

# AGEING WELL DIRECTORY 2019

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**Social  
Planning  
Council of  
Cambridge and  
North  
Dumfries**



# SUMMARY

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This Directory has been compiled by the Social Planning Council of Cambridge and North Dumfries (SPCCND) as a component of its Age-Friendly initiative. This report is intended to be used as a tool for older adults who feel socially isolated in their communities or unsure of how to best access the City's resources. We have organized information for community organizations, local businesses, governmental services, cultural events, and available aid into sections that best reflect the needs of daily life.

The information provided in this directory has been divided into sixteen categories with detailed subheadings below. Once you have located the section that contains the information that you are looking for, you will find detailed contact information. To access the organizations website, simply click on the link provided in the description and you will be directed to the website. If the link for what ever reason doe not work, either Google Search the organization or copy the address and search for it manually,

An important addition to this Directory is the final section (Section 13) which provides a list of businesses who provide a discount for seniors. This list is meant to help older adults who wish to benefit from the savings offered by these businesses. While this list is thorough, it is best to simply ask when conducting transactions whether or not there is a discount for seniors. It is not always advertised and therefore it is best to inquire. It may also be helpful to register with the CARP (Canadian Association Retired Persons). CARP is a Nonprofit organization that offers even more discounts for seniors across the country through a membership program. You can learn more about CARP through [www.carp.ca](http://www.carp.ca). Also visit the City of Kitchener's "Discount for Adults 55+" group through the City's website. This group is intended to provide information and support for older adults in the Waterloo Region.

It is critical that as our communities continue to change that residents are not excluded nor overlooked. SPCCND and the City of Cambridge recognize that the passing of culture and knowledge between different social groups is crucial in cultivating a 'sense of place' for all ages. We hope that the Directory will be informative for community members who wish to access services in their community and that it will act as a "one stop shop" for your needs.

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# CULTURAL & SOCIAL SUPPORTS

## **African-Canadian Association of Waterloo Region and Area**

[Nonprofit](#)

519-502-0360

[info@africancanadianassociation.com](mailto:info@africancanadianassociation.com)

<http://africancanadianassociation.com/>

## **Ageing With Pride - Waterloo Wellington**

[Nonprofit](#)

[info@ourspectrum.com](mailto:info@ourspectrum.com)

226 779-9695

<http://ourspectrum.com>

## **Alpine Club**

[Nonprofit](#)

[info@alpineclub.ca](mailto:info@alpineclub.ca)

519-744-1521

<http://alpineclub.ca>

## **Armenian Community Centre**

[Nonprofit](#)

519-623-6331

<http://armeniancentrecambridge.org>

## **Bosnian Community of K-W, Cambridge and Guelph**

[Nonprofit](#)

<http://facebook.com/BosanskaZajednicaKWGC>

## **Brahmarishi Mission, Yoga and Hindu Temple**

[Nonprofit](#)

519-579-1486

<http://brahmrishimission.org>

## **Cambridge Chinese Association**

[Nonprofit](#)

[elschin@rogers.com](mailto:elschin@rogers.com)

519-658-2982

## **Cambridge Muslim Association**

[Nonprofit](#)

519-740-0688

## **Cambridge Muslim Society**

[Nonprofit](#)

[farooqmasjid@outlook.com](mailto:farooqmasjid@outlook.com)

519-623-0568

<http://cambridgemuslimsociety.org>

## **Cambridge Newfoundland Club**

[Nonprofit](#)

519-623-6320

<https://www.cambridgenewfoundlandclub.ca/>

## **Canadian Macedonian Sorovich Society**

[Nonprofit](#)

519-623-2720

## **Canadian Polish Congress Kitchener District**

[Nonprofit](#)

[jurek.orlowski@gmail.com](mailto:jurek.orlowski@gmail.com)

519-623-3460

<http://kpkkitchener.org>

## **Caribbean Canadian Association of Waterloo Region**

[Nonprofit](#)

[info@ccawr.ca](mailto:info@ccawr.ca)

1-800-306-7772 (toll free)

<http://ccawr.ca>

## **Caribbean Canadian Association of Waterloo Region**

[Nonprofit](#)

[info@ccawr.ca](mailto:info@ccawr.ca)

1-800-306-7772 (toll free)

<http://ccawr.ca>

**Central Ontario Chinese Cultural Centre**

Nonprofit

info@coccc.net  
519-576-6168  
<http://coccc.net>

**Concordia Club**

Nonprofit

mail@concordiaclub.ca  
519-745-5617  
<http://concordiaclub.ca>

**The Congress for Black Women**

Nonprofit

itispossible@rogers.com  
<http://cbwc-ontario.com>

**Coalition of Muslim Women Kitchener-Waterloo**

Nonprofit

cmw.kw.info@gmail.com  
519-576-0540 ext. 3468  
<http://cmw-kw.org>

**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  
<http://cssk.ca>

**East Indian Ladies Club of Waterloo Region**

Nonprofit

519-888-0452

**Ethiopian Association, Region of Waterloo**

Nonprofit

info@ethikw.com  
<http://ethiokw.com>

**Filipino-Canadian Association of Cambridge**

Nonprofit

519-622-1210  
Imakerr@yahoo.com

**Focus for Ethnic Women**

Nonprofit

renu@few.on.ca  
<http://few.on.ca>

**French Community Centre of Cambridge**

Nonprofit

519-623-2822  
ccfc@golden.net  
<http://centrefrancaiscambridge.com>German

**German Canadian Congress, Ontario**

Nonprofit

dkkont@gmail.com  
519-571-8980  
<https://dkkont.org/>

**Grand River Malayalee Association**

Nonprofit

secretary.grma@gmail.com

**Gujarati Cultural Association of the Golden Triangle**

Nonprofit

info@gcakw.org  
519-579-2797

**Hungarian Canadian Club of Waterloo-Wellington**

Nonprofit

info@kossuthclub.com  
519-658-9761  
<http://kossuth.com>

**India-Canada Association Waterloo Region**

Nonprofit

hello@icawaterloo.com  
<http://icawaterloo.com>

**Irish Real Life Festival**

Nonprofit

irishreallife@gmail.com  
<http://irishreallifekw.com>

**Italian Cortina Club**

Nonprofit

info@cortinaclub.org

519-894-3852

<http://cortinaclub.org>

**K-W Mayan Group**

Nonprofit

javan@golden.net

**Kitchener Anatolian Cultural Centre**

Nonprofit

anatoliancenter@gmail.com

<http://anatolian.ca/Kitchener>

**Kitchener Portuguese Club Inc.**

Nonprofit

kpci579@gmail.com

519-579-6960

<http://kitchenerportugueseclub.com>

**Muslim Social Services**

Nonprofit

info@muslimsocialserviceskw.org

519-772-4399 ext. 2707

<http://muslimsocialserviceskw.org>

**Muslim Society of Waterloo and Wellington Counties**

Nonprofit

info@waterloomasjid.com

519-886-8470

<http://waterloomasjid.com>

**Pennsylvania German Folklore Society of Ontario**

Nonprofit

519-696-3061

<http://pgfso.com>

**Polish Alliance of Canada**

Nonprofit

519-621-6625

<http://polishalliance.ca>

**Polski Dom**

Nonprofit

polskidomdwatysiace@gmail.com

519 749-6357

<http://polskidom2000.com>

**Queen Helena Canadian-Croatian Cultural & Charitable Society**

Nonprofit

info@kjfolklore.com

<http://kjfolklore.com>

**Reception House Waterloo Region**

Nonprofit

info@receptionhouse.ca

519-743-0445

519-743-2113

<http://receptionhouse.ca>

**Salvadorian Canadian Community of Waterloo Region**

Nonprofit

sccwr@yahoo.ca

<http://facebook.com/sccwr>

**Shamrose for Syrian Culture**

Nonprofit

shamrosesyria@gmail.com

<http://shamrose.ca>

**Somali Canadian Association of Waterloo Region**

Nonprofit

<http://scawr.ca>

**Tamil Cultural Association of Waterloo Region**

Nonprofit

mail@tamilculturewaterloo.org

<http://tamilculturewaterloo.org>

**The Schwaben Club**

Nonprofit

schwaben@kitchenerschwabenclub.com

519-742-7979

<http://kitchenerschwabenclub.com>

**Trinidad Social Organization**

Nonprofit

519-658-4970

**Trinidad and Tobago Sports and Cultural Club of Cambridge**

Nonprofit

519-740-0058

**Turkish Society of Waterloo Region**

Nonprofit

turkishsocietyofwaterlooregion@gmail.com

519-725-5630

<http://turkishsocietyofwaterlooregion.wordpress.com>

**Ukrainian Catholic Centre**

Nonprofit

519-745-6951

**United Empire Loyalists Association of  
Canada, Grand River Branch**

Nonprofit

paulmar.smith@gmail.com

226-206-0403

519-537-7437

<http://uelac.org/branches.php>

**United Filipino-Canadian Society of Waterloo  
Region**

Nonprofit

unitedfilcan@yahoo.com

519-577-9629

**Waterloo Region Chinese Community  
Association**

Nonprofit

[inquiry@waterloocca.com](mailto:inquiry@waterloocca.com)

<http://waterloocca.com>

**YMCA Immigration Services**

Nonprofit

519-79-9622

[newcomers@ckw.ymca.ca](mailto:newcomers@ckw.ymca.ca)

<http://ymcacambridgekw.ca/en/immigrant-services/Immigrant-Services.asp>



# FINANCIAL SUPPORT

## 2.1 Federal 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](https://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](https://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](https://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](https://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](https://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)

<https://www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security/guaranteed-income-supplement.html>

### 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](https://oeb.ca/rates-and-your-bill/help-low-income-consumers/low-income-energy-assistance-program)

### Ontario Electricity Support Program

[Provincial Government](#)

[help@OntarioElectricitySupport.ca](mailto:help@OntarioElectricitySupport.ca)

1-855-831-8151

[oeb.ca/rates-and-your-bill/help-low-income-consumers/ontario-electricity-support-program](https://oeb.ca/rates-and-your-bill/help-low-income-consumers/ontario-electricity-support-program)

### Ontario Trillium Benefit

[Provincial Government](#)

Toll-free: 1-866-668-8297

<https://www.ontario.ca/page/find-programs-reduce-electricity-bill>

Tax credits for your electricity bill available for seniors and people with low-to-moderate income

## 2.2 Private Support

### **KW Poppy Fund**

[Nonprofit](#)

kwpoppyfund@bellnet.ca

519-885-1001

<https://kwpoppyfund.ca>

### **National Association of Federal Retirees - KW and District Branch**

[Nonprofit](#)

fsna39@gmail.com

519-742-9031 (answering machine)

<https://federalretirees.ca>

### **Ontario March of Dimes, Home and Vehicle Modification Program**

[Nonprofit](#)

hvmp@marchofdimes.ca

1-877-369-4867

<https://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.

## **Cambridge Self-Help Food Bank**

[Nonprofit](#)

519-622-6550

<https://cambridgefoodbank.org/>

Lunch is available every Saturday from 11 a.m. to 1 p.m. at our Ainslie Street location.

## **The Food Bank of Waterloo Region**

[Nonprofit](#)

[info@thefoodbank.ca](mailto:info@thefoodbank.ca)

519-743-5576

<https://thefoodbank.ca>

## **The Salvation Army, Community and Family Services**

[Nonprofit](#)

[miriam\\_stevens@can.salvationarmy.org](mailto:miriam_stevens@can.salvationarmy.org)

[diane\\_carroll@can.salvationarmy.org](mailto:diane_carroll@can.salvationarmy.org)

519-745-4215

<https://salvationarmy.ca/ontariogreatlakes/>

## **The Salvation Army, Food Hampers**

[Nonprofit](#)

[sacambridge\\_cfs@rogers.com](mailto:sacambridge_cfs@rogers.com)

519-623-1221

Monday - Thursday from 9:30 - 3:20

Friday from 9:30 - Noon (Galt)

## **The Salvation Army, Meal Drop-in**

[Nonprofit](#)

[Jim\\_Hann@can.salvationarmy.org](mailto:Jim_Hann@can.salvationarmy.org)

519-658-9850

<https://www.salvationarmy.ca>

Thursday from 11:45 - 12:15 (Hespeler)

## **Trinity Round Table**

[Nonprofit](#)

[office@trinitycambridgeon.com](mailto:office@trinitycambridgeon.com)

(519) 621-8860

<https://www.trinityanglican.on.ca/community-table>

Monday, Wednesday and Friday from 9:30 - 12:30

## **Urban Hope**

[Nonprofit](#)

[info@cvcf.ca](mailto:info@cvcf.ca)

519-740-8463

<https://thevineyardchurch.ca/urban-hope/>

Tuesday from 10:00 am- 2:00 pm

Sunday from 11:00am - 1:30pm

# HEALTH & WELLNESS

## 4.1 Accessibility Aids

### **Silver Cross Automotive, Sparrow Hawk**

**Business**

nhergott@silvercrossauto.com

519-884-4295

1-888-685-4295

<https://silvercrossauto.com>

### **Wilder Medical Mobility Ltd**

**Nonprofit**

info@wildermobility.com

519-888-0618

1-800-335-3307

<https://wildermobility.com>

## 4.2 Alzheimer's Resources

### **Alzheimer Society of Waterloo- Wellington**

**Nonprofit**

askw@alzheimerkw.com

519-650-1628 (Cambridge Office)

<https://alzheimer.ca/en/ww>

### **Alzheimer Society of Waterloo- Wellington, Safely Home Wandering Registry**

**Nonprofit**

askw@alzheimerkw.com

519-742-1422

<https://alzheimer.ca/en/ww/Living-with-dementia/Day-to-day-living/Safety/Locating-devices>

### **Alzheimer Society of Waterloo- Wellington, Caregiver Support Group**

**Nonprofit**

askw@alzheimerkw.com

519-742-1422 (Cambridge Office)

### **Alzheimer Society of Waterloo- Wellington, Rural Support Services**

**Nonprofit**

reception@alzheimerww.ca

519-742-8518 ext. 2090

#### 4.3 Foot Care

##### **Accellor Medical Inc.**

**Business**

Info@accellormedical.com

1-855-621-5777

<https://accellormedical.ca/>

##### **Cambridge Foot Clinic**

**Business**

519-623-5444

##### **Feet on the Go**

**Business**

kaye@feetonthego.com

519-654-6363

<https://feetonthego.com>

##### **Steve Cassel (Chiroprapist)**

**Business**

519-631-2030

##### **The Foot Smith**

**Business**

1-888-950-FEET (3338)

<http://www.footsmith.ca/>

#### 4.4 Cambridge Memorial Hospital

##### **Cambridge Memorial Hospital, Cancer Care**

**Nonprofit**

information@cmh.org

519-621-2333

<https://cmh.org/programs/cancer-care>

##### **Cambridge Memorial Hospital, Cardiorespiratory Services**

**Nonprofit**

information@cmh.org

519-621-2333

<https://cmh.org/programs/cardiorespiratory-services>

##### **Cambridge Memorial Hospital, Diabetes Education Program**

**Nonprofit**

information@cmh.org

519-621-2333 Ext. 2345

<https://cmh.org/programs/diabetes-education-program-dep>

##### **Cambridge Memorial Hospital, Ontario Breast Screening Program**

**Nonprofit**

information@cmh.org

519-621-2333 ext. 2231.

<https://cmh.org/programs/ontario-breast-screening-program>

##### **Cambridge Memorial Hospital, Mental Health Services**

**Nonprofit**

mentalhealth@cmh.org

519-740-4900

<https://cmh.org/programs/mental-health-services>

##### **Cambridge Memorial Hospital, Seniors Health Services**

**Nonprofit**

information@cmh.org

519-621-2333 Ext. 3390

<https://cmh.org/programs/seniors-health-services>

#### 4.5 Mental Health

##### **Cambridge Memorial Hospital, Mental Health Services**

Nonprofit

mentalhealth@cmh.org

519-740-4900

<https://cmh.org/programs/mental-health-services>

##### **Cambridge Memorial Hospital, Seniors Health Services**

Nonprofit

information@cmh.org

519-621-2333 Ext. 3390

<https://cmh.org/programs/seniors-health-services>

##### **Canadian Mental Health Association - Waterloo Wellington**

Nonprofit

General Info: 1-844-CMHA-WW3 (264-2993)

Crisis line: 1-844-HERE-247 (437-3247)

<http://cmhaww.ca/>

##### **Canadian Mental Health Association - Self Help and Peer Support (Cambridge Office)**

Nonprofit

519-623-6024

<https://cmhawwselfhelp.ca/>

##### **Carizon, Walk-in Counselling Services**

Nonprofit

519-623-9380

<https://www.carizon.ca/>

##### **Family Counselling Centre of Cambridge and North Dumfries**

Nonprofit

519-621-5090

<https://fccnd.com/>

##### **Lutherwood (Cambridge Office)**

Nonprofit

519-623-9380

519-623-9383 (After hours)

<https://www.lutherwood.ca/>

#### 4.6 Hearing Health

##### **Auburn & Mountain Hearing Centre Business**

519-886-2416

<https://auburnmountainhearing.com>

##### **Cambridge Audiology Business**

info@hearing.ca

519-624-2230

<https://hearing.ca>

##### **Cambridge Hearing Centre Business**

519-621-HEAR (4327)

<https://www.cambridgehearing.ca/>

##### **Hearing Life Business**

1-888-439-1262

<https://www.hearinglife.ca/>

##### **New Hope Hearing Clinic Business**

lisa@newhopehearing.ca

519-220-1441

<https://newhopehearing.ca>

#### 4.7 Hospice Services

##### **Hospice of Waterloo Region**

**Nonprofit**

[hospice@hospicewaterloo.ca](mailto:hospice@hospicewaterloo.ca)

519-743-4114

<https://hospicewaterloo.ca>

##### **Lisaard & Innisfree Hospice**

**Nonprofit**

[admin@lisaardandinnisfree.com](mailto:admin@lisaardandinnisfree.com)

519-650-1121

<https://lisaardandinnisfree.com/>

##### **Senior Home Care By Angels**

**Business**

519.653.8185

[seniorhomecare@rogers.com](mailto:seniorhomecare@rogers.com)

<https://www.seniorhomecarecambridge.com/>

#### 4.8 Bereavement Services

##### **Bereavement Families of Ontario, Midwestern Region**

**Nonprofit**

[support@bfomidwest.org](mailto:support@bfomidwest.org)

519-603-0196

<https://bfomidwest.org>

##### **Cambridge Memorial Hospital, Spiritual Services**

**Nonprofit**

519-621-2333 Ext. 2124

[www.cmh.org](http://www.cmh.org)

##### **Cardinal Counseling and Meditation**

**Nonprofit**

[cardinal@golden.net](mailto:cardinal@golden.net)

519-746-9062

<http://www.cardinalcounselling.com/>

##### **The Coping Centre**

**Nonprofit**

[coping@copingcentre.com](mailto:coping@copingcentre.com)

519-650-0852

<https://copingcentre.com>

##### **T Little Funeral Home and Cremation Centre**

**Business**

519-623-1290

[www.tlittlefuneralhome.com](http://www.tlittlefuneralhome.com)

##### **Theravive**

**Directory**

<https://www.theravive.com/cities/on/grief-counselling-cambridge.aspx>

**This site is a directory of private bereavement counselors in Cambridge.**

##### **Waterloo Wellington Local Health Integration Network - Home and Community Care**

**Nonprofit**

[donna.mann@lhins.on.ca](mailto:donna.mann@lhins.on.ca)

519-883-5500 ext. 5025

[www.waterloowellingtonlhins.on.ca](http://www.waterloowellingtonlhins.on.ca)

#### 4.9 In-Home Nursing

##### **Aquarius Home Healthcare**

**Business**

info@alliancehomehealth.ca

226-647-0620

<https://aquariushomehealth.com>

##### **CarePartners**

**Business**

519-725-4999

<https://carepartners.ca>

##### **Closing the Gap Health Services - Guelph**

**Business**

1-877-560-0202

<https://closingthegap.ca/locations/guelph/>

##### **ParaMed Home Healthcare Services - Cambridge**

**Business**

519-904-1200

<https://paramed.com/cambridge/>

##### **Right at Home, Cambridge**

**Business**

carecambridge@rightathomecanada.com

519-265-7887

<https://rightathomecanada.com/cambridge>

#### 4.10 Mobile Dental Care

##### **Access Dental Hygiene**

**Business**

adhvalerie@gmail.com

519-841-1942

##### **Mobile Denture Clinic**

**Business**

erikdent@aol.com

226-606-5486

<https://mobiledenturist.com>



#### 4.11 Optometry

##### **Cambridge Eye Care**

**Business**

519-624-2020

<https://cambridgeeyecare.com>

##### **Clarice Chewter OD**

**Business**

519-740-3540

##### **FYI Doctors**

**Business**

[cambridge@fyidoctors.com](mailto:cambridge@fyidoctors.com)

519-621-2751

<https://fyidoctors.com/en>

##### **Pearle Vision**

**Business**

(519) 622-5660

<https://www.pearlevision.ca/>

##### **Preston Family Eye Care**

**Business**

519-653-4512

##### **University of Waterloo, School of Optometry, Optometry Clinic**

**Nonprofit**

[clinic@optometry.uwaterloo.ca](mailto:clinic@optometry.uwaterloo.ca)

519-888-4062 (main clinic)

519-888-4414 (contact lens clinic)

519-888-4708 (low vision clinic)

<https://optometry.uwaterloo.ca>

#### 4.12 Pharmacies

##### **Beveridge and Brown Clinic Pharmacy**

**Business**

[beveridge.pharmacy@gmail.com](mailto:beveridge.pharmacy@gmail.com)

519-623-4116

<https://beveridgepharmacy.squarespace.com>

##### **Hespeler Pharmacy**

**Business**

[info@hespelerpharmacy.com](mailto:info@hespelerpharmacy.com)

519-658-4420

<https://hespelerpharmacy.com>

##### **Zehrs Pharmacy**

**Business**

<https://zehrs.ca/pharmacy>

Locations:

200 Franklin Blvd, Cambridge

(519) 623-3903

**Rexall - Pharma Plus****Business**<https://rexall.ca>

## Location:

350 Conestoga Blvd Unit B7-8  
Cambridge, ON N1R 7L7  
519-620-8228

**Schill's Remedy's Rx****Business**

519-886-5925

<https://remedys.ca>

## Locations:

614 Coronation Blvd, Cambridge-Narrows,  
(Ontario), N1R 3E8  
519-622-0404

Unit F- 140 Hespeler Rd, Cambridge, (Ontario),  
N1R 3H2  
519.267.5030

695 Coronation Blvd, Cambridge-Narrows,  
(Ontario), N1R 7J9  
519.623.4221

304 St Andrews St, Cambridge,  
(Ontario), N1S 1P3  
519.267.9267

A3-525 Saginaw Pky, Cambridge,  
(Ontario), N1T 2A6  
519.624.2220

L-1165 Franklin Blvd, Cambridge,  
(Ontario), N1R 8E1  
519.624.9966

**Shoppers Drug Mart****Business**<https://shoppersdrugmart.ca>

## Locations:

137 Water Street N, Cambridge, ON N1R 3B8  
519-621-5410

130 Cedar St, Unit #23, Cambridge, ON N1S 1W4  
519-621-1332

1 Hespeler Road, Cambridge, ON N1R 8L4  
519-624-6020

115 Dundas Street North, Unit #1, Cambridge,  
ON N1R 5T8  
519-623-5920

950 Franklin Blvd. Cambridge, ON N1R 8R3  
519-622-1344

1500 King St. E. Cambridge, ON N3H 3R5  
519-653-9700

499 Hespeler Rd. Cambridge, ON N1R 6J2  
519-623-6770

506 King St.E. Cambridge, ON N3H 3N2  
519-653-7220

**The Prescription Shoppe****Business**[info@compoundingshoppe.ca](mailto:info@compoundingshoppe.ca)

519-623-3900

<https://compoundingshoppe.ca/>

#### 4.13 Physiotherapy

##### **Cambridge Physiotherapy and Rehab Centre**

**Business**

519-219-5428

<http://cambridgephysio.ca/>

##### **Coronation Physiotherapy and Osteopathic Clinic**

**Business**

coronationphysiotherapy@bellnet.ca

519-623-7388

<https://www.coronationphysiotherapy.com/>

##### **Galt Physiotherapy and Acupuncture**

**Business**

info@galtphysio.com

519-622-2202

<http://www.galtphysio.com/>

##### **Grand River Physiotherapy**

**Business**

grandriverphysio@Yahoo.com

519-621-3265

<http://www.grandriverphysio.ca/index.html>

##### **Halina Michell Physiotherapy**

**Business**

hpmphysio@gmail.com

519-620-0416

<http://www.halinamichellphysio.ca/>

##### **Lifemark Physiotherapy Hespeler Road**

**Business**

hespelerroad@lifemark.ca

519-620-1370

<https://www.lifemark.ca/>

##### **Queen's Square Physiotherapy of Cambridge**

**Business**

519-624-4111

##### **Preston Physiotherapy Centre**

**Business**

info@prestonphysiotherapy.ca

519-653-2288

<https://www.prestonphysiotherapy.ca/>

##### **Physio Treats Physiotherapy and Sports Injury Clinic**

**Business**

contact@physiotreats.com

519 267 8787

<http://www.physiotreats.com/>

##### **Physiotherapy Health & Wellness**

**Business**

<https://physiotherapyhealthandwellness.mylocalapp.ca/home>

Location:

350 Hespeler Rd. Unit 4

519-267-7860

250 Dundas St. S. Unit 8A

519-267-7866

##### **SK Physiotherapy and Sports Injury Clinic**

**Business**

info@skphysiotherapy.ca

519-620-7000

<https://www.skphysiotherapy.ca/>

##### **Tri-City Physiotherapy and Rehabilitation**

**Business**

admin@tricityphysio.ca

519-620-2229

<http://www.tricityphysio.ca/>

#### 4.14 Provincial Coverage

**Ontario Ministry of Health and Long Term Care, Ontario Health Insurance**  
**Provincial Government**  
1-866-532-3161  
<https://health.gov.on.ca>

#### 4.15 Specialized Services

##### **Al-anon Family Groups**

**Nonprofit**  
wso@al-anon.org  
519-658-8222 (answering service)  
888-425-2666 (888-4AL-ANON) available 24/7  
<http://al-anon.org/>

##### **Aphasia Support**

**Nonprofit**  
info@sjhcg.ca  
519-824-6000 ext. 4357  
<https://sjhcg.ca/our-programs-of-care/community-support-services/waterloo-wellington-regional-aphasia-program/>

##### **Arthritis Society, Grand River Region**

**Nonprofit**  
info@on.arthritis.ca  
519-743-4141 ext. 1101  
<https://arthritis.ca>

##### **Cambridge Council on Aging**

**Nonprofit**  
cambridgecouncilonaging@gmail.com  
519-623-1713 ext. 225  
<http://cambridgecoa.org>

##### **Creative Therapy Health Services**

**Business**  
519-954-5026  
info@creativeot.com  
<https://creativeot.com>

##### **Friendly Visiting Program**

**Local Government**  
519-740-4681 ext. 4820  
<https://www.cambridge.ca/en/your-city/Senior-Services.aspx>

##### **Independent Living Centre of Waterloo Region, Community Support Services**

**Nonprofit**  
info@ilcwr.org  
519-571-6788  
<https://ilcwr.org>

**K-W Access-Ability**

Nonprofit

info@kwaccessability.ca

519-885-6640

<https://kwaccessability.ca>

**March of Dimes - Stroke Recovery Canada -****KW Chapter**

Nonprofit

afterstroke@marchofdimes.ca

1-800-263-3463 ext. 7702

<https://marchofdimes.ca>

**Multiple Sclerosis Society of Canada, Grand****River Chapter**

Nonprofit

info@grandriver@mssociety.ca

519-569-8789

<https://mssociety.ca>

**Respiratory Home Care Solutions**

Business

cambridge@rhscanada.com

519-591-5202

<https://rhscanada.com>

**Shelley Read, Therapist, Aging Well****Consultant**

Business

sreadtherapist@gmail.com

226-339-2218

<https://sreadtherapy.com>

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

Nonprofit

519-885-9517

<https://smgh.ca/patient-care-programs/regional-cardiac-care-centre>

**Sunbeam Centre**

Nonprofit

519-893-6200

<https://sunbeamcentre.com>

**Traverse Independence, Brain Injury Services, Beginnings**

Nonprofit

info@travind.ca

519-741-5845

<https://traverseindependence.ca>

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

Nonprofit

waterloo-wellington@redcross.ca

519-650-9603

<https://redcross.ca>

**Vestibular & Orthopedic (VOR) Rehabilitation**

Business

vor.physio@gmail.com

519-208-0150

<https://vorphysio.com>

**Waterloo Region Cardiac Rehab Foundation**

Nonprofit

hhearts@uwaterloo.ca

519-497-7049

<https://hardyhearts.org>

**Waterloo Region Community Geriatric Services**

Nonprofit

519-749-4300 ext. 7448

<https://grhosp.on.ca>

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

Nonprofit

519-578-9757

<https://grhosp.on.ca>

#### 4.16 Regional Services

**Community Services Department - Sunnyside  
Community Alzheimer Program (Kitchener -  
Franklin St)**

[Regional Government](#)

519-893-8494

<https://regionofwaterloo.ca>

# HOME & PERSONAL SUPPORTS

## 5.1 Day Programming

### **Adults in Motion**

[Nonprofit](#)

[aimcambridge@gmail.com](mailto:aimcambridge@gmail.com)

519-277-3723

<https://adultsinmotion.org>

### **City of Cambridge 50+ Recreation**

[Local Government](#)

<https://cambridge.ca/en/parks-recreation-culture/50.aspx>

#### Locations:

#### **Allan Reuter Centre**

519-740-4681 ext. 4406

[hickeys@cambridge.ca](mailto:hickeys@cambridge.ca)

#### **David Durward Centre**

519-740-4630 ext. 4368

[jonesbetty@cambridge.ca](mailto:jonesbetty@cambridge.ca)

#### **Ted Wake Centre**

519-740-4681 ext. 4464

[hnatejkon@cambridge.ca](mailto:hnatejkon@cambridge.ca)

#### **William E. Paulter Centre**

519-740-4681 ext. 4398

[masti@cambridge.ca](mailto:masti@cambridge.ca)

### **Sunnyside Home, Community Alzheimer Programs**

[Regional Government](#)

519-893-8482

<https://regionofwaterloo.ca/en/health-and-wellness/>

### **City of Cambridge 50+ Recreation, Adult Day Services/Programs**

[Local Government](#)

[klausnitzerj@cambridge.ca](mailto:klausnitzerj@cambridge.ca)

519-740-4681 Ext. 4424

[www.cambridge.ca](http://www.cambridge.ca)

### **City of Cambridge 50+ Recreation, Day Away Programs for Adults and Seniors**

[Local Government](#)

[hickeys@cambridge.ca](mailto:hickeys@cambridge.ca)

519-740-4681 Ext. 4406

[www.cambridge.ca](http://www.cambridge.ca)

## 5.2 Government Support

### **Waterloo Wellington Local Health Integration Network (LHIN)**

Provincial Government

310-2222 (no area code required)

519-748-2222 (Waterloo office)

<https://waterloowellingtonlhin.on.ca>

## 5.3 Home Care

### **Comfort Keepers Home Care Services**

Business

[grandriver@comfortkeepers.ca](mailto:grandriver@comfortkeepers.ca)

519-267-8222

<https://comfortkeepers.ca/Cambridge>

### **Home Instead Senior Care**

Business

519-571-1665

<https://homeinstead.com>

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

Nonprofit

[info@ilcwr.org](mailto:info@ilcwr.org)

519-571-6788

<https://ilcwr.org>

### **Premier Homecare Services**

Business

[premierwaterloo@homecarephs.com](mailto:premierwaterloo@homecarephs.com)

519-884-1181

<https://premierhomecareservices.com>

### **Retire at Home Services**

Business

[kwc@retireathome.com](mailto:kwc@retireathome.com)

519-208-2000

<https://retireathomekw.com>

### **Senior Homecare by Angels**

Business

519-653-8185

<https://seniorhomecarebyangels.com>

### **Seniors for Seniors**

Business

[tanyam@seniorsforseniors.ca](mailto:tanyam@seniorsforseniors.ca)

519-585-0845

<https://seniorsforseniors.ca>

### **Warm Embrace Elder Care**

Business

[info@warmembrace.ca](mailto:info@warmembrace.ca)

519-954-2480

<https://warmembrace.ca>



## 5.4 Home Maintenance

### **Community Support Connections - Meals on Wheels and More, Home Maintenance**

**Nonprofit**

info@cscmow.org

519-772-8787

<https://cscmow.org>

### **Empower Home Cleaning**

**Business**

info@empowercleaning.ca

519-998-0855

<https://empowercleaning.ca>

### **J&M Property Maintenance**

**Business**

jmpropmaint@bell.net

519-897-0921

<https://jmprop.ca>

### **Mr. Handyman**

**Business**

mrhandyman@rogers.com

888-386-5415

<https://mrhandyman.ca>

### **Red Bear Lawns & Landscaping Ltd.**

**Business**

contactus@redbearlandscaping.com

519-884-4790

<https://redbearlandscaping.com>

### **Seniors House and Home Maintenance**

**Business**

jim.shhm@gmail.com

519-588-SHHM (7446)

<https://seniorshouseandhomemaintenance.com>

## 5.5 Meal/Grocery Services

### **Community Support Connections - Meals on Wheels and More**

**Nonprofit**

info@cscmow.org

519-772-8787

<https://cscmow.org>

### **Grocery Gateway**

**Business**

905-564-8778

<https://grocerygateway.com>

### **Heart to Home Meals**

**Business**

southernontario@hearttohomemeals.ca

1-877-545-5577

<https://hearttohomemeals.ca>

### **Insta Cart**

**Business**

help@instacart.com

1-888-508-1922

<https://instacart.ca>

### **Silver Spoons**

**Business**

office@wkumchurch.ca

519-578-0660

### **Walmart Click and Collect**

**Business**

<https://walmart.ca/en/grocery/fulfillment>

### **Zehrs Click and Collect**

**Business**

1-866-541-6315

<https://zehrs.ca>

## 5.6 Moving Services

### **Heart of the Matter Professional Home Organizing & Moving Service**

**Business**

info@heartofthematter.ca

519-662-4477

<https://heartofthematter.ca>

### **T's Complete Move**

**Business**

completemove@gmail.com

226-820-1032

<https://tscompletemovesolutions.com>

## 5.7 Pet Services

### **Cambridge Animal Services**

**Local Government**

asc@animalservicescambridge.ca

(519) 623-6323

<http://animalservicescambridge.ca/>

### **Cambridge Humane Society**

**Nonprofit**

cdhs@cambridgehumanesociety.org

519-623-7722

<https://cambridgehumanesociety.org/>

### **East Village Animal Hospital**

**Nonprofit**

info@kwhumane.com

519-894-2323

<https://evah.ca/kitchener.html>

**East Village is a Nonprofit that is intended for low-income pet owners**

### **Pet Helpers of Ontario**

**Nonprofit**

519-749-9325

# HOUSING

## Cambridge New Hope Co-op

Nonprofit

cnhcoop@gmail.com

519-623-0281

<https://cochf.coop/cambridge-new-hope-co-op/>

## Chartwell Queen's Square Retirement Residence

Business

226-533-9708

<https://chartwell.com/en/retirement-residences/chartwell-queen-s-square-retirement-residence/overview>

## Fairview Seniors Community (Langs Dr.)

Business

info@fairviewmh.com

519-653-5719

<https://fairviewmh.com>

## Gail Street

Regional Government

519-575-4400

<https://housingcatalogue.regionofwaterloo.ca/Property/Details/89>

## Grandview

Nonprofit

grandviewcoop@gmail.com

519-622-4485

<https://cochf.coop/grandview-co-op/>

## Heritage Meadows

Business

226-533-1679

<https://www.seniorlivinginstyle.com/senior-living/on/cambridge/heritage-meadows/>

## Housing Cambridge

Nonprofit

519-650-5599

<http://www.housingcambridge.com/>

## Millflow Charitable Foundation

Nonprofit

416-487-5122 ext. 2

## People Care

Business

<http://www.peoplecare.ca/long-term-care/>

Locations:

42 Elliot Street

Cambridge, ON, N1R 2J2

519-621-3067

704 Eagle Street North

Cambridge, ON, N3H 4T3

519.653.5493

## Preston Heights Housing Co-op

Nonprofit

info@prestonheightshousingcoop.com

519-653-2172

<https://prestonheightsco-op.ca/>

## Revera Place

Business

gail.reid@reveraliving.com

519-740-3820

<https://www.reveraliving.com/>

## St. Luke's Place

Nonprofit

519-658-5183

<http://saintlukesplace.ca/>

## 101 Franklin Boulevard

Regional Government

519-740-3770

<https://housingcatalogue.regionofwaterloo.ca/Property/Details/38>

## 101 Franklin Boulevard

Regional Government

519-650-5599

<https://housingcatalogue.regionofwaterloo.ca/Property/Details/88>

**99 - 142 Rouse Avenue**

[Regional Government](#)

519-575-4400

[https://housingcatalogue.regionofwaterloo.ca/  
Property/Details/91](https://housingcatalogue.regionofwaterloo.ca/Property/Details/91)

**930 Elgin Street North**

[Regional Government](#)

maxsaltsman@rogers.com

519-740-9842

[https://housingcatalogue.regionofwaterloo.ca/  
Property/Details/90](https://housingcatalogue.regionofwaterloo.ca/Property/Details/90)

**95 Morning Calm Drive**

[Regional Government](#)

trevarren@on.aibn.com

519-620-3177

[https://housingcatalogue.regionofwaterloo.ca/  
Property/Details/37](https://housingcatalogue.regionofwaterloo.ca/Property/Details/37)

# INDIGENOUS SERVICES

## **Anishnabeg Outreach Inc.**

[Nonprofit](#)

519-742-0300

<https://aocan.org>

## **Grand River Métis Council**

[Nonprofit](#)

[president@grandrivermetisCouncil.com](mailto:president@grandrivermetisCouncil.com)

226-790-3855

<https://grandrivermetisCouncil.com>

## **KW Urban Native Wigwam Project**

[Nonprofit](#)

[kwnativehousing@bellnet.ca](mailto:kwnativehousing@bellnet.ca)

519-743-5868

<https://kwunwp.weebly.com>

## **The Healing of the Seven Generations**

[Nonprofit](#)

519-570-9118

<https://healingofthesevengenerations.ca>

## **White Owl Native Ancestry Association**

[Nonprofit](#)

[info@wonaa.ca](mailto:info@wonaa.ca)

519-576-1329 ext. 2798

<https://wonaa.ca>

# LEGAL SERVICES

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

[Nonprofit](#)

[info@cjiwr.com](mailto:info@cjiwr.com)

519-744-6549

[cjiwr.com](http://cjiwr.com)

**Elder Abuse Prevention Council**

[Nonprofit](#)

[info@elderabusewaterloo.ca](mailto:info@elderabusewaterloo.ca)

[elderabusewaterloo.ca](http://elderabusewaterloo.ca)

**Elder Abuse Response Team**

[Nonprofit](#)

[elderabuse@wrps.on.ca](mailto:elderabuse@wrps.on.ca)

519-579-4607

[fvpwaterloo.ca](http://fvpwaterloo.ca)

# RECREATION & LEISURE

## 9.1 Arts & Crafting

### **Cambridge Busy Hands Quilters Guild**

Nonprofit

519-620-0936

[paulineisbester@gmail.com](mailto:paulineisbester@gmail.com)

### **Cambridge Handweavers and Spinners**

Nonprofit

[lea.newbery@sympatico.ca](mailto:lea.newbery@sympatico.ca)

905-659-3465

### **Pieces & Patches Quilters' Guild**

Nonprofit

[piecesandpatchesquiltguild@yahoo.ca](mailto:piecesandpatchesquiltguild@yahoo.ca)

519-501-6995

### **Region of Waterloo Arts Fund**

Nonprofit

[info@artsfund.ca](mailto:info@artsfund.ca)

519-575-4450

<https://artsfund.ca>

### **Waterloo County Quilters Guild**

Nonprofit

[waterloocountyqg@gmail.com](mailto:waterloocountyqg@gmail.com)

<https://wcquiltersguild.on.ca>

### **Waterloo County Tole and Decorative Painters Guild**

Nonprofit

[waterloopaintersguild@rogers.com](mailto:waterloopaintersguild@rogers.com)

## 9.2 General Recreation & Leisure

### **Architectural Conservancy of Ontario, North Waterloo Region Branch**

Nonprofit

[ACOCambridge@arconserv.ca](mailto:ACOCambridge@arconserv.ca)

[https://aontario.ca/branch.php?b\\_id=4](https://aontario.ca/branch.php?b_id=4)

### **Blair Scottish Country Dancers**

Nonprofit

[admin@blairscottishcountrydancers.ca](mailto:admin@blairscottishcountrydancers.ca)

<https://blairscottishcountrydancers.ca>

### **Cambridge Badminton Club**

Nonprofit

[info@cambridgebadmintonclub.com](mailto:info@cambridgebadmintonclub.com)

519-658-2060

<https://cambridgebadmintonclub.com>

### **Cambridge Stamp Club**

Nonprofit

[klagesss@gmail.com](mailto:klagesss@gmail.com)

519-622-6204

<https://cambridgestampclub.weebly.com>

### **Canadian Authors Association, Waterloo Wellington Branch**

Nonprofit

<https://canadianauthors.org/waterloo-wellington>

### **Community Support Connections - Meals on Wheels and More, Exercise Program**

Nonprofit

[info@cscmow.org](mailto:info@cscmow.org)

519-772-8787

<https://cscmow.org>

**Galt Horticultural Society**

Nonprofit

<https://galthort.com/>

**Gilbert and Sullivan Society, Waterloo Regional Branch**

Nonprofit

[contact@gswaterloo.ca](mailto:contact@gswaterloo.ca)

<https://gswaterloo.ca>

**Mennonite Historical Society of Ontario**

Nonprofit

[secretary@mhso.org](mailto:secretary@mhso.org),

519-885-0220 ext. 24238

<https://mhso.org>

**Professional Writer's Association of Canada Waterloo Region**

Nonprofit

[waterlooregion@pwac.ca](mailto:waterlooregion@pwac.ca)

<https://waterlooregionpwac.wordpress.com/>

**Ontario Provincial Senior Games, Waterloo-Wellington District**

Nonprofit

[district26@ontarioseniorgames.ca](mailto:district26@ontarioseniorgames.ca)

**Southern Ontario Locomotive Restoration Society**

Nonprofit

519-664-0900

<https://waterloocentralrailway.com>

9.3 Local Recreation Facilities

**Cambridge Library (Idea Exchange)**

Nonprofit

<https://www.ideaexchange.org>

Locations:

Clemens Mill  
519-740-6294

Hespeler  
519-658-4412

Old Post Office  
226-533-2767

Preston  
519-653-3632

Queen's Square  
519-621-0460



## 9.4 Music & Theatre

### **Addison Women's Choir**

**Nonprofit**

mail@addisonwomenschoir.com

519-622-0859

addisonwomenschoir.com/

### **Cambridge Concert Band**

**Nonprofit**

cambridgeconcertband@gmail.com

519-653-1055

https://cambridgeconcertband.ca

### **Cambridge Symphony Orchestra**

**Nonprofit**

sandrapbvm@gmail.com

519-716-5566

https://cambridgeorchestra.ca/

### **Cambridge Senior's Choir**

**Nonprofit**

519-621-7952

https://www.cambridge.ca/en/parks-recreation-culture/Recreation-and-Programs-50.aspx

## 9.5 Recreation Clubs

### **Active Cambridge**

**Nonprofit**

info@activecambridge.ca

519 240 1735

https://activecambridge.ca

### **Amateur Winemakers of Ontario**

**Nonprofit**

liverpoolpete@rogers.com

519-658-5351

https://makewine.com

### **Ancient Mariners Canoe Club**

**Nonprofit**

airfair@yahoo.ca

519-740-4681 ext 4459

### **City of Cambridge 50+ Recreation**

**Local Government**

https://cambridge.ca/en/parks-recreation-culture/50.aspx

Locations:

Allan Reuter Centre

519-740-4681 ext. 4406

hickeys@cambridge.ca

David Durward Centre

519-740-4630 ext. 4368

jonesbetty@cambridge.ca

Ted Wake Centre

519-740-4681 ext. 4464

hnatejkon@cambridge.ca

William E. Paulter Centre

519-740-4681 ext. 4398

masti@cambridge.ca

**The Cambridge 50+ program includes activities such as badminton, dancing, cards, book clubs, and arts and crafts. If you go to the website you will find information for the various activities available.**

**Cambridge Senior's Woodworkers**

[Nonprofit](#)

519-740-4681 ext. 4409 (The Allan Reuter Centre)

519-740-4681 ext. 4579 (The David Durward Centre)

<https://www.cambridge.ca/en/parks-recreation-culture/Recreation-and-Programs-50.aspx>

**Grand River Bridge Club**

[Nonprofit](#)

<https://grandriverbridgeclub.com>

**Kitchener Waterloo Cambridge Regional Post Card Club**

[Nonprofit](#)

[rychmills@golden.net](mailto:rychmills@golden.net)

<https://kwcrpcc.com>

**K-W Cambridge Bassmasters**

[Nonprofit](#)

[info@kwcbass.com](mailto:info@kwcbass.com)

<https://kwcbass.com>

**Travel Club**

[Nonprofit](#)

[travelclub@cambridge.ca](mailto:travelclub@cambridge.ca)

519-740-4681 ext 4407

# TRAINING & EDUCATION

## **Laurier Association for Lifelong Learning Institution**

**Institution**

[lall@wlu.ca](mailto:lall@wlu.ca)

519-884-0710 ext. 6036

<https://wlu.ca/lall>

## **The Literacy Group of Waterloo Region**

**Nonprofit**

[info@tlgwr.ca](mailto:info@tlgwr.ca)

519-621-7993

<https://theliteracygroup.com>

## **Third Age Learning K-W**

**Nonprofit**

[registrar@tal-kw.ca](mailto:registrar@tal-kw.ca)

519-886-4423

<https://tal-kw.ca>

## **University of Waterloo Centre for Extended Learning**

**Institution**

[extendedlearning@uwaterloo.ca](mailto:extendedlearning@uwaterloo.ca)

519-888-4002

<https://uwaterloo.ca/extended-learning>

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

**Nonprofit**

[stlouis@wcdsb.ca](mailto:stlouis@wcdsb.ca)

519-745-1201

<https://stlouis.wcdsb.ca>

# TRANSPORTATION

## 11.1 General Services

### **Golden Triangle Taxi**

#### **Business**

mail@goldentriangletaxi.com  
519-740-2222 (24 hour dispatch)  
<https://goldentriangletaxi.com>

### **Vrtucar**

#### **Cooperative**

info@vrtucar.com  
1-855-742-7399  
<https://vrtucar.com>

### **Driver Seat**

#### **Business**

kweast@driverseatcanada.com  
519-804-2090  
<https://driverseatinc.com/locations>

### **Grand River Transit**

#### **Regional Government**

519-585-7555 (customer service)  
<https://grt.ca>

### **Grand River Transit, MobilityPLUS**

#### **Regional Government**

519-744-2241 (To Book Rides)  
519-585-7555 (Office)  
<https://grt.ca>

## 11.2 Medical Transit

### **Canadian Cancer Society, Ontario Division, Waterloo Region Unit**

#### **Nonprofit**

waterloo-wellington@ontario.cancer.ca  
519-249-0074  
<https://cancer.ca/en/?region=on>

### **New Canadian Medical Transfer**

#### **Business**

ncmt@ncmt.ca  
519-571-1171  
<https://ncmt.ca>

### **Voyago**

#### **Business**

admin@voyageurtransportation.ca  
1-855-263-7163 (customer service)  
519-455-4579 (admin)  
<https://voyago.ca>

### 11.3 Transit Education

#### **Grand River Transit Travel Training**

[Regional Government](#)

easyride@grt.ca

519-585-7555

<https://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**

<https://waterloomasons.com>

## **Women's Probus Club of Cambridge**

**Nonprofit**

[probuscan96@gmail.com](mailto:probuscan96@gmail.com)

226-338-0600

<https://womensprobusclubofcambridge.ca/>

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

**Nonprofit**

905-662-2691

<https://fwio.on.ca>

## **Kin Club of Cambridge**

**Nonprofit**

[info@prestonkin.ca](mailto:info@prestonkin.ca)

519-653-4420

<https://prestonkin.ca>

## **Lions Club International, Galt Cambridge**

**Nonprofit**

[galtcambridge@a15lions.org](mailto:galtcambridge@a15lions.org)

519-622-8024

<https://www.facebook.com/a15lions.org/>

## **Probus Club of Cambridge**

**Nonprofit**

[probuscambridge@gmail.org](mailto:probuscambridge@gmail.org)

519-621-9149

<https://probuscambridge.org/>

## **Rotary International, Rotary Club of Cambridge, Preston-Hespeler**

**Nonprofit**

[contact@cambridgerotary.ca](mailto:contact@cambridgerotary.ca)

<https://cambridgerotary.ca/wordpress/>

## **Rotary International, Rotary Club of Cambridge, Sunrise**

**Nonprofit**

<https://cambridgesunriserotary.org>

# Senior Discounts

The Social Planning Council of Cambridge and North Dumfries (SPCCND) collects, maintains and distributes information intended to assist people to make informed choices about available resources within Waterloo Region. The Social Planning Council of Cambridge and North Dumfries reserves the right to make final decisions with respect to inclusion and exclusion of any service, organization or agent. Inclusion in the Facebook page does not indicate endorsement or an evaluation of service quality by SPCCND nor does omission indicate an evaluation of quality or lack of endorsement.

Discounts featured in this document may longer be available and may potentially be incorrect. It is best to inquire before any transactions. It is also worth noting that not all potential discounts are made public so it is advised to simply ask businesses in the area if they offer a discount for seniors.

STORE	DAY OF DISCOUNT	AGE	AMOUNT
<b>Banking</b>			
Bank of Montreal		60	Eligible for free chequings and savings account
Royal Bank of Canada		60	No monthly service charge
Scotiabank		60	Low monthly fees are various accounts
Toronto Dominion Bank		60	Low monthly fee with (conditions apply)
<b>Clothing</b>			
Goodwill	Second Monday of each month	55	25 % Only at community store locations: Kitchener and Guelph
Salvation Army	Every day at specific locations	60	10%

STORE	DAY OF DISCOUNT	AGE	AMOUNT
<b>Crafts</b>			
Len's Mill	First Monday of the month	60	10 %
Michael's	Every day	55	10 %
<b>Pharmacies</b>			
Rexall Pharma Plus	Tuesdays	55	20% off regularly priced items
Shoppers Drug Mart	Thursdays	55	20% on regularly priced merchandise only - some exclusions. You will need an Optimum card - no cost for the card
<b>Drycleaning</b>			
Newtex	Last Thursday of the month	65	When dropping off on last Thursday of the month: K-W only
Sketchly Cleaners	Every day	Not Specified	Cambridge location
<b>Education</b>			
University of Waterloo		65	Seniors Bursary covers tuition expenses for courses and programs



STORE	DAY OF DISCOUNT	AGE	AMOUNT
Wilfrid Laurier University		60	Seniors Bursary covers tuition expenses for courses and programs
<b>Health &amp; Fitness</b>			
YMCA of K/W/C		65	Up to 50% off general monthly/annual membership fee.  Reduced seniors day pass for non-members \$9.61 per day
<b>Home &amp; Garden</b>			
Home Hardware		Not Specified	Up to 10 % Location may vary This discount is dependent upon the manager's discretion
Rona Home & Garden	First Tuesday of Each Month	50	15 %
Scrubbi (home cleaning)		Not Specified	10 % on cleaning quote
TSC Stores	Last Tuesday of every month	55	20% off regular priced items

STORE	DAY OF DISCOUNT	AGE	AMOUNT
<b>Hotels</b>			
Best Western		55	Up to 15% Not applicable at all locations
Choice Hotels		60	Up to 10% on advanced reservations
Fairmont		55	10% off Daily Rate and \$50 Dining Credit per stay
Marriot		62	15% or more on rooms
Sandman		55	Better deals and discounts available. Must enroll in the 55Plus membership
Wyndham		60	Benefits and Discounts offered
<b>Entertainment &amp; Leisure</b>			
Cineplex/ Galaxy/ Landmark		65	16-25%
Indigo		65	Seniors are eligible for a discounted rate on membership fees
Ontario Parks		65	Eligible for reduced fares

STORE	DAY OF DISCOUNT	AGE	AMOUNT
Parks Canada		65	Eligible for reduced fares
Royal Ontario Museum		65	Reduced price of admission
Toronto Zoo		65	Reduced price of admission
<b>Pet Care</b>			
Pet Valu	Last Thursday of every month	Not Specified	10 % Must have a membership rewards to redeem this discount
Global Pet Foods	Last Tuesday of every month	60	15% Must have valid rewards card membership
<b>Food</b>			
A&W	Every day	60	10% off food purchases
Bulk Barn	Every Wednesday	65	10%
Golden Griddle	Every day	55	10% off food
McDonald's	Every day	60	Large coffee for \$.85

STORE	DAY OF DISCOUNT	AGE	AMOUNT
Mandarin	Every day	65	20% off buffet
M&M Meat Market	Every Tuesday	60	10%
<b>Transportation</b>			
Amtrak		65	10% on cross-border travel
Avis		50	Up to 25% Must have CARP membership
Budget			Up to 25% Must have CARP membership
CheapOair		65	Discounts for seniors on flights: amount may vary
Grand River Transit		65	Reduced tickets & pass Currently \$12.00 for 5 tickets 15% off monthly pass
GoTransit		62	½ price of regular adult fare
Greyhound		50	20% on unrestricted fares
Hertz		Not Specified	Up to 20% Code: 2007815