



MALTON WOMEN COUNCIL (MWC)
Empowered Women, Empowered Communities

Seniors' Resource Manual

Seniors' Resource Manual-Caregiver Services

S.No.	Name of Organization	Website	Phone	Address	Service Days/Timings
1	Apna Senior Care	https://apnaseniorcare.com/	416-994-6111	Website	24 Hours By appointment
2	Home Concierge	https://www.thehomeconcierge.ca/	647-490-1412	145 Balmoral Ave, Toronto, ON M4V 1J5 Mississauga and nearby areas	24 Hours
3	Right at Home - Home Care - Mississauga	https://www.rightathomecanada.com/mississauga	(905-593-5686	Erin Mills Town Centre 5100 Erin Mills Parkway, Unit #E100A, Mississauga, ON L5M 4Z5	24 Hours
4	Close to Home	http://www.close-to-home.ca/	1 888-877-2569	3530 Derry Rd E unit 207, Mississauga, ON L4T 4E3	24 Hours

Seniors' Resource Manual-Caregiver Services

S.No.	Name of Organization	Website	Phone	Address	Service Days/timings
5	Neighbourhood Care	https://neighbourhoodcare.ca/	905-330-1353	280 Lakeshore Road West, Mississauga, ON L5H 0A5	Monday to Friday 10 AM to 4:00 PM By appointment
6	I Care Home Health	https://www.icarehomehealth.ca/psw-agency-mississauga-on/	905-491-6941	Website	By appointment
7	Multicultural Home Care Inc.	https://multiculturalhc.com/	905-874-8002	49 Kennedy Rd S, Brampton, ON L6W 4P4	Monday to Friday 8:30 AM to 5:00 PM
8	Peel Senior Link	https://peelseniorlink.com/	905-796-0040 905-281-4443 905 712 4413	50 Burnhamthorpe Road West, Suite 300, Mississauga, ON, L5B 3C2	By Appointment Only

Seniors' Resource Manual-Caregiver Services

9	<p>Indus Community Services</p>	<p>https://www.induscs.ca/caregiver-support-group/</p>	<p>905-275-2369 Ext. 1</p>	<p>3038 Hurontario Street, Suite 206, Mississauga, ON L5B 3B9</p>	<p>Monday to Friday 9:00 AM to 4:30 PM</p>
10	<p>PCHS-Punjabi Community Health Services (Free)</p>	<p>https://pchs4u.com/geriatrics-program-services-for-seniors/</p>	<p>905-677-0889 Ext. 147</p>	<p>50 Sunny Meadow Blvd., Unit #201 Brampton, ON</p>	<p>Monday to Friday 10:00 AM to 4:00 PM</p>

Seniors' Resource Manual-Covid-19

S. No.	Name of Organization	Website	Phone	Address (in-person)	Service Days/Timings
1	Region Of Peel: Social Support BRAMPTON	https://www.peelregion.ca/coronavirus/social-support/#senior	1-888-919-7800 905-791-7800	10 Peel Centre Drive, Brampton, ON	Monday to Friday 8:00 AM to 5:00 PM After-hours service for urgent issues is available 24 / 7
2	Region Of Peel: Social Support MISSISSAUGA	https://www.peelregion.ca/coronavirus/social-support/#senior	1-888-919-7800 905-791-7800	7120 Hurontario Street, Mississauga, ON	Monday to Friday 8:00 AM to 5:00 PM After-hours service for urgent issues is available 24 / 7
3	Region Of Peel: Protecting yourself and others BRAMPTON	https://www.peelregion.ca/coronavirus/prevention/	1-888-919-7800 905-791-7800	10 Peel Centre Drive, Brampton, ON	Monday to Friday 8:00 AM to 5:00 PM After-hours service for urgent issues is available 24 / 7
4	Region Of Peel: Protecting yourself and others MISSISSAUGA	https://www.peelregion.ca/coronavirus/prevention/	1-888-919-7800 905-791-7800	7120 Hurontario Street, Mississauga, ON	Monday to Friday 8:00 AM to 5:00 PM After-hours service for urgent issues is available 24 / 7
5	Region of Peel: Service and facility updates BRAMPTON	https://www.peelregion.ca/coronavirus/affected-services.asp	1-888-919-7800 905-791-7800	10 Peel Centre Drive, Brampton, ON	Monday to Friday 8:00 AM to 5:00 PM After-hours service for urgent issues is available 24 / 7

Seniors' Resource Manual-Covid-19

S. No.	Name of Organization	Website	Phone	Address	Service Days/Timings
6	Region of Peel-Vaccination Covid-19 BRAMPTON	https://www.peelregion.ca/coronavirus/vaccine/book-appointment/	1-888-919-7800 905-791-7800	10 Peel Centre Drive, Brampton, ON	Monday to Friday 8:00 AM to 5:00 PM After-hours service for urgent issues is available 24 /7
7	Region of Peel-Vaccination Covid-19 MISSISSAUGA	https://www.peelregion.ca/coronavirus/vaccine/book-appointment/	1-888-919-7800 905-791-7800	7120 Hurontario Street, Mississauga, ON	Monday to Friday 8:00 AM to 5:00 PM After-hours service for urgent issues is available 24 /7
8	Region of Peel-Health services BRAMPTON	https://www.peelregion.ca/health/	1-888-919-7800 905-791-7800	10 Peel Centre Drive, Brampton, ON	Monday to Friday 8:00 AM to 5:00 PM After-hours service for urgent issues is available 24 /7
9	Region of Peel-Health services MISSISSAUGA	https://www.peelregion.ca/health/	1-888-919-7800 905-791-7800	7120 Hurontario Street, Mississauga, ON	Monday to Friday 8:00 AM to 5:00 PM After-hours service for urgent issues is available 24 /7
10	Region Of Peel: Adult Day Services programs - Peel Long Term Care MALTON	https://www.peelregion.ca/ltc/programs/malton-village-ads.htm	905-791-1179 Ext. 7369	Malton Village Jeanie Papaconstantinou 7075 Rexwood Road Mississauga, ON L4T 4M1	Monday to Friday 8:00 AM to 5:00 PM
11	Region Of Peel: Adult Day Services programs - Peel Long Term Care BRAMPTON	https://www.peelregion.ca/ltc/programs/adult-day.htm	905-453-4140 Ext. 3708	Peel Manor Anna Endrizzi 525 Main Street North Brampton, ON, L6X 1N9,	Monday to Friday 8:00 AM to 5:00 PM

Seniors' Resource Manual-Covid-19

S. No.	Name of Organization	Website	Phone	Address	Service Days/Timings
12	Region Of Peel: Adult Day Services programs - Peel Long Term Care BRAMPTON	https://www.peelregion.ca/ltc/programs/adult-day.htm	905-791-2449 Ext. 2310	Tall Pines Shannon Lytle 1001 Peter Robertson Blvd. Brampton, ON, L6R 2Y3	Monday to Friday 8:00 AM to 5:00 PM
13	Region Of Peel: Adult Day Services programs - Peel Long Term Care MISSISSAUGA	https://www.peelregion.ca/ltc/programs/adult-day.htm	905-791-8668 Ext. 2925	Sheridan Villa Allyson Mitchell 2460 Truscott Drive Mississauga, ON, L5J 328	Monday to Friday 8:00 AM to 5:00 PM
14	Region Of Peel: Adult Day Services programs - Peel Long Term Care BOLTON	https://www.peelregion.ca/ltc/programs/adult-day.htm	905-857-7842 Ext. 3008	Davis Centre Ching Hsiung 80 Allan Drive Bolton, ON, L7E 1P7	Monday to Friday 9:00 AM to 4:30 PM
15	Region Of Peel: Mental Health and Wellbeing Supports	https://www.peelregion.ca/coronavirus/community-response-table/pdf/mental-health-supports.pdf	Call 2-1-1	Website	Online
16	Region of Peel: Resource Manual for seniors	https://www.peelregion.ca/ltc/resources/index.htm	905-791-7800	Website	Online
17	211 Ontario- program and services in community	https://211ontario.ca/211-topics/browse-all-topics/	Call 2-1-1	Website	Online

Seniors' Resource Manual-Financial Support

S.No.	Name of Organization	Website	Phone	Address	Service Days/Timings
1	Government Of Canada: Canada Pension Plan for Seniors Brampton	https://www.canada.ca/en/services/benefits/publicpensions/cpp.html	1-800-277-9914	60 Gillingham Drive Brampton, ON	Monday to Friday: 8:30 AM to 4:30 PM
2	Government Of Canada: Canada Pension Plan for Seniors Mississauga	https://www.canada.ca/en/services/benefits/publicpensions/cpp.html	1-800-277-9914	3085A Glen Erin Drive Mississauga, ON	Monday to Friday: 8:30 AM to 4:30 PM
3	Government Of Canada: Canada Pension Plan for Seniors Mississauga	https://www.canada.ca/en/services/benefits/publicpensions/cpp.html	1-800-277-9914	Central Parkway Mall 377 Burnhamthorpe Road East, Main Floor, Suite 22 Mississauga, ON	Monday to Friday: 8:30 AM to 4:30 PM
4	ICNA- Relief Canada No borders no boundaries	https://icnareliefcanda.ca/zakat	1 844-997-8777 905-997-8777	ICNA Relief Canada 1 - 6120 Montevideo Road Mississauga, ON L5N 3W5	Monday to Friday: 10:00 AM to 6:00 PM

Seniors' Resource Manual-Financial Support

S.No.	Name of Organization	Website	Phone	Address	Service Days/timings
5	IDRF (International Development and Relief Foundation)	https://idrf.ca/	1 866-497-IDRF (4373) 416-497-0818	23 Lesmill Rd, Suite 300, North York, ON M3B 3P6	Monday to Friday 9:00 AM to 5:00 PM
6	Muslim Hands Canada	https://muslimhands.ca/zakat	289-722-7272	2255 Dundas Street West, Unit 405, Mississauga, ON L5K 1R6	Monday to Friday 9:00 AM to 5:00PM Saturday to Sunday Closed
7	National Zakat Foundation	https://nzfcanada.com/	1 888-693-2203	115 Matheson Blvd W, Unit 214, Mississauga, ON L5R 3L1	Monday to Thursday 10:00 AM to 6:00 PM Friday 10:00 AM to 5:00 PM <i>Phone Line Only</i>
8	Region Of Peel: Financial help and Ontario Works (ODSP)	https://www.peelregion.ca/help/disability-support/	905-793-9200 Caledon: 1-800-327-5379	10 Peel Centre Drive, Brampton, ON	Monday to Friday: 8:30 AM to 5:00 PM

Seniors' Resource Manual-Financial Support

S.No.	Name of Organization	Website	Phone	Address	Service Days/timings
9	Region Of Peel: Financial help and Ontario Works (ODSP)	https://www.peelregion.ca/help/disability-support/	905-793-9200	7120 Hurontario Street, Mississauga, ON	Monday to Friday: 8:30 AM to 5:00 PM
10	Zakat Canada	https://canadazakat.org/	905-514-1444	2570 Haines Road, Unit 6A Mississauga, ON L4Y 4A3	Saturday 10:00 AM to 3:30 PM Only

Seniors' Resource Manual-Medical Support

S.No.	Name Of Organization	Website	Phone	Address	Service Days/Timings
1	Ontario Government-Senior Services	https://www.ontario.ca/document/guide-programs-and-services-seniors	1-888-910-1999	777 Bay Street, Suite 601C Toronto, Ontario M7A 2J4	On-Line Only
2	Ontario Government- Dental care for low-income seniors	https://www.peelregion.ca/health/seniors-dental/	905-791-7800 1-888-919-7800	7120 Hurontario Street. Mississauga ON L5W 1N4	Monday to Friday: 8:30 AM to 5:00 PM
3	Ontario Government- Exercise and Falls Prevention Programs	https://www.ontario.ca/page/exercise-and-falls-prevention-programs	1-888-910-1999	Website	Monday to Friday: 88:30 AM to 5:00 PM

Seniors' Resource Manual-Medical Support

S.No.	Name Of Organization	Website	Phone	Address	Service Days/Timings
4	<p align="center">Ontario Government-Physiotherapy clinics (government-funded)</p>	<p>https://www.ontario.ca/page/physiotherapy-clinics-government-funded</p> <p>http://gorewayphysiotherapy.com/</p>	<p>1-866-532-3161 416-327-4282 1-800-387-5559 905-612-8222</p>	<p>7330 Goreway Drive, Unit 20 Mississauga, ON L4T 4J2</p>	<p align="center">Monday, Wednesday, and Friday 8:30 AM to 6:30 PM Closed for Lunch 12:30PM to 1:30 PM</p> <p align="center">Tuesday and Thursday 8:30AM to 8:00PM Closed for Lunch 12:30 PM to1:00 PM</p> <p align="center">Saturday 9:00 AM to 2:00 PM</p>

Seniors' Resource Manual-Medical Support

S.No.	Name Of Organization	Website	Phone	Address	Service Days/Timings
5	Ontario Government- Prescription Drugs	https://www.ontario.ca/page/get-coverage-prescription-drugs#section-1	1-866-532-3161 416-327-4282 1-800-387-5559	Website	On-Line
6	Home and Community Care Support Services Central West	http://healthcareathome.ca/centralwest/en	905-796-0040 1-888-733-1177 1-888-310-2222	199 County Court Blvd. Brampton, ON L6W 4P3	Monday to Friday: 8:30 AM to 4:30 PM

Seniors' Resource Manual-Medical Support

S.No.	Name Of Organization	Website	Phone	Address	Service Days/Timings
7	Ontario Government-OHIP Coverage for Eye Care Services	https://www.health.gov.on.ca/en/public/publications/ohip/docs/eyecare_fs_en.pdf	1-866-532-3161 1-800-387-5559	Website	Monday to Friday: 8:30 AM to 5:00 PM
8	Alzheimer Society Peel Mississauga	https://alzheimer.ca/peel/	905-278-3667	60 Briarwood Avenue Mississauga, ON L5G 3N6	Monday to Friday: 8:00 AM to 3:00 PM
9	Alzheimer Society Peel Brampton	https://alzheimer.ca/peel/	905-789-1306	150 East Dr, Brampton, ON L6T 1C1	Monday to Friday: 8:00 AM to 3:00 PM

Seniors' Resource Manual-Foodbank

S.No.	Name of Organization	Website	Phone	Address	Service Days/Timings
1	Brampton Meals-On-Wheels	https://bramptonmealsonwheels.com/	905-453-4140 Ext. 3720	525 Main Street North Brampton, ON L6X 1N9	Monday to Friday 8:00 AM to 3:00 PM
2	Eden Community Food Bank Mississauga Office 1	https://edenffc.org/	905-785-3651	3185 Unity Drive, Unit Mississauga, ON L5L 4L5	Monday – Friday: 9:00 AM to 5:00 PM FOOD BANK HOURS: Tuesday: 4:00 PM to 7:00 PM Wednesday: 1:00 PM to 4:00 PM Friday: 10:00 AM to 1:00 PM
3	Eden Community Food Bank Mississauga Office 2	https://edenffc.org/	905-785-3651	051 Battleford Road Mississauga, ON L5N 5Z9	Monday: 10:00 AM to 1:00 PM Thursday: 2:00 PM to 4:00 PM & 5:00 PM to 7:00 PM
4	ICNA Relief Food Bank Mississauga	https://icnareliefcanada.ca/	905-858-1067	1-6120 Montevideo Road Mississauga, ON L5N 3W5	Monday to Friday: 10:00 AM to 6:00 PM

Seniors' Resource Manual-Foodbank

S.No.	Name of Organization	Website	Phone	Address	Service Days/timings
5	Knights Table	https://knightstable.org/	905-454-8725	287 Glidden Road, Unit #4 Brampton, ON L6W 1H9	Monday to Friday: 10:00 AM to 6:00 PM
6	Langar Seva/Cooked meal (FREE)	http://www.langarseva.ca/	416-628-7041 905-752-9913	2565 Steels Ave. East, Unit 24, Brampton, ON L6T4L6	Monday to Friday: 10:00 AM to 5:00 PM
7	Muslim Welfare Centre (Food Bank and Musalla)	https://www.muslimwelfarecentre.com/	905- 281-9730	Mississauga Office & Food Bank 3490 Mavis Road Mississauga, ON L5C 1T8	Monday – Sunday: 9:00 AM to 5:30 PM Food Bank Service Timing Sunday to Thursday 11:00 AM to 4:00 PM <i>(Please make an appointment before coming to Food Bank)</i>

Seniors' Resource Manual-Foodbank

S.No.	Name of Organization	Website	Phone	Address	Service Days/timings
8	Mzac Food Bank (Mount Zion Apostolic Church of Canada)	https://mzaccanada.com/food-bank/	905-908-1205	6810 Professional Court Mississauga, ON L4V 1X6	Wednesday & Thursday: Closed Friday: 1:00 PM to 4:00 PM Saturday: Closed Sunday: 11:00AM to 12:30 PM Monday: Closed Tuesday: Closed
9	Sai Dham Food Bank Etobicoke	http://www.saidhamfoodbank.com/	437-988-4422	31 Steinway Blvd, Etobicoke, ON M9W 6N3	Monday to Friday Saturday & Sunday 9:00 AM to 9:00 PM Call 24/7
10	Sai Dham Food Bank Malton	http://www.saidhamfoodbank.com/	437-988-4422	7140 Goreway Drive, Mississauga, ON L4T 2T6	Monday to Friday Saturday & Sunday 9:00 AM to 9:00 PM Call 24/7

Seniors' Resource Manual-Foodbank

S.No.	Name of Organization	Website	Phone	Address	Service Days/timings
11	Seva Food Bank MALTON	https://www.sevafoodbank.com/	905-361-7382 Ext. 2	2832 Slough St Mississauga, ON L4T 1G3	Wednesday & Thursday 4:00 PM to 8:00 PM Friday: 11:00 AM to 3:00 PM
12	Seva Food Bank Mississauga	https://www.sevafoodbank.com/	905-361-7382 Ext. 1	3413 Wolfedale Rd, Unit 10 Mississauga, ON L5C 1V8	Wednesday & Thursday: 4:00 PM to 8:00 PM Friday: 11:00 AM to 3:00 PM
13	Share and Care Canada Food Bank	https://www.shareandcarefoodbank.com/	905-956-2900	Westwood Mall, Unit E62 7205 Goreway Drive Malton, ON L4T 2T9	Monday to Friday: 10:00 AM to 4:00 PM

Seniors' Resource Manual-Foodbank

S.No.	Name of Organization	Website	Phone	Address	Service Days/timings
14	St. Marys food bank	https://stmarysfoodbank.ca/	647-693-0071	St. Joseph Community Kitchen	Tuesday: 2:00 PM to 4:00 PM (Hot Meal) Thursday: 12:00 PM to 2:00 PM (Snack)
15	St. Marys food bank Coopers Location:	https://stmarysfoodbank.ca/	905-890-0900	5757 Kennedy Rd. Unit 12 Mississauga, ON L4Z 0C5	Tuesday: 12:00 PM to 2:00 PM Wednesday: 6:00 PM to 8:00 PM Thursday: 6:00 PM to 8:00 PM
16	St. Marys food bank Dundas Location:	https://stmarysfoodbank.ca/	905-238-9008	1699 Dundas Street East Mississauga, ON L4X 1L5	Monday: 6:00 PM to 8:00 PM Tuesday: 6:00 PM to 8:00 PM Wednesday: 11:30 AM to 2:00 PM

Seniors' Resource Manual-Foodbank

S.No.	Name of Organization	Website	Phone	Address	Service Days/timings
17	St. Marys food bank Streetsville Location:	https://stmarysfoodbank.ca/	905-286-9987 905-812-9039	6277 Mississauga Rd. Mississauga, ON L5N 1A7	Monday: 6:00 PM to 8:00 PM Wednesday: 1:00 PM to 3:00 PM
18	Ste Louise Outreach of Peel	https://stelouisefoodbank.ca/	905-454-2144	32 Haggert Ave N Brampton, ON L6X 1Y3	By Appointment Only
19	The Compass Food Bank & Outreach Centre	https://thecompass.ca/	905-274-9309	427 Lakeshore Rd East, Mississauga ON L5G 1H8	Thursday: Closed Friday: 9:00 AM to 5:00 PM Saturday & Sunday Closed Monday: 9:00 AM to 7:30 PM Tuesday: 1:00 PM to 5:00 PM

Seniors' Resource Manual-Foodbank

S.No.	Name of Organization	Website	Phone	Address	Service Days/timings
20	The Mississauga Food Bank	https://www.themississaugafoodbank.org/	905-270-5589	3121 Universal Drive Mississauga ON L4X 2E2	Wednesday: 9:00 AM to 8:00 PM Thursday: 9:00 AM to 5:00 PM Friday: 9:00 AM to 1:00 PM Saturday & Sunday Closed Monday: 9:00 AM to 5:00 PM Tuesday: 9:00 AM to 5:00 PM
21	The Salvation Army	https://salvationarmy.ca/	1-800-725-2769 for donations and general information	The Salvation Army Territorial Headquarters for Canada and Bermuda 2 Overlea Boulevard Toronto, ON M4H 1P4	Monday to Friday: 10:00 AM to 4:00 PM

Seniors' Resource Manual -Legal Help

S.No.	Name of the Organization	Website	Phone	Address	Service Days/Timings
1	Indus Community Services (Free Services) Mississauga	http://induscs.ca	905-275-2369 Family Court Support Services: Ext. 305 Family Services Counsellor: Ext. 301 or 303	3038 Hurontario Street, Suite 206 Mississauga, ON L5B 3B9	Monday to Friday: 9:00 AM to 4:30 PM
2	Indus Community Services (Free Services) Brampton	http://induscs.ca	905-275-2369 Family Court Support Services: Ext. 305 Family Services Counsellor: Ext. 301 or 303	60 West Drive, Suite 110 Brampton, ON L6T 3T6	Monday to Friday: 9:00 AM to 5:00 PM
3	Legal Aid Ontario -Free Services*(Keep in mind that CLEO does not give legal advice. If you have a legal problem, please see a lawyer or a community legal clinic. If you live in Ontario, you can find the clinic nearest you by visiting the Legal Aid Ontario website.)	https://www.legalaid.on.ca/	905-896-2050 Toll free 1-800-668-8258	130 Dundas Street East Suite 504 Mississauga, ON L5A3V8	Monday to Friday 8:00 AM to 5:00 PM

Seniors' Resource Manual -Legal Help

S.No.	Name of Organization	Website	Phone	Address	Service Days/timings
4	Magna Carta Legal Services (Paid Services)	https://www.magnacartalegal.com/	905-566-9708	1100 Central Parkway W, Unit 16, Main Floor Mississauga, ON L5C 4E5	By Appointment Only
5	Malton Neighbourhood Services *partner with Mississauga Community Legal Services (Free Services)	https://www.mnsinfo.org/legal-dental-clinics/	905 896-2050	3540 Morning Star Drive. Mississauga. ON. L4T 1Y2 (Neighbourhood Services, located in the Malton Community Center)	Every Thursday 3:00 PM to 6:00 PM Walk-in
6	Mississauga Community Legal Services (Free Services)	https://www.mississaugalegalclinic.ca/	905-896-2050	130 Dundas Street East, Suite 504 Mississauga, ON L5A 3V8	Monday to Wednesday 9:30 AM to 5:00 PM Thursday: 1:00PM to 5:00 PM Friday: 9:30 AM to 5:00 PM Closed for lunch from 12:30 PM to 1:00 PM

Seniors' Resource Manual -Legal Help

S.No.	Name of Organization	Website	Phone	Address	Service Days/timings
7	Nanda & Associate Lawyers (Paid Services)	https://www.nanda.ca/	647-951-6647	2980 Drew Road, Unit 228, Mississauga, ON - L4T 0A7	Monday to Friday: 9:00 AM to 6:00 PM
8	North Peel & Dufferin Community Legal Services (Free Services)	https://www.northpeeldufferinjustice.ca/	905-455-0160 Dufferin County: 1-866-455-0160	24 Queen Street East, Suite 700 Brampton, ON L6V 1A3	Monday to Friday: 9:00 AM to 5:00 PM
9	Punjabi Community Health Services (Free Services) Mississauga	https://pchs4u.com/optimize/d/index.html	905-677-0889 Ext. 221	2980 Drew Road Unit # 241 Mississauga, ON L4T 0A7	Monday to Friday: 9:00 AM to 5:00 PM
10	Punjabi Community Health Services (Free Services) Brampton	https://pchs4u.com/optimize/d/index.html	905-677-0889 Ext. 221	50 Sunny Meadow Blvd Suite # 201 Brampton, ON L6R 0Y7	Monday to Friday: 9:00 AM to 5:00 PM

Seniors' Resource Manual -Legal Help

S.No.	Name of Organization	Website	Phone	Address	Service Days/timings
11	Sarah Teal Legal Services (Paid Services)	https://sarahteal.legal/EN/	905-670-4212	6 George Street South Unit 3, Suite 106 Brampton, ON L6Y 1P1	Monday to Friday: 9:00 AM to 5:00 PM
12	Sterling Law (Paid Services)	https://www.sterlinglaw.ca/	905-793-0557	2 County Court Boulevard Suite 225 Brampton, ON L6W 3X7	Monday to Friday: 9:00 AM to 5:00 PM Closed Saturday & Sunday

Seniors' Resource Manual-Seniors Recreational Programs

S.No.	Name of Organization	Website	Phone	Address	Service Days/Timings
1	Region Of Peel: Adult Day Services: Davis Center (Paid)	https://www.peelregion.ca/ltc/programs/davis-centre-ads.htm	905-857-0975 Ext. 3008	80 Allan Drive, Bolton	Virtual: Monday to Friday 9:30 AM to 4:00 PM In-Person: Monday to Friday 9:30 AM to 4:00 PM Weekends: Closed
2	Region Of Peel: Adult Day Services Program: Malton Village (Paid)	https://www.peelregion.ca/ltc/programs/malton-village-ads.htm	905-791-1179 Ext. 7369	7075 Rexwood Road, Mississauga	Virtual: Monday to Friday 9:00 AM to 4:00 PM IN-Person: Monday to Friday 8:30 AM to 4:30 PM Weekends: Closed
3	Region Of Peel: Adult Day Services Program: Peel Manor (Paid)	https://www.peelregion.ca/ltc/programs/peel-manor-ads.htm	905-453-4140 Ext. 3708	525 Main Street N. Brampton	Virtual: Monday to Friday 9:30 AM to 3:30 PM IN-Person: Monday to Friday 8:00 AM to 5:00 PM Weekends: 8:30 AM to 4:30 PM (on hold due to covid)

Seniors' Resource Manual-Seniors Recreational Programs

S.No.	Name of Organization	Website	Phone	Address	Service Days/Timings
4	Region Of Peel: Adult Day Services Program: Tall Pines (Paid)	https://www.peelregion.ca/ltc/programs/tall-pines-ads.htm	905-791-2449 Ext. 2310	1001 Peter Robertson Boulevard, Brampton	Virtual: Monday to Friday 8:30 AM to 4:30 PM In-Person: Monday to Friday 8:30 AM to 4:30 PM
5	BOB CALLAHAN FLOWER CITY SENIORS CENTRE (Paid)	https://www.brampton.ca/EN/residents/Recreation/Community-Centres/Pages/FCSC.aspx	905-874-3500	8870 McLaughlin Road Southwest Corner of McLaughlin & Queen Street West	Monday to Friday 8:00 AM to 8:30 PM Saturday & Sunday 8:00 AM to 5:00 PM
6	KNIGHTSBRIDGE SENIOR CENTRE (Paid)	https://www.brampton.ca/EN/residents/Recreation/Community-Centres/Pages/Knightsbridge.aspx	905-792-7422	1A Knightsbridge Road, Central Park Drive & Clark Boulevard, Brampton	Monday-Friday 9:00 AM to 3:00 PM

Seniors' Resource Manual-Seniors Recreational Programs

7	Active Adult Center Mississauga (Paid)	https://www.aacmiss.ca/	(905) 615-3207	377 Burnhamthorpe Road East, Mississauga, ON L5A 3Y1 Suite 116 (2nd Floor) (Located in the Central Parkway Mall)	Monday-Friday 9:00 AM to 3:00 PM By Appointment
S.No.	Name of Organization	Website	Phone	Address	Service Days/Timings
8	Mississauga Seniors' Centre (Paid)	https://web.mississauga.ca/recreation-and-sports/locations/mississauga-seniors-centre/	905-615-4100.	1389 Cawthra Rd, Mississauga, ON L5G 4L1	Virtual: Monday to Friday 9:30 AM to 4:00 PM IN-Person: Monday to Friday 9:30 AM to 4:00 PM Weekends: Closed
9	Malton Neighbourhood Services (South Asian Programs- Free)	https://www.mnsinfo.org/seniors-program/	905-677-6270	3540 Morning Star Drive, Mississauga, ON L4T 1Y2	Monday to Friday 8:30 AM to 4:30 PM
10	Alzheimer Society		905-278-3667	157 Queen St E, Mississauga, ON	

Seniors' Resource Manual-Seniors Recreational Programs

	Sam McCallion Day Centre Mississauga (Paid)	https://alzheimer.ca/peel/en/help-support/programs-services/adult-day-programs			Monday to Friday: 10:00 AM to 3:00 PM
11	Alzheimer Society Meadowvale Day Centre Mississauga (Paid)	https://alzheimer.ca/peel/en/help-support/programs-services/adult-day-programs	905-278-3667	6535 Millcreek Drive, Unit #1, Mississauga, ON	Monday to Friday: 10:00 AM to 3:00 PM
S.No.	Name of Organization	Website	Phone	Address	Service Days/Timings
12	Alzheimer Society Brunel Day Centre Mississauga (Paid)	https://alzheimer.ca/peel/en/help-support/programs-services/adult-day-programs	905-278-3667	385 Brunel Rd, Mississauga, ON	Monday to Friday: 10:00 AM to 3:00 PM
13	Alzheimer Society Brampton Day Centre and Evelyn's Place Day Program (Paid)	https://alzheimer.ca/peel/en/help-support/programs-services/adult-day-programs	905-278-3667	150 East Drive in Brampton, ON	Monday to Friday: 10:00 AM to 3:00 PM

Seniors' Resource Manual-Seniors Recreational Programs

14	Indus Community Services (Some services are paid)	https://www.induscs.ca/swagat/	905-275-2369	3038 Hurontario Street, Suite 206, Mississauga, ON L5B 3B9	Monday to Friday: 9:00 AM to 4:30 PM
S.No.	Name of Organization	Website	Phone	Address	Service Days/Timings
15	PCHS-Punjabi Community Health Services (Free)	https://pchs4u.com/geriatrics-program-services-for-seniors/	905-677-0889 Ext. 147	50 Sunny Meadow Blvd., Unit #201 Brampton, ON	Monday to Friday 10:00 AM to 4:00 PM

Seniors' Resource Manual -Shelter Services

S.No.	Name of Organization	Website	Phone	Address	Service Days/timings
1	Salvation Army Wilkinson Road Shelter	https://salvationarmy.ca/what-we-do/in-your-community/housing-and-shelters/	905-452-1335	15 Wilkinson Rd, Brampton, ON L6T 4M3	24 hours
2	Elizabeth Fry Society of Peel Halton	http://efrypeelhalton.ca/	905-459-1315	44 Peel Centre Dr #200, Brampton, ON L6T 4B5	Monday to Friday 9:00AM to 5:00 PM Saturday & Sunday Closed
3	Our Place Peel	https://ourplacepeel.org/	905-238-1383	3579 Dixie Rd, Mississauga, ON L4Y 2B3	By appointment Only
4	Peel Senior Link	https://peelseniorlink.com/	905-281-4443	50 Burnhamthorpe Road West, Suite 300 Mississauga, ON L5B 3C2	By appointment Only
5	Supportive Housing in Peel Program	https://www.peelregion.ca/housing/wait-list/market-units.asp#cal	905-272-2285	3420 The Collegeway, Mississauga, ON L5L 5T2	By appointment Only

Seniors' Resource Manual -Shelter Services

S.No.	Name of Organization	Website	Phone	Address	Service Days/timings
6	Cawthra Shelter (To partner with Salvation army)	https://www.salvationarmy.ca	905-281-1272	2500 Cawthra Rd, Mississauga, ON L5E 2X3	24 hours
7	Indus Community Services	https://www.induscs.ca/	905-275-2369	3038 Hurontario St Suite 206, Mississauga, ON L5B 3B9	Monday to Friday 9:00 AM to 4:30 PM Saturday & Sunday Closed
8	Peel Family Shelter	https://www.peelregion.ca/articles/2021/peel-family-shelter.asp	905-450-1996	2420 Surveyor Rd, Mississauga, ON L5N 4E6	24 hours
9	Angela's Place	https://shipshey.ca/	905-791-3887	45 Glenn Hawthorne Blvd, Mississauga, ON L5R 4J9	By appointment Only
10	Sunrise Senior Living Mississauga	https://www.sunriseseniorliving.com	905-625-1344	1279 Burnhamthorpe Rd E, Mississauga, ON L4Y 3V7	24 hours

Seniors' Resource Manual -Transportation

S.No.	Name of Organization	Website	Phone	Address	Days/Timings
1	Region Of Peel- Trans Help Brampton	https://www.peelregion.ca/trans/help/	905-791-7800 1-888-919-7800	10 Peel Centre Drive, Brampton	Monday to Friday 8:30 AM to 4:30 PM
2	Region Of Peel- Trans Help Mississauga	https://www.peelregion.ca/trans/help/	905-791-7800 1-888-919-7800	7120 Hurontario Street, Mississauga	Monday to Friday 8:30 AM to 4:30 PM
3	Home Instead	https://www.homeinstead.ca/	289-317-1977 289-809-9385	5780 Timberlea Blvd Suite 203 Mississauga ON L4W 4W8	By Appointment Only
4	Trans Help-Region of Peel	https://www.mississaugahaltonhealthline.ca/	905-791-1015 Ext. 2 1-888-919-7800	2 Copper Rd Brampton, ON	6:00 AM to 1:00 PM (except statutory holidays) * Call Centre: Daily 8:00 AM to 12:00 midnight * Admin Office Monday to Friday 8:30 AM to 4:30 PM

Seniors' Resource Manual -Transportation

S.No.	Name of Organization	Website	Phone	Address	Service Days/timings
5	Caledon Community Services	https://ccs4u.org/health/transportation	905-584-2300 1(833) 552-2748	Evolve Caledon 4 Industrial Rd, Bolton, ON, L7E 1K6	Monday to Friday 8:30 AM to 4:30 PM
6	Canes Community Cares	https://www.canes.on.ca/	1-877-743-3025	10 Carlson Court Suite 200 Toronto, ON M9W 6L2	By appointment Only
7	DOOR TO DOOR & MORE INC.	https://www.doortodoorandmore.com/	905-586-5868	Website Only	By appointment Only

Seniors' Resource Manual -Transportation

S.No.	Name of Organization	Website	Phone	Address	Service Days/timings
8	Ride with Care	https://ridewithcare.ca/	647-848-4205	Website Only	Our hours are flexible 5 days a week, pending availability. Evenings and weekends availability by special arrangement. Minimum 24-hour advance notice to book appointments is required for our service to ensure availability.
9	Spectrum- seniors for seniors' companion	https://spectrumhealthcare.com/	1-844-422-7399 647-953-1432 905-276-1140	2 Bloor St E, Suite 1200 Toronto, ON M4W 1A8	Monday to Friday 9:00 AM to 5:00 PM Only by Appointment

Seniors' Resource Manual -Transportation

S.No.	Name of Organization	Website	Phone	Address	Service Days/timings
10	Wheelchair Taxi Ontario Limited	https://wheelchairtaxiontario.ca/	1-866-799-3648	7171 Torbram Road, Unit # 4 Mississauga, ON L4T 3W4	Monday to Saturday 7:30 AM to 7:00 PM Sunday 9.00 AM to 6:00 PM
11	Resource Manual for Transportation:	TransportationCommunityTaxiBramptonCaledonMalton.pdf	Online link	Website Only	Online
12	Uber	https://www.uber.com/ca/en/ride/	By App Only	Website Only	Online