

NORTH SIMCOE DIRECTORY OF SENIOR SERVICES 2023-2025



About the North Simcoe Directory of Senior Services

This Directory was created in response to requests about available senior services in North Simcoe and surrounding areas. This was a need raised through public consultation during the development of Tiny's Local Aging Plan in 2016 and through working with Senior Advisory Committees in neighbouring municipalities. The Directory is a resource guide and serves as a phone and service directory for seniors and their families. It is published every two years.

We would like to acknowledge and thank the Ministry of Seniors & Accessibility and the County of Simcoe for making this project possible with funding received through the Seniors Community Grant Program and the Simcoe County Age-Friendly Municipal Grant Program.

Connecting seniors, their families and caregivers with services in the community is important to North Simcoe municipalities. However, it is not the purpose of this directory to include all available services. We have made every effort to provide accurate listings, but, we do not endorse the services and agencies listed here, nor are we legally responsible for their actions.

The information contained in this document may have changed since the publication of this directory.

The Townships of Tiny & Tay and Towns of Midland & Penetanguishene cannot be held responsible for any consequences associated to this content.

Further resources:

Visit Ontario.ca/seniors for an additional comprehensive guide of resources available in Ontario, under *Programs and Services for Seniors in Ontario*.

Copies are available at your local Municipal Office.

The Township of Tiny

An environmentally focused diverse family of communities providing an economically sustainable and healthy lifestyle.

Address/Phone Numbers	Council Members	
130 Balm Beach Road West, Tiny, ON, L0L 2J0 Monday-Friday: 9:00am-4:30pm	<i>Mayor</i> David Evans	mayorevans@tiny.ca
	<i>Deputy Mayor</i> Sean Miskimins	deputymayormiskimins@tiny.ca
Main Office: 705-526-4204	<i>Councillor</i> Dave Brunelle	councillorbrunelle@tiny.ca
Toll Free: 1-866-939-8469	<i>Councillor</i> Kelly Peter Helowka	councillorhelowka@tiny.ca
TTY Service: 705-526-4205 x 301	<i>Councillor</i> Steffen Walma	councillorwalma@tiny.ca
Building: 705-526-5965 By-law: 705-526-4136 Fire: 705-322-1161 Water: 705-526-9673	To leave a message for a member of Council, contact Misty Everson, Executive Assistant to CAO, Mayor, and Council at 705-526-4204 ext.259	
After Hours Emergencies for Roads, Water and By-law: 705-526-4136	Committee of the Whole and Council Meetings are live streamed and archived on our Township of Tiny YouTube channel. https://www.tiny.ca/Pages/CouncilLiveStream.aspx	

Committee of the Whole and Regular Meetings of Council

Council meets every three weeks on a Wednesday in Council Chambers.

The Regular Committee of the Whole meeting immediately follows the Regular Council meeting to commence at 5:00 p.m. Planning Public Meetings, as required, are held at 6:00 p.m. on the Wednesday following a Committee of the Whole/Council meeting and will be advertised by public notice.

To see all Council Meeting dates or to view the meetings live streamed, visit www.tiny.ca.

The Town of Midland

The Town of Midland is located in the Heart of Georgian Bay, home to world class freshwater, breathtaking views, and a rich cultural heritage.

The Town has become the nerve centre of North Simcoe for economic prosperity, fabulous lifestyle in idyllic surroundings and an abundance of recreational pursuits.

Address/Phone Numbers	Council Members	
575 Dominion Avenue Midland, ON L4R 1R2	<i>Mayor</i> Bill Gordon x2001	bgordon@midland.ca
Monday-Friday: 8:30 am to 4:30 pm	<i>Deputy Mayor</i> Jack Contin x2002	jcontin@midland.ca
Main Office: 705-526-4275	<i>Councillor</i> Roberta Bald x2003	rbald@midland.ca
Fax: 705-526-9971	<i>Councillor</i> Jamie-Lee Ball x2004	jball@midland.ca
TTY Service: 705-526-4275 x 2824	<i>Councillor</i> Jim Downer x2005	jdowner@midland.ca
Customer Service: 705-526-4275 x 2255	<i>Councillor</i> Sheldon East x2006	seast@midland.ca
North Simcoe Sports and Recreation Centre Administration Office: 705-526-9395 After Hours Emergencies for Roads, Water and By-law call: 705-527-8274	<i>Councillor</i> x2007 Catherine MacDonald	cmacdonald@midland.ca
	<i>Councillor</i> Bill Meridis x2008	bmeridis@midland.ca
	<i>Councillor</i> Beth Prost x2009	bprost@midland.ca

Regular Council with Committee of the Whole 6:00 p.m. Council Chambers/Zoom

Council meets every three weeks, on a Wednesday in the Municipal Office Council Chambers, via Zoom.

Council meetings are video recorded by Rogers TV Midland. Visit midland.ca to view a recording on our YouTube Channel, for meeting dates and to subscribe to receive email notifications when Council Meeting agendas are posted.

The Town of Penetanguishene

The Town of Penetanguishene is a picturesque and thriving bilingual community at the southern tip of beautiful Georgian Bay in Ontario, Canada.

Address / Phone	Council Members	
10 Robert Street W Penetanguishene ON L9M 2G2 Monday-Friday: 8:30 am to 4:30 pm	<i>Mayor</i> Doug Rawson	drawson@penetanguishene.ca
	<i>Deputy Mayor</i> Dan La Rose	dlarose@penetanguishene.ca
	<i>Councillor</i> Bonita Desroches	bdesroches@penetanguishene.ca
	<i>Councillor</i> Doug Leroux	dleroux@penetanguishene.ca
Main Office: 705-549-7453	<i>Councillor</i> Suzanne Marchand	smarchand@penetanguishene.ca
After Hours Emergencies for Roads and Water:	<i>Councillor</i> George Vadeboncoeur	gvadeboncoeur@penetanguishene.ca
705-527-8210	<i>Councillor</i> Bill Waters	bwaters@penetanguishene.ca

Council and Committee of the Whole meets the second Wednesday of every month in Council Chambers at Town Hall starting at 7:00 pm.

Would you like to address Town Council on an issue? If so, you may wish to appear as a delegation at an upcoming Council or Coordinated Section Committee meeting by contacting our office.

To stay up to date on what is happening in Penetanguishene, we have created multiple ways to interact with us including an email subscription where you can get emails delivered to you directly informing you of news, events and decisions of Council. To sign up for this service, you can visit our website at www.penetanguishene.ca or call 705-549-7453. In addition to our electronic and digital communications, we also provide a quarterly newsletter called "What's Up" that is mailed to residents. Hard copies of these newsletters are also available at Town Hall and the Library.

To follow us online, visit our official pages of the Town on Facebook, Instagram, Twitter and YouTube (@Penetanguishene).

The Township of Tay

Tay Township is a strong, cohesive rural community that celebrates and promotes our unique history, natural heritage, and recreational amenities as the cornerstone to our quality of life. Our unique villages support a host of events, services and businesses that contribute to growing the local economy and create a unique destination experience.

Address/Phone Numbers	Council Members	
450 Park Street Victoria Harbour, ON L0K 2A0 Monday – Friday 8:30a.m.-4:30p.m.	<i>Mayor</i> Ted Walker	twalker@tay.ca ext. 258
	<i>Deputy Mayor</i> Barry Norris	bnorris@tay.ca ext. 295
	<i>Councillor</i> Paul Raymond	praymond@tay.ca ext. 291
	<i>Councillor</i> Sandy Talbot	stalbot@tay.ca ext. 292
Office: 705-534-7248	<i>Councillor</i> Sylvia Bumstead	sbumstead@tay.ca ext. 293
Toll Free: 1-800-281-8869	<i>Councillor</i> Judy Larmand	jlarmand@tay.ca ext. 294
For after-hours emergency service for Water, Waste Water, Roads & Parks call: 705-526-5762 For other emergencies call: 911	<i>Councillor</i> Gerard LaChapelle	glachapelle@tay.ca ext. 290
All Council and Committee agendas & minutes are posted online at: https://tay.civicweb.net/Portal For additional Township contacts visit: https://tay.ca/municipal-government/contact-us/		

Committee of the Whole and Regular Meetings of Council

Committee of the Whole Meetings are held virtually on the second Wednesday of each month, commencing at 9:00 a.m. Regular Council meetings are held in-person on the fourth Wednesday of each month at 7:00 p.m. Please visit our Town Hall Portal to view agendas, minutes and schedules. All Council and Committee of the Whole meetings are live streamed to the Tay Township YouTube Channel.

To follow us online, visit our Facebook Page and YouTube Channel (@TayTownshipON) or Twitter (@TayTownship).

2-1-1

What is 211?

- 211 is the source Canadians trust when seeking information and services to deal with life's challenges.
- 211's award-winning telephone helpline (2-1-1) and website (211ontario.ca) provide a gateway to community, social, spiritual, non-clinical health and related government services.
- 211 helps to navigate the complex network of human services quickly and easily, 24 hours a day, 7 days a week, in over 150 languages.
- 211 connects people to the right information and services, strengthens Canada's health and human services, and helps Canadians to become more engaged with their communities.
- 211 Ontario is a free service. It is funded through all three levels of government and the United Way.

When you don't know where to turn, turn to 211.



Change starts here.

Call 2-1-1 or visit 211Ontario.ca

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Emergency, Crisis & Hotline Services

Service	Contact
Police/Ambulance/Fire Emergency	911
AIDS & Sexual Health Hotline	1-800-668-2437
Crime Stoppers of Simcoe-Dufferin-Muskoka	Tip Line: 1-800-222-8477 www.crimestopperssdm.com
Drug & Alcohol Help Line	1-800-565-8603
Enbridge Gas Distribution Emergency	1-866-763-5427 www.enbridgegas.com/Safety/Smell-Gas
Health811 Ontario	811
Hydro One Outage Information	1-800-434-1235 www.hydroone.com/power-outages-and-safety/stormcentre-outage-map
Legal Line	info@legalline.ca www.legalline.ca
Mental Health Crisis Line	Crisis Line: 1-888-893-8333
Newmarket Tay Hydro Outage Information	Midland: 705-526-9361 Tay: 705-534-7281 www.nmhydro.ca/outagemap.asp
Poison Control Centre	1-800-268-9017
Problem Gambling Help Line	1-888-230-3505
Senior Safety Line, Elder Abuse Ontario	1-866-299-1011
Service Ontario	1-800-267-8097
Suicide Hot Line	1-833-456-4566
Victim Support Line	1-888-579-2888

Information Services

Advocacy Centre for the Elderly Community Legal clinic which offers advocacy, community legal education, and representation for eligible clients in cases involving issues of particular importance to seniors. Funded by Legal Aid Ontario.	Toll Free: 1-855-598-2656 Website: acelaw.ca Address: 2 Carlton St, Suite 701 Toronto, ON
Community Connection 211 Central East Region Confidential information and referral service. A community navigator will assess your needs and offer referral and advocacy to assist you in accessing the appropriate health, social, spiritual, government, community and human services.	Toll Free: Dial 2-1-1 1-866-743-7818 Website: www.211centraleastontario.ca
Home and Community Care, North Simcoe Muskoka (NSM) Healthline Website Up-to-date online information about health services available in the area of North Simcoe County and the District of Muskoka.	Toll Free: 1-888-721-2222 Website: www.nsmhealthline.ca Address: 438 University Avenue, 8th Floor, Toronto, ON
Ministry of Long-Term Care Information on long-term care homes and homecare services in Ontario.	Toll Free: 1-800-268-1153 Website: www.ontario.ca/page/long-term-care-ontario Address: 15 Sperling Drive, Suite 100, Barrie, ON

Retirement Homes Regulatory Authority A regulatory agency which licenses retirement homes in Ontario. Public register, information, referral and education. Receives and investigates complaints on behalf of retirement home residents.	Toll Free: 1-855-275-7472 Email: info@rhra.ca Website: www.rhra.ca Address: 55 York St, Suite 700, Toronto, ON
Senior's INFO Line See what programs and services are available to help you lead a healthy, active and engaged life after 65.	Toll Free: 1-888-910-1999 Email: infoseniors@ontario.ca Website: www.ontario.ca/page/ information-seniors

Medical & Health Services

Hearing Services

Audia Hearing Aid Inc.

Services include; hearing tests, on-site Hearing Instrument Specialist, prescriptions for hearing aids, sales and service of hearing aids, hearing aid batteries, ear cleaning and cerumen management.

Call for hours of operation.

Website:

www.audiahearing.ca

Midland

Phone: 705-526-8452

Email:

midland@audiahearing.ca

Address: Huronia Medical Centre, 240 Old Penetanguishene Rd., Suite 208, Midland, ON

Penetanguishene

Phone: 705-355-2000

Email:

penetang@audiahearing.ca

Address: Georgian Village, 101 Thompsons Rd Rendezvous, Unit 2, Penetanguishene, ON

Hearing Rehab Centre

Complete audiological services including hearing tests, hearing aid dispensing, free aural rehabilitation and counselling as well as service and repair of hearing aids.

Phone: 705-527-0940

Email:

thehearingrehabcentre@outlook.com

Website:

www.hearingrehabcentre.ca

Address:

952 Jones Rd, Suite B3, Midland, ON

Midland Hearing Clinic Provides sales and service of hearing aids, wax removal, custom noise protection services, tinnitus assessment, testing and treatment. <i>Free hearing tests for seniors.</i>	Phone: 705-245-3222 Email: midhcentre@gmail.com Website: www.hearingandbalancecentre.com Address: 357 King St, Midland, ON
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Hospitals & General Care Services

Chigamik Community Health Centre Variety of health care services for registered clients and wellness programs open to the community. <i>Please call to confirm hours or visit website for further information.</i>	Phone: 705-527-4154 Website: www.chigamik.ca Address: 287 Bayshore Dr, Midland, ON
FHTT Medical - Concierge Service – Nurse Practitioner Improve healthcare experience and help with navigating the healthcare system. <i>Book appointment on website.</i>	Phone: 705-300-3813 Website: www.fhtt.as.me/midland Email: tiara@fhtt.me Address: 19-9225 Hwy 93, Huronia Mall, Midland, ON (inside the Guardian Pharmacy, Huronia Mall)
Georgian Bay General Hospital Provides emergency health care, acute and intensive care, inpatient and ambulatory care, as well as Surgery, Obstetrics, Regional Complex Continuing Care programs and Regional Rehabilitation programs. <i>Dialysis is provided at 611 Prospect Boulevard, Midland</i>	Phone: 705-526-1300 Website: www.gbgh.on.ca Address: 1112 St Andrew's Dr, Midland, ON

North Simcoe Family Health Team Variety of programs and services accessible to the community. <i>Please call for hours. For further information and available services or go to the website.</i>	Phone: 705-526-7804 Website: www.nsfht.ca Address: 619 Prospect Blvd, Suite 3 Midland, ON
Royal Victoria Regional Health Centre Community hospital providing health care services for clients from Simcoe County and the districts of Muskoka and Parry Sound. Health Centre specializes in Cancer Care, Surgical Services, Critical Care and Emergency Room Care.	Phone: 705-728-9802 Website: www.rvh.on.ca Address: 201 Georgian Dr, Barrie, ON
Simcoe Muskoka District Health Unit Health agency that addresses public health issues and promotes healthy living. Programs include immunization, sexual health clinic, dental health, physical health and more.	Phone: 705-526-9324 Website: www.simcoemuskokahealth.org Address: A - 925 Hugel Ave, Midland, ON
Soldiers' Memorial Hospital Orillia Hospital providing emergency health care, acute and intensive care, inpatient and ambulatory care, as well as surgical and obstetrical services.	Phone: 705-325-2201 705-325-1231 TTY Emergency: 705-327-9100 Website: www.osmh.on.ca Address: 170 Colborne St W, Orillia, ON
Waypoint Centre for Mental Health Care Specialty mental health hospital serving Simcoe County, Muskoka and areas of Parry Sound and Dufferin County. <i>Referral required from physician/psychiatrist or nurse practitioner.</i>	Toll Free: 1-877-341-4729 Website: www.waypointcentre.ca Address: 500 Church St, Penetanguishene, ON

Medical Home Support Services

Bayshore Health Care Providers of home and community health care services. 2 strands – government (referral needed) or private care. <i>Fees for private care based upon service.</i>	Toll Free: 1-877-289-3997 Email: clientservice@bayshore.ca Website: www.bayshore.ca
Care Partners Provides personal support workers and nursing care for patients in homes, retirement homes, clinics, and workplaces. Services are available across Ontario, in both urban and rural communities.	Phone: 705-721-4547 Website: www.carepartners.ca Address: 75 Cedar Pointe Dr, Unit 114, Barrie, ON
Community Paramedicine Home Visit Program Supports patients to stay healthy and independent in their own homes. Trained Community Paramedics perform wellness checks on patients such as vital signs, blood work, physical assessments, chronic disease management and more.	Phone: 705-726-9300 x 1579 Toll Free: 1-866-893-9300 x1579 Email: commparamedicine@simcoe.ca Website: www.simcoe.ca /communityparamedicine
Dynacare Laboratory Medical laboratory services.	Phone: 705-526-0118 Website: www.dynacare.ca Address: 240 Penetanguishene Rd, Unit 110B, Midland, ON

Home & Community Care Support Services – North Simcoe Muskoka Provides a wide range of services and resources to help people to stay well, heal and stay safe in their home longer. <i>Call for details.</i> <u>Eligibility</u>: No cost as long a person has a valid Ontario Health Card.	Phone: 705-721-8010 TTY: 771 Toll Free: 1-888-721-2222 Website: www.healthcareathome.ca Address: 15 Sperling Dr, Suite 100, Barrie, ON
Home At Last Program; VON Simcoe County Program provides support and assistance at time of hospital discharge, including transportation. <i>Please call for further information.</i>	Phone: 705-737-5044 x 223 Website: www.von.ca Address: 299 Lakeshore Dr, Unit 002, Barrie, ON
In-Home Respite Program; VON Simcoe County Program provides in home support and respite relief to caregivers. <i>Please call for further information.</i> <u>Fees</u>: Based upon income.	Phone: 705-737-5044 x 224 Website: www.von.ca Address: 299 Lakeshore Dr, Unit 002, Barrie, ON
LifeLabs Medical laboratory services.	Toll Free: 1-877-849-3637 Website: www.lifelabs.com Address: 101 Thompsons Rd, Penetanguishene, ON

SE Health Delivers quality, trusted home care to people where and when they need it. <u>Fees</u>: Based upon service or medical referral.	Toll Free: 1-800-463-1763 Email: communicationssehc@sehc.com Website: www.sehc.com Address: 90 Allstate Parkway, Suite 300, Markham, ON
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Medical Supplies & Accessibility

Assistive Device Exchange Website Online resource to sell, purchase or give-away gently used medical equipment or accessibility devices.	Email: inquiries@goquipit.com Website: www.goquipit.com
Independent Living Services Simcoe County Variety of support, programs and services for those living with physical disabilities. <u>Fees</u>: No cost, if you qualify.	Phone: 705-737-3263 Email: arc@ilssimcoe.ca Website: www.ilssimcoe.ca Address: 15 Cedar Point Dr, Unit 10, Barrie, ON
Lifemark Seniors Wellness - Mobility Seating and Mobility Clinic Provides free walker, manual wheelchair and wheelchair seating assessments for community seniors (age 55+) living in North Simcoe Muskoka. If eligible, up to 75% of the cost of a prescribed assistive device, such as a walker or wheelchair, may be covered. <i>Please note that we are unable to provide assessments for power wheelchairs and scooters as ADP requires a home environment visit be completed to assess access.</i>	Toll Free: 1-800-315-4417 Further information on Assistive Devices Program (ADP): www.ontario.ca/page/assistive-devices-program

**Ontario Renovates;
Simcoe County**

Program includes funding for urgent repairs, renovations and accessibility modifications for low to moderate income homeowners. Funding of up to \$15,000 per unit is available.

Accessibility modifications are particularly beneficial for seniors to allow them to 'age in place' and persons with disabilities who require unit modifications.

Application intake for urgent home repairs and accessibility modifications is year round; however, as funding is limited, applicants may be placed on a waitlist.

Eligible applications are reviewed in the order they are received.

Phone: 705-725-7215

Email: iah@simcoe.ca

Website:
www.simcoe.ca/ontariorenovates

Superior Home Healthcare Centre

Retail store offering sales, rental and repair of medical and accessibility equipment. Professional fitting and recommendations for compression stockings, braces and home wellness and daily living equipment and supplies.

Phone: 705-528-1515

Website:
www.superiorhomehealthcare.ca

Address:
516 Yonge St, Midland, ON

Well Wise; By Shoppers Drug Mart Retail store offering sales, rental and repair of medical and accessibility equipment. Professional fitting and recommendations for compression stockings, braces and home wellness and daily living equipment and supplies.	Website: www.wellwise.ca <u>Orillia</u> Phone: 705-325-8855 Address: 22 Colborne St W, Orillia, ON <u>Barrie</u> Phone: 705-722-6336 Address: 524 Bayfield St N, Barrie, ON
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Specialized Programs & Services

Advanced Foot & Orthotic Clinic Provides medical foot care to the Southern Georgian Bay community including: nail problems, corns and calluses, warts, orthotics, diabetic foot care, laser treatment, senior foot care, footwear, foot care education and more.	Phone: 705-526-6363 Text: 705-527-4816 Email: info@advancedfootclinic.ca Website: www.advancedfootclinic.ca Address: 263 Midland Ave, Midland, ON
Alzheimer Society of Simcoe County; Barrie Office Provides programs and services to individuals who are living with progressive dementia or are a care partner supporting a person living with progressive dementia. <i>Call for appointment, visit website for referral form.</i>	Phone: 705-722-1066 Email: simcoecounty@alzheimersociety.ca Website: www.alzheimer.ca/simcoecounty/en Address: 20 Anne St S, Unit 3, Barrie, ON

Arthritis Society; Midland and Penetanguishene Program Information, programs and support available to the public. <u>Fees</u>: No cost. Valid Ontario Health Card required.	Toll Free: 1-800-321-1433 x 3307 Email: info@arthritis.ca Website: www.arthritis.ca Address: North Simcoe Family Health Team, 619 Prospect Blvd, Midland, ON
Bajic Denture Clinic Offers full and partial dentures, implant supported dentures, repairs, relines and tooth addition same day. House calls available.	Phone: 705-526-4041 Website: www.bajicdentures.ca Address: 519 Hugel Ave, Midland, ON
Canadian Cancer Society Cancer Info Hotline, Cancer Info Service (CIS) – treatment, research and living with it. Wheels of Hope – transportation for cancer patients.	Hotline: 1-888-939-3333 Websites: cancer.ca/en (menu) https://cancer.ca/en/living-with-cancer/how-we-can-help/transportation
Canadian National Institute for the Blind (CNIB) Simcoe/Muskoka Information, programs and supports available to the public. <u>Fees</u>: No charge for services, cost for purchased consumer products.	Phone: 1-800-563-2642 Website: www.cnib.ca Address: 90 Collier St., Unit 5, Barrie, ON
Community Diabetes Education Program; North Simcoe Family Health Team No referral required. <u>Fees</u>: No cost.	Phone: 705-526-7804 ext. 204/222 Website: www.nsfht.ca/diabetes-education Address: North Simcoe Family Health Team, 619 Prospect Blvd, Midland, ON

Dentures by Denturists Services include: precision implant supported dentures, full dentures, partial dentures, immediate dentures, same day repairs, digital dentures and more. <i>Free consultation. House calls available.</i>	Phone: 705-549-5361 Website: www.denturesbydenturists.ca Address: 2 Robert St W, Penetanguishene, ON
March of Dimes Wide range of services and programs for those with physical disabilities. Home and vehicle modification program provides funding for modifications to manage disability impairments. <u>Fees:</u> No cost.	Phone: 705-300-0572 Website: www.marchofdimes.ca Address: 5 Quarry Ridge Road, Unit 206, Barrie, ON
Ontario Seniors Dental Care Program The Ontario Seniors Dental Care Program (OSDCP) provides free dental care to those who are eligible. It is funded by the Province of Ontario. To be eligible you must: • Be an Ontario resident aged 65 and over • Have an income of \$22,200 or less (or a combined annual income of \$37,100 or less for a couple). • Not have dental benefits. Eligibility for the OSDCP is assessed by verifying income on annual tax return using Social Insurance Number (SIN) provided when applying to the program. A dental card will be mailed to the applicant once the application is approved. <i>Apply online or by mail (or contact the Simcoe Muskoka District Health Unit 1-877-721-7520</i>	Toll Free: 1-833-207-4435 Website: www.ontario.ca/page/dental-care-low-income-seniors

Parkinson Canada Information, programs and supports available to the public. <u>Fees</u>: No cost.	Toll Free: 1-800-565-3000 Website: www.parkinson.ca
Psychogeriatric Services; Wendat Community Programs Specialized programs for individuals with mental health and complex care needs. <u>Eligibility</u>: 65 +years of age <i>Contact for further information.</i>	Phone: 705-355-1022 Website: www.wendatprograms.com Address: 237 Second St, Midland, ON

Safety & Security

Canadian Anti-Fraud Centre 'Senior Busters' program offers education, referrals and counselling to victims of fraud or identity theft.	Toll Free: 1-888-495-8501 Website: www.antifraudcentre-centreantifraude.ca/index-eng.htm
Community Legal Clinic, Midland Satellite Office Services include: housing, small claims court, health law, human rights, income support and getting legal assistance.	Phone: 705-326-6444 Email: info@communitylegalclinic.ca Website: www.communitylegalclinic.com Address: 71 Colborne St. E., Orillia, ON
Consumer Protection Information about how to protect your finances, spend wisely and make informed decisions.	Toll Free: 1-800-889-9768 Toll Free TTY: 1-877-666-6545 Website: www.ontario.ca/ConsumerProtection
Emergency Management Ontario Online information about Emergency Preparedness.	Phone: 416-326-8525 Website: www.ontario.ca/beprepared
Huronia Alarm & Fire Security Inc. Sales and service for: security, fire safety, medical and life safety products with monitoring station. Lock, key and safe sales, service and installation with 24/7 emergency call-out assistance available.	Toll Free: 1-844-363-9311 Email: securityservices@huronialarms.com Website: www.huronialarms.com Address: 233 Midland Ave, Midland, ON

Law Society Referral Service Service which will connect you to a lawyer or paralegal who provides a brief consultation at no cost.	Toll Free: 1-855-947-5255 Email: lsrs@lso.ca Website: https://lsrs.lso.ca/lsrs/welcome
Medic Alert Wearable medical identification to provide information to healthcare providers in case of a health emergency. <u>Fees:</u> Cost for wearables and monthly program fee.	Phone: 1-800-668-1507 Website: www.medicalert.ca
Ontario Provincial Police, Southern Georgian Bay Detachment Detachment personnel provide enforcement and investigative services serving Georgian Bay. <i>Text to 9-1-1 service available for persons who are deaf, hard of hearing, or speech impaired.</i>	Phone: 705-526-3761 Communications Centre: 1-888-310-1122 (to make reports) Address: 16864 Highway 12, Midland, ON
Phillips Lifeline Various personal and safety alert and alarm systems, including medication reminder systems. <u>Fees:</u> Costs for service and equipment provided.	Toll Free: 1-866-349-1804 Website: www.lifeline.ca/en/
Telephone Assurance Program; Red Cross Simcoe Muskoka Volunteers provide regular telephone calls to clients who are isolated in their homes, for security checks and social contact. Eligibility: 65+ years of age <u>Fees:</u> No cost.	Phone: 705-721-3313 x 5266 Email: simcoe@redcross.ca Website: www.redcross.ca/in-your-community/ontario/senior-support-services

Self-Care & Support

General Self-Care & Support

Alzheimer Support Group

Confidential care partner support group which connects people (family & friends) who are supporting persons living with dementia. It is a safe environment to share challenges and successes and realize you are not alone. Talk to others who are going through similar experiences, increase understanding of dementia and develop and broaden coping strategies.

Eligibility: Family, friends and caregivers of persons living with Alzheimer's disease and other dementias.

Fees: No cost.

Phone: 705-722-1066 or
1-800-265-5391

Email:
simcoecounty@alzheimersociety.ca

Website:
alzheimer.ca/simcoecounty/en/
help-support/programs-
services/support-programs-
services/support-groups

Address:
20 Anne Street South, Barrie,
ON

Friendly Visiting; Red Cross Simcoe Muskoka

Canadian Red Cross volunteers make regular visits in the community to elderly residents who live alone. The goal of the Friendly Visiting program is to bring friendship and company to participants. Spending time with someone who shares your interests, having a relaxing conversation or simply a smile can be an uplifting experience for all those involved.

Eligibility: Seniors and adults with physical disabilities.

Fees: No cost.

Phone: 705-721-3313

Website:
www.redcross.ca/in-your-
community/ontario/senior-
support-services

Georgian Bay Cancer Support Centre A community-based organization with caring professionals and trained volunteers offering; support groups, wellness programs, educational seminars, expressive art classes and social activities. These services are for cancer patients, their families, and caregivers. <u>Fees:</u> No cost.	Phone: 705-549-6444 Email: info@gbcancersupportcentre.ca Website: www.gbcancersupportcentre.ca Address: 45 Edward St, Penetanguishene, ON
Hospice Huronia Physical, emotional and social support to individuals and their families/caregivers dealing with a life-threatening illness. Services available in the home, hospital, or nursing home. Bereavement Support - Support for anyone who has experienced the death of someone close, available in individual or group setting. Referrals from physicians, caregivers, friends, family or community services or self-referral; call for information. <u>Fees:</u> No cost. <i>Residential Hospice available – Tomkins House</i>	Phone: 705-549-1034 Email: info@hospicehuronia.ca Website: www.hospicehuronia.ca Address: 948 Fuller Ave, Penetanguishene, ON

Meal & Food Programs

Georgian Bay Food Network

Provides access to perishable and non-perishable food items to individuals and families in need.

Phone: 705-812-6500

Website: gbfn.org

Address:

230 Aberdeen Blvd, Unit 1 & 2
Midland, ON

Good Food Box

Provides individuals the opportunity to purchase affordable produce on a monthly basis. Call by the seventh day of the month to place an order. Good Food Boxes must be pre-ordered and paid for in person by the 7th of each month.

Fees: Cost based on box size.

Phone: 705-526-1305 ext. 0

Email:

northsimcoegoodfoodbox@gmail.com

Website:

<https://www.facebook.com/northsimcoegoodfoodbox/>

Order/Pick-up depots are:
Midland

Wendat, Mountainview family co-op, Sacred Heart School (Sept–June)

Tay Township

Public libraries in Port McNicoll, Victoria Harbour and Waubaushene
St. Antoine School (Sept – June) Victoria Harbour

Elmvale

Elmvale Public Library

Penetanguishene

La Clé de l'emploi Employment Services, Village Square Mall, Unit 7, Penetanguishene Legion (Pickup only)

Healthy Eating Program, CHIGAMIK Community Health Centre Variety of dietary and nutrition services and programs, including dietitian consultations, available to clients of Chigamik. <i>Call for further details and eligibility.</i>	Phone: 705-527-4154 Website: www.chigamik.ca/en/services/allied-health/dietitian
Heart to Home Meals Purchase from a variety of 200 frozen meals, soups and dessert choices, as well as products for special dietary needs, including diabetic, low salt and renal diets. Each is designed by a chef and dietitian and delivered to your home. <i>Fees: based on products ordered.</i>	Toll Free: 1-866-933-1516 Website: www.hearttohomemeals.ca
Red Cross Meals on Wheels The Red Cross provides hot or frozen, delicious and nutritious meals on a regular basis. All meals are delivered to your door by dedicated volunteers, who are trained in safe food handling practices and equipment. The Red Cross is able to accommodate your special diet request. <i>Prices vary by program. Call for further information.</i>	Phone - Hot Meals: 705-721-3313 x 5254 Cold Meals: 705-721-3313 x 5267 Address: 65 Cedar Pointe Drive, Unit 809B, Barrie, ON

Salvation Army Food Bank Provides emergency food assistance once a month. Assistance for clothing, furniture and household goods provided on an emergency basis through the food bank by voucher. <u>Eligibility</u>: people in need. Proof of income level and identification papers for family members required to register. <u>Fees</u>: No cost.	Phone: 705-526-2751 Website: salvationarmymidland.ca Address: 251 Second St, Midland, ON
Social and Congregate Dining Program; Wendat Community Programs Our in-house cook prepares nutritious meals at very low cost to eligible seniors who wish to share a meal in the stimulation of a social group environment and to those seniors who participate in the Day Program. <u>Eligibility criteria</u>: Seniors 65 + years, living alone in the community or with a caregiver who would benefit from experiencing a meal with others. Resides in the Midland/Penetanguishene or immediate outlying area. <i>Call for more information or visit the website for referral form.</i>	Phone: 705-355-1022 x 228 Website: wendatprograms.com/social-congregate-dining/ Address: 44 Dufferin St, Penetanguishene, ON

Society of St Vincent de Paul Food Pantry Provides non-perishable foods to those in need. Offered weekly. St. Margaret's - Midland <u>Eligibility:</u> Anyone in need. Register in-person. Must provide identification of all parties involved, photo ID for any adults. St. Mary's – Victoria Harbour <u>Eligibility:</u> Anyone in need. Initial first visit required and a statement of income and expenses. St. Ann's – Penetanguishene <u>Eligibility:</u> Anyone in need. Register in-person. Call first and arrange to go to the church to apply for food bank. Must provide identification of all parties involved, photo ID for any adults and a statement of income and expenses.	St. Margaret's Catholic Church 589 Hugel Ave, Midland, ON 705-526-7585 Hours: Tues & Wed, 10-11:30am St. Mary's Church Hall 266 Albert St, Victoria Harbour, ON 705-956-0022 ext 2 Hours: Wed & Fri, 10-11:30am St. Ann's Roman Catholic Church 28 Robert St W, Penetanguishene, ON 705-549-2560 Hours: Tues – Thurs, 1:00pm - 1:30pm
Unlock Food A service that connects residents of Ontario to a Dietitian to help you make healthier food choices and answer your questions. <u>Fees:</u> May be covered by OHIP	Toll Free: Call Health Ontario 811 Website: www.unlockfood.ca
Village Market The Village Market aims to close the good food gap by increasing the distribution of and access to fresh, healthy and affordable food by offering an affordable market at Georgian Village. Open on the 4th Wednesday of each month from 10am until 12pm. <u>Fees:</u> Costs of products purchased.	Phone: 705-506-8899 Email: soltosoul@live.com Address: Georgian Village 101 Thompsons Rd, Penetanguishene, ON

Transportation

55 Alive Driver Refresher Course, Canadian Safety Council The 55 Alive Driver Refresher Course is designed to help Canadians 55 years and over to maintain their independence and their driving privileges.	Phone: 613-739-1535 Website: https://canadasafetycouncil.org/product/55-alive-driver-refresher-course/ Email: traffic.coordinator@safety-council.org
Accessible Transit Accessible Transit (AT) is a service for residents of Midland who are not able to access the regular Town of Midland Transit service due to a physical, cognitive, visual or sensory disability. An application and confirmation by a Health Professional is required and destinations are in Midland and Penetanguishene.	Phone: 705-528-6999 Email: admin@communityreach.ca
CT Link CT Link helps to arrange transportation for residents of Simcoe County to get to medical appointments in and outside of Simcoe County. Individuals must request transportation on the website. 211 can be called to help book transportation. <i>Cost varies depending on destination.</i>	Website: www.ctlink.ca/
Driver's License Renewal Program; Ministry of Transportation Individuals age 80 or over are required to renew their license every 2 years, with additional requirements and screening exercises.	Toll Free: 1-800-396-4233 Email: GES@ontario.ca Website: www.ontario.ca/page/renew-g-drivers-licence-80-years-and-over

LINX PLUS+ LINX conventional buses are equipped with features to make them fully accessible. If you are unable to use conventional public transit due to a physical disability or functional disability, you may be eligible for travel on LINX PLUS+, the County of Simcoe's specialized transit service.	Toll Free: 1-800-263-3199 Email: transit@simcoe.ca
Midland-Penetanguishene Transit The Mid-Pen Transit Service provides reliable and accessible transit to the Penetanguishene and Midland communities. Mid-Pen Transit can accommodate wheelchairs and medical scooters on all buses.	<u>Midland</u> Phone: 705-526-4275 ext 2255 Website: https://www.midland.ca/en/living-in-midland/transit.aspx <u>Penetanguishene</u> Phone: 705-549-7992 Website: https://www.penetanguishene.ca/living-here/transit/
Rides & Transportation; Red Cross Simcoe Muskoka Transportation program that offers eligible clients assistance in travel to adult programs, hospitals, doctors' appointments, shopping or other activities related to health and wellbeing. <u>Eligibility:</u> Elderly or disabled <i>Cost varies depending on destination.</i>	Phone: 705-721-3313 Website: www.redcross.ca/in-your-community/ontario/nutrition-and-transportation/transportation/simcoe-muskoka-branch-transportation
Simcoe County LINX – Transit Simcoe County LINX is a conventional public transit system that links major urban hubs and local transit services in the County of Simcoe.	Toll Free: 1-800-263-3199 Email: transit@simcoe.ca

Transportation Linking Communities (TLC); Community Reach North Simcoe TLC is an Inclusive Community Transportation Program serving residents of North Simcoe with limited income, older adults with limited supports and people with disabilities. Local rides within North Simcoe include activities of daily living, social day-out programs and local health appointments. Rides to the GTA and Muskoka are for major health specialists and advanced medical testing. <i>Cost varies depending on destination.</i>	Phone: 705-528-6999 Email: information@communityreach.ca Website: www.communityreach.ca/transportation.php Address: 850 Hartman Dr, Unit 104, Midland, ON
Wheels 4 Wheels; Huronia Seniors Volunteer Care Team Wheelchair accessible transportation serving North Simcoe. Clients must be wheelchair dependent. For safety reasons, clients must travel with responsible escorts who are physically able to assist them in case of emergencies. Medical and social trips welcome.	Phone: 705-526-5566 Email: w4wdispatch@gmail.com wheels4wheels@gmail.com Address: 658 King Street, Midland, ON
Wheels of Hope – Canadian Cancer Society Provides people living with cancer rides to and from their cancer treatment appointments. <i>Must meet Eligibility requirements</i>	Phone: 1-888-939-3333 Website: https://cancer.ca/en/living-with-cancer/how-we-can-help/transportation

Housing

Bayfield House Retirement Lodge Retirement lodge offering: 24 hour supervision/security, wellness services, respite and convalescent care, physician services, supplementary care services, recreational and exercise programs, physiotherapy as required, hair salon, spa room, laundry facilities, and weekly housekeeping. <i>Trial stays available.</i>	Phone: 705-549-9259 Website: https://www.jarlette.com/retirement-lodges/bayfield-house-retirement-lodge Address: 5 Beck Blvd Penetanguishene, ON
Bayview Retirement Home Independent and assisted retirement living with a variety of accommodation styles. Offering nursing support and home cooked nutritious meals.	Phone: 705-510-0101 Email: bayviewretirement@rogers.com Website: www.bayviewretirement.ca Address: 175 Walnut St, Waubausheene ON
Georgian Bay Seniors Lodge Offers retirement living, assisted living, and memory care, with a large variety of room styles, and pricing plans. Services include; 3 home cooked meals, snacks and beverages, assistance in activities of daily living including medical and support services, companionship, enriching daily activities, and physiotherapy.	Phone: 705-549-1143 Email: generalmanager@gbsl.ca Website: www.georgianbayseniorslodge.ca Address: 7 Harriet St. Penetanguishene ON

Georgian Manor Fully accredited long term care facility featuring 146 beds, rooftop gardens, central dining, separate tub-spa and shower rooms, quiet family rooms, common activity rooms and wellness centre. <i>Contact the Home and Community Care Department of the Simcoe Muskoka Local Health Integration Network at 1-888 721-2222 to learn more about the application process.</i>	Phone: 705-549-3166 Website: www.simcoe.ca/LongTermCare/Pages/GeorgianOverview.aspx Address: 101 Thompsons Road, Penetanguishene, ON
Georgian Village (Retirement) Offering a choice of housing and care options, from the independent living in Garden Homes and Apartment Suites, to Retirement Living, and Affordable Housing.	Phone: 705-549-3166 Website: www.simcoe.ca/dpt/ltc/georgian Address: 101 Thompsons Road, Penetanguishene, ON
Guesthouse Shelter Short term overnight shelter that includes two meals daily as well as available laundry and shower facilities. Provides assistance in seeking permanent housing or retaining housing through assistance in planning, facilitation of connections with a wide range of local support services.	Phone: 705-527-4111 ext 3 Email: natalie@theguesthouseshelter.ca Website: www.theguesthouseshelter.ca Address: 522 Elizabeth St, Midland, ON
Hillcrest Village Care Centre Long term care home with a secure special care unit. Priority access for veterans. <i>Contact the Home and Community Care Department of the Simcoe Muskoka Local Health Integration Network at 1-888-721-2222 to learn how to apply.</i>	Phone: 705-526-3781 Email: info@hvcc.ca Website: www.hillcrestvillage.com Address: 255 Russell St, Midland, ON

Housing for Low-Income Seniors; Simcoe County Social & Community Services Division Information on housing options for low income seniors.	Phone: 705-725-7215 Website: www.simcoe.ca/dpt/sh Address: 1110 Highway 26, Midhurst, ON
King Place Private or semi-private accommodation in furnished or unfurnished suites. Full service amenities including housekeeping, meals, medication, foot care, beauty salon, banking services, registered nurse and recreational activities are available.	Phone: 705-526-0514 Email: hroberts@oxfordliving.ca Website: oxfordkingplace.com Address: 750 King St, Midland, ON
Le Villageois de Lafontaine Retirement community with life lease apartments (condo style), gathering rooms and visitors' room. Fibre optic internet, social activities, common living-room and library. Paid laundry facility available for those who do not have it in apartment. Studio Apartments are available. <u>Eligibility:</u> 55+ years of age	Phone: 705-533-0998 Email: village@csolve.net Website: levillageoisdelafontaineenglish.wordpress.com/ Address: 333 Lafontaine Rd. W, Tiny, ON
Maplewood Retirement Residence A home, offering full service amenities including housekeeping, laundry, meals, medication administration, various social and recreational activities.	Phone: 705-549-7931 Email: info@trilliumcarecommunities.ca Website: www.trilliumcarecommunities.ca Address: 39 Poyntz St, Penetanguishene, ON

Sara Vista Nursing Centre Long-term care home with services including recreational programs, pet therapy, fitness, library service, hairdressing, church service, music therapy and consulting dietitian. <i>Contact the North Simcoe Muskoka LHIN Home and Community Care Service Department at 705-726-0039 to learn how to apply.</i>	Phone: 705-322-2182 Toll Free: 1-877-929-9222 Website: www.reveraliving.com Address: 27 Simcoe St, Elmvale, ON
The Lorna Tomlinson Residence for Seniors; Wendat Residence provides supportive housing for frail older adults with low incomes. <u>Services include:</u> meals served in a common dining room, laundry, lounges for socializing, structured day program activities on-site, on site staff, enclosed courtyard and access to additional personal support services for those needing assisted living. <u>Eligibility:</u> Seniors with low income, ages 65 and up from North Simcoe.	Phone: 705-355-1022 Email: info@wendatprograms.com Website: www.wendatprograms.com/ lorna-tomlinson/ Address: 44 Dufferin St, Penetanguishene, ON
Tiffin Retirement Residence Chartwell Independent living suites for seniors with the availability of meals, laundry and general services but without personal care services. Suites may be available in a variety of community types including retirement home buildings and/or apartments, townhouses and bungalows.	Phone: 705-540-9422 Website: www.chartwell.com Address: 105 Pillsbury Dr, Midland, ON

Villa Retirement Lodge Retirement lodge with 24-hour on-site staffing; offering a wide range of services to allow each resident to decide how much they can do for themselves.	Phone: 705-526-4238 Website: www.jarlette.com Address: 689 Yonge St, Midland, ON
Waterside Retirement Lodge Independent retirement living with additional support if and when needed. Pet friendly building and all rooms are wheelchair accessible; building is equipped with elevators and backup generator.	Phone: 705-429-8626 Website: www.jarlette.com Address: 239 Zoo Park Rd, Wasaga Beach, ON

Fitness & Wellness

Bayshore Lanes Bayshore Lanes is a 12 lane five-pin bowling centre that offers something for everyone. <i>Senior/retiree league available.</i>	Phone: 705-526-4887 Website: www.bayshorelanes.ca Address: 205 King St, Midland, ON
Ganaraska Hiking Trail Association (Midland Club) The club offers regular outdoor recreational activities, such as hiking, biking, paddling, camping, snowshoeing, as well as many social activities.	Phone: 705-245-1005 Email: info@ganaraska-hiking-trail.org Website: www.ganaraska-hiking-trail.org Facebook: www.facebook.com/GHTAMidland
Knight Haven Bowling Lanes Air conditioned bowling alley offers public and league bowling for adults, youth, seniors and special Olympians. <i>Available for parties and corporate events, glow in dark and rock and bowl systems available.</i>	Phone: 705-549-3111 Email: knighthaveninfo@gmail.com Address: 17 Poyntz St, Penetanguishene, ON
Midland Curling Club A club offering a variety of curling leagues from Little Rock to Seniors and a Special Olympics Program including competitive and recreational curling. Rink and licensed lounge available for rental with kitchen facilities. <u>Fees:</u> Membership fees apply.	Phone: 705-526-5631 Email: info@midlandcurlingclub.com Website: www.midlandcurlingclub.com Address: 474 King St, Midland, ON

Penetanguishene Curling Club A curling club offering various competitive and non-competitive curling leagues. <u>Fees</u>: Membership fees apply.	Phone: 705-549-8981 Website: www.penetangcurlingclub.ca Address: 8 Owen St, Penetanguishene, ON
Programs, CHIGAMIK Community Health Centre Various community wellness programs which include: <u>Change the Pain</u> - A program which combines dance and movement therapy for individuals with chronic pain. <u>Elevate Your Mood</u> - A dance program for adults with depression. <u>Traditional Healing</u> - Honoured Traditional Healers use traditional Aboriginal approaches to bring about wellness for individuals and/or groups with mental, physical, spiritual and emotional holistic healing needs. <u>Living with Osteoporosis</u> - A four-week program which focuses on a new topic each week, followed by a short exercise session led by our physiotherapist. <i>Call for program information.</i>	Phone: 705-527-4154 Website: https://www.chigamik.ca/ Address: 287 Bayshore Drive, Midland, ON
Recreation Department; Town of Penetanguishene Various programs for individuals aged 50 and over which may include VON Smart programs, shuffleboard, cards, rug hooking, Adult/Senior Skating, family swim, and adult swimming lessons. <i>Programs vary by season.</i>	Phone: 705-549-7453 Website: www.penetanguishene.ca Address: 10 Robert St W, Penetanguishene, ON

Recreation Department, Township of Springwater Various programs for adults and individuals aged 55+ which may include Gentle Yoga, Gentle Pilates, Fun Fit, VON Fitness Classes (Wed 10-11am, Fri 11am-12pm) and Euchre Group (Mon 1-4:30pm) <i>Visit our website for more details.</i>	Phone: 705-728-4784 x 2078 Website: www.springwater.ca/recreation Address: 2231 Nursery Road, Minesing, ON
Recreation Department; Township of Tiny The Recreation Department is committed to improving the quality of life and well-being of the Township of Tiny citizens through recreation. It provides optimum access to a wide variety of recreational pursuits to meet the needs of all residents. The Recreation Department, in partnership with Parks and dynamic volunteer groups and organizations, work together to provide parks, recreation and leisure time facilities, programs and services that strengthen, support and maintain a healthy family of communities.	Phone: 705-526-4204 x 3 Email: recreation@tiny.ca Website: www.tiny.ca/recreation-community Address: 130 Balm Beach Road W, Tiny, ON
Recreation Department; Tay Township Various recreation programs offered in numerous locations for adults. Programs vary by season but may include: Yoga, low impact aerobics, tai chi, urban poling/Nordic walking.	Phone: 705-534-7248 x 232 Email: recreation@tay.ca Website: www.tay.ca/recreation Address: 450 Park St, Victoria Harbour, ON

Simcoe County Trails Simcoe County has close to 300km of trails from 25 different trails. Some located in North Simcoe include the Tiny Trail, Tiny Marsh Loop, Tay Shore Trail, Midland Rotary Waterfront Trail and Penetanguishene Trail.	Website: www.experience.simcoe.ca/play/outdoors/trails
VON Simcoe County; SMART Exercise Program Free gentle exercise program for community members 55+ (Seniors Maintaining Active Roles Together). Classes offered at various times and locations throughout Simcoe County. <i>Call for program information.</i> <u>Fees:</u> No cost.	Phone: 705-355-2200 Website: www.von.ca
YMCA Simcoe/Muskoka Health and wellness facility; with fitness and aquatic classes. Examples include: aquafit, chair yoga, gentle fit. <i>Visit the website or call for schedule and class listing.</i> <u>Fees:</u> Membership fees apply/day pass	Phone: 705-526-7828 Website: www.ymcaofsimcoemuskoka.ca Address: 560 Little Lake Park Rd, Midland, ON

Clubs, Associations, & Volunteer Opportunities

Askennonia Senior Centre Askennonia is a charitable, not-for-profit organization that provides members with programs, events and activities to exercise the body, mind and spirit and delivers over 50 weekly programs. <u>Fees</u>: Membership fees apply.	Phone: 705-526-7609 Website: www.askennonia.com Address: North Simcoe Sports and Recreation Centre, 527 Len Self Blvd, Midland, ON
Bayshore Seniors Club Activities include but are not limited to cards, bingo, shuffleboard, darts, dances, crafts, line dancing and pickleball. Call or drop in to apply. Application form available at the club. <u>Eligibility</u>: 50+ <u>Fees</u>: Membership fees apply.	Phone: 705-361-1331 Website: www.bayshoreseniors.ca Address: 2000 Tiny Beaches Rd S, Tiny, ON
Georgian Bay Native Friendship Centre Programs and services include: cultural resources program, cultural programs, drug and alcohol counselling and more. Client service focus is urban Indigenous and Metis individuals. <u>Fees</u>: Membership fees apply.	Phone: 705-526-5589 Email: gbnfc@gbnfc.com Website: www.gbnfc.com Address: 175 Yonge St, Midland, ON
Georgian Shores Swinging Seniors (The Place) Recreation centre for older adults. Activities include: cards, billiards, crafts, fitness programs, cooking classes, Zumba, special events, sewing group, photography group, line dancing and Friday pub socials and barbecues.	Phone: 705-526-5074 Email: gssseniors2016@gmail.com Website: www.georgianshoresswingingseniors.ca Address: 300 Balm Beach Rd W, Tiny, ON

Le Club de l'Âge d'Or A seniors club offering a variety of services and recreational activities including: cards, singing, a gazebo, walking trails & more at the site. Health information, nurse provided foot care and dental hygiene services are also available. All are welcome, call to apply. <u>Eligibility:</u> 50+ <u>Fees:</u> Membership fees apply.	Phone: 705-533-2075 Email: cado@csolve.net Address: 333 Lafontaine Rd W, Unit 207 Tiny, ON
Midland Civitan Club Midland Civitan Club is a local service club involved in community enhancement and support. Our mission is to financially support research, education, public awareness, and services to aid the physically, mentally, and developmentally challenged. <u>Fees:</u> Membership fees apply.	Phone: 705-526-3069 Email: jmckinney01@rogers.com Website: www.civitan.on.ca/clubs/midland/ Address: 527 Len Self Blvd, Midland, ON
The Sunshine Club A recreational group for seniors with activities including card games, Share-the-Wealth draws to support local non-profit groups and occasional holiday or celebratory banquets. Call or drop in to apply. <u>Eligibility:</u> 50+ <u>Fees:</u> Membership fees apply.	Phone: 705-322-2598 Address: 33 Queen St W, Elmvale, ON

Municipal & Government Services

County of Simcoe; Customer Service Provides its 16-member municipalities with public services such as homes for the aged, paramedics, waste management and social services. Hours: Monday to Friday 8 am-5 pm	Phone: 705-726-9300 x4 Toll Free: 1-800-263-3199 Email: service@simcoe.ca Website: www.simcoe.ca Address: 1110 Highway 26, Midhurst, ON
Member of Parliament, Simcoe North Federal Riding – Adam Chambers MP Constituency Office able to assist with applications for passports, Federal Government Program Assistance (CPP, EI, Citizenship and Immigration and other programs). Hours: Monday to Friday 9 am-4:30pm	Phone: 705-527-7654 Email: adam@adamchambersmp.ca Website: www.adamchambersmp.ca Address: 3W-366 Midland Ave, Midland, ON
Member of Parliament, Simcoe North Provincial Riding - Jill Dunlop MPP Constituency Office able to assist with birth/death/marriage certificates, Ontario Health Insurance Plan (OHIP), Trillium Drug Program issues and more. Hours: Monday to Friday 9am - 4:30pm Midland: Wed only 9:30am – 4:30pm	Phone: 1-800-304-7341 Email: jill.dunlopco@pc.ola.org Website: www.jilldunlopmpp.ca Address: 575 West St. S., Unit 9, Orillia 320 King St., Midland (Wed only)
Service Canada; Midland One-stop service delivery for a wide range of federal programs and services. Internet access and assistance locating and applying for government programs including Employment Insurance, Social Insurance Numbers, Canada Pension Plan, Old Age Security and passports.	Toll Free: 1-800-622-6232 Website: www.servicecanada.gc.ca Address: Huronia Mall, Highway 93, Midland, ON

Midland Public Library Services Offers resources and programs including books, e-books, directories, magazines, newspapers, on-line access to catalogue for book reservation and renewal, compact discs, DVDs, resources on microfilm, microfilm reader service, inter-library loan service, free wireless internet access, photocopy and fax service, Books on Wheels, children's story hour, computer terminals for access to the internet and more.	Phone: 705-526-4216 Email: info@midlandlibrary.com Website: www.midlandlibrary.com Address: 320 King St, Midland, ON
Penetanguishene Public Library Serves the Town of Penetanguishene and the Township of Tiny. Photocopying, computer terminals and wireless internet access available. Adult programming includes adult book clubs, computer tutorials and Spanish language learning program. Meeting facilities are available for rent. Designated as an extreme heat cooling centre.	Phone: 705-549-7164 Email: lkeenan@penetanguishene.ca Website: www.penetanguishene.library.on.ca Address: 24 Simcoe St, Penetanguishene, ON
Springwater Public Library Offers books, magazines, videos, local newspapers, free wireless internet access, activities for all ages, photocopies, fax and internet. Meeting facilities are available for rent. Card members from these areas may access this library – Tiny, Tay, Clearview, Essa, Penetanguishene, Ramara and Severn	Phone: 705-322-1482 Email: elmvale.library@springwater.ca Website: www.springwater.library.on.ca Address: 50 Queen St W, Elmvale, ON

Tay Township Library Services Offers resources and programs including books, e-books, directories, magazines, newspapers, on-line access to catalogue for book reservation and renewal, compact discs, DVDs, inter-library loan service, free wireless internet access, and a variety of programs for all ages. <i>Residents of Tay Township may access Midland Public Library Services with Tay Library membership card.</i>	Phone: 705-534-3511 Website: www.tay.ca/library Branch Locations: <i>Port McNicoll Branch</i> 705-534-3511 715 Fourth Avenue <i>Victoria Harbour Branch</i> 705-534-3581 145 Albert Street <i>Waubauskene Branch</i> 705-538-1122 17 Thiffault Street
Township of Tiny Library Services Residents of Tiny Township may access programs and services at one of three libraries: Midland Public Library, Penetanguishene Public Library or Springwater Public Library.	Midland Public Library: 320 King St, Midland, ON 705-526-4216 Penetanguishene Public Library: 24 Simcoe St, Penetanguishene, ON 705-549-7164 Springwater Public Library: 50 Queen St W, Elmvale, ON 705-322-1482

Additional Municipal Services

The Township of Tiny

For information on Senior Services & Programs in Tiny, visit www.tiny.ca/seniors or contact seniors@tiny.ca | 705-526-4204 ext. 3

Tiny Connect - A free notification system that helps you stay 'in the know' about important municipal information, such as senior initiatives, road closures, recreation programs and more. You can receive emergency alerts and optional notifications by text, voice call, email and/or on your TTY/TDD device. Sign up by visiting www.tinyconnect.ca or complete a registration form at the Municipal Office.

Township of Tiny Senior Advisory Committee - The Senior Advisory Committee advises Council on all matters related to the well-being and quality of life for seniors. The Committee consults and collaborates with seniors, seniors' organizations and others to gather information and provide advice regarding seniors' needs. The Senior Advisory Committee is comprised of six (6) non-elected members and one (1) elected member of Council and meets monthly. Meetings are open to the public.

Township of Tiny Local Aging Plan - The Township of Tiny is committed to creating a community where older adults are valued and can enjoy good health, happiness, and fulfillment. As a result, the Township developed a Local Aging Plan to improve the overall well-being and quality of life for older adults across the Township. The Plan outlines strategies to develop an Age-Friendly Community and can be found on the Township website. You may also request a hard copy at the Municipal Office.

Library Services - Library Service is free to residents of the Township of Tiny. A Tiny resident must register with one library but may go to the second or third library at no extra cost. Residents can contact the library directly to find out how to become a member.

Midland: (705) 526-4216

Penetanguishene: (705) 549-7164

Springwater: (705) 322-1482

Tiny's Senior Speaker Series - Tiny's Senior Advisory Committee, in partnership with local clubs & service providers, offers seminars/workshops geared towards addressing issues relating to seniors. Refreshments are provided and workshops are free for all. Check Tiny's website or subscribe to Tiny Connect to learn when new workshops are scheduled.

Senior of the Year Award – 'Heart of Tiny' - The purpose of the award is to recognize an outstanding senior who during/after the age of 65, contributed to the enrichment of the social, cultural or civic life of the Township of Tiny. The Township of Tiny presents the *Heart of Tiny* Award at the annual Senior Symposium Event held each spring. Contact the Township for nomination information.

Senior Symposium - Each spring, the Township of Tiny hosts the Annual Senior Symposium. Older adults in Tiny are encouraged to attend this free annual appreciation event. Hear the update on Tiny's Local Aging Plan which outlines Tiny's opportunities to enhance senior services and strategies to build an Age-Friendly Community. Enjoy lunch, speakers, be a part of Tiny's Senior of the Year Award Ceremony and learn about local seniors' clubs and senior service providers in North Simcoe.

Seniors' Clubs in the Township of Tiny

The Place 300 Balm Beach Road West, Tiny Phone: 705-526-5074 georgianshoreswinging seniors.ca	Le Club de l'Âge d'Or 333 Lafontaine Road West, Unit 207, Tiny Phone: 705-533-2075	Bayshore Seniors Club 2000 Tiny Beaches Road South, Tiny Phone: 705-361-1331 bayshoreseniors.ca
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Seniors Recreation Programming - The Township offers a variety of recreation and fitness programs each season. Programs include Pickleball, Shuffleboard, Golf Clinics, Art Groups, Gentle Fitness, Pole Walking, CHIGAMIK Choose to Move, Going Through the Motions and more. Information can be found in the North Simcoe Recreation Guide or online at www.tiny.ca.

Service Clubs in Tiny

Tiny Township Lions Club | 705-333-0763

North Simcoe Anglers & Hunters Conservation Club | 705-526-6617

Wyebridge Women's Institute | 705-526-9893

Township of Tiny Annual Special Community Events - Winter Carnaval D'Hiver (February), Earth Week (April), June is Parks, Recreation & Seniors Month (June), Senior Symposium (June), Mayor's Charity Golf Tournament (June), Pollinator Week (June), Community BBQ (July), Farm Crawl (August), Noel au Village (November), Tree Lighting (November).

Township of Tiny Volunteer Opportunities – Positions include Special Event Volunteer, Community Gardener, Advisory Committee Member, Dog Park Monitor, Beach & Trail Monitor, Litter Pick Up Volunteer and more.

The Township of Tay

Seniors Advisory Committee – The Township has a Seniors Advisory Committee that is working to develop programming for seniors, as well as identify issues of concern for seniors in Tay. Please check online at www.tay.ca/seniors or contact (705) 534-7248 for information on local resources such as tax clinics, food and grocery support, etc.

Seniors Talks – The Township's Seniors Advisory Committee hosts regular Seniors Talks on a variety of subject matters including nutrition, health & wellness, seniors' safety, de-cluttering & downsizing.

Seniors Recreation Programming – The Township offers recreation and fitness programs that change every season such as Tai Chi, Yoga, and Chair Yoga. These programs may be found in the North Simcoe Recreation Guide, online at www.tay.ca/recreation or contact (705) 534-7248.

Tay Shore Trail - Trails are a wonderful way to spend an enjoyable day, relaxing and taking in the scenery. There are spectacular views and natural areas that can be enjoyed as you travel the Tay Shore Trail. The Tay Shore Trail is a fully accessible trail that permits walkers, bicyclists, rollerbladers and cross country skiing.

Tay Township Public Library – The library offers numerous resources for seniors including books in various formats, such as large print, audio books and CNIB books on disc, e-books, magazines, newspapers, free public access computers, free internet access, and delivers books to shut-ins as well. They also provide fantastic programming such as computer and technology assistance, art programming and meeting spaces for local groups. Tay Library card holders may now obtain a reciprocal borrowing card at several local Libraries. **For additional information, please contact one of the three branches, email library@tay.ca, or go online to www.tay.ca/library.**

Port McNicoll Branch: (705) 534-3511, 715 Fourth Avenue

Victoria Harbour Branch: (705) 534-3581, 145 Albert Street

Waubashene Branch: (705) 538-1122, 17 Thiffault Street

Good Food Box Program – Program providing locally grown seasonal produce through any Tay Library branch. \$20.00 per box, per month. See your local library branch for details.

Royal Canadian Legions – Tay has three Legions that provide regular programming such as bridge, euchre, pool, darts, bingo, karaoke. Contact the branches for their particular programming schedule.

Port McNicoll Legion: (705) 534-7341, 369 Armstrong Street

Victoria Harbour Legion: (705) 534-4003, 134 William Street

Waubashene Legion: (705) 538-2344, 26 Willow Street

Bingo – Weekly Bingo held on Monday evenings at 7:00 p.m. at the Port McNicoll Community Centre hosted by the Port McNicoll Lions Club. Doors open at 6:00 p.m., and tables fill up quickly.

VON Smart Program – VON provides weekly group exercise classes for people 55+ at the Oakwood & Port McNicoll Community Centres who wish to improve their strength, balance and flexibility, regardless of current physical ability. Call 705-737-5044 for details.

Wye Marsh Wildlife Centre - The Wye Marsh Wildlife Centre has hiking, cross country ski & snowshoeing trails, guided canoeing & kayaking tours, wildflower gardens, and so much more for seniors to enjoy. Wye Marsh offers a variety of programming, as well as volunteer opportunities such as trumpeter swan monitoring, fundraising, wildflower gardening, and more. Call 705-526-7809 for details.

Martyrs Shrine – The Martyrs Shrine is a historic site, and Roman Catholic Church which is consecrated to the memory of the Canadian Martyrs. The Shrine has wonderful opportunities for active seniors to get engaged in your community such as assisting with their gardens, visitor information, store, and tour groups. Call 705-526-3788 for details.

Sainte-Marie among the Hurons – Sainte-Marie among the Hurons was the headquarters for the French Jesuit Mission to the Huron Wendat people. In 1639, the Jesuits, along with French lay workers, began construction of a fenced community that included barracks, a church, workshops, residences, and a sheltered area for Native visitors. After extensive archaeological and historical research, Sainte-Marie among the Hurons is now recreated on its original site, where the mission's compelling story is brought to life. Visitors get a unique opportunity to see the earliest Canadian pioneer life, through guided or self-guided visits and special events. Step back in time and experience pioneer life with the Wendat-Huron people and hear legends in the longhouse. More at hhp.on.ca or call 705-526-7838.

The Town of Midland

Do you need information?

- Call 211. It's free, it's confidential, it's available 24/7 and in 150+ languages.
- Midland.ca, our town's website contains extensive information organized by headings.
 - Need help? Look for E-service Midland and complete a Customer Service Request form.
 - While you are on the Midland.ca site, scroll down to the "Age-Friendly" link and see what is happening in Simcoe County to support you.

Did you know?

- The Midland Public Library has a bank of computers for public use with internet access. They are free with a library membership.
- If you have difficulty getting to the library, there is a volunteer service that you might like - It's called *Books on Wheels*.
- Do you know that you can borrow books from the library online? You will need Overdrive and Libby from the App Store or the Play Store, and your library card number. You can download books for a 14-day period or place a book on hold. You will be notified when it is available. For further information, call the Midland Public Library at 705-526-4216.

Do you want to get out more?

- The Midland Cultural Centre (MCC) has free programs which may interest you. The Our Health Series addresses topics of universal interest, but seem to attract a mature audience. They have a website and Facebook page for further information. Quest Art Gallery is located within the MCC, offers classes, exhibitions and a gift shop stocked with works from local artisans.
- Askennonia Senior Centre is a jewel in Midland's crown. It is a place where Seniors can come together and participate in amazing programs and make new friends. Located at 527 Len Self Blvd, it is open Monday through Friday during the day and can be reached by phone at 705-526-7609. For further information, check out their website and their Facebook page.

- Midland has a busy and active Recreation Department, located at the North Simcoe Sports and Recreation Centre, in the same building as the Askennonia Senior Centre.
- There is also the Midland Curling Club.
- The YMCA Simcoe/Muskoka near Little Lake Park has an informative website. They are advertising zero dollars to join with no fixed contract. Many of their programs are suitable for seniors, with aqua fit being perennially popular.
- *Music in the Park* has become so successful that in Summer 2019, there were ten free Sunday night concerts in the Rotary Bandshell in Little Lake Park. This came about as a result of the collective efforts of public and private stakeholders. Watch for more information in the Midland Mirror.
- Active seniors will enjoy exploring Midland's recreational trail system. The Midland Rotary Waterfront Trail is an 8 km trail open year-round.

Concerned about your Health?

- The Age Friendly Seniors Housing Grant Program, January 2020 version, is now available for Simcoe Seniors 60+ years who want to make their home accessible.
- The North Simcoe Family Health Team, located at 619 Prospect Blvd can be reached at 705-526-7804. They are now offering a Community Seniors Care Program for frail seniors, which includes several components such as Diabetes Information, Rehab Therapy, a Heart Health program and GeriMedRisk consultations. You do NOT need to be a patient of a doctor who is a member of this FHT; however, you do need to be referred by a healthcare professional.
- The provincial government recently announced (here in Midland) an Ontario Dental Program for Low Income Seniors. Visit this webpage for further information - <https://www.ontario.ca/page/dental-care-low-income-seniors>

The Town of Penetanguishene

Community Wellbeing Committee

The Town has a new advisory committee with a mandate to provide support and advice to Council, applicable Staff and other associated Advisory Committees relative to enhancing the health and quality of life for Penetanguishene residents through a wide range of innovative, inclusive, and accessible events, programs, and infrastructure; providing opportunities for physical activity, social interaction and community engagement for all ages and demographics. There is Senior representation on this committee and issues and programs impacting Seniors are often vetted through this group. For more information on the Committee please contact (705) 549-7453 or go online to:

www.penetanguishene.ca/en/townhall/Community_Wellbeing_Committee

Senior of the Year Award

The Town of Penetanguishene celebrates the ongoing contributions of seniors by recognizing one outstanding senior in the community annually. Seniors who qualify for this award may have contributed to many different aspects of community life such as the arts, literature, community service, volunteering, education, environment, fitness and humanitarian activities. For more information on the award, please go online to www.penetanguishene.ca/en/discover/senior-programs or contact (705) 549-7453.

Service Clubs in Penetanguishene

Penetanguishene Lions Club | **Club President:** Jim Brown jtbrown@sympatico.ca

Probus | 705-549-1299

Rotary Club of Penetanguishene | rotary.penetang@gmail.com

Seniors Information Day

Penetanguishene Memorial Community Centre | 61 Maria Street Penetanguishene

The 1st Thursday of June. The Seniors Information Day is a half day of demonstrations and displays on services for seniors in Penetanguishene and the surrounding area. A guest speaker is invited and a free lunch and entertainment are also provided. The event is free and very informative for the seniors.

Seniors BBQ

Penetanguishene Centennial Museum & Archives | 13 Burke Street, Penetanguishene

The 1st Thursday of September. The Seniors BBQ is an outdoor event with entertainment and a BBQ lunch. *Fees Apply

Genealogy Research

Penetanguishene Centennial Museum & Archives

13 Burke Street, Penetanguishene ON

Every Wednesday, 9 am to 4:30 pm

Come and meet with an experienced genealogist to get a head start on your family tree and learn more about your ancestral roots. Our well-equipped research facility includes 1000s of genealogical information from the area, as well as a comprehensive collection of Quebec and Michigan records.

Charge is \$10 per hour or \$35 for a yearly membership.

****THE FOLLOWING PROGRAMS ARE SUBJECT TO CHANGE****
Interested parties should contact the Town to verify program information.

By the Bay Rug Hookers

Location: Penetanguishene Memorial Community Centre

Time: 10 AM – 12PM

Cost: \$20 + HST. Phone: 705-549-7453 ext. 223 for registration details

Date: Wednesdays, Ongoing

Shuffleboard

Location: Penetanguishene Memorial Community Centre

Time: 12:45-3:00PM

Cost: \$20 + HST. Phone: 705-549-7453 ext. 223 for registration details

Date: Monday and Wednesdays, Ongoing

Von Smart Exercises

Location: Penetanguishene Memorial Community Centre

Time: 1PM – 1:45 PM

No registration fee

Date: Tuesdays and Fridays, Ongoing

Phone 705-355-2200 for details

For more information please visit www.penetanguishene.ca, email events@penetanguishene.ca or call 705-549-7453.