

Clubs, Centres & Recreation

Heidelberg Retirees:

- Activities for seniors, first and third Thursday of each month at Heidelberg Lutheran Church. Also take part in afternoon bowling in Elmira. Contact Don Hartong519-884-8468

Woolwich Seniors Association:

- Drop in activities (eg. euchre, shuffleboard) run consistently every month at the same time, organized activities as well as day trips are also offered.519-669-5044

Sixty Plus Fellowship:

- Sponsored by Emmanuel Evangelical Missionary Church, a non denominational daily devotional will be mailed quarterly on request. Contact Ruth Burkhardt519-669-5218 Or the church office519-669-5030

Seniors Day Program (Community Care Concepts):

- This recreational program takes place at Leisure-world on Tuesdays Wednesdays and Thursdays. Transportation service is available....519-669-3023 or 519-749-0784

Home Library Service:

Elmira Public Library will deliver and pick up books for seniors.....519-669-5477

Transportation Services

Kiwanis Transit Bus:

- Transportation for seniors/disabled for shopping, banking, medical, appointments, etc, and to the Senior Day Program..... 519-669-4533 or 1-800-461-1355

Assisted Transportation:

- Community Care Concepts' volunteers drive seniors for shopping, banking, appointments, etc:519-669-3023 or 749-0784

Elmira Taxi:.....519-669-1619

Financial Services

Canada Pension, Old Age Security Pension, Guaranteed Income Supplement and Spouse's Allowance:

- Information about eligibility, pensions, direct deposit, lost cheques and to report any changes in your information.

Monday to Friday, 8:30- 4:301-800-277-9914
www.servicecanada.gc.ca

Income Tax Clinic:

- Free to any family or individual with an income of less than \$25,000.....519-669-5139

Other numbers of Interest:

Information Centre:519-669-5139
Woolwich Visitor's Centre:.....519-669-2605
Elmira Public Library:519-669-5477
Emergency Food Hampers:519-669-5139
Post Office:519-669-5501
Township Office:519-669-1647

Housing Services

Community Housing Access Centre:

Provides subsidized seniors housing facilities throughout Waterloo Region, all are one bedroom apartments:
.....519-575-4833

33 Front St., St. Jacobs:

30 seniors apartments, Sprucelawn apartments:
.....519-664-1311

8 Dunke St., Elmira:

28 seniors apartments, Elmira Senior Citizens Apartments Inc. (St. James Manor):
.....519-669-5852

Information For Seniors

A guide to the services of special interest to seniors in the Woolwich community including:

Home Support
Clubs
Recreation
Financial
Health
Transportation
Housing

For more information:
Community Information Centre
Woolwich Community Services
73 Arthur St. S., Elmira N3B 2M8
519-669-5139 or 1-800-661-7918

Community Care Access Centre

Community Care Access Centre (CCAC) is an independent, non-profit Agency accountable to the Ministry of Health. CCAC provides one-stop access for people who need in-home health services and support or accommodation in long-term care homes. CCAC assesses your needs or those of your loved one and determine eligibility for a long-term care facility or funded in-home health care. They manage or arrange for the following:

- The transition from hospital care to in-home health care.
- Admissions to long-term care homes.
- The provision of visiting health and personal support services in peoples' homes.

The CCAC also provides information and referrals to other community services, including:

- Information on retirement homes and supportive housing alternatives.
- Programs for people with physical disabilities.
- Community support services such as Meals on Wheels, Friendly Visiting, transportation services, day programs and caregiver respite programs.
- Volunteer-based community programs.

To contact Community Care Access Centre in Waterloo Region:

519-748-2222

www.ccacwat.on.ca



Home Support Services

Community Care Concepts of Woolwich, Wellesley & Wilmot:

- Enables seniors and disabled adults to remain in their own homes.....**519-669-3023 or 519-749-0784**

Homemaking

Competent homemakers provide cleaning, cooking and laundry

Home Maintenance

Assistance with minor home repairs and seasonal outdoor maintenance

Friendly Visiting

This service provides regular contact with a caring volunteer

Meals on Wheels

Nutritious meals are delivered noon hours, Monday to Friday by volunteers (Frozen meals are also available)

Senior Day Program

This service provides a full day of social, physical and mental stimulation

Assisted Transportation

Transportation is available for medical and health appointments, banking, shopping and visiting

Home at Last

Worry free patient transition from hospital to home speak to your doctor for referral or call for more information

Health Services

Seniors Health Fair

- Organized by a network of seniors and agencies, the fair is held in the fall, usually mid Oct...**519-664-3794**

Alzheimer Society.....**519-742-1422**

Arthritis Society**519-743-4141**

Cancer Society**519-886-8888**

Cardiac Fitness Association**1-519-648-2252**

Diabetes Association**1-800-226-8464**

Heart and Stroke Foundation**519-571-9600**

Medic Alert Foundation.....**1-800-668-1507**

Ontario Drug Benefits:

Prescription drugs to seniors....**1-888-405-0405**

Health Services

Woolwich Community Health Centre

- Health promotion and illness prevention activities for Woolwich residents.....**519-664-3794**

www.wchc.on.ca

Services Include:

Active Living

Health information sessions and various levels of fitness and line dancing classes.

See the Active Living Directory for Woolwich Seniors or talk to an Active Living Ambassador.

Well Adult Program

Blood pressure monitoring and nursing, foot care etc.

Woolwich Hospice

Trained volunteers provide support for the terminally ill, who wish to remain at home, and their families.

Caregivers Support Group

For caregivers of those that are elderly, frail, ill or disabled. Groups meet in St. Jacobs & Breslau.

Elmira Medical Centre

- Located in Elmira, the Medical Centre is a private clinic providing quality health care for people of every age.**519-669-5493**

Services Include

Chiropodist: Provides foot care

Nutritionist: Provides medical nutritional advice

Psychologist: A trained psychologist is available

Grand River Hospital

Freeport Health Centre**519-742-3611**

K-W Health Centre**519-742-3611**

St. Mary's Hospital**519-744-3311**

Community Health Department

- Provides health assessments and other health care programs throughout the region**519-883-2000**

Mobility Loan Cupboard

- Loans wheelchairs, crutches, canes and walkers for up to three months.....**519-669-5139**

Waterloo Region Committee on Elder Abuse:

Monday to Friday 8:30-4:30.....**519-883-2280**