Community Resources for Older Adults
In 2013, the City of Hamilton partnered with the Hamilton Council on Aging (HCoA) and the City's Seniors Advisory Committee (SAC) to begin the development of Hamilton’s Plan for an Age-Friendly City. The number of older adults and seniors in Hamilton is expected to double over the next two decades. The Plan helps to identify and address the needs and priorities of this growing part of Hamilton’s population.

One of the Plan's goals is to enhance Communication and Information for older adults, with objectives to 1) increase awareness of local trusted sources of information, and 2) improve access to plainly written information on all that is available to older adults in Hamilton. Information Hamilton was tasked with creating a directory of services for older adults to fulfill these objectives.

Information Hamilton connects people with the services and resources they need. Complete information on programs and services is available online and in print, in The Red Book of Hamilton community services directory. People in search of critical services such as financial assistance, food, shelter, child care, jobs, or mental health support can begin their search quickly, conveniently, and free of charge by contacting Information Hamilton. Lists of services, printed directories, website plug-ins, and touch-screen kiosks can also be produced for community organizations.

You are encouraged to print copies or parts of the directory as needed. Downloadable copies can be found at: http://www.seniorshamilton.ca

For changes or updates, please contact Information Hamilton:
Phone: 905-528-8127
Email: info@informationhamilton.ca
In person: 5th Floor, Hamilton Central Library, 55 York Blvd, Hamilton ON
Mon-Fri 9 am-4:30 pm

Inclusion of an agency or service does not constitute an endorsement by Information Hamilton. Information Hamilton does not guarantee or attest to the quality, accuracy, or condition of products or services offered by agencies listed herein, and disclaims any liability resulting from errors or omissions. Information Hamilton holds intellectual property rights for the information provided and reserves those rights. Use of information contained herein for purposes other than those for which it has been provided and reproduction of this data by any means without prior written permission of Information Hamilton is prohibited.

Maps: © Mapbox, © OpenStreetMap
# Table of Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Support Services</td>
<td>3</td>
</tr>
<tr>
<td>Elder Abuse</td>
<td>6</td>
</tr>
<tr>
<td>Federal Services</td>
<td>6</td>
</tr>
<tr>
<td>Information Service</td>
<td>7</td>
</tr>
<tr>
<td>Neighbourhood Support Centres</td>
<td>8</td>
</tr>
<tr>
<td>Provincial Services</td>
<td>9</td>
</tr>
<tr>
<td>Respite</td>
<td>10</td>
</tr>
<tr>
<td>Social Isolation</td>
<td>11</td>
</tr>
<tr>
<td>Support Programs</td>
<td>13</td>
</tr>
<tr>
<td><strong>Financial</strong></td>
<td>15</td>
</tr>
<tr>
<td>Support Programs</td>
<td>17</td>
</tr>
<tr>
<td><strong>Getting Around</strong></td>
<td>19</td>
</tr>
<tr>
<td>Assisted Transportation</td>
<td>22</td>
</tr>
<tr>
<td>Community Bus</td>
<td>23</td>
</tr>
<tr>
<td>Grocery</td>
<td>24</td>
</tr>
<tr>
<td>Support Programs</td>
<td>25</td>
</tr>
<tr>
<td><strong>Health Services</strong></td>
<td>27</td>
</tr>
<tr>
<td>Community Health Centres</td>
<td>29</td>
</tr>
<tr>
<td>Complex Continuing Care Hospital</td>
<td>30</td>
</tr>
<tr>
<td>Category</td>
<td>Page</td>
</tr>
<tr>
<td>--------------------------------</td>
<td>------</td>
</tr>
<tr>
<td>Emergency Departments</td>
<td>30</td>
</tr>
<tr>
<td>Exercise and Falls Prevention</td>
<td>31</td>
</tr>
<tr>
<td>Information Service</td>
<td>33</td>
</tr>
<tr>
<td>Support Programs</td>
<td>34</td>
</tr>
<tr>
<td>Urgent Care Centres</td>
<td>34</td>
</tr>
<tr>
<td>Walk-in Clinics</td>
<td>34</td>
</tr>
<tr>
<td>Housing</td>
<td>41</td>
</tr>
<tr>
<td>Things to Do</td>
<td>44</td>
</tr>
<tr>
<td>Adult Day Programs</td>
<td>45</td>
</tr>
<tr>
<td>Senior Centres</td>
<td>47</td>
</tr>
<tr>
<td>Senior Clubs</td>
<td>49</td>
</tr>
<tr>
<td>Volunteer &amp; Employment</td>
<td>53</td>
</tr>
</tbody>
</table>
Community Support Services

A Guide to Programs and Services for Seniors in Ontario

Find information on resources available for seniors in Ontario, including tax credits, health, caregiving, housing, driving and staying safe. Available for download.

Alzheimer Society of Hamilton and Halton

Provides education, support, and resources to individuals with Alzheimer's disease and related dementias as well as to their families.

905-529-7030
www.alzhn.ca
1575 Upper Ottawa St., Suite 700, Hamilton ON L8W 3E2
redbookhamilton.ca/HAM6348

Behavioral Supports Ontario (BSO)

Provides information and services to older adults with age related cognitive impairments and responsive behaviours.

905-523-8600
behaviouralsupportsontario.ca
c/o HNHB-LHIN, 211 Pritchard Rd., Unit 1, Hamilton ON L8J 0G5
redbookhamilton.ca/SIM0299

Canadian Hearing Society

Provider of services, products, and information that remove barriers to communication, advance hearing health, and promote equity for people who are culturally Deaf, oral deaf, deafened and hard of hearing.

905-522-0755
www.chs.ca
21 Hunter St. E, 2nd Flr., Hamilton ON L8N 1M2
redbookhamilton.ca/HAM0118

Canadian Mental Health Association, Hamilton Chapter

Community mental health agency which provides services to adults with serious mental illness.

905-521-0090
cmhahamilton.ca
181 John St. S, Hamilton ON L8N 2C3
redbookhamilton.ca/HAM2593
Canadian National Institute for the Blind (CNIB)

Provides community-based support, knowledge and a national voice to ensure Canadians who are blind or partially sighted have the confidence, skills and opportunities to fully participate in life.

905-528-8555
www.cnib.ca
115 Parkdale Ave. S, Hamilton ON L8K 6K4
redbookhamilton.ca/HAM0114

Cancer Assistance Program

Community-based, not-for-profit organization offering free services for individuals and families affected by cancer, living in the greater region of Hamilton and surrounding communities.

905-383-9797
cancerassist.ca
569 Concession St., Hamilton ON L9V 1B2
redbookhamilton.ca/HAM0022

Catholic Family Services Programs for Seniors

Provides intensive case coordination with an in-depth, personalized, flexible and creative approach. This program specializes in elder abuse, including physical, psychological/verbal, financial, neglect or self-neglect.

905-527-3823
www.cfshw.com/seniors-programs
447 Main St. E, Unit 201, Hamilton ON L8N 1K1
redbookhamilton.ca/HAM0638

Hamilton Council on Aging

Non-profit charitable organization working to improve life for older adults in Hamilton. Areas of focus include: working to implement Hamilton’s Plan for an Age Friendly City; Reducing Social Isolation; improving access to programs, services, and financial entitlements for older adults; and working to eliminate the abuse of older persons.

905-777-3837 ext. 12238
www.coahamilton.ca
c/o St. Peter’s Hospital, 88 Maplewood Ave., Room 40, Hamilton ON L8M 1W9
redbookhamilton.ca/HAM3127

Hamilton Police Senior Support Officers (Central)

Community based and community driven initiative implemented by the Hamilton Police Service to address issues, concerns and challenges affecting seniors and disabled adults with respect to the law.

905-540-5351
hamiltonpolice.on.ca/prevention/crime-prevention-seniors
155 King William St., Hamilton ON L8R 1A7
redbookhamilton.ca/HAM3357
Community Support Services — 5

Hamilton Police Senior Support Officers (East End)
Community based and community driven initiative implemented by the Hamilton Police Service to address issues, concerns and challenges affecting seniors and disabled adults with respect to the law.

📞 905-546-2945
📍 hamiltonpolice.on.ca/prevention/crime-prevention-seniors
📍 155 King William St., Hamilton ON L8R 1A7
📍 redbookhamilton.ca/HAM3357

📍 9 on map

Hamilton Police Senior Support Officers (West End, Ancaster, Dundas, Flamborough)
Community based and community driven initiative implemented by the Hamilton Police Service to address issues, concerns and challenges affecting seniors and disabled adults with respect to the law.

📞 905-546-8917
📍 hamiltonpolice.on.ca/prevention/crime-prevention-seniors
📍 155 King William St., Hamilton ON L8R 1A7
📍 redbookhamilton.ca/HAM3357

📍 9 on map

McMaster Optimal Aging Portal
Browse hundreds of articles, website reviews and blog posts on popular topics relating to healthy aging.

📞 905-525-9140 ext. 22121
📍 www.mcmasteroptimalaging.org
📍 McMaster University, 1280 Main St. W, Hamilton ON L8S 4L8

📍 10 on map

Ministry of Seniors Affairs
Supports, develops and delivers public services to improve the quality of life for seniors and helps them lead safe, engaged, active and healthy lives.

📞 1-888-910-1999
📍 www.ontario.ca/page/ministry-seniors-affairs
📍 Ministry of Seniors Affairs, 777 Bay St., Suite 601C, Toronto ON M7A 2J4

VON Hamilton, Caregiver Support and Education
Provides Caregiver Education Series: From Stress to Strength in small groups over 4 week period, 2 hours each week.

📞 905-523-1055 ext. 408
📍 www.von.ca/en/site/hamilton
📍 414 Victoria Ave. N, Hamilton ON L8L 5G8
📍 redbookhamilton.ca/HAM0255

📍 11 on map
Elder Abuse

Elder Abuse Ontario

Raises awareness about the abuse and neglect of older adults. Senior Safety Line is a free, confidential hot-line for seniors suffering abuse.

24 HR Seniors Safety Line
1-866-299-1011
elderabuseontario.com
2 Billingham Rd., Suite 306, Toronto ON M9B 6E1
redbookhamilton.ca/HAM2030

Hamilton Police Services - Crimes Against Seniors Unit

Investigates crimes and quality of life issues for older adults. Will investigate cases where older adults may be victims of fraud, theft, or shoddy workmanship.

905-540-5300
hamiltonpolice.on.ca/prevention/crime-prevention-seniors
155 King William St., Hamilton ON L8R 1A7
redbookhamilton.ca/HAM0315

Federal Services

Service Canada

Provides a single point of access to federal government services and benefits.

servicecanada.gc.ca

Dundas Service Canada Scheduled Outreach Site

Tuesday only. Service in English.

Old Town Hall and Chambers Quarters, 60 Main St., Dundas ON L9H 0B7

Flamborough Service Canada Scheduled Outreach Site

Second and Fourth Thursdays only. Service in English.

163 Dundas St. E, Waterdown ON L8N 2Z7

Hamilton City Hall Service Canada Scheduled Outreach Site

Friday only. Service in English.

Hamilton City Hall, 71 Main St. W, 1st Flr., Hamilton ON L8P 4Y5
Hamilton-East Service Canada Centre
Service in English and French.
📍 15 on map

Hamilton-Main Service Canada Centre
Service in English.
📍 16 on map

Information Service

The Red Book of Hamilton
Comprehensive database of community, government, non-profit, voluntary, and health-related programs and services available in Hamilton.
📍 17 on map

c/o Information Hamilton
905-528-8127
derbookhamilton.ca
📍 55 York Blvd., 5th Flr., Hamilton ON L8R 3K1
derbookhamilton.ca/HAM5748

Information Hamilton
Provides confidential information and referral by telephone, email, on a walk-in basis, and through the online directory The Red Book of Hamilton.
📍 17 on map

905-528-8127
informationhamilton.ca
📍 55 York Blvd., 5th Flr., Hamilton ON L8R 3K1
derbookhamilton.ca/HAM0080

Ontario 211
Helpline and online database of Ontario’s community and social services.

211
211ontario.ca
📍 1 St. Clair Ave. W, Suite 1000, Toronto ON M4V 1K6
derbookhamilton.ca/HAM4041
Neighbourhood Support Centres

Ancaster Community Services
Provides various community services generally geared to seniors and people with disabilities living in the Ancaster area.
📍 18 on map
📞 905-648-6675
🌐 www.ancastercommunityservices.ca
📍 Ancaster Municipal Service Centre, 300 Wilson St. E, Ancaster ON L9G 2B9
📧 redbookhamilton.ca/HAM1980

Dundas Community Services
Provides various community services generally geared to seniors and people with disabilities living in the Dundas area.
📍 19 on map
📞 905-627-5461
🌐 www.dundascommunityservices.on.ca
📍 Grafton Square, 2 King St. W, Suite 3A, Dundas ON L9H 6Z1
📧 redbookhamilton.ca/HAM0144

Flamborough Information and Community Services
Provides various community services generally geared to seniors and people with disabilities living in the Flamborough area.
📍 13 on map
📞 1-800-297-3427
🌐 www.infoflam.on.ca
📍 Waterdown Public Library, 163 Dundas St. E, Waterdown ON L8N 2Z7
📧 redbookhamilton.ca/HAM0195

Glanbrook Community Services
Provides various community services generally geared to seniors and people with disabilities living in the Glanbrook area.
📍 20 on map
📞 905-692-3464
🌐 www.glanbrookcommunityservices.ca
📍 4280 Binbrook Rd., Unit 2, Binbrook ON L0R 1C0
📧 redbookhamilton.ca/HAM4903
Stoney Creek Seniors Outreach Services
Provides various support services for seniors living in the Stoney Creek area.

- 905-643-1919
- www.seniorsoutreach.net
- 605 Hwy. 8, Stoney Creek ON L8G 5G2
- redbookhamilton.ca/HAM4048

Provincial Services

ServiceOntario
Provides access to driver's licences, plate stickers, health cards, birth certificates and other services provided by the Ontario government at in-person service desks and by telephone.

ServiceOntario Centennial Service Desk
- 905-578-6603
- 163 Centennial Pkwy. N, Hamilton ON L8E 1H8
- redbookhamilton.ca/HAM1578

ServiceOntario Dundas Service Desk
- 905-627-0667
- 17 King St. E, Unit 101, Dundas ON L9H 1B7
- redbookhamilton.ca/HAM1575

ServiceOntario Dundurn Service Desk
- 905-577-4100
- 50 Dundurn St. S, Hamilton ON L8P 4W3
- redbookhamilton.ca/HAM1555

ServiceOntario King Street Service Desk
- Ellen Fairclough Building, 119 King St. W, 4th Flr., Hamilton ON L8P 4Y7
- redbookhamilton.ca/HAM5507
ServiceOntario Upper James Service Desk

Phone: 905-385-3336
Address: 1400 Upper James St., Unit 11, Hamilton ON L9B 1K3
Website: redbookhamilton.ca/HAM1560

ServiceOntario Upper Ottawa Street Service Desk

Phone: 905-387-2800
Address: 1439 Upper Ottawa St., Units 14-15, Hamilton ON L8W 3J6
Website: redbookhamilton.ca/HAM3650

ServiceOntario Waterdown Service Desk

Phone: 905-690-1000
Address: 245 Dundas St. E, Unit 7, Waterdown ON L0R 2H6
Website: redbookhamilton.ca/HAM2160

Respite

St. Joseph’s Villa, Respite Care Program

Program designed for care-giver relief and short-stay admission.
Phone: 905-627-3541 ext. 2252
Website: www.sjv.on.ca
Address: 56 Governor’s Rd., Dundas ON L9H 5G7
Website: redbookhamilton.ca/HAM2772

VON Hamilton, Caregiver Support and Education, Overnight Respite Program

Provides sites offering seniors, people with intellectual or cognitive challenges or people with chronic conditions nursing care, recreational and therapeutic activities in a homelike setting to allow caregivers some relief time.
Phone: 905-523-1055
Website: www.von.ca/en/site/hamilton
Address: 400 Victoria Ave. N, Hamilton ON L8L 5G8
Website: redbookhamilton.ca/HAM0513
VON Hamilton, In-Home Respite Service for Caregivers

Provides in-home relief to caregivers who look after seniors, people with intellectual or cognitive challenges or people with chronic conditions.

905-523-1055
www.von.ca/en/site/hamilton
400 Victoria Ave. N, Hamilton ON L8L 5G8
redbookhamilton.ca/HAM0648

Social Isolation

Hamilton Seniors Isolation Impact Plan (HSIIP)

Collaborative initiative to reduce isolation among seniors in Hamilton, funded in part by the Government of Canada’s New Horizons for Seniors Program.

c/o HCoA 905-777-3837 ext. 12434
socialisolation.ca
c/o St. Peter’s Hospital, 88 Maplewood Ave., Room 40, Hamilton ON L8M 1W9
redbookhamilton.ca/HAM4556

AbleLiving – HSIIP Hospital Connectors

HSIIP Hospital Connectors work with isolated seniors being discharged from a hospital, connecting them to community supports and activities.

905-318-5781
www.ableliving.org
125 Redfern Ave., Hamilton ON L9C 7W9
redbookhamilton.ca/HAM4583

Gilbrea Centre for Studies in Aging – HSIIP Research Project

Partner of the Hamilton Seniors Isolation Impact Plan, researching seniors isolation in Hamilton.

905-525-9140 ext. 24124
www.aging.mcmaster.ca
c/o Gilbrea Centre for Studies in Aging, McMaster University, 1280 Main St. W, L.R. Wilson Hall Rm 2026, Hamilton ON L8S 4K1
redbookhamilton.ca/HAM4567
Hamilton Council on Aging – HSIIP Backbone Project
Partner of the Hamilton Seniors Isolation Impact Plan, providing backbone support to the HSIIP initiative.

St. Joseph’s Home Care – HSIIP Hospital Connectors
HSIIP Hospital Connectors work with isolated seniors being discharged from a hospital, connecting them to community supports and activities.

Thrive Group – HSIIP CareDove Project
The CareDove platform provides information about services available to seniors in Hamilton. (caredove.com/hamiltoncss)

Wesley Urban Ministries – HSIIP Community Connectors
HSIIP Community Connectors work with isolated seniors to ensure they are well connected to community supports and activities.

YWCA Hamilton – HSIIP Peer Connectors
HSIIP Peer Connectors are volunteers aged 55+ that are matched with isolated seniors to provide social support and accompaniment to activities.
Support Programs

Special Supports, Snow Angels

Provides snow removal for eligible seniors and people with physical disabilities.

📍 34 on map

📞 905-546-2590

🔗 www.hamilton.ca/social-services/support-programs/snow-angels

📍 Lister Block, 28 James St. N, 5th Flr., Hamilton ON L8R 2K1

🔍 redbookhamilton.ca/HAM2447
Financial

Canada Pension Plan (CPP) - Hamilton Central / East Location

Monthly retirement pension available at 65 years, Hamilton Downtown Location.

1-800-277-9914
www.canada.ca/en/services/benefits/publicpensions/cpp.html
2255 Barton St. E, Hamilton ON L8H 7T4
redbookhamilton.ca/HAM2395

Canada Pension Plan (CPP) - Hamilton Mountain Location

Monthly retirement pension available at 65 years, Hamilton Mountain Location.

1-800-277-9914
www.canada.ca/en/services/benefits/publicpensions/cpp.html
1550 Upper James St., 1st Flr., Hamilton ON L9B 1K3
redbookhamilton.ca/HAM3817

City of Hamilton - Property Tax Rebate Programs

Applications are heard by the Assessment Review Board.

905-546-2489
www.hamilton.ca/home-property-and-development/property-taxes/tax-assistance-programs
City Hall, 71 Main St. W, Hamilton ON L8P 4Y5
redbookhamilton.ca/HAM1568

Federal - Guaranteed Income Supplement (GIS)

Supplement added monthly to Old Age Security for those with limited or no income.

1-800-277-9914
www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security/guaranteed-income-supplement.html
Service Canada Centres (see Community Support Services map on page 14)
redbookhamilton.ca/HAM2808
Federal - Survivor's Pension (OAS/GIS)

Monthly allowance for widowed spouses 60-64 years.

1-800-277-9914  
Service Canada Centres (see Community Support Services map on page 14)  
redbookhamilton.ca/HAM2808

Federal Income Sources for Seniors - Old Age Security

Monthly pension to persons 65 or over regardless of income or assets.

1-800-277-9914  
www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security.html  
Service Canada Centres (see Community Support Services map on page 14)  
redbookhamilton.ca/HAM2808

Food Access Guide in Hamilton

Comprehensive list of places in the City of Hamilton where food can be obtained for free or low cost.

Food Access Guide in Hamilton  
905-528-8127  
foodaccessguide.ca  
c/o Information Hamilton, 55 York Blvd., 5th Flr., Hamilton ON L8R 3K1  
redbookhamilton.ca/HAM4483

Ontario Guaranteed Annual Income System (GAINS)

List of tax credits and benefits available to single people and families in Ontario, including single parent families, seniors and First Nations.

1-866-668-8297  
www.fin.gov.on.ca/en/credit/gains  
33 King St. W, Oshawa ON L1H 8H5  
redbookhamilton.ca/HAM0592
Power of Attorney, Personal Property

Government agency that protects mentally incapable people, protects the public's interest in charities, searches for heirs for estates which it administers, invests perpetual care funds, and deals with dissolved corporations.

1-800-366-0335
www.attorneygeneral.jus.gov.on.ca/english/family/pgt/poa.php
Ellen Fairclough Building, 119 King St. W, 9th Flr., Hamilton ON L8P 4Y7
redbookhamilton.ca/HAM0385

Support Programs

Special Support Program

Provides health-related items to people receiving Ontario Works or Ontario Disability Support Program (ODSP) funding and people on low income.

905-546-2590
www.hamilton.ca/social-services/support-programs
2255 Barton St. E, Unit 3-4, Hamilton ON L8H 7T4
redbookhamilton.ca/HAM0607

Special Supports - Funerals, Burials & Cremations (Subsidies)

Provides financial assistance on behalf of deceased Hamilton residents who do not have sufficient funds in their estate to fully cover the cost of a basic funeral, burial and/or cremation.

905-546-2590
www.hamilton.ca/social-services/support-programs/funerals-burials-cremations
2255 Barton St. E, Unit 3-4, Hamilton ON L8H 7T4
redbookhamilton.ca/HAM4552

Special Supports - Helping Hands

Provides home support to seniors and the disabled, allowing them to remain in their own home environment.

905-546-2590
www.hamilton.ca/social-services/support-programs/helping-hands
181 Main St. W, 3rd Flr., Hamilton ON L8P 4S1
redbookhamilton.ca/HAM3450
# Getting Around

## City of Hamilton - Accessible Transit (To Apply) - DARTS, Taxi Scrip Program, Accessible Low Floor Buses

Provides access to DARTS accessible transportation and the Taxi Scrip program for people who are unable to use regular public transit due to a disability.

Phone: 905-529-1212  
Website: [www.hamilton.ca/hsr-bus-schedules-fares/accessible-transit](http://www.hamilton.ca/hsr-bus-schedules-fares/accessible-transit)  
Address: 2200 Upper James St., Mount Hope ON L0R 1W0  
RedBook: [redbookhamilton.ca/HAM1051](http://redbookhamilton.ca/HAM1051)

## City of Hamilton - DARTS (Registered Passengers)

Provides door-to-door transportation service to individuals who are unable to use regular public transit due to a disability.

Phone: 905-529-1717  
Website: [www.dartstransit.com](http://www.dartstransit.com)  
Address: 235 Birch Ave., Hamilton ON L8L 0B7  
RedBook: [redbookhamilton.ca/HAM0140](http://redbookhamilton.ca/HAM0140)

## City of Hamilton - Hamilton Street Railway (HSR)

Operates Hamilton's municipal public transit system.

Phone: 905-528-4200  
Website: [www.hamilton.ca/hsr-bus-schedules-fares](http://www.hamilton.ca/hsr-bus-schedules-fares)  
Address: 2200 Upper James St., Mount Hope ON L0R 1W0  
RedBook: [redbookhamilton.ca/HAM2304](http://redbookhamilton.ca/HAM2304)

## Community Car Share

Car sharing co-operative that operates a small fleet of vehicles, available to members on a self-serve, pay-per-use basis.

Phone: 905-543-4411  
Website: [www.communitycarshare.ca](http://www.communitycarshare.ca)  
Address: 175 Longwood Rd. S, Suite 304A, Hamilton ON L8A 0A1  
RedBook: [redbookhamilton.ca/HAM0546](http://redbookhamilton.ca/HAM0546)
GO Transit
Ontario's inter-regional public transit system for the Greater Toronto and Hamilton Area.
1-888-438-6646
www.gotransit.com
Hamilton GO Centre, 36 Hunter St. E, Hamilton ON L8N 3W8
redbookhamilton.ca/HAM0933

HCoA - Let’s Take the Bus Program
Introductory workshop for seniors on taking the bus to get around. All workshops are free and include a ride on an HSR bus and complimentary lunch.
905-777-3837 ext. 12238
coahamilton.ca
c/o HCoA, 88 Maplewood Ave., Room 40, Hamilton ON L8M 1W9
redbookhamilton.ca/HAM4559

HSR Travel Training
Accessible Transportation Services coordinates travel training for persons interested in learning how to travel on HSR buses. Individuals are encouraged to call Accessible Transportation Services (ATS) to learn about one to one travel training to become more comfortable using HSR buses with a wheelchair or scooter.
905-529-1212
www.hamilton.ca/hsr-bus-schedules-fares/accessible-transit
2200 Upper James St., Mount Hope ON L0R 1W0
redbookhamilton.ca/HAM4564

March of Dimes - Home and Vehicle Modification Program
Provides funding to eligible applicants for basic home and/or vehicle modifications.
1-877-369-4867
www.marchofdimes.ca/EN/programs/hvmp/Pages/HomeandVehicle.aspx
291 King St., 3rd Flr., London ON N6B 1R8
redbookhamilton.ca/HAM0919
**Ontario - Accessible Parking Permit**

Permit is issued to individuals and entitles the vehicle in which it is displayed to be parked in a designated accessible parking space.  

- 1-800-267-8097
- [www.ontario.ca/page/get-accessible-parking-permit](http://www.ontario.ca/page/get-accessible-parking-permit)
- ServiceOntario Centres (see Community Support Services map on page 14)
- [redbookhamilton.ca/HAM1649](http://redbookhamilton.ca/HAM1649)

**Ontario - Driver’s Licence Renewal (80+)**

Mandatory renewal of driver's licence to people over 80 years of age. Process includes a vision test, a knowledge test, and a group education session.  

- 1-800-396-4233
- ServiceOntario Centres (see Community Support Services map on page 14)
- [redbookhamilton.ca/HAM2634](http://redbookhamilton.ca/HAM2634)

**Presto Card**

Pay for transit using a Presto card. Card works with transit agencies in the Hamilton area.  

- 1-877-378-6123
- [www.prestocard.ca](http://www.prestocard.ca)
- [Hamilton GO Centre, 36 Hunter St. E, Hamilton ON L8N 3W8](http://redbookhamilton.ca/MET0643)

**Taxi Services: Blueline Taxi**

Vehicle for hire to pick up and drop off passengers at their requested locations.  

- 905-525-2583 (BLUE)
- [www.525blue.com](http://www.525blue.com)

**Taxi Services: Hamilton Cab**

Vehicle for hire to pick up and drop off passengers at their requested locations.  

- 905-777-7777
- [www.hamiltoncab.com](http://www.hamiltoncab.com)

**Uber (Private Transportation)**

Consumers submit a trip request through a smartphone application to connect their drivers with people who need a ride.  

- [www.uber.com](http://www.uber.com)
<table>
<thead>
<tr>
<th>Assisted Transportation</th>
<th>Ancaster Community Services, Assisted Transportation</th>
</tr>
</thead>
</table>
| Provides transportation to medical appointments by a volunteer driver. | 905-648-6675  
ancastercommunityservices.ca/programs-and-services/assisted-volunteer-driving  
Ancaster Municipal Service Centre, 300 Wilson St. E, Ancaster ON L9G 2B9  
redbookhamilton.ca/HAM1980 |

<table>
<thead>
<tr>
<th></th>
<th>Canadian Red Cross, Assisted Transportation</th>
</tr>
</thead>
</table>
| Provides door-to-door transportation to appointments. | 905-522-8485  
www.redcross.ca/in-your-community/ontario/nutrition-and-transportation/transportation/hamilton-branch-transportation  
400 King St. E, Hamilton ON L8N 1C3  
redbookhamilton.ca/HAM3521 |

<table>
<thead>
<tr>
<th></th>
<th>Dundas Community Services - Assisted Transportation</th>
</tr>
</thead>
</table>
| Provides transportation within city boundaries to medical appointments as well as regular activities such as grocery shopping and banking by a volunteer driver. | 905-627-5461  
dundascommunityservices.on.ca/transportation-services  
Grafton Square, 2 King St. W, Suite 3A, Dundas ON L9H 6Z1  
redbookhamilton.ca/HAM3801 |

<table>
<thead>
<tr>
<th></th>
<th>Glanbrook Community Services, Assisted Transportation</th>
</tr>
</thead>
</table>
| Provides transportation services to medical or health related appointments primarily. | 905-692-3464  
glanbrookcommunityservices.ca/transportation  
4280 Binbrook Rd., Unit 2, Binbrook ON L0R 1C0  
redbookhamilton.ca/HAM4765 |
VON Hamilton, Assisted Transportation

Provides transportation to medical appointments by a volunteer driver.

📞 1-888-866-8515
🌐 www.von.ca/en/hamilton/service/transportation-services
📍 414 Victoria Ave. N, Suite M2, Hamilton ON L8L 5G8
✉️ redbookhamilton.ca/HAM0212

Community Bus

Ancaster Community Services, Community Bus

Provides transportation for seniors to Fortinos or Walmart in Ancaster, local outings, community events, live theatre and musical venues, and community events in the Ancaster and surrounding area.

📞 905-648-6675
🌐 ancastercommunityservices.ca/programs-and-services/community-shopping-and-events-bus
📍 Ancaster Municipal Service Centre, 300 Wilson St. E, Ancaster ON L9G 2B9
✉️ redbookhamilton.ca/HAM3887

Flamborough Information and Community Services - Community Bus

Provides bi-weekly transportation for seniors to Food Basics Plaza in Ancaster and Walmart Plaza in Waterdown.

📞 905-689-7880
🌐 infoflam.on.ca/seniors-bus
📍 Waterdown Public Library, 163 Dundas St. E, Waterdown ON L0R 2H0
✉️ redbookhamilton.ca/FLM0434

Glanbrook Community Services, Community Bus

Provides monthly door to door pick up for shopping at the Walmart shopping centre in Elfrida.

📞 905-692-3464
🌐 glanbrookcommunityservices.ca/community-bus
📍 4280 Binbrook Rd., Unit 2, Binbrook ON L0R 1C0
✉️ redbookhamilton.ca/HAM3797
Grocery

Transportation for Grocery Shopping
Weekly bus takes older adults from stops at or near their apartment buildings to local grocery stores.

Banyan Senior Services, Grocer-Ease Program
Provides a grocery shopping and delivery service for seniors or disabled persons who are unable to get out and purchase their own groceries.

Flamborough Information and Community Services - Sendial Program
Grocery shopping program for seniors who are unable to leave their homes to shop for themselves.

Wesley Urban Ministries, Shopping by Bus
Provides free transportation to older adults who have a difficult time grocery shopping.
Support Programs

Affordable Transit Pass Program

Program allows eligible residents to purchase an Adult Monthly Transit Pass for half price. There is a limited number of passes available.

☎ 905-546-2590
🌐 www.hamilton.ca/social-services/support-programs/affordable-transit-pass-program
📍 2255 Barton St. E, Unit 3-4, Hamilton ON L8H 7T4
📧 redbookhamilton.ca/HAM0607
Health Services

City of Hamilton - Public Health Services

Carries out a range of functions and services that include communicable disease control, sexual health clinic services, healthy lifestyles promotion, prenatal classes, parenting groups and regulatory inspection of restaurants and other premises.

Phone: 905-546-3500
Website: www.hamilton.ca/public-health
Address: 110 King St. W, 2nd Flr., Hamilton ON L8P 4S6
Location: redbookhamilton.ca/HAM2265

Home Care - Fee for Service

Contact to get health care services at home, at school or in the community. Provides information about supported living programs and long-term care options.

Phone: c/o LHIN 1-800-810-0000
Website: healthcareathome.ca/hnhb/en
Address: c/o HNHB-LHIN, 211 Pritchard Rd., Unit 1, Hamilton ON L8J 0G5
Location: redbookhamilton.ca/HAM4074

Home Care - Government Funded

Contact to get health care services at home, at school or in the community. Provides information about supported living programs and long-term care options.

Phone: c/o LHIN 1-800-810-0000
Website: healthcareathome.ca/hnhb/en
Address: c/o HNHB-LHIN, 211 Pritchard Rd., Unit 1, Hamilton ON L8J 0G5
Location: redbookhamilton.ca/HAM4074

How to obtain a SIN card (Social Insurance Number)

Social Insurance Number (SIN) is a nine-digit number that you need to work in Canada or to have access to government programs and benefits.

Phone: 1-800-206-7218
Website: www.canada.ca/en/employment-social-development/services/sin.html
Address: Service Canada Centres (see Community Support Services map on page 14)
Location: redbookhamilton.ca/HAM3003
How to obtain an OHIP card (Ontario Health Card)

Health card is required to get healthcare services covered by the Ontario Health Insurance Plan (OHIP).

1-800-664-8988
www.ontario.ca/page/health-cards
Service Canada Centres (see Community Support Services map on page 14)
redbookhamilton.ca/HAM4576

Ministry of Health and Long-Term Care

Local Ministry of Health office addresses issues and concerns related to long-term care homes.

1-800-268-1153
www.health.gov.on.ca/en
Ellen Fairclough Building, 119 King St. W, 11th Flr., Hamilton ON L8P 4Y7
redbookhamilton.ca/HAM5603

Ontario Assistive Devices Program

Provides consumer centered support and funding to Ontario residents who have long-term physical disabilities and to provide access to personalized assistive devices appropriate for the individual’s basic needs.

1-800-268-6021
www.health.gov.on.ca/en/pro/programs/adp
North American Centre, 5700 Yonge St., 7th Flr., Toronto ON M2M 4K5
redbookhamilton.ca/HAM0753

Ontario Public Drug Program

Program covers most of the cost of 3,800 prescription drug products, some nutrition products and some diabetic testing agents.

1-800-268-1153
North American Centre, 5700 Yonge St., 3rd Flr., Toronto ON M2M 4K5
redbookhamilton.ca/HAM6147
Ontario Trillium Drug Program

Program assists people who have high prescription drug costs relative to their household income and covers all drugs approved under the Ontario Drug Benefit (ODB) program.

1-800-575-5386
www.ontario.ca/page/get-help-high-prescription-drug-costs
ServiceOntario, M-1B114, Macdonald Block, 900 Bay St., Toronto ON M7A 1N3
redbookhamilton.ca/HAM2082

Power of Attorney, Personal Care

Government agency that protects mentally incapable people, protects the public's interest in charities, searches for heirs for estates which the OPGT administers, invests perpetual care funds, and deals with dissolved corporations.

1-800-366-0335
www.attorneygeneral.jus.gov.on.ca/english/family/pgt/poa.php
Ellen Fairclough Building, 119 King St. W, 9th Flr., Hamilton ON L8P 4Y7
redbookhamilton.ca/HAM0385

Public Health Services, Sexual Health Clinics

Provides sexual health information and promotes healthy decisions in a confidential and comfortable environment.

905-528-5894
www.hamilton.ca/public-health/clinics-services/sexual-health-clinics
Four locations in Hamilton
redbookhamilton.ca/HAM2800

Community Health Centres

Centre de santé communautaire Hamilton/Niagara

Francophone Community Health Centre providing health and social services to French-speaking clients by professionals in the community or individual homes.

905-528-0163 ext. 3233
www.cschn.ca
1320 Barton St. E, Hamilton ON L8H 2W1
redbookhamilton.ca/HAM3152
Hamilton Urban Core Community Health Centre

Provides primary health care services and health promotion programs for people living in the inner city who experience barriers to accessing the health services they need.

905-522-3233
www.hucchc.com
71 Rebecca St., Hamilton ON L8R 1B6
redbookhamilton.ca/HAM4126

North Hamilton Community Health Centre

Centre responds to the health needs of individual patients and their families in the North End neighbourhood, by providing accessible services, and empowering individuals with wellness and illness prevention information.

905-523-6611 ext. 2000
www.nhchc.ca
438 Hughson St. N, Hamilton ON L8L 4N5
redbookhamilton.ca/HAM0656

Refuge Hamilton Centre for Newcomer Health

Provides primary healthcare services to new immigrants, including refugees, and to those who face barriers in accessing culturally-appropriate healthcare services.

905-526-0000
www.newcomerhealth.ca
183 Hughson St. S, Lower Level, Hamilton ON L8N 2B6
redbookhamilton.ca/HAM2932

Complex Continuing Care Hospital

St. Peter’s Hospital

Healthcare centre specializing in enhancing the lives of seniors and those with chronic illness. Provides inpatient, outpatient, and community-based programs.

905-777-3837
www.hamiltonhealthsciences.ca
88 Maplewood Ave., Hamilton ON L8M 1W9
redbookhamilton.ca/HAM3862

Emergency Departments

Hamilton General Hospital

Health care centre offering emergency care and specializing in cardiovascular care, neurosciences, trauma, burn treatment, and research.

905-521-2100
www.hamiltonhealthsciences.ca
237 Barton St. E, Hamilton ON L8L 2X2
redbookhamilton.ca/HAM0243
Juravinski Hospital Hamilton
Healthcare centre offering emergency care and specializing in acute patient care, palliative care, diagnostic services, cancer education, orthopedics and research.

St. Joseph’s Healthcare Hamilton
Healthcare centre offering emergency care and specializing in respiratory health, mental health, outpatient services, maternity, surgical and research.

Exercise and Falls Prevention
CityHousing Hamilton Falls Prevention Exercise Classes
Free, year round, exercise program to improve general health and to help seniors remain safe and independent. Three levels of classes meet a range of activity needs.

Fiddler’s Green Road Location

Jackson Street West Location

King Street East Location
Lynden Avenue Location

- 25 Lynden Ave., Dundas ON L9H 4J9
- redbookhamilton.ca/HAM4296

Maple Avenue Location

- 5 Maple Ave., Stoney Creek ON L8G 2N8
- redbookhamilton.ca/HAM4342

Mohawk Road East Location

- 395 Mohawk Rd. E, Hamilton ON L8V 4S6
- redbookhamilton.ca/HAM4227

Osler Drive Location

- 104 Osler Dr., Dundas ON L9H 4B7
- redbookhamilton.ca/HAM4319

Park Street South Location

- 155 Park St. S, Hamilton ON L8P 3E7
- redbookhamilton.ca/HAM4320

Queenston Road Location

- 555 Queenston Rd. Hamilton ON L8K 1J7
- redbookhamilton.ca/HAM4250

Rebecca Street Location

- 226 Rebecca St., Hamilton ON L8R 1C3
- redbookhamilton.ca/HAM4228

Sanford Avenue South Location

- 30 Sanford Ave. S, Hamilton ON L8M 3M3
- redbookhamilton.ca/HAM4251
Stonechurch Road West Location

23 on map

690 Stonechurch Rd. W, Hamilton ON L9B 1A2
redbookhamilton.ca/HAM4671

Strathcona Avenue North Location

24 on map

120 Strathcona Ave. N, Hamilton ON L8R 3J5
redbookhamilton.ca/HAM4273

Upper Gage Avenue Location

25 on map

801 Upper Gage Ave., Hamilton ON L8V 4R7
redbookhamilton.ca/HAM4274

Information Service

Healthcare Connect - Find a Family Doctor

Program designed to help residents of Ontario, without a family health care provider, find one in their community.

1-800-445-1822
www.ontario.ca/page/find-family-doctor-or-nurse-practitioner
redbookhamilton.ca/HAM0439

HNHB-LHIN

Plans, integrates and funds local health care as well as deliver and coordinate home and community care.

2 on map

1-800-810-0000
www.hnhbhealthline.ca
211 Pritchard Rd., Unit 1, Hamilton ON L8J 0G5
redbookhamilton.ca/HAM4074

Telehealth Ontario

Free, confidential telephone service which provides health advice or general health information from a registered nurse.

1-866-797-0000
www.ontario.ca/page/get-medical-advice-telehealth-ontario
c/o Ministry of Health and Long-Term Care
redbookhamilton.ca/HAM5857
Support Programs

Special Supports - Dental & Denture Services

Provides dental and denture services to people receiving Ontario Works (OW) or Ontario Disability Support Program (ODSP) funding and people on low income.

☎️ 905-546-2590
🔗 www.hamilton.ca/social-services/support-programs/dental-denture-services
📍 2255 Barton St. E, Unit 3-4, Hamilton ON L8H 7T4
✉️ redbookhamilton.ca/HAM0607

Urgent Care Centres

Main Street West, Urgent Care Centre

Urgent care center treating injuries or illnesses requiring immediate care, but not serious enough to require an ER visit.

☎️ 905-521-2100 ext. 72000
🔗 www.hamiltonhealthsciences.ca/body.cfm?ID=2109
📍 690 Main St. W, Hamilton ON L8S 1A4
✉️ redbookhamilton.ca/HAM1905

St. Joseph’s Healthcare Hamilton, Urgent Care Centre

Urgent care center treating injuries or illnesses requiring immediate care, but not serious enough to require an ER visit.

☎️ 905-573-7777
🔗 www.stjoes.ca/hospital-services/emergency-services/urgent-care-at-king-campus
📍 2757 King St. E, Hamilton ON L8G 5E4
✉️ redbookhamilton.ca/HAM0162

Walk-in Clinics

About Walk-in Clinics

Walk-in clinics provide prompt medical care for people who require care and do not have a family doctor or who are unable to reach them. Generally, appointments are not needed.
Binbrook Family Health Walk-in Clinic

29 on map

905-692-2580
www.binbrookfamilyhealth.ca
Freshco Plaza, 2537 RR 56, Unit B6, Binbrook ON L0R 1C0
redbookhamilton.ca/HAM3803

Cannon Medical Clinic and Pharmacy

30 on map

905-393-5107
www.cannonmedical.ca
503 Concession St., Hamilton ON L9A 1C1
redbookhamilton.ca/HAM4308

Dundas Street Medical Centre Walk-in Clinic

31 on map

905-689-8833
252 Dundas St. E, Unit 1, Waterdown ON L0R 2H4
redbookhamilton.ca/FLM0321

Dundurn Medical Centre

32 on map

905-529-4040
Fortinos Plaza, 50 Dundurn St. S, Hamilton ON L8P 4W3
redbookhamilton.ca/HAM4179

East Waterdown Medical Centre

33 on map

905-689-2655
www.eastwaterdownmedical.com
419 Dundas St. E, Waterdown ON L0R 2H1
redbookhamilton.ca/HAM4094
<table>
<thead>
<tr>
<th>Clinic Name</th>
<th>Location</th>
<th>Phone Number</th>
<th>Website_URL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hamilton Medical Walk-in Clinic</td>
<td>928 Barton St. E, Hamilton ON L8L 3C3</td>
<td>905-549-2403</td>
<td><a href="http://www.hamiltonwalkinclinic.com">www.hamiltonwalkinclinic.com</a></td>
</tr>
<tr>
<td>Jack Nathan Health Walk-in Medical Clinic</td>
<td>Walmart Supercentre, 675 Upper James St., Hamilton ON L9C 2Z4</td>
<td>905-768-4400</td>
<td><a href="http://www.jacknathanhealth.com">www.jacknathanhealth.com</a></td>
</tr>
<tr>
<td>John Street Medical Walk-in Clinic</td>
<td>Corktown Plaza, 225 John St. S, Hamilton ON L8N 2C7</td>
<td>905-529-9779</td>
<td>johnstmedicalwalkinclinic.com</td>
</tr>
<tr>
<td>Lakeside Health Centre</td>
<td>825 North Service Rd. Unit 104-B, Stoney Creek ON L8E 0J7</td>
<td>905-643-1515</td>
<td><a href="http://www.lakesidehealthcentre.ca">www.lakesidehealthcentre.ca</a></td>
</tr>
<tr>
<td>Locke Street Walk-in Medical Clinic</td>
<td>206 Locke St. S, Hamilton ON L8P 4B4</td>
<td>905-570-0440</td>
<td><a href="http://www.lockewalkinmedical.ca">www.lockewalkinmedical.ca</a></td>
</tr>
<tr>
<td>Health Services — 37</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>----------------------</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medical Arts Walk-in Clinic</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>39 on map</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>905-777-9779</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.medicalartswalkinclinic.ca">www.medicalartswalkinclinic.ca</a></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>179 James St. S, Hamilton ON L8P 3A3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>redbookhamilton.ca/HAM3645</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| MediCorner |
| 40 on map |
| 905-662-2777 |
| www.medicorner.ca |
| 521 Hwy. 8 Unit 5, Stoney Creek ON L8G 1G4 |
| redbookhamilton.ca/HAM4095 |

| Mountain Medical Walk-in Clinic |
| 41 on map |
| 905-575-0808 |
| 880 Upper Wentworth St., Unit 5A, Hamilton ON L9A 5H2 |
| redbookhamilton.ca/HAM0987 |

| Parkside Medical Clinic |
| 42 on map |
| 905-690-1670 |
| www.parksidemedical.ca |
| Fortino's Plaza, 115 Hamilton St. N, Unit 15-B, Waterdown ON L0R 2H6 |
| redbookhamilton.ca/HAM3839 |

| PRG Walk-in Medical Clinic |
| 43 on map |
| 905-385-6777 |
| TD Bank Plaza, 836 Upper James St., Hamilton ON L9C 3A4 |
| redbookhamilton.ca/HAM4503 |
Primary Medical Clinics, Main Street West Walk-in Clinic

- 44 on map
- 905-521-2222
- primaryclinic.ca
- 1685 Main St. W, Unit 135B, Hamilton ON L8S 1G5
- redbookhamilton.ca/HAM1751

Primary Medical Clinics, Nebo Medical Centre

- 45 on map
- 905-381-9800
- primaryclinic.ca
- Nebo Medical Centre, 260 Nebo Rd., Unit 1, Hamilton ON L8W 3K5
- redbookhamilton.ca/HAM3427

Queenston Walk-in Clinic

- 46 on map
- 905-578-9255
- www.queenstonwalkinclinic.com
- 631 Queenston Rd. Suite 103, Hamilton ON L8K 6R5
- redbookhamilton.ca/HAM5793

Stoney Creek Medical Walk-in Clinic

- 47 on map
- 905-561-9255
- www.ourclinic.ca
- 140 Centennial Pkwy. N, Unit 2A, Hamilton ON L8E 1H9
- redbookhamilton.ca/HAM2302

Waterdown Walk-in Clinic at Walmart

- 48 on map
- 905-690-1418
- www.waterdownwalkinclinic.com
- Walmart, 90 Dundas St. E, Waterdown ON L0R 2H2
- redbookhamilton.ca/FLM0436
Wilson Medical Centre Walk-in

📞 905-526-6250
📧 www.workplacemedical.com
📍 Wilson Medical Centre, 130 Wilson St., Hamilton ON L8R 1E2
🌐 redbookhamilton.ca/HAM5791
Housing

City of Hamilton - Access to Housing

Point of access for subsidized housing (rent-gearred-to-income) in Hamilton.

905-524-2228
www.hamilton.ca/social-services/housing/social-housing
499 King St. E, Hamilton ON L8N 1E1
redbookhamilton.ca/HAM1063

City of Hamilton - Housing Options for Older Adults in Hamilton

Resource guide provides important information and options about housing for seniors in Hamilton.

905-546-2489 (CITY)
d3fpllf1m7bbt3.cloudfront.net/sites/default/files/media/browser/2016-01-12/hamilton-housing-options-guide-seniors-older-adults-1.pdf
City Hall, 71 Main St. W, Hamilton ON L8P 4Y5

Housing Help Centre

Provides free information, assistance, advocacy, and support to people who need housing, especially people with low incomes and the homeless.

905-526-8100
www.housinghelpcentre.ca
119 Main St. E, Hamilton ON L8N 3Z3
redbookhamilton.ca/HAM1899

Long-Term Care Homes

List of Long Term Care Homes in Hamilton Ontario.

c/o LHIN 1-800-810-0000
www.hnhbhealthline.ca/listServices.aspx?id=10665&region=Hamilton

Ontario Retirement Communities Association (ORCA)

Voluntary, non-profit association that sets operating standards, inspects and accredits retirement homes in Ontario.

1-888-263-5556
www.orcaretirement.com
2401 Bristol Cir., Suite 202, Oakville ON L6H 6P1
redbookhamilton.ca/HAM5810
Retirement Homes Regulatory Authority (RHRA)

Operates under authority of the Retirement Homes Act to maintain a public register, licence and inspect retirement homes.

📞 1-855-275-7472
🌐 www.rhra.ca/en
📍 160 Eglinton Ave. E, 5th Flr., Toronto ON M4P 3B5
✉️ redbookhamilton.ca/HAM3432
Things to Do

City of Hamilton - 55+ It’s Your Day Recreation Programming
City of Hamilton program provides older adult opportunities to participate in physical movement programs, fitness classes, and educational workshops.

City of Hamilton - Senior Recreation Guide 55+
City of Hamilton recreation program guide for older adults aged 55+.

Hamilton Public Library
Provides a network of branches that act as local hubs for information and culture.

HCoA - Age Friendly Hamilton Events Calendar
Online Age Friendly Hamilton Events Calendar to learn about upcoming events and activities for older adults in Hamilton.

HCoA - Let’s Take a Walk Program
Organizes special outdoor walks for seniors in Hamilton.
Adult Day Programs

About Adult Day Programs

Integrated day program for frail elderly, adults with special needs, and individuals with Alzheimer’s disease or other dementia. Day program for adults who require some physical, social, or emotional support to remain in the community. Contact HNHB-LHIN.

Boys and Girls Clubs of Hamilton Adult Day Program

📞 905-549-2815
🌐 www.kboysandgirlsclub.com/adult-day-program.html
📍 Delta United Church, 47 Ottawa St. S, Hamilton ON L8K 2C9
♭ redbookhamilton.ca/HAM2997

Goldie’s Place at Shalom Village, Adult Day Program

📞 905-529-1613 ext. 305
🌐 www.shalomvillage.ca/amenities-at-shalom-village/day-programs-goldies2home
📍 Shalom Village, 70 Macklin St. N, Hamilton ON L8S 3S1
♭ redbookhamilton.ca/HAM3499

Macassa Lodge Adult Day Program

📞 905-546-2800 ext. 1627
🌐 www.hamilton.ca/social-services/long-term-care/macassa-lodge
📍 701 Upper Sherman Ave., Hamilton ON L8V 3M7
♭ redbookhamilton.ca/HAM0014
Mountberry Adult Day Program, Meadowlands Location

905-573-0635
Salvation Army Meadowlands Community Church, 187 Stone Church Rd., Ancaster ON L9K 0A3
redbookhamilton.ca/HAM0393

Mountberry Adult Day Program, Winterberry Heights Location

905-573-0635
Winterberry Heights Church, 300 Winterberry Dr., Stoney Creek ON L8J 3Y1
redbookhamilton.ca/HAM1689

SAM Program, Flamborough

905-689-5244
www.samprogram.ca
Notre Dame Centre, 1921 Snake Rd., Waterdown ON L0R 2H0
redbookhamilton.ca/HAM0564

SAM Program, Hamilton Central

905-525-1181
www.samprogram.ca
Good Shepherd Seniors Wellness Centre, 10 Pearl St. N, Unit A, Hamilton ON L8R 2Y8
redbookhamilton.ca/HAM0565

SAM Program, Hamilton East

905-544-4550
www.samprogram.ca
Church of the Nativity, 1831 King St. E, Hamilton ON L8K 1V8
redbookhamilton.ca/HAM0577
St. Joseph's Villa Adult Day Program

📍 13 on map

📞 905-627-3541

🌐 sjv.on.ca/community-services/adult-day-program.html

📍 56 Governor's Rd., Dundas ON L9H 5G7

✉️ redbookhamilton.ca/HAM0495

VON Hamilton Adult Day Program

📍 14 on map

📞 905-393-7887

🌐 von.ca/en/service/adult-day-program

📍 499 King St. E, Unit 7, Hamilton ON L8N 1E1

✉️ redbookhamilton.ca/HAM4006

Senior Centres

City of Hamilton - Senior Centres Membership Information

City of Hamilton seniors centre membership information for older adults aged 55+.

📍 2 on map

📞 905-546-3747

🌐 www.hamilton.ca/parks-recreation/55-programming/seniors-centre-membership-information

📍 71 Main St. W, Hamilton ON L8P 4Y5

Ancaster Senior Achievement Centre

Older adults can increase social contacts, attain new knowledge and participate in recreational activities.

📍 15 on map

📞 905-546-2999

🌐 www.hamilton.ca/parks-recreation/55-programming/ancaster-senior-achievement-centre

📍 622 Alberton Rd. S, Alberton ON L0R 1A0

✉️ redbookhamilton.ca/ANC0094
Flamborough Senior Centre

Older adults can increase social contacts, attain new knowledge and participate in recreational activities.

📍 16 on map

📞 905-546-2424 ext. 3743
🌐 www.hamilton.ca/parks-recreation/55-programming/flamborough-senior-centre
📍 163 Dundas St. E, Waterdown ON L8N 2Z7
✉️ redbookhamilton.ca/HAM4573

Sackville Hill Seniors Recreation Centre

Older adults can increase social contacts, attain new knowledge and participate in recreational activities.

📍 17 on map

📞 905-546-2541
🌐 www.hamilton.ca/parks-recreation/55-programming/sackville-hill-seniors-recreation-centre
📍 780 Upper Wentworth St., Hamilton, ON L9A 4V5
✉️ redbookhamilton.ca/HAM4229

YWCA Hamilton - MacNab St. Active Living Centre

Older adults can increase social contacts, attain new knowledge and participate in recreational activities.

📍 18 on map

📞 905-529-7727
🌐 www.hamilton.ca/parks-recreation/55-programming/ywca-hamilton-macnab-st-active-living-centre
📍 75 MacNab St. S, Hamilton ON L8P 3C1
✉️ redbookhamilton.ca/HAM1647

YWCA Hamilton - Sir Winston Churchill Active Living Centre

Older adults can increase social contacts, attain new knowledge and participate in recreational activities.

📍 19 on map

📞 905-546-2424 ext. 4750
🌐 www.hamilton.ca/parks-recreation/55-programming/ywca-hamilton-sir-winston-churchill-active-living-centre
📍 1715 Main St. E, Hamilton, ON L8H 1E3
✉️ redbookhamilton.ca/HAM1702
Senior Clubs

Club 60 Seniors
Hosts Bid Euchre, Table Shuffleboard, Cribbage, Euchre and social events throughout the year.

Dundas Senior Citizens Club
Hosts Bid Euchre, Duplicate Bridge, Handicraft, Snooker, Tai Chi, Contract Bridge, Bingo, Euchre, Folk Dance, Cribbage and social events throughout the year.

Main Hess Seniors Activity Club
Hosts Bingo, Railroad Euchre, Drop in Dinners and social events throughout the year.

Rosedale Seniors Club
Hosts Progressive Euchre, Bid Euchre, Contract Bridge, a large library and social events throughout the year.
Seniors Activities in Southwest Hamilton (SASH) Club

Hosts a number of pot luck luncheons and socials throughout the year.

Victoria Park Club House

Hosts Social Cards, Board Games, Open Art, Nordic Walking and social events throughout the year.

Warden Park Seniors Club

Hosts Ladies Night Social, Yoga, Exercise Programs, Social/Crafts/Games, Euchre, Line Dancing, Bid Euchre and social events throughout the year.

Winona Seniors Club

Hosts Tai Chi, Men’s Snooker, Nordic Walking, Shuffleboard, Computer Training, Zumba, Line Dancing, Duplicate Bridge, Contract Bridge, Exercise, Bid Euchre, Cribbage and social events throughout the year.

905-521-2240

www.hamilton.ca/parks-recreation/55-programming/seniors-club-programs

251 Duke St., Hamilton ON L8P 1Y4

redbookhamilton.ca/HAM3787

905-973-0577

www.hamilton.ca/parks-recreation/55-programming/seniors-club-programs

516 King St. W, Hamilton ON L8P 1C1

redbookhamilton.ca/HAM4514

905-546-4256

www.hamilton.ca/parks-recreation/55-programming/seniors-club-programs

40 Centennial Pkwy. N, Hamilton ON L8E 1H6

redbookhamilton.ca/HAM3790

905-643-4563

www.hamilton.ca/parks-recreation/55-programming/seniors-club-programs

1239 Hwy. 8, Stoney Creek ON L8E 5G8

redbookhamilton.ca/FLM6091
Volunteer & Employment

City of Hamilton - Seniors Advisory Committee
Provides a forum for consumers and deliverers of seniors’ services and facilities to identify issues, explore possible remedies, and work to implement them.
905-546-2489
www.hamilton.ca/council-committee/council-committee-meetings/seniors-advisory-committee
Jackson Square, 120 King St. W, 9th Flr., Hamilton ON L8P 4V4
redbookhamilton.ca/HAM2216

Employment Hamilton, Ontario Employment Services
Comprehensive employment and job search services.
905-522-4902
employmenthamilton.com
67 Victoria Ave. S, Hamilton ON L8N 2S8
redbookhamilton.ca/HAM1496

Neighbourhood Action Strategy
Municipal program to help Hamilton neighbourhoods to be great places to live, work, play and learn.
905-546-2424 ext. 4711
www.hamilton.ca/city-initiatives/strategies-actions/neighbourhood-action-strategy
28 James St. N, 5th Flr., Hamilton ON L8R 2K1
redbookhamilton.ca/HAM1679

Small Business Enterprise Centre
One stop source for business information, guidance and professional advice on starting and running a successful business – for both start-up and growing businesses.
905-540-6400
www.investinhamilton.ca/small-business
Hamilton City Hall, 71 Main St W., 7th Flr., Hamilton ON L8P 4Y5
redbookhamilton.ca/HAM1091
Tourism Hamilton

Offers tourist information to visitors on a walk-in basis, by telephone, and on-line.

905-546-2666

tourismhamilton.com

28 James St. N, Hamilton ON L9P 4Y5

redbookhamilton.ca/HAM0767

VPI Working Solutions, Ontario Employment Services

Comprehensive employment and job search services.

905-387-2220

www.vpi-inc.com

1051 Upper James St., Suite 102, Hamilton ON L9C 3A6

redbookhamilton.ca/HAM1523

YMCA of Hamilton Burlington Brantford, Ontario Employment Services

Comprehensive employment and job search services.

905-540-9679

www.ymcahbb.ca/Programs/Categories/Employment-Services

23 Main St. E, Hamilton ON L8N 1E7

redbookhamilton.ca/HAM1534
Age Friendly Hamilton Vision

All residents of Hamilton are respected and included in community life regardless of age, ethnicity, race, gender, ability and background; policy and planning engages residents, reflects diversity, fosters social connectivity and the opportunity for active living and to age in place. Social connectivity links people to each other, place and services thus advancing health and well-being, while increasing the city’s social capital.

This directory was made possible by the support of:

Age Friendly Hamilton

Produced by Information Hamilton
Last updated 2017-11-01

The most recent version of this directory is available at

www.seniorshamilton.ca