AGEING WELL
WATERLOO

A comprehensive directory of services, programs, and amenities for older adults.
WOULDN’T YOUR AD LOOK GREAT RIGHT HERE?

Get your business or activity visible!

The Ageing Well Waterloo Directory is distributed once every two years to residents in the City of Waterloo. It is also distributed to recreation facilities, businesses, and organizations throughout the Kitchener-Waterloo area.

Learn more about advertising with us at [waterloo.ca/advertise](http://waterloo.ca/advertise)
A WARM
THANK YOU

to all who made this possible

The original Ageing Well Waterloo Directory was produced by the Age-Friendly Waterloo Multi-Agency Committee, in partnership with the School of Planning, University of Waterloo. Content for the 2024-2025 version was reviewed and compiled by the Community Services department at the City of Waterloo, with assistance from City Corporate Communications.

The Ageing Well Waterloo Directory was created as a response to citizens’ desire to have a “one-stop-shop” resource that contains a comprehensive list of programs and services in Waterloo that serve older adults.

And a big Thank You to our sponsors for supporting the development and printing of this directory:
Welcome to the Ageing Well Waterloo Directory! This guide is “one-stop-shop” for older-adult resources, listing the municipal, commercial and non-profit programs and services available in Waterloo.

I am proud to be mayor of a city that generously supports older adults and encourages community participation. Look through the pages of this directory and you’ll find supports and services that contribute to the overall well-being of older adults, with organizations offering everything from cultural and financial support to overall health and wellness activities.

As a member of the global network of Age-friendly communities, the City of Waterloo shares the vision of making this city a great place to grow older. One of our strategic priorities is the creation of a complete community, with a high quality of life for all residents to promote healthy and active aging.

From the countless older adult programs at the new Community Pavilion to the caring volunteers who give their time to help vulnerable older adults live safely and stay active, Waterloo remains dedicated to creating a city that is inclusive for all ages.

Thank you to everyone who has contributed to this directory and for doing your part in building a city that is inviting and age-friendly.

DOROTHY MCCABE

Mayor, City of Waterloo
The City of Waterloo is an age-friendly city, where people of all ages thrive and grow.

The City of Waterloo is an age-friendly city, where people of all ages thrive and grow.

The City of Waterloo’s Age-Friendly Waterloo Committee advises council on how best to promote active ageing in Waterloo. The goal is for Waterloo to become a place where all residents age well, enjoy good health and participate fully in their community.

The Age-Friendly Committee also plays a key role in helping older adults navigate aging in Waterloo by creating resources and supporting programs that promote healthy and active living.

If you would like to know more about what we do, please visit: waterloo.ca/agefriendly

Senior of the Year
Each year, Waterloo’s Age-Friendly Multi-Agency Committee presents Waterloo’s Senior of the Year award to honour one local 65+ person who has made outstanding contributions to the community.
The City of Waterloo’s Ageing Well Directory was created to help older adults (people aged 55+) in Waterloo access information on older adult focused services, programs, and amenities. This directory functions as a “one-stop-shop” for residents looking for information on housing, home support, health services, recreation and leisure, social and cultural supports, and much more.

The Directory is broken down into twelve main sections with a number of subcategories included in each section. Use the table of contents to navigate the Directory and locate your desired service. If you do not see a specific service, program, or amenity listed that you are trying to locate, you can call Ontario 211 either by dialing 2-1-1 or visiting 211ontario.ca. This free helpline will connect you to community and social services in the area 24 hours a day, 365 days a year, in over 150 languages.

This Directory contains programs and services that are provided by the City of Waterloo, Region of Waterloo, and the Provincial and Federal Government, as well as programs and services that are provided by private businesses, and nonprofit organizations.

Although it was not possible to list every program or service provided by the Regional, Provincial or Federal governments, where possible, links to directories or websites provided by other government organizations have been provided. The Directory only contains listings that are relevant to older adults and are located in Waterloo, or that serve the Region of Waterloo.

The Directory provides information for each listing in the following format:

- Listing Name
- Type of Listing (Ex. Nonprofit)
- Email address
- Phone number
- Website address

Please Note: Inclusion in the Older Adult Directory does not constitute an endorsement of a business or non-profit service or program.

If you have further questions about City of Waterloo programming or facilities, please call the main switchboard at 519-886-1550 or visit www.waterloo.ca
# TABLE OF CONTENTS

## Cultural & Social Supports
- Associations ........................................ 1
- Social Services ................................... 5

## Financial Supports
- Government Support ............................... 7
- Other Support ....................................... 8

## Food Banks & Hampers
................................................................. 9

## Health & Wellness
- Accessibility Aids ................................. 11
- Mental Health ...................................... 11
- Foot Care ............................................. 11
- Grand River Hospital .............................. 12
- Hearing Health ..................................... 13
- Denturists ........................................... 13
- Hospice Services ................................... 14
- In-home Nursing .................................... 14
- Optometry ........................................... 15
- Parish Nurses ....................................... 15
- Pharmacies ......................................... 15
- Provincial Coverage .............................. 18
- Specialized Services .............................. 18

## Home & Community Supports .......................... 23
- Specialized Programs .............................. 23
- Home Care (Public) ............................... 24
- Home Care (Private) .............................. 25
- Home Maintenance (Private) ................. 26
- Meal/Grocery Services ............................ 27
- Moving Services ................................... 28
- Pet Services ......................................... 28

## Housing ................................................. 29
- Local Housing Options ........................... 29
- Regional Housing ................................. 33

## Indigenous Services ................................... 35

## Legal Services ......................................... 36

## Recreation & Leisure .................................... 37
- Arts & Crafting ...................................... 37
- Federal Initiatives ................................. 38
- General Rec. & Leisure ......................... 38
- Local Recreation Facilities ..................... 41
- Music & Theatre .................................... 42
- Recreation Clubs .................................... 43
- Region-Led Recreation ......................... 45

## Training & Education .................................... 46

## Transportation ......................................... 47
- Accessible Transit ................................ 47
- Car Shares ......................................... 47
- General Services ................................. 47
- Local/Regional Transit ......................... 47
- Medical Transit .................................... 48
- Transit Education ................................. 48

## Service Clubs ............................................ 49
Indigenous cultural and social supports can be found in the Indigenous Services section on page 35.

ASSOCIATIONS

African-Canadian Association of Waterloo Region and Area
Nonprofit
info@africancanadianassociation.com
519-904-2794
africancanadianassociation.com

Alpine Club
Nonprofit
info@alpineclub.ca
519-744-1521
alpineclub.ca

Armenian Community Centre of Cambridge
Nonprofit
armeniancentrecambridge.org

Association des Francophones de Kitchener Waterloo
Nonprofit
coordonnatrice@afkw.org
519-746-0337
afkw.org

Association of Concerned Guyanese
Nonprofit
519-746-3828

Association of Liberian Immigrants in Kitchener Environs
Nonprofit
alike.org@gmail.com
226-700-0769
alike.care

Bosnian Community Association KWGC
Nonprofit
facebook.com/
BosanskaZajednicaKWGC

Brahmarishi Mission, Yoga and Hindu Temple
Nonprofit
519-579-1486
brahmrishimission.org

Cambridge Chinese Community Centre
Nonprofit
info@camchinese.org
camchinese.org

Cambridge Muslim Association
Nonprofit
farooqmasjid@outlook.com
519-623-0568
cambridgemuslimsociety.org
<table>
<thead>
<tr>
<th>Associations</th>
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<tbody>
<tr>
<td><strong>Canadian Polish Congress</strong></td>
<td></td>
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<tr>
<td>Kitchener District</td>
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<tr>
<td><em>Nonprofit</em></td>
<td></td>
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<tr>
<td><a href="mailto:jurek.orlowski@gmail.com">jurek.orlowski@gmail.com</a></td>
<td>519-896-6280</td>
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<tr>
<td>kpk.org/kitchener</td>
<td></td>
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<tr>
<td><strong>Caribbean Canadian Association of Waterloo</strong></td>
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<tr>
<td>Region</td>
<td></td>
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<tr>
<td><em>Nonprofit</em></td>
<td></td>
</tr>
<tr>
<td><a href="mailto:info@ccawr.ca">info@ccawr.ca</a></td>
<td>1-888-306-7772 (toll free)</td>
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<tr>
<td>ccawr.ca</td>
<td></td>
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<tr>
<td><strong>Central Ontario Chinese Cultural Centre</strong></td>
<td></td>
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<tr>
<td><em>Nonprofit</em></td>
<td></td>
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<tr>
<td><a href="mailto:info@coccc.net">info@coccc.net</a></td>
<td>519-576-6168</td>
</tr>
<tr>
<td>coccc.net</td>
<td></td>
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<tr>
<td><strong>Concordia Club</strong></td>
<td></td>
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<tr>
<td><em>Nonprofit</em></td>
<td></td>
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<tr>
<td><a href="mailto:mail@concordiaclub.ca">mail@concordiaclub.ca</a></td>
<td>519-745-5617</td>
</tr>
<tr>
<td>concordiaclub.ca</td>
<td></td>
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<tr>
<td><strong>Continental German Canadian Club</strong></td>
<td></td>
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<tr>
<td><em>Nonprofit</em></td>
<td>519-658-5583</td>
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<tr>
<td><strong>Cooperative Council of German Canadian Clubs</strong></td>
<td></td>
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<tr>
<td>of the Waterloo Region</td>
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<td><em>Nonprofit</em></td>
<td></td>
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<tr>
<td><a href="mailto:ggriebenow@rogers.com">ggriebenow@rogers.com</a></td>
<td>519-884-0332</td>
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<tr>
<td><strong>Czech and Slovak Association of Canada</strong></td>
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<tr>
<td>Kitchener, Waterloo and Guelph Branch</td>
<td></td>
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<tr>
<td><em>Nonprofit</em></td>
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<tr>
<td><a href="mailto:ustredi@cssk.ca">ustredi@cssk.ca</a></td>
<td>cssk.ca</td>
</tr>
<tr>
<td><strong>East Indian Ladies Club</strong></td>
<td></td>
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<tr>
<td>of Waterloo Region</td>
<td></td>
</tr>
<tr>
<td><em>Nonprofit</em></td>
<td>519-888-0452</td>
</tr>
<tr>
<td><strong>Ethiopian Association of K-W &amp; Surrounding</strong></td>
<td></td>
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<tr>
<td>Areas</td>
<td></td>
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<tr>
<td><em>Nonprofit</em></td>
<td></td>
</tr>
<tr>
<td><a href="mailto:info@ethiokw.com">info@ethiokw.com</a></td>
<td>519 575 3933</td>
</tr>
<tr>
<td>ethiokw.com</td>
<td></td>
</tr>
<tr>
<td><strong>Germane Canadian Congress, Ontario</strong></td>
<td></td>
</tr>
<tr>
<td><em>Nonprofit</em></td>
<td>519-571-8980</td>
</tr>
<tr>
<td><strong>Grand River Malayalee Association</strong></td>
<td></td>
</tr>
<tr>
<td><em>Nonprofit</em></td>
<td></td>
</tr>
<tr>
<td><a href="mailto:secretary.grma@gmail.com">secretary.grma@gmail.com</a></td>
<td>malayali.ca</td>
</tr>
</tbody>
</table>
**Gujarati Cultural Association of the Golden Triangle**  
*Nonprofit*  
gcakw.org

**India-Canada Association Waterloo Region**  
*Nonprofit*  
hello@icawaterloo.com  
icawaterloo.com

**Irish Real Life Festival**  
*Nonprofit*  
info@irishreallifekw.com  
irishreallifekw.com

**Italian Cortina Club**  
*Nonprofit*  
info@cortinaclub.org  
519-894-3852

**K-W Mayan Group**  
*Nonprofit*  
javan@golden.net

**Kitchener Portuguese Club Inc.**  
*Nonprofit*  
kpci@kitchenerportugueseclub.com  
519-579-6960  
kitchenerportugueseclub.com

**Muslim Social Services Waterloo Region**  
*Nonprofit*  
info@muslimsocialserviceskw.org  
519-772-4399 x 2707  
muslimsocialserviceskw.org

**Muslim Society of Waterloo and Wellington Counties**  
*Nonprofit*  
admin@waterloomasjid.com  
519-886-8470  
waterloomasjid.com

**Polish Alliance of Canada**  
*Nonprofit*  
polishalliance.ca

**Polski Dom**  
*Nonprofit*  
polskidomdwatysiace@gmail.com  
519 749-6357  
polskidom2000.com

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**Multicultural Festival**  
The Kitchener-Waterloo Multicultural Festival takes place every summer. The festival brings together a number of cultural groups and showcases cuisines and crafts from various countries.  
Find out more about the festival at:  
kwmulticultural.ca
Queen Helena Canadian-Croatian Cultural & Charitable Society
Nonprofit
info@kjfolklore.com
kjfolklore.com

Salvadorian Canadian Community of Waterloo Region
Nonprofit
sccwr@yahoo.ca
facebook.com/sccwr

Shamrose for Syrian Culture
Nonprofit
shamrosesyria@gmail.com
shamrose.ca

Somali Canadian Association of Waterloo Region
Nonprofit
519-772-4399 ext. 3570
scawr.ca

Tamil Cultural Association of Waterloo Region
Nonprofit
mail@tamilculturewaterloo.org
tamilculturewaterloo.org

The Kitchener Schwaben Club
Nonprofit
schwaben@
kitchenerschwabenclub.com
519-742-7979
kitchenerschwabenclub.com

Trinidad Social Organization
Nonprofit
519-658-4970

Turkish Society of Waterloo Region
Nonprofit
519-725-5630
turkishsocietyofwaterlooregion.wordpress.com

Ukrainian Catholic Centre
Nonprofit
519-745-6951

United Empire Loyalists Association of Canada, Grand River Branch
Nonprofit
uelac.ca/branches

United Filipino-Canadian Society of Waterloo Region
Nonprofit
519-577-9629

Waterloo Region Chinese Canadian Association
Nonprofit
inquiry@waterloocca.com
waterloocca.com
SOCIAL SERVICES

Ageing With Pride - Waterloo Wellington
Nonprofit
info@ourspectrum.com
226-779-9695
ourspectrum.com

Coalition of Muslim Women Kitchener-Waterloo
Nonprofit
cmw.info@cmw-kw.org
226-499-2269
cmw-kw.org

Family and Children Services of the Waterloo Region
Nonprofit
Immediate Assistance: 519-576-0540
facswaterloo.org

Focus for Ethnic Women
Nonprofit
admin@few.on.ca
few.on.ca

Kitchener Waterloo Immigration Partnership
Nonprofit
519-575-4757 ext. 3172
immigrationwaterlooregion.ca

Kitchener-Waterloo Multicultural Centre
Nonprofit
home@kwmulticultural.ca
519-745-2531
kwmulticultural.ca

Lutherwood
Nonprofit
519-884-7755
lutherwood.ca
CULTURAL & SOCIAL SUPPORTS

Reception House Waterloo Region
Nonprofit
519-743-0445 or 519-743-2113
receptionhouse.ca

Women’s Crisis Services
Nonprofit
Crisis Line (KW) : 519-742-5894
Head Office: 519-741-9184
wcswr.org

House of Friendship of Kitchener, Community Services
Nonprofit
519-742-8327
admin@houseoffriendship.org
houseoffriendship.org

Ageing With Pride - SPECTRUM Waterloo Wellington
SPECTRUM provides training and resources on LGBTQ2+ issues to senior-serving organizations through Aging with Pride. It offers a bi-weekly social group called SPECTRUM Prime Hybrid for LGBTQ2+ adults, as well as Transgender Support program for those 45+.

For more information contact info@ourspectrum.com, phone 226-779-9695, or visit ourspectrum.com
**Canada Pension Plan, Death Benefit**  
*Federal Government*  
1-800-277-9914  
1-800-277-9915 (French)  
1-800-622-6232 (Service Canada)  

**Canada Pension Plan, Disability Benefits**  
*Federal Government*  
1-800-277-9914  
1-800-277-9915 (French)  
1-800-622-6232 (Service Canada)  

**Canada Pension Plan, Retirement Pension**  
*Federal Government*  
1-800-277-9914  
1-800-277-9915 (French)  
1-800-622-6232 (Service Canada)  

**Canada Pension Plan, Survivor Benefits**  
*Federal Government*  
1-800-277-9914  
1-800-277-9915 (French)  
1-800-622-6232 (Service Canada)  

**Income Security Programs, Old Age Security**  
*Federal Government*  
1-800-277-9914  
1-800-277-9915 (French)  
[canada.ca/en/services/benefits/publicpensions/cpp/old-age-security.html](http://canada.ca/en/services/benefits/publicpensions/cpp/old-age-security.html)

**Income Security Programs, Guaranteed Income Supplement**  
*Federal Government*  
1-800-277-9914  
1-800-277-9915 (French)  
FINANCIAL SUPPORTS

**Low Income Energy Assistance Program**  
*Provincial Government*  
519-883-2100 *Select Option 1*  
oeb.ca/consumer-information-and-protection/bill-assistance-programs/low-income-energy-assistance-program

**Ontario Electricity Support Program**  
*Provincial Government*  
help@ontarioElectricitySupport.ca  
1-855-831-8151  
ontarioelectricitysupport.ca

**Ontario Works, Discretionary Benefits - Waterloo Office**  
*Regional Government*  
regionalclerk@region.waterloo.on.ca  
519-740-5700; 519-883-2100  
regionofwaterloo.ca/en/living-here/ontario-works.aspx

**Camino Wellbeing + Mental Health**  
*Nonprofit*  
info@caminowellbeing.ca  
519-743-6333  
caminowellbeing.ca

**KW Poppy Fund**  
*Nonprofit*  
kwpoppyfund@bellnet.ca  
519-885-1001  
canadahelps.org/en/charities/k-w-poppy-fund

**National Association of Federal Retirees - KW and District Branch**  
*Nonprofit*  
service@federalretirees.ca  
519-742-9031 (answering machine)  
federalretirees.ca

**March of Dimes Canada, Home and Vehicle Modification Program**  
*Nonprofit*  
hvmp@marchofdimes.ca  
1-877-369-4867  
marchofdimes.ca
The following listings provide emergency food hampers to citizens in need. Please contact the organizations directly to see what days and time food hampers are provided.

**House of Friendship of Kitchener, Community Services, Emergency Food Hamper Program**  
*Nonprofit*
admin@houseoffriendship.org  
519-742-8327 x 2  
houseoffriendship.org

**The Food Bank of Waterloo Region**  
*Nonprofit*
info@thefoodbank.ca  
519-743-5576  
thefoodbank.ca

**The Salvation Army, Community and Family Services**  
*Nonprofit*
kkeccadmin@salvationarmy.ca  
519-745-4215  
salvationarmy.ca

**The Society of St. Vincent De Paul, Kitchener Particular Council, Our Lady of Lourdes Church**  
*Nonprofit*
lourdeswaterloo@rogers.com  
519-886-0342  
ourladyoflourdeschurchwaterloo.com/about-us

**The Society of St. Vincent De Paul, Kitchener Particular Council, St Agnes Church**  
*Nonprofit*
office@saintagnescatholicchurch.org  
519-504-8399  
saintagnescatholicchurch.org

**The Society of St. Vincent De Paul, Kitchener Particular Council, St Michael's Church**  
*Nonprofit*
stmichaelssvp@gmail.com  
519-747-1090  
stmichaelw.ca/st-vincent-depaul
Enhancing the care and quality of life for older adults everywhere

Explore aging research at the-ria.ca

BETTER HEARING STARTS HERE.

Book a FREE Hearing Test!* 1-866-897-5489
94 Bridgeport Road East, Unit 3, Waterloo

* Not applicable on third party claims.

Sound of the New Age 

HearCANADA.com
ACCESSIBILITY AIDS

Silver Cross, recycled and new medical equipment
Business
kitchener@silvercross.com
519-577-5546
www.silvercrossstores.com

Wilder Medical Mobility Ltd
Nonprofit
sales@wildermobility.com
519-888-0618
wildermobility.com

MENTAL HEALTH

Camino Wellbeing + Mental Health
Nonprofit
info@caminowellbeing.ca
519-743-6333
caminowellbeing.ca

Geriatric Services, Canadian Mental Health Association, Waterloo Wellington
Nonprofit
1-844-264-2993
cmhaww.ca/programs-services/intensive-geriatric-services

Here 24/7 - Addictions, Mental Health and Crisis Services
Waterloo-Wellington
Nonprofit
Crisis Line: 1-844-437-3247 or 1-877-688-5501 (TTY)
Office use: 1-844-264-2993
here247.ca

FOOT CARE

Complete Foot Care
Business
info@completefootcarebynurses.ca
519-500-0682
completefootcarebynurses.ca

Dr. Stephen Hoke, Podiatrist
Business
519-885-1511

Feet on the Go
Business
kaye@feetonthego.com
519-654-6363
feetonthego.com

Foot Works
Business
519-888-6274
footworkschiropodyclinic.com
Janet Harmer, RN  
*Business*  
janet.harmer@yahoo.com  
519-578-4811  

Podiatric Consultants  
*Business*  
519-576-8960  
podiatricconsultants.ca  

Waterloo Foot Clinic  
*Business*  
info@waterloofootclinic.com  
519-884-3668  
waterloofootclinic.com  

**GRAND RIVER HOSPITAL**

Grand River Hospital, Freeport Site, Geriatric Assessment & Neurobehavioural Unit  
*Nonprofit*  
519-749-4300 ext. 8313  
grhosp.on.ca  

Grand River Hospital, Freeport Site, Mental Health Unit  
*Nonprofit*  
519-749-4300 ext. 7165  
grhosp.on.ca  

Grand River Hospital, Freeport Site, Occupational Therapy  
*Nonprofit*  
519-749-4300 ext. 5551  
grhosp.on.ca  

Grand River Hospital, Freeport Site, Outpatient Rehab Clinic, Neurorehabilitation and Geriatric Rehabilitation  
*Nonprofit*  
519-749-4300 ext. 8340  
grhosp.on.ca  

Grand River Hospital, Freeport Site, Prosthetic and Orthotic Clinic  
*Business*  
519-749-4300 ext. 7860  
grhosp.on.ca  

Grand River Hospital, KW Site, Nutrition Counselling  
*Nonprofit*  
519-749-4300 ext. 2630  
grhosp.on.ca
HEALTH & WELLNESS

Hearing Health

Grand River Hospital, KW Site, Health Care Centre Pharmacy
Nonprofit
519-749-4227
grhosp.on.ca

Hear Canada
Business
info@hearcanada.com
519-340-3622
hearcanada.com

HEARING HEALTH

Serenity Hearing Health & Wellness
Business
519-886-2416
serenityhearing.ca

Canadian Hearing Society, Waterloo
Nonprofit
info@chs.ca
1-866-518-0000
chs.ca

Complete Hearing Health Ltd
Business
waterloo@arnoldhearing.ca
519-896-2654
completehearing.ca

Connect Hearing
Business
519-744-4321
connecthearing.ca

DENTURISTS

Mobile Denture Clinic- Denture Specialist Services
Business
erikdent@aol.com
226-606-5486
mobiledenturist.com

Hearing Health
Hospice of Waterloo Region offers the following services:

- Bereavement Walking Group
- Client Support Volunteer Visiting
- Professional Counselling Services
- Volunteer visiting
- Day Away Respite Program
- Complementary Therapies
- Transportation
- Hair Salon Services
- Vigiling
- Legacy Activities

Contact at hospice@hospicewaterloo.ca or phone at 519-743-4114, or visit hospicewaterloo.ca for more information.

IN-HOME NURSING

CarePartners
Business
info@carepartners.ca
519-746-7600
519-804-1154 (physio clinic)
carepartners.ca

Closing the Gap Health Services
Business
1-877-560-0202
closingthegap.ca

ParaMed Home Healthcare Services
Business
519-904-1200
paramed.com

Home Instead, Kitchener-Waterloo
Business
519-571-1665
homeinstead.ca/location/3007

Promyse Home Care
Business
hello@promyse.ca
519-208-2000
www.promyse.ca
HEALTH & WELLNESS

**Nurse Next Door Home Care Services - Kitchener, Waterloo & Cambridge**
*Business*
519-742-7054
nursenextdoor.com/locations/kitchener-on/#

**Right at home, Kitchener & Waterloo**
*Business*
519-279-0888
rightathomecanada.com/kitchenerwaterloo

**OPTOMETRY**

**University of Waterloo, School of Optometry, Optometry Clinic**
*Nonprofit*
519-888-4062 ext. 84062 (main clinic)
519-888-4414 ext. 84414 (contact lens clinic)
519-888-4708 ext. 84708 (low vision clinic)
wei.uwaterloo.ca

**PARISH NURSES**

**Mt Zion Evangelical Lutheran Church, Parish Nurse**
*Nonprofit*
pnchristine@hotmail.com
519-886-5820
mzlc.ca

**PHARMACIES**

* Denotes a compounding pharmacy

**Beechwood Wellness Pharmacy**
*Business*
7-420 Erb St W, Waterloo
beechwoodwellnesspharmacy@gmail.com
519-884-1025

**Cook’s Pharmacy**
*Business*
520 University Ave. W, Waterloo
519-744-2200

**KW Guardian Pharmacy**
*Business*
65 University Ave E, Waterloo
519-746-6133

Optometry
Northfield Pharmacy
Business
Unit 9, 465 Philip St. Waterloo
519-725-3470

Pharmasave
Business
pharmasave.com

Locations:
50 Westmount Road N. Waterloo*
  519-886-7670
170 University Ave. Waterloo*
  519-8862420

Rexall - Pharma Plus
Business
rexall.ca

Locations:
585 Weber St. N, Waterloo
  519-746-7620
425 University Ave, Waterloo*
  519-743-5738

Schill’s Remedy’s Rx
Business
570 University Ave E, Waterloo
  519-886-5925
remedys.ca

Shoppers Drug Mart
Business
shoppersdrugmart.ca

Locations:
658 Erb St. W., Waterloo
  519-886-3530
190 Northfield Drive West, Waterloo
  519-884-3860
550 King St. N. Waterloo
  519-886-6130
50 Weber Street North, Waterloo
  519-880-8083
75 King St. S. Waterloo*
  519-884-1500

Sobeys Pharmacy
Business
sobeys.com

Locations:
450 Columbia St W, Waterloo*
  519-880-9145
94 Bridgeport Rd E, Waterloo
  519-885-5874

Total Health Pharmacy*
Business
373 Bridge St W, Waterloo
  519-747-0320
The Health Depot
*Business
1-855-844-2242
thehealthdepot.ca

University Pharmacy*
*Business
240 King St. N, Waterloo
info@kwuniversitypharmacy.ca
519-885-2530
myrxhealth.ca/kwup

Zehrs Pharmacy
*Business
zehrs.ca/pharmacy

Locations:
315 Lincoln Rd, Waterloo
519-885-5116
555 Davenport Rd, Waterloo*
519-746-5534
450 Erb St. W, Waterloo*
519-886-4900

The Health Depot
The Health Depot is an online health store and pharmacy that offers free shipping of medication anywhere in Canada. They are a member of the Older Adult Centres Association of Ontario. For more information visit thehealthdepot.ca
HEALTH & WELLNESS

PROVINCIAL COVERAGE

Health811
Provincial Government
1-886-797-0007
health811.ontario.ca

Ministry of Health,
Ministry of Long Term Care,
Ontario Health Insurance
Provincial Government
1-866-532-3161
health.gov.on.ca

SPECIALIZED SERVICES

Active Wellness
Business
info@activewellness.ca
519-886-5402
activewellness.ca

Advantage Physiotherapy/
Physiotherapy Centre
Business
admin@advantagephysio.com
519-742-5482
advantagephysio.com

Arthritis Society, Kitchener
info@on.arthritis.ca
519-743-4141
uppergrandfht.org/arthritis-clinic

Back Works Spinal and
Sports Rehabilitation
Business
reception@backworksphysiotherapy.ca
519-746-8172
backworksphysiotherapy.ca

Brain Injury Association
Waterloo-Wellington
Nonprofit
program@biaww.com
226-747-6246
biaww.org

CBI Health, Waterloo
226-215-3249
cbihealth.ca/locations/waterloo-home-health

Community Healthcaring Kitchener-
Waterloo, Refugee Health Clinic
Nonprofit
info@healthcaringkw.org
226-336-1321
healthcaringkw.org

Health811
Health811 is a free and confidential service that allows individuals to seek health advice through a registered nurse. Support in finding health information and services, is also an option. Health811 is available by phone or online 24 hours a day, seven days a week. Call 811.

Specialized Services
Creative Therapy Health Services
Business
info@creativeot.com
519-954-5026
creativeot.com

Dearborn Health Performance and Wellness Centre
Business
info@dearbornhealth.com
519-884-4848
dearbornhealth.com

DMA Rehabilitation
Business
info@dmarehab.com
1-866-309-0046
dmarehability.com

Heart and Stroke Foundation of Ontario, Waterloo Region
Nonprofit
519-571-9600
heartandstroke.ca

K-W Access-Ability
Nonprofit
519-885-6640
kwaccessability.ca

K-W Access-Ability, PHIRST LINK
Nonprofit
rfleming@kwaccessability.ca
519-885-6640
kwaccessability.ca

Independent Living Centre of Waterloo Region, Community Support Services
Nonprofit
info@ilcwr.org
519-571-6788
ilcwr.org

Leading Edge Physiotherapy Centre
Business
lepc@on.aibn.com
519-893-4363
leadingedgephysio.yp.ca

March of Dimes - Stroke Recovery Canada - KW Chapter
Nonprofit
afterstroke@marchofdimes.ca
1-888-540-6666
afterstroke.ca

Multiple Sclerosis Society of Canada
Nonprofit
info@mscanada.ca
1-800-268-7582
mscanada.ca

Shelley Read, Therapist, Aging Well Consultant
Business
sreadtherapist@gmail.com
226-339-2218
sreadtherapy.com
HEALTH & WELLNESS

**Specialized Services**

campusphysio.com
*Business*
sos-physio-campus@rogers.com
519-884-0767
campusphysio.com

St Mary’s General Hospital, Regional Cardiac Care Centre
*Nonprofit*
519-749-6578
smgh.ca/areas-of-care/cardiac-care

St John’s Kitchen
*Nonprofit*
sjk@theworkingcentre.org
519-745-8928
519-743-1151 (admin)
theworkingcentre.org

Sunbeam Community & Developmental Services
*Nonprofit*
519-893-6200
sunbeamcentre.com

VOR Physiotherapy
*Nonprofit*
vor.physio@gmail.com
519-208-0150
vorphysio.com

Waterloo Region Cardiac Rehab Foundation
*Nonprofit*
hardyhearts@uwaterloo.ca
519-742-6062

Waterloo Sports Medicine Centre
*Business*
519-746-2220
wsm.ca

Waterloo Region Palliative Care/ Pain and Symptom Management
*Nonprofit*
wwregionalcancerprogram@grhosp.on.ca
grhosp.on.ca

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**Volunteer WATERLOO REGION**

Where Volunteering and Community Meet

Search our online database of hundreds of local volunteer positions and find the right match for you!

Find us at: VolunteerWR.ca

You can also contact us directly via:

**Email:** info@volunteerwr.ca
**Phone:** 519-742-8610
**Office:** 1454 King Street East, Unit 3, Kitchener
**Office Hours:** Monday–Thursday, 9am – 4pm
Healthline
www.healthline.ca is a comprehensive website that puts accurate and up-to-date information about health services at the fingertips of consumers and health care providers across the Waterloo Wellington region of Ontario. Healthline has over 3000 service listings.

Call 519-748-2222 or visit www.healthline.ca

Caredove
Caredove is a referral management platform and online community support services database that allows older adults to find services based on location, condition and/or eligibility. It also allows patients to choose preferred care providers.

For more information visit caredove.com/wwcss

Trying to find the right RETIREMENT RESIDENCE?
Our Retirement Living Consultants can help.

CLICK Chartwell.com
CALL 1-844-727-8679
VISIT a Chartwell near you

CHARTWELL BANKSIDE
71 Bankside Drive, Kitchener
CHARTWELL WESTMOUNT
190 David Bergey Drive, Kitchener
CHARTWELL CLAIR HILLS
530 Columbia Street West, Waterloo
CHARTWELL TERRACE ON THE SQUARE
100 Caroline Street South, Waterloo
Medical Centre at the Boardwalk

A number of health care services are located at The Boardwalk Medical Centre including:

- A Body in Motion Rehabilitation .......................... 519-578-4000
- Anita’s Skin Care Spa ........................................ 519-571-1010
- The Boardwalk Pharmacy ................................... 519-578-3000
- Cardio Pulmonary Services ............................... 519-741-5252
- Fit For Life ..................................................... 519-585-1828
- Healthy Feet KW ............................................. 519-279-1114
- Hearing & Tinnitus Centre ................................. 519-208-0233
- Juno Fertility .................................................... 226-647-8020
- Life Labs ......................................................... 1-877-849-3637
- Medical Imaging .............................................. 519-576-8760
- Occupational Health ....................................... 519-893-2889
- Qualia Counselling Services ............................. 519-742-0500
- Tooth Works ..................................................... 519-743-9888
- Travel Clinic ..................................................... 519-585-0100
- TRIO Reproductive Care ................................... 519-585-1796
- Vision Care Clinic ............................................. 519-885-2701
The Alzheimer’s Society provides various services, including individual and family counselling, support groups, and community service referrals. It also offers social and recreational programming. These programs include:

- Music Project
- Minds in Motion
- Virtual Games
- Memory Boosters Social Club

They also offer education and information on living safely in the community and caring for people with dementia.
Trinity Village Care Centre, Adult Day Program
*Nonprofit*
rlithgow@trinityvillage.com
519-893-6320 ext. 235
trinityvillage.com

Traverse Independence, Day Programs for Adults with Brain Injuries
*Nonprofit*
519-741-5845
traverseindependence.ca

The **Home and Community Care Support Services** connects citizens with care at home and in the community.
They can assist with the following services:
- Finding a Family Doctor
- Homecare services
- Specialized nursing care
- Information on day programs, assisted living, supportive housing, retirement homes, and long-term care
- Manages intake for long-term care homes

**HOME CARE (PUBLIC)**

Home and Community Care Support Services- Waterloo Wellington
*Provincial Government*
1-888-883-3313 (toll free)
519-748-2222
healthcareathome.ca/ww/en

Independent Living Centre of Waterloo Region, Attendant Services, In-Home Respite
*Nonprofit*
info@ilcwr.org
519-571-6788
ilcwr.org

The **City of Waterloo Home Support Services** offer the following services:
- Telephone Reassurance
- Transportation
- Grocery Shopping
- Community Meals Program
- Homemaking Program
- Home Maintenance Program

*Learn more: 519-579-6930 or homesupport@waterloo.ca*

*Visit the website: waterloo.ca/seniors*
Community Support Connections
Provides practical, non-medical supports to help you live in your own home with independence and dignity. Our Community Connectors can meet with you to listen, understand, and develop a plan to meet your needs. CSC can assist with:
• Meals on Wheels
• Exercise & Falls Prevention Classes
• Community Dining
• Friendly Visiting & Reassurance Calls
• Caregiver Support
For more information visit communitysupportconnections.org. To contact CSC call 519-772-8787 or email them at info@cscmow.org

Home Instead Senior Care
Business
519-571-1665
homeinstead.com

Premier Homecare Services
Business
infowaterloo@homecarephs.com
519-884-1181
premierhomecareservices.com

Promyse Home Care
Business
hello@promyse.ca
519-208-2000
www.promyse.ca

Senior Homecare by Angels
Business
800-747-9500
seniorhomecarebyangels.com

Seniors for Seniors
Business
1-844-422-7399
seniorsforseniors.ca

Warm Embrace Elder Care
Business
info@warmembrace.ca
519-954-2480
warmembrace.ca

HOME CARE (PRIVATE)

Comfort Keepers of Kitchener-Waterloo
Business
kitchenerwaterloo@comfortkeepers.ca
905-689-2273
comfortkeepers.ca/kitchener-waterloo
HOME & COMMUNITY SUPPORTS

TAMCARE Home Health - Senior Care Services
*Business*
contact@tamcarehomehealth.com
1-844-826-8637
tamcarehomehealth.com

HOME MAINTENANCE (PRIVATE)

**Empower Home Cleaning**
*Business*
519-998-0855
showaterloo.org/programs/empower-cleaning

**Red Bear Lawns & Landscaping Ltd.**
*Business*
contactus@redbearlandscaping.com
519-884-4790
redbearlandscaping.com

**The Gardener**
*Landscape Maintenance*
*Business*
kw@hirethegardener.com
519-893-3067
hirethegardener.com
MEAL/GROCERY SERVICES

City of Waterloo Home Support Services - Grocery Shopping
Regional Government
519-579-6930
waterloo.ca/seniors

City of Waterloo Community Dining Program
Regional Government
519-579-6930
waterloo.ca/seniors

Grocery Gateway
Business
905-564-8778
grocerygateway.com

Heart to Home Meals
Business
1-866-933-1516
hearttohomemeals.ca

Insta Cart
Business
help@instacart.com
1-888-508-1922
instacart.ca

Walmart Click and Collect
Business
walmart.ca/en/grocery/fulfillment

Zehrs Click and Collect
Business
1-866-541-6315
zehrs.ca
HOME & COMMUNITY SUPPORTS

MOVING SERVICES

Senior’s Move
Business
info@seniorsmove.ca
519-841-4914
seniorsmove.ca

T’s Complete Move
Business
completemove@gmail.com
226-820-1032
tscompletemovesolutions.com

PET SERVICES

Kitchener Waterloo Humane Society
Nonprofit
infokw@kwsphumane.ca
519-745-5615
kwsphumane.ca

Pet Helpers of Ontario
Nonprofit
johndunbar@execulink.com
519-749-9325

Moving Services
LOCAL HOUSING OPTIONS

**Beechwood Manor, Assisted Living**
*Business*
office@beechwoodmanor.ca
519-746-1560
beechwoodmanor.ca

**Beechwood Manor, Independent Living**
*Business*
office@beechwoodmanor.ca
519-746-1560
beechwoodmanor.ca

**Chartwell Terrace on the Square**
*Retirement Residence*
*Business*
226-336-8943
chartwell.com/on/waterloo/terrace-on-the-square

**Civitan Apartments**
*Nonprofit*
519-886-2220

**Clair Hills Retirement Community, Assisted Living**
*Business*
226-336-6899
chartwell.com/on/waterloo/clair-hills

**Clair Hills Retirement Community, Independent Living**
*Business*
226-336-6899
chartwell.com/on/waterloo/clair-hills

**Columbia Forest Long Term Care Centre**
*Business*
columbiaforest@reveraliving.com
519-884-4480
reveraliving.com/find-a-residence/ontario/waterloo/columbia-forest

**Court at Laurelwood**
*Retirement Residence*
*Business*
519-725-2442
aspiralife.ca/our-locations/ontario/waterloo/court-at-laurelwood-retirement-residence/

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**Older Adult Housing Directory**

For detailed information on housing options in Waterloo, please refer to the City of Waterloo’s Older Adult Housing Directory. The Directory can be found here: waterloo.ca/en/government/resources/Documents/Cityadministration/Older-Adults-Housing-Directory.pdf
Local Housing Options

Forest Heights Long Term Care Centre
Business
519-576-3320
reveraliving.com/find-a-residence/ontario/kitchener/forest-heights

K-W Underhill Residential Home
Business
underhillresidential@outlook.com
519-884-7160

Luther Manor
Nonprofit
luthermanor@rogers.com
519-570-1371 (office)

Lutherwood, Seniors Services, Luther Village on the Park, Life Lease
Nonprofit
info@luthervillage.org
519-783-3710
luthervillage.org

My Own Place
Nonprofit
myop@owengroup.ca
519-893-5040
owenhomes.ca

Parkwood Suites, Assisted Living
Nonprofit
info@parkwoodmh.com
519-885-4810
parkwoodmh.com

Parkwood Garden Homes, Independent Living Apartments
Nonprofit
info@parkwoodmh.com
519-885-4810
parkwoodmh.com

Parkwood Suites, Long-term Care
Nonprofit
info@parkwoodmh.com
519-885-4810
parkwoodmh.com

Parkwood Suites, Supportive Living
Nonprofit
info@parkwoodmh.com
519-885-4810
parkwoodmh.com
Portuguese Centre of Kitchener
Waterloo, St Joseph’s Place
Nonprofit
519-745-4860

Threshold Homes and Supports Inc.
Nonprofit
519-742-3191
thresholdsupports.ca

Trinity Village Care Centre
Nonprofit
519-893-6320
trinityvillage.com

Waterloo Heights
Business
519-886-3410
srseniorsliving.ca

Beyond Housing Waterloo Mennonite Homes
Nonprofit
info@satellitecommunityhomes.com
519-650-5599
beyondhousing.ca

Woodland Terrace
Nonprofit
519-886-1341

The Village at University Gates
Business
administration.ug@schlegelvillages.com
519-904-0650
schlegelvillages.com

The Westhill
Business
yvonne.seguin@westhill.sifton.com
519-725-0525
westhill.sifton.com
Is It Time For A Move?

Have you considered selling your property and moving into accommodations that better suit your current needs? Consider downsizing to a smaller property, a bungalow, a condo, an apartment, or a retirement residence.

We have a special offer exclusively for Seniors. Choose one of the following offers when you list with us:

1. $1,000 VISA gift card
2. Three nights of accommodation at the Suites Inn St. Jacobs while your property is on the market
3. Complimentary pre-listing home inspection and professional home cleaning services

As Trusted and Experienced Seniors Real Estate Specialists with over 41 years of local experience, we offer worry-free whole package seniors’ services and are ready to help you!

Dianne Stickney, REALTOR®
Paul Stickney, BROKER
519-572-7788
stickney@kwhouseandhome.com

PEAK REALTY LTD. - 519-747-0231
410 Conestogo Rd. Waterloo, ON N2L 4E2

Not intended to solicit clients already under contract.
**REGIONAL HOUSING**

### 82 & 84 Wilson Avenue
*Regional Government*
519-575-4400
regionofwaterloo.ca/housing

### 74 Church Street
*Regional Government*
519-575-4400
regionofwaterloo.ca/housing

### 119 College Street
*Regional Government*
519-575-4400
regionofwaterloo.ca/housing

### 233 Franklin Street North
*Regional Government*
519-575-4400
regionofwaterloo.ca/housing

### 47 Holborn Drive
*Regional Government*
519-575-4400
regionofwaterloo.ca/housing

### 215 Lorraine Avenue
*Regional Government*
519-575-4400
regionofwaterloo.ca/housing

### 145 Overlea Drive
*Regional Government*
519-575-4400
regionofwaterloo.ca/housing

### 335 Regina Street North
*Regional Government*
519-575-4400
regionofwaterloo.ca/housing

### Sunnyside Supportive Housing
*Regional Government*
519-893-8482

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**Time to put you first**

Is running your home becoming too much work? Maybe it’s time to consider the convenience of personalized retirement services and the warmth of a vibrant community. Join like-minded peers and stay active, inspired, and comfortable on your terms. It’s time for Court at Laurelwood.

Call us at 1-866-959-4848 for more information.

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**Court at Laurelwood**
Retirement Residence
605 Laurelwood Drive, Waterloo, ON
aspiralife.ca
Anishnabeg Outreach  
*Nonprofit*  
info@aocan.org  
519-208-5333  
aocan.org

Métis Nation of Ontario,  
Aging at Home Program  
*Nonprofit*  
442 Grey St, Brantford N3S 7N3  
nancyt@metisnation.org  
metisnation.org

KW Urban Native Wigwam Project  
*Nonprofit*  
kwunwphousing@gmail.com  
519-743-5868  
kwunwp.weebly.com

The Healing of the  
Seven Generations  
*Nonprofit*  
519-570-9118  
healingofthesevengenerations.ca

White Owl Native  
Ancestry Association  
*Nonprofit*  
info@wonaa.ca  
519-772-4399 ext. 2798  
wonaa.ca
Community Justice Initiatives of Waterloo Region, Community Mediation Services, Elder Mediation Service
*Nonprofit*
519-744-6549
cjiwr.com

Elder Abuse Prevention Council
*Nonprofit*
info@eapc.ca
eapc.ca

Senior Support Team (Elder Abuse and Seniors at Risk)
*Nonprofit*
Waterloo Region Police Services & Home and Community Care Support Services
seniorsupport@wrps.on.ca
519-579-4607
wrps.on.ca

To learn about elder abuse, visit Elder Abuse Prevention Council Waterloo Region eapc.ca
ARTS & CRAFTING

**Canadian Clay and Glass Gallery**  
*Nonprofit*  
info@theclayandglass.ca  
519-746-1882  
theclayandglass.ca

**Canadian Embroiderers’ Guild of Kitchener-Waterloo**  
*Nonprofit*  
kwembroideryguild@gmail.com  
kwembroiders.wordpress.com

**K-W Knitters Guild**  
*Nonprofit*  
kwkg.ca

**K-W Society of Artists**  
*Nonprofit*  
kwsasocial@gmail.com  
kwsa.ca

**K-W Weavers and Spinners Guild**  
*Nonprofit*  
classes.kwws@gmail.com  
kwws.org

**K-W Woodworking and Craft Centre**  
*Nonprofit*  
kwwccinc@gmail.com  
519-279-8383  
kwwcc.org

**Kitchener-Waterloo Art Gallery**  
*Nonprofit*  
mail@kwag.on.ca  
519-579-5860  
kwag.ca

**Kitchener-Waterloo Rug Hooking Guild**  
*Nonprofit*  
secretary@kwrughooking.com  
kwrughooking.com

**Region of Waterloo Arts Fund**  
*Nonprofit*  
info@artsfund.ca  
519-575-4450  
artsfund.ca

**Waterloo County Quilters Guild**  
*Nonprofit*  
waterloocountyqg@gmail.com  
wcquiltersguild.on.ca
**Waterloo Potters Workshop**  
*Nonprofit*  
infoservices@waterloopotters.ca  
519-885-5570  
waterloopotters.ca

**Architectural Conservancy of Ontario, North Waterloo Region Branch**  
*Nonprofit*  
communications.aco.nwrb@gmail.com  
arconserv.ca

**Button Factory**  
*Nonprofit*  
519-886-4577  
operations@buttonfactoryarts.ca  
buttonfactoryarts.ca

**City of Waterloo Museum**  
*City of Waterloo*  
museum@waterloo.ca  
519-885-8828  
waterloo.ca/museum

**Gilbert and Sullivan Society, Waterloo Regional Branch**  
*Nonprofit*  
gswaterloo@gmail.com  
gswaterloo.ca

**K-W Aquarium Society**  
*Nonprofit*  
kwasexecutive@gmail.com  
kwas.ca

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**Waterloo Pioneer Memorial Tower**  
*Federal Government*  
woodsideontario@pc.gc.ca  
519 571-5684  
pc.gc.ca/en/lhn-nhs/on/woodside/culture/waterloo

**Woodside National Historic Site**  
*Federal Government*  
woodsideontario@pc.gc.ca  
519-571-5684  
pc.gc.ca/en/lhn-nhs/on/woodside
K-W Bonsai Society
*Nonprofit*
kwbonsaisociety@outlook.com
facebook.com/kwbonsaisociety

K-W Centre of the Royal Astronomical Society of Canada
*Nonprofit*
jgoetz80@hotmail.com
kw.rasc.ca

K-W Cycle Sport Association
*Nonprofit*
president@kwcyclesport.ca
kwcyclesport.ca

K-W Habilitation, Adult Developmental Services
*Nonprofit*
info@kwhab.ca
519-744-6307 (main office)
kwhab.ca

K-W Oktoberfest
*Nonprofit*
info@oktoberfest.ca
519-570-4267
oktoberfest.ca

K-W Philatelic Society
*Nonprofit*
kwpskw@gmail.com
519-746-4270
kwstampclub.org

Mennonite Historical Society of Ontario
*Nonprofit*
secretary@mhsso.org
mhso.org

Ontario Provincial Senior Games, Waterloo-Wellington District Senior Games (District 26)
*Nonprofit*
905-232-8581
info@osga55plus.ca
osga55plus.ca
Seniors Centre Without Walls (WOW Waterloo)
City of Waterloo
wow@waterloo.ca
519-579-1020 ext. 10037
waterloo.ca/seniors

Waterloo Central Railway
Nonprofit
1-888-899-2757
info@waterloocentralrailway.com
waterloocentralrailway.com

The Museum
Nonprofit
info@themuseum.ca
519-749-9387
themuseum.ca

Brubacher House
Nonprofit
bhouse@uwaterloo.ca
519-886-3855
uwaterloo.ca/brubacher-house

Waterloo Coin Society
Nonprofit
secretary@waterloocoinsociety.com
waterloocoinsociety.com

Community Pavilion
Programs offered include:
Cards, Billiards, Fitness, Friday Flicks Travel Show & Social Drop in.

Contact to learn more:
waterloo.ca/seniors
519-579-1020

Waterloo County Wanderers
Nonprofit
wcwanderers@gmail.com
519-669-2281
wcwanderers.com

Waterloo Historical Society
Nonprofit
whs.ca

Waterloo Horticultural Society
Nonprofit
waterloogardeners@gmail.com
519-747-1867
waterloohort.org

Waterloo Pentecostal Assembly, Achievers 55+ Lunch
Nonprofit
office@wpa.church
519-884-0530
wpa.church/adult/achievers
Waterloo Region Nature
Nonprofit
info@waterlooregionnature.ca
waterlooregionnature.ca

55+ Golf Program
Nonprofit
george@waterlooseniorsgolf.com
519-884-4564
waterlooseniorsgolf.com

LOCAL RECREATION FACILITIES

Albert McCormick
Community Centre
Local Government
519-885-1700

Community Adult Recreation League (CARL)
Local Government
carl@waterloo.ca
519-884-5363
waterloo.ca/carl

Community Pavilion
Local Government
519-579-1020
waterloo.ca/seniors

Waterloo Memorial Recreation Complex
Local Government
519-886-1177
waterloo.ca/wmrc
**Waterloo Public Library**  
*Local Government*  
askus@wpl.ca  
519-886-1310  
wpl.ca

**YMCA of Three Rivers-Waterloo Region**  
*Nonprofit*  
info@ytr.ymca.ca  
519-725-8783  
ymcathreerivers.ca

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**Waterloo Public Library**  
Programs and Services offered include:  
- Large Print and Audio Collections  
- eBooks & Audiobooks  
- Daisy Books (digital talking books)  
- Alzheimer’s and dementia friendly books  
- Tech Connect one-on-one tech help  
- Local History

Contact to learn more:  
519-886-1310  
askus@wpl.ca  
wpl.ca

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**MUSIC & THEATRE**

**Conrad Grebel University College Music Events**  
*Nonprofit*  
music@uwaterloo.ca  
519-885-0220 ext. 24256  
uwaterloo.ca/music/ensembles

**K-W Community Orchestra**  
*Nonprofit*  
kwcommunityorchestra@gmail.com  
519-744-2666  
kwco.org

**K-W Musical Productions**  
*Nonprofit*  
info@kwmp.ca  
kwmp.ca

**K-W Chamber Music Society**  
*Nonprofit*  
jnarveso@uwaterloo.ca  
519-886-1673  
k-wcms.com

**Kitchener-Waterloo Chamber Orchestra**  
*Nonprofit*  
info@kwchamberorchestra.ca  
kwchamberorchestra.ca
Kitchener-Waterloo Little Theatre
Nonprofit
info@kwlt.org
519-886-0660
kwlt.org

Noteworthy Singers
Nonprofit
nwsingers.com

Numus Concerts
Nonprofit
info@numus.on.ca
519-896-3662
numus.on.ca

Twin City Harmonizers
Nonprofit
guests@twincityharmonizers.com
519-222-9126
twincityharmonizers.com

Theatre on the Edge
Nonprofit
info@tote.ca	
tote.ca

Waterloo Concert Band
Nonprofit
wcb@waterlooband.com
waterlooband.com

First Baptist Church, Super Sixties Club
Nonprofit
info@fbcwaterloo.com
519-886-6530
fbcwaterloo.com

Garden Club of K-W
Nonprofit
gardenclubkw@gmail.com
gardenclubsofontario.ca/kitchener-waterloo

Grand River Bridge Club
Nonprofit
GrandRiverBridgeClubManager@gmail.com
519-893-4595
grandriverbridgeclub.com

K-W Amateur Radio Club
Nonprofit
info@kwarc.org
kwarc.org

K-W Flying Dutchmen Radio Control Club
Nonprofit
new.kwflyingdutchmen.com
K-W Gem and Mineral Club
Nonprofit
kwgmc.com

K-W Highland Glen Camera Club
Nonprofit
hgcc@highlandglen.ca
highlandglen.ca

K-W Kennel Club
Nonprofit
kwkennelclub@gmail.com

Kitchener-Waterloo Cambridge Regional Post Card Club
Nonprofit
rychmills@golden.net

Kitchener-Waterloo and Area Bug Club
Nonprofit
kwbugclub.org/armaturenbrett

Kitchener-Waterloo Rally Club
Nonprofit
kwrc.on.ca

Old Salts Senior Canoe Club
Nonprofit
info@oldsaltsclub.com
oldsaltsclub.com

Owl’s Nest Woodcarving Club
Nonprofit
barbkam@outlook.com

Preston Crokinole Club
Nonprofit
519-576-6380
nationalcrokinoleassociation.com/clubs/preston

Waterloo-Wellington Flying Club
Nonprofit
info@wwfc.ca
519-648-2213
wwfc.ca

Western Ontario Division of the National Model Railroad Association
Nonprofit
registrar@wod-NMRA.ca
wod-nmra.ca
REGION-LED RECREATION

**McDougall Cottage National Historic Site**
*Regional Government*
mcdougall@regionofwaterloo.ca
519-624-8250
mcdougallcottage.ca

**Schneider Haus National Historic Site**
*Regional Government*
schneiderhaus@regionofwaterloo.ca
519-742-7752
schneiderhaus.ca

**Ken Seiling Waterloo Region Museum and Doon Heritage Village**
*Regional Government*
519-748-1914
waterlooregionmuseum.ca

**Waterloo Regional Police Service Ceremonial Band**
*Regional Government*
band@wrps.on.ca
wrps.on.ca/en/our-community/band

**Waterloo Regional Police Chorus**
*Regional Government*
chorus@wrps.on.ca
wrps.on.ca/en/our-community/chorus

For a detailed list of recreation programs and activities offered in Waterloo, please consult the City of Waterloo’s **ActiveWaterloo Guide**: waterloo.ca/programguide
Please contact institutions and organizations directly to see what programs, courses, and training are offered.

**Laurier Association for Lifelong Learning**
*Institution*
lall@wlu.ca
wlu.ca/lall

**Third Age Learning K-W**
*Nonprofit*
registrar@tal-kw.ca
519-635-4157
tal-kw.ca

**University of Waterloo Centre for Extended Learning**
*Institution*
extendedlearning@uwaterloo.ca
519-888-4002
uwaterloo.ca/extended-learning

**Waterloo Catholic District School Board, St Louis Adult Learning and Continuing Education Centres**
*Institution*
stlouis@wcdsb.ca
519-745-1201
stlouis.wcdsb.ca
TRANSPORTATION

ACCESSIBLE TRANSIT

Wheelchair Accessible Services, Golden Triangle Taxi
Business
info@goldentriangletaxi.com
519-740-2222 (24 hour dispatch)
goldentriangletaxi.com

Grand River Transit, MobilityPLUS
Regional Government
519-744-2241
grt.ca/en/rider-information/using-specialized-services.aspx

LOCAL/REGIONAL TRANSIT

City of Waterloo Home Support Services, Transportation
Local Government
519-579-6930
waterloo.ca/seniors

Grand River Transit
Regional Government
519-585-7555 (customer service)
grt.ca

CAR SHARES

Vrtucar
Cooperative
info@vrtucar.com
1-855-742-7399
ontario.communauto.com

GENERAL SERVICES

Driver Seat
Business
waterloo@driverseatinc.com
226-887-1850
driverseatinc.com/locations
TRANSPORTATION

MEDICAL TRANSIT

New Canadian Medical Transfer
Business
519-571-1171
ncmt.ca

VoyaGo
Business
519-455-4579
voyago.ca

TRANSIT EDUCATION

Grand River Transit
Travel Training
Regional Government
519-585-7555
grt.ca/en/rider-information/travel-training.aspx
Ancient Free and Accepted Masons of Canada in the Province of Ontario, Grand River Lodge 151
*Nonprofit*
secretary@grandriverlodge.ca
grandriverlodge.ca

Association of Kin Clubs, K-W Kinsmen Club
*Nonprofit*
kwkinsmen@gmail.com
519-579-2942
kwkin.com

Association of Kin Clubs, Kinette Club of Kitchener-Waterloo
*Nonprofit*
kwkinsmen@gmail.com
519-579-2942
kwkin.com

Canadian Federation of University Women, Kitchener-Waterloo
*Nonprofit*
cfuwkw@gmail.com
cfuwkw.org

Canadian Hadassah-WIZO (CHW) Empowering Women and Children
*Nonprofit*
info@chw.ca
1-855-477-5964 (national office)
chw.ca

Civitan Club, Kitchener Waterloo Civitan Club
*Nonprofit*
519-886-2220

Federated Women’s Institutes of Ontario, Waterloo District
*Nonprofit*
519-578-0957
fwio.on.ca
Service Clubs

<table>
<thead>
<tr>
<th>Service Club</th>
<th>Type</th>
<th>Contact Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>IODE</td>
<td>Nonprofit</td>
<td><a href="mailto:ioedentario@gmail.com">ioedentario@gmail.com</a> 905-522-9537 ioedontario.ca</td>
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<tr>
<td>Kitchener Waterloo Silver Stars</td>
<td>Nonprofit</td>
<td>kwsilverstars.ca</td>
</tr>
<tr>
<td>Kiwanis International, The Kiwanis Club of Kitchener-Waterloo</td>
<td>Nonprofit</td>
<td>kwkiwanis.org</td>
</tr>
<tr>
<td>Knights of Columbus, Waterloo Council 5135</td>
<td>Nonprofit</td>
<td><a href="mailto:Manager@waterlooknightsofcolumbus.com">Manager@waterlooknightsofcolumbus.com</a> 519-884-2060 (hall) waterlooknightsofcolumbus.com</td>
</tr>
<tr>
<td>Lions Clubs International, Waterloo Lions</td>
<td>Nonprofit</td>
<td><a href="mailto:waterloo@q15lions.org">waterloo@q15lions.org</a> e-clubhouse.org/sites/waterlooon</td>
</tr>
<tr>
<td>May Court Club of Kitchener-Waterloo</td>
<td>Nonprofit</td>
<td><a href="mailto:info@maycourtclubofkw.org">info@maycourtclubofkw.org</a> 519-745-4412 maycourtclubofkw.org</td>
</tr>
<tr>
<td>National Service Dogs</td>
<td>Nonprofit</td>
<td><a href="mailto:info@nsd.on.ca">info@nsd.on.ca</a> 519-623-4188 nsd.on.ca</td>
</tr>
</tbody>
</table>

Do you want your donation to give back forever?

Establishing a fund with Waterloo Region Community Foundation can help you build a philanthropic legacy and support charities in our community—forever.

Set up a charitable fund in your name or the name of a loved one.

Contact Dan Robert at dan@wrcf.ca or by phone at 519-725-1806 x 205 to learn more.
Naval Association, KW Naval Association  
*Nonprofit*  
kwnaspecialevents@live.ca  
519-884-8731

Naval Veterans’ Association, South Waterloo Naval Veterans’ Association  
*Nonprofit*  
cambridgenavyclub@live.ca  
519-623-3044  
cambridgenavyclub.com

Optimist Clubs, K-W Optimist Club  
*Nonprofit*  
thekwoptimistclub@gmail.com  
519-885-1119 (club)  
kwoptimist.org

Optimist Clubs, Optimist Club of Lakeshore Village  
*Nonprofit*  
club46.121@gmail.com

Probus Club of Kitchener-Waterloo  
*Nonprofit*  
kwproubusca@gmail.com  
kwproubus.ca

Rebekah Lodges, Crystal Rebekah Lodge  
*Nonprofit*  
519-886-4790 (hall phone)

Rotary International, Rotary Club of Waterloo  
*Nonprofit*  
club@rotarywaterloo.ca  
rotarywaterloo.ca

Royal Canadian Air Force Association, K-W Wing 404  
*Nonprofit*  
519-884-1272

Sertoma Clubs, Kitchener-Waterloo Sertoma  
*Nonprofit*  
kwsertoma@gmail.com  
kwsertoma.ca

Zonta Club of Kitchener-Waterloo  
*Nonprofit*  
info@zontakw.com  
zontakw.com

Volunteer Waterloo Region  
Provides volunteer recruitment, retention, and recognition services to Waterloo Region, by serving over 160 non-for profits and charities. For more information visit: volunteerwr.ca or call 519-742-8610.
Welcome ambassadors
at the Waterloo Memorial Recreation Complex Community Pavilion

Discover the many ways our knowledgeable and caring Welcome Ambassadors can assist older adults at the Community Pavilion!

- Discuss our programs and services
- Give tours of our seniors programs and facilities
- Assist with finding community resources
- Answer your questions – big or small!

Welcome Ambassadors are available by appointment, Monday to Friday.

Call 519-579-1020

www.waterloo.ca/seniors
WOULDN’T YOUR AD LOOK GREAT RIGHT HERE?

Get your business or activity visible!

The Ageing Well Waterloo Directory is distributed once every two years to residents in the City of Waterloo. It is also distributed to recreation facilities, businesses, and organizations throughout the Kitchener-Waterloo area.

Learn more about advertising with us at waterloo.ca/advertise