr, ON N0B 1E0

Aims to build new social networks with special focus on self renewal and recharging for individuals experiencing grief & loss, mental illness, depression or other health or lifecycle changes. Activities focus on information sharing, outings, & FUN.

Fully Accessible

### Break Away With a Day Away

519-740-4681 ext 4411

North Dumfries Community Health Centre, 53 Hilltop Dr. Ayr, ON

Weekly Activities Include: Social Time; Gentle Exercises; Games; Arts & Crafts; Entertainment; Hot Lunch & Snacks

Fully Accessible

### Caregiver Support Program (Friendly Visiting Program)

519-740-4681 Ext 4423 or Ext 4425

507 King St. E, Cambridge ON N3H 3N4

This program matches a volunteer visitor with clients, to provide companionship for both the person being cared for, and short-term relief to the caregiver in need of a time for themselves. The goal being to decrease social isolation for both the caregiver and care recipient. The volunteers do not provide personal or professional medical care.

### Community Care Access Centre

310-2222

Can discuss options for Caregiver Relief Programs. Have access to day programs, in-home respite and short-stay respite.

### Day Away Respite Program

519-743-4114

298 Lawrence Ave, Kitchener, ON N2M 1Y4

A "Day Away" is a weekly retreat away from the ordinary, an opportunity to participate in discussions and group activities that promote fun, laughter and well being, and learning about and taking part in a variety of complementary therapies including therapeutic touch, horticulture, art and music. The program is designed to benefit both the individual who is living with a life threatening illness, and their caregivers. While clients attend the program, caregivers are encouraged to take time for themselves.

Fully Accessible

### **Golden Opportunities Seniors Day Program**

519-740-4681 Ext. 4424

Allan Reuter Centre, 507 King St. E Cambridge ON N3H 3N4

Provides opportunity for Greeting and socializing with friends, outstanding support by staff and volunteers, and Participating in planned activities. Program is designed for seniors who are currently or are in danger of becoming socially isolated and withdrawn. Call for registration.

Fully Accessible

### **Living Well**

519-740-4681 Ext. 4424

Fairview Centre for Community Health and Wellness

515 Lings Dr, Cambridge, ON N3H 5E4

Aims to improve and maintain participants' overall health, wellness and independence with a special focus on functional fitness, nutrition and healthy lifestyles. Includes access to Fairview's fitness equipment, warm water therapy pool and recreation facilities.

Fully Accessible

### **Local Long-Term Care Facilities**

See Long-Term Care section. Many long-term care providers will provide short-term respite on site for a fee. Fee can be subsidized through CCAC; must contact the long-term care facility independently.

## Senior Citizen's Organizations

### Ancient Mariners Canoe Club

519-740-4681 ext 4459

W.G Johnson Centre, 31 Kribs St, Cambridge, ON N3C 2L3

The Ancient Mariners Canoe Club is a group of seniors who share an interest in outdoor activities, particularly canoeing, hiking, cross-country skiing and preserving the environment.

Unknown Accessibility

### Canadian Association of Retired Persons (CARP)

519-576-2725

77 Westmount Rd. S, Waterloo, ON N2L 2K9

For Canadians 50 and over, retired or not. Membership fee. Newsletter, lobby governments, seniors interests, discounts.

Unknown Accessibility

### Cambridge 50+ Recreation Clubs, Travel Club

519-740-4681 ext 4397

Allan Reuter Centre, 507 King St E, Cambridge, ON N3H 3N4

Travel clubs for members of the City of Cambridge 50+ Recreation Centres, 3 different clubs available.

Fully Accessible

#### 1) David Durward Centre

519-740-4630

62 Dickson St, Cambridge, ON N1R 1T8

This Centre offers variety of fitness, computer, craft, special interest, support, cooking programs, drop-in programs and social events. Membership is required to participate in drop-in-programs, discounts on registered programs and access to the fitness/workout room.

Fully Accessible

#### 2) Allan Reuter Centre

519-740-4681 ext 4406

507 King St E, Cambridge, ON N3H 3N4

This centre offers variety of fitness, craft, and special interest programs for seniors. Membership is required; members will enjoy discounted price for fitness and other activities.

Fully Accessible

#### 3) Ted Wake Lounge

519-740-4681 ext 4464

W.G. Johnson Centre, 31 Kribs St, Cambridge, ON N3C 2L3

This centre offers variety of programs for older adults. Membership is required to participate in the programs. Hot meals are provided on Fridays; light snacks, sandwiches, soups are prepared on other days of the week.

Fully Accessible

### **Cambridge Lions Club**

519-622-8024

50 Ainslie St N, Cambridge, ON N1R 8E3

Galt Cambridge Lions Club is a non-profit organization dedicated to serving area residents, with special interest for seniors, deaf, blind/vision impaired, youth programs and scholarships and the local hospital.

Fully Accessible

### **Cambridge Newfoundland Club Seniors**

519-623-6320

1500 Dunbar Rd. Cambridge ON N3H 4P1

Seniors dances hosted at the Newfoundland club.

Fully Accessible

### **Cambridge Seniors' Chelsey Lake Campers**

519-653-5110

1143 Rose St. Cambridge ON N3H 2G6

Campers enjoy an annual week of fun and fellowship in September at Chelsey Lake.

Unknown Accessibility

### **Cambridge Seniors' Choir**

519-658-2519

62 Dickson St. Cambridge ON N1R 1T8

Weekly choir practice and related events at David Durward Centre.

Fully Accessible

### **Cambridge Seniors' Woodworking Club**

519-653-2970

62 Dickson St. N, Cambridge ON, N1R 1T8

Offers two workshops for woodworking. One workshop is at the David Durward Centre and the other workshop is located at the Allan Reuter Centre.

Fully Accessible

### **Fairview Mennonite Homes Centre**

519-653-5719 Ext. 234

515 Langs Dr. Cambridge ON N3H 5E4

Social, educational and fitness opportunities. Warm water therapy pool and exercise room. Hairdresser and other amenities on site. Must be a member of 50+ travel clubs.

Fully Accessible

### **Golden Age Club**

519-621-4473

30 Cambridge St. Cambridge ON N1R 3R7

Afternoon social and games/cards, friendship for all seniors. Small membership fee, new members welcome.

Fully Accessible

### **Hespeler Friendly Society of Senior Citizens**

519-658-2146

46 Fisher Mills Rd, Cambridge ON N3C 1C7

A seniors social and charitable club. Meets at G.E. (Ted) Wake Lounge.

Fully Accessible

### **Knox Church, Seniors Time Out**

519-632-7017

Knox United Church, 92 Northumberland St, Ayr, ON N0B 1E0

Seniors meet last Monday of each month, September - June, at the Knox Church to socialize.

Fully Accessible

### **Korean War Veterans Associations of Canada- Unit 13**

519-623-1593

South Waterloo Naval Association, 30 Cambridge Street St, Cambridge, ON N1R 3R7

Conducts meetings for social and assistance means for ages 79 and over.

Unknown Accessibility

### **North Dumfries Lions Club**

519-569-8136

Roseville Community Centre

A non-profit organization dedicated to serving area residents, with special interest for seniors, deaf, blind/vision impaired, youth programs and scholarships and the local hospital.

Fully Accessible

### **Prime Time Plus**

519-658-9821

400 Holiday Inn Dr. Cambridge ON N3C 3T1

Monthly meetings for those aged 50 and older. Christian fellowship through varied programs and activities.

Unknown Accessibility

### **South Western Naval Veterans Association**

519-623-3044

30 Cambridge St, Cambridge, ON N1R 3R7

This is a social and service club for veterans.

Fully Accessible

### **Royal Canadian Legion**

519-621-5850

4 Veterans Way, Cambridge, ON N1R 3K7

Offers recreational activities and support for community events.

Fully Accessible

### **W.G. Johnson Centre**

519-740-4681 ext 4469

31 Kribs St, Cambridge, ON N3C 2L3

Offers aquatic and fitness activities. Indoor pool featuring a 1M diving board, gym, sauna, patio, gallery, G.E. Ted Wake 50+ centre, conditioning centre, water slide, and hot tub.

Fully Accessible

### **50+ Group**

519-658-9001

Temple Baptist Church, 400 Holiday Inn Dr, Cambridge, ON N3C 3T1

Meets 3rd Thursday each month at 10:30 a.m. to 12:00 noon followed by a luncheon. Christian fellowship through varied programs and activities.

Fully Accessible

## Churches/ Faith Groups

### **Baha'i Community of North Dumfries**

519-632-9985

Multi-Faith Devotional gatherings take place on the 3rd Tuesday of every month, 7:30 pm at the Ayr Public Library

Unknown Accessibility

### **Calvary Church Ayr**

519-632-7110

173 Northumberland St, Ayr, ON N0B 1E0

Affiliated with Mennonite Church Canada; Sunday Services: 10:30 am

Partially Accessible

### **Calvary Pentecostal Assembly**

519-621-6310

127 Hespeler Rd, Cambridge, ON N1R 3G9

Unknown Accessibility

### **Cambridge Community Church**

519-624-8411

73 Pollock Ave, Cambridge, ON N1R 2B4

Unknown Accessibility

### **Cambridge Seventh-Day Adventist Church**

519-740-2671

1725 Beaverdale Rd, Cambridge, ON N3C 2V3

Provides religious services, emergency food distribution, health classes, vegetarian cooking classes, smoking cessation classes, health screening.

Unknown Accessibility

### **Cedar Creek Community Church**

519-624-8321

2042 Dumfries Rd, RR 4, Cambridge, ON N1R 5S5

This is affiliated with 'The Evangelical Fellowship Baptist Churches of Canada'.

Fully Accessible

### **Christ Anglican Church**

519-632-7291

50 Manley St, Ayr, ON N0B 1E0

Fully Accessible

### **Church of Christ**

519-622-1863 or 226-338-6720

115 Christopher Dr, Cambridge, ON N1R 4S1

Unknown Accessibility

**Church of Jesus Christ of Latter-day Saints**

519-622-0092

181 Myers Rd, Cambridge, ON N1R 7H2

Unknown Accessibility

**Church of the Nazarene, Preston**

519-653-6036

1332 Hamilton St, Cambridge, ON N3H 3G5

Fully Accessible

**Cornerstone Community Church**

519-624-9375

10 Gatehouse Dr, Cambridge, ON N1P 1C7

Fully Accessible

**Countryside Reformed Church**

519-740-2860

1985 Beke Rd, RR 4, Cambridge, ON L8S 3T3

Unknown Accessibility

**First Spiritualist Church of Galt**

519-622-7177

72 Grand Ave N, Cambridge, ON N1S 2K9

Unknown Accessibility

**First United Church**

519-621-8441

15 Wellington St, Cambridge, ON N1R 3Y4

Fully Accessible

**Forward Baptist Church**

519-621-6566

455 Myers Rd, Cambridge, ON N1R 5S2

Unknown Accessibility

**Grace United Church**

519-616-7515

3258 Roseville Rd E, RR 1, Ayr, ON NOB 1E0

Affiliated with United Church of Canada; Sunday worship services at 11:15 a.m.

Fully Accessible

**Guelph Cambridge Chinese Alliance Church**

519-654-0253

31 Tannery St W, Cambridge, ON N3C 1H2

Unknown Accessibility

### **Hespeler Baptist Church**

519-658-4220

76 Adam St, Cambridge, ON N3C 2K5

Fully Accessible

### **Islamic Centre of Cambridge**

519-740-6855

1550 Dunbar Rd, Cambridge, ON N1R 8J5

The mission of ICC is to provide a place for Muslims to get together for religious and social events and to provide religious education for children. In addition by efforts and action programs we hope to promote building of communities of Muslims in the region of Waterloo and surrounding regions.

Fully Accessible

### **King Street Baptist Church**

519-653-5131

361 King St E, Cambridge, ON N3H 3M7

Fully Accessible

### **Knights of Columbus**

519-653-6903

333 Speedsville Rd, Cambridge, ON N3H 4R6

The Knights of Columbus is a Catholic family fraternal service organization and it provides members and their families with volunteer opportunities in service to the Catholic Church, their communities, families and young people.

Fully Accessible

### **Knox Galt Presbyterian Church**

519-621-8120

2 Grand Ave S, Cambridge, ON N1S 2L2

Fully Accessible

### **Knox Preston Presbyterian Church**

519-653-6691

132 Argyle St N, Cambridge, ON N3H 1P6

Fully Accessible

### **Knox United Church**

519-632-7461

92 Northumberland St, Ayr, ON N0B 1E0

Place of worship. It a non-profit organization that provide sermons and special events like the country carnival.

Fully Accessible

### **(The) Life Centre**

519-651-1800

Silverheights Public School 390 Scott Rd, Cambridge, ON

Worship Service is held every Sunday from 10:30 am till 12 noon at Silver Heights Public School.

Partially Accessible

### **Maranatha Christian Reformed Church**

519-623-8151

94 Elgin St S, Cambridge, ON N1R 5G5

Unknown Accessibility

### **Preston Mennonite Church**

519-653-5171

791 Concession Rd, Cambridge, ON N3H 4L1

Unknown Accessibility

### **Radha Krishna Mandir**

519-650-1575

67 Old Mill Rd, Cambridge, ON N3H 4R8

Place of worship for Hindus.

Fully Accessible

### **Riverside Associate Reformed Presbyterian Church**

519-653-7746

465 Avenue Rd, Cambridge, ON

Unknown Accessibility

### **Roseville United Brethren Church**

519-696-3005

2729 Fischer-Hallman Rd, RR 1, Ayr, ON N0B 1E0

Fully Accessible

### **Salvation Army Community Church, Hespeler Community Church**

519-658-9850

18 Tannery St, Cambridge, ON N3C 2B9

Community church that also operates a Soup Kitchen and gives out food vouchers, clothing, diapers to those in need.

Partially Accessible

### **Seventh-Day Baptist Church of Cambridge**

519-623-3419

18 Tannery St E, Cambridge, ON N3C 2B9

Partially Accessible

### **St. Ambrose Church**

519-621-2013

210 South St, Cambridge, ON N1R 2P4

Fully Accessible

### **St. Andrew's Galt Presbyterian Church**

519-621-3630

130 Victoria Ave, Cambridge, ON N1S 1Y2

Religious organization that offers nursery care, Sunday School and a youth program during the worship services at 10:30 am.

Fully Accessible

**St. Andrew's Hespeler Presbyterian Church**

519-658-2652

73 Queen St E, Cambridge, ON N3C 2A9

Unknown Accessibility

**St. Clement's Parish**

519-653-6123

745 Duke St, Cambridge, ON N3H 3T7

Unknown Accessibility

**St. Giles Presbyterian Church**

519-621-2380

146 Ballantyne Ave, Cambridge, ON N1R 2T2

Fully Accessible

**St. James' Anglican Church**

519-658-4547

520 Ellis Rd, Cambridge, ON N3C 4B1

Anglican worship centre

Fully Accessible

**St. James Lutheran Church**

519-658-9621

96 Queen St E, Cambridge, ON N3C 2B1

Unknown Accessibility

**St. John's On the Hill United Church**

519-623-1820

241 Cedar St, Cambridge, ON N1S 1W6

Partially Accessible

**St. Luke's United Church**

519-658-2351

1620 Franklin Blvd, Cambridge, ON N3C 1P2

Unknown Accessibility

**St. Mary's Catholic Church**

519-658-4443

16 Cooper St, Cambridge, ON N3C 2N2

Unknown Accessibility

**St. Mary's Ukrainian Catholic Church**

519-653-9841

582 Eagle St N, Cambridge, ON N3H 1C3

Unknown Accessibility

**St. Paul's Lutheran Church**

519-623-1604

63 Grand Ave S, Cambridge, ON N1S 2L1

Unknown Accessibility

**St. Peter's Evangelical Lutheran Church**

519-653-4721

810 King St E, Cambridge, ON N3H 3P2

Partially Accessible

**Temple Baptist Church**

519-658-9001

400 Holiday Inn Dr, Cambridge, ON N3C 3T1

Fully Accessible

**Trillium United Church**

519-653-6601

450 King St E, Cambridge, ON N3H 3M9

Religious Organization

Partially Accessible

**Trinity Anglican Church**

519-621-8860

12 Blair Rd, Cambridge, ON N1S 2H5

Fully Accessible

**Wanner Mennonite Church**

519-658-4902

1725 Beaverdale Rd, R.R. #21, Cambridge, ON N3C 2V3

Unknown Accessibility

**Wesley United Church**

519-621-6060

6 Cambridge Street N, Cambridge, ON N1R 3R6

It provides family worship services.

Fully Accessible

## Neighbourhood Organizations

The City of Cambridge is rapidly growing and contains many different neighbourhoods. Wherever you live in Cambridge, there is a neighbourhood organization in your area. These organizations usually provide programming for children and adults as well as volunteer opportunities. They also commonly employ an outreach worker who can help those in need of help such as additional food, counselling, and many other needed services. Neighbourhood organizations are a great way to get connected with both your neighbourhood and any additional resources you may need.

### Alison Neighbourhood Association

Located within St. Anne School at:  
127 Elgin St. N, Cambridge ON  
519-620-1867  
Fully Accessible

### Blair Road Neighbourhood Association

30 Parkhill Rd, Cambridge ON  
519-624-0898  
Unknown Accessibility

### Kinbridge Community Association- Christopher Champlain

#### Resource Centre

125 Champlain Blvd. Unit # 8, Cambridge ON  
519-740-8565

#### Christopher Champlain McIntosh Loft

200 Christopher Drive, 2nd Floor, Cambridge ON  
519-624-3855  
Unknown Accessibility

### Kinbridge Community Association- Southwood

241 Southwood Dr. Unit # 1, Cambridge ON  
519-621-2930  
Unknown Accessibility

### East Hespeler Neighbourhood Association

W.G. Johnson Centre  
31 Kribs St, Cambridge ON  
519-740-4681 ext 4459  
Unknown Accessibility

### Fiddlesticks Community Centre

71 Cowan Blvd, Cambridge ON  
519-621-4040  
Unknown Accessibility

**Greenway Chaplin Community Centre**

116 Rouse Ave, Cambridge ON

519-623-4220

Unknown Accessibility

**Hespeler Village Neighbourhood Association**

519-740-4681, ext 7970

Unknown Accessibility

**Langs Farm Village Association**

887 Langs Dr., Unit #1, Cambridge ON

519- 653-1470

Fully Accessible

**Popcorn House Community Resource Centre**

292 Shepherd Ave, Cambridge ON

519-654-9444

Fully Accessible

**Preston Heights Community Group**

350 Linden Dr, Cambridge ON

519-650-2971

Unknown Accessibility

**Silverheights Neighbourhood Association**

Silverheights Public School

390 Scott Rd, Cambridge ON

519-740-4681

Fully Accessible

## Libraries and Computer Access

### Ayr Public Library

519-632-7298

137 Stanley St Ayr, ON

Public Library with services such as internet stations, photocopier, etc offered

Fully Accessible

### Cambridge Libraries and Galleries

**Queen's Square** 519-621-0460

1 North Sq Cambridge, ON N1S 2K6

**Preston Branch** 519-653-3632

435 King St E Cambridge, ON N3H 3N1

**Hespeler Branch** 519-658-4412

5 Tannery St E Cambridge, ON N3C 2C1

**Clemens Mill Branch** 519-740-6294

50 Saginaw Pkwy Cambridge, ON

Public libraries and galleries; internet access.

Fully Accessible

### Community Access Program

This program allows people of the community who do not have access to a computer at home or at work to do things such as create a resume, find a job, or to see what kind of government services that are available online. There are four CAP sites available to the public:

#### Cambridge Active Self Help

519-623-6024

9 Wellington St, Unit 1, Cambridge, ON N1R 3Y4

#### Christopher Champlain Community Centre

519-740-8565

8-125 Champlain Blvd. Cambridge ON N1R 2X6

#### Langs Farm Village Association

519-653-1470

887 Langs Dr. Unit 1 Cambridge ON N3H 5K4

#### The YMCA of Cambridge

519-621-3250

250 Hespeler Rd Cambridge, ON N1R 3H3

Fully Accessible

### Family & Community Connections, Ayr

519-632-9739

80 Stanley St. Ayr, ON N0B 1E0

Computer Access as well as resource library

Unknown Accessibility

## Websites of Interest

### **Canada Mortgage and Housing Corporation**

[http://www.cmhc-schl.gc.ca/en/co/prfinas/prfinas\\_004.cfm](http://www.cmhc-schl.gc.ca/en/co/prfinas/prfinas_004.cfm)

Information about available grants designed to help older adults remain mobile at home. Grants can be used for maintaining properties or to make necessary upgrades to properties including hand rails, easy-to-reach kitchen space, etc.

### **Ontario Seniors Secretariat- A Guide to Programs and Services for Seniors in Ontario**

<http://www.culture.gov.on.ca/seniors/english/programs/seniorsguide/>

The wealth of programs and services provided to Ontario seniors by the government, as well as by community organizations and service providers, conveniently together in one document.

### **Services for Seniors Guide**

<http://www.seniors.gc.ca/content.jsp?contentid=100>

You will find the information in this guide useful if you are 50 years of age or older; planning for retirement; caring for a senior; or a friend or family member of a senior.

### **Seniors Information- Government of Ontario**

[www.seniorsinfo.ca](http://www.seniorsinfo.ca)

The first website designed with seniors to provide easy access for seniors, their families, and service providers to important information.

### **Seniors Canada**

<http://www.seniors.gc.ca/h.4m.2@.jsp?lang=eng>

Produced by the Government of Canada, this website has much important information that affects seniors, including information on the CPP and more.

## Index

Introduction .....	3
Important Numbers .....	4
Are you hurt or in danger?.....	4
Are you in need of shelter?.....	4
Are you hungry?.....	4
Do you need someone to talk to?.....	5
Are you new to Canada and need support? .....	5
Affordable Housing/ Housing Services for Seniors .....	6
Cambridge Kiwanis Village Non-Profit Housing .....	6
Cambridge Non-Profit Housing Corporation .....	6
Canada Housing and Mortgage Corporation .....	6
Grandview Co-op Homes .....	6
John Howard Society- Housing Help Centre .....	6
Lutherwood Housing Services, Housing Counselling Program .....	6
Lutherwood, Rent Bank and Eviction Program.....	7
Region of Waterloo Coordinated Access System, Community Housing Access Centre .....	7
St. Peter’s Place.....	7
Long-Term Care Homes for Seniors .....	8
Cambridge Country Manor .....	8
Chartwell Select Queen’s Square Terrace.....	8
Fairview Mennonite Homes.....	8
Golden Years Nursing and Assisted Living Centre .....	8
Grand River Retirement Home .....	8
(The) Hanning Houses .....	8
(The) Marian Residence .....	8
Ontario Retirement Communities Association .....	9
Marsdale Manor .....	9
PeopleCare Hilltop Manor .....	9
Riverbend Place .....	9
Riverside Manor.....	9
St. Andrew’s Terrace Long Term Care Community.....	9

St. Luke's Place .....	9
Stirling Heights Long Term Care Centre .....	10
Victoria Lodge Retirement Home .....	10
Palliative Care Homes .....	11
Hospice of Waterloo Region .....	11
Lisaard House .....	11
Work and Income Support.....	12
Lutherwood 55+ Employment Services .....	12
Service Canada- Cambridge Centre .....	12
Waterloo Region Social Services Department .....	12
Volunteer and Recreation.....	13
Cambridge Memorial Hospital, Volunteer Associations, Volunteer Resources .....	13
City of Cambridge Community Services.....	13
Volunteer Cambridge, United Way of Cambridge and North Dumfries .....	13
Legal Help.....	14
Legal Aid Ontario.....	14
Ontario Retirement Communities Association .....	14
Waterloo Region Committee on Elder Abuse.....	14
Waterloo Region Community Legal Services .....	14
Health Services for Seniors .....	15
Alzheimer's Society of Cambridge .....	15
Cambridge Memorial Hospital Lifeline .....	15
Cambridge Osteoporosis Support Group.....	15
Canadian Cancer Society, Waterloo Region Unit.....	15
Canadian Diabetes Association Leadership Centre .....	15
Canadian Red Cross.....	15
(The) Coping Centre .....	16
Heart and Stroke Foundation .....	16
Hopespring Cancer Support Centre .....	16
Kidney Cancer Canada .....	16
Langs Farm Village Association .....	16
Ontario Breast Screening Program .....	16

Parkinson Society Southwestern Ontario .....	17
Self Help Alliance Waterloo Wellington (CASH).....	17
Senior Peer Support Program .....	17
Seniors Program- Community Living Cambridge .....	17
Stroke Recovery Association- Cambridge and District.....	17
Waterloo Wellington Community Care Access Centre .....	17
YMCA Wellness Services .....	18
Health Care Providers .....	19
Cambridge Memorial Hospital .....	19
Cambridge Walk-In Clinic.....	19
Cambridge Walk-In Clinic.....	19
Langs Farm Community Health Centre .....	19
North Dumfries Community Health Centre Satellite.....	19
Region of Waterloo Public Health.....	19
Home Services for Seniors .....	20
Canadian Diabetes Association Clothesline Program .....	20
City of Cambridge Friendly Visiting Program .....	20
Community Support Connections, Meals on Wheels and More .....	20
House of Friendship Appliance Repair Program .....	20
People Assisting in Transporting Elderly Residents (P.A.T.E.R. Program).....	20
Senior Homecare by Angels .....	20
Seniors for Seniors .....	21
Caregiver Relief Programs.....	22
Adult Day Programs- Community Living Cambridge.....	22
Boost .....	22
Break Away With a Day Away .....	22
Caregiver Support Program (Friendly Visiting Program) .....	22
Community Care Access Centre .....	22
Day Away Respite Program.....	22
Golden Opportunities Seniors Day Program.....	23
Living Well.....	23
Local Long-Term Care Facilities.....	23

Senior Citizen's Organizations.....	24
Ancient Mariners Canoe Club .....	24
Canadian Association of Retired Persons (CARP) .....	24
Cambridge 50+ Recreation Clubs, Travel Club.....	24
Cambridge Lions Club .....	25
Cambridge Newfoundland Club Seniors .....	25
Cambridge Seniors' Chelsey Lake Campers .....	25
Cambridge Seniors' Choir.....	25
Cambridge Seniors' Woodworking Club .....	25
Fairview Mennonite Homes Centre .....	25
Golden Age Club.....	25
Hespeler Friendly Society of Senior Citizens.....	26
Knox Church, Seniors Time Out .....	26
Korean War Veterans Associations of Canada- Unit 13.....	26
North Dumfries Lions Club.....	26
Prime Time Plus .....	26
South Western Naval Veterans Association .....	26
Royal Canadian Legion .....	26
W.G. Johnson Centre .....	27
50+ Group .....	27
Churches/ Faith Groups .....	28
Baha'i Community of North Dumfries .....	28
Calvary Church Ayr.....	28
Calvary Pentecostal Assembly .....	28
Cambridge Community Church.....	28
Cambridge Seventh-Day Adventist Church.....	28
Cedar Creek Community Church.....	28
Christ Anglican Church .....	28
Church of Christ .....	28
Church of Jesus Christ of Latter-Day Saints .....	29
Church of the Nazarene, Preston.....	29
Cornerstone Community Church .....	29

Countryside Reformed Church.....	29
First Spiritualist Church of Galt .....	29
First United Church .....	29
Forward Baptist Church .....	29
Grace United Church.....	29
Guelph Cambridge Chinese Alliance Church.....	29
Hespeler Baptist Church .....	30
Islamic Centre of Cambridge.....	30
King Street Baptist Church .....	30
Knights of Columbus .....	30
Knox Galt Presbyterian Church .....	30
Knox Preston Presbyterian Church .....	30
Knox United Church .....	30
(The) Life Centre .....	30
Maranatha Christian Reformed Church.....	31
Preston Mennonite Church.....	31
Radha Krishna Mandir.....	31
Riverside Associate Reformed Presbyterian Church.....	31
Roseville United Brethren Church.....	31
Salvation Army Community Church, Hespeler Community Church.....	31
Seventh-Day Baptist Church of Cambridge.....	31
St. Ambrose Church .....	31
St. Andrew's Galt Presbyterian Church.....	31
St. Andrew's Hespeler Presbyterian Church .....	32
St. Clement's Parish .....	32
St. Giles Presbyterian Church.....	32
St. James' Anglican Church .....	32
St. James Lutheran Church.....	32
St. John's On the Hill United Church .....	32
St. Luke's United Church .....	32
St. Mary's Catholic Church .....	32
St. Mary's Ukrainian Catholic Church .....	32

St. Paul's Lutheran Church .....	32
St. Peter's Evangelical Lutheran Church .....	33
Temple Baptist Church.....	33
Trillium United Church.....	33
Trinity Anglican Church .....	33
Wanner Mennonite Church .....	33
Wesley United Church .....	33
Neighbourhood Organizations.....	34
Alison Neighbourhood Association.....	34
Blair Road Neighbourhood Association .....	34
Kinbridge Community Association- Christopher Champlain.....	34
Kinbridge Community Association- Southwood .....	34
East Hespeler Neighbourhood Association.....	34
Fiddlesticks Community Centre .....	34
Greenway Chaplin Community Centre .....	35
Hespeler Village Neighbourhood Association.....	35
Langs Farm Village Association .....	35
Popcorn House Community Resource Centre .....	35
Preston Heights Community Group.....	35
Silverheights Neighbourhood Association .....	35
Libraries and Computer Access.....	36
Ayr Public Library .....	36
Cambridge Libraries and Galleries .....	36
Community Access Program .....	36
Community Support Services of Ayr and North Dumfries .....	<b>Error! Bookmark not defined.</b>
Websites of Interest.....	37
Canada Mortgage and Housing Corporation .....	37
Ontario Seniors Secretariat- A Guide to Programs and Services for Seniors in Ontario .....	37
Services for Seniors Guide .....	37
Seniors Information- Government of Ontario .....	37
Seniors Canada.....	37
Index.....	38

