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AGEING WELL WATERLOO



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

WOULDN'T

[YOUR AD]

LOOK GREAT
RIGHT HERE?

Get your business or activity visible!

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



A WARM
THANK YOU

to all who made this possible

The Ageing Well Waterloo Directory was produced by the Age-Friendly Waterloo Multi-Agency Committee, in partnership with the School of Planning, University of Waterloo. Content for the Directory was compiled with the help of the Department of Community Services at the City of Waterloo, an intern from the University of Waterloo, and City staff from various departments.

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



WELCOME FROM THE MAYOR



Welcome to the latest guide for older-adult programs and services in the City of Waterloo. The challenges of the COVID-19 pandemic have highlighted the importance of resources and connections within our community for older adults, and presented an opportunity to examine how those programs and services are delivered.

While the goal of this directory is to be a “one-stop-shop” resource, listing the municipal, commercial and non-profit programs and services in Waterloo that serve older adults, it’s more important than ever that those resources are not “one-size-fits-all”. Providing services and supports exclusively online and over the telephone to allow for the necessary safety of physical distancing has been an adjustment, and highlights the importance of connecting with our older adult community in a variety of ways. New opportunities for improvement have been identified, and the City of Waterloo remains committed to being accessible to and inclusive of residents of all ages and abilities.

Throughout the pandemic, the volunteers of the age-friendly Waterloo multi-agency committee continue to advocate for older adults in the City of Waterloo. In addition to this updated directory, they commissioned a report on housing for older adults, and are in the process of developing a social isolation toolkit. I’d like to thank everyone who has given their time to work with this committee.

Our community has changed in the past year, and programs and services continue to adjust to reflect that change. One thing that remains the same is our desire to be an age-friendly community. I’m proud to be mayor of a city that supports our older adults to age in community as part of our goal of healthy, resilient neighbourhoods for where everyone feels a sense of belonging.

DAVE JAWORSKY
Mayor, City of Waterloo

A handwritten signature in black ink that reads "Dave Jaworsky". The signature is written in a cursive, slightly slanted 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's Age-Friendly Waterloo Multi-Agency Committee advises council on how best to promote active ageing in Waterloo. The goal is for Waterloo to become a place where all residents age safely, enjoy good health and participate fully in their community.

Our commitment to age-friendliness was recognized by the World Health Organization (WHO), which designated Waterloo among the **Global Network of Age-friendly Cities** in 2012 for our commitment to assessing and improving our age-friendliness.

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

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



Annual Mayor's Age-Friendly Forum

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



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, ethnic and cultural supports, and much more.

The Directory is broken down into twelve main sections with a number of subcategories included in each section. Use the table of contents to navigate the Directory and locate your desired service. If you do not see a specific service, program, or amenity listed that you are trying to locate, **you can call Ontario 211 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

You are not alone.

A Guide to Improve Social Connectedness



DID YOU KNOW?

The social connections you make with other people are good for your health.

Social connections reduce stress by providing a sense of meaning, purpose and belonging.

INSIDE:

Reflect on your social connections

Understanding the risks

Additional resources within
the **City of Waterloo**

Help your neighbours, friends or family

Funded by the
Government
of Canada

Canada



If you would like to access this online visit www.waterloo.ca/seniors

GET YOUR COPY TODAY! Visit your nearest recreation centre or public library.
Contact **519-579-1020** for more information.

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CULTURAL & SOCIAL SUPPORTS

Indigenous cultural and social supports can be found in the Indigenous Services section on page 37.

ASSOCIATIONS

African-Canadian Association of Waterloo Region and Area

Nonprofit

519-502 0360

africancanadianassociation.com

Alpine Club

Nonprofit

info@alpineclub.ca

519-744-1521

alpineclub.ca

Armenian Community Centre

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 of K-W, Cambridge and Guelph

Nonprofit

[facebook.com](https://www.facebook.com/BosanskaZajednicaKWGC)

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 Macedonian Sorovich Society

Nonprofit

519-623-2720

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, Region of Waterloo

Nonprofit

info@ethiokw.com

519 575 3933

ethiokw.com/index.html

CULTURAL & SOCIAL SUPPORTS

German Canadian Congress, Ontario

Nonprofit
dkkont@gmail.com
519-571-8980
dkkont.org

Grand River Malayalee Association

Nonprofit
secretary.grma@gmail.com
malayali.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

Italian Cortina Club

Nonprofit
519-894-3852

K-W Mayan Group

Nonprofit
javan@golden.net

Kitchener Anatolian Cultural Centre

Nonprofit
info@anatolianheritage.ca
416-260-5885
anatolian.ca/kitchener

Kitchener Portuguese Club Inc.

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

Muslim Social Services

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

CULTURAL & SOCIAL SUPPORTS

Polish Alliance of Canada

Nonprofit

polishalliance.ca

Polski Dom

Nonprofit

polskidomdwatysiace@gmail.com

519 749-6357

polskidom2000.com

Queen Helena Canadian-Croatian Cultural & Charitable Society

Nonprofit

info@kjfolklore.com

kjfolklore.com

Salvadorian Canadian Community of Waterloo Region

Nonprofit

sccwr@yahoo.ca

facebook.com/sccwr

Shamrose for Syrian Culture

Nonprofit

shamrosesyria@gmail.com

shamrose.ca

Somali Canadian Association of Waterloo Region

Nonprofit

519-772-4399 – Ext. 3570

scawr.ca

Tamil Cultural Association of Waterloo Region

Nonprofit

mail@tamilculturewaterloo.org

tamilculturewaterloo.org

The Schwaben Club

Nonprofit

schwaben

@kitchenerschwabenclub.com

519-742-7979

kitchenerschwabenclub.com

Trinidad and Tobago Sports and Cultural Club of Cambridge

Nonprofit

519-740-0058

Trinidad Social Organization

Nonprofit

519-658-4970

CULTURAL & SOCIAL SUPPORTS

Turkish Society of Waterloo Region

Nonprofit

519-725-5630

turkishsocietyofwaterlooregion.

wordpress.com

United Empire Loyalists Association of Canada, Grand River Branch

Nonprofit

uelac.ca/branches/

Ukrainian Catholic Centre

Nonprofit

519-745-6951

United Filipino-Canadian Society of Waterloo Region

Nonprofit

519-577-9629

Waterloo Region Chinese Canadian Association

Nonprofit

enquiry@waterloocca.com

waterloocca.com

Building Community
Through Immigration



New to Waterloo Region?

Visit the Immigration Waterloo Region website for resources to help immigrants get to know the community and connect to local programs. Use the translate feature to browse in more than 100 languages.

www.immigrationwaterlooregion.ca

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.kw.info@gmail.com

519-576-0540 ext. 3468

cmw-kw.org

Family and Children Services of the Waterloo Region

Nonprofit

Immediate Assistance: 519-576-0540

facswaterloo.org

Focus for Ethnic Women

Nonprofit

focusonethnicwomen@gmail.com

few.on.ca

Multicultural Festival

The Kitchener-Waterloo Multicultural Festival takes place every summer. The festival brings together a number of cultural groups and showcases cuisines and crafts from various countries.

Find out more about the festival at:
kwmc.on.ca

Kitchener Waterloo Immigration Partnership

Nonprofit

519-575-4757 ext. 3172

immigrationwaterlooregion.ca

Kitchener-Waterloo Multicultural Centre

Nonprofit

519-745-2531

kwmc.on.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

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 for LGBTQ2+ adults aged 55+, as well as Trans Peer Support program for those over 40+.

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.html

Canada Pension Plan, Disability Benefits

Federal Government

1-800-277-9914

1-800-277-9915 (French)

1-800-622-6232 (Service Canada)

canada.ca/en/services/benefits/publicpensions/cpp/cpp-disability-benefit.html

Canada Pension Plan, Retirement Pension

Federal Government

1-800-277-9914

1-800-277-9915 (French)

1-800-622-6232 (Service Canada)

canada.ca/en/services/benefits/publicpensions/cpp/cpp-benefit/eligibility.html

Canada Pension Plan, Survivor Benefits

Federal Government

1-800-277-9914

1-800-277-9915 (French)

1-800-622-6232 (Service Canada)

canada.ca/en/services/benefits/publicpensions/cpp/cpp-survivor-pension.html

Income Security Programs, Old Age Security

Federal Government

1-800-277-9914

1-800-277-9915 (French)

canada.ca/en/services/benefits/publicpensions/cpp/old-age-security.html

Income Security Programs, Guaranteed Income Supplement

Federal Government

1-800-277-9914

1-800-277-9915 (French)

canada.ca/en/services/benefits/publicpensions/cpp/old-age-security/guaranteed-income-supplement.html

FINANCIAL SUPPORTS

Low Income Energy Assistance Program

Federal Government

519-883-2100 *Select Option 1
oeb.ca/rates-and-your-bill/help-low-income-consumers/low-income-energy-assistance-program

Low Income Energy Assistance Program

Provincial Government

519-883-2100 *Select Option 1
oeb.ca/rates-and-your-bill/help-low-income-consumers/low-income-energy-assistance-program

Ontario Electricity Support Program

Provincial Government

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

Credit Counselling, Carizon Family and Community Services

Nonprofit

info@carizon.ca
519-743-6333 ext. 1235
carizon.ca

KW Poppy Fund

Nonprofit

kwpoppyfund@bellnet.ca
519-885-1001
kwpoppyfund.ca

National Association of Federal Retirees - KW and District Branch

Nonprofit

fsna39@gmail.com
519-742-9031 (answering machine)
federalretirees.ca

March of Dimes Canada, Home and Vehicle Modification Program

Nonprofit

hvmpp@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

ourladyoflourdeswaterloo.com

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.wordpress.com

The Salvation Army, Community and Family Services

Nonprofit

meagan.clark@salvationarmy.ca

kwcfcs.salvationarmy@gmail.com

519-745-4215

sakw.ca

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

Nonprofit

519-747-1090



Made for Seniors.

- Delivered frozen
- Delivered FREE*
- Veterans allowance
- Special diet meals
- No commitment
- 200 choices

Call for your FREE menu
HeartToHomeMeals.ca

1-877-545-5577

*Some conditions may apply.




HEART TO HOME MEALS
DELICIOUS MEALS MADE FOR SENIORS™



ACCESSIBILITY AIDS**Silver Cross Automotive, Sparrow Hawk**

Business

519-884-4295

silvercrossauto.com

Wilder Medical Mobility Ltd

Nonprofit

sales@wildermobility.com

519-888-0618

wildermobility.com

MENTAL HEALTH**Carizon (Counselling)**

Nonprofit

info@carizon.ca nselling/group-
programs

519-743-6333

carizon.ca/cou

**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

whalmo@hotmail.com

519-500-8517

Dr. Stephen Hoke, Podiatrist

Business

519-885-1511

Feet on the Go

Business

kaye@feetonthego.com

519-654-6363

feetonthego.com

Foot Works

Business

519-888-6274

footworkschiropodyclinic.com

Janet Harmer, RN*Business*

janet.harmer@yahoo.com

519-578-4811

Podiatric Consultants*Business*

519-576-8960

podiatricconsultants.ca

Waterloo Foot Clinic*Business*

info@waterloofootclinic.com

519-884-3668

waterloofootclinic.com

GRAND RIVER HOSPITAL**Grand River Hospital, Freeport Site, Geriatric Assessment & Neurobehavioural Unit***Nonprofit*

519-749-4300 ext.

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, Clinical Nutrition, Nutrition Counselling, Hyperlipidemia Clinic*Nonprofit*

519-749-4300 ext. 2630

grhosp.on.ca

Grand River Hospital, KW Site, Health Care Centre Pharmacy

Nonprofit

519-749-4227

grhosp.on.ca

Hear Canada

Business

info@connecthearing.ca

519-746-6940

hearcanada.com

HEARING HEALTH

Auburn & Mountain Hearing Centre

Business

888-907-1436

auburnmountainhearing.com

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

519-741-5852

connecthearing.ca

DENTURISTS

Mobile Denture Clinic- Denture Specialist Services

Business

erikdent@aol.com

226-606-5486

mobiledenturist.com



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/

Nurse Next Door, Waterloo

Business

519-742-7054

nursenextdoor.com/locations/
kitchener-on/#

Right at home, Kitchener & Waterloo

Business

519-804-3701

rightathomecanada.com

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)

uwaterloo.ca/optometry-vision-science/



Optometry

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

Northfield Pharmacy

Business

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

Pharmasave

Business

pharmasave.com

Locations:

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

Rexall - Pharma Plus

Business

rexall.ca/

Locations:

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

Schill's Remedy's Rx

Business

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

Shoppers Drug Mart

Business

shoppersdrugmart.ca

Locations:

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

Sobeys Pharmacy

Business

sobeys.com

Locations:

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

Total Health Pharmacy*

Business

373 Bridge St W, Waterloo
totalhealthpharmacy118@hotmail.
com
519-747-0320

The Health Depot

Business

1-855-844-2242

thehealthdepot.ca

University Pharmacy*

Business

240 King St. N, Waterloo

info@kwuniversitypharmacy.ca

519-885-2530

myrxhealth.ca/kwup

Zehrs Pharmacy

Business

zehrs.ca/pharmacy

Locations:

315 Lincoln Rd, Waterloo

519-885-5116

555 Davenport Rd, Waterloo*

519-746-5534

450 Erb St. W, Waterloo*

519-886-4900

The Health Depot

The Health Depot is an online health store and pharmacy that offers free next day delivery anywhere in Ontario. They are a member of the Older Adult Centres Association of Ontario. For more information visit <https://thehealthdepot.ca/pages/online-pharmacy>



Traverse Independence assists adults with acquired brain injuries (ABI) and physical disabilities traverse the distance between where they are today and where they dream of being: independent and self-sufficient.

PROGRAMS

- ABI day program
- ABI transitional living
- ABI group home
- ABI community outreach
- ABI affordable housing
- Supportive housing for people with physical disabilities



Pharmacies

Waterloo Region

Wellington County

519-741-5845 ext 2507

abiref@travind.ca

www.traverseindependence.ca

PROVINCIAL COVERAGE**Ontario Ministry of Health and Long Term Care, Ontario Health Insurance**

Provincial Government
1-866-532-3161
health.gov.on.ca

SPECIALIZED SERVICES**Active Wellness**

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

**Advantage Physiotherapy/
Physiotherapy Centre**

Business
admin@advantagephysio.com
519-742-5482
advantagephysio.com

AIM Health Group Waterloo

Business
519-749-2222
aimhealthgroup.com/locations/
kitchener

Arthritis Society, Kitchener

info@on.arthritis.ca
519-743-4141
arthritis.ca

**Back Works Spinal and Sports
Rehabilitation**

Business
reception@backworksphysiotherapy.
ca
519-746-8172
backworksphysiotherapy.ca/

CBI Health, Waterloo

226-215-3249
cbihealth.ca/locations/waterloo

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

serviceinquiries@

leadingedgephysiotherapy.ca

lepc@on.aibn.com

519-893-4363

leadingedgephysio.yip.ca

March of Dimes - Stroke Recovery Canada - KW Chapter

Nonprofit

afterstroke@marchofdimes.ca

1-888-540-6666

afterstroke.ca

Multiple Sclerosis Society of Canada, Grand River Chapter

Nonprofit

info.grandriver@mssociety.ca

519-569-8789

mssociety.ca

Shelley Read, Therapist, Aging Well Consultant

Business

sreadtherapist@gmail.com

226-339-2218

sreadtherapy.com

SOS Physiotherapy*Business*

sos-physio-campus@rogers.com

519-884-0767

campusphysio.com

VOR Physiotherapy*Nonprofit*

vor.physio@gmail.com

519-208-0150

vorphysio.com

**St Mary's General Hospital,
Regional Cardiac Care Centre***Nonprofit*

519-749-6578

smgh.ca/patient-care-programs/
regional-cardiac-care-centre**Waterloo Region Cardiac Rehab
Foundation***Nonprofit*

hhearts@uwaterloo.ca

519-497-7049

hardyhearts.org

St John's Kitchen*Nonprofit*

sjk@theworkingcentre.org

519-745-8928

519-743-1151 (admin)

theworkingcentre.org

Waterloo Sports Medicine Centre*Business*

519-746-2220

wsm.ca

Sunbeam Centre*Nonprofit*

519-893-6200

sunbeamcentre.com

**Waterloo Region Palliative Care/
Pain and Symptom Management***Nonprofit*

519-578-9757

grhosp.on.ca

**The Canadian Red Cross Society,
Waterloo Wellington Branch***Nonprofit*

519-650-9603

redcross.ca

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 wwhealthline.ca/index.aspx

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





Medical Centre at the Boardwalk

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

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

HOME & COMMUNITY SUPPORTS

SPECIALIZED PROGRAMS

Adults in Motion

Nonprofit

kitchener@adultsinmotion.org

519-577-3723

adultsinmotion.org

Alzheimer Society of WaterlooWellington

Nonprofit

asww@alzheimerww.ca

519-742-1422

alzheimerkw.com

Alzheimer Society of WaterlooWellington, Safely Home Wandering Registry

Nonprofit

asww@alzheimerww.ca

519-742-1422

alzheimer.ca

Aphasia Support

Nonprofit

info@sjhcg.ca

519-824-6000 ext. 4357

sjhcg.ca/our-programs-of-care/
community-support-services/
waterloo-wellington-regional-
aphasia-program/

City of Waterloo, Senior Day Program

Regional Government

519-579-6930

Waterloo.ca/seniors

K-W Seniors Day Program

Nonprofit

519-893-1609

k-wseniorsdayprogram.ca/

Sunnyside Community Alzheimer Program

Regional Government

519-893-8482 ext 7265

regionofwaterloo.ca

The **Alzheimer's Society** provides a variety of services including individual and family counselling, support groups, and community service referrals. It also provides social and recreational programming.

These program include:

- Music Project
- Golf Fore Life
- Intergenerational Choir
- Memory Boosters Social Club

As well, they 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

driepert@trinityvillage.com

519-893-6320 ext 250

trinityvillage.com

Traverse Independence, Day Programs for Adults with Brain Injuries

Nonprofit

info@travind.ca

519-741-5845

traverseindependence.ca

HOME CARE (PUBLIC)

Home and Community Care Support Services- Waterloo Wellington

Provincial Government

1-888-883-3313 (toll free)

519 883 5589 (TTY)

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**, formerly the LHIN 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/en/living/senior-support.aspx

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 at 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

Retire at Home Services

Business

519-208-2000

retireathomekw.com

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

HOME MAINTENANCE (PRIVATE)

Empower Home Cleaning

Business

519-998-0855

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

J&M Property Maintenance

Business

jmpropmaint@bell.net

519-897-0921

jmprop.ca



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



Homestyle meals. Right to your door.

Order with us, and we'll deliver meals you can enjoy at home. Prepared in our kitchen and infused with locally-sourced ingredients, every bite is healthy and delicious. There's no middleman and no delivery fees. We'll worry about your meals, so you don't have to.

Let us do the cooking.



519-772-8787

communitysupportconnections.org

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

Community Support Connections – Community Dining Program

Nonprofit

info@cscmow.org

519-772-8787

communitysupportconnections.org

Grocery Gateway

Business

905-564-8778

grocerygateway.com

Heart to Home Meals

Business

1-866-933-1516

hearttohomemeals.ca

Instacart

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 & PERSONAL SUPPORTS

MOVING SERVICES

Senior's Move, Diamond Society **Member of National Association of** **Senior Move Managers**

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

cathy@beechwoodmanor.ca

519-746-1560

beechwoodmanor.ca

Beechwood Manor, Independent Living

Business

cathy@beechwoodmanor.ca

519-746-1560

beechwoodmanor.ca

Chartwell Terrace on the Square Retirement Residence

Business

519-749-2888

chartwell.com

Civitan Apartments

Nonprofit

519-886-2220

Clair Hills Retirement Community, Assisted Living

Business

519-880-8444

clairhillsretirement.com

Clair Hills Retirement Community, Independent Living

Business

519-880-8444

clairhillsretirement.com

Columbia Forest Long Term Care Centre

Business

columbiaforest@reveraliving.com

519-884-4480

reveraliving.com

Court at Laurelwood Retirement Residence

Business

deborah.dewson@siennaliving.ca

519-725-2442

courtatlaurelwood.com

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

Forest Heights Long Term Care Centre

Business

519-576-3320
reveraliving.com

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

twurdell@parkwoodmh.com
519-885-0090 ext. 250
parkwoodmh.com

Parkwood Garden Homes, Independent Living Apartments

Nonprofit

twurdell@parkwoodmh.com
519-885-0090 ext. 250
parkwoodmh.com

Parkwood Suites, Independent

Nonprofit

twurdell@parkwoodmh.com
519-885-0090 ext. 250
parkwoodmh.com

Parkwood SuitesCommunity, Supportive Living

Nonprofit

twurdell@parkwoodmh.com
519-885-0090 ext. 250
parkwoodmh.com



HOUSING

Pinehaven Nursing and Retirement Residence

Business

luke.denomme@schlegelvillages.com
519-885-0255 (nursing home)
schlegelvillages.com

Portuguese Centre of Kitchener Waterloo, St Joseph's Place

Nonprofit

519-745-4860

Terrace on the Square

Nonprofit

info@chartwell.com
519-749-2888
chartwell.com

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

debbie.jansen@schlegelvillages.com
519-904-0650
schlegelvillages.com

The Westmount Long Term Care Residence

Business

519-570-2115
chartwell.com

The Westhill

Business

yvonne.seguin@westhill.sifton.com
519-725-0525
westhill.sifton.com

Waterloo Heights

Business

annamarie_crawford@srgroup.ca
519-886-3410
srseiorsliving.ca

Waterloo Mennonite Homes

Nonprofit

jmp@citycorp.ca
519-653-1557

Is It Time For A Move?

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

We have recently introduced a special offer for Seniors who want to sell their property yet wish to avoid the interruptions and hassles that come with the ins and outs of showings and selling. Our Seniors Selling Special offers at no cost to you the opportunity to enjoy a COVID SAFE mini-vacation at a local Suites Inn for a few days while your property is on the market.

As Trusted and Experienced Seniors Real Estate Specialists with over 30 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.



HOUSING

Woodland Terrace

Nonprofit

519-886-1341

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

regionofwaterloo.ca/en/health-and-wellness/sunnyside-home-long-term-care.aspx

Note that the **Home and Community Care Support Services** (formerly the LHIN) manages intake assessments for supportive housing and long-term care homes.

*For more information visit:
healthcareathome.ca/ww/en
or call 1-888-883-3313*

INDIGENOUS SERVICES

Anishnabeg Outreach Inc.

Nonprofit

519-208-5333

aocan.org

The Healing of the Seven Generations

Nonprofit

1-866-676-6009

healingofthesevengenerations.ca

Aging at Home Program, Grand River Métis Council

Nonprofit

nancyt@metisnation.org

519-757-9639

grandrivermetisCouncil.com

White Owl Native Ancestry Association

Nonprofit

info@wonaa.ca

519-772-4399 Ext 2798

wonaa.ca/index.html

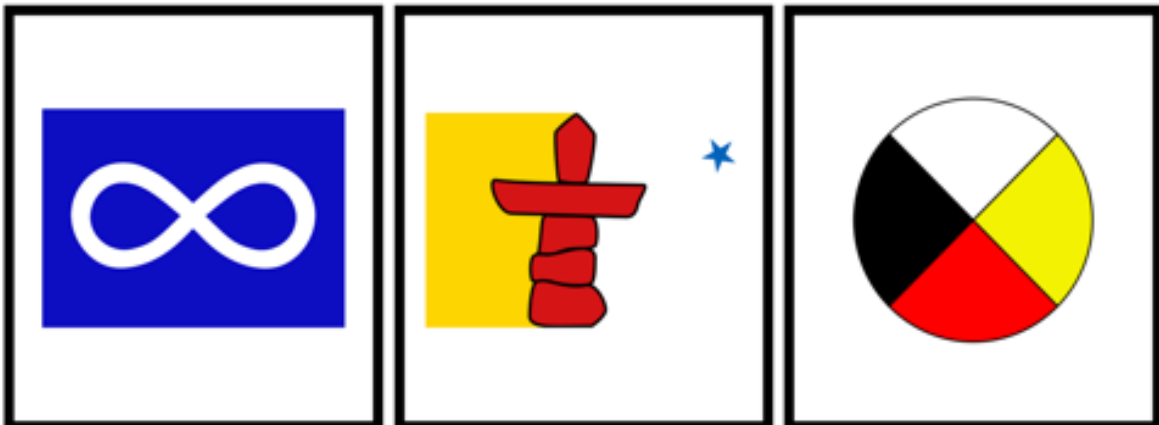
KW Urban Native Wigwam Project

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 ext 106

cjiwr.com

Senior Support Team (Elder Abuse)

Waterloo Region Police Services & Home and Community Care Support Services

seniorsupport@wrps.on.ca

519-579-4607

wrps.on.ca

Elder Abuse Prevention Council

Nonprofit

info@elderabusewaterloo.ca

elderabusewaterloo.ca

To learn about elder abuse, visit
[elderabusewaterloo.ca/
resources/articles-and-books](http://elderabusewaterloo.ca/resources/articles-and-books)



ARTS & CRAFTING

Canadian Clay and Glass Gallery

Nonprofit

info@theclayandglass.ca

519-746-1882

theclayandglass.ca

Canadian Embroiderers' Guild of Kitchener-Waterloo

Nonprofit

mbrstitch@rogers.com

kwembroiderers.wordpress.com

K-W Knitters Guild

Nonprofit

kwknittersguild.ca

K-W Society of Artists

Nonprofit

kwsasocial@gmail.com

kwsa.ca

K-W Weavers and Spinners Guild

Nonprofit

kwws.org

K-W Woodworking and Craft Centre

Nonprofit

kwwccinc@gmail.com

519-279-8383

kwwcc.org/index.html

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



GENERAL REC. & LEISURE

Architectural Conservancy of Ontario, North Waterloo Region Branch

Nonprofit

communications.aco.nwrb@gmail.com

arconserv.ca

Button Factory

Nonprofit

operations@buttonfactoryarts.ca

buttonfactoryarts.ca

FEDERAL INITIATIVES

Waterloo Pioneer Memorial Tower

Federal Government

pc.woodsideontario.pc@canada.ca

519 571-5684

pc.gc.ca/en/lhn-nhs/on/woodside/culture/waterloo

Woodside National Historic Site

Federal Government

pc.woodsideontario.pc@canada.ca

519-571-5684

pc.gc.ca/en/lhn-nhs/on/woodside

City of Waterloo Museum

City of Waterloo

museum@waterloo.ca

519-885-8828

waterloo.ca/en/things-to-do/city-of-waterloo-museum

First United Church, Seniors Exercise

Nonprofit

office@firstunitedchurch.ca

519-745-8487

firstunitedchurch.ca

Gilbert and Sullivan Society, Waterloo Regional Branch

Nonprofit

gswaterloo@gmail.com

gswaterloo.ca

K-W Bridge Studio

Nonprofit

helenmacdonald@sympatico.ca

519-893-5422

www3.sympatico.ca/helenmacdonald

K-W Aquarium Society

Nonprofit

kwasexecutive@gmail.com

kwasc.ca

K-W Centre of the Royal Astronomical Society of Canada

Nonprofit

jgoetz80@hotmail.com

kw.rasc.ca

K-W Bonsai Society

Nonprofit

facebook.com/kwbonsaisociety

K-W Cycle Sport Association

Nonprofit

president@kwcyclesport.ca

kwcyclesport.ca



K-W Habilitation Services, Day Options, Adult Developmental Services, The Studio

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

Messiah Lutheran Church, Seniors Lunch

Nonprofit

519-884-3849

messiahwaterloo.ca

The Salvation Army, Community and Family Services

Programs offered include:

Quilting, Sewing, Cooking, & Video Study Group

Contact to learn more:

kwcfs.salvationarmy@gmail.com

519-745-3351

salvationarmy.ca

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

Nonprofit

info@osga55plus.ca

osga55plus.ca

Seniors Centre Without Walls (WOW Waterloo)

City of Waterloo

wow@waterloo.ca

519-579-1020

waterloo.ca/en/living/senior-support

Southern Ontario Locomotive Restoration Society

Nonprofit

info@waterloocentralrailway.com
waterloocentralrailway.com

The Museum

Nonprofit

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

University of Waterloo, Brubacher House

Nonprofit

bhouse@uwaterloo.ca
519-886-3855
uwaterloo.ca/grebel/about-grebel/
our-partners/brubacher-house

Waterloo Coin Society

Nonprofit

secretary@waterloocoinsociety.com
waterloocoinsociety.com

Waterloo County Wanderers

Nonprofit

wcwanderers@gmail.com
519-669-2281
wcwanderers.com

Waterloo Historical Society

Nonprofit

whs.ca

Waterloo Horticultural Society

Nonprofit

rkm.pearson@rogers.com
519-747-1867
waterloohort.org

Waterloo Pentecostal Assembly, Achievers 55+ Lunch

Nonprofit

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

Waterloo Region Nature

Nonprofit

info@waterlooregionnature.ca
waterlooregionnature.ca

55+ Golf Program

Nonprofit

george@waterlooseniorsgolf.com
519-897-1609
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/en/things-to-do/community-adult-recreation-leagues-carl.aspx

Waterloo Adult Recreation Centre, Waterloo Memorial Recreation Pavillion

Local Government

519-579-1020

waterloo.ca/en/things-to-do/senior-centres.aspx

Waterloo Memorial Recreation Complex

Local Government

519-886-1177

waterloo.ca/en/things-to-do/waterloo-memorial-recreation-complex.aspx

Waterloo Public Library

Local Government

askus@wpl.ca

519-886-1310

wpl.ca

YMCA of Three Rivers- Waterloo Region

Nonprofit

ymcacambridgekw.ca/en/index.asp

519-725-8783

Waterloo Public Library

Programs and Services offered include:

- Large Print and Audio Collections
- eBooks & Audiobooks
- Centre for Equitable Library Access (CELA)
- Books for Memory Loss
- Tech Connect
- Local History

Contact to learn more:

519-886-1310 x124

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

First United Church Free Noon Hour Concerts

Nonprofit

office@firstunitedchurch.ca
519-745-8487
firstunitedchurch.ca

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

Kitchener-Waterloo Symphony Orchestra Association

Nonprofit

info@kwsymphony.on.ca
519-745-4711 ext. 1 (box office)
kwsymphony.ca

Noteworthy Singers

Nonprofit

nwsingers.com/

Numus Concerts

Nonprofit

info@numus.on.ca

519-896-3662

numus.on.ca

Twin City Harmonizers

Nonprofit

guests@twincityharmonizers.com

twincityharmonizers.com

Theatre on the Edge

Nonprofit

info@tote.ca

tote.ca

Waterloo Concert Band

Nonprofit

info@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

darwin@wightman.ca

gardenclubsofontario.ca/kitchener-waterloo

Grand River Bridge Club

Nonprofit

clubmanager@grandriverbridgeclub.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

kwflyingdutchmen.com

K-W Gem and Mineral Club

Nonprofit
kwgmc.com

K-W Highland Glen Camera Club

Nonprofit
hgcc@highlandglen.ca
highlandglen.ca

K-W Kennel Club

Nonprofit
kwkennelclub@gmail.com
kwkennelclub.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
oldsaltsclub.com

Owl's Nest Woodcarving Club

Nonprofit
barbkam@outlook.com
owlsnestwoodcarvers.ca

Preston Crokinole Club

Nonprofit
ljmercey@gmail.com
519-267-3037
nationalcrokinoleassociation.com/
clubs

For a detailed list of recreation programs and activities offered in Waterloo, please consult the City of Waterloo's **Program and Activities Guide:** waterloo.ca/en/government/programandactivitiesguide.asp



RECREATION & LEISURE

Waterloo-Wellington Flying Club

Nonprofit

info@wwfc.ca

519-648-2213

wwfc.ca

Ken Seiling Waterloo Region Museum

Regional Government

waterlooregionmuseum@

regionofwaterloo.ca

519-748-1914

waterlooregionmuseum.ca

REGION-LED RECREATION

McDougall Cottage National Historic Site

Regional Government

519-624-8250

mcdougall@regionofwaterloo.ca

Mcdougallcottage.ca

Waterloo Regional Police Band

Regional Government

band@wrps.on.ca

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

aspx

Schneider Haus National Historic Site

Regional Government

schneiderhaus@regionofwaterloo.ca

519-742-7752

schneiderhaus.ca/en/index.aspx

Waterloo Regional Police Male Chorus

Regional Government

chorus@wrps.on.ca

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

chorus.aspx



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

519-635-4157

wlu.ca/lall

University of Waterloo Centre for Extended Learning

Institution

extendedlearning@uwaterloo.ca

519-888-4002

uwaterloo.ca/extended-learning

Third Age Learning K-W

Nonprofit

registrar@tal-kw.ca

519-886-4423

tal-kw.ca/

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

Institution

stlouis@wcdsb.ca

519-745-1201

stlouis.wcdsb.ca



TRAINING & EDUCATION



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

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

LOCAL/REGIONAL TRANSIT

City of Waterloo Home Support Services, Transportation

Local Government

519-579-6930

waterloo.ca/en/living/senior-support.aspx#Rides

Grand River Transit

Regional Government

519-585-7555 (customer service)

grt.ca



TRANSPORTATION

MEDICAL TRANSIT

New Canadian Medical Transfer

Business

519-571-117

ncmt.ca

VoyaGo

Business

519-455-4579

voyago.ca

TRANSIT EDUCATION

Grand River Transit Travel Training

Regional Government

easyride@grt.ca

519-585-7555

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



SERVICE CLUBS

**Ancient Free and Accepted
Masons of Canada in the Province
of Ontario, Grand River Lodge 151**

Nonprofit

secretary@grandriverlodge.

cawaterloomasons.com

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

**Association of Kin Clubs, Kinette
Club of Waterloo, Grand River**

Nonprofitsollowsj@hotmail.com

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

Nonprofit c

fuwkw@gmail.com

cfuwkw.org

**Children Healthcare Women,
Kitchener-Waterloo**

Nonprofit

kwhadassahwizo@gmail.com

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
Women's Institute**

Nonprofit

905-662-2691

fwio.on.ca

**IODE, Princes Richard and Michael
Chapter**

Nonprofit

iodeontario@gmail.com

905-522-9537

iodeontario.ca

Kitchener Waterloo Silver Stars

Nonprofit

kwsilverstars.ca

SERVICE CLUBS

Kiwanis International, Kiwanis Club of Cameron Heights

Nonprofit

519-744-3523

kwkiwanis.org/Page/29262

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/



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Contact Dan Robert at dan@kwcf.ca or 519-725-1806 x 205

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www.kwcf.ca



SERVICE CLUBS

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

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

SERVICE CLUBS

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

kw@kwsertoma.ca

kwsertoma.ca

Zonta International, K-W Chapter

Nonprofit

info@zontakw.com

zontakw.com

Volunteer Action Centre

Provides volunteer recruitment, retention, and recognition services to Waterloo Region, with 150 Regional member organizations. *For more information visit:* volunteerkw.ca/index.php or call 519-742-8610.





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