

2014

Cambridge and North Dumfries Seniors Directory of Community Agencies

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



Table of Contents

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

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 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. 221.

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 |
| 562 Concession Rd, 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 | |
| Preston location..... | 519-653-3323 |
| 567 Queenston Rd, Cambridge, ON N3H 3J9 | |
| Hespeler location..... | 519-658-2652 |
| 73 Queen St E, Cambridge | |
| Cambridge Seventh-day Adventist Church..... | 519-740-2671 |
| 1725 Beaverdale Rd, Cambridge | |

Cambridge Vineyard.....Tuesdays 519-740-8463 ext 8
147 Elgin St N, Cambridge

Family & Community Connections, Ayr.....519-632-9737
173 Northumberland St, Ayr

Life for the Nations.....519-267-7500
37 Wellington St, Cambridge, Rear Entrance

The Salvation Army.....519-623-1221
16 Shade St, Cambridge
Hespeler Community Church.....519-658-9850
18 Tannery St E, Cambridge

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

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

Do you need someone to talk to?

Telecare Distress Centre.....519-658-2794

Self Help Alliance, Cambridge..... 519-623-6024
9 Wellington St Unit 1, Cambridge, ON N1R 3Y4

Canadian Mental Health Association, Grand River Branch, Centre for Mental Health
Cambridge.....519-740-7782
Distress Line.....519-744-1813

(The) Coping Centre.....519-650-0852
1740 Blair Rd, Cambridge.....1-877-554-4498

Lutherwood, Walk-In Counselling.....519-622-1670
35 Dickson St, Cambridge
Preston Location 1145 Concession Rd, 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 ext 31195 King St E, Cambridge, ON N3H 5N5

Affordable and low-income housing.

Fully Accessible

Cambridge Non-Profit Housing Corporation

519-622-5535 or 519-622-5858

123 Water St N, Cambridge, ON N1R 3B7

Website: www.housingcambridge.com

Operates seven affordable rental housing sites in the City of Cambridge for families and seniors * 70 percent of the 387 units are subsidized * must be able to live independently with or without support

Not Accessible

Canada Housing and Mortgage Corporation

1-800-668-2642

Website: www.cmhc-schl.gc.ca

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

1-800-668-2642

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

Lutherwood Housing Services, Housing Counselling Program

519-623-9380

35 Dickson St, Cambridge, ON N1R 7A6

Website: www.lutherwood.ca

Provides families, couples and individuals with assistance in finding and maintaining housing * clients need to be able to conduct a self-directed housing search

Fully Accessible

Lutherwood, Rent Bank and Eviction Program

519-623-9380

35 Dickson St, Cambridge, ON N1R 7A6

Preston location: 1195 Concession Rd, Cambridge ON

Website: www.lutherwood.ca

Assist in preventing homelessness through eviction prevention * services include: advocacy, information on landlord and tenant relations, eviction process and tenant and landlord rights and responsibilities * Rent Bank

provides financial assistance in the form of interest-free loans to individuals, couples and families who are experiencing financial difficulties that are leading to eviction or difficulty in securing housing
Fully Accessible

Region of Waterloo Coordinated Access System, Community Housing Access Centre, Cambridge location

519-575-4833

150 Main St, Cambridge, ON N1R 6P9

Website: www.region.waterloo.on.ca/housing

Drop-off for completed housing applications * photocopier available for clients to copy documents to be submitted with application

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

Long-term care facility with 79 beds available * private, semi-private rooms and ward are available

Fully Accessible

Chartwell Queen's Square Retirement Residence

519-621-2777

Website: www.chartwellreit.ca/locations/chartwell-select-queens-square-terrace/index.php

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

Website: www.fairviewmh.com

Seniors' Centre provides health & wellness programs for older adults 55+. * includes warm water therapy pool, fitness room, personal fitness coaching, nutritious noon & evening meals, social & recreational programs * special events, clothing sales, craft baazars and more * also hosts Connections for Community Aging

Fully Accessible

Golden Years Nursing and Assisted Living Centre

519-653-5493

704 Eagle St N, Cambridge, ON N3H 4T3

Website: www.goldenyearscambridge.com/

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 retirement communities.

Fully Accessible

Kingsview Residence

519-653-5599

1688 Blair Rd, Cambridge, ON N3H 4R8

Domiciliary Hostel (a supervised Care Facility 24/7) * staffed 24/7 where the necessities in life are provided * 3 Meals cooked and served daily with 3 snacks in between * medication management * laundry and housekeeping services * basic toiletries included * males only

Not Wheelchair Accessible

Heritage Meadows

226-318-0457

208 Hespeler Rd, Cambridge, ON N1R 0A5

Retirement community

Fully Accessible

(The) Marian Residence

519-653-0363

640 Hillview Rd, Cambridge, ON N3H 5H3

Vibrant retirement home located in a quiet residential area of Cambridge * 24 hour Nursing staff with the House

Doctor visiting weekly * homemade meals served 3 times daily

Fully Accessible

Ontario Retirement Communities Association

905-403-0500 or 1-888-263-5556

Website: www.orcaretirement.com

The Ontario Retirement Communities Association (ORCA) is a voluntary non-profit association that represents operators of retirement residences in Ontario.

Fully Accessible

Marsdale Manor

519-622-5864

25 Linnwood Ave, Cambridge, ON N1R 1V2

Retirement home / domiciliary residence * 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

Website: www.peoplecare.ca

A newly built long term care home with four distinctive home areas including one secure Dementia unit * 186 Long Term Care beds * help with activities of daily living * recreation and restorative care programs * 24 hour nursing care

Fully Accessible

Riverbend Place

519-740-3820

650 Coronation Blvd, Cambridge, ON N1R 7S6

Website: www.reveralliving.com/retirement-living/locations/RiverbendPlace/Pages/default.aspx

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.

Fully Accessible

Riverside Manor

519-621-5256

Head office 519-653-5599

54 Grand Ave N, Cambridge, ON N1S

2Care homes: assisted and independent living, not a retirement home * also Region-sponsored Domiciliary Hostel

Fully Accessible

St. Andrew's Terrace Long Term Care Community

519-620-9512

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

Website: www.snr.on.ca

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

Fully Accessible

Saint James Place

519-622-9147

20 Elliott St, Cambridge, ON N1R 2J2

Domiciliary hostel * independent living * auxiliary care * private and semi private rooms, TV lounge, laundry facilities, dining room

Not Accessible

Saint Luke's Place

519-658-5183

1624 Franklin Blvd, Cambridge, ON N3C 3P4

Website: www.saintlukesplace.ca/

Nursing facility/nursing home for long term care, respite care, palliative care, assisted living * independent living apartments for older adults * meals and recreational activities Fully Accessible

Stirling Heights Long Term Care Centre

519-622-3434

200 Stirling MacGregor Dr, Cambridge, ON N1S 5B7

Website: www.reveralliving.com/stirling

Long term care home * services: visiting pets, Residents' Council, Family Council, volunteer program, outdoor gardens/horticultural activities, Comfort Care Coordinator, specialized skin and wound care program Fully Accessible

Sunnyside Home (Region of Waterloo)

519-893-8494

247 Franklin St. N, Kitchener, ON

Website: www.regionofwaterloo.ca

Provides professional and support services for 251 residents with physical and/or mental health or end-of-life conditions.

Fully Accessible

Palliative Care Homes

Hospice of Waterloo Region

519-743-4114

298 Lawrence Ave, Kitchener, ON N2M 1Y4

Website: www.hospicewaterloo.ca

Helps people affected by terminal illness prepare for and cope with death by providing compassionate presence, practical support, and education * Volunteer Visiting in home * hospital * hospice * long-term care facility *

Bereavement Walking Groups (September-June in both Kitchener and Cambridge) * Kids Can Cope Workshops *

Day Away Program (September-June) * Children's Bereavement Program and a Teen Bereavement Group

(September-June) * Individual and Family Counseling * Young Adult Support Group * Patient Support Group *

Friends and Relatives Support Group * William H. Kaufman Library * Resource Centre

Fully Accessible

Lisaard House

519-650-1121

990 Speedsville Rd, Cambridge, ON N3H 4R6

Website: www.lisaardhouse.com

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, Targeted Initiative for Older Workers

519-623-9380

55 Dickson St, Cambridge ON

Website: <http://www.lutherwood.ca/employment/services/tiow>

The Targeted Initiative for Older Workers supports experienced workers between the ages of 55 and 64 to secure gainful employment and access training opportunities to upgrade their skill sets * this joint-initiative is funded by the Government of Canada and the Government of Ontario

Unknown Accessibility

Ontario Disability Support Program

519-623-1230

73 Water St N, Ste 400, Cambridge, ON N1R 7L6

Website: www.mcsc.gov.on.ca/en/mcsc/programs/social/index.aspx

The Ontario Disability Support Program (ODSP) provides income support and employment support to people with disabilities in financial need, or who want and are able to work and need support * Ontarians 65 years or older who are not eligible for Old Age Security may qualify for ODSP supports if they are in financial need

Fully Accessible

Service Canada- Cambridge Centre

1-800-622-6232 Employment Insurance 1-800-206-7218

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

Website: www.servicecanada.gc.ca

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

Application line for Ontario Works 519-883-2100

150 Main St, Cambridge, ON N1R 8H6

Website: www.regionofwaterloo.ca

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

Legal Help

Elder Abuse Response Team

519-579-4607

400 Queen St S, Kitchener, ON N2G 1W7

Website: www.fvpwaterloo.ca/en/partners/eart.asp

A collaborative partnership between the Waterloo Regional Police Service and the Waterloo Wellington Community Care Access Centre * EART's mission is to prevent and respond to elder abuse by working in partnership with the community and by providing an opportunity for change and healing to people affected by elder abuse, thereby enhancing the safety and well-being of older adults * EART's mandate includes providing information and consultation, direct intervention, education and training and community development

Fully Accessible

Legal Aid Ontario

1-800-668-8258

416-979-1446

Website: www.legalaid.on.ca

Provides financial assistance with a wide range of legal issues * accepts collect calls

Ontario Retirement Communities Association

905-403-0500 or 1-888-263-5556

Website: www.orcaretirement.com

The Ontario Retirement Communities Association (ORCA) is a voluntary non-profit association that represents operators of retirement residences in Ontario.

Fully Accessible

Waterloo Region Committee on Elder Abuse

Information Line: 519-883-2280

420 Weber St N, Waterloo, ON N2L 4E7

Website: elderabusewaterloo.ca

Provides information about elder abuse and about the community resources available * volunteers 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

Cambridge location: 1145 Concession Dr, Cambridge ON

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

Fully Accessible

Health Services for Seniors

Alzheimer's Society of Cambridge

519-650-1628

1145 Concession Rd, Cambridge, ON N3H 4L6 Works with persons with Alzheimer's Disease and Related Dementias and their caregivers by providing support, information, education, public awareness, advocacy and promotion of research * individualized family education and support * early stage memory loss program * support groups * Safely Home wandering persons registry * volunteer companion program
Fully Accessible

Cambridge Memorial Hospital Lifeline

519-740-4994

Website: www.lifeline.ca

Philips Lifeline is an easy-to-use personal emergency response service that summons help at any time * press the Personal Help Button, worn on a wristband or pendant, and a trained Personal Response Associate will ensure help is on the way * call 1-800-LIFELINE (1-800-543-3546) Operates 24 hours a day, 7 days a week

Cambridge Memorial Hospital, Seniors Health Services

519-621-2333 Ext 3390

700 Coronation Blvd, Cambridge, ON N1R 3G2

Website: www.cmh.org

Multidisciplinary assessment and follow up of geriatric syndromes, such as cognitive impairment, falls, functional
Fully Accessible

Cambridge Memorial Hospital, Seniors Mental Health Services

519-740-4981

700 Coronation Blvd, Cambridge, ON N1R 3G2

Website: www.cmh.org

Psychogeriatric team provides in home assessment, counselling, and support * assists in maintaining seniors in their homes * referrals to community agencies
Fully Accessible

Cambridge Osteoporosis Support Group

519-740-4681 ext 4397

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

Website: www.cambridge.ca

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

108 Ahrens St W, Unit 4, Kitchener, ON N2H 4C3

Website: www.cancer.ca

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

Website: www.diabetes.ca

Resource and support centre for people with diabetes designed to help people affected by diabetes learn more about the disease and its control through literature, films and talks * sells nutritional information and cookbooks * DOES NOT SELL INSULIN * fundraising for diabetes research, education, service and advocacy * pick up of donations of used clothing and other articles and selling of these donations to Value Village * recycles used printer cartridges from companies * professionally managed volunteer program
Unknown Accessibility

Canadian Mental Health Association, Centre for Mental Health

519-740-7782

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

Website: www.cmhagrb.on.ca

Offer community education and training seminars and reemployment services * Information and Education Services * Referral Services * Support Coordination Services * Outreach Services * Mental Health and Justice Services * Community Development and Education Services * Children and Youth Services * Skills for Safer Living group * Community Employment Services * Bridging Employment Supports
Fully Accessible

Canadian Mental Health Association, Self-Help Alliance

519-623-6024

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

Website: self-help-alliance.ca/

Self-help and peer support organization that offers a variety of mental health related information and services * offers opportunities for individuals to engage in interactive discussion about recovery, advocacy, personal development and social justice * also hosts resource centre
Fully Accessible

Canadian Red Cross

519-621-1840

17 Cambridge St, Cambridge, ON N1R 3R8

Website: www.redcross.ca

Humanitarian organization serving the most vulnerable in the community * offers Personal Disaster Assistance to those affected by fire or other emergency, Home Healthcare Equipment Rentals, First Aid, CPR, AED, and Babysitter courses, Respect Ed programs as well as International and Youth programming * Red Cross Care Partners: trained homemakers provide personal care in client homes. Fully Accessible

Community Living Cambridge, Seniors Program

519-623-7490

160 Hespeler Rd, Cambridge ON N1R 6V7

Website: www.communitylivingcambridge.ca

Offers alternative programming for individuals who are 55+ years, as well as those who require special consideration due to health-related issues * participants will have the opportunity to participate in a variety of leisure activities that are both agency and community based

Connections for Healthy Aging

519-653-5719

515 Langs Dr, Cambridge, ON N3H 5E4

Supports physical fitness, proper nutrition and social engagement for adults 55+.

Fully Accessible

(The) Coping Centre

519-650-0852 or 1-877-554-4498

1740 Blair Rd, Cambridge, ON N3H 4R8

Website: www.copingcentre.com

Offers grieving families group support at no cost to the participants * group support for the whole family * groups offer help to widows, widowers, those who have lost to suicide, loss of child, loss of parent, sibling, etc

Unknown Accessibility

Heart and Stroke Foundation

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

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

Website: www.heartandstroke.ca

Works to eliminate heart and stroke disease and reduce its impact through the advancement of research, and promotion of healthy living.

Partially Accessible (Parking)

Hopespring Cancer Support Centre

519-742-4673 or 1-888-680-4673

16 Andrew St, Unit 2, Kitchener, ON N2H 5R2

Website: www.hopespring.ca

Offers a variety of programs and services to people in the community affected by cancer, free of charge, without a medical referral * programs include courses, workshops, seminars, gentle exercise, relaxation therapies, and information nights * individual and group support * free wig boutique * resource centre

Fully Accessible

Kidney Cancer Canada

1-866-598-7166

Website: www.kidneycancerCanada.ca

Patient-led support organization established to improve the quality of life for patients and their families living with kidney cancer * advocates for access to new treatments * provides support and information to patients * funds much-needed research * works to increase awareness of kidney cancer as a significant health issue

Langs, Health Care Services

519-653-1470

1145 Concession Rd, Cambridge, ON N3H 4L5

Website: www.langs.org

Provides health care services, including health promotion, disease and illness prevention, education and treatment services * medical services available to residents of Preston * Older Adult Programs, counselling, nutrition * pharmacy * available to residents of Preston

Fully Accessible

Ontario Breast Screening Program

519-740-4999 or 519-740-3736

Cambridge Memorial Hospital, 700 Coronation Blvd, Cambridge, ON N1R 3G2 or 715 Coronation Blvd, Ste. 6 Cambridge, ON N1R 7R1

Breast screening program; education, examinations, mammograms

Fully Accessible

Parkinson Society Southwestern Ontario

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

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

Website: www.parkinsonsociety.ca

Resource centre provides literature, speakers and educational programs.

Fully Accessible

Senior Peer Support Programs

519-741-2200 Ext 5346

1405 King St, Kitchener, ON N2G 2N9

Website: www.bridgingthegap.on.ca

Offers pre-retirement program, confidential group peer support for older adults on grief, caregiving, divorce and information on various senior issues.

Fully Accessible

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

Sunnyside Seniors Services (Region of Waterloo)

519-893-8494

247 Franklin St. N, Kitchener, ON

Website: www.regionofwaterloo.ca

Senior's Wellness Centre for older adults and people with health issues.

Fully Accessible

Waterloo Wellington Community Care Access Centre

519-748-2222 or 310-2222

73 Water St N, Cambridge, ON N1R 7L6

Website: www.wccac.org

Coordinates health services such as nursing, physical therapy, occupational therapy and personal support for people who are recovering from illness or injury, and for those who are living with chronic illness or disability * services help people avoid hospitalization, or return home quicker after being in hospital to recuperate in the comfort and privacy of their own homes

Fully Accessible

YMCA Wellness Services

519-623-9622

250 Hespeler Rd, Cambridge, ON N1R 3H3

Website: www.chaplinfamilyy.ca

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

Fully Accessible

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 Weekend Walk-In Clinic

519-620-7044 1150 Franklin Blvd, Cambridge, ON N1R 5S4 Weekend walk in medical clinic for non life threatening medical problems

Fully Accessible

Cambridge Walk-In Clinic

519-654-2260

980 Franklin Blvd, Cambridge, ON N3C 1P5 Walk in medical clinic for non life threatening medical problems

Fully Accessible

Langs Farm Community Health Centre

519-653-1470

1145 Concession Rd, Cambridge, ON N3H 4L5

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

Fully Accessible

North Dumfries Community Health Centre Satellite

519-632-1229

2958 Greenfield Rd, 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

519-575-4400

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, cell-phones, iPods, and other small electronics.

City of Cambridge Friendly Visiting Program

519-740-4681 ext 4423

1145 Concession Rd, Cambridge, ON N3H 4L6 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

887 Langs Dr, Unit 4A, Cambridge, ON N3H 5K4

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

Comfort Keepers

519-267-8222

614 Coronation Blvd, Unit 201A, Cambridge, ON N1R 3E8

Comfort Keepers is a non-medical, private duty home care agency, providing senior care, elder care, personal care, respite care and companion care to help the elderly and disabled adults through assisted living in the privacy of their own homes.

Fully Accessible

House of Friendship Appliance Repair Program

519-742-8327

51 Charles St E, Kitchener, ON N2G 4R3

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)

519-772-8787

887 Langs Dr, Unit 4A, Cambridge, ON N3H 5K4

Volunteer drivers provide escorted transportation for seniors and adults with a disability (not dependent on a wheelchair) to medical appointments, banking, shopping and social outings * priority to medical appointments

Fully 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 * clients choose the hours and the caregiver through an interviewing process * all caregivers are properly screened and reliable

Not Accessible

Seniors for Seniors

Cambridge and Kitchener-Waterloo: 519-585-0845

Non-medical homecare agency catering exclusively to the needs of senior citizens and older adults * overnight and live-in companions/homemakers * home care support (cleaning, cooking, laundry etc) * driving services * personal support services (bathing, incontinence care) * palliative and respite care * Alzheimer's care

Fully Accessible

Caregiver Relief Programs

Community Living Cambridge, Seniors Program

519-623-7490

111 Savage Dr, Cambridge, ON

Offers alternative programming for individuals who are 55+ years, as well as those who require special consideration due to health-related issues * participants will have the opportunity to participate in a variety of leisure activities that are both agency and community based

Fully Accessible

Cambridge 50+ Recreation Centres, Day Away Programs for Adults and Seniors

519-740-4681 Ext. 4424

1145 Concession Rd, Cambridge, ON N3H 4L6

Supervised social and recreational programs are designed to maintain or improve physical, social, and mental well-being through a variety of activities including exercises, stimulating games, cards and crafts, discussion groups, speakers, interactive music programs, films, pet therapy, special events and outings * hot noon meals and snacks * transportation may be provided if required * individuals may attend weekly, biweekly or monthly- one to six days per week based on need and program availability * wait times generally vary from 3 days to 12 weeks

Fully Accessible

Caregiver Support Program (Friendly Visiting Program)

519-740-4681 Ext 4423

1145 Concession Rd, Cambridge, ON N3H 4L6

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

Community Care Access Centre

519-748-2222 * 310-2222

73 Water St N, Cambridge, ON N1R 7L6

Coordinates health services such as nursing, physical therapy, occupational therapy and personal support for people who are recovering from illness or injury, and for those who are living with chronic illness or disability * services help people avoid hospitalization, or return home quicker after being in hospital to recuperate in the comfort and privacy of their own homes

Fully Accessible

Day Away Respite Program

519-743-4114

298 Lawrence Ave, Kitchener, ON N2M 1Y4

Day program * retreat, group activities, group discussions * hot lunch

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 and Recreational Opportunities

Ancient Mariners Canoe Club

519-740-4681 ext 4459

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

A group of seniors who share an interest in outdoor activities, particularly canoeing, hiking, cross-country skiing and preserving the environment.

Fully Accessible

Canadian Association of Retired Persons (CARP)

1-888-363-2277 Ext 274

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

For Canadians 50 and over, retired or not * newsletter, lobby governments, seniors interests, discounts

Unknown Accessibility

Cambridge 50+ Recreation Centres

www.cambridge.ca

Offers a variety of recreational, fitness, social, athletic and educational programs and events * annual fee to become a member (adults 50+)

Allan Reuter Centre

507 King St E, Cambridge, ON N3H 3N4

519-740-4681 ext 4406

David Durward Centre

62 Dickson St, Cambridge, ON N1R 1T8

519-740-4630

Ted Wake Lounge

31 Kribs St, Cambridge, ON N3C 2L3

519-740-4681 ext 4464

William E. Pautler Centre

1145 Concession Rd, Cambridge, ON N3H 4L6

519-740-4681 ext 4722

All locations are 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' Choir

519-740-4360

62 Dickson St. Cambridge ON N1R 1T8

Weekly choir practice and related events at David Durward Centre * program of Cambridge 50+ Recreation Centres

Fully Accessible

Cambridge Seniors' Woodworking Club

519-740-4681 Ext 4579 (David Durward) 519-7404681 Ext 4409 (Allan Reuter)
 62 Dickson St. N, Cambridge ON, N1R 1T8 and 507 King St. Cambridge, ON N3H 3N4
 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

Chesley Lake Get-A-Way

519-740-4681 Ext 4397
 1143 Rose St. Cambridge ON N3H 2G6
 Campers enjoy an annual week of fun and fellowship in September at Chesley Lake, Ontario * program of Cambridge 50+ Recreation Centres

Fairview Mennonite Homes Centre

519-653-5719
 515 Langs Dr. Cambridge ON N3H 5E4
 Seniors' Centre provides health & wellness programs for older adults 55+. * includes warm water therapy pool, fitness room, personal fitness coaching, nutritious noon & evening meals, social & recreational programs * special events, clothing sales, craft bazaars and more * also hosts Connections for Community Aging Fully Accessible

Golden Age Club

519-621-3325
 34 Linndale Rd. Cambridge ON
 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

John Dolson Centre

519-740-4681 Ext 4527
 212 South St. Cambridge, ON N1R 2P4
 Recreational centre offering swim, youth and adult programs * fitness for youth, preschool, adult and senior as well as general interest programs
 Fully Accessible

Korea War Veterans Associations of Canada- Unit 13

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

Probus Club of Cambridge

United Kingdom Club of Cambridge, 35 International Village Dr. Cambridge, ON N1R 7M5

A club for business and professional people, fully or partially retired, to share friendship and experiences * speakers on interesting and topical subjects * meets fourth Wednesday of the month at 9:30 am

Fully Accessible

Probus Club of Preston-Hespeler

United Kingdom Club of Cambridge, 35 International Village Dr. Cambridge, ON N1R 7M5

A club for business and professional people, fully or partially retired, to share friendship and experiences * meets every second Tuesday at 9:15 am

Fully Accessible

Saint Luke's Place

519-658-5183

1624 Franklin Blvd, Cambridge, ON N3C 3P4

Seniors centre, coffee shop/lounge, therapeutic pool, hairdressing salon, social and recreational activities, events * may be used by seniors groups for meetings and events (reasonable fees may apply) * volunteer placements at Saint Luke's Place * respite care services also available via referrals through the CCAC

Fully Accessible

South Western Naval Veterans Association

519-623-3044

30 Cambridge St, Cambridge, ON N1R 3R7

Social and service club for veterans.

Fully Accessible

Travel Club of the Cambridge 50+ Recreation Centres

519-740-4681 ext 4407

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

Travel club for members of the City of Cambridge 50+ Recreation Centres.

Fully Accessible

Royal Canadian Legion, Galt Branch 121

519-621-5850

4 Veterans Way, Cambridge, ON N1R 3K7

Offers recreational activities and support for community events * veterans service club

Partially Accessible

Royal Canadian Legion, Hespeler Branch 272

519-658-2842

26 Shoefield St. Cambridge, ON N3C 1Y3

Service club * concerned with welfare of veterans and families * social activities for seniors * banquet hall available for rent * ladies auxiliary supports programs * supports local charities * does not respond to direct requests for funding from private individuals or charitable groups

Fully Accessible

Royal Canadian Legion, Preston Branch 126

519-653-6971

334 Westminster Dr N, Cambridge, ON N3H 1S5

Service club * concerned with welfare of seniors, veterans and families * loans mobility aids * monthly social * supports minor sports * responds to direct requests for funding from charitable groups

Fully Accessible

United Way of Cambridge and North Dumfries, Volunteer Centre

519-621-1030

150 Main St. 2nd Fl. Cambridge, ON N1R 6P9

Website: www.uwcambridge.on.ca/volunteer-centre.php

Acts as a liaison between residents looking to volunteer and the organizations in the community that have those volunteer opportunities * connects the general public with volunteer opportunities * help to strengthen the capacity of local non-profit organizations * offer a membership for organizations that focuses on volunteer recruitment & referral, volunteer recognition, training opportunities for non-profit staff and volunteers, and promotion of volunteerism & the voluntary sector

Fully Accessible

W.G. Johnson Centre

519-740-4681 ext 4469

31 Kribs St, Cambridge, ON N3C 2L3

Aquatics, Fitness and Youth Oriented Activities * 25yd Indoor pool featuring a 1M diving board, gym, sauna, patio, gallery, G.E. Ted Wake 50+ centre, conditioning room, water slide, and hot tub * offers room and gym rentals.

Fully Accessible

Women's Probus Club of Cambridge

69 Lowrey Ave N, Cambridge, ON N1R 5A4

A club for business and professional women, fully or partially retired, to share friendship and experiences * speakers on interesting and topical subjects * meets third Wednesday of the month at 9:30 am

Fully Accessible

Women's Probus Club of Cambridge Riverside

127 Hespeler Rd. Cambridge, ON

A club for business and professional people, fully or partially retired, to share friendship and experiences * speakers on interesting and topical subjects * meets every second Wednesday at 9:30 am

Fully Accessible

Churches/ Faith Groups

Baha'i Faith Community of North Dumfries

<http://northdumfries-bahais.org>

Unknown Accessibility

Calvary Church Ayr

519-632-7110

173 Northumberland St, Ayr, ON NOB 1E0

Partially Accessible

Calvary Pentecostal Assembly

519-621-6310

127 Hespeler Rd, Cambridge, ON N1R 3G9

Fully Accessible

Cambridge Community Church

519-624-8411

73 Pollock Ave, Cambridge, ON N1R 2B4

Unknown Accessibility

Cambridge-Preston Church of the Nazarene

519-653-6036

1332 Hamilton St, Cambridge, ON N3H 3G5

Fully Accessible

Cambridge Seventh-Day Adventist Church

519-740-2671

1725 Beaverdale Rd, Cambridge, ON N3C 2V3

Unknown Accessibility

Cambridge Vineyard

519-740-8463

147 Elgin St N, Cambridge, ON N1R 5H6

Unknown Accessibility

Cedar Creek Community Church

519-624-8321

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

Fully Accessible

Christ Anglican Church

519-632-7291

50 Manley St, Ayr, ON NOB 1E0

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 Church

519-621-6566
455 Myers Rd, Cambridge, ON N1R 5S2
Fully Accessible

Grace United Church

519-616-7515
3258 Roseville Rd E, RR 1, Ayr, ON NOB 1E0
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
Fully Accessible

King Street Baptist Church

519-653-5131
361 King St E, Cambridge, ON N3H 3M7
Fully Accessible

Knights of Columbus, Council 4916

519-653-6903

333 Speedsville Rd. Cambridge, ON N3H 4R6

Catholic family fraternal service organization * provides members and their families with volunteer opportunities in service to the Catholic Church, their communities, families and young people

Fully Accessible

Knights of Columbus, Galt Council 2184

210 South St. Cambridge, ON Catholic family fraternal service organization and provides members and their families with volunteer opportunities in service to the Catholic Church, their communities, families and young people. Unknown Accessibility

Knights of Columbus, St. Gregory's Council 9399

519-622-3426

10 St. Gregory Dr. Cambridge, ON N1S 3Z1

Catholic family fraternal service organization and provides members and their families with volunteer opportunities in service to the Catholic Church, their communities, families and young people.

Unknown Accessibility

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

Fully 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

Fully Accessible

Radha Krishna Mandir

519-650-1575

67 Old Mill Rd, Cambridge, ON N3H 4R8

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, Cambridge Citadel Corps

519-623-2520
12 Shade St. Cambridge, ON N1R 4J5
Fully Accessible

Salvation Army, Hespeler Community Church

519-658-9850
18 Tannery St, Cambridge, ON N3C 2B9
Partially Accessible

Seventh-Day Baptist Church of Cambridge

519-623-3419
18 Tannery St E, Cambridge, ON N3C 2B9
Partially Accessible

St. Ambrose R.C. 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
Fully Accessible

St. Andrew's Hespeler Presbyterian Church

519-658-2652
73 Queen St E, Cambridge, ON N3C 2A9
Fully Accessible

St. Brigid's Mission Catholic Church, Ayr Catholic Church

519-632-7222
50 Manley St. Ayr, ON N0B 1E0
Fully Accessible

St. Clement's Parish

519-653-6123
745 Duke St, Cambridge, ON N3H 3T7
Fully Accessible

St. Giles Presbyterian Church

519-621-3630 130 Victoria Ave. Cambridge, ON Fully Accessible

St. James' Anglican Church

519-658-4547

520 Ellis Rd, Cambridge, ON N3C 4B1

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

Saint John's Anglican Church

519-653-3323

567 Queenston Rd. Cambridge, ON N3H 3J9

Fully Accessible

Saint Luke's United Church

519-658-2351

1620 Franklin Blvd, Cambridge, ON N3C 1P2

Fully Accessible

St. Mary's Catholic Church

519-658-4443

16 Cooper St, Cambridge, ON N3C 2N2

Fully Accessible

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

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

Fully Accessible

Libraries and Computer Access

Cambridge Libraries and Galleries

Website: www.cambridgelibraries.ca

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.

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:

Self-Help Alliance, Cambridge

519-623-6024

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

Kinbridge Community Association

519-740-8565

8-125 Champlain Blvd. Cambridge ON N1R 2X6

Langs

519-653-1470

1145 Concession Rd, Cambridge, ON

The YMCA of Cambridge, YMCA Teen Drop-In Zone, Cambridge Youth Leadership Development Centre

519-623-YMCA ext 306

258 Hespeler Rd Cambridge, ON N1R 3H3

Family & Community Connections, Ayr

519-632-9739

173 Northumberland St, Ayr, ON

Computer Access as well as resource library

Region of Waterloo, Ayr Branch Library

519-632-7298

137 Stanley St Ayr, ON

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

List of 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, youth 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.

Alison Neighbourhood Association

519-620-1867 Located within St. Anne School at:
127 Elgin St. N Cambridge, ON N1R 5H6

Blair Road Neighbourhood Association

519-620-1867
30 Parkhill Rd, Cambridge, ON N1S 2J4

Kinbridge Community Association

Christopher Champlain Resource Centre

519-740-8565
125 Champlain Blvd. Unit # 8 Cambridge ON N1R 2X6

Christopher Champlain McIntosh Loft

519-624-3855
200 Christopher Drive, 2nd Floor Cambridge ON N1R 2X6

Southwood Resource Centre

519-621-2088
241 Southwood Dr. Unit # 1 Cambridge ON N1S 3S5

Fiddlesticks Community Centre

519-621-4040
71 Cowan Blvd, Cambridge, Ontario N1T 1K7

Greenway-Chaplin Community Centre

519-623-4220
116 Rouse Ave, Cambridge, ON N1R 4M8

Hespeler Village Neighbourhood Association

519-240-3567

Langs

519-653-1470
1145 Concession Rd, Cambridge, ON

Popcorn House Community Resource Centre

519-653-1470 ext 363

Preston Heights Community Group

519-650-2971

350 Linden Dr, Cambridge, ON N3H 5N7

Silverheights Neighbourhood Association

519-740-4681 ext 4459

Located within Silverheights Public School at:

390 Scott Rd, Cambridge, ON

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 |
| Lutherwood Housing Services, Housing Counselling Program | 6 |
| Lutherwood, Rent Bank and Eviction Program..... | 6 |
| Region of Waterloo Coordinated Access System, Community Housing Access Centre, Cambridge location | 7 |
| St. Peter’s Place..... | 7 |
| Long-Term Care Homes for Seniors | 8 |
| Cambridge Country Manor | 8 |
| Chartwell Queen's Square Retirement Residence | 8 |
| Fairview Mennonite Homes..... | 8 |
| Golden Years Nursing and Assisted Living Centre | 8 |
| Grand River Retirement Home | 8 |
| (The) Hanning Houses | 8 |
| Kingsview Residence | 8 |
| Heritage Meadows..... | 9 |
| (The) Marian Residence | 9 |
| 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..... | 10 |
| Saint James Place | 10 |
| Saint Luke's Place..... | 10 |
| Stirling Heights Long Term Care Centre..... | 10 |
| Sunnyside Home (Region of Waterloo) | 10 |
| Palliative Care Homes | 11 |
| Hospice of Waterloo Region | 11 |
| Lisaard House..... | 11 |
| Work and Income Support..... | 12 |
| Lutherwood, Targeted Initiative for Older Workers..... | 12 |
| Ontario Disability Support Program..... | 12 |
| Service Canada- Cambridge Centre | 12 |
| Waterloo Region Social Services Department | 12 |
| Legal Help..... | 13 |
| Elder Abuse Response Team..... | 13 |
| Legal Aid Ontario..... | 13 |
| Ontario Retirement Communities Association | 13 |
| Waterloo Region Committee on Elder Abuse..... | 13 |
| Waterloo Region Community Legal Services | 13 |
| Health Services for Seniors | 14 |
| Alzheimer's Society of Cambridge | 14 |
| Cambridge Memorial Hospital Lifeline | 14 |
| Cambridge Memorial Hospital, Seniors Health Services | 14 |
| Cambridge Memorial Hospital, Seniors Mental Health Services..... | 14 |
| Cambridge Osteoporosis Support Group..... | 14 |
| Canadian Cancer Society, Waterloo Region Unit..... | 14 |
| Canadian Diabetes Association Leadership Centre | 15 |
| Canadian Mental Health Association, Centre for Mental Health | 15 |
| Canadian Mental Health Association, Self-Help Alliance..... | 15 |
| Canadian Red Cross..... | 15 |
| Community Living Cambridge, Seniors Program | 15 |

| | |
|--|----|
| Connections for Healthy Aging | 16 |
| (The) Coping Centre | 16 |
| Heart and Stroke Foundation | 16 |
| Hopespring Cancer Support Centre | 16 |
| Kidney Cancer Canada | 16 |
| Langs, Health Care Services | 16 |
| Ontario Breast Screening Program | 17 |
| Parkinson Society Southwestern Ontario | 17 |
| Senior Peer Support Programs..... | 17 |
| Stroke Recovery Association- Cambridge and District..... | 17 |
| Sunnyside Seniors Services (Region of Waterloo) | 17 |
| Waterloo Wellington Community Care Access Centre | 17 |
| YMCA Wellness Services | 18 |
| Health Care Providers | 19 |
| Cambridge Memorial Hospital | 19 |
| Cambridge Weekend 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 |
| Comfort Keepers | 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 |
| Community Living Cambridge, Seniors Program | 22 |
| Cambridge 50+ Recreation Centres, Day Away Programs for Adults and Seniors | 22 |

| | |
|--|----|
| Caregiver Support Program (Friendly Visiting Program) | 22 |
| Community Care Access Centre | 22 |
| Day Away Respite Program..... | 22 |
| Local Long-Term Care Facilities..... | 22 |
| Senior Citizen’s Organizations and Recreational Opportunities..... | 23 |
| Ancient Mariners Canoe Club | 23 |
| Canadian Association of Retired Persons (CARP) | 23 |
| Cambridge 50+ Recreation Centres | 23 |
| Cambridge Newfoundland Club Seniors | 23 |
| Cambridge Seniors’ Choir..... | 23 |
| Cambridge Seniors’ Woodworking Club | 24 |
| Chesley Lake Get-A-Way | 24 |
| Fairview Mennonite Homes Centre..... | 24 |
| Golden Age Club..... | 24 |
| Hespeler Friendly Society of Senior Citizens..... | 24 |
| John Dolson Centre | 24 |
| Korea War Veterans Associations of Canada- Unit 13..... | 24 |
| Probus Club of Cambridge | 25 |
| Probus Club of Preston-Hespeler..... | 25 |
| Saint Luke’s Place..... | 25 |
| South Western Naval Veterans Association | 25 |
| Travel Club of the Cambridge 50+ Recreation Centres..... | 25 |
| Royal Canadian Legion, Galt Branch 121 | 25 |
| Royal Canadian Legion, Hespeler Branch 272..... | 25 |
| Royal Canadian Legion, Preston Branch 126 | 26 |
| United Way of Cambridge and North Dumfries, Volunteer Centre..... | 26 |
| W.G. Johnson Centre | 26 |
| Women’s Probus Club of Cambridge..... | 26 |
| Women’s Probus Club of Cambridge Riverside | 26 |
| Churches/ Faith Groups | 27 |
| Baha’i Faith Community of North Dumfries | 27 |
| Calvary Church Ayr..... | 27 |

| | |
|---|----|
| Calvary Pentecostal Assembly | 27 |
| Cambridge Community Church..... | 27 |
| Cambridge-Preston Church of the Nazarene..... | 27 |
| Cambridge Seventh-Day Adventist Church..... | 27 |
| Cambridge Vineyard..... | 27 |
| Cedar Creek Community Church..... | 27 |
| Christ Anglican Church | 27 |
| Cornerstone Community Church | 28 |
| Countryside Reformed Church..... | 28 |
| First Spiritualist Church of Galt | 28 |
| First United Church | 28 |
| Forward Church | 28 |
| Grace United Church..... | 28 |
| Guelph-Cambridge Chinese Alliance Church | 28 |
| Hespeler Baptist Church | 28 |
| Islamic Centre of Cambridge..... | 28 |
| King Street Baptist Church | 28 |
| Knights of Columbus, Council 4916 | 29 |
| Knights of Columbus, Galt Council 2184..... | 29 |
| Knights of Columbus, St. Gregory's Council 9399..... | 29 |
| Knox Galt Presbyterian Church | 29 |
| Knox Preston Presbyterian Church | 29 |
| Knox United Church | 29 |
| Maranatha Christian Reformed Church..... | 29 |
| Preston Mennonite Church..... | 29 |
| Radha Krishna Mandir..... | 29 |
| Riverside Associate Reformed Presbyterian Church..... | 30 |
| Roseville United Brethren Church..... | 30 |
| Salvation Army, Cambridge Citadel Corps | 30 |
| Salvation Army, Hespeler Community Church..... | 30 |
| Seventh-Day Baptist Church of Cambridge..... | 30 |
| St. Ambrose R.C. Church | 30 |

| | |
|--|----|
| St. Andrew's Galt Presbyterian Church..... | 30 |
| St. Andrew's Hespeler Presbyterian Church..... | 30 |
| St. Brigid's Mission Catholic Church, Ayr Catholic Church..... | 30 |
| St. Clement's Parish..... | 30 |
| St. Giles Presbyterian Church..... | 31 |
| St. James' Anglican Church..... | 31 |
| St. James Lutheran Church..... | 31 |
| St. John's On the Hill United Church..... | 31 |
| Saint John's Anglican Church..... | 31 |
| Saint Luke's United Church..... | 31 |
| St. Mary's Catholic Church..... | 31 |
| St. Paul's Lutheran Church..... | 31 |
| St. Peter's Evangelical Lutheran Church..... | 31 |
| Temple Baptist Church..... | 31 |
| Trillium United Church..... | 32 |
| Trinity Anglican Church..... | 32 |
| Wanner Mennonite Church..... | 32 |
| Wesley United Church..... | 32 |
| Libraries and Computer Access..... | 33 |
| Cambridge Libraries and Galleries..... | 33 |
| Community Access Program..... | 33 |
| Family & Community Connections, Ayr..... | 33 |
| Region of Waterloo, Ayr Branch Library..... | 33 |
| List of Neighbourhood Organizations..... | 34 |
| Alison Neighbourhood Association..... | 34 |
| Blair Road Neighbourhood Association..... | 34 |
| Kinbridge Community Association..... | 34 |
| Fiddlesticks Community Centre..... | 34 |
| Greenway-Chaplin Community Centre..... | 34 |
| Hespeler Village Neighbourhood Association..... | 34 |
| Langs..... | 34 |
| Popcorn House Community Resource Centre..... | 34 |

Preston Heights Community Group..... 35

Silverheights Neighbourhood Association..... 35

Index..... 36