

A vibrant, full-page photograph of a diverse group of older adults smiling and laughing together outdoors. The group includes people of various ethnicities and styles, from casual to more colorful attire. They are set against a backdrop of lush green trees and vibrant pink flowers, suggesting a park or garden setting.

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27

AGEING WELL WATERLOO



Age-Friendly
Waterloo

THE CITY OF
Waterloo

A comprehensive directory of services, programs, and amenities for older adults.

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 at the University of Waterloo**. Content for the **2026–2027** edition was reviewed and compiled by the **City of Waterloo's Community Services Department**, with support from **Corporate Communications**.

The directory was created in response to residents' desire for a **one-stop** resource containing a comprehensive list of programs and services in Waterloo that serve older adults.

Thank you to our sponsors for supporting the development and printing of this directory:



WELCOME FROM **THE MAYOR**



Welcome to the Ageing Well Waterloo Directory! This guide is a “one-stop shop” for older adult resources, listing the municipal, commercial, and non-profit programs and services available in Waterloo.

As Mayor, I take great pride in Waterloo—a city that supports older adults and fosters meaningful community engagement. Within these pages, you’ll discover a wide range of resources and services that contribute to overall well-being of older adults, from cultural enrichment and financial assistance to health and wellness programs.

As a member of the global network of age-friendly communities, the City of Waterloo shares the vision of an inclusive, supportive environment where individuals can age with dignity and purpose. One of our strategic priorities is building a complete community—one that offers a high quality of life for all residents and promotes healthy, active ageing.

From the many older adult programs at the new Community Pavilion to the caring volunteers who help vulnerable residents live safely and stay active, Waterloo remains dedicated to being a city that is inclusive for all ages.

Thank you to everyone who contributed to this directory and for helping build a city that is inviting and age-friendly.

DOROTHY MCCABE
Mayor, City of Waterloo

A handwritten signature in black ink that reads "Dorothy McCabe".

AGE-FRIENDLY WATERLOO COMMITTEE

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

The Age-Friendly Advisory Committee advises City staff across departments on how best to promote healthy ageing in Waterloo. The committee provides input on City policies, strategies, and major projects and initiatives as they relate to older adults.

Our goal is for Waterloo to become a place where all residents age well, enjoy good health, and participate fully in their community.

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



SENIOR OF THE YEAR

Each year, the committee and the City of Waterloo present Waterloo's Senior of the Year award to honour one local person aged 65 or older who has made outstanding contributions to the community. Nominations are accepted each year from **February 1 to March 31**.

For more information, contact **Pamela Albrecht at 519-747-8725** or **agefriendly@waterloo.ca**

USING THIS DIRECTORY

USING THIS DIRECTORY

The City of Waterloo's Ageing Well Directory helps adults (aged 55 or older) in Waterloo find information on older-adult-focused services, programs, and amenities. It serves as a one-stop resource for residents seeking details on housing, home support, health services, recreation and leisure, social and cultural supports, and more.

The Directory is organized into sections, each with several subcategories. Use the table of contents to navigate to the service you need. **If you don't see a specific service, program, or amenity, contact Ontario 211 by dialing 2-1-1 or visiting 211ontario.ca. This free helpline connects you to community and social services 24/7 in 150+ languages.**

The Directory includes programs and services offered by the City of Waterloo, the Region of Waterloo, and other levels of government, as well as private businesses and nonprofit organizations. While it isn't possible to list every program or service provided by regional, provincial, or federal governments, where possible we

include links to external directories and websites. Listings focus on services for older adults in Waterloo and those serving the Region of Waterloo.

Each listing includes:

- Listing name
- Type (e.g., nonprofit)
- Email address
- Phone number
- Website

Please note: Inclusion in the Ageing Well Directory does not constitute an endorsement of any business, nonprofit service, or program.

If you have questions about City of Waterloo programs or facilities, please call 519-579-1020 or visit waterloo.ca.

Other Local Senior Guides

For additional seniors-focused resources in Waterloo Region, you may find the following helpful:

City of Kitchener – Seniors

Program Guide: available at kitchener.ca/recreation-and-sports/seniors/

Seniors' Guide (Waterloo MPP Catherine Fife):

available from MPP Catherine Fife's constituency office (check the office website or contact the office for the latest edition).

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CULTURAL AND SOCIAL SUPPORTS

Indigenous cultural and social supports can be found in the Indigenous Services section on page 39.

ASSOCIATIONS

African-Canadian Association of Waterloo Region and Area

Nonprofit
info@africancanadianassociation.com
519-904-2794
africancanadianassociation.com

African Family Revival Organization (AFRO)

Nonprofit
548-889-3506
519-223-2376
afrofamily.ca

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 Liberian Immigrants in Kitchener Environs (ALIKE)

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 Muslim Association

Nonprofit
farooqmasjid@outlook.com
519-623-0568
cambridgemuslimsociety.org

Canadian Polish Congress Kitchener District

Nonprofit
ula.walkowski@gmail.com
416-532-2876
kpk.org/kitchener



CULTURAL AND SOCIAL SUPPORTS

Caribbean Canadian Association of Waterloo Region

Nonprofit

info@ccawr.ca

1-888-306-7772 (toll free)

519-997-2780

ccawr.ca

Coalition of Muslim Women, Kitchener-Waterloo

Nonprofit

cmw.info@cmw-kw.org

226-499-2269

cmw-kw.org

Concordia Club

Nonprofit

mail@concordiaclub.ca

519-745-5617

concordiaclub.ca

Czech and Slovak Association of Canada, Kitchener, Waterloo and Guelph Branch

Nonprofit

ustredi@cssk.ca

cssk.ca

Ethiopian Association of K-W and Surrounding Areas

Nonprofit

info@eakw.ca

519-781-8288

eakw.ca

Fédération des Aînés et des Retraités Francophones de l'Ontario (FARFO), VIVRE+ Chez-Soi

Nonprofit

info@farfo.ca

1-800-819-3236

farfo.ca/vivre-chez-soi

Focus for Ethnic Women (FEW)

Nonprofit

admin@few.on.ca

few.on.ca

German Canadian Congress, Ontario

Nonprofit

519-571-8980

Grand River Malayalee Association

Nonprofit

secretary.grma@gmail.com

grma.ca

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



CULTURAL AND SOCIAL SUPPORTS

Italian Cortina Club

Nonprofit

info@cortinaclub.org

519-894-3852

Kitchener Portuguese Club Inc.

Nonprofit

kpci@kitchenerportugueseclub.com

519-579-6960

kitchenerportugueseclub.com

The Kitchener Schwaben Club

Nonprofit

schwaben@

kitchenerschwabenclub.com

519-742-7979

kitchenerschwabenclub.com

Kitchener-Waterloo Multicultural Centre

Nonprofit

home@kwmulticultural.ca

519-745-2531

kwmulticultural.ca

Men's Sheds Ontario

Nonprofit

mensshedsontario.ca

Muslim Social Services Waterloo Region

Nonprofit

info@msswr.org

226-240-8996

msswr.org

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

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

Queen Helena Canadian-Croatian Cultural and Charitable Society

Nonprofit

info@kjfolklore.com

kjfolklore.com



CULTURAL AND SOCIAL SUPPORTS

Salvadorian Canadian Community of Waterloo Region

Nonprofit

sccwr@yahoo.ca

facebook.com/sccwr

Seniors for Social Action Ontario (SSAO)

Nonprofit

seniorsactionontario@gmail.com

seniorsactionontario.com

ShamRose for Syrian Culture

Nonprofit

shamrosesyria@gmail.com

519-729-1656

shamrose.ca

Somali Canadian Association of Waterloo Region

Nonprofit

519-279-4046

scawr@scawr.ca

scawr.ca

Spectrum, Waterloo Region's Rainbow Community Space

Nonprofit

info@ourspectrum.com

226-779-9695

ourspectrum.com

Tamil Cultural Association of Waterloo Region

Nonprofit

mail@tamilculturewaterloo.org

tamilculturewaterloo.org

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

info.grandriver@uelac.org

grandriver.uelac.ca

United Filipino-Canadian Society of Waterloo Region

Nonprofit

unitedfilcan@yahoo.com

519-577-9629

facebook.com/ufcswr

Veterans Affairs Canada

Federal Government

information@veterans.gc.ca

1-866-522-2122

veterans.gc.ca/en

Waterloo Region Chinese Canadian Association

Nonprofit

inquiry@waterloocca.com

waterloocca.com



CULTURAL AND SOCIAL SUPPORTS

Waterloo Regional Jewish Community Council (WRJCC)

Nonprofit

info@wrjcc.com

wrjcc.com

Family and Children Services of the Waterloo Region

Nonprofit

519-576-0540

facswaterloo.org

SOCIAL SERVICES

Aging With Pride - Waterloo Wellington

Nonprofit

info@ourspectrum.com

226-779-9695

ourspectrum.com

Camino - Newcomer, Immigrant, and Refugee Supports

Nonprofit

info@caminowellbeing.ca

519-743-6333

caminowellbeing.ca/services/
immigrants-and-refugees-supports

Coalition of Muslim Women Kitchener-Waterloo

Nonprofit

cmw.info@cmw-kw.org

226-499-2269

cmw-kw.org

House of Friendship of Kitchener, Community Services

Nonprofit

admin@houseoffriendship.org

519-742-8327

houseoffriendship.org

Immigration Waterloo Region

Nonprofit

226-753-1067

immigrationwaterlooregion.ca





CULTURAL AND SOCIAL SUPPORTS

Reception House Waterloo Region

Nonprofit
519-743-0445
receptionhouse.ca

Starling Community Services

Nonprofit
519-884-7755
starlingcs.ca

Women's Crisis Services

Nonprofit
24/7 Support: 519-653-2422 or
519-742-5894
Head Office: 519-741-9184
wCSR.org

YMCA Settlement Services

Nonprofit
newcomers@ytr.ymca.ca
519-579-9622
ymcathreerivers.ca/settlement-services

Ageing With Pride - SPECTRUM Waterloo Wellington

SPECTRUM provides training and resources on LGBTQ2+ issues to senior-serving organizations through Ageing 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





FINANCIAL SUPPORTS

GOVERNMENT SUPPORT

Canada Pension Plans, including Old Age Security (OAS), Disability, Death, and Survivor benefits, and Guaranteed Income Supplements (GIS and GAINS)

Federal Government

1-800-277-9914

1-800-277-9915 (French)

1-800-622-6232 (Service Canada)

<https://www.canada.ca/en/services/benefits/publicpensions/cpp.html>

ODSP's Extended Health Benefit (EHB)

Provincial Government

ontario.ca/page/ontario-disability-support-program-health-and-disability-benefits

Ontario Disability Support Program (ODSP)

Provincial Government

519-623-1230

Ontario.ca/page/Ontario-disability-support-program-eligibility-income-support

Ontario Works, Discretionary Benefits - Waterloo Office

Regional Government

regionalclerk@region.waterloo.on.ca

1-888-999-1142

regionofwaterloo.ca/en/living-here/ontario-works.aspx



FINANCIAL SUPPORTS

OTHER SUPPORT

Funding for Home Repairs

Regional Government

ontarioRenovates@

regionofwaterloo.ca

519-575-4400

regionofwaterloo.ca/en/living-here/funding-for-home-repairs.aspx

KW Poppy Fund

Nonprofit

kwpoppysfund@bellnet.ca

519-885-1001

canadahelps.org/en/charities/k-w-poppy-fund



March of Dimes Canada, Home and Vehicle Modification Program

Nonprofit

hvmp@marchofdimes.ca

1-877-369-4867

marchofdimes.ca/en-ca/programs/am/hvmp

National Association of Federal Retirees - KW and District Branch

Nonprofit

kitchenerwaterloo@federalretirees.ca

519-742-9031 (answering machine)

federalretirees.ca/en/branches/ontario/kitchener-waterloo-district-branch



FINANCIAL SUPPORTS

TAX CREDITS FOR SENIORS

Canada Caregiver Credit

Federal Government

1-800-959-8281

canada.ca/en/revenue-agency/services/tax/individuals/topics/about-your-tax-return/tax-return/completing-a-tax-return/deductions-credits-expenses/canada-caregiver-amount

Ontario Trillium Benefit (OTB)

Provincial Government

1-866-668-8297

Ontario.ca/page/Ontario-trillium-benefit

Ontario Seniors Care at Home Tax Credit

Provincial Government

Ontario.ca/page/Ontario-seniors-care-home-tax-credit

Senior Homeowners' Property Tax Grant

Provincial Government

1-800-959-8281

ontario.ca/page/senior-homeowners-property-tax-grant

Seniors Public Transit Tax Credit

Provincial Government

1-866-668-8297

ontario.ca/page/ontario-seniors-public-transit-tax-credit

UTILITY SUPPORT PROGRAMS

Low Income Energy Assistance Programs, Gas / Heating Bill

Provincial Government

1-855-487-5327 (Union Gas or Enbridge customers)

519-883-2100 (Kitchener Utilities customers)

oeb.ca/consumer-information-and-protection/bill-assistance-programs/low-income-energy-assistance-program

Low Income Energy Assistance Program, Electricity Bill

Local Government

519-883-2100 (to apply)

Ontario Electricity Support Program (OESP)

Provincial Government

1-855-831-8151

oeb.ca/consumer-information-and-protection/bill-assistance-programs/ontario-electricity-support-program



FOOD BANKS AND HAMPERS

If you need food assistance, the best local contact is the **Food Bank of Waterloo Region**. You can reach their Centralized Food Assistance Outreach Line at 519-743-5576, Monday to Friday from 9:00 a.m. to 12:00 p.m., or by email at needfood@thefoodbank.ca

More information is available at thefoodbank.ca, including their "Find a food assistance program near you" tool: <https://www.thefoodbank.ca/find-food>

You may also find the Region of Waterloo's Pocket Card helpful, which outlines additional food resources: regionofwaterloo.ca/en/living-here/resources/Housing-Services/Pocket-Card.pdf





HEALTH AND WELLNESS

ACCESSIBILITY AIDS

Assistive Devices Program (ADP)

Provincial Government

416-327-8804

1-800-268-6021

ADP helps people with long-term physical disabilities pay for customized equipment and specialized supplies, such as wheelchairs, hearing aids, and ostomy products.

ontario.ca/page/assistive-devices-program

Ontario Home Health

Business

sales@ontariohomehealth.ca

1-800-661-1912

ontariohomehealth.ca

Silver Cross, recycled and new medical equipment

Business

kitchener@silvercross.com

519-513-2429

silvercrossstores.com

Wilder Medical Mobility Ltd

Business

sales@wildermobility.com

519-888-0618

wildermobility.com

DENTAL

Federal Dental Care Program

Federal Government

1-833-537-4342

canada.ca/en/services/benefits/dental/dental-care-plan/apply.html

Mobile Denture Clinic- Denture Specialist Services

Business

erikdent@aol.com

226-606-5486

mobiledenturist.com

Ontario Seniors Dental Care Program (OSDCP)

Provincial Government

osdcp@langs.org

226-807-0750

regionofwaterloo.ca/en/health-and-wellness/ontario-seniors-dental-care-program

Waterloo Dental

Business

hello@waterloodental.co

519-883-8764

waterloodental.co

Westmount Dental

Business

Dentalwestmount@gmail.com

519-578-2720

westmountdentalwaterloo.com



HEALTH AND WELLNESS

ELDER ABUSE AND FRAUD

Elder Abuse Prevention Council (EAPC)

Nonprofit

info@eapc.ca

eapc.ca

EAPC, Seniors Safety Line

1-866-299-1011

Elder Abuse Prevention Ontario

Provincial Government

admin@eapon.ca

1-833-916-6728

eapon.ca

Seniors Safety and Security

Provincial Government

For general information on protecting yourself and your money—including scams, fraud, identity theft, emergencies, and elder abuse:

ontario.ca/document/guide-programs-and-services-seniors/safety-and-security

Waterloo Regional Senior

Support Team

Regional Government

seniorsupport@wrps.on.ca

510-579-4607

Waterloo Region Vulnerable Persons Registry

Nonprofit

info@vulnerablepersonsregistry.ca

519-886-9150

vulnerablepersonsregistry.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

519-654-6363

feetonthego.com

Foot Works

Business

519-888-6274

footworkschiropodyclinic.com

Janet Harmer, RN

Business

janet.harmer@yahoo.com

519-578-4811



HEALTH AND WELLNESS

Podiatric Consultants

Business

519-576-8960

podiatricconsultants.ca

Waterloo Foot Clinic

Business

info@waterloofootclinic.com

519-884-3668 (Westmount Rd.)

519-568-7044 (Park St.)

waterloofootclinic.com



HEARING HEALTH

Canadian Hearing Society, Waterloo

Nonprofit

info@chs.ca

1-866-518-0000

chs.ca

Complete Hearing Health Ltd

Business

waterloo@arnoldhearing.ca

226-887-8709

completehearing.ca

Connect Hearing

Business

519-744-4321 (Highland Rd. W.)

519-741-5852 (Victoria St. S.)

clinics.connecthearing.ca/on/kitchener.html

HearCANADA

Business

info@hearcanada.com

519-340-3622

hearcanada.com

HearingLife

Business

info@hearinglife.ca

1-888-347-4940 (Erb St. W.)

1-888-446-1767 (Northfield Dr. E.)

hearinglife.ca

Serenity Hearing Health and Wellness

Business

519-886-2416

serenityhearing.ca



HEALTH AND WELLNESS

Hearing and Footcare Clinics

Join us for Wellness Wednesdays at the Community Pavilion, with hearing and foot care clinics offered in partnership with HearCanada and Feet on the Go.

Register in advance for these programs:

Online: waterloo.ca/health-clinics

In person (in advance): RIM Park or Waterloo Memorial Recreation Complex, Monday to Friday, 8 a.m. to 8 p.m.

By phone: 519-579-1020

Hearing Screening, Hearing Aid Care, and Foot Care

HearCANADA provides a free clinic where you can get:

- hearing consultations
- hearing screening tests
- hearing aid cleaning and checks
- earwax removal services

Feet on the Go offers a range of foot care services*, including:

- nail cutting and filing
- reduction of corns and calluses
- health teaching
- diabetic foot care

**There is a small registration fee to reserve your spot, and the remaining fee is paid directly to the foot care specialist on the day of your appointment.*



HEALTH AND WELLNESS

IN-HOME NURSING

CarePartners

Business

info@carepartners.ca

519-746-7600

carepartners.ca

Closing the Gap Health Services

Business

1-877-560-0202

closingthegap.ca

Home Instead, Kitchener-Waterloo

Business

519-964-8820

homeinstead.ca/location/3007

Nurse Next Door Home Care Services - Kitchener, Waterloo and Cambridge

Business

519-742-7054

nursenextdoor.com/location/waterloo-on

ParaMed Home Healthcare Services

Business

519-904-1200

paramed.com

Right at Home, Kitchener and Waterloo

Business

519-279-0888

rightathomecanada.com/kitchenerwaterloo



1 Introductory Analysis

Book your no-obligation strategy session online or by phone.



Exploring all your needs and guiding you to solutions so you can stay at home, live well and AgeWise on your terms.

2 In-Depth Assessment

We evaluate the people, the property they call home, any existing plans, and make expert recommendations to anticipate and guide care.

Don't overpay for senior care!

Scan Here



Call Toll Free
1-844-287-8461
www.agewisegroup.com

3 Peace of Mind

Decide with confidence and be an excellent steward of your resources knowing we are here to guide along the remaining chapters.

It's never too soon, or too late to start Aging Wise!

- Our services are PHIPA respecting, and do not compete with OHIP care



Help Change the Way We Age

The Schlegel-UW Research Institute for Aging (RIA) is a non-profit organization dedicated to redefining aging through research, education, and real-world solutions.

-  Participate in Research
-  Subscribe to our Newsletter
-  Donate



Visit the-ria.ca to learn more
519.904.0660 | info@the-ria.ca

Charitable number: 841471212 RR0001

-  ResearchInstituteforAging
-  researchinstituteforaging
-  @ResearchInstituteforAging



LONG-TERM CARE

Long-Term Care

Applications and admissions to long-term care homes are coordinated by Ontario Health atHome. They provide home care, connect residents to community supports, and manage long-term care placement.

What they do:

- Determine **eligibility** and manage **wait lists**
- Assign a **care coordinator** to review home options in your area and help complete the application

Contact Ontario Health atHome

310-2222 (area code not required)
1-888-883-3313
519-748-2222 (Waterloo office)

Inspection reports

The Ministry of Health and Long-Term Care publishes public reports on long-term care homes:

publicreporting.ltchomes.net/en-ca/default.aspx

Concerns and complaints:

Urgent issues (harm, neglect, danger): Long-Term Care

ACTION Line

1-866-434-0144

Less-urgent complaints

1-855-275-7472

Retirement homes: Retirement Homes Regulatory Authority (RHRA) rhra.ca/en/information-for-retirement-home-residents/complaints

Residents' Bill of Rights:

rhra.ca/en/information-for-retirement-home-residents/residents-bill-of-rights



HEALTH AND WELLNESS

MENTAL HEALTH

Camino Wellbeing + Mental Health

Nonprofit

info@caminowellbeing.ca

519-743-6333

caminowellbeing.ca

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

The Ontario Caregiver Organization

Nonprofit

info@ontariocaregiver.ca

1-833-416-2273

ontariocaregiver.ca

Services for Seniors, Canadian Health Association, Waterloo Wellington

Nonprofit

1-844-264-2993

cmhaww.ca/services/seniors

Waterloo Wellington Self-Management Program

Nonprofit

wwselfmanagement@langs.org

1-866-337-3318

wwselfmanagement.ca

MINDFULNESS

Ontario Vipassana Centre

Nonprofit

info@torana.dhamma.org

1-705-434-9850

torana.dhamma.org

Waterloo Riverview Dharma Centre

Nonprofit

info@wrdrharmacentre.com

wrdrharmacentre.com





HEALTH AND WELLNESS

OPTOMETRY

Waterloo Eye Institute, University of Waterloo

Nonprofit

519-888-4062 (main clinic)

519-888-4414 (contact lens clinic)

519-888-4708 (low vision clinic)

uwaterloo.ca/waterloo-eye-institute

PARISH NURSES

Mt Zion Evangelical Lutheran Church, Parish Nurse

Nonprofit

pnchristine@hotmail.com

519-886-5820

mzlc.ca

PALLIATIVE AND END-OF- LIFE CARE

Bereaved Families of Ontario (BFO) Midwest Region

Nonprofit

support@bfomidwest.org

226-780-7236

bfomidwest.org

Hospice Waterloo Region

Nonprofit

519-743-4114

Cook Family Residence:

226-666-3547

hospicewaterloo.ca

Lisaard and Innisfree Hospice - Innisfree House

Nonprofit

Innisfree House: 519-208-5055

Lisaard House: 519-650-1121

lisaardandinnisfree.com

Palliative Care, Ontario Health atHome, Waterloo Office

Provincial Government

519-748-2222

1-888-883-3313

ontariohealthathome.ca/home-care/palliative-care

Parkview Cemetery

Regional Government

parkview@waterloo.ca

519-725-9280

waterloo.ca/cemetery

Waterloo Regional Health Network (WRHN), Palliative Unit

Nonprofit

519-749-4300 ext. 7353

wrhn.ca/healthcare-services/palliative



HEALTH AND WELLNESS

PHARMACIES

Beechwood Wellness Pharmacy

Compounding pharmacy
420 Erb St W, Unit 7, Waterloo
519-884-1025
pharmacchoice.com/locations/beechwood-wellness

The Boardwalk Pharmacy

General pharmacy
430 The Boardwalk, Suite 102,
Waterloo
519-578-3000
theboardwalkpharmacy.com

Cook's Pharmacy

Compounding pharmacy
520 University Ave W, Waterloo
519-744-2200
cooksrx.ca

The KW Pharmacy

Compounding pharmacy
65 University Ave, Unit 5A, Waterloo
519-746-6133
kwpharmacy.ca

Northfield Pharmacy

General pharmacy
465 Phillip St, Unit 9, Waterloo
519-725-3470

NorthPark Pharmacy

Compounding pharmacy
99 Northfield Dr E, Unit 100
519-885-7000
northparkpharmacy.ca

Phamily Pharmacy

General pharmacy
98 Weber St N, Waterloo
519-208-2660
phamilypharmacy.ca

Spruce Medical Pharmacy

General pharmacy
318 Spruce St, Unit 106, Waterloo
519-208-2700

RxHealthMed Pharmacy

General pharmacy
460 Albert St, Waterloo
519-746-9999
rxhealthmed.ca/locations/alphamed-pharmacy

Total Health Pharmacy

General pharmacy
373 Bridge St W, Waterloo
519-747-0320
thpharmacy.com

University Pharmacy

General pharmacy
240 King St N, Waterloo
519-885-2530
kwuniversitypharmacy.com



HEALTH AND WELLNESS

Westmount Place Pharmacy

General pharmacy

50 Westmount Rd N, Waterloo
519-886-7670
westmountplacepharmacy.ca

Whole Health Woolwich Pharmacy

Compounding pharmacy

255 Woolwich St, Unit 106, Waterloo
519-568-8088
whwoolwichpharmacy.com

Pharmacists can prescribe medication to treat the following common ailments:

- acid reflux (gastroesophageal reflux disease (GERD))
- acne
- canker sores
- cold sores (herpes labialis)
- dermatitis (atopic, eczema, allergic and contact)
- diaper rash
- hay fever (allergic rhinitis)
- hemorrhoids
- impetigo
- insect bites and hives
- menstrual cramps (dysmenorrhea)
- nausea and vomiting in pregnancy
- oral thrush (candidal stomatitis)
- parasitic worms (pinworms and threadworms)
- pink eye (conjunctivitis; bacterial, allergic and viral)
- sprains and strains (musculoskeletal)
- tick bites (post-exposure prophylaxis to prevent Lyme disease)
- urinary tract infections (UTIs)
- yeast infections

Ontarians seeking care should visit their local pharmacist and bring their health card. Prescribing is optional, anyone with symptoms should contact their local pharmacist to confirm whether they prescribe for certain common ailments before visiting.



HEALTH AND WELLNESS

PROVINCIAL COVERAGE

Health811

Provincial Government
811
health811.ontario.ca

KW4 Ontario Health Team

Regional Government
info@kw4oht.com
kw4oht.com

Ministry of Health, Ministry of Long Term Care, Ontario Health Insurance

Provincial Government
1-866-532-3161
ontario.ca/page/your-health

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

Ontario Drug Benefit (ODB)

Provincial Government

Your Ontario Drug Benefit (ODB) coverage begins automatically on the first day of the month after your 65th birthday. ODB covers roughly 5,000 commonly prescribed drugs, vaccines, over-the-counter products, diabetes monitoring products, and nutrition products with a valid prescription.

For more information on this program, visit:
ontario.ca/page/get-coverage-prescription-drugs

For more information on what's covered, consult your pharmacist or search here:
ontario.ca/check-medication-coverage

Your Health, Ontario

Find the health care services you need, when and where you need them. Including long-term care homes, care at home, and reimbursements for health care devices.

ontario.ca/page/your-health



HEALTH AND WELLNESS

SPECIALIZED SERVICES

Active Caregiving

Business

info@activecaregiving.ca

226-646-7281

activecaregiving.ca

Active Wellness

Business

info@activewellness.ca

519-886-5402

activewellness.ca

Advantage Physiotherapy/ Physiotherapy Centre

Business

admin@advantagephysio.com

519-576-9461

advantagephysio.com

Age Wise

Business

leslie@agewisegroup.com

1-844-287-8461

agewisegroup.com

Arthritis Clinic, Upper Grand Health Team

Business

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

info@biaww.com

226-747-6246

biaww.org

Campus Physio

Business

sos-physio-campus@rogers.com

519-884-0767

campusphysio.com

CBI Health, FOCUS Assessments Waterloo

Business

519-893-5971

cbihealth.ca/locations/focus-
assessments-waterloo

Community Healthcaring Kitchener- Waterloo, Refugee Health Clinic

Nonprofit

info@healthcaringkw.org

519-745-4404 (Francis St.)

226-336-1321 (King St.)

healthcaringkw.org



HEALTH AND WELLNESS

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

Independent Living Waterloo Region, Community Resource Program

Nonprofit

crp@ilwr.ca
519-571-6788
ilwr.ca

K-W Access-Ability

Nonprofit

519-885-6640
kwaccessability.ca

March of Dimes - Stroke Recovery Canada - KW Chapter

Nonprofit

afterstroke@marchofdimes.ca
1-888-540-6666
afterstroke.ca

MedicAlert Foundation Canada

Nonprofit

customerservice@medicalert.ca
1-800-668-1507
medicalert.ca

Multiple Sclerosis Society of Canada

Nonprofit

info@mscanada.ca
1-800-268-7582
mscanada.ca

Shelley Read, Therapist, Ageing Well Consultant

Business

sreadtherapist@gmail.com
226-339-2218
sreadtherapy.com

St John's Kitchen

Nonprofit

sjk@theworkingcentre.org
519-745-8928
519-743-1151 (admin)
theworkingcentre.org/projects/st-johns-kitchen

Sunbeam Community and Developmental Services

Nonprofit

519-893-6200
sunbeamcommunity.ca



HEALTH AND WELLNESS

VOR Physiotherapy

Nonprofit

vor.physio@gmail.com
519-208-0150
vorphysio.com

Waterloo Sports Medicine Centre

Business

519-746-2220

wsm.ca

The graphic features a stylized 'W' logo composed of overlapping colored lines (orange, green, blue, purple) in the top left corner. To the right of the logo, the text 'Waterloo Wellington Self-Management Program' is displayed in a large, bold, black font. Below this, the tagline 'Your Journey to Balanced Living' is shown in a smaller, blue font. The central part of the graphic lists 'FREE HEALTH & WELLNESS PROGRAMS' with a series of bullet points. To the right, a large 'Scan QR code to visit our website' text is positioned above a QR code. At the bottom, there are social media icons for Facebook and Instagram, along with the text '@WWSelfmanage' and '@wwselfmanagement'.

Waterloo Wellington
Self-Management Program

Your Journey to Balanced Living

>>>>>> **FREE HEALTH & WELLNESS PROGRAMS**

- Anxiety Skills & Strategies
- Better Sleep
- Craving Change®
- Menopause Workshops
- Relaxation Techniques
- Stop Worrying!
- Take Charge! Chronic Conditions
- Take Charge! Chronic Pain
- Take Charge! Diabetes

Scan QR code to visit our website

Contact us: 519-947-1000 ext 255

@WWSelfmanage **@wwselfmanagement**



PARKVIEW CEMETERY AND CREMATORIUM

Start the conversation

Why is pre-planning so important?

- reduces financial and emotional burden on your loved ones
- having your wishes in place gives you peace of mind

Traditional lots, niches, cremation and green burial options.

Contact us today.

 parkview@waterloo.ca

 519-725-9280

 www.waterloo.ca/cemetery



City of Waterloo cemeteries are licensed by
the Bereavement Authority of Ontario (BAO)
Licence #3308029 www.thebao.ca



HEALTH AND WELLNESS

Healthline

www.wwhealthline.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
wwhealthline.ca



Let us know about changes to your services.

wwhealthline.ca

SUBMIT CONTENT | FRANÇAIS | HELP

Search... Clipboard 0

Waterloo Wellington Cambridge–North Dumfries Guelph–Puslinch Wellington Kitchener–Waterloo–Wellesley–Wilmot–Woolwich

HEALTH SERVICES HEALTH CAREERS HEALTH NEWS HEALTH EVENTS HEALTH RESOURCES

HEALTH SERVICES FOR WATERLOO WELLINGTON

October 17, 2025

Health Care Options

- ▶ Health Care Facilities
- ▶ Health Care Professions
- ▶ Home Health and Community Supports
- ▶ Public Health
- ▶ Find Services Near Me

Health Topics

- ▶ Abuse and Sexual Assault
- ▶ Addictions
- ▶ Diseases and Conditions
- ▶ Environmental and Workplace Health
- ▶ Mental Health
- ▶ Palliative and End-of-Life Care
- ▶ People with Disabilities
- ▶ Rehabilitative Care
- ▶ Residential Care
- ▶ Respite Care
- ▶ Sexual and Reproductive Health

Your Health

- ▶ Children and Parenting
- ▶ Indigenous Communities
- ▶ Men
- ▶ **Seniors** (This link is circled with a red circle and has a red arrow pointing to it)
- ▶ Women
- ▶ Youth

Making Choices

- ▶ Basic Needs and Social
- ▶ Blood, Organ and Tissue
- ▶ Health Coverage and Ca
- ▶ Healthy Living
- ▶ Information Services
- ▶ Legal Services

SENIORS - WATERLOO WELLINGTON

In this section older adults can connect with local programs and services that provide support, health care, and recreational and social opportunities designed for seniors.

Aging Well Waterloo Directory 2024-2025

Information is also available on Residential Care and Home and Community Care.

- ▶ Adult Day Programs
- ▶ Advocacy and Social Action for Seniors
- ▶ Alzheimer's Disease and Related Dementias
- ▶ Appliance with Supports
- ▶ Assisted Living for High-risk Seniors
- ▶ Caregiver Support Services
- ▶ Community Geriatric Services
- ▶ Community Support Services
- ▶ Drug Delivers
- ▶ Elder Abuse and Neglect
- ▶ Exercise and Falls Prevention Programs
- ▶ Falls Prevention Programs
- ▶ Financial Assistance for Seniors
- ▶ Fitness, Recreation, and Social Programs for Seniors
- ▶ Geriatric Outpatient Services
- ▶ Geriatric Outpatient Services
- ▶ Healthy Aging
- ▶ Helpdesk for Seniors
- ▶ Long-Term Care Homes
- ▶ Memory Clinics
- ▶ Mental Health for Seniors
- ▶ Nursing Homes
- ▶ Palliative Health Options
- ▶ Osteoporosis
- ▶ Respite Care for Seniors
- ▶ Retirement Homes

Waterloo Wellington

Waterloo Well

KITCHENER WATERLOO WELLESLEY WILMOT WOOLWICH

Find Service Find Service

Find A

COVID



HEALTH AND WELLNESS

WATERLOO REGIONAL HEALTH NETWORK (WRHN)

WRHN @ Chicopee Site, Communication and Technology Clinic

Nonprofit
ctc@grhosp.on.ca
519-749-4300 ext. 7278
wrhn.ca

WRHN @ Chicopee Site, Geriatric Assessment and Neurobehavioural Unit

Nonprofit
519-749-4300 ext. 8313
wrhn.ca

WRHN @ Chicopee Site, Mental Health Unit

Nonprofit
519-749-4310
wrhn.ca



WRHN @ Chicopee Site, Occupational Therapy

Nonprofit
519-749-4310
wrhn.ca

WRHN @ Chicopee Site, Outpatient Rehab Clinic, Neurorehabilitation and Geriatric Rehabilitation

Nonprofit
519-749-4300 ext. 8340
wrhn.ca

WRHN @ Chicopee Site, Prosthetic and Orthotic Clinic

Business
519-749-4300 ext. 7860
wrhn.ca

WRHN @ Midtown Site, Health Care Centre Pharmacy

Nonprofit
519-749-4227
wrhn.ca

WRHN @ Midtown Site, Nutrition Counselling

Nonprofit
519-749-4310
wrhn.ca

WRHN @ Queen's Blvd., Regional Cardiac Care Centre

Nonprofit
519-744-3311
smgh.ca/areas-of-care/cardiac-care



HOME AND COMMUNITY SUPPORTS

SPECIALIZED PROGRAMS

Adults in Motion

Nonprofit

519-577-3723

adultsimotion.org

Alzheimer Society of Waterloo Wellington

Nonprofit

asww@alzheimerww.ca

519-742-1422

alzheimerww.ca

City of Waterloo, Senior Day Program

Regional Government

519-888-6356

waterloo.ca/seniors

En-AGE, OT Portal

Nonprofit

en-age@osot.on.ca

1-877-676-6768

en-age.ca

Independent Living Waterloo Region, Direct Funding, Self-Managed Care

Nonprofit

directfunding@ilwr.ca

519-571-6788

ilwr.ca

K-W Seniors Day Program

Nonprofit

inquiry@k-wseniorsdayprogram.ca

519-893-1609

k-wseniorsdayprogram.ca

Region of Waterloo Dementia Services

Regional Government

519-893-8482

regionofwaterloo.ca/en/health-and-wellness/dementia-services.aspx

Region of Waterloo Paramedic Services, Community Paramedicine

Regional Government

communityparamedicine@regionofwaterloo.ca

519-575-4400

regionofwaterloo.ca/en/living-here/paramedic-services.aspx

Traverse Independence, Day Programs for Adults with Brain Injuries

Nonprofit

519-741-5845

traverseindependence.ca

Trinity Village Care Centre, Adult Day Program

Nonprofit

519-893-6320

trinityvillage.com



HOME AND COMMUNITY SUPPORTS

Waterloo Wellington Regional Aphasia Program

Nonprofit

aphasia@sjhcg.ca

519-824-6000 ext. 4357

[sjhcg.ca/our-programs-of-care/
community-support-services/
waterloo-wellington-regional-
aphasia-program/](http://sjhcg.ca/our-programs-of-care/community-support-services/waterloo-wellington-regional-aphasia-program/)

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.

*Learn more: 519-742-1422 or
asww@alzheimerww.ca
Visit the website: alzheimerww.ca*

Ontario Health atHome 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

*Learn more: 310-2222 or
moreinfo@ontariohealthathome.ca
Visit the website:
ontariohealthathome.ca*

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*

HOME AND COMMUNITY SUPPORTS

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 and Falls Prevention Classes
- Community Dining
- Friendly Visiting and 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 CARE (PRIVATE)

AgePro

Business

team@agepro.org
519-621-3555
agepro.ca

Bayshore HealthCare

Business

kwprivate@bayshore.ca
226-215-3152
bayshore.ca/locations/bayshore-home-health-kitchener-on

Comfort Keepers of Kitchener-Waterloo

Business

905-689-2273
comfortkeepers.ca/kitchener-waterloo

Home Instead Senior Care

Business

519-571-1665
homeinstead.com

Premier Homecare Services

Business

infowaterloo@homecarephs.com
519-884-1181
premierhomecareservices.com



HOME AND COMMUNITY SUPPORTS

Promyse Home Care

Business

hello@promyse.ca
519-208-2000
promyse.ca

Right at Home Canada

Business

519-279-0888
rightathomecanada.com/
kitchenerwaterloo

Senior Homecare by Angels

Business

800-747-9500
seniorhomecarebyangels.com

Spectrum Health Care

Business

1-844-422-7399
spectrumhealthcare.com

TAMCARE Home Health - Senior Care Services

Business

contact@tamcarehomehealth.com
1-844-826-8637
tamcarehomehealth.com

Warm Embrace Elder Care

Business

info@warmbrace.ca
519-954-2480
warmbrace.ca

HOME CARE (PUBLIC)

Independent Living Waterloo Region, Attendant Services, Assisted Living, Mobile Assisted Living

Nonprofit
info@ilwr.ca
519-571-6788
ilwr.ca

Ontario Health atHome

Provincial Government
1-888-883-3313 (toll free)
ontariohealthathome.ca

HOME MAINTENANCE (PRIVATE)

The Gardener Landscape Maintenance

Business
kw@hirethegardener.com
519-893-3067
hirethegardener.com

Red Bear Lawns and Landscaping Ltd.

Business
contactus@redbearlandscaping.com
519-884-4790
redbearlandscaping.com

HOME AND COMMUNITY SUPPORTS

MEAL/GROCERY SERVICES

City of Waterloo Home Support Services - Community Dining Program

Regional Government
519-579-6930
waterloo.ca/seniors

City of Waterloo Home Support Services - Grocery Shopping

Regional Government
519-579-6930
waterloo.ca/seniors

Community Support Connections - Meals on Wheels

Nonprofit
info@cscmow.org
519-772-8787
communitysupportconnections.org/meals-on-wheels

Heart to Home Meals

Business
1-888-777-2219
hearttohomemeals.ca

instacart

Business
instacart.ca



HOME AND COMMUNITY SUPPORTS

MOVING SERVICES

Senior's Move

Business

info@seniorsmove.ca

519-841-4914

seniorsmove.ca

Tailored Transitions

Business

info@tailoredtransitions.ca

226-887-8722

tailoredtransitions.ca

T's Complete Move

Business

completetmove@gmail.com

226-820-1032

tscompletetmovesolutions.com

PET SERVICES

Elderdog

Nonprofit

elderdogkw@gmail.com

1-855-336-4226

elderdog.ca/pawds

Kitchener Waterloo Humane Society

Nonprofit

infokw@kwsphumane.ca

519-745-5615

kwsphumane.ca





HOUSING

HOUSING SUPPORTS

Community Housing Access Centre

Regional Government

housingapplication@regionofwaterloo.ca
519-575-4400
regionofwaterloo.ca/en/living-here/find-affordable-housing.aspx

LOCAL HOUSING OPTIONS

AgeCare Elmira Estate, Supportive Living

Business

elmiraestate@agecare.ca
519-669-4111
agecare.ca/communities/elmira/elmira-estate

Beechwood Manor, Independent and Assisted Living

Business

contactus@beechwoodmanor.ca
519-746-1560
beechwoodmanor.ca

Beyond Housing, Waterloo Mennonite Homes

Nonprofit

info@satellitecommunityhomes.com
519-650-5599 ext. 230
beyondhousing.ca/places-to-live/our-properties/waterloo-mennonite-homes

Chartwell Terrace on the Square Retirement Residence

Business

226-336-8943

chartwell.com/on/waterloo/terrace-on-the-square

Chartwell Clair Hills Retirement Community, Independent and Assisted Living

Business

226-336-6899

chartwell.com/on/waterloo/clair-hills

Court at Laurelwood Retirement Residence

Business

519-725-2442

aspiralife.ca/our-locations/ontario/waterloo/court-at-laurelwood-retirement-residence/

Extendicare Columbia Forest

Business

CNH_ColumbiaForest@extendicare.com

519-884-4480

extendicare.com/location/columbiaforestltc

Forest Heights Long Term Care Centre

Business

519-576-3320

forestheightsltc.ca



HOUSING

Hygate on Lexington

Business

info@hygateliving.com

519-501-1131

hygateliving.com

K-W Underhill Residential Home

Business

underhillresidential@outlook.com

519-884-7160

Lanark Village, Seniors Living

Nonprofit

519-743-0121

srseniorsliving.ca/villages/lanark-village

Luther Manor

Nonprofit

officeadministrator@luthermanor.ca

519-570-1371

luthermanor.ca

Luther Village, Life Lease, Independent and Assisted Living

Nonprofit

519-783-3712

luthervillage.org

My Owen Place

Nonprofit

jeff@owenhomes.ca

519-893-5040

owenhomes.ca/my-owens-place

Parkwood Apartment and Suites

- Independent, Assistive, and Supportive Living and Long-Term Care

Nonprofit

info@parkwoodmh.com

parkwoodmh.com

Portuguese Centre of Kitchener Waterloo, St Joseph's Place

Nonprofit

519-745-4860

Supportive Housing of Waterloo (SHOW)

Nonprofit

info@showaterloo.org

519-886-8200

showaterloo.org

Threshold Homes and Supports Inc.

Nonprofit

info@thresholdssupports.ca

519-742-3191

thresholdssupports.ca

Trinity Village Care Centre

Nonprofit

519-893-6320

trinityvillage.com



The Village at University Gates

Business

administration.ug@schlegelvillages.com
519-904-0650
schlegelvillages.com

Waterloo Heights

Business

519-886-3410
srseniorsliving.ca

The Westhill

Business

519-725-0525
sifton.com/retirement/the-westhill

Woodland Terrace

Nonprofit

519-886-1341

REGIONAL HOUSING

The Region of Waterloo is committed to making housing affordable for all because we believe communities thrive when everyone has a place to call home. To access subsidized housing, the Region manages a Centralized Wait List for subsidized rental housing units and co-operatives.

Community Housing Access Centre (CHAC)

Regional Government

housingapplication@regionofwaterloo.ca
519-575-4400
regionofwaterloo.ca/en/living-here/find-affordable-housing.aspx

Sunnyside Supportive Housing

Regional Government

519-893-8482
regionofwaterloo.ca/en/health-and-wellness/sunnyside-supportive-housing.aspx

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

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, such as a bungalow, condo, apartment, or 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 46 years of local experience, we offer worry-free, whole package seniors' services and are ready to help you!



EMAIL US FOR YOUR **FREE**
KITCHENER-WATERLOO'S
SENIOR RESIDENTIAL OPTIONS
GUIDE

FOR INQUIRIES,
PLEASE CONTACT

Dianne Stickney, REALTOR®

Paul Stickney, BROKER

519-572-7788

stickney@kwhouseandhome.com

PEAK REALTY LTD. - 519-747-0231

25 Bruce St #5, Kitchener, ON N2B 1Y4



WWW.KWHOUSEANDHOME.COM

Not intended to solicit clients already under contract.

 **PEAK**
independently owned and operated
REALTY LTD



INDIGENOUS SERVICES

Anishnabeg Outreach

Nonprofit

info@aocan.org
519-208-5333
aocan.org

Grand River Metis Council

Nonprofit

councilinfo.grmc@gmail.com
grandrivermetiscouncil.com

The Healing of the Seven Generations

Nonprofit

519-570-9118
healingofthesevengenerations.ca

KW Urban Native Wigwam Project

Nonprofit

kwunwphousing@gmail.com
519-743-5868
kwunwp.weebly.com

Métis Nation of Ontario, Ageing at Home Program

Nonprofit

442 Grey St, Brantford N3S 7N3
PattiC@metisnation.org
(705) 365-7761
metisnation.org/programs-and-services/healing-wellness/aging-at-home-program

White Owl Native Ancestry Association

Nonprofit

info@wonaa.ca
519-957-5004 (text or call)
wonaa.ca



LEGAL SERVICES

ARCH Disability Law Centre

Nonprofit

general@arch.clcj.ca

1-866-482-2724

archdisabilitylaw.ca/services/legal-services

Community Justice Initiatives of Waterloo Region, Community Mediation Services, Elder Mediation Service

Nonprofit

519-744-6549

cjiwr.com

Justice Net

Nonprofit

info@justicenet.ca

justicenet.ca

Law Society Referral Service

Nonprofit

lsrs.lso.ca/lsrs/welcome

Pro Bono Ontario

Nonprofit

1-855-255-7256

probonoontario.org/hotline

Waterloo Region Community Legal Services (WRCLS)

Regional Government

519-743-0254

wrcls.ca



SorbaraLAW
Sorbara, Schumacher, McCann LLP

SECURING YOUR FAMILY'S FUTURE
ENSURING YOUR LOVED ONES ARE TAKEN CARE OF
GIVING YOU PEACE OF MIND

Our Wills and Estates Expertise

- Elder Law Services
- Wills & Estates Planning
- Powers of Attorney
- Trusts
- Estate Administration
- Estate Litigation
- Business Succession Planning

Elikem Deley
edeley@sorbaralaw.com
519.741.8010 ext. 301

Apeksha Jain
ajain@sorbaralaw.com
365.509.2029 ext. 109

Cristina MacKenzie
cmackenzie@sorbaralaw.com
519.741.8010 ext. 303

31 Union Street East, Waterloo, ON N2J 1B8

Other Areas of Expertise at SorbaraLAW

- Family Law
- Residential Real Estate
- Employment
- Personal Injury
- Corporate and Commercial Law
- and more...

Read more on our website: www.sorbaralaw.com





RECREATION AND LEISURE

ARTS

Button Factory

Nonprofit

programs@buttonfactoryarts.ca

519-886-4577

buttonfactoryarts.ca

Canadian Clay and Glass Gallery

Nonprofit

info@theclayandglass.ca

519-746-1882

theclayandglass.ca

Canadian Embroiderers' Guild of Kitchener-Waterloo

Nonprofit

kwembroideryguild@gmail.com

<https://kwembroideryguild.wixsite.com/guildsite>

K-W Knitters Guild

Nonprofit

info@kwkg.ca

kwkg.ca

K-W Society of Artists

Nonprofit

KWSArtists@gmail.com

kwsa.ca

K-W Weavers and Spinners Guild

Nonprofit

class@kws.org

kwss.org

Arts

K-W Woodworking and Craft Centre

Nonprofit

kwccinc@gmail.com

519-279-8383

kwcc.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

wcqg.ca

Waterloo Potters Workshop

Nonprofit

hello@waterloopotters.ca

519-885-5570

waterloopotters.ca



RECREATION AND LEISURE

COMMUNITY GARDENS

Community Gardens, City of Waterloo

Local Government

gardens@waterloo.ca

waterloo.ca/en/neighbourhoods/ community-gardens.aspx

AND

waterloo.ca/gardens

The Waterloo Region Community Garden Network

Nonprofit

waterloo.region.community.

gardens@gmail.com

519-404-3505

wrcgardennetwork.ca

FEDERAL INITIATIVES

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

The Older Adult Centres' Association of Ontario is a trusted partner and recognized leader in the development of quality and relevant resources, services, and support for community-based older adult centres.

Nonprofit

sue@oacao.org

905-584-8125

oacao.org

GENERAL RECREATION AND LEISURE

Architectural Conservancy of Ontario, North Waterloo Region Branch

Nonprofit

communications.aco.nwrb@gmail.com

arconserv.ca

The Branches Yoga

Business

info@thebranchesyoga.com

519-741-9642

thebranchesyoga.com



RECREATION AND LEISURE

Brubacher House

Nonprofit

bhouse@uwaterloo.ca

519-886-3855

uwaterloo.ca/brubacher-house

City of Waterloo Museum

City of Waterloo

museum@waterloo.ca

519-885-8828

waterloo.ca/museum

K-W Aquarium Society

Nonprofit

kwasexecutive@gmail.com

kwasclub.ca

K-W Bonsai Society

Nonprofit

kwbonsaisociety@outlook.com

facebook.com/kwbonsaisociety

K-W Centre of the Royal Astronomical Society of Canada

Nonprofit

kwrasc1@gmail.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

kwhab.ca

K-W Oktoberfest

Nonprofit

info@oktoberfest.ca

519-570-4267

oktoberfest.ca

K-W Philatelic Society

Nonprofit

kwpskw@gmail.com

647-969-9550

kwstampclub.org

Mennonite Historical Society of Ontario

Nonprofit

secretary@mhso.org

mhso.org





RECREATION AND LEISURE

The Museum

Nonprofit

info@themuseum.ca
519-749-9387
themuseum.ca

Ontario Provincial Senior Games, Waterloo-Wellington District (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

Waterloo Coin Society

Nonprofit

secretary@waterloocoinsociety.com
waterloocoinsociety.com

Community Pavilion

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

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

Waterloo County Wanderers

Nonprofit

wcwanderers@gmail.com
519-894-3333
wcwanderers.com

Waterloo Historical Society

Nonprofit

whs.ca

Waterloo Horticultural Society

Nonprofit

waterloogardeners@gmail.com
waterloohort.org

Waterloo Pentecostal Assembly, Achievers 55+ Lunch

Nonprofit

office@wpa.church
519-884-0530
wpa.church/adult/achievers



RECREATION AND LEISURE

Waterloo Region Nature

Nonprofit

info@waterlooregionnature.ca
waterlooregionnature.ca

55+ Golf Program

Nonprofit

waterlooseniorsgolf.com



LOCAL RECREATION FACILITIES

Albert McCormick Community Centre

Local Government

519-885-1220
waterloo.ca/albert-mccormick

Community Adult Recreation League (CARL)

Local Government

carl@waterloo.ca
519-884-5363
waterloo.ca/carl

Local Recreation Facilities

For a detailed list of recreation programs and activities offered in Waterloo, please consult the City of Waterloo's **ActiveWaterloo Guide**: waterloo.ca/programguide

RIM Park

Local Government

519-884-5363
waterloo.ca/rimpark

Senior Active Living Centre and Community Pavilion, Waterloo

Local Government

leisureprogramming@waterloo.ca
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



RECREATION AND LEISURE

Waterloo Public Library

Offering programs and services specifically for older adults, including:

- Large Print and Audio Collections
- eBooks and Audiobooks
- Daisy Books (digital talking books)
- Alzheimer's and dementia friendly books
- Tech Connect one-on-one tech help
- Local History
- Older Adult Advisory Committee

Contact to learn more:

askus@wpl.ca

519-886-1310

wpl.ca and wpl.ca/whats-happening/older-adults/

K-W Chamber Music Society

Nonprofit

jnarveso@uwaterloo.ca

k-wcms.com

K-W Community Orchestra

Nonprofit

kwcommunityorchestra@gmail.com

519-744-2666

kwco.org

K-W Musical Productions

Nonprofit

info@kwmp.ca

kwmp.ca

Kitchener-Waterloo Chamber Orchestra

Nonprofit

info@kwchamberorchestra.ca

kwchamberorchestra.ca

Kitchener-Waterloo Little Theatre

Nonprofit

info@kwlt.org

519-886-0660

kwlt.org

Kitchener Waterloo Silver Stars

Nonprofit

kwsilverstars.ca

Kitchener-Waterloo Symphony

Nonprofit

info@kwsymphony.com

kwsymphony.com

MUSIC AND THEATRE

Conrad Grebel University College Music Events

Nonprofit

music@uwaterloo.ca

519-885-0220

uwaterloo.ca/music/events

Gilbert and Sullivan Society, Waterloo Regional Branch

Nonprofit

gswaterloo@gmail.com

gswaterloo.ca



RECREATION AND LEISURE

Noteworthy Singers

Nonprofit

nwsingers.com

Numus Concerts

Nonprofit

info@numus.on.ca

519-896-3662

numus.on.ca

Tri City Improv

Nonprofit

improv.tricity@gmail.com

tricityimprov.ca

Twin City Harmonizers

Nonprofit

guests@twincityharmonizers.com

519-222-9126

twincityharonizers.com

Waterloo Concert Band

Nonprofit

info@waterlooband.com

waterlooband.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

Heritage Greens Lawn Bowling Club

Nonprofit

info@heritagegreens.ca

519-573-4996

heritagegreens.ca

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

RECREATION CLUBS

First Baptist Church, Super Sixties Club

Nonprofit

info@fbcwaterloo.com

519-886-6530

fbcwaterloo.com



RECREATION AND LEISURE

K-W Highland Glen Camera Club

Nonprofit

hgcc@highlandglen.ca
highlandglen.ca

K-W Kennel Club

Nonprofit

kwkennelclub@gmail.com

Kitchener-Waterloo and Area Bug Club

Nonprofit

kwbugclub.org/armaturenbrett

Kitchener Waterloo Cambridge Regional Post Card Club

Nonprofit

cam_shelley@yahoo.ca

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

billdubrick@icloud.com

Preston Crokinole Club

Nonprofit

519-576-6380

nationalcrokinoleassociation.com/clubs/preston.html

Tai Chi, Fung Loy Kok Institute of Taoism

Nonprofit

1-888-824-2441

taoist.org/locations/waterloo-1/

(Messiah Evangelical Lutheran location)

taoist.org/locations/waterloo-2/

(Trillium Lutheran Church location)

Waterloo-Wellington Flying Club

Nonprofit

info@wwfc.ca

1-877-359-9932

wwfc.ca

Western Ontario Division of the National Model Railroad Association

Nonprofit

registrar@WOD-NMRA.ca

wod-nmra.ca

RECREATION AND LEISURE

REGION-LED RECREATION

Ken Seiling Waterloo Region Museum and Doon Heritage Village

Regional Government
519-748-1914
regionofwaterloomuseums.ca/en/visit/ken-seiling-waterloo-region-museum.aspx

McDougall Cottage National Historic Site

Regional Government
519-624-8250
regionofwaterloomuseums.ca/en/visit/about-mcdougall-cottage.aspx

Region of Waterloo Museums and Archives

Regional Government
waterlooregionmuseum@regionofwaterloo.ca
519-748-1914
regionofwaterloomuseums.ca/en/index.aspx

Schneider Haus National Historic Site

Regional Government
519-742-7752
regionofwaterloomuseums.ca/en/visit/about-schneider-haus.aspx

Waterloo Regional Police Chorus

Regional Government
chorus@wrps.on.ca
wrps.on.ca/en/our-community/chorus

Waterloo Regional Police Service Ceremonial Band

Regional Government
band@wrps.on.ca
wrps.on.ca/en/our-community/band





TRAINING AND EDUCATION

Please contact institutions and organizations directly to see what programs, courses, and trainings are offered.

Laurier Association for Lifelong Learning

Institution

lifelonglearning@wlu.ca
wlu.ca/lall

The Literary Group

Nonprofit

theliteracygroup@gmail.com
519-743-6090
theliteracygroup.com

Third Age Learning K-W

Nonprofit

registrar@tal-kw.ca
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



TRAINING AND EDUCATION

COMPUTER LITERACY

City of Waterloo, Age Friendly Tech Programs

Local Government

519-579-1020

waterloo.ca/seniors

Cyber-Seniors

Provincial Government

1-844-217-3057

cyberseniors.org

EnTech, University of Waterloo

Nonprofit

226-336-9684

entech.club/contact-us

Kitchener Tech Connects

Regional Government

519-741-2200 ext. 2382

kitchener.ca/recreation-and-sports/seniors/kitchener-tech-connects

K-W Access-Ability, PHIRST LINK

Nonprofit

info@kwaccessability.ca

519-885-6640

kwaccessability.ca/phirst-link

Waterloo Public Library Tech Help

Regional Government

519-886-1310

wpl.ca/services/tech-help



independent living
waterloo region

Direct Funding Program Self-Managed Attendant Services

Direct Funding is an innovative, Ontario-wide program that funds adults with permanent physical disabilities to become employers of their own attendants.

choice

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control

Receive funding to hire and manage your own attendants

flexibility

Schedule your attendants when and where you like: at home, at work, at school or in community

www.ilwr.ca/direct-funding



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TRANSPORTATION

ACCESSIBLE TRANSIT

Grand River Transit, MobilityPlus
Regional Government
Eligibility for specialized services:
519-585-7507 ext. 7345
grt.ca/en/rider-information/eligibility.aspx
Using specialized services:
519-744-2241
grt.ca/en/rider-information/using-specialized-services.aspx

**Wheelchair Accessible Services,
Golden Triangle Taxi**
Business
info@goldentriangletaxi.com
519-621-1211 or 519-740-2222
goldentriangletaxi.com

CAR SHARES

Communauto
Cooperative
1-855-742-7399
ontario.communauto.com

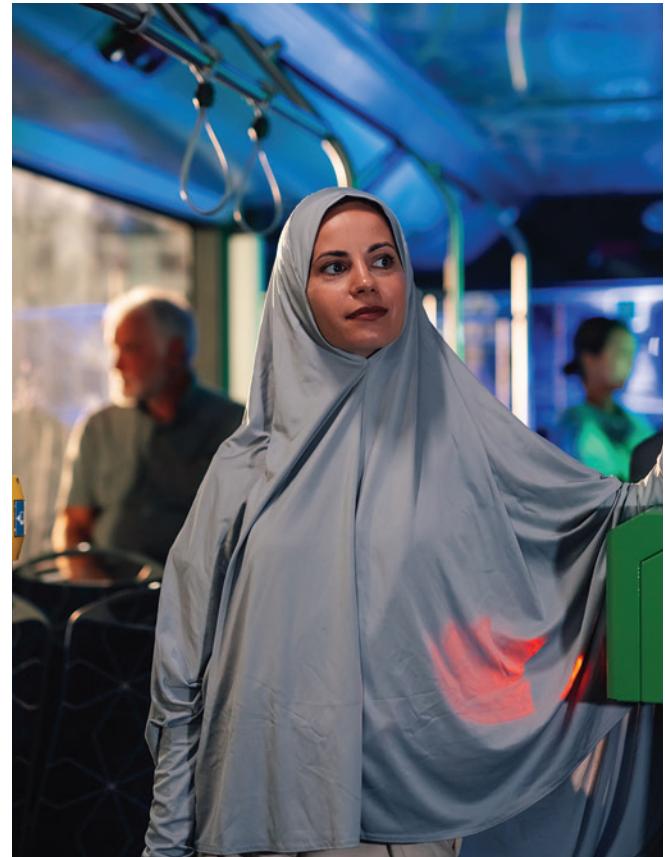
GENERAL SERVICES

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

LOCAL/REGIONAL TRANSIT

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

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





TRANSPORTATION

MEDICAL TRANSIT

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

ONE Transportation
Business
one@onetransportation.ca
519-572-7315
onetransportation.ca

VoyaGo
Business
519-455-4579
1-855-263-7163
(24-Hour Customer Service)
voyago.ca

SUPPORTS

Accessible Parking Permits
1-800-387-3445
ontario.ca/page/get-accessible-parking-permit

GRT Affordable Transit Program
519-883-2100 ext. 3
grt.ca/en/fares-passes/affordable-transit-program.aspx

GRT Veterans' Transit Pass
519-585-7597 ext. 7347
grt.ca/en/fares-passes/veterans.aspx





TRANSPORTATION

Senior Driver Renewal Program

Once you turn 80, you need to renew your driver's licence every 2 years
1-800-396-4233
ontario.ca/page/renew-g-drivers-licence-80-years-and-over

TaxiScrip, Taxi Coupons

Regional Government
519-585-7597 ext. 7347
grt.ca/en/rider-information/taxicoupons.aspx

Wheels of Hope, Canadian Cancer Society

Nonprofit
transportation@cancer.ca
1-888-939-3333
cancer.ca/en/living-with-cancer/how-we-can-help/transportation

TRANSIT EDUCATION

Grand River Transit Travel Training

Regional Government
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
secretary@grandriverlodge.ca
grandriverlodge.ca

**Association of Kin Clubs, Kinsmen
and Kinette Clubs 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

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

IODE
Nonprofit
iodeontario@gmail.com
905-522-9537
iodeontario.ca



SERVICE CLUBS

Kiwanis International, The Kiwanis Club of Kitchener-Waterloo

Nonprofit

kwkiwanisclub@gmail.com

kwkiwanis.org

Knights of Columbus, Waterloo Council 5135

Nonprofit

manager@

waterlooknightsofcolumbus.com

519-884-2060

waterlooknightsofcolumbus.com

Lions Clubs International, Waterloo Lions

Nonprofit

waterloo@q15lions.org

e-clubhouse.org/sites/waterloo

May Court Club of Kitchener-Waterloo

Nonprofit

info@maycourtclubofkw.org

519-745-4412

maycourtclubofkw.org

National Service Dogs

Nonprofit

info@nsd.on.ca

519-623-4188

nsd.on.ca

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



Looking for opportunities to get involved?



Over 100 roles and positions to support your community and build connections await you!



🌐 www.VolunteerWR.ca

✉️ info@volunteerwr.ca

📞 519-742-8610

Office hours: Mon – Thurs 9:00 – 4:00



SERVICE CLUBS

Optimist Clubs, K-W Optimist Club

Nonprofit

thekwoptimistclub@gmail.com
519-885-1119
kwoptimist.org

Optimist Clubs, Optimist Club of Lakeshore Village

Nonprofit

club46.121@gmail.com

Probus Club of Kitchener-Waterloo

Nonprofit

kwprobusca@gmail.com
kwprobus.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

airmail@404wing.ca
519-884-1272
404wing.ca

Royal Canadian Legion Br. 530 - Waterloo

Nonprofit

contact@waterloolegion.com
519-886-4790
waterloolegion.com

Sertoma Clubs, Kitchener-Waterloo Sertoma

Nonprofit

kwsertoma@gmail.com
519-743-9725
kwsertoma.ca

Women's Probus club Kitchener Westmount

Nonprofit

info@wprobuskw.ca
wprobuskw.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.

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