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AGEING WELL **WATERLOO**



Age-Friendly
Waterloo

THE CITY OF
Waterloo

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

WOULDN'T

[YOUR AD]

LOOK GREAT
RIGHT HERE?

Get your business or activity visible!

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



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

A WARM **THANK YOU**

to all who made this possible

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

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

And a big Thank You to our sponsors for supporting the development and printing of this directory:



WELCOME FROM **THE MAYOR**



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

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

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

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

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

DOROTHY MCCABE
Mayor, City of Waterloo

A handwritten signature in black ink that reads "Dorothy McCabe". The signature is written in a cursive, flowing style.

AGE-FRIENDLY WATERLOO COMMITTEE

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

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

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

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

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



Senior of the Year

Each year, Waterloo's Age-Friendly Multi-Agency Committee presents Waterloo's Senior of the Year award to honour one local 65+ person who has made outstanding contributions to the community.



USING THIS DIRECTORY

The City of Waterloo's Ageing Well Directory was created to help older adults (people aged 55+) in Waterloo access information on older adult focused services, programs, and amenities. This directory functions as a "one-stop-shop" for residents looking for information on housing, home support, health services, recreation and leisure, social and cultural supports, and much more.

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

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

private businesses, and nonprofit organizations.

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

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

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

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

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

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CULTURAL & SOCIAL SUPPORTS

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

ASSOCIATIONS

African-Canadian Association of Waterloo Region and Area

Nonprofit

info@africancanadianassociation.com

519-904-2794

africancanadianassociation.com

Alpine Club

Nonprofit

info@alpineclub.ca

519-744-1521

alpineclub.ca

Armenian Community Centre of Cambridge

Nonprofit

armeniancentrecambridge.org

Association des Francophones de Kitchener Waterloo

Nonprofit

coordonnatrice@afkw.org

519-746-0337

afkw.org

Association of Concerned Guyanese

Nonprofit

519-746-3828

Association of Liberian Immigrants in Kitchener Environs

Nonprofit

alike.org@gmail.com

226-700-0769

alike.care

Bosnian Community Association KWGC

Nonprofit

facebook.com/

BosanskaZajednicaKWGC

Brahmarishi Mission, Yoga and Hindu Temple

Nonprofit

519-579-1486

brahmishimission.org

Cambridge Chinese Community Centre

Nonprofit

info@camchinese.org

camchinese.org

Cambridge Muslim Association

Nonprofit

farooqmasjid@outlook.com

519-623-0568

cambridgemuslimsociety.org



CULTURAL & SOCIAL SUPPORTS

Canadian Polish Congress Kitchener District

Nonprofit

jurek.orlowski@gmail.com

519-896-6280

kpk.org/kitchener

Caribbean Canadian Association of Waterloo Region

Nonprofit

info@ccawr.ca

1-888-306-7772 (toll free)

ccawr.ca

Central Ontario Chinese Cultural Centre

Nonprofit

info@coccc.net

519-576-6168

coccc.net

Concordia Club

Nonprofit

mail@concordiaclub.ca

519-745-5617

concordiaclub.ca

Continental German Canadian Club

Nonprofit

519-658-5583

Cooperative Council of German Canadian Clubs of the Waterloo Region

Nonprofit

ggriebenow@rogers.com

519-884-0332

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

Nonprofit

ustredi@cssk.ca

cssk.ca

East Indian Ladies Club of Waterloo Region

Nonprofit

519-888-0452

Ethiopian Association of K-W & Surrounding Areas

Nonprofit

info@ethiokw.com

519 575 3933

ethiokw.com

Germane Canadian Congress, Ontario

Nonprofit

519-571-8980

Grand River Malayalee Association

Nonprofit

secretary.grma@gmail.com

malayali.ca



CULTURAL & SOCIAL SUPPORTS

Gujarati Cultural Association of the Golden Triangle

Nonprofit
gcakw.org

India-Canada Association Waterloo Region

Nonprofit
hello@icawaterloo.com
icawaterloo.com

Irish Real Life Festival

Nonprofit
info@irishreallifekw.com
irishreallifekw.com

Italian Cortina Club

Nonprofit
info@cortinaclub.org
519-894-3852

K-W Mayan Group

Nonprofit
javan@golden.net

Kitchener Portuguese Club Inc.

Nonprofit
kpci@kitchenerportugueseclub.com
519-579-6960
kitchenerportugueseclub.com

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 Social Services Waterloo Region

Nonprofit
info@muslimsocialserviceskw.org
519-772-4399 x 2707
muslimsocialserviceskw.org

Muslim Society of Waterloo and Wellington Counties

Nonprofit
admin@waterloomasjid.com
519-886-8470
waterloomasjid.com

Polish Alliance of Canada

Nonprofit
polishalliance.ca

Polski Dom

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



CULTURAL & SOCIAL SUPPORTS

Queen Helena Canadian-Croatian Cultural & Charitable Society

Nonprofit

info@kjfolklore.com

kjfolklore.com

Salvadorian Canadian Community of Waterloo Region

Nonprofit

sccwr@yahoo.ca

facebook.com/sccwr

Shamrose for Syrian Culture

Nonprofit

shamrosesyria@gmail.com

shamrose.ca

Somali Canadian Association of Waterloo Region

Nonprofit

519-772-4399 ext. 3570

scawr.ca

Tamil Cultural Association of Waterloo Region

Nonprofit

mail@tamilculturewaterloo.org

tamilculturewaterloo.org

The Kitchener Schwaben Club

Nonprofit

schwaben@

kitchenerschwabenclub.com

519-742-7979

kitchenerschwabenclub.com

Trinidad Social Organization

Nonprofit

519-658-4970

Turkish Society of Waterloo Region

Nonprofit

519-725-5630

turkishsocietyofwaterlooregion.

wordpress.com

Ukrainian Catholic Centre

Nonprofit

519-745-6951

United Empire Loyalists Association of Canada, Grand River Branch

Nonprofit

uelac.ca/branches

United Filipino-Canadian Society of Waterloo Region

Nonprofit

519-577-9629

Waterloo Region Chinese Canadian Association

Nonprofit

inquiry@waterloocca.com

waterloocca.com

CULTURAL & SOCIAL SUPPORTS

SOCIAL SERVICES

Ageing With Pride - Waterloo Wellington

Nonprofit

info@ourspectrum.com

226-779-9695

ourspectrum.com

Coalition of Muslim Women Kitchener-Waterloo

Nonprofit

cmw.info@cmw-kw.org

226-499-2269

cmw-kw.org

Family and Children Services of the Waterloo Region

Nonprofit

Immediate Assistance: 519-576-0540

facswaterloo.org

Focus for Ethnic Women

Nonprofit

admin@few.on.ca

few.on.ca

Kitchener Waterloo Immigration Partnership

Nonprofit

519-575-4757 ext. 3172

immigrationwaterlooregion.ca

Kitchener-Waterloo Multicultural Centre

Nonprofit

home@kwmulticultural.ca

519-745-2531

kwmulticultural.ca

Lutherwood

Nonprofit

519-884-7755

lutherwood.ca



CULTURAL & SOCIAL SUPPORTS

Reception House Waterloo Region

Nonprofit

519-743-0445 or 519-743-2113

receptionhouse.ca

Women's Crisis Services

Nonprofit

Crisis Line (KW) : 519-742-5894

Head Office: 519-741-9184

wcswr.org

House of Friendship of Kitchener, Community Services

Nonprofit

519-742-8327

admin@houseoffriendship.org

houseoffriendship.org

Ageing With Pride - SPECTRUM Waterloo Wellington

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

For more information contact info@ourspectrum.com, phone 226-779-9695, or visit ourspectrum.com





FINANCIAL SUPPORTS

GOVERNMENT SUPPORT

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

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

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

FINANCIAL SUPPORTS

Low Income Energy Assistance Program

Provincial Government

519-883-2100 *Select Option 1
oeb.ca/consumer-information-and-protection/bill-assistance-programs/
low-income-energy-assistance-program

Ontario Electricity Support Program

Provincial Government

help@ontarioElectricitySupport.ca
1-855-831-8151
ontarioelectricitysupport.ca

Ontario Works, Discretionary Benefits- Waterloo Office

Regional Government

regionalclerk@region.waterloo.on.ca
519-740-5700; 519-883-2100
regionofwaterloo.ca/en/living-here/
ontario-works.aspx



OTHER SUPPORT

Camino Wellbeing + Mental Health

Nonprofit

info@caminowellbeing.ca
519-743-6333
caminowellbeing.ca

KW Poppy Fund

Nonprofit

kwpoppyfund@bellnet.ca
519-885-1001
canadahelps.org/en/charities/k-w-
poppy-fund

National Association of Federal Retirees - KW and District Branch

Nonprofit

service@federalretirees.ca
519-742-9031 (answering machine)
federalretirees.ca

March of Dimes Canada, Home and Vehicle Modification Program

Nonprofit

hvmv@marchofdimes.ca
1-877-369-4867
marchofdimes.ca

FOOD BANKS & HAMPERS

*The following listings provide emergency food hampers to citizens in need.
Please contact the organizations directly to see what days and time food hampers are provided.*

House of Friendship of Kitchener, Community Services, Emergency Food Hamper Program

Nonprofit

admin@houseoffriendship.org

519-742-8327 x 2

houseoffriendship.org

The Society of St. Vincent De Paul, Kitchener Particular Council, Our Lady of Lourdes Church

Nonprofit

lourdeswaterloo@rogers.com

519-886-0342

ourladyoflourdeschurchwaterloo.
com/about-us

The Food Bank of Waterloo Region

Nonprofit

info@thefoodbank.ca

519-743-5576

thefoodbank.ca

The Society of St. Vincent De Paul, Kitchener Particular Council, St Agnes Church

Nonprofit

office@saintagnescatholicchurch.org

519-504-8399

saintagnescatholicchurch.org

The Salvation Army, Community and Family Services

Nonprofit

kccfccadmin@salvationarmy.ca

519-745-4215

sakw.ca

The Society of St. Vincent De Paul, Kitchener Particular Council, St Michael's Church

Nonprofit

stmichaelssvp@gmail.com

519-747-1090

stmichaelw.ca/st-vincent-depaul





HEALTH & WELLNESS

RIA RESEARCH
INSTITUTE
for AGING

Schlegel • UWaterloo • Conestoga

Enhancing Life

Enhancing the **care** and **quality** of
life for **older adults** everywhere

Explore aging research at the-ria.ca



info@the-ria.ca | the-ria.ca | 519.904.0660

Registered Charitable Business Number: 84147 1212 RR0001



linkedin.com/company/schlegeluwria



@SchlegelUW_RIA



Fb.me/SchlegelUWRIA



youtube.com/SchlegelUWRIA



Hear CANADA

BETTER HEARING STARTS HERE.



Book a FREE Hearing Test!*

1-866-897-5489

94 Bridgeport Road East, Unit 3, Waterloo



* Not applicable on third party claims.



Sound of the **New Age**

HearCANADA.com



HEALTH & WELLNESS

ACCESSIBILITY AIDS

Silver Cross, recycled and new medical equipment

Business

kitchener@silvercross.com

519-577-5546

www.silvercrossstores.com

Wilder Medical Mobility Ltd

Nonprofit

sales@wilder mobility.com

519-888-0618

wilder mobility.com

MENTAL HEALTH

Camino Wellbeing + Mental Health

Nonprofit

info@caminowellbeing.ca

519-743-6333

caminowellbeing.ca

Geriatric Services, Canadian Mental Health Association, Waterloo Wellington

Nonprofit

1-844-264-2993

cmhaww.ca/programs-services/

intensive-geriatric-services

Here 24/7 - Addictions, Mental Health and Crisis Services Waterloo-Wellington

Nonprofit

Crisis Line: 1-844-437-3247 or

1-877-688-5501 (TTY)

Office use: 1-844-264-2993

here247.ca

FOOT CARE

Complete Foot Care

Business

info@completefootcarebynurses.ca

519-500-0682

completefootcarebynurses.ca

Dr. Stephen Hoke, Podiatrist

Business

519-885-1511

Feet on the Go

Business

kaye@feetonthego.com

519-654-6363

feetonthego.com

Foot Works

Business

519-888-6274

footworkschiroprodyclinic.com



HEALTH & WELLNESS

Janet Harmer, RN

Business

janet.harmer@yahoo.com

519-578-4811

Podiatric Consultants

Business

519-576-8960

podiatricconsultants.ca

Waterloo Foot Clinic

Business

info@waterloofootclinic.com

519-884-3668

waterloofootclinic.com

GRAND RIVER HOSPITAL

Grand River Hospital, Freeport Site, Geriatric Assessment & Neurobehavioural Unit

Nonprofit

519-749-4300 ext. 8313

grhosp.on.ca

Grand River Hospital, Freeport Site, Communication and Technology Clinic

Nonprofit

519-749-4300 ext. 7278

grhosp.on.ca

Grand River Hospital, Freeport Site, Mental Health Unit

Nonprofit

519-749-4300 ext. 7165

grhosp.on.ca

Grand River Hospital, Freeport Site, Occupational Therapy

Nonprofit

519-749-4300 ext. 5551

grhosp.on.ca

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

Nonprofit

519-749-4300 ext. 8340

grhosp.on.ca

Grand River Hospital, Freeport Site, Prosthetic and Orthotic Clinic

Business

519-749-4300 ext. 7860

grhosp.on.ca

Grand River Hospital, KW Site, Nutrition Counselling

Nonprofit

519-749-4300 ext. 2630

grhosp.on.ca



HEALTH & WELLNESS

Grand River Hospital, KW Site, Health Care Centre Pharmacy

Nonprofit

519-749-4227

grhosp.on.ca

Hear Canada

Business

info@hearcanada.com

519-340-3622

hearcanada.com

HEARING HEALTH

Serenity Hearing Health & Wellness

Business

519-886-2416

serenityhearing.ca

Canadian Hearing Society, Waterloo

Nonprofit

info@chs.ca

1-866-518-0000

chs.ca

Complete Hearing Health Ltd

Business

waterloo@arnoldhearing.ca

519-896-2654

completehearing.ca

Connect Hearing

Business

519-744-4321

connecthearing.ca

DENTURISTS

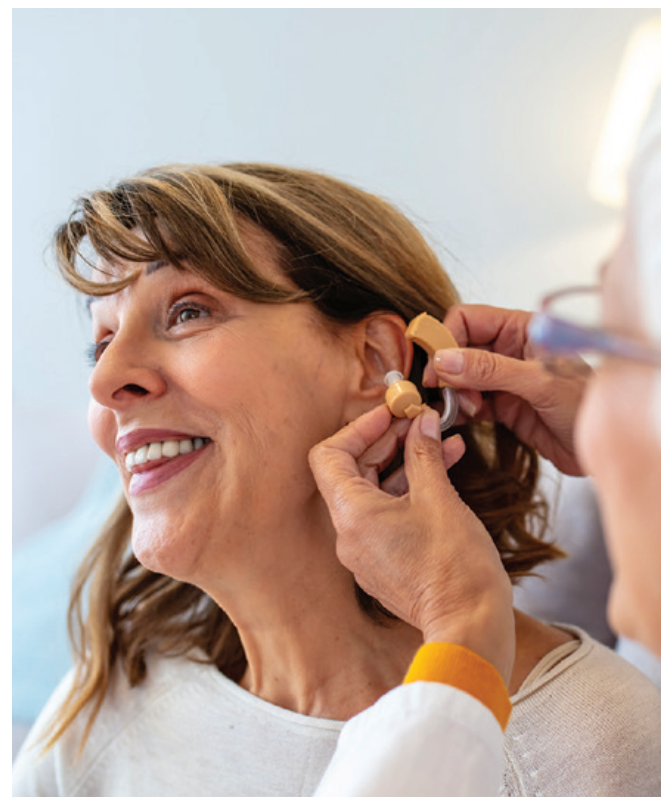
Mobile Denture Clinic- Denture Specialist Services

Business

erikdent@aol.com

226-606-5486

mobiledenturist.com





HEALTH & WELLNESS

HOSPICE SERVICES

Hospice of Waterloo Region offers the following services:

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

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

IN-HOME NURSING

CarePartners

Business

info@carepartners.ca

519-746-7600

519-804-1154 (physio clinic)

carepartners.ca

Closing the Gap Health Services

Business

1-877-560-0202

closingthegap.ca

ParaMed Home Healthcare Services

Business

519-904-1200

paramed.com

Home Instead, Kitchener-Waterloo

Business

519-571-1665

homeinstead.ca/location/3007

Promyse Home Care

Business

hello@promyse.ca

519-208-2000

www.promyse.ca



HEALTH & WELLNESS

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

Business

519-742-7054

nursenextdoor.com/locations/kitchener-on/#

Right at home, Kitchener & Waterloo

Business

519-279-0888

rightathomecanada.com/kitchenerwaterloo

OPTOMETRY

University of Waterloo, School of Optometry, Optometry Clinic

Nonprofit

519-888-4062 ext. 84062 (main clinic)

519-888-4414 ext. 84414 (contact lens clinic)

519-888-4708 ext. 84708 (low vision clinic)

wei.uwaterloo.ca



PARISH NURSES

Mt Zion Evangelical Lutheran Church, Parish Nurse

Nonprofit

pnchristine@hotmail.com

519-886-5820

mzlc.ca

PHARMACIES

** Denotes a compounding pharmacy*

Beechwood Wellness Pharmacy

Business

7-420 Erb St W, Waterloo

beechwoodwellnesspharmacy@gmail.com

519-884-1025

Cook's Pharmacy*

Business

520 University Ave. W, Waterloo

519-744-2200

KW Guardian Pharmacy*

Business

65 University Ave E, Waterloo

519-746-6133



HEALTH & WELLNESS

Northfield Pharmacy

Business

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

Pharmasave

Business

pharmasave.com

Locations:

50 Westmount Road N. Waterloo*
519-886-7670
170 University Ave. Waterloo*
519-886-2420

Rexall - Pharma Plus

Business

rexall.ca

Locations:

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

Schill's Remedy's Rx

Business

570 University Ave E, Waterloo
519-886-5925
remedys.ca

Shoppers Drug Mart

Business

shoppersdrugmart.ca

Locations:

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

Sobeys Pharmacy

Business

sobeys.com

Locations:

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

Total Health Pharmacy*

Business

373 Bridge St W, Waterloo
519-747-0320



HEALTH & WELLNESS

The Health Depot

Business

1-855-844-2242

thehealthdepot.ca

University Pharmacy*

Business

240 King St. N, Waterloo

info@kwuniversitypharmacy.ca

519-885-2530

myrxhealth.ca/kwup

Zehrs Pharmacy

Business

zehrs.ca/pharmacy

Locations:

315 Lincoln Rd, Waterloo

519-885-5116

555 Davenport Rd, Waterloo*

519-746-5534

450 Erb St. W, Waterloo*

519-886-4900

The Health Depot

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





HEALTH & WELLNESS

PROVINCIAL COVERAGE

Health811

Provincial Government

1-886-797-0007

health811.ontario.ca

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

Provincial Government

1-866-532-3161

health.gov.on.ca

SPECIALIZED SERVICES

Active Wellness

Business

info@activewellness.ca

519-886-5402

activewellness.ca

Advantage Physiotherapy/ Physiotherapy Centre

Business

admin@advantagephysio.com

519-742-5482

advantagephysio.com

Arthritis Society, Kitchener

info@on.arthritis.ca

519-743-4141

uppergrandfht.org/arthritis-clinic

Back Works Spinal and Sports Rehabilitation

Business

reception@backworksphysiotherapy.ca

519-746-8172

backworksphysiotherapy.ca

Brain Injury Association Waterloo-Wellington

Nonprofit

program@biaww.com

226-747-6246

biaww.org

CBI Health, Waterloo

226-215-3249

cbihealth.ca/locations/waterloo-home-health

Community Healthcaring Kitchener- Waterloo, Refugee Health Clinic

Nonprofit

info@healthcaringkw.org

226-336-1321

healthcaringkw.org

Health811

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



HEALTH & 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

DMA Rehability

Business

info@dmarehab.com

1-866-309-0046

dmarehability.com

Heart and Stroke Foundation of Ontario, Waterloo Region

Nonprofit

519-571-9600

heartandstroke.ca

K-W Access-Ability

Nonprofit

519-885-6640

kwaccessability.ca

K-W Access-Ability, PHIRST LINK

Nonprofit

rflaming@kwaccessability.ca

519-885-6640

kwaccessability.ca

Independent Living Centre of Waterloo Region, Community Support Services

Nonprofit

info@ilcwr.org

519-571-6788

ilcwr.org

Leading Edge Physiotherapy Centre

Business

lepc@on.aibn.com

519-893-4363

leadingedgephysio.yp.ca

March of Dimes - Stroke Recovery Canada - KW Chapter

Nonprofit

afterstroke@marchofdimes.ca

1-888-540-6666

afterstroke.ca

Multiple Sclerosis Society of Canada

Nonprofit

info@mscanada.ca

1-800-268-7582

mscanada.ca

Shelley Read, Therapist, Aging Well Consultant

Business

sreadtherapist@gmail.com

226-339-2218

sreadtherapy.com



HEALTH & WELLNESS

campusphysio.com

Business

sos-physio-campus@rogers.com

519-884-0767

campusphysio.com

St Mary's General Hospital, Regional Cardiac Care Centre

Nonprofit

519-749-6578

smgh.ca/areas-of-care/cardiac-care

St John's Kitchen

Nonprofit

sjk@theworkingcentre.org

519-745-8928

519-743-1151 (admin)

theworkingcentre.org

Sunbeam Community & Developmental Services

Nonprofit

519-893-6200

sunbeamcentre.com

VOR Physiotherapy

Nonprofit

vor.physio@gmail.com

519-208-0150

vorphysio.com

Waterloo Region Cardiac Rehab Foundation

Nonprofit

hardyhearts@uwaterloo.ca

519-742-6062

Waterloo Sports Medicine Centre

Business

519-746-2220

wsm.ca

Waterloo Region Palliative Care/ Pain and Symptom Management

Nonprofit

wwregionalcancerprogram@grhosp.
on.ca

grhosp.on.ca



Volunteer
WATERLOO REGION

Where **Volunteering** and **Community** Meet

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

Find us at:

VolunteerWR.ca

You can also contact us directly via:

Email: info@volunteerwr.ca

Phone: 519-742-8610

Office: 1454 King Street East, Unit 3, Kitchener

Office Hours: Monday–Thursday, 9am – 4pm



HEALTH & WELLNESS

Healthline

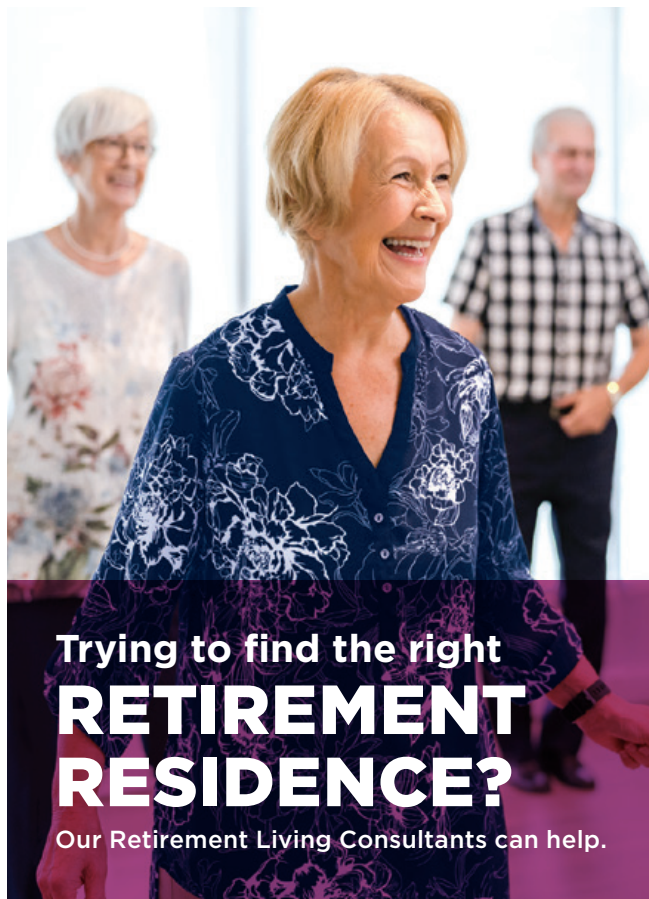
www.healthline.ca is a comprehensive website that puts accurate and up-to-date information about health services at the fingertips of consumers and health care providers across the Waterloo Wellington region of Ontario. Healthline has over 3000 service listings.

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

Caredove

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

For more information visit caredove.com/wwcss



 **CLICK** Chartwell.com

 **CALL** 1-844-727-8679

 **VISIT** a Chartwell near you

CHARTWELL BANKSIDE

71 Bankside Drive, Kitchener

CHARTWELL WESTMOUNT

190 David Bergey Drive, Kitchener

CHARTWELL CLAIR HILLS

530 Columbia Street West, Waterloo

CHARTWELL TERRACE ON THE SQUARE

100 Caroline Street South, Waterloo



CHARTwell



Medical Centre at the Boardwalk

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

A Body in Motion Rehabilitation.....	519-578-4000
Anita’s Skin Care Spa	519-571-1010
The Boardwalk Pharmacy	519-578-3000
Cardio Pulmonary Services	519-741-5252
Fit For Life	519-585-1828
Healthy Feet KW	519-279-1114
Hearing & Tinnitus Centre.....	519-208-0233
Juno Fertility.....	226-647-8020
Life Labs.....	1-877-849-3637
Medical Imaging	519-576-8760
Occupational Health.....	519-893-2889
Qualia Counselling Services	519-742-0500
Tooth Works	519-743-9888
Travel Clinic	519-585-0100
TRIO Reproductive Care.....	519- 585-1796
Vision Care Clinic.....	519-885-2701



HOME & COMMUNITY SUPPORTS

SPECIALIZED PROGRAMS

Adults in Motion

Nonprofit

kitchener@adultsinmotion.org

519-577-3723

adultsinmotion.org

Alzheimer Society of Waterloo Wellington

Nonprofit

asww@alzheimerww.ca

519-742-1422

alzheimerww.ca

Vulnerable Persons Registry

Nonprofit

info@vulnerablepersonsregistry.ca

519-886-9150

vulnerablepersonsregistry.ca

Conversation Group

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/)

City of Waterloo, Senior Day Program

Regional Government

519-579-6930

waterloo.ca/seniors

K-W Seniors Day Program

Nonprofit

519-888-6356

k-wseniorsdayprogram.ca

Sunnyside Community Alzheimer Program

Regional Government

519-893-8482 ext. 6289

[regionofwaterloo.ca/en/health-and-
wellness/dementia-services.aspx](http://regionofwaterloo.ca/en/health-and-wellness/dementia-services.aspx)

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.



HOME & COMMUNITY SUPPORTS

Trinity Village Care Centre, Adult Day Program

Nonprofit

rlithgow@trinityvillage.com

519-893-6320 ext. 235

trinityvillage.com

Traverse Independence, Day Programs for Adults with Brain Injuries

Nonprofit

519-741-5845

traverseindependence.ca

HOME CARE (PUBLIC)

Home and Community Care Support Services- Waterloo Wellington

Provincial Government

1-888-883-3313 (toll free)

519-748-2222

healthcareathome.ca/ww/en

Independent Living Centre of Waterloo Region, Attendant Services, In-Home Respite

Nonprofit

info@ilcwr.org

519-571-6788

ilcwr.org

The **Home and Community Care Support Services** connects citizens with care at home and in the community.

They can assist with the following services:

- Finding a Family Doctor
- Homecare services
- Specialized nursing care
- Information on day programs, assisted living, supportive housing, retirement homes, and long-term care
- Manages intake for long-term care homes

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 & 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 & Falls Prevention Classes
- Community Dining
- Friendly Visiting & Reassurance Calls
- Caregiver Support

For more information visit communitysupportconnections.org. To contact CSC call 519-772-8787 or email them at info@cscmow.org

HOME CARE (PRIVATE)

Comfort Keepers of Kitchener-Waterloo

Business

kitchenerwaterloo@comfortkeepers.ca
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

Promyse Home Care

Business

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

Senior Homecare by Angels

Business

800-747-9500
seniorhomecarebyangels.com

Seniors for Seniors

Business

1-844-422-7399
seniorsforseniors.ca

Warm Embrace Elder Care

Business

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

HOME & COMMUNITY SUPPORTS

TAMCARE Home Health - Senior Care Services

Business

contact@tamcarehomehealth.com

1-844-826-8637

tamcarehomehealth.com

HOME MAINTENANCE (PRIVATE)

Empower Home Cleaning

Business

519-998-0855

[showaterloo.org/programs/
empower-cleaning](http://showaterloo.org/programs/empower-cleaning)

Red Bear Lawns & Landscaping Ltd.

Business

contactus@redbearlandscaping.com

519-884-4790

redbearlandscaping.com

The Gardener Landscape Maintenance

Business

kw@hirethegardener.com

519-893-3067

hirethegardener.com



HOME & COMMUNITY SUPPORTS

MEAL/GROCERY SERVICES

City of Waterloo Home Support Services - Grocery Shopping

Regional Government

519-579-6930

waterloo.ca/seniors

City of Waterloo Community Dining Program

Regional Government

519-579-6930

waterloo.ca/seniors

Grocery Gateway

Business

905-564-8778

grocerygateway.com

Heart to Home Meals

Business

1-866-933-1516

hearttohomemeals.ca

Insta Cart

Business

help@instacart.com

1-888-508-1922

instacart.ca

Walmart Click and Collect

Business

walmart.ca/en/grocery/fulfillment

Zehrs Click and Collect

Business

1-866-541-6315

zehrs.ca



HOME & COMMUNITY SUPPORTS

MOVING SERVICES

Senior's Move

Business

info@seniorsmove.ca

519-841-4914

seniorsmove.ca

T's Complete Move

Business

completemove@gmail.com

226-820-1032

tscompletemovesolutions.com

PET SERVICES

Kitchener Waterloo Humane Society

Nonprofit

infokw@kwsphumane.ca

519-745-5615

kwsphumane.ca

Pet Helpers of Ontario

Nonprofit

johndunbar@execulink.com

519-749-9325



LOCAL HOUSING OPTIONS

Beechwood Manor, Assisted Living

Business

office@beechwoodmanor.ca

519-746-1560

beechwoodmanor.ca

Beechwood Manor, Independent Living

Business

office@beechwoodmanor.ca

519-746-1560

beechwoodmanor.ca

Chartwell Terrace on the Square Retirement Residence

Business

226-336-8943

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

Civitan Apartments

Nonprofit

519-886-2220

Clair Hills Retirement Community, Assisted Living

Business

226-336-6899

chartwell.com/on/waterloo/clair-hills

Clair Hills Retirement Community, Independent Living

Business

226-336-6899

chartwell.com/on/waterloo/clair-hills

Columbia Forest Long Term Care Centre

Business

columbiaforest@reveraliving.com

519-884-4480

reveraliving.com/find-a-residence/
ontario/waterloo/columbia-forest

Court at Laurelwood Retirement Residence

Business

519-725-2442

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

Older Adult Housing Directory

For detailed information on housing options in Waterloo, please refer to the
City of Waterloo's Older Adult Housing Directory.

The Directory can be found here: [waterloo.ca/en/government/resources/
Documents/Cityadministration/Older-Adults-Housing-Directory.pdf](http://waterloo.ca/en/government/resources/Documents/Cityadministration/Older-Adults-Housing-Directory.pdf)



HOUSING

Forest Heights Long Term Care Centre

Business

519-576-3320

reveraliving.com/find-a-residence/ontario/kitchener/forest-heights

K-W Underhill Residential Home

Business

underhillresidential@outlook.com

519-884-7160

Luther Manor

Nonprofit

luthermanor@rogers.com

519-570-1371 (office)

Lutherwood, Seniors Services, Luther Village on the Park, Life Lease

Nonprofit

info@luthervillage.org

519-783-3710

luthervillage.org

Luther Village on the Park, Sunshine Centre (Assisted Living)

Nonprofit

info@luthervillage.org

519-783-3710

luthervillage.org

My Owen Place

Nonprofit

myop@owengroup.ca

519-893-5040

owenhomes.ca

Parkwood Suites, Assisted Living

Nonprofit

info@parkwoodmh.com

519-885-4810

parkwoodmh.com

Parkwood Garden Homes, Independent Living Apartments

Nonprofit

info@parkwoodmh.com

519-885-4810

parkwoodmh.com

Parkwood Suites, Long-term Care

Nonprofit

info@parkwoodmh.com

519-885-4810

parkwoodmh.com

Parkwood Suites, Supportive Living

Nonprofit

info@parkwoodmh.com

519-885-4810

parkwoodmh.com

HOUSING

Portuguese Centre of Kitchener Waterloo, St Joseph's Place

Nonprofit

519-745-4860

Threshold Homes and Supports Inc.

Nonprofit

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

The Westhill

Business

yvonne.seguin@westhill.sifton.com

519-725-0525

westhill.sifton.com

Waterloo Heights

Business

519-886-3410

srseniorsliving.ca

Beyond Housing Waterloo Mennonite Homes

Nonprofit

info@satellitecommunityhomes.com

519-650-5599

beyondhousing.ca

Woodland Terrace

Nonprofit

519-886-1341



Is It Time For A Move?

Have you considered selling your property and moving into accommodations that better suit your current needs?

Consider downsizing to a smaller property, a bungalow, a condo, an apartment, or a retirement residence.

We have a special offer exclusively for Seniors.

Choose one of the following offers when you list with us:

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

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



**FOR INQUIRIES,
PLEASE CONTACT**

Dianne Stickney, REALTOR®

Paul Stickney, BROKER

519-572-7788

stickney@kwhouseandhome.com

PEAK REALTY LTD. - 519-747-0231

410 Conestogo Rd. Waterloo, ON N2L 4E2



WWW.KWHOUSEANDHOME.COM

Not intended to solicit clients already under contract.

 **PEAK**
independently owned and operated
REALTY LTD

HOUSING

REGIONAL HOUSING

82 & 84 Wilson Avenue

Regional Government

519-575-4400

regionofwaterloo.ca/housing

74 Church Street

Regional Government

519-575-4400

regionofwaterloo.ca/housing

119 College Street

Regional Government

519-575-4400

regionofwaterloo.ca/housing

233 Franklin Street North

Regional Government

519-575-4400

regionofwaterloo.ca/housing

47 Holborn Drive

Regional Government

519-575-4400

regionofwaterloo.ca/housing

215 Lorraine Avenue

Regional Government

519-575-4400

regionofwaterloo.ca/housing

145 Overlea Drive

Regional Government

519-575-4400

regionofwaterloo.ca/housing

335 Regina Street North

Regional Government

519-575-4400

regionofwaterloo.ca/housing

Sunnyside Supportive Housing

Regional Government

519-893-8482

<https://www.regionofwaterloo.ca/en/health-and-wellness/sunnyside-supportive-housing.aspx>



Time to put you first

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

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

Court at Laurelwood
Retirement Residence

605 Laurelwood Drive, Waterloo, ON

aspirallife.ca



INDIGENOUS SERVICES

Anishnabeg Outreach

Nonprofit

info@aocan.org

519-208-5333

aocan.org

The Healing of the Seven Generations

Nonprofit

519-570-9118

healingofthesevengenerations.ca

Métis Nation of Ontario, Aging at Home Program

Nonprofit

442 Grey St, Brantford N3S 7N3

nancyt@metisnation.org

metisnation.org

White Owl Native Ancestry Association

Nonprofit

info@wonaa.ca

519-772-4399 ext. 2798

wonaa.ca

KW Urban Native Wigwam Project

Nonprofit

kwunwphousing@gmail.com

519-743-5868

kwunwp.weebly.com



LEGAL SERVICES

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

Nonprofit

519-744-6549

cjiwr.com

Elder Abuse Prevention Council

Nonprofit

info@eapc.ca

eapc.ca

Senior Support Team (Elder Abuse and Seniors at Risk)

Nonprofit

*Waterloo Region Police Services &
Home and Community Care Support
Services*

seniorsupport@wrps.on.ca

519-579-4607

wrps.on.ca

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



ARTS & CRAFTING

Canadian Clay and Glass Gallery

Nonprofit

info@theclayandglass.ca

519-746-1882

theclayandglass.ca

Canadian Embroiderers' Guild of Kitchener-Waterloo

Nonprofit

kwembroideryguild@gmail.com

kwembroiderers.wordpress.com

K-W Knitters Guild

Nonprofit

kwkg.ca

K-W Society of Artists

Nonprofit

kwsasocial@gmail.com

kwsa.ca

K-W Weavers and Spinners Guild

Nonprofit

classes.kwws@gmail.com

kwws.org

K-W Woodworking and Craft Centre

Nonprofit

kwwccinc@gmail.com

519-279-8383

kwwcc.org

Kitchener-Waterloo Art Gallery

Nonprofit

mail@kwag.on.ca

519-579-5860

kwag.ca

Kitchener-Waterloo Rug Hooking Guild

Nonprofit

secretary@kwrughooking.com

kwrughooking.com

Region of Waterloo Arts Fund

Nonprofit

info@artsfund.ca

519-575-4450

artsfund.ca

Waterloo County Quilters Guild

Nonprofit

waterloocountyqg@gmail.com

wcquiltersguild.on.ca



RECREATION & LEISURE

Waterloo Potters Workshop

Nonprofit

infoservices@waterloopotters.ca

519-885-5570

waterloopotters.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

GENERAL REC. & LEISURE

Architectural Conservancy of Ontario, North Waterloo Region Branch

Nonprofit

communications.aco.nwrb@gmail.com

arconserv.ca

Button Factory

Nonprofit

519-886-4577

operations@buttonfactoryarts.ca

buttonfactoryarts.ca

City of Waterloo Museum

City of Waterloo

museum@waterloo.ca

519-885-8828

waterloo.ca/museum

Gilbert and Sullivan Society, Waterloo Regional Branch

Nonprofit

gswaterloo@gmail.com

gswaterloo.ca

K-W Aquarium Society

Nonprofit

kwasexecutive@gmail.com

kwas.ca

RECREATION & LEISURE

K-W Bonsai Society

Nonprofit

kwbonsaisociety@outlook.com

facebook.com/kwbonsaisociety

K-W Centre of the Royal Astronomical Society of Canada

Nonprofit

jgoetz80@hotmail.com

kw.rasc.ca

K-W Cycle Sport Association

Nonprofit

president@kwcyclesport.ca

kwcyclesport.ca

K-W Habilitation, Adult Developmental Services

Nonprofit

info@kwhab.ca

519-744-6307 (main office)

kwhab.ca

K-W Oktoberfest

Nonprofit

info@oktoberfest.ca

519-570-4267

oktoberfest.ca

K-W Philatelic Society

Nonprofit

kwpskw@gmail.com

519-746-4270

kwstampclub.org

Mennonite Historical Society of Ontario

Nonprofit

secretary@mhso.org

mhso.org


Ontario Provincial Senior Games, Waterloo-Wellington District Senior Games (District 26)

Nonprofit

905-232-8581







info@osga55plus.ca

osga55plus.ca



Waterloo
PUBLIC LIBRARY

Endless Possibilities

	Large print and audio collections		Programs for older adults
	eBooks and eAudiobooks		Alzheimer's and dementia friendly books
	Tech Connect: One-on-one tech help		Daisy Books (digital talking books)

wpl.ca



RECREATION & LEISURE

Seniors Centre Without Walls (WOW Waterloo)

City of Waterloo

wow@waterloo.ca

519-579-1020 ext. 10037

waterloo.ca/seniors

Waterloo Central Railway

Nonprofit

1-888-899-2757

info@waterloocentralrailway.com

waterloocentralrailway.com

The Museum

Nonprofit

info@themuseum.ca

519-749-9387

themuseum.ca

Brubacher House

Nonprofit

bhouse@uwaterloo.ca

519-886-3855

uwaterloo.ca/brubacher-house

Waterloo Coin Society

Nonprofit

secretary@waterloocoinsociety.com

waterloocoinsociety.com

Community Pavilion

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

Contact to learn more:

waterloo.ca/seniors

519-579-1020

Waterloo County Wanderers

Nonprofit

wcwanderers@gmail.com

519-669-2281

wcwanderers.com

Waterloo Historical Society

Nonprofit

whs.ca

Waterloo Horticultural Society

Nonprofit

waterloogardeners@gmail.com

519-747-1867

waterloohort.org

Waterloo Pentecostal Assembly, Achievers 55+ Lunch

Nonprofit

office@wpa.church

519-884-0530

wpa.church/adult/achievers

RECREATION & LEISURE

Waterloo Region Nature

Nonprofit

info@waterlooregionnature.ca

waterlooregionnature.ca

55+ Golf Program

Nonprofit

george@waterlooseniorsgolf.com

519-884-4564

waterlooseniorsgolf.com



LOCAL RECREATION FACILITIES

Albert McCormick Community Centre

Local Government

519-885-1700

waterloo.ca/en/things-to-do/albert-mccormick-community-centre.aspx

Community Adult Recreation League (CARL)

Local Government

carl@waterloo.ca

519-884-5363

waterloo.ca/carl

Community Pavilion

Local Government

519-579-1020

waterloo.ca/seniors

Waterloo Memorial Recreation Complex

Local Government

519-886-1177

waterloo.ca/wmrc



RECREATION & LEISURE

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

Waterloo Public Library

Programs and Services offered include:

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

Contact to learn more:

519-886-1310

askus@wpl.ca

wpl.ca

MUSIC & THEATRE

Conrad Grebel University College Music Events

Nonprofit

music@uwaterloo.ca

519-885-0220 ext. 24256

uwaterloo.ca/music/ensembles

K-W Community Orchestra

Nonprofit

kwcommunityorchestra@gmail.com

519-744-2666

kwco.org

K-W Musical Productions

Nonprofit

info@kwmp.ca

kwmp.ca

K-W Chamber Music Society

Nonprofit

jnarveso@uwaterloo.ca

519-886-1673

k-wcms.com

Kitchener-Waterloo Chamber Orchestra

Nonprofit

info@kwchamberorchestra.ca

kwchamberorchestra.ca

Kitchener-Waterloo Little Theatre

Nonprofit

info@kwlt.org

519-886-0660

kwlt.org

Noteworthy Singers

Nonprofit

nwsingers.com

Numus Concerts

Nonprofit

info@numus.on.ca

519-896-3662

numus.on.ca

Twin City Harmonizers

Nonprofit

guests@twincityharmonizers.com

519-222-9126

twincityharonizers.com

Theatre on the Edge

Nonprofit

info@tote.ca

tote.ca

Waterloo Concert Band

Nonprofit

wcb@waterlooband.com

waterlooband.com

RECREATION CLUBS

First Baptist Church, Super Sixties Club

Nonprofit

info@fbcwaterloo.com

519-886-6530

fbcwaterloo.com

Garden Club of K-W

Nonprofit

gardenclubkw@gmail.com

gardenclubsofontario.ca/kitchener-waterloo

Grand River Bridge Club

Nonprofit

GrandRiverBridgeClubManager@gmail.com

519-893-4595

grandriverbridgeclub.com

K-W Amateur Radio Club

Nonprofit

info@kwarc.org

kwarc.org

K-W Flying Dutchmen Radio Control Club

Nonprofit

new.kwflyingdutchmen.com

RECREATION & LEISURE

K-W Gem and Mineral Club

Nonprofit

kwgmc.com

K-W Highland Glen Camera Club

Nonprofit

hgcc@highlandglen.ca

highlandglen.ca

K-W Kennel Club

Nonprofit

kwkennelclub@gmail.com

Kitchener Waterloo Cambridge Regional Post Card Club

Nonprofit

rychmills@golden.net

Kitchener-Waterloo and Area Bug Club

Nonprofit

kwbugclub.org/armaturenbrett

Kitchener-Waterloo Rally Club

Nonprofit

kwrc.on.ca

Old Salts Senior Canoe Club

Nonprofit

info@oldsaltsclub.com

oldsaltsclub.com

Owl's Nest Woodcarving Club

Nonprofit

barbkam@outlook.com

Preston Crokinole Club

Nonprofit

519-576-6380

[nationalcrokinoleassociation.com/
clubs/preston](http://nationalcrokinoleassociation.com/clubs/preston)

Waterloo-Wellington Flying Club

Nonprofit

info@wwfc.ca

519-648-2213

wwfc.ca

Western Ontario Division of the National Model Railroad Association

Nonprofit

registrar@wod-NMRA.ca

wod-nmra.ca



REGION-LED RECREATION

McDougall Cottage National Historic Site

Regional Government

mcdougall@regionofwaterloo.ca

519-624-8250

mcdougallcottage.ca

Schneider Haus National Historic Site

Regional Government

schneiderhaus@regionofwaterloo.ca

519-742-7752

schneiderhaus.ca

Ken Seiling Waterloo Region Museum and Doon Heritage Village

Regional Government

519-748-1914

waterlooregionmuseum.ca

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

Waterloo Regional Police Service Ceremonial Band

Regional Government

band@wrps.on.ca

wrps.on.ca/en/our-community/band

Waterloo Regional Police Chorus

Regional Government

chorus@wrps.on.ca

wrps.on.ca/en/our-community/chorus





TRAINING & EDUCATION

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

Laurier Association for Lifelong Learning

Institution

lall@wlu.ca

wlu.ca/lall

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

519-635-4157

tal-kw.ca

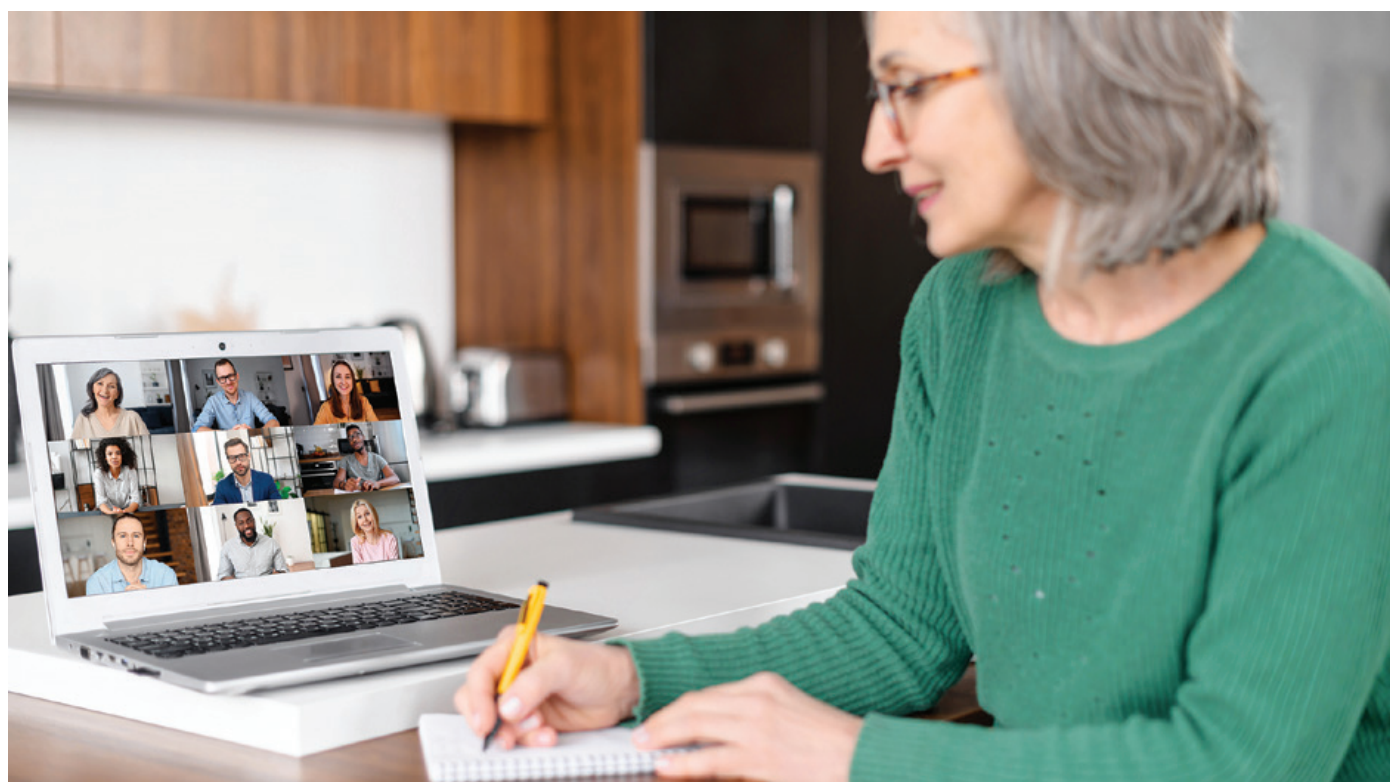
Waterloo Catholic District School Board, St Louis Adult Learning and Continuing Education Centres

Institution

stlouis@wcdsb.ca

519-745-1201

stlouis.wcdsb.ca





TRANSPORTATION

ACCESSIBLE TRANSIT

Wheelchair Accessible Services, Golden Triangle Taxi

Business

info@goldentriangletaxi.com

519-740-2222 (24 hour dispatch)

goldentriangletaxi.com

Grand River Transit, MobilityPLUS

Regional Government

519-744-2241

grt.ca/en/rider-information/using-specialized-services.aspx

LOCAL/REGIONAL TRANSIT

City of Waterloo Home Support Services, Transportation

Local Government

519-579-6930

waterloo.ca/seniors

Grand River Transit

Regional Government

519-585-7555 (customer service)

grt.ca

CAR SHARES

Vrtucar

Cooperative

info@vrtucar.com

1-855-742-7399

ontario.communauto.com

GENERAL SERVICES

Driver Seat

Business

waterloo@driverseatinc.com

226-887-1850

driverseatinc.com/locations





TRANSPORTATION

MEDICAL TRANSIT

New Canadian Medical Transfer

Business

519-571-1171

ncmt.ca

VoyaGo

Business

519-455-4579

voyago.ca

TRANSIT EDUCATION

Grand River Transit

Travel Training

Regional Government

519-585-7555

grt.ca/en/rider-information/travel-training.aspx



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, K-W
Kinsmen Club**

Nonprofit

kwkinsmen@gmail.com

519-579-2942

kwkin.com

**Association of Kin Clubs, Kinette
Club of Kitchener-Waterloo**

Nonprofit

kwkinsmen@gmail.com

519-579-2942

kwkin.com

**Canadian Federation of University
Women, Kitchener-Waterloo**

Nonprofit

cfuwkw@gmail.com

cfuwkw.org

**Canadian Hadassah-WIZO (CHW)
Empowering Women and Children**

Nonprofit

info@chw.ca

1-855-477-5964 (national office)

chw.ca

Civitan Club, Kitchener Waterloo

Civitan Club

Nonprofit

519-886-2220

**Federated Women's Institutes
of Ontario, Waterloo District**

Nonprofit

519-578-0957

fwio.on.ca



SERVICE CLUBS

IODE

Nonprofit

iodeontario@gmail.com

905-522-9537

iodeontario.ca

Kitchener Waterloo Silver Stars

Nonprofit

kwsilverstars.ca

Kiwanis International, The Kiwanis Club of Kitchener-Waterloo

Nonprofit

kwkiwanis.org

Knights of Columbus, Waterloo Council 5135

Nonprofit

Manager@

waterlooknightsofcolumbus.com

519-884-2060 (hall)

waterlooknightsofcolumbus.com

Lions Clubs International, Waterloo Lions

Nonprofit

waterloo@q15lions.org

e-clubhouse.org/sites/waterlooon

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



Do you want your donation to give back forever?

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

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

Contact Dan Robert at dan@wrcf.ca or by phone at 519-725-1806 x 205 to learn more.



Sustainable. Equitable. Thriving Communities.
WRCF.CA



SERVICE CLUBS

Naval Association, KW Naval Association

Nonprofit

kwnaspecialevents@live.ca

519-884-8731

Naval Veterans' Association, South Waterloo Naval Veterans' Association

Nonprofit

cambridgenavyclub@live.ca

519-623-3044

cambridgenavyclub.com

Optimist Clubs, K-W Optimist Club

Nonprofit

thekwoptimistclub@gmail.com

519-885-1119 (club)

kwoptimist.org

Optimist Clubs, Optimist Club of Lakeshore Village

Nonprofit

club46.121@gmail.com

Probus Club of Kitchener-Waterloo

Nonprofit

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

519-884-1272

Sertoma Clubs, Kitchener-Waterloo Sertoma

Nonprofit

kwsertoma@gmail.com

kwsertoma.ca

Zonta Club of Kitchener-Waterloo

Nonprofit

info@zontakw.com

zontakw.com

Volunteer Waterloo Region

Provides volunteer recruitment, retention, and recognition services to Waterloo Region, by serving over 160 non-for profits and charities. For more information visit: volunteerwr.ca or call 519-742-8610.



welcome ambassadors

at the Waterloo Memorial Recreation Complex Community Pavilion

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

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

Welcome Ambassadors are available
by appointment, Monday to Friday.

Call 519-579-1020



www.waterloo.ca/seniors

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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