

Cambridge and North Dumfries Seniors Directory of Community Agencies

Compiled by:
Information Cambridge and North Dumfries,
A service of



Social Planning Council
of Cambridge and North Dumfries



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Introduction

The Social Planning Council of Cambridge and North Dumfries has spent the past several months requesting and updating agency and organization information in order to bring you this edition of *Cambridge and North Dumfries Services for Seniors*. This publication is a comprehensive listing of all services that include or are geared towards the senior population of Cambridge and North Dumfries. The purpose of this directory is to provide easier access for citizens to commonly needed services within Cambridge and North Dumfries.

This directory has been designed to be easy to navigate. Organizations are listed under specific categories with a detailed table of contents at the front and a complete index at the back. All organizations and agencies listed include a phone number, address, description of services provided, and level of wheelchair accessibility.

Criteria for being listed in this directory is that the agency or organizations are either non-profit or provide a unique and important service that cannot be accessed in this region in the non-profit sector. Agencies and organizations must also provide a direct service to the elderly community.

It is the hope of the Social Planning Council of Cambridge and North Dumfries that you find this directory to be useful and informative. If you know of any organizations that meet the criteria that are not listed in this directory, feel free to give us a call at 519-623-1713 Ext. 225

Sincerely,

The Social Planning Council of Cambridge and North Dumfries

Important Numbers

Are you hurt or in danger?

Cambridge Memorial Hospital..... 700 Coronation Blvd, Cambridge	519-621-2330
Community Care Access Centre.....	310-2222
Elder Abuse Response Team (EART).....	519-579-4607
Telehealth Ontario	1-866-797-0000
Victim Services of Waterloo Region..... Waterloo Regional Police, Division 2, 176 Hespeler Rd, Cambridge	519-585-2363
Waterloo Region Committee on Elder Abuse.....	519-883-2280
Waterloo Regional Police..... 200 Maple Grove Rd, Cambridge	Crisis 911 519-653-7700

Are you in need of shelter?

The Bridges Shelter..... 26 Simcoe St, Cambridge	519-624-9305
Haven House..... Cambridge.....	Abused Women 519-653-2289 Crisis 1-800-410-4482, 519-653-2422

Are you hungry?

The Bridges Shelter..... 26 Simcoe St, Cambridge	19-624-9305
Cambridge Self-Help Food Bank..... 54 Ainslie St S, Cambridge	519-622-6550
Cambridge Vineyard..... 147 Elgin St N, Cambridge.....	Tuesdays 519-623-4639 Other Days 519-740-8463
The Salvation Army..... 12 Shade St, Cambridge	519-623-1221
The Salvation Army Hespeler Community Church..... 18 Tannery St E, Cambridge	519-658-9850
Waterloo Region Social Services Department..... Community Outreach Program	519-883-2290
Trinity Community Table..... Trinity Anglican Church, 12 Blair Rd, Cambridge	519-621-8860

Do you need someone to talk to?

Telecare Distress Centre.....519-658-5455
Box 32074 Preston Centre PO, Cambridge

Cambridge Active Self Help Organization.....519-623-6024
1- 9 Wellington St, Cambridge

Canadian Mental Health Association, Grand River Branch, Centre for Mental Health
Cambridge.....519-740-7782

COPING Bereavement Support Groups of Ontario Inc.....519-650-0852
1740 Blair Rd, Cambridge.....1-877-554-4498

John Howard Society of Waterloo-Wellington.....519-622-0815
40 Ainsle St. S. Cambridge

Lutherwood, Mental Health Services, Lutherwood Family Counselling Services.....519-622-1670
35 Dickson St, Cambridge

Are you new to Canada and need support?

YMCA Immigrant Services.....519-621-1621
258 Hespeler Rd, Cambridge

Affordable Housing/ Housing Services for Seniors

Cambridge Kiwanis Village Non-Profit Housing

519-650-5437

Cambridge Kiwanis Village Towne Centre, 350 Linden Rd. Cambridge ON N3H 5N7

Affordable and low-income housing.

Cambridge Non-Profit Housing Corporation

519-622-5535 or 519-622-5858

123 Water St N, Cambridge, ON N1R 3B7

Operates 7 affordable rental housing sites in the City of Cambridge for families and seniors. 70 percent of the 387 units are subsidized.

Not Accessible

Canada Housing and Mortgage Corporation

1-800-668-2642

Email: contactcentre@cmhc.ca

Home Adaptations for Seniors' Independence

The Home Adaptations for Seniors' Independence (HASI) program offers financial assistance for minor home adaptations that will help low-income seniors to perform daily activities in their home independently and safely in the form of a forgivable loan.

Homeowner Residential Rehabilitation Assistance Program

Canada Mortgage and Housing Corporation (CMHC) offers financial assistance to low-income homeowners for mandatory home repairs that will preserve the quality of affordable housing. The program helps people who live in substandard dwellings and cannot afford to pay for necessary repairs to their home

Lutherwood Housing Services, Housing Counselling Program

519-623-9380

35 Dickson St, Cambridge, ON N1R 7A6

The Housing Coordinator provides assistance with accessing or maintaining rental housing. Clients can access housing information, referrals, assistance with subsidized housing, and individual housing counselling.

Fully Accessible

Lutherwood, Rent Bank and Eviction Program

519-623-9383

35 Dickson St, Cambridge, ON N1R 7A6

The Rent Bank and Eviction Prevention Program can assist in preventing homelessness through eviction prevention. Services include information on landlord and tenant relations, eviction process and tenant rights and responsibilities.

Fully Accessible

Region of Waterloo Coordinated Access System, Community Housing Access Centre

519-575-4833

235 King St. 6th floor Kitchener ON N2G 4N5

Access Site office locations are your point of access to the centralized waiting list for Community Housing.

Access Site staff can help you with your Application, provide you with forms that you need, and answer questions that you may have.

Fully Accessible

Long-Term Care Homes for Seniors

Cambridge Country Manor

519-650-0100

3680 Speedsville Rd, Cambridge, ON N3H 4R6

A long-term care facility with 79 beds available. Private, semi-private rooms and ward are available.

Fully Accessible

Chartwell Select Queen's Square Terrace

226-533-9708

10 Melville St N, Cambridge, ON N1S 1H5

Retirement community and home.

Fully Accessible

Fairview Mennonite Homes

519-653-5719

515 Langs Dr, Cambridge, ON N3H 5E4

Retirement community includes warm water therapy, seniors centre and more!

Fully Accessible

Golden Years Nursing and Assisted Living Centre

519-653-5493

704 Eagle St N, Cambridge, ON N3H 4T3

Provides residential support for seniors, and to physically and mentally challenged individuals. Long-term care accommodation is also available.

Fully Accessible

Grand River Retirement Home

519-621-5502

62 Grand Ave N, Cambridge, ON N1S 2K9

This senior's residence provides long-term care and has subsidized rates available.

Fully Accessible

(The) Hanning Houses

519-650-2505

540 Queenston Rd, Cambridge, ON N3H 3J8

Retirement home and community.

Fully Accessible

(The) Marian Residence

519-653-0363

640 Hillview Rd, Cambridge, ON N3H 5H3

Retirement home that offers a drop in centre, activities for seniors, tea-room, assisted and independent living units, nursing facilities, and doctor visits once a week.

Fully Accessible

Ontario Retirement Communities Association

905-403-0500 or 1-888-263-5556

ORCA is a non-profit provincial organization that sets professional operating standards, inspects and accredits retirement residences in Ontario. ORCA operates a toll-free Retirement Home Complaints Response and

Information Service that gives seniors and their families the information they need to make informed choices and helps them resolve problems quickly and effectively.

Fully Accessible

Marsdale Manor

519-622-5864

25 Linnwood Ave, Cambridge, ON N1R 1V2

Retirement home with 24 hour qualified nursing care, three meals daily, laundry, housekeeping and recreational activities.

Fully Accessible

PeopleCare Hilltop Manor

519-621-3067

42 Elliott St, Cambridge, ON N1R 2J2

Long term care home with 5 distinctive specialty care areas including 2 secure Alzheimer units.

Residents receive help with activities of daily living, enjoy recreation and restorative care programs with respectful medical and 24 hour nursing care as needed.

Fully Accessible

Riverbend Place

519-740-3820

650 Coronation Blvd, Cambridge, ON N1R 7S6

A multi-level retirement community which includes independent apartments with the option to purchase additional personalized care and services, retirement lodge and long-term care nursing. Subsidy is available for long-term care.

Unknown Accessibility

Riverside Manor

519-621-5256

54 Grand Ave N, Cambridge, ON N1S 2K9

Retirement home; assisted and independent living.

Unknown Accessibility

St. Andrew's Terrace Long Term Care Community

519-620-9512

255 St. Andrew's St, Cambridge, ON N1S 1P1

St. Andrew's Terrace offers multiple levels of care for 128 residents who have arranged their placement through the Community Care Access Centre.

Unknown Accessibility

St. Luke's Place

519-658-5183

1624 Franklin Blvd, Cambridge, ON N3C 3P4

Nursing facility for long term care; respite care; palliative care; assisted living, independent living apartments; meals, and recreational activities. Subsidy is available.

Unknown Accessibility

Stirling Heights Long Term Care Centre

519-622-3434

200 Stirling MacGregor Dr., Cambridge, ON N1S 5B7

Retirement home

Fully Accessible

Palliative Care Homes

Hospice of Waterloo Region

519-743-4114

298 Lawrence Ave, Kitchener, ON N2M 1Y4

Hospice of Waterloo Region is a volunteer organization dedicated to providing comfort, care and support to people affected by life-threatening illness. Our services are provided in home, hospital, or long-term care facility settings by trained volunteers free of charge.

Fully Accessible

Lisaard House

519-650-1121

990 Speedsville Rd, Cambridge, ON N3H 4R6

The Lisaard house is a 6 bedroom Residential Hospice which offers individuals with cancer, who are facing the last few weeks of their lives, the option of a home-like setting with around-the-clock professional care.

Fully Accessible

Work and Income Support

Lutherwood 55+ Employment Services

519-743-2460

165 King St E, Kitchener ON

Job search assistance for adults 55 years and over.

Unknown Accessibility

Service Canada- Cambridge Centre

1-800-622-6232 Conestoga Blvd, Unit C2, Cambridge, ON N1R 7L7

Helps people with accessing Disabilities Canada Pension Plan Disability Benefits, Seniors Allowance for the Survivor Program, Canada Pension Plan Retirement Pension or Old Age Security

Fully Accessible

Waterloo Region Social Services Department

519-575-4400

150 Main St, Cambridge, ON N1R 8H6

The Waterloo Region Social Services Department (Cambridge Branch) provides resources on the topics of Income Support, Family Support, Employment Services and Special Services

Fully Accessible

Volunteer and Recreation

Cambridge Memorial Hospital, Volunteer Associations, Volunteer Resources

519-621-2333 ext. 2401

700 Coronation Blvd, Cambridge, ON N1R 3G2

The CMH Volunteer Association provides assistance to Cambridge Memorial Hospital through ongoing support to our patient service and revenue-producing programs. Volunteers are always needed in a variety of areas to enhance services to our patients and visitors. A teen volunteer program is also available.

City of Cambridge Community Services

519-623-1340

P.O. Box 669, 50 Dickson St E, Cambridge, ON N1R 5W8

The Community Services Department provides recreation facilities, programs and consultation services for Cambridge residents. These services ensure that all residents, regardless of their recreational interests, capabilities, or financial status are able to participate.

Unknown Accessibility

Volunteer Cambridge, United Way of Cambridge and North Dumfries

519-621-1030

135 Thompson Dr. Suite 2 Cambridge, ON N1T 2E4

Promotes and encourages volunteerism within the Cambridge community. Links community residents interested in volunteering with appropriate programs and services, offers assistance in volunteer management and recognition.

Fully Accessible

Legal Help

Legal Aid Ontario

1-800-668-8258

416-979-1446

Provides financial assistance with a wide range of legal issues. Accepts collect calls.

Ontario Retirement Communities Association

905-403-0500 or 1-888-263-5556

ORCA is a non-profit provincial organization that sets professional operating standards, inspects and accredits retirement residences in Ontario. ORCA operates a toll-free Retirement Home Complaints Response and Information Service that gives seniors and their families the information they need to make informed choices and helps them resolve problems quickly and effectively.

Fully Accessible

Waterloo Region Committee on Elder Abuse

Information Line: 519-883-2280

Email: info@elderabusewaterloo.ca

420 Weber St N, Waterloo, ON N2L 4E7

Provides information about elder abuse and about the community resources available. Volunteers are available to promote elder rights and to raise awareness about elder abuse, by providing information sessions to community groups.

Unknown Accessibility

Waterloo Region Community Legal Services

519-743-0254

450 Frederick St S, Unit 101 (ground floor), Kitchener, ON N2H 2P5

Community Legal Aid Clinic providing advice and/or representation in areas such as landlord-tenant, consumer, Ontario Works, Ontario Disability, Canada Pension Plan Disability, Workers Compensation. No services in family, criminal or immigration.

Fully Accessible

Health Services for Seniors

Alzheimer's Society of Cambridge

519-650-1628

1145 Concession Rd. Cambridge, ON N3H 4L5

Dedicated to enhancing the lives of persons with Alzheimer's Disease and Related Dementias and their caregivers by providing support, information, education, public awareness, advocacy and promotion of research.

Unknown Accessibility

Cambridge Memorial Hospital Lifeline

519-621-2333

A phone line support service run by 'Lifeline' organization, to help seniors, people with challenges, and patients with medical conditions, live safely at home.

Operates 24 hours a day, 7 days a week

Cambridge Osteoporosis Support Group

519-6533-8822

Allan Reuter 50+ Recreation Centre, 507 King St E, Cambridge, ON N3H 3N4

A support group for individuals with osteoporosis and their families. A variety of guest speakers discuss topics such as prevention, falls, diet, exercise, and footwear.

Fully Accessible

Canadian Cancer Society, Waterloo Region Unit

519-886-8888

108 Ahrens St. W. Kitchener, ON

A non-profit organization that funds cancer research, offers comprehensive, credible information on cancer, risk reduction and treatment, and also provides support for cancer patients and their family and friends.

Fully Accessible

Canadian Diabetes Association Leadership Centre

519-742-1481

14 Irvin St, Suite 1, Kitchener, ON N2H 1K8

Promotes the health of Canadians through diabetes research, education, service and advocacy. Regularly scheduled information evenings, support groups, resource library, referral and information.

Unknown Accessibility

Canadian Red Cross

519-621-1840

17 Cambridge St, Cambridge, ON N1R 3R8

Humanitarian organization serving the most vulnerable in the community. We offer Personal Disaster Assistance to those affected by fire or other emergency, Home Healthcare Equipment Rentals, First Aid, CPR, AED, and Respect Ed programs.

Fully Accessible

(The) Coping Centre

519-650-0852

1740 Blair Rd, Cambridge, ON N3H 4R8

The Coping Centre offers programs for Adults (widows, widowers, suicide support, loss of parent, sibling, friend, etc) and Bereaved Parents. All groups have a maximum of 8 people and run for 8-10 weeks

Unknown Accessibility

Heart and Stroke Foundation

519-571-9600

1373 Victoria St N, Suite 2A, Kitchener, ON N2B 3R6

The Heart and Stroke Foundation, a volunteer-based health charity, works to eliminate heart and stroke disease and reduce its impact through the advancement of research, and promotion of healthy living.

Partially Accessible

Hopespring Cancer Support Centre

519-742-4673

Email: support@hopespring.ca

16 Andrew St. Unit 2 Kitchener, ON N2H 5R2

HopeSpring offers a variety of programs and services to people in the community affected by cancer, free of charge, without a medical referral, in Waterloo and Cambridge.

Programs include courses, workshops, seminars, gentle exercise, relaxation therapies, and information nights.

HopeSpring also provides individual and group support, a free wig boutique, and a resource centre.

Partially Accessible

Kidney Cancer Canada

519-620-7241

P.O. Box 23026, Westgate P.O., Cambridge, ON N1S 4Z6

Kidney Cancer Canada is a charitable patient-led support organization established to improve the quality of life for patients and their families living with kidney cancer.

Fully Accessible

Langs Farm Village Association

519-653-1470

1145 Concession Rd. Cambridge, ON N3H 4L5

Langs offers community programs and medical counselling. Langs also conducts free tax clinics for low income families and seniors.

Fully Accessible

Ontario Breast Screening Program

519-740-4999

Cambridge Memorial Hospital, 700 Coronation Blvd, Cambridge, ON N1R 3G2

This program is a service of Cancer Care Ontario, providing high quality and comprehensive breast screening to women aged 50 and over. Physical breast examination and mammography provided. Self-examination training. Self-referrals accepted.

Fully Accessible

Parkinson Society Southwestern Ontario

519-652-9437 or 1-888-851-7376

117-4500 Blakie Rd, London, ON N6L 1G5

Resource centre provides literature, speakers and educational programs.

Fully Accessible

Self Help Alliance Waterloo Wellington (CASH)

519-623-6024

9 Wellington St, Unit 1, Cambridge, ON N1R 3Y4

The Self Help Recovery Centre offers opportunities for individuals to engage in interactive discussion about recovery, advocacy, personal development and social justice. The Self Help Resource Centre contains information pertaining to self-help, advocacy, recovery, mental health and concerns of individuals who experience mental health issues.

Community access centre (C.A.P) makes computers available for members to use
Fully Accessible

SHARE Support Services

519-741-2200

1405 King St, Kitchener, ON N2G 2N9

It offers pre-retirement program, confidential peer support, counselling and information on various senior issues.
Fully Accessible

Seniors Program- Community Living Cambridge

519-623-7490

160 Hespeler Rd, Cambridge ON N1R 6V7

Offers programs for seniors aged 55 and up that focus on enhancing the individual's well being through ensuring appropriate social, physical and mental stimulation in an appropriate environment.

Stroke Recovery Association- Cambridge and District

519-742-3226

Email: sracam@sentex.net

Preston Mennonite Church, 791 Concession Rd, Cambridge, ON

Provides support, education, information, and referrals to individuals and their families dealing with stroke.

Visitation on requests, monthly meetings, newsletter, socialization and information sharing.

Fully Accessible

Waterloo Wellington Community Care Access Centre

519-748-2222 or 310-2222

141 Weber St. S. Waterloo, ON N2J 2A9

Finding and accessing the care you need can sometimes be confusing and complicated. The Waterloo Wellington CCAC is here to help you navigate Ontario's health care system. We will seek to understand your personal situation and give you information and advice about the options available in our community.

Our services help people avoid hospitalization, or return home quicker after being in hospital to recuperate in the comfort of their own homes. When living at home is no longer possible, we will help with admission into long-term care.

Fully Accessible

YMCA Wellness Services

519-623-9622

250 Hespeler Rd, Cambridge, ON N1R 3H3

YMCA wellness programs offer Seniors exercise programs, wellness seminars and group discussions on health-related matters.

Unknown Accessibility

Health Care Providers

Cambridge Memorial Hospital

519-621-2330

700 Coronation Blvd, Cambridge, ON N1R 3G2

Cambridge Memorial Hospital is a 240-bed community hospital serving Cambridge and North Dumfries Township. CHM provides acute care services including Cancer Care, Intensive Care, Medicine Unit, as well as Diagnostic, Emergency, Surgical, Mental Health, Outpatient, Rehabilitation and Restorative Services.

Fully Accessible

Cambridge Walk-In Clinic

519-654-2260

1515 King St E, Unit 111, Cambridge, ON N3H 3R6

Walk in medical clinic for non-life threatening medical problems and a Family Medical Centre.

Fully Accessible

Langs Farm Community Health Centre

519-653-1470

1145 Concession Rd. Cambridge ON N3H 4L5

Offers medical counselling for people in Preston within the catchment area.

Fully Accessible

North Dumfries Community Health Centre Satellite

519-632-1229

53 Hilltop Dr. Ayr, ON N0B 1E0

Community health centre that provides: Primary Health Care, Programs for Children and Youth, Social Work Counselling and Nutrition Counselling

Fully Accessible

Region of Waterloo Public Health

519-575-4400

150 Main St, Cambridge, ON N1R 6P9

Health education, disease prevention, promotional activities, counselling, and referral services in these areas: violence prevention, dental, environmental, infection control, food safety, cancer prevention, heart health, AIDS/STDs, sexual health

Fully Accessible

Home Services for Seniors

Canadian Diabetes Association Clothesline Program

519-742-1481

14 Irvin St. Suite 1 Kitchener, ON N2H 1K8

FREE pick-up of used clothing, clothing accessories, shoes, linen, bedding, pillows, blankets, curtains, fabric material, kitchen utensils, small appliances, dishware, pots and pans, toys, books, knick-knacks.

Unknown Accessibility

City of Cambridge Friendly Visiting Program

519-740-4681 ext. 4425

Email: myskiwy@cambridge.ca

Allan Reuter Centre, 507 King St E, Cambridge, ON N3H 3N4

Volunteers are matched with an isolated senior or adult with physical disabilities to provide companionship and to visit once a week for 2 to 3 hours.

Fully Accessible

Community Support Connections, Meals on Wheels and More

519-772-8787

Email: info@cscmow.org

887 Langs Dr. Unit 4A Cambridge, ON N3H 5K4

Provides services to older adults including Meals on Wheels, Home Help, Home Maintenance, Homemaking, Reassurance and Security Checks, Snow Removal, and a Dine and Dash Club.

Fully Accessible

Comfort Keepers

519-267-8222

Nexus Business Centre, 19 Thorne St, Cambridge ON N1R 1S3

Comfort Keepers is a non-medical, private duty home care agency, providing senior care, elder care, personal care, respite care and companion care to help the elderly and disabled adults through assisted living in the privacy of their own homes.

Not Accessible

House of Friendship Appliance Repair Program

519-742-8327

51 Charles St E, Kitchener, ON N2G 4R3

House of Friendship provides assistance with major appliance repairs to low-income persons in Waterloo Region.

Fully Accessible

People Assisting in Transporting Elderly Residents (P.A.T.E.R. Program)

519-772-8787

887 Langs Dr. Unit 4A Cambridge, ON N3H 5K4

Volunteer drivers provide escorted transportation for seniors and adults with a disability (not dependent of a wheelchair) to medical appointments, therapy, and banking, grocery shopping and social outings.

Partially Accessible

Senior Homecare by Angels

519-653-8185

506 King St E, Cambridge, ON N3H 3N2

A non-medical homecare agency geared towards Seniors. Caregivers will assist in personal hygiene, meal preparation, light housekeeping, errands, shopping and companionship at low hourly rates.

Not Accessible

Seniors for Seniors

Cambridge and Kitchener-Waterloo: 519-585-0845

Seniors for Seniors is a non-medical homecare agency catering exclusively to the needs of senior citizens and older adults. Offers overnight and live-in companions/homemakers, home care support (cleaning, cooking, laundry etc.), driving services and personal support services.

Fully Accessible

Caregiver Relief Programs

Adult Day Programs- Community Living Cambridge

519-623-7490

160 Hespeler Rd, Cambridge ON N1R 6V7

Provides a medley of activities, approaches and settings in response to individualized needs and interests for the broad spectrum of individuals supported.

Fully Accessible

Boost

519-740-4681 Ext. 4411

North Dumfries Community Health Satellite, 53 Hilltop Dr. Ayr, ON N0B 1E0

Aims to build new social networks with special focus on self-renewal and recharging for individuals experiencing grief & loss, mental illness, depression or other health or lifecycle changes. Activities focus on information sharing, outings, & FUN.

Fully Accessible

Break Away With a Day Away

519-740-4681 ext. 4411

North Dumfries Community Health Centre, 53 Hilltop Dr. Ayr, ON

Weekly Activities Include: Social Time; Gentle Exercises; Games; Arts & Crafts; Entertainment; Hot Lunch & Snacks

Fully Accessible

Caregiver Support Program (Friendly Visiting Program)

519-740-4681 Ext 4423 or Ext 4425

507 King St. E, Cambridge ON N3H 3N4

This program matches a volunteer visitor with clients, to provide companionship for both the person being cared for, and short-term relief to the caregiver in need of a time for themselves. The goal being to decrease social isolation for both the caregiver and care recipient. The volunteers do not provide personal or professional medical care.

Community Care Access Centre

310-2222

Can discuss options for Caregiver Relief Programs. Have access to day programs, in-home respite and short-stay respite.

Day Away Respite Program

519-743-4114

298 Lawrence Ave, Kitchener, ON N2M 1Y4

A “Day Away” is a weekly retreat away from the ordinary, an opportunity to participate in discussions and group activities that promote fun, laughter and well-being, and learning about and taking part in a variety of complementary therapies including therapeutic touch, horticulture, art and music. The program is designed to benefit both the individual who is living with a life threatening illness, and their caregivers. While clients attend the program, caregivers are encouraged to take time for themselves.

Fully Accessible

Golden Opportunities Adult Day Program

519-740-4681 Ext. 4411

Allan Reuter Centre, 507 King St. E Cambridge ON N3H 3N4

Provides opportunity for Greeting and socializing with friends, outstanding support by staff and volunteers, and Participating in planned activities. Program is designed for seniors who are currently or are in danger of becoming socially isolated and withdrawn. Call for registration.

Fully Accessible

Living Well

519-740-4681 Ext. 4411

Fairview Centre for Community Health and Wellness

515 Langs Dr., Cambridge, ON N3H 5E4

Aims to improve and maintain participants’ overall health, wellness and independence with a special focus on functional fitness, nutrition and healthy lifestyles. Includes access to Fairview’s fitness equipment, warm water therapy pool and recreation facilities.

Fully Accessible

Local Long-Term Care Facilities

See Long-Term Care section. Many long-term care providers will provide short-term respite on site for a fee. Fee can be subsidized through CCAC; must contact the long-term care facility independently.

Older Adults Organizations

Ancient Mariners Canoe Club

519-740-4681 ext. 4459

W.G Johnson Centre, 31 Kribs St, Cambridge, ON N3C 2L3

The Ancient Mariners Canoe Club is a group of seniors who share an interest in outdoor activities, particularly canoeing, hiking, cross-country skiing and preserving the environment.

Unknown Accessibility

Canadian Association of Retired Persons (CARP)

519-800-8414

Email: waterloorgion@carp.ca

77 Westmount Rd. S, Waterloo, ON N2L 2K9

For Canadians 50 and over, retired or not. Membership fee. Newsletter, lobby governments, seniors interests, discounts.

Unknown Accessibility

Cambridge 50+ Recreation Clubs, Travel Club

519-740-4681 ext. 4407

Email: travelclub@cambridge.ca

Allan Reuter Centre, 507 King St E, Cambridge, ON N3H 3N4

Travel clubs for members of the City of Cambridge 50+ Recreation Centres, 3 different clubs available.

Fully Accessible

1) David Durward Centre

519-740-4681 ext. 4360

62 Dickson St, Cambridge, ON N1R 1T8

This Centre offers variety of fitness, computer, craft, special interest, support, cooking programs, drop-in programs and social events. Membership is required to participate in drop-in-programs, discounts on registered programs and access to the fitness/workout room.

Fully Accessible

2) Allan Reuter Centre

519-740-4681 ext. 4406

507 King St E, Cambridge, ON N3H 3N4

This centre offers variety of fitness, craft, and special interest programs for seniors. Membership is required; members will enjoy discounted price for fitness and other activities.

Fully Accessible

3) Ted Wake Lounge

519-740-4681 ext. 4464

W.G. Johnson Centre, 31 Kribs St, Cambridge, ON N3C 2L3

This centre offers variety of programs for older adults. Membership is required to participate in the programs. Hot meals are provided on Fridays; light snacks, sandwiches, soups are prepared on other days of the week.

Fully Accessible

Cambridge Lions Club

519-622-8024

50 Ainslie St N, Cambridge, ON N1R 8E3

Galt Cambridge Lions Club is a non-profit organization dedicated to serving area residents, with special interest for seniors, deaf, blind/vision impaired, youth programs and scholarships and the local hospital.

Fully Accessible

Cambridge Newfoundland Club Seniors

519-623-6320

1500 Dunbar Rd. Cambridge ON N3H 4P1

Seniors dances hosted at the Newfoundland club.

Fully Accessible

Cambridge Seniors' Chelsey Lake Campers

519-658-4524

Ted Wake Lounge- 31 Kribs St. Cambridge ON N3C 2L3

Campers enjoy an annual week of fun and fellowship in September at Chelsey Lake.

Unknown Accessibility

Cambridge Seniors' Choir

519-740-4681 ext. 4360

62 Dickson St. Cambridge ON N1R 1T8

Weekly choir practice and related events at David Durward Centre.

Fully Accessible

Cambridge Seniors' Woodworking Club

519-653-2970

62 Dickson St. N, Cambridge ON, N1R 1T8

Offers two workshops for woodworking. One workshop is at the David Durward Centre and the other workshop is located at the Allan Reuter Centre.

Fully Accessible

Fairview Mennonite Homes Centre

519-653-5719

515 Langs Dr. Cambridge ON N3H 5E4

Social, educational and fitness opportunities. Warm water therapy pool and exercise room. Hairdresser and other amenities on site. Must be a member of 50+ travel clubs.

Fully Accessible

Golden Age Club

519-621-4473

30 Cambridge St. Cambridge ON N1R 3R7

Afternoon social and games/cards, friendship for all seniors. Small membership fee, new members welcome.

Fully Accessible

Hespeler Friendly Society of Senior Citizens

519-658-2146

46 Fisher Mills Rd, Cambridge ON N3C 1C7

A seniors social and charitable club. Meets at G.E. (Ted) Wake Lounge.

Fully Accessible

Knox Church, Seniors Time Out

519-632-7461

Email: admin@knoxuayr.com

Knox United Church, 92 Northumberland St, Ayr, ON N0B 1E0

Seniors meet last Monday of each month, September - June, at the Knox Church to socialize.

Fully Accessible

Korean War Veterans Associations of Canada- Unit 13

519-648-2893

South Waterloo Naval Association, 30 Cambridge Street St, Cambridge, ON N1R 3R7

Conducts meetings for social and assistance means for ages 79 and over.

Unknown Accessibility

North Dumfries Lions Club

519-569-8136

Roseville Community Centre

A non-profit organization dedicated to serving area residents, with special interest for seniors, deaf, blind/vision impaired, youth programs and scholarships and the local hospital.

Fully Accessible

Prime Time Plus

519-658-9821

400 Holiday Inn Dr. Cambridge ON N3C 3T1

Monthly meetings for those aged 50 and older. Christian fellowship through varied programs and activities.

Unknown Accessibility

South Western Naval Veterans Association

519-623-3044

Email: cambridgenavyclub@live.ca

30 Cambridge St, Cambridge, ON N1R 3R7

This is a social and service club for veterans.

Fully Accessible

Royal Canadian Legion

519-621-5850

4 Veterans Way, Cambridge, ON N1R 3K7

Offers recreational activities and support for community events.

Fully Accessible

W.G. Johnson Centre

519-740-4681 ext. 4469

31 Kribs St, Cambridge, ON N3C 2L3

Offers aquatic and fitness activities. Indoor pool featuring a 1M diving board, gym, sauna, patio, gallery, G.E. Ted Wake 50+ centre, conditioning centre, water slide, and hot tub.

Fully Accessible

50+ Group

519-658-9001

Temple Baptist Church, 400 Holiday Inn Dr., Cambridge, ON N3C 3T1

Meets 3rd Thursday each month at 10:30 a.m. to 12:00 noon followed by a luncheon. Christian fellowship through varied programs and activities.

Fully Accessible

Churches/ Faith Groups

Baha'i Community of North Dumfries

Email: isa.northdumfries@gmail.com

Multi-Faith Devotional gatherings take place on the 3rd Tuesday of every month, 7:30 pm at the Ayr Public Library
Unknown Accessibility

Calvary Church Ayr

519-632-7110

173 Northumberland St, Ayr, ON N0B 1E0

Affiliated with Mennonite Church Canada; Sunday Services: 10:30 am

Partially Accessible

Calvary Pentecostal Assembly

519-621-6310

127 Hespeler Rd, Cambridge, ON N1R 3G9

Unknown Accessibility

Cambridge Community Church

519-624-8411

73 Pollock Ave, Cambridge, ON N1R 2B4

Unknown Accessibility

Cedar Creek Community Church

519-624-8321

2042 Dumfries Rd, RR 4, Cambridge, ON N1R 5S5

This is affiliated with 'The Evangelical Fellowship Baptist Churches of Canada'.

Fully Accessible

Christ Anglican Church

519-632-7291

50 Manley St, Ayr, ON N0B 1E0

Fully Accessible

Church of Jesus Christ of Latter-day Saints

519-622-0092

181 Myers Rd, Cambridge, ON N1R 7H2

Unknown Accessibility

Church of the Nazarene, Preston

519-653-6036

1332 Hamilton St, Cambridge, ON N3H 3G5

Fully Accessible

Cornerstone Community Church

519-624-9375

10 Gatehouse Dr., Cambridge, ON N1P 1C7

Fully Accessible

Countryside Reformed Church

519-740-2860

1985 Beke Rd, RR 4, Cambridge, ON L8S 3T3
Unknown Accessibility

First Spiritualist Church of Galt

519-653-1818
2000 Speedsville Rd. Cambridge, ON N3H 4R6
72 Grand Ave N, Cambridge, ON N1S 2K9
Unknown Accessibility

First United Church

519-621-8441
15 Wellington St, Cambridge, ON N1R 3Y4
Fully Accessible

Forward Baptist Church

519-621-6566
455 Myers Rd, Cambridge, ON N1R 5S2
Unknown Accessibility

Grace United Church

519-616-7515
3258 Roseville Rd E, RR 1, Ayr, ON N0B 1E0
Affiliated with United Church of Canada; Sunday worship services at 11:15 a.m.
Fully Accessible

Guelph Cambridge Chinese Alliance Church

519-654-0253
31 Tannery St W, Cambridge, ON N3C 1H2
Unknown Accessibility

Hespeler Baptist Church

519-658-4220
76 Adam St, Cambridge, ON N3C 2K5
Fully Accessible

Islamic Centre of Cambridge

519-740-6855
1550 Dunbar Rd, Cambridge, ON N1R 8J5
The mission of ICC is to provide a place for Muslims to get together for religious and social events and to provide religious education for children. In addition by efforts and action programs we hope to promote building of communities of Muslims in the region of Waterloo and surrounding regions.
Fully Accessible

King Street Baptist Church

519-653-5131
361 King St E, Cambridge, ON N3H 3M7
Fully Accessible

Knights of Columbus

519-653-6903
333 Speedsville Rd, Cambridge, ON N3H 4R6

The Knights of Columbus is a Catholic family fraternal service organization and it provides members and their families with volunteer opportunities in service to the Catholic Church, their communities, families and young people.

Fully Accessible

Knox Galt Presbyterian Church

519-621-8120

2 Grand Ave S, Cambridge, ON N1S 2L2

Fully Accessible

Knox Preston Presbyterian Church

519-653-6691

132 Argyle St N, Cambridge, ON N3H 1P6

Fully Accessible

Knox United Church

519-632-7461

92 Northumberland St, Ayr, ON N0B 1E0

Place of worship. It a non-profit organization that provide sermons and special events like the country carnival.

Fully Accessible

(The) Life Centre

519-651-1800

Silverheights Public School 390 Scott Rd, Cambridge, ON

Worship Service is held every Sunday from 10:30 am till 12 noon at Silver Heights Public School.

Partially Accessible

Maranatha Christian Reformed Church

519-623-8151

94 Elgin St S, Cambridge, ON N1R 5G5

Unknown Accessibility

Preston Mennonite Church

519-653-5171

791 Concession Rd, Cambridge, ON N3H 4L1

Unknown Accessibility

Radha Krishna Mandir

519-650-1575

67 Old Mill Rd, Cambridge, ON N3H 4R8

Place of worship for Hindus.

Fully Accessible

Riverside Associate Reformed Presbyterian Church

519-653-7746

465 Avenue Rd, Cambridge, ON

Unknown Accessibility

Roseville United Brethren Church

519-696-3005

2729 Fischer-Hallman Rd, RR 1, Ayr, ON N0B 1E0

Fully Accessible

Salvation Army Community Church, Hespeler Community Church

519-658-9850

18 Tannery St, Cambridge, ON N3C 2B9

Community church that also operates a Soup Kitchen and gives out food vouchers, clothing, diapers to those in need.

Partially Accessible

Seventh-Day Baptist Church of Cambridge

519-623-3419

182 Cranston Cambridge, ON

Partially Accessible

St. Ambrose Church

519-621-2013

210 South St, Cambridge, ON N1R 2P4

Fully Accessible

St. Andrew's Galt Presbyterian Church

519-621-3630

130 Victoria Ave, Cambridge, ON N1S 1Y2

Religious organization that offers nursery care, Sunday School and a youth program during the worship services at 10:30 am.

Fully Accessible

St. Andrew's Hespeler Presbyterian Church

519-658-2652

73 Queen St E, Cambridge, ON N3C 2A9

Unknown Accessibility

St. Clement's Parish

519-653-6123

745 Duke St, Cambridge, ON N3H 3T7

Unknown Accessibility

St. James' Anglican Church

519-658-4547

520 Ellis Rd, Cambridge, ON N3C 4B1

Anglican worship centre

Fully Accessible

St. James Lutheran Church

519-658-9621

96 Queen St E, Cambridge, ON N3C 2B1

Unknown Accessibility

St. John's On the Hill United Church

519-623-1820

241 Cedar St, Cambridge, ON N1S 1W6

Partially Accessible

St. Luke's United Church

519-658-2351
 1620 Franklin Blvd, Cambridge, ON N3C 1P2
 Unknown Accessibility

St. Mary's Catholic Church

519-658-4443
 16 Cooper St, Cambridge, ON N3C 2N2
 Unknown Accessibility

St. Mary's Ukrainian Catholic Church

519-653-9841
 582 Eagle St N, Cambridge, ON N3H 1C3
 Unknown Accessibility

St. Paul's Lutheran Church

519-623-1604
 63 Grand Ave S, Cambridge, ON N1S 2L1
 Unknown Accessibility

St. Peter's Evangelical Lutheran Church

519-653-4721
 810 King St E, Cambridge, ON N3H 3P2
 Partially Accessible

Temple Baptist Church

519-658-9001
 400 Holiday Inn Dr, Cambridge, ON N3C 3T1
 Fully Accessible

Trillium United Church

519-653-6601
 450 King St E, Cambridge, ON N3H 3M9
 Religious Organization
 Partially Accessible

Trinity Anglican Church

519-621-8860
 12 Blair Rd, Cambridge, ON N1S 2H5
 Fully Accessible

Wanner Mennonite Church

519-658-4902
 1725 Beaverville Rd, R.R. #21, Cambridge, ON N3C 2V3
 Unknown Accessibility

Wesley United Church

519-621-6060
 6 Cambridge Street N, Cambridge, ON N1R 3R6
 It provides family worship services.
 Fully Accessible

Neighbourhood Organizations

The City of Cambridge is rapidly growing and contains many different neighbourhoods. Wherever you live in Cambridge, there is a neighbourhood organization in your area. These organizations usually provide programming for children and adults as well as volunteer opportunities. They also commonly employ an outreach worker who can help those in need of help such as additional food, counselling, and many other needed services. Neighbourhood organizations are a great way to get connected with both your neighbourhood and any additional resources you may need.

Alison Neighbourhood Association

Located within St. Anne School at:
127 Elgin St. N, Cambridge ON
519-620-1867
Fully Accessible

Blair Road Neighbourhood Association

30 Parkhill Rd, Cambridge ON
519-624-0898
Unknown Accessibility

Kinbridge Community Association- Christopher Champlain

Resource Centre
125 Champlain Blvd. Unit # 8, Cambridge ON
519-740-8565

Christopher Champlain McIntosh Loft

200 Christopher Drive, 2nd Floor, Cambridge ON
519-624-3855
Unknown Accessibility

Kinbridge Community Association- Southwood

241 Southwood Dr. Unit # 1, Cambridge ON
519-621-2930
Unknown Accessibility

East Hespeler Neighbourhood Association

W.G. Johnson Centre
31 Kribs St, Cambridge ON
519-740-4681 ext. 4459
Unknown Accessibility

Fiddlesticks Community Centre

71 Cowan Blvd, Cambridge ON
519-621-4040
Unknown Accessibility

Greenway Chaplin Community Centre

116 Rouse Ave, Cambridge ON
519-623-4220
Unknown Accessibility

Hespeler Village Neighbourhood Association

519- 240- 3567
1620 Franklin Blvd. Cambridge, ON N3C 1P2
Unknown Accessibility

Langs Farm Village Association

1145 Concession Rd. Cambridge ON N3H 4L5
519- 653-1470
Fully Accessible

Grow Community Centre

1 Groh Ave. Cambridge, ON
519-248-4769
Fully Accessible

Preston Heights Community Group

350 Linden Dr, Cambridge ON
519-650-2971
Unknown Accessibility

Silverheights Neighbourhood Association

Silverheights Public School
15 Baldwin Dr. Cambridge ON N3C 0G1
519-249-1200
Email: info@silverheightsneighbourhood.com
Fully Accessible

Libraries and Computer Access

Ayr Public Library

519-632-7298

137 Stanley St Ayr, ON

Public Library with services such as internet stations, photocopier, etc. offered

Fully Accessible

Cambridge Libraries and Galleries

Queen's Square 519-621-0460

1 North Sq. Cambridge, ON N1S 2K6

Preston Branch 519-653-3632

435 King St E Cambridge, ON N3H 3N1

Hespeler Branch 519-658-4412

5 Tannery St E Cambridge, ON N3C 2C1

Clemens Mill Branch 519-740-6294

50 Saginaw Pkwy Cambridge, ON

Public libraries and galleries; internet access.

Fully Accessible

Public Computer:

Cambridge Active Self Help

519-623-6024

9 Wellington St, Unit 1, Cambridge, ON N1R 3Y4

Christopher Champlain Community Centre

519-740-8565

8-125 Champlain Blvd. Cambridge ON N1R 2X6

Langs Farm Village Association

519-653-1470

1145 Concession Rd. Cambridge, ON N3H 4L5

The YMCA of Cambridge

519-623-9622

250 Hespeler Rd Cambridge, ON N1R 3H3

Fully Accessible

Websites of Interest

Canada Mortgage and Housing Corporation

http://www.cmhc-schl.gc.ca/en/co/prfinas/prfinas_004.cfm

Information about available grants designed to help older adults remain mobile at home. Grants can be used for maintaining properties or to make necessary upgrades to properties including hand rails, easy-to-reach kitchen space, etc.

Ontario Seniors Secretariat- A Guide to Programs and Services for Seniors in Ontario

www.seniors.gov.on.ca/en/seniorsguide/

The wealth of programs and services provided to Ontario seniors by the government, as well as by community organizations and service providers, conveniently together in one document.

Services for Seniors Guide

www.seniors.gov.on.ca

You will find the information in this guide useful if you are 50 years of age or older; planning for retirement; caring for a senior; or a friend or family member of a senior.