AGEING WELL WATERLOO

A comprehensive directory of services, programs, and amenities for older adults.
Where can I find a top-rated optometrist, dentist or podiatrist near me?

If you don’t know,

Lumino Health
The 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 Directory was compiled with the help of the Department of Community Services at the City of Waterloo, an intern from Wilfrid Laurier University, and City staff from various departments.

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 printing of this directory:
MESSAGE FROM THE MAYOR

It is my great pleasure to offer our residents the following guide to older-adult programs and services in the City of Waterloo. This guide is the result of the dedicated work of the City’s Age-Friendly Waterloo Multi-Agency Committee, which was established in 2009 to evaluate and improve Waterloo’s commitment to becoming an age-friendly city.

What is an age-friendly city? It refers to a city that adapts its physical infrastructure, community programs and services to be accessible to and inclusive of residents of all ages and abilities.

To build our understanding of what Waterloo residents need from their City, we have invited senior residents to attend the annual Mayor’s age-friendly forum as well as participate in age-friendly evaluation focus groups to identify issues and solutions that will make Waterloo
the best city for older adults. One important issue that we have heard is that Waterloo’s older adults often cannot find information that is pertinent to them (such as questions related to housing or transportation services) and in formats that they can use (print as well as digital). This guide is intended to address that need. As a print and on-line resource, it provides a “one-stop-shop” for older-adult focused programs and services offered by municipal, commercial and non-profit organizations within the City of Waterloo and Waterloo Region.

This resource is a living document, and I hope that as Waterloo continues to make great strides as an age-friendly city, that the resources available to our older residents and captured in this guide will continue to grow.

I want to say a great thank you to all the people who volunteer their time and work to the age-friendly Waterloo multi-agency committee. It is truly a pleasure to be the mayor of a city where people are so committed to making Waterloo the best it can be for all residents.
The City of Waterloo is an age-friendly city, where people of all ages thrive and grow.

City of Waterloo’s Age-Friendly Waterloo Multi-Agency 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 safely, enjoy good health and participate fully in their community.
Our commitment to age-friendliness was recognized by the World Health Organization (WHO), which designated Waterloo among the Global Network of Age-friendly Cities in 2012 for our commitment to assessing and improving our age-friendliness.

Our WHO membership is contingent upon demonstrating continual improvement. As such, the City staff and committee have established a long-standing partnership with Dr. John Lewis at the University of Waterloo to continually assess and improve our age-friendliness.

If you would like to know more about what we do or how you can get involved please visit: waterloo.ca/agefriendly or email us at: agefriendly@waterloo.ca

Annual Mayor’s Age-Friendly Waterloo Forum

Each year the City hosts a public forum where participants are invited to listen to our progress and guest speakers as well as contribute ideas on how we can make the City of Waterloo more age-friendly.

Over the last few years we have covered the themes of cultural diversity, life-long learning, and so much more.

Join us next year!
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, ethnic 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. 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, as well as programs and services that are provided by private businesses and nonprofit organizations.

The Directory only contains listings that are relevant to older adults and are located in Waterloo, or that serve the City of Waterloo. 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 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 Ageing Well Directory does not constitute an endorsement of a business or non-profit service or program.

The most up-to-date version is the online version (updated every 6 months) which can be found on waterloo.ca/agefriendly
ONLINE VERSION

The Ageing Well Directory is also available on the Internet!

Go to waterloo.ca/agefriendly to access a digital copy of this print guide.

There you can also access a map-based version the guide (shown below). With this resource, you can:

- look for specific programs and services that interest you,
- find where they are located on an interactive map, and
- suggest new programs/services for City staff to consider

WANT TO BE LISTED?

If you are a nonprofit service provider or operator of a service that addresses older adults’ needs, and you think that you should be listed in the Directory, visit bit.ly/ageingwellwaterloo and fill out the “Submit A New Listing” form (shown below) so that we can include you in subsequent editions of the Directory.

You can also request a change to be made to an existing listing. To change a listing, visit bit.ly/ageingwellwaterloo. Alternatively, you can call 516-747-8748 or email agefriendly@waterloo.ca to speak to someone about being added.

If you have further questions about City of Waterloo programming or facilities, please call the main switchboard at 519-886-1550 or visit waterloo.ca
The Bridges Waterloo project focuses on building intergenerational and intercultural connections by inviting students and residents of Waterloo to experience cultural knowledge and traditions from older adults in our diverse community. We want to empower Waterloo’s elders as teachers, mentors, and leaders.

Our past events have included East Asian cooking and Métis beading and dot art. Participants walked away not only with new recipes or skills but new connections.

View and register for events, subscribe for updates, or volunteer to lead a session on our website:

www.bridgeswaterloo.com
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## Service Clubs

"
ASSOCIATIONS

African-Canadian Association of Waterloo Region and Area
Nonprofit
519-502 0360
info@africancanadianassociation.com
africancanadianassociation.com

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

Armenian Community Centre
Nonprofit
519-623-6331
armeniancentrecambridge.org

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

Association of Liberian Immigrants in Kitchener Environs
Nonprofit
alike.org@gmail.com
519-497-8344

Association of Concerned Guyanese
Nonprofit
519-746-3828

Bosnian Community of K-W, Cambridge and Guelph
Nonprofit
facebook.com/BosanskaZajednicaKWGC

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

Cambridge Chinese Association
Nonprofit
elschin@rogers.com
519-658-2982

Cambridge Muslim Association
Nonprofit
519-740-0688
<table>
<thead>
<tr>
<th>Association</th>
<th>Type</th>
<th>Email</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canadian Macedonian Sorovich Society</td>
<td>Nonprofit</td>
<td><a href="mailto:mail@concordiaclub.ca">mail@concordiaclub.ca</a></td>
<td>519-745-5617</td>
<td>concordiaclub.ca</td>
</tr>
<tr>
<td>Canadian Polish Congress Kitchener District</td>
<td>Nonprofit</td>
<td><a href="mailto:jurek.orlowski@gmail.com">jurek.orlowski@gmail.com</a></td>
<td>519-623-3460</td>
<td>kpkkitchener.org</td>
</tr>
<tr>
<td>Irish Real Life Festival</td>
<td>Nonprofit</td>
<td><a href="mailto:irishreallife@gmail.com">irishreallife@gmail.com</a></td>
<td>519-623-3460</td>
<td>irishreallifekw.com</td>
</tr>
<tr>
<td>Caribbean Canadian Association of Waterloo Region</td>
<td>Nonprofit</td>
<td><a href="mailto:info@ccawr.ca">info@ccawr.ca</a></td>
<td>1-888-306-7772</td>
<td>ccawr.ca</td>
</tr>
<tr>
<td>Central Ontario Chinese Cultural Centre</td>
<td>Nonprofit</td>
<td><a href="mailto:info@coccc.net">info@coccc.net</a></td>
<td>519-576-6168</td>
<td>coccc.net</td>
</tr>
</tbody>
</table>
East Indian Ladies Club of Waterloo Region
Nonprofit
519-888-0452

Ethiopian Association, Region of Waterloo
Nonprofit
info@ethiokw.com
ethiokw.com

German Canadian Congress, Ontario
Nonprofit
dkkont@gmail.com
519-571-8980
dkkont.org

Grand River Malayalee Association
Nonprofit
secretary.grma@gmail.com
grma.ca

Gujarati Cultural Association of the Golden Triangle
Nonprofit
info@gcakw.org
519-579-2797
gcakw.org

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

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

K-W Mayan Group
Nonprofit
javan@golden.net

Kitchener Anatolian Cultural Centre
Nonprofit
anatoliancenter@gmail.com
anatolian.ca/kitchener

Kitchener Portuguese Club Inc.
Nonprofit
kpci579@gmail.com
519-579-6960
kitchenerportugueseclub.com
Muslim Social Services
Nonprofit
info@muslimsocialserviceskw.org
519-772-4399 ext. 2707
muslimsocialserviceskw.org

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

Polish Alliance of Canada
Nonprofit
519-621-6625
polishalliance.ca

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

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
scawr.ca

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

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

Trinidad Social Organization
Nonprofit
519-658-4970
Trinidad and Tobago Sports and Cultural Club of Cambridge  
Nonprofit  
519-740-0058

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

Ukrainian Catholic Centre  
Nonprofit  
519-745-6951

United Empire Loyalists Association of Canada, Grand River Branch  
Nonprofit  
paulmar.smith@gmail.com  
226-206-0403  
519-537-7437  
uelac.org/branches.php

United Filipino-Canadian Society of Waterloo Region  
Nonprofit  
unitedfilcan@yahoo.com  
519-577-9629

Waterloo Region Chinese Community Association  
Nonprofit  
inquiry@waterloocca.com  
waterloocca.com

Coalition of Muslim Women Kitchener-Waterloo  
Nonprofit  
cmw.kw.info@gmail.com  
519-576-0540 ext. 3468  
cmw-kw.org

New to Waterloo Region?  
The Immigration Waterloo Region portal is a multilingual resource to help immigrants and refugees get to know the community and connect to local programs.

CULTURAL & SOCIAL SUPPORTS

GENERAL SERVICES

Associations
Focus for Ethnic Women
Nonprofit
renu@few.on.ca
few.on.ca

YMCA Immigration Services
Nonprofit
519-79-9622
newcomers@ckw.ymca.ca
ymcacambridgekw.ca/en/immigrant-services/Immigrant-Services.asp

Kitchener-Waterloo Multicultural Centre
Nonprofit
519-745-2531
kwmc.on.ca

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

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

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: kwmc.on.ca
Canada Pension Plan, Death Benefit
*Federal Government*
1-800-277-9914
1-800-277-9915 (French)
1-800-622-6232 (Service Canada)
canada.ca/en/services/benefits/publicpensions/cpp/cpp-death-benefit.html

Canada Pension Plan, Disability Benefits
*Federal Government*
1-800-277-9914
1-800-277-9915 (French)
1-800-622-6232 (Service Canada)
canada.ca/en/services/benefits/publicpensions/cpp/cpp-disability-benefit.html

Canada Pension Plan, Retirement Pension
*Federal Government*
1-800-277-9914
1-800-277-9915 (French)
1-800-622-6232 (Service Canada)
canada.ca/en/services/benefits/publicpensions/cpp/cpp-benefit/eligibility.html

Canada Pension Plan, Survivor Benefits
*Federal Government*
1-800-277-9914
1-800-277-9915 (French)
1-800-622-6232 (Service Canada)
canada.ca/en/services/benefits/publicpensions/cpp/cpp-survivor-pension.html

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

Income Security Programs, Guaranteed Income Supplement
*Federal Government*
1-800-277-9914
1-800-277-9915 (French)
canada.ca/en/services/benefits/publicpensions/cpp/old-age-security/guaranteed-income-supplement.html
Low Income Energy Assistance Program
*Federal Government*
519-883-2100 *Select Option 1
oeb.ca/rates-and-your-bill/help-low-income-consumers/low-income-energy-assistance-program

Ontario Electricity Support Program
*Provincial Government*
help@OntarioElectricitySupport.ca
1-855-831-8151
oeb.ca/rates-and-your-bill/help-low-income-consumers/ontario-electricity-support-program

PRIVATE SUPPORT

KW Poppy Fund
*Nonprofit*
kwpoppyfund@bellnet.ca
519-885-1001
kwpoppyfund.ca

National Association of Federal Retirees - KW and District Branch
*Nonprofit*
fsna39@gmail.com
519-742-9031 (answering machine)
federalretirees.ca

Ontario March of Dimes, 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  
519-742-0662  
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  
miriam_stevens@can.salvationarmy.org  
salvationarmy.org  
diane_carroll@can.salvationarmy.org  
salvationarmy.org  
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  
ourladyoflourdeswaterloo.com

The Society of St. Vincent De Paul, Kitchener Particular Council, St Agnes Church  
Nonprofit  
519-504-8399

The Society of St. Vincent De Paul, Kitchener Particular Council, St Michael’s Church  
Nonprofit  
519-747-1090  
519-884-9311
FRESH FOOD AT LOWER PRICES
WE HAVE WHAT YOU NEED!

CONVENIENTLY LOCATED IN YOUR NEIGHBOURHOOD.

Jodie Marvin
Store Owner
Westmount & Ottawa
720 Westmount Road E.

John Miller
Store Owner
Weber & Franklin
1111 Weber Street E.

Myles Power
Store Owner
University & Bridge
425 University Avenue
The Alzheimer's Society provides a variety of services including individual and family support through counselling, support groups, and referrals to community services. It also provides social and recreational programming, as well as education and information on living safely in the community and caring for people with dementia.
**Feet on the Go**  
*Business*

kaye@feetonthego.com  
519-654-6363  
feetonthego.com

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**Foot Works**  
*Business*

519-888-6274

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**Janet Harmer, RN**  
*Business*

janet.harmer@yahoo.com  
519-578-4811

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**Jessica Hecktus, Treat Your Feet**  
*Foot Care*

226-808-0839

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**Podiatric Consultants**  
*Business*

519-576-8960  
podiatricconsultants.ca

---

**Waterloo Foot Clinic**  
*Business*

info@waterloofootclinic.com  
519-884-3668  
waterloofootclinic.com

---

**Grand River Hospital, Freeport Site, Communication and Technology Clinic**  
*Nonprofit*

519-749-4300 ext. 7278  
grhosp.on.ca

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**Grand River Hospital, Freeport Site, Mental Health Unit**  
*Nonprofit*

519-749-4300 ext. 2313  
grhosp.on.ca

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**Grand River Hospital, Freeport Site, Occupational Therapy**  
*Nonprofit*

519-894-8346 (main reception)  
grhosp.on.ca

---

**Grand River Hospital, Freeport Site, Outpatient Rehab Clinic, Neurorehabilitation and Geriatric Rehabilitation**  
*Nonprofit*

519-749-4300 ext. 8340  
grhosp.on.ca
HEARING HEALTH

Auburn & Mountain Hearing Centre
Business
519-886-2416
auburnmountainhearing.com

Costco
Business
w01248aid@costco.com
226-215-1125
costco.ca/warehouse-locations/waterloo-on-1248.html?utm_source=local&utm_medium=organic&utm_campaign=gmb

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

Complete Hearing Health Ltd
Business
kw@completehearing.ca
519-896-2654
completehearing.ca
Connect Hearing
*Business*
519-741-5852
connecthearing.ca

Hear Canada
*Business*
mhurteau@hearcanada.com
519-746-6940
hearcanada.com

**HOSPICE SERVICES**

Hospice of Waterloo Region
*Nonprofit*
hospice@hospicewaterloo.ca
519-743-4114
hospicewaterloo.ca

Hospice of Waterloo Region, Bereavement Walking Group
*Nonprofit*
hospice@hospicewaterloo.ca
519-743-4114

Hospice of Waterloo Region, Client Support Volunteer Visiting
*Nonprofit*
hospice@hospicewaterloo.ca
519-885-4211
hospicewaterloo.ca

Hospice of Waterloo Region, Day Away Day Respite Program
*Nonprofit*
hospice@hospicewaterloo.ca
519-743-4114
hospicewaterloo.ca

**IN-HOME NURSING**

CarePartners
*Business*
519-725-4999
carepartners.ca

Hospice of Waterloo Region offers the following services:
- Bereavement Walking Group
- Professional Counselling Services
- Volunteer visiting
- Day Away Program
- Complementary Therapies
- Transportation
- Hair Salon Services
- Vigiling
- Legacy Activities
HEALTH & WELLNESS

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

St Michael’s Catholic Parish, Parish Nurse
Nonprofit
parish@stmichaelw.ca
519-884-9311
stmichaelw.ca

OPTOMETRY
University of Waterloo, School of Optometry, Optometry Clinic
Nonprofit
clinic@optometry.uwaterloo.ca
519-888-4062 (main clinic)
519-888-4414 (contact lens clinic)
519-888-4708 (low vision clinic)
optometry.uwaterloo.ca

MOBILE DENTAL CARE
Access Dental Hygiene
Business
adhvalerie@gmail.com
519-841-1942

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

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

PARISH NURSES

In-Home Nursing


PHARMACIES

Beechwood Wellness Pharmacy
Business
7-420 Erb St W, Waterloo
519-884-1025

Cook’s Pharmacy
Business
520 University Ave. W, Waterloo
cookpharmacy@gmail.com
519-744-2200

Zehrs Pharmacy
Business
zehrs.ca/pharmacy

Locations:
315 Lincoln Rd, Waterloo
519-885-5116

555 Davenport Rd, Waterloo
phr00528@ngco.com
519-746-5534

450 Erb St. W, Waterloo
519-886-4900

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

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

Pharmasave, Campus Pharmacy
Business
170 University Ave W, Waterloo
519-886-2420
pharmasave.com

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
Auburn Centre, 570 University Ave E, Waterloo
schillspharmacy@remedysrx.ca
519-886-5925
remedys.ca
**HEALTH & WELLNESS**

**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

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**Sobeys Pharmacy**  
*Business*  
sobeys.com

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

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**Total Health Pharmacy**  
*Business*  
totalhealthpharmacy118@hotmail.com  
519-747-0320

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**University Pharmacy**  
*Business*  
info@kwuniversitypharmacy.ca  
519-885-2530  
myrxhealth.ca/kwup

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**Westmount Place Pharmacy and Home Health Care**  
*Business*  
50 Westmount Rd. N, Waterloo  
519-886-7670  
westmountplacepharmacy.ca

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**Pharmacies**

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**Shoppers Drug Mart** is here to offer support and help you live well:  
advise over-ther-counter medications | organizing your medications | medication reviews and disposal | flu shots | blood pressure checks

Transferring your prescriptions is easy, call us today at 519.880.8083

**Seniors save 20% every Thursday** on regular priced and applicable items.
**Active Wellness**  
*Business*  
info@activewellness.ca  
519-886-5402  
activewellness.ca

**AIM Health Group Waterloo**  
*Business*  
info@aimkitchener.ca  
519-749-2222  
aimhealthgroup.com/locations/kitchener

**Back Works Spinal and Sports Rehabilitation**  
*Business*  
admin@backworks.ca  
519-746-8172  
backworks.ca

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

**DMA Rehabilitation**  
*Business*  
info@dmarehab.com  
519-893-9747  
dmarehability.com

**Leading Edge Physiotherapy Centre**  
*Business*  
serviceinquiries@leadingedgephysiotherapy.ca  
519-893-4363  
leadingedgephysio.yp.ca

**Pathways Therapy**  
*Nonprofit*  
info@pathwaystherapy.ca  
519-885-4211  
pathwaystherapy.ca

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

**Physiotherapy Health Institute**  
*Business*  
kitchenervictoria@cbi.ca  
519-571-8200  
cbi.ca/web/physiotherapy-kitchener-victoria
**HEALTH & WELLNESS**

**SOS Physiotherapy**  
*B*usiness  
campus@sosphysiotherapy.ca  
519-884-0767  
sosphysiotherapy.ca

---

**Waterloo Sports Medicine Centre**  
*B*usiness  
info@wsm.ca  
519-746-2220  
wsm.ca

---

**Arthritis Society, Grand River Region**  
*Nonprofit*  
info@on.arthritis.ca  
519-743-4141  
arthritis.ca

---

**Carizon (Counselling)**  
*Nonprofit*  
info@carizon.ca  
519-743-6333  
carizon.ca/counselling/group-programs

---

**Creative Therapy Health Services**  
*B*usiness  
519-954-5026  
info@creativeot.com  
creativeot.com

---

**PROVINCIAL COVERAGE**

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

---

**SPECIALIZED SERVICES**

**Aphasia Support**  
*Nonprofit*  
info@sjhcg.ca  
519-824-6000 ext. 4357  
sjhcg.ca/our-programs-of-care/community-support-services/waterloo-wellington-regional-aphasia-program/

---

**Community Support Connections – Meals on Wheels and More**

- Exercise and Falls Prevention Programming
- Community Dining
- Telephone Reassurance
- Friendly Visiting
- Caregiver Support

*Nonprofit*  
info@cscmow.org  
519-772-8787  
cscmow.org
HEALTH & WELLNESS

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

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

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

March of Dimes - Stroke Recovery Canada - KW Chapter
*Nonprofit*
- afterstroke@marchofdimes.ca
- 1-800-263-3463 ext. 7702
- marchofdimes.ca

Multiple Sclerosis Society of Canada, Grand River Chapter
*Nonprofit*
- info@grandriver@mssociety.ca
- 519-569-8789
- mssociety.ca

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

St Mary’s General Hospital, Regional Cardiac Care Centre
*Nonprofit*
- 519-885-9517
- smgh.ca/patient-care-programs/regional-cardiac-care-centre

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

Lumino Health
Looking for a top-rated dentist, massage therapist, optometrist or other health care provider near you? Visit luminohealth.ca
*Business*
- luminohealth@sunlife.com
- luminohealth.ca

Specialized Services
Sunbeam Centre
Nonprofit
519-893-6200
sunbeamcentre.com

Traverse Independence, Brain Injury Services, Beginnings
Nonprofit
info@travind.ca
519-741-5845
traverseindependence.ca

The Canadian Red Cross Society, Waterloo Wellington Branch
Nonprofit
waterloo-wellington@redcross.ca
519-650-9603
redcross.ca

Vestibular & Orthopedic (VOR) Rehabilitation
Business
vor.physio@gmail.com
519-208-0150
vorphysio.com

Waterloo Region Community Geriatric Services
Nonprofit
519-749-4300 ext. 7448
grhosp.on.ca

Waterloo Region Palliative Care/Pain and Symptom Management
Nonprofit
519-578-9757
grhosp.on.ca

Regional Services

Community Services Department - Sunnyside Community Alzheimer Program (Kitchener - Franklin St)
Regional Government
519-893-8494
regionofwaterloo.ca

Healthline.ca
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. Over 3000 service listings.
Contact: 519-748-2222
Visit: wwhealthline.ca/index.aspx

Waterloo Region Cardiac Rehab Foundation
Nonprofit
hhearts@uwaterloo.ca
519-497-7049
hardyhearts.org
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 ............................................................. 519-585-0100
- Vision Care Clinic ................................................................. 519-885-2701

More information: www.the-boardwalk.ca/medical-centre
**Home & Personal Supports**

**Day Programming**

**Adults in Motion**
*Nonprofit*
adultsinmotionwr@gmail.com  
519-577-3723  
adultsinmotion.org

**K-W Seniors Day Program**
*Nonprofit*
deanne@k-wseniorsdayprogram.ca  
519-893-1609  
k-wseniorsdayprogram.ca

**Senior Outing Day Program**
*Local Government*
519-579-6930  
519-579-1020 (admin)  
waterloo.ca/en/living/senior-support.aspx

**Sunnyside Home, Community Alzheimer Programs**
*Regional Government*
519-893-8482  
regionofwaterloo.ca/en/health-and-wellness/dementia-services.aspx

**Trinity Village Care Centre, Adult Day Program**
*Nonprofit*
519-893-6320  
trinityvillage.com

**Government Support**

**Waterloo Wellington Local Health Integration Network (LHIN)**
*Provincial Government*
310-2222 (no area code required)  
519-748-2222 (Waterloo office)  
waterloowellingtonlhin.on.ca

The Local Health Integration Network (LHIN) connects citizens with care, at home and in the community, and works to connect health systems together to improve care experiences.

The LHIN 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
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/en/living/senior-support.aspx*

### HOME CARE

**Comfort Keepers Home Care Services**

*Business*

grandriver@comfortkeepers.ca

519-267-8222

comfortkeepers.ca/cambridge

---

**Home Instead Senior Care**

*Business*

519-571-1665

homeinstead.com

---

Discover the convenience. Experience the trust.

Memory Gardens Funeral Home & Cemetery: provides everything you need for cemetery and funeral planning – with a Cemetery, Reception and Visitation Centre - all at one location! At your time of need, or when planning ahead, rely on our trusted specialists.

**519-648-2888 Cemetery**

**519-904-0400 Funeral**

Memory Gardens Funeral Home & Cemetery by Arbor Memorial

2723 Victoria Street N., Breslau, ON

memorycemetery.ca
HOME MAINTENANCE

Community Support Connections - Meals on Wheels and More, Home Maintenance
Nonprofit
info@cscmow.org
519-772-8787
cscmow.org

Empower Home Cleaning
Business
info@empowercleaning.ca
519-998-0855
empowercleaning.ca

J&M Property Maintenance
Business
jmpropmaint@bell.net
519-897-0921
jmprop.ca

HOME CARE

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

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

Retire at Home Services
Business
kwc@retireathome.com
519-208-2000
retireathomekw.com

Senior Homecare by Angels
Business
519-653-8185
seniorhomecarebyangels.com

Seniors for Seniors
Business
tanyam@seniorsforseniors.ca
519-585-0845
seniorsforseniors.ca

Warm Embrace Elder Care
Business
info@warmembrace.ca
519-954-2480
warmembrace.ca
Community Support Connections – Meals on Wheels and More (CSC) 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

Seniors House and Home Maintenance
Business
jim.shhm@gmail.com
519-588-SHHM (7446)
seniorhouseandhome maintenance.com

The Gardener Landscape Maintenance
Business
kw@hirethegardener.com
519-893-3067
hirethegardener.com

Mr. Handyman
Business
mrhandyman@rogers.com
888-386-5415
mrhandyman.ca

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

Home Maintenance

Waterloo and Kitchener’s longest serving independently owned funeral home since 1946

ERB & GOOD
FAMILY FUNERAL HOME
171 King Street South, Waterloo
519.745.8445
www.erbgood.com
MEAL/GROCERY SERVICES

Community Support Connections – Meals on Wheels and More
Nonprofit
info@cscmow.org
519-772-8787
cscmow.org

Grocery Gateway
Business
905-564-8778
grocerygateway.com

Heart to Home Meals
Business
southernontario@hearttohomemeals.ca
1-877-545-5577
hearttohomemeals.ca

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

Silver Spoons
Business
office@wkumchurch.ca
519-578-0660

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

Zehrs Click and Collect
Business
1-866-541-6315
zehrs.ca

With a few of the right supports, you can live in your own home with independence and dignity.

Choose the services that best fit your lifestyle and schedule!
Don’t need support yet? Volunteers are needed!

Meals on Wheels and More
519-772-8787
cscmow.org
HOME & PERSONAL SUPPORTS

PET SERVICES

Kitchener Waterloo Humane Society
Nonprofit
info@kwhumane.com
519-745-5615
kwhumane.com

Pet Helpers of Ontario
Nonprofit
519-749-9325

MOVING SERVICES

Heart of the Matter Professional Home Organizing & Moving Service
Business
info@heartofthematter.ca
519-662-4477
heartofthematter.ca

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

Moving Services

Serving Waterloo, Fergus, Elora and surrounding areas for over 35 years. We are 100% family owned and operated by the Giddy family.

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GRAHAM A. GIDDY FUNERAL HOME
Waterloo Chapel
519-888-7700
617 King St North, Waterloo
ggfh.waterloo@gmail.com | www.grahamgiddyfh.com
LOCAL HOUSING OPTIONS

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

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

Chartwell Terrace on the Square Retirement Residence
Business
terraceonthesquare@chartwell.com
519-749-2888
chartwell.com

Civitan Apartments
Nonprofit
519-886-2220

Clair Hills Retirement Community, Assisted Living
Business
519-880-8444
clairhillsretirement.com

Clair Hills Retirement Community, Independent Living
Business
519-880-8444
clairhillsretirement.com

Court at Laurelwood Retirement Residence
Business
info@siennaliving.ca
519-725-2442
siennaliving.ca

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/living/senior-support.aspx
Discover Waterloo’s best kept secret!

Find out why people are moving in with us.

Enjoy beautiful trails and walking paths, elegant independent living suites with kitchenettes, and a calming park-like setting, all coupled with the convenience of delicious meals, shuttle services, free parking, and easy access to shopping and amenities.

It’s no wonder people love living here.

Please call to book your tour today
519-725-2442

605 Laurelwood Drive
(Corner of Erbsville Rd. & Laurelwood Dr.)
Waterloo, ON N2V 2W7
siennaliving.ca

We are a pet friendly community.
<table>
<thead>
<tr>
<th>Housing Option</th>
<th>Type</th>
<th>Business Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Columbia Forest Long Term Care Centre</td>
<td>Business</td>
<td><a href="mailto:columbiaforest@reveraliving.com">columbiaforest@reveraliving.com</a>, 519-884-4480, reveraliving.com</td>
</tr>
<tr>
<td>Forest Heights Long Term Care Centre</td>
<td>Business</td>
<td><a href="mailto:generalforestheights@reveraliving.com">generalforestheights@reveraliving.com</a>, 519-576-3320, reveraliving.com</td>
</tr>
<tr>
<td>K-W Underhill Residential Home</td>
<td>Business</td>
<td><a href="mailto:underhillresidential@outlook.com">underhillresidential@outlook.com</a>, 519-884-7160</td>
</tr>
<tr>
<td>Luther Manor</td>
<td>Nonprofit</td>
<td><a href="mailto:luthermanor@sgci.com">luthermanor@sgci.com</a>, 519-570-1371 (office)</td>
</tr>
<tr>
<td>Lutheran Homes Kitchener-Waterloo, Trinity Village Studios Retirement Home</td>
<td>Nonprofit</td>
<td>519-896-3112, trinityvillage.com/The-Studios</td>
</tr>
<tr>
<td>Lutheran Homes Kitchener-Waterloo, Trinity Village Terrace</td>
<td>Nonprofit</td>
<td>519-896-3112, trinityvillage.com/The-Terraces</td>
</tr>
<tr>
<td>Lutheranwood, Seniors Services, Luther Village on the Park, Life Lease</td>
<td>Nonprofit</td>
<td><a href="mailto:info@luthervillage.org">info@luthervillage.org</a>, 519-783-3710, luthervillage.org/accommodations/purchased-suites</td>
</tr>
<tr>
<td>Lutheranwood, Seniors Services, Luther Village on the Park, Sunshine Centre (Assisted Living)</td>
<td>Nonprofit</td>
<td><a href="mailto:info@luthervillage.org">info@luthervillage.org</a>, 519-783-3710, luthervillage.org/accommodations/sunshine-centre</td>
</tr>
</tbody>
</table>
My Owen Place
Nonprofit
519-886-5345
owenhomes.ca/my-owens-place

Parkwood Seniors Community, Assisted Living Suites
Nonprofit
twurdell@parkwoodmh.com
519-885-0090 ext. 250
parkwoodmh.com/services/assisted-living-suites

Parkwood Seniors Community, Independent Living Apartments
Nonprofit
twurdell@parkwoodmh.com
519-885-0090 ext. 250
parkwoodmh.com/services/independent-living

Parkwood Seniors Community, Independent Living Apartments, Garden Homes
Nonprofit
twurdell@parkwoodmh.com
519-885-0090 ext. 250
parkwoodmh.com/services/garden-homes

Parkwood Seniors Community, Supportive Living Suites
Nonprofit
twurdell@parkwoodmh.com
519-885-0090 ext. 250
parkwoodmh.com/services/supportive-living-suites

Pinehaven Nursing and Retirement Residence
Business
519-885-0255 (nursing home)
schlegelvillages.com/pinehaven-waterloo

Portuguese Centre of Kitchener Waterloo, St Joseph’s Place
Nonprofit
519-745-4860

The Westmount Long Term Care Residence
Business
westmountltc@chartwellreit.ca
519-570-2115
chartwell.com/long-term-care-homes/chartwell-westmount-long-term-care-residence

Local Housing Options
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Call now to schedule your personal visit!
519.725.0525
WESTHILL.SIFTON.COM
The Westhill
Business
donald.leslie@westhill.sifton.com
519-725-0525
sifton.com

Trillium Retirement Apartments,
Waterloo Heights Retirement
Apartments
Business
519-886-3410
waterloo.
tonarioretirementcommunity.com

Waterloo Mennonite Homes
Nonprofit
jmp@citycorp.ca
519-743-5073

Regional Housing
82 & 84 Wilson Avenue
Regional Government
519-575-4400
housingcatalogue.
regionofwaterloo.ca/Property/
Details/71

74 Church Street
Regional Government
519-575-4400
housingcatalogue.
regionofwaterloo.ca/Property/
Details/78

119 College Street
Regional Government
519-575-4400
housingcatalogue.
regionofwaterloo.ca/Property/
Details/49

233 Franklin Street North
Regional Government
519-575-4400
housingcatalogue.
regionofwaterloo.ca/Property/
Details/52

Note that the Local Health Integration Network (LHIN) manages intake for long-term care homes.

For more information:
information@ww.ccac-ont.ca
310-2222 (no area code required) or
Waterloo Office: 519-748-2222
47 Holborn Drive
Regional Government
519-575-4400
housingcatalogue.
regionofwaterloo.ca/Property/Details/56

215 Lorraine Avenue
Regional Government
519-575-4400
housingcatalogue.
regionofwaterloo.ca/Property/Details/58

145 Overlea Drive
Regional Government
519-575-4400
housingcatalogue.
regionofwaterloo.ca/Property/Details/73

335 Regina Street North
Regional Government
519-575-4400
housingcatalogue.
regionofwaterloo.ca/Property/Details/40

Sunnyside Home and Supportive Housing
Regional Government
519-893-8482
519-893-8494 (voice mail)

Threshold Homes and Supports Inc.
Nonprofit
info@thresholdssupports.ca
519-742-3191
thresholdssupports.ca

Woodland Terrace
Nonprofit
519-886-1341
Indigenous Services

Anishnabeg Outreach Inc.  
Nonprofit  
519-742-0300  
aocan.org

Grand River Métis Council  
Nonprofit  
president@grandrivermetiscouncil.com  
226-790-3855  
grandrivermetiscouncil.com

KW Urban Native Wigwam Project  
Nonprofit  
kwnativehousing@bellnet.ca  
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  
519-576-1329 ext. 2798  
wonaa.ca
Community Justice Initiatives of Waterloo Region, Community Mediation Services, Elder Mediation Service
Nonprofit
info@cjiwr.com
519-744-6549
cjiwr.com

Elder Abuse Response Team
Nonprofit
elderabuse@wrps.on.ca
519-579-4607
fvpwaterloo.ca

Elder Abuse Prevention Council
Nonprofit
info@elderabusewaterloo.ca
elderabusewaterloo.ca

To learn about elder abuse, visit elderabusewaterloo.ca/resources/articles-and-books
<table>
<thead>
<tr>
<th>Organization</th>
<th>Type</th>
<th>Contact Information</th>
<th>Website</th>
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</thead>
<tbody>
<tr>
<td>Canadian Clay and Glass Gallery</td>
<td>Nonprofit</td>
<td><a href="mailto:info@canadianclayandglass.ca">info@canadianclayandglass.ca</a></td>
<td>canadianclayandglass.ca</td>
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<td>519-746-1882</td>
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<tr>
<td>Canadian Embroiderers’ Guild of Kitchener-Waterloo</td>
<td>Nonprofit</td>
<td></td>
<td>onnguilds.ca</td>
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<td>K-W Knitters Guild</td>
<td>Nonprofit</td>
<td><a href="mailto:info@kwknittersguild.ca">info@kwknittersguild.ca</a></td>
<td>kwknittersguild.ca</td>
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<tr>
<td>K-W Society of Artists</td>
<td>Nonprofit</td>
<td>519-886-4577 (Button Factory)</td>
<td>kwsa.ca</td>
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<tr>
<td>K-W Weavers and Spinners Guild</td>
<td>Nonprofit</td>
<td>519-576-2854 (answering machine)</td>
<td>kwws.org</td>
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<td>K-W Woodworking and Craft Centre</td>
<td>Nonprofit</td>
<td><a href="mailto:kwwccinc@gmail.com">kwwccinc@gmail.com</a></td>
<td>kwwcc.org</td>
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<td>519-279-8383</td>
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<tr>
<td>Kitchener-Waterloo Art Gallery</td>
<td>Nonprofit</td>
<td><a href="mailto:mail@kwag.on.ca">mail@kwag.on.ca</a></td>
<td>kwag.ca</td>
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<tr>
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<td>519-579-5860</td>
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<tr>
<td>Kitchener-Waterloo Rug Hooking Guild</td>
<td>Nonprofit</td>
<td>kwrughooking.com</td>
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<tr>
<td>Region of Waterloo Arts Fund</td>
<td>Nonprofit</td>
<td><a href="mailto:info@artsfund.ca">info@artsfund.ca</a></td>
<td>artsfund.ca</td>
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<td>519-575-4450</td>
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<tr>
<td>Waterloo County Quilters Guild</td>
<td>Nonprofit</td>
<td><a href="mailto:waterloocountyqg@gmail.com">waterloocountyqg@gmail.com</a></td>
<td>wcquiltersguild.on.ca</td>
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General Rec. & Leisure

Waterloo County Tole and Decorative Painters Guild
Nonprofit
waterloopaintersguild@rogers.com

Waterloo Potters Workshop
Nonprofit
infoservices@waterloopotters.ca
519-885-5570
waterloopotters.ca

Architectural Conservancy of Ontario, North Waterloo Region Branch
Nonprofit
arconserv.ca

Federal Initiatives

Waterloo Pioneer Memorial Tower
Federal Government
pc.woodsideontario.pc@canada.ca
519 571-5684

Woodside National Historic Site
Federal Government
ont-woodside@pc.gc.ca
519-571-5684
pc.gc.ca/en/lhn-nhs/on/woodside

Community Support Connections - Meals on Wheels and More, Exercise Program
Nonprofit
info@cscmow.org
519-772-8787
cscmow.org

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

Canadian Authors Association, Waterloo Wellington Branch
Nonprofit
canadianauthors.org/waterloo-wellington

FEDERAL INITIATIVES
First United Church, Seniors
Exercise
Nonprofit
Office@firstunitedchurch.ca
519-745-8487
firstunitedchurch.ca

Gilbert and Sullivan Society, Waterloo Regional Branch
Nonprofit
Contact@gswaterloo.ca
gswaterloo.ca

K-W Bonsai Society
Nonprofit
Facebook.com/kwbonsaisociety

K-W Bridge Studio
Nonprofit
Helenmacdonald@sympatico.ca
519-893-5422
www3.sympatico.ca/helenmacdonald

K-W Centre of the Royal Astronomical Society of Canada
Nonprofit
Kw.rasc.ca

K-W Aquarium Society
Nonprofit
Kwas.ca
K-W Cycle Sport Association
Nonprofit
kwcyclesport.ca

K-W Habilitation Services, Day Options, Adult Developmental Services, The Studio
Nonprofit
519-744-6307 (main office)
kwhab.ca

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

K-W Philatelic Society
Nonprofit
kwstampclub.org

Mennonite Historical Society of Ontario
Nonprofit
secretary@mhso.org, 519-885-0220 ext. 24238
mhso.org

The Salvation Army, Community and Family Services
Programs offered include: Quilting, Sewing, Cooking, & Video Study Group
Contact to learn more: miriam_stevens@can.salvationarmy.org or diane_carroll@can.salvationarmy.org 519-745-4215 Visit: salvationarmy.ca

Messiah Lutheran Church, Seniors Lunch
Nonprofit
office@messiahwaterloo.ca 519-884-3849 messiahwaterloo.ca

Ontario Provincial Senior Games, Waterloo-Wellington District Senior Games
Nonprofit
district26@ontarioseniorgames.ca
Southern Ontario Locomotive Restoration Society
Nonprofit
519-664-0900
waterloocentralrailway.com

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

University of Waterloo, Brubacher House
Nonprofit
bhouse@uwaterloo.ca
519-886-3855
uwaterloo.ca/grebel/about-grebel/our-partners/brubacher-house

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

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

Waterloo Historical Society
Nonprofit
whs@whs.ca
519-743-0271 ext. 252
whs.ca

Waterloo Horticultural Society
Nonprofit
rmpearson@rogers.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 Macintosh Users Group
Nonprofit
info@watrmug.com
watrmug.ca

Waterloo Region Nature
Nonprofit
info@waterlooregionnature.ca
waterlooregionnature.ca
Local Recreation Facilities

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

Waterloo Adult Recreation Centre
Local Government
519-579-1020

Wing 404 RCAFA/Rotary Adult Centre
Local Government
519-888-6356

Waterloo Memorial Recreation Complex
Local Government
519-886-1177


LOCAL RECREATION FACILITIES

Albert McCormick Community Centre
Local Government
519-885-1700

Community Adult Recreation League (CARL)
Local Government
519-884-5363 ext. 17229
Waterloo Public Library  
*Local Government*  
askus@wpl.ca  
519-886-1310  
wpl.ca

**MUSIC & THEATRE**

Conrad Grebel Musical Ensembles  
*Nonprofit*  
music@uwaterloo.ca  
519-885-0220 ext. 24226  
uwaterloo.ca/music/ensembles

First United Church Free Noon Hour Concerts  
*Nonprofit*  
office@firstunitedchurche.ca  
519-745-8487  
firstunitedchurch.ca

K-W Musical Productions  
*Nonprofit*  
info@kwmp.ca  
519-893-5690  
kwmp.ca

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

K-W Chamber Music Society  
*Nonprofit*  
kwcms@yahoo.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 (answering machine)  
kwlt.org

Kitchener-Waterloo Symphony Orchestra Association  
*Nonprofit*  
info@kwsymphony.on.ca  
1-888-745-4717 (box office)  
519-745-4711 ext. 1 (box office)  
kwsymphony.ca
**Noteworthy Singers**
*Nonprofit*
nwsingers.com

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

**Society for the Preservation and Encouragement of Barber Shop Quartet Singing in America, Twin City Harmonizers**
*Nonprofit*
guests@twincityharmonizers.com
519-502-9645
twincityharmonizers.com

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

**Waterloo Concert Band**
*Nonprofit*
abouttheband@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*
gayanderson@bell.net
gardencubsofontario.ca/kitchener-waterloo

**Grand River Bridge Club**
*Nonprofit*
grandriverbridgeclub.com

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

**K-W Flying Dutchmen Radio Control Club**
*Nonprofit*
kwflyingshuchmen.com
K-W Gem and Mineral Club  
*Nonprofit*  
kwgemandmineralclub@hotmail.com  
519-803-4343  
calaverite.com/kwgm

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

K-W Kennel Club  
*Nonprofit*  
kwkennelclub@gmail.com  
kwkennelclub.com

Kitchener Waterloo Cambridge Regional Post Card Club  
*Nonprofit*  
rychmills@golden.net  
kwcrpcc.com

Kitchener-Waterloo and Area Bug Club  
*Nonprofit*  
kwbuc@hotmai.com  
kwbuc.org/armaturenbrett

Kitchener-Waterloo Rally Club  
*Nonprofit*  
519-485-2131  
kwrc.on.ca

Old Salts Senior Canoe Club  
*Nonprofit*  
oldsalts@gmail.com  
519-888-7565  
oldsaltsclub.com

Toastmasters International Clubs  
AGFA Cheers  
519-746-6210

*Black Walnut Toastmasters*  
info@blackwalnut.freetoasthost.com

*Energetics Toastmasters*  
info@energetics.freetoasthost.biz

*Talk it to the Max*  
manumax.ca

*University of Waterloo Toastmasters*  
uwtoastmaster@gmail.com

*Waterloo Silver Tongues*  
info@waterloost.freetoasthost.biz
Owl’s Nest Woodcarving Club
Nonprofit
barbkam@outlook.com
owlsnestwoodcarvers.ca

Preston Crokinole Club
Nonprofit
nationalcrokinoleassociation.com/clubs

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

Joseph Schneider Haus Museum
Regional Government
519-742-7752
schneiderhaus.ca

Waterloo Region Museum
Regional Government
waterlooregionmuseum@regionofwaterloo.ca
519-748-1914 (admin)
519-748-1914 ext. 3924 (gift shop)
waterlooregionmuseum.ca

Waterloo Regional Police Band
Regional Government
band@wrps.on.ca
519-570-9777 (WRPS)
wrps.on.ca/en/our-community/band.aspx

Waterloo Regional Police Male Chorus
Regional Government
519-570-9777 (WRPS)
wrps.on.ca/en/our-community/chorus.aspx
Please contact institutions and organizations directly to see what programs, courses, and training are offered.

Laurier Association for Lifelong Learning
Institution
lall@wlu.ca
519-884-0710 ext. 6036
wlu.ca/lall

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

Third Age Learning K-W
Nonprofit
registrar@tal-kw.ca
519-886-4423
tal-kw.ca

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

ACCESSIBLE TRANSIT

Golden Triangle Taxi  
*Business*  
mail@goldentriangletaxi.com  
519-740-2222 (24 hour dispatch)  
goldentriangletaxi.com

CAR SHARES

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

GENERAL SERVICES

Driver Seat  
*Business*  
kweast@driverseatcanada.com  
519-804-2090  
driverseatinc.com/locations

LOCAL/REGIONAL TRANSIT

City of Waterloo Home Support Services, Transportation  
*Local Government*  
519-579-6930  
waterloo.ca/en/living/senior-support.aspx

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

Grand River Transit, MobilityPLUS  
*Regional Government*  
519-585-7555 (admin)  
grt.ca
**MEDICAL TRANSIT**

**Canadian Cancer Society, Ontario Division, Waterloo Region Unit**  
*Nonprofit*  
*waterloo-wellington@ontario.cancer.ca*  
*519-249-0074*  
*cancer.ca/en/?region=on*

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

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**Voyago**  
*Business*  
*admin@voyageurtransportation.ca*  
*1-855-263-7163 (customer service)*  
*519-455-4579 (admin)*  
*voyago.ca*

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**TRANSIT EDUCATION**

**Grand River Transit Travel Training**  
*Regional Government*  
*easyride@grt.ca*  
*519-585-7555*  
*grt.ca/en/rider-information/travel-training.aspx*
### Service Clubs

- **Ancient Free and Accepted Masons of Canada in the Province of Ontario, Grand River Lodge 151**
  - **Nonprofit**
  - [waterloomasons.com](http://waterloomasons.com)

- **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

- **Association of Kin Clubs, Kinette Club of Waterloo, Grand River**
  - **Nonprofit**
  - sollowsj@hotmail.com

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

- **Children Healthcare Women, Kitchener-Waterloo**
  - **Nonprofit**
  - kwhadassahwizo@gmail.com
  - chw.ca

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

- **Federated Women’s Institutes of Ontario, Waterloo District Women’s Institute**
  - **Nonprofit**
  - 905-662-2691
  - fwio.on.ca

- **IODE, Princes Richard and Michael Chapter**
  - **Nonprofit**
  - iodeontario.ca

- **Kitchener Waterloo Silver Stars**
  - **Nonprofit**
  - kwsilverstars.ca

- **Kiwanis International, Kiwanis Club of Cameron Heights**
  - **Nonprofit**
  - 519-744-3523
  - kwkiwanis.org/Page/29262
Kiwanis International, The Kiwanis Club of Kitchener-Waterloo
Nonprofit
info@kwkiwanis.org
kwkiwanis.org

Knights of Columbus, Waterloo Council 5135
Nonprofit
council@kofc.waterloo.on.ca
519-884-2060 (hall)
waterlooknightsofcolumbus.com/council/

Lions Clubs International, Waterloo Lions
Nonprofit
waterloo@q15lions.org
e-clubhouse.org/sites/waterloo.on/

May Court Club of Kitchener-Waterloo
Nonprofit
info@maycourtclubofkw.org
519-745-4412
maycourtclubofkw.org

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**Service Clubs**

**National Service Dogs**
*Nonprofit*
- mara@nsd.on.ca
- 519-623-4188
- nsd.on.ca

**Naval Association, KW Naval Association**
*Nonprofit*
- kwna@golden.net
- 519-884-8731 (hall)
- kwnavy.net

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

**Optimist Clubs, K-W Optimist Club**
*Nonprofit*
- kwoptimist@rogers.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*
- kwprobus.com

**Rebekah Lodges, Crystal Rebekah Lodge**
*Nonprofit*
- 519-886-4790 (hall phone)
Volunteer Action Centre
Provides volunteer recruitment, retention, and recognition services to Cambridge, Kitchener, Waterloo and the townships of North Dumfries, Wellesley, Wilmont, and Woolwich. Over 150 Regional member organizations.
For more information visit: volunteerkw.ca or call 519-742-8610.

Rotary International, Rotary Club of Waterloo
Nonprofit
519-886-8886 (Greg Evans, president)
portal.clubrunner.ca/168

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

Sertoma Clubs, Kitchener-Waterloo Sertoma
Nonprofit
kwsertoma.ca

Zonta International, K-W Chapter
Nonprofit
info@zontakw.com
zontakw.com

Volunteer Action Centre
Provides volunteer recruitment, retention, and recognition services to Cambridge, Kitchener, Waterloo and the townships of North Dumfries, Wellesley, Wilmont, and Woolwich. Over 150 Regional member organizations. 
For more information visit: volunteerkw.ca or call 519-742-8610.
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**CONTACT INFORMATION:**
T: 519.884.0710 x6036
E: lall@wlu.ca

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