



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

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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.

 1-888-910-1999


 www.ontario.ca/page/guide-programs-and-services-seniors

 Ministry of Seniors Affairs, 777 Bay St. Suite 601C, Toronto ON M7A 2J4


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.

 1 on map

 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.

 2 on map

 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.

 3 on map

 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.

 4 on map

 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.

 5 on map

 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.

 6 on map

 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.

 7 on map

 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.

 8 on map

 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.

 9 on map

 905-540-5351

 hamiltonpolice.on.ca/prevention/crime-prevention-seniors


 155 King William St., Hamilton
ON L8R 1A7

 redbookhamilton.ca/HAM3357


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.

 9 on map

 905-546-2945

 hamiltonpolice.on.ca/prevention/crime-prevention-seniors


 155 King William St., Hamilton
ON L8R 1A7


 redbookhamilton.ca/HAM3357

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.

 9 on map

 905-546-8917


 hamiltonpolice.on.ca/prevention/crime-prevention-seniors


 155 King William St., Hamilton
ON L8R 1A7

 redbookhamilton.ca/HAM3357

McMaster Optimal Aging Portal

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

 10 on map


 905-525-9140 ext. 22121


 www.mcmasteroptimalaging.org


 McMaster University, 1280 Main
St. W, Hamilton ON L8S 4L8

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.

 11 on map

 905-523-1055 ext. 408

 www.von.ca/en/site/hamilton

 414 Victoria Ave. N, Hamilton
ON L8L 5G8

 redbookhamilton.ca/HAM0255

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.

📍 9 on map

☎ 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.

📍 12 on map

📍 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.

📍 13 on map

📍 163 Dundas St. E, Waterdown
ON L8N 2Z7

Hamilton City Hall Service Canada Scheduled Outreach Site


Friday only. Service in English.


📍 14 on map

📍 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

 Red Hill Creek Centre, 2255
Barton St. E, Hamilton ON L8H 7T4

Hamilton-Main Service Canada Centre

Service in English.

 16 on map


 1550 Upper James St., 1st Flr.,
Hamilton ON L9B 2L6

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

 redbookhamilton.ca


 55 York Blvd., 5th Flr., Hamilton
ON L8R 3K1

 redbookhamilton.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


 redbookhamilton.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


 redbookhamilton.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.

 21 on map

 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.


 1-800-267-8097

 serviceontario.ca

ServiceOntario Centennial Service Desk

 22 on map


 905-578-6603


 163 Centennial Pkwy. N,
Hamilton ON L8E 1H8

 redbookhamilton.ca/HAM1578

ServiceOntario Dundas Service Desk

 23 on map


 905-627-0667


 17 King St. E, Unit 101, Dundas
ON L9H 1B7

 redbookhamilton.ca/HAM1575

ServiceOntario Dundurn Service Desk

 24 on map


 905-577-4100

 50 Dundurn St. S, Hamilton ON
L8P 4W3

 redbookhamilton.ca/HAM1555


ServiceOntario King Street Service Desk


 25 on map


 Ellen Fairclough Building, 119
King St. W, 4th Flr., Hamilton ON
L8P 4Y7

 redbookhamilton.ca/HAM5507

ServiceOntario Upper James Service Desk


 26 on map


 905-385-3336

 1400 Upper James St., Unit 11,
Hamilton ON L9B 1K3

 redbookhamilton.ca/HAM1560

ServiceOntario Upper Ottawa Street Service Desk


 27 on map


 905-387-2800


 1439 Upper Ottawa St., Units
14-15, Hamilton ON L8W 3J6

 redbookhamilton.ca/HAM3650

ServiceOntario Waterdown Service Desk

 28 on map

 905-690-1000

 245 Dundas St. E, Unit 7,
Waterdown ON L0R 2H6


 redbookhamilton.ca/HAM2160

Respite

St. Joseph's Villa, Respite Care Program

Program designed for care-giver relief and short-stay admission.

 29 on map

 905-627-3541 ext. 2252

 www.sjv.on.ca


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

 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.

 30 on map

 905-523-1055

 www.von.ca/en/site/hamilton


 400 Victoria Ave. N, Hamilton
ON L8L 5G8

 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.

 30 on map

 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.

 8 on map

 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.

 31 on map

 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.

 10 on map

 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.

 8 on map

 905-777-3837 ext. 12434

 www.coahamilton.ca


 c/o St. Peter's Hospital, 88 Maplewood Ave., Room 40, Hamilton ON L8M 1W9

 redbookhamilton.ca/HAM4580


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.

 16 on map

 905-577-6887 ext. 2106

 www.stjosephshomecare.ca


 1550 Upper James St., Suite 201, Hamilton ON L9B 2L6

 redbookhamilton.ca/HAM4570


Thrive Group – HSIIP CareDove Project

The CareDove platform provides information about services available to seniors in Hamilton. (caredove.com/hamiltoncss)

 31 on map

 905-730-4978

 www.thrivegroup.ca


 125 Redfern Ave., Hamilton ON L9C 7W9

 redbookhamilton.ca/HAM4569

Wesley Urban Ministries – HSIIP Community Connectors

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

 32 on map

 905-528-5629 ext. 284


 www.wesley.ca


 52 Catharine St. N, Hamilton ON L8R 1J1

 redbookhamilton.ca/HAM4565


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.

 33 on map

 905-522-9922 ext. 316

 www.ywcahamilton.org

 75 MacNab St. S, Hamilton ON L8P 3C1

 redbookhamilton.ca/HAM4202

Support Programs

Special Supports, Snow Angels

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

📍 34 on map

☎ 905-546-2590

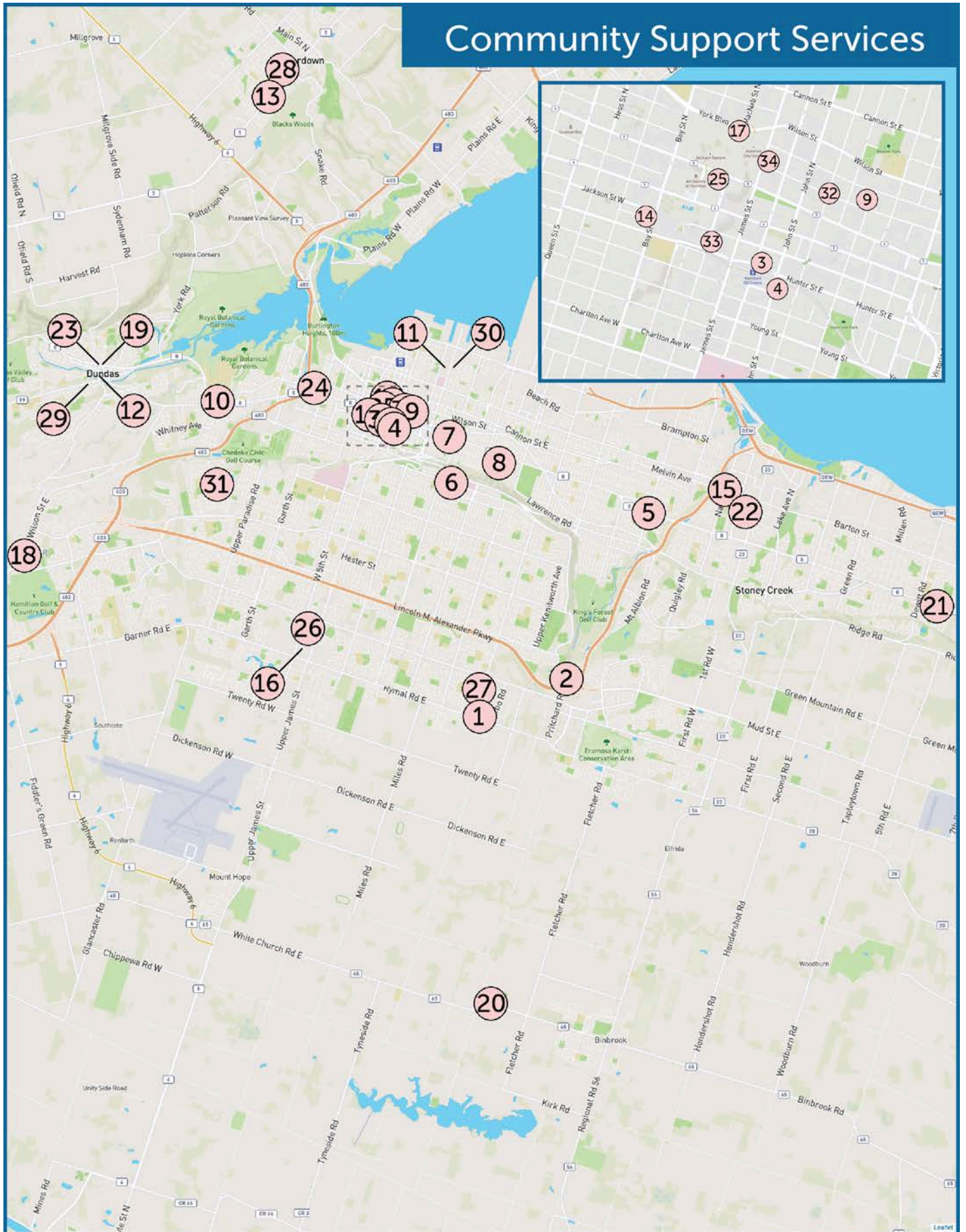
🔗 www.hamilton.ca/social-services/support-programs/snow-angels

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

📖 redbookhamilton.ca/HAM2447



Community Support Services




Financial


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

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

 1 on map

 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.

 2 on map

 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.

 3 on map

 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


 www.canada.ca/en/services/benefits/publicpensions/cpp/cpp-survivor-pension.html

 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.

 4 on map

 c/o Information 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.

 5 on map

 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.

 1 on map

 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.

 1 on map

 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.

 6 on map

 905-546-2590

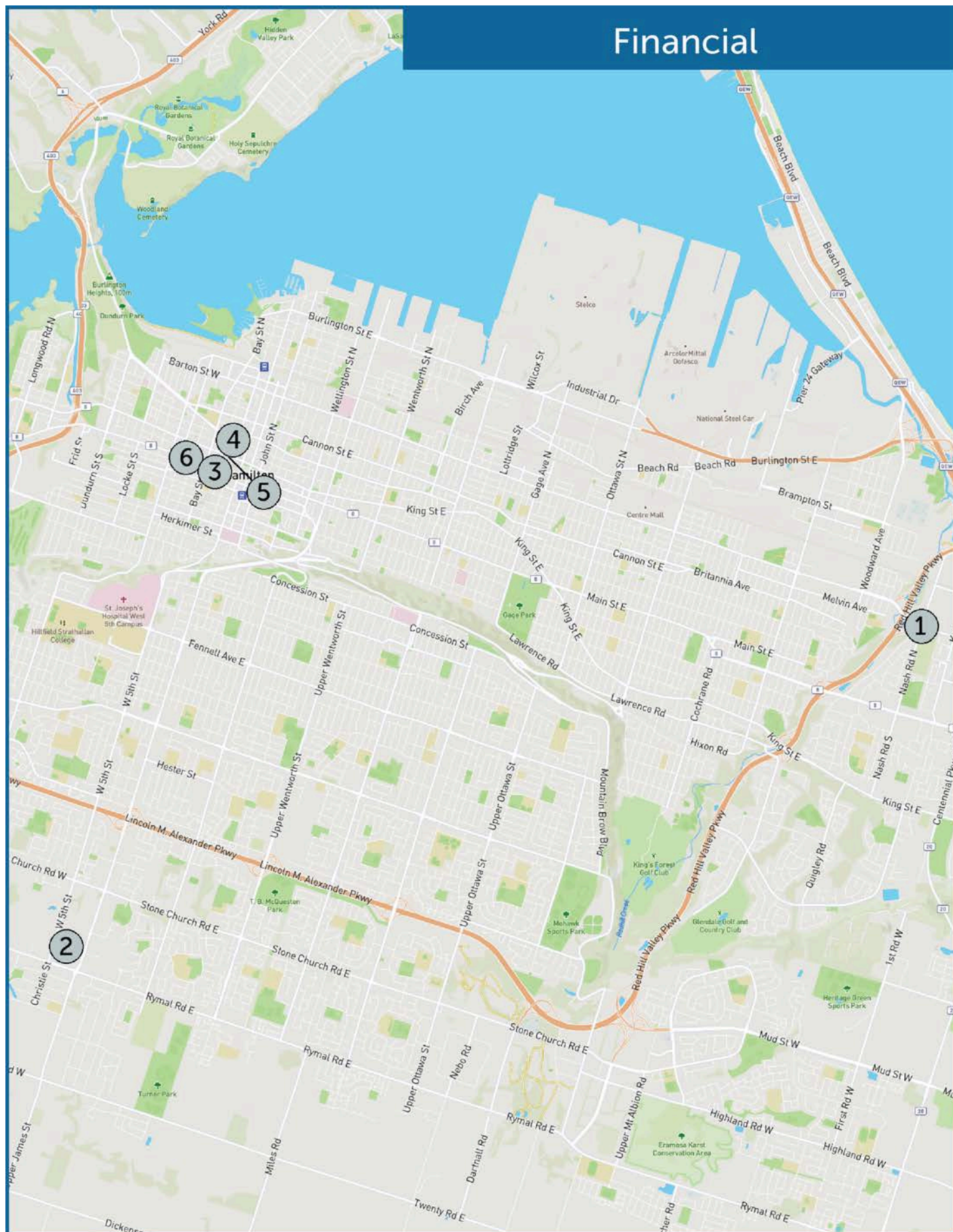


www.hamilton.ca/social-services/support-programs/helping-hands

 181 Main St. W, 3rd Flr., Hamilton ON L8P 4S1

 redbookhamilton.ca/HAM3450

Financial




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.

 1 on map

 905-529-1212

 www.hamilton.ca/hsr-bus-schedules-fares/accessible-transit


 2200 Upper James St., Mount Hope ON L0R 1W0

 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.

 2 on map

 905-529-1717

 www.dartstransit.com


 235 Birch Ave., Hamilton ON L8L 0B7

 redbookhamilton.ca/HAM0140


City of Hamilton - Hamilton Street Railway (HSR)

Operates Hamilton's municipal public transit system.

 1 on map

 905-528-4200

 www.hamilton.ca/hsr-bus-schedules-fares


 2200 Upper James St., Mount Hope ON L0R 1W0

 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.

 3 on map

 905-543-4411

 www.communitycarshare.ca


 175 Longwood Rd. S, Suite 304A, Hamilton ON L8A 0A1

 redbookhamilton.ca/HAM0546


GO Transit

Ontario's inter-regional public transit system for the Greater Toronto and Hamilton Area.

 4 on map

 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.

 5 on map

 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.

 1 on map

 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


 ServiceOntario Centres (see Community Support Services map on page 14)


 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

 www.mto.gov.on.ca/english/driver/senior-driver-licence-renewal-program.shtml


 ServiceOntario Centres (see Community Support Services map on page 14)

 redbookhamilton.ca/HAM2634

Presto Card

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

 4 on map

 1-877-378-6123


 www.prestocard.ca


 Hamilton GO Centre, 36 Hunter St. E, Hamilton ON L8N 3W8

 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

Taxi Services: Hamilton Cab

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

 905-777-7777

 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


Assisted Transportation


Ancaster Community Services, Assisted Transportation

Provides transportation to medical appointments by a volunteer driver.

 6 on map

 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


Canadian Red Cross, Assisted Transportation

Provides door-to-door transportation to appointments.

 7 on map

 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


Dundas Community Services - Assisted Transportation

Provides transportation within city boundaries to medical appointments as well as regular activities such as grocery shopping and banking by a volunteer driver.

 8 on map

 905-627-5461

 dundascommunityservices.on.ca/transportation-services


 Grafton Square, 2 King St. W, Suite 3A, Dundas ON L9H 6Z1


 redbookhamilton.ca/HAM3801


Glanbrook Community Services, Assisted Transportation

Provides transportation services to medical or health related appointments primarily.

 9 on map

 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.

 10 on map

 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.

 6 on map

 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.

 11 on map

 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.

 9 on map

 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.

 905-546-2424 ext. 5942


 www.hamilton.ca/social-services/support-programs/transportation-grocery-shopping

 redbookhamilton.ca/HAM3950


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.

 12 on map

 905-545-1175

 www.banyancommunityservices.org


 681 Main St. E, Hamilton ON L8M 1K3

 redbookhamilton.ca/HAM0704


Flamborough Information and Community Services - Sendial Program

Grocery shopping program for seniors who are unable to leave their homes to shop for themselves.

 11 on map

 905-689-7880


 infoflam.on.ca/seniors-support


 Waterdown Public Library, 163 Dundas St. E, Waterdown ON L0R 2H0


 redbookhamilton.ca/FLM0119


Wesley Urban Ministries, Shopping by Bus

Provides free transportation to older adults who have a difficult time grocery shopping.

 13 on map

 905-528-5629 ext. 284

 wesley.ca/neighbourhood/multicultural-seniors-outreach-program

 52 Catharine St. N, Hamilton ON L8R 1J1

 redbookhamilton.ca/HAM2789

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.

📍 14 on map

☎ 905-546-2590

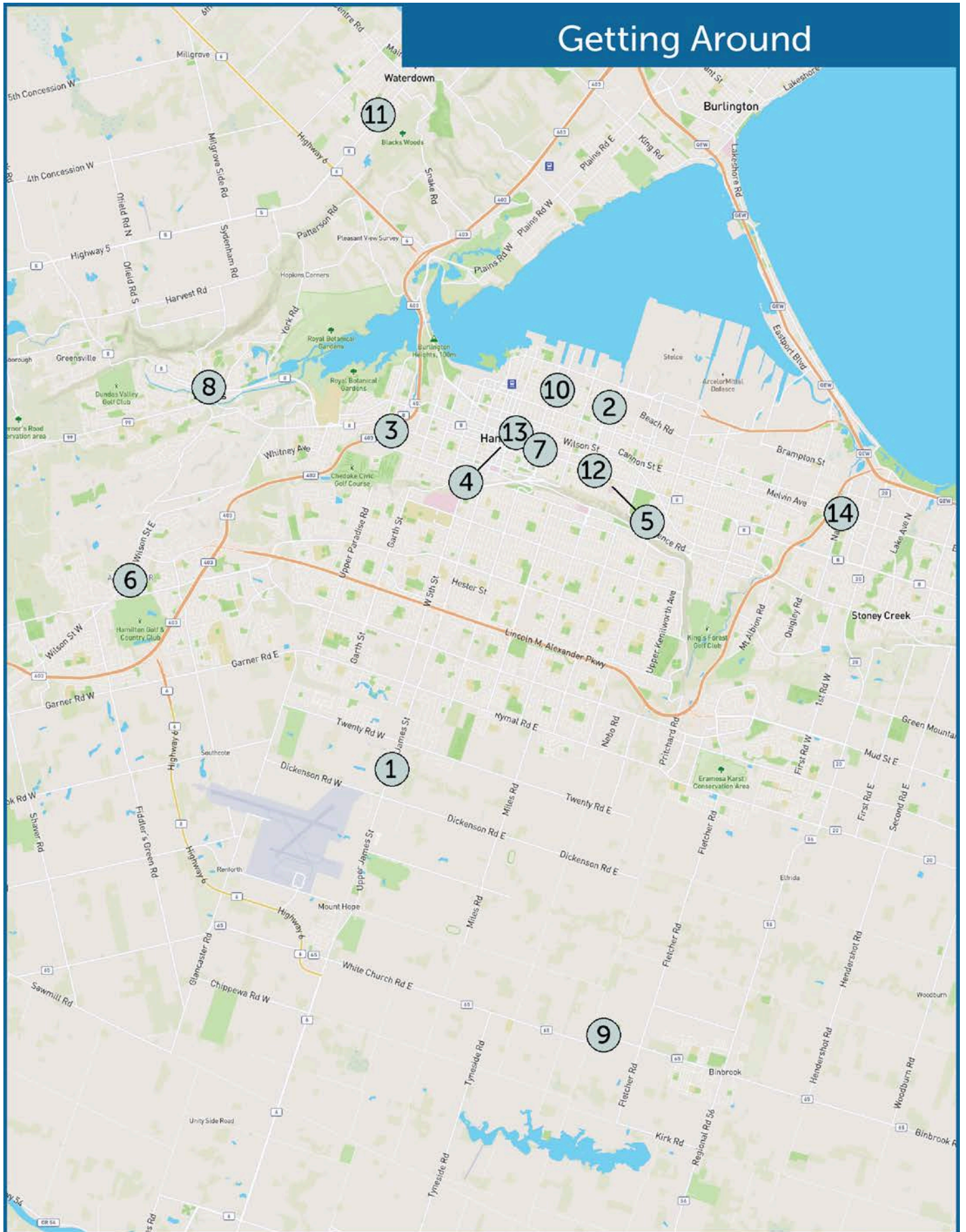
🔗 www.hamilton.ca/social-services/support-programs/affordable-transit-pass-program

📍 2255 Barton St. E, Unit 3-4,
Hamilton ON L8H 7T4

📖 redbookhamilton.ca/HAM0607



Getting Around




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.

 1 on map

 905-546-3500

 www.hamilton.ca/public-health


 110 King St. W, 2nd Flr.,
Hamilton ON L8P 4S6

 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.

 2 on map

 c/o LHIN 1-800-810-0000

 healthcareathome.ca/hnhb/en


 c/o HNHB-LHIN, 211 Pritchard
Rd., Unit 1, Hamilton ON L8J 0G5

 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.

 2 on map

 c/o LHIN 1-800-810-0000


 healthcareathome.ca/hnhb/en


 c/o HNHB-LHIN, 211 Pritchard
Rd., Unit 1, Hamilton ON L8J 0G5


 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.

 1-800-206-7218


 [www.canada.ca/en/
employment-social-development/
services/sin.html](http://www.canada.ca/en/employment-social-development/services/sin.html)


 Service Canada Centres (see
Community Support Services map
on page 14)

 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.

 3 on map

 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


 www.health.gov.on.ca/en/public/programs/drugs/system/system.aspx


 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.

 3 on map

 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.

 4 on map

 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.

 5 on map

 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.

 6 on map

 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.

 7 on map

 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.

 8 on map

 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.

 9 on map

 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.

 10 on map

 905-521-2100

 www.hamiltonhealthsciences.ca


 711 Concession St., Hamilton
ON L8V 1C3

 redbookhamilton.ca/HAM0406


St. Joseph's Healthcare Hamilton

Healthcare centre offering emergency care and specializing in respiratory health, mental health, outpatient services, maternity, surgical and research.

 11 on map

 905-522-1155

 www.stjoes.ca


 50 Charlton Ave. E, Hamilton ON
L8N 4A6

 redbookhamilton.ca/HAM3808


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.

 Heather McKenzie
905-902-0717

Fiddler's Green Road Location

 12 on map

 109 Fiddler's Green Rd.,
Ancaster ON L9G 2K5

 redbookhamilton.ca/HAM4694

Jackson Street West Location


 13 on map

 200 Jackson St. W, Hamilton ON
L8P 4R9

 redbookhamilton.ca/HAM4648

King Street East Location


 14 on map

 First Place Hamilton, 360 King
St. E, Hamilton ON L8N 3Y8

 redbookhamilton.ca/HAM4297

Lynden Avenue Location


 15 on map

 25 Lynden Ave., Dundas ON
L9H 4J9

 redbookhamilton.ca/HAM4296

Maple Avenue Location

 16 on map

 5 Maple Ave., Stoney Creek ON
L8G 2N8

 redbookhamilton.ca/HAM4342

Mohawk Road East Location


 17 on map

 395 Mohawk Rd. E, Hamilton
ON L8V 4S6

 redbookhamilton.ca/HAM4227

Osler Drive Location


 18 on map

 104 Osler Dr., Dundas ON L9H
4B7

 redbookhamilton.ca/HAM4319

Park Street South Location


 19 on map

 155 Park St. S, Hamilton ON
L8P 3E7

 redbookhamilton.ca/HAM4320

Queenston Road Location


 20 on map

 555 Queenston Rd. Hamilton ON
L8K 1J7

 redbookhamilton.ca/HAM4250

Rebecca Street Location


 21 on map

 226 Rebecca St., Hamilton ON
L8R 1C3

 redbookhamilton.ca/HAM4228

Sanford Avenue South Location


 22 on map

 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.

 26 on map

 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.

 27 on map

 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.

 28 on map

 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

Hamilton Medical Walk-in Clinic

 34 on map

 905-549-2403


 www.hamiltonwalkinclinic.com

 928 Barton St. E, Hamilton ON L8L 3C3


 redbookhamilton.ca/HAM3381

Jack Nathan Health Walk-in Medical Clinic

 35 on map

 905-768-4400


 www.jacknathanhealth.com

 Walmart Supercentre, 675 Upper James St., Hamilton ON L9C 2Z4


 redbookhamilton.ca/HAM4046

John Street Medical Walk-in Clinic

 36 on map

 905-529-9779


 johnstmedicalwalkinclinic.com

 Corktown Plaza, 225 John St. S, Hamilton ON L8N 2C7

 redbookhamilton.ca/HAM0100

Lakeside Health Centre

 37 on map

 905-643-1515


 www.lakesidehealthcentre.ca

 825 North Service Rd. Unit 104-B, Stoney Creek ON L8E 0J7


 redbookhamilton.ca/HAM4603

Locke Street Walk-in Medical Clinic

 38 on map

 905-570-0440


 www.lockewalkinmedical.ca

 206 Locke St. S, Hamilton ON L8P 4B4

 redbookhamilton.ca/HAM5792

Medical Arts Walk-in Clinic

 39 on map

 905-777-9779


 www.medicalartswalkinclinic.ca

 179 James St. S, Hamilton ON
L8P 3A3


 redbookhamilton.ca/HAM3645

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

📍 49 on map

☎ 905-526-6250

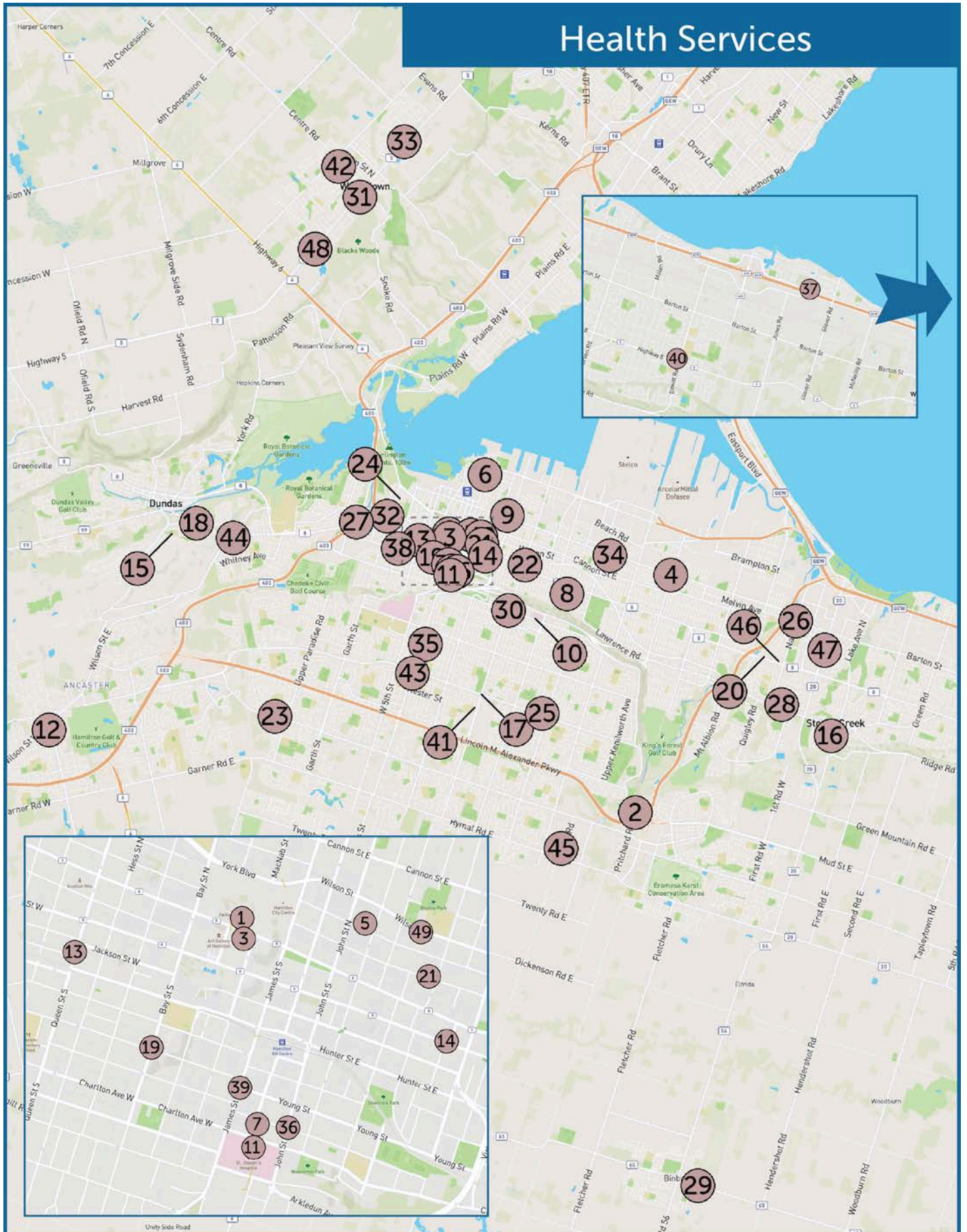
🌐 www.workplacemedical.com

📍 Wilson Medical Centre, 130
Wilson St., Hamilton ON L8R 1E2

📄 redbookhamilton.ca/HAM5791



Health Services




Housing


City of Hamilton - Access to Housing

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

 1 on map

 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.

 2 on map

 905-546-2489 (CITY)


 d3fplf1m7bbt3.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.

 3 on map

 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®ion=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

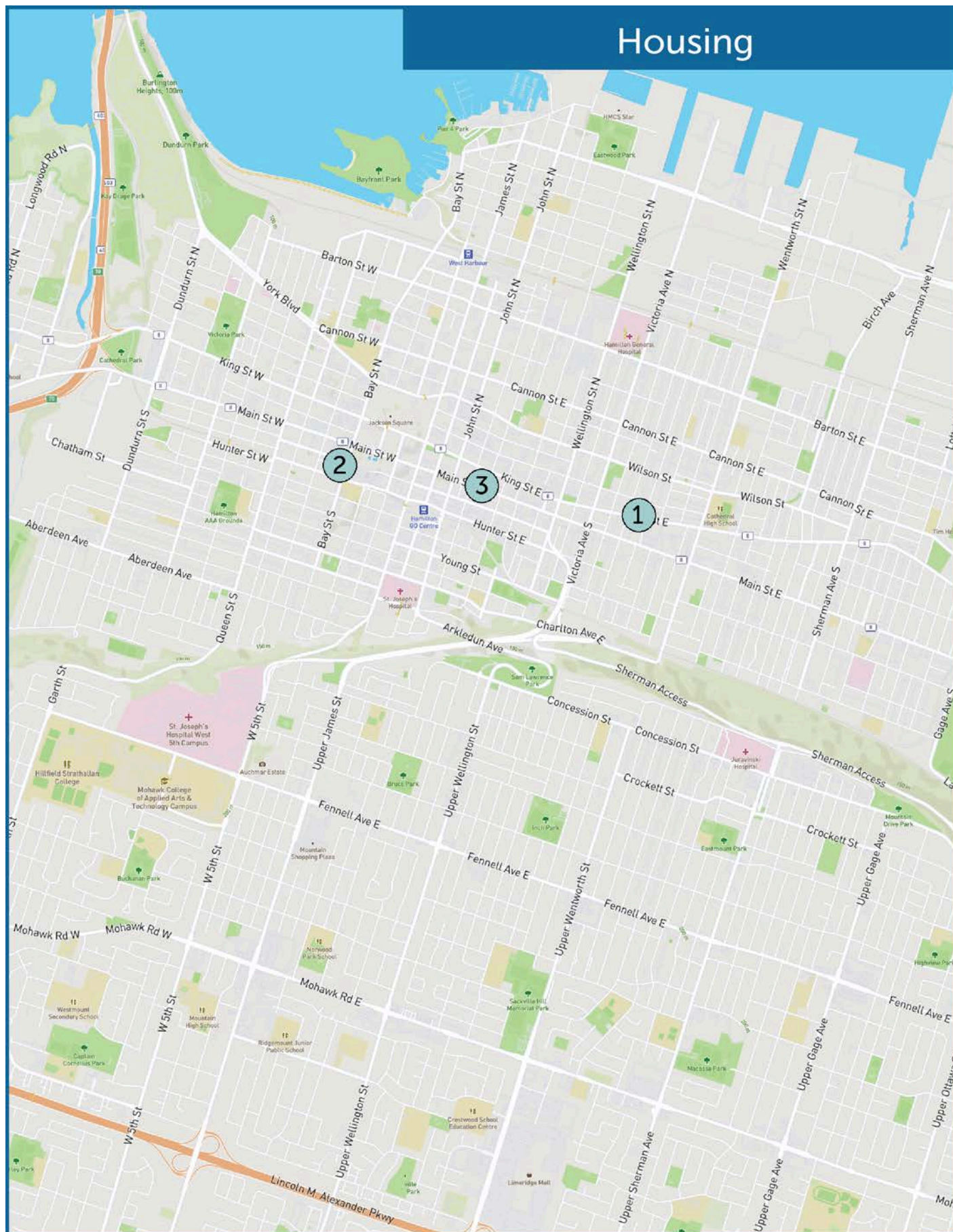
🔗 www.rhra.ca/en

📍 160 Eglinton Ave. E, 5th Flr.,
Toronto ON M4P 3B5

📄 redbookhamilton.ca/HAM3432



Housing





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.

 1 on map

 905-973-0891


 www.hamilton.ca/parks-recreation/recreation/55-its-your-day-recreation-programming


 28 James St. N, Hamilton ON L8R 1A1


City of Hamilton - Senior Recreation Guide 55+

City of Hamilton recreation program guide for older adults aged 55+.

 2 on map

 905-546-3747


 www.hamilton.ca/parks-recreation/recreation/55-programming

 71 Main St. W, Hamilton ON L8P 4Y5


Hamilton Public Library

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

 3 on map

 905-546-3200


 www.hpl.ca/sites/default/files/WH-Winter-2017-2018-DIGITAL%20FINAL.pdf

 55 York Blvd., Hamilton ON L8R 3K1

 redbookhamilton.ca/HAM5368

HCoA - Age Friendly Hamilton Events Calendar

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

 905-777-3837 ext. 12238


 coahamilton.ca/events

 redbookhamilton.ca/HAM4599

HCoA - Let's Take a Walk Program

Organizes special outdoor walks for seniors in Hamilton .

 4 on map

 905-777-3837 ext. 12238

 coahamilton.ca/2014/09/15/support-hcoa-lets-take-a-walk

 c/o HCoA, 88 Maplewood Ave., Room 40, Hamilton ON L8M 1W9

 redbookhamilton.ca/HAM4558


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

 5 on map

 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

 6 on map

 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

 7 on map

 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

 8 on map


 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

 9 on map


 905-573-0635

 Winterberry Heights Church, 300
Winterberry Dr., Stoney Creek ON
L8J 3Y1

 redbookhamilton.ca/HAM1689

SAM Program, Flamborough

 10 on map

 905-689-5244


 www.samprogram.ca

 Notre Dame Centre, 1921 Snake
Rd., Waterdown ON L0R 2H0


 redbookhamilton.ca/HAM0564

SAM Program, Hamilton Central

 11 on map

 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

 12 on map

 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.

 20 on map

 905-664-6110

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


 6 King St. W, Stoney Creek ON L8G 1G8


 redbookhamilton.ca/HAM1883


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.

 21 on map

 905-546-2424 ext.2260

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


 10 Market St. S, Dundas ON L9H 5G4


 redbookhamilton.ca/DUN0148


Main Hess Seniors Activity Club

Hosts Bingo, Railroad Euchre, Drop in Dinners and social events throughout the year.

 22 on map

 905-546-4964

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


 181 Jackson St. W, Suite 101, Hamilton ON L8P 1L8


 redbookhamilton.ca/HAM1723

Rosedale Seniors Club

Hosts Progressive Euchre, Bid Euchre, Contract Bridge, a large library and social events throughout the year.

 23 on map

 905-540-5320

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


 100 Greenhill Ave., Hamilton ON L8K 6M4


 redbookhamilton.ca/HAM6738


Seniors Activities in Southwest Hamilton (SASH) Club

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

 24 on map

 905-521-2240

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


 251 Duke St., Hamilton ON L8P 1Y4


 redbookhamilton.ca/HAM3787


Victoria Park Club House

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

 25 on map

 905-973-0577

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


 516 King St. W, Hamilton ON L8P 1C1


 redbookhamilton.ca/HAM4514


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.

 26 on map

 905-546-4256

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


 40 Centennial Pkwy. N, Hamilton ON L8E 1H6


 redbookhamilton.ca/HAM3790


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.

 27 on map

 905-643-4563

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

 1239 Hwy. 8, Stoney Creek ON L8E 5G8

 redbookhamilton.ca/FLM6091



Things To Do





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.

 1 on map

 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.

 2 on map

 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.

 3 on map

 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.

 4 on map

 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.

 3 on map

 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.

 5 on map

 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.

 6 on map

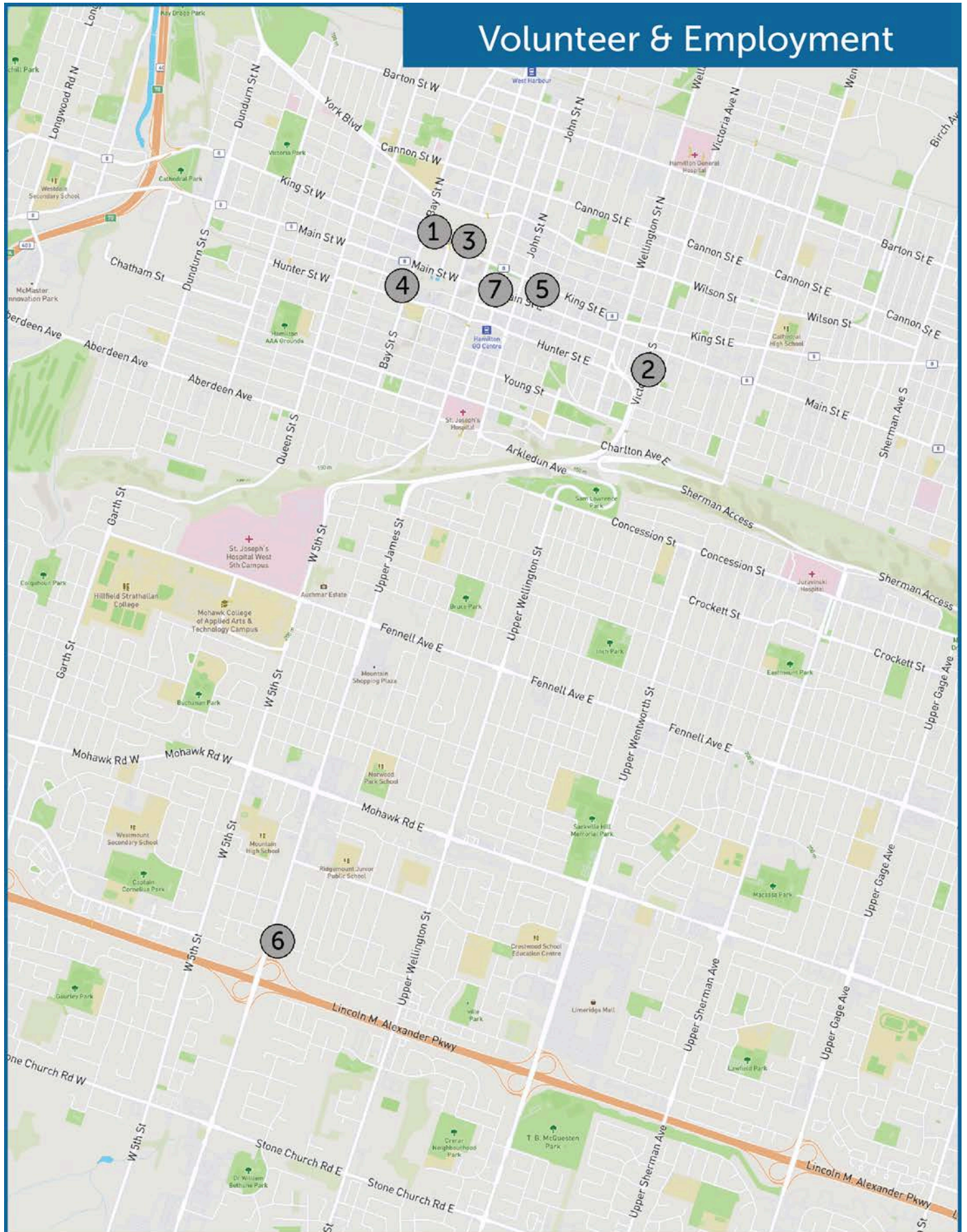
 905-540-9679

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

 23 Main St. E, Hamilton ON L8N 1E7

 redbookhamilton.ca/HAM1534

Volunteer & Employment



Notes

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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.

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The most recent version of this directory is available at

www.seniorshamilton.ca

