

Adults 55+ Resource Guide

Free Resources to help Pickering Adults 55+ during the COVID-19 pandemic. Please feel free to contact Community Services at 905.420.4620 or email communityservices@pickering.ca for any questions you may have.

Updates:

For updates regarding the City's response to COVID-19 visit pickering.ca/COVID19

Durham Region Waste	https://www.durham.ca/en/living-here/garbage-recycling-green-bin-and-other-collection.aspx#
Durham Region Transit	https://www.durhamregiontransit.com/en/news-and-updates/covid-19.aspx
Seniors' Centre Without Walls (SCWW) - Join City of Pickering Program Staff, for weekly programming and/or Spotlight Series Presentations. All you need is a telephone, no internet or computer required! Partnership program with Canadian Progress Club, Durham Region Women.	For more information or to register call 905.420.4660 ext. 2078 or email kbradley@pickering.ca
City of Pickering, Community Services - programs begin virtually the week of January 18, in person programs begin the week of January 25.	Visit Pickering.ca/active for a complete list of winter programs and details for each.
Older Adults Centres Association of Ontario - for up to date information on Seniors Centres and organizations across Ontario, programs and services offered during Covid or to find a Seniors Active Living Centre near you.	Visit, www.OACAO.org , or follow them on Facebook at https://www.facebook.com/oacao/
Community Food Box - Community Care Durham has partnered with local businesses to offer a weekly food box for \$30.00.	Call 1.888.255.6680 to arrange payment & free delivery to your door. *Credit card or pre-authorized payments only*
Meals on Wheels - Community Care Durham volunteers deliver hot, healthy and delicious meals to your doorstep. Each meal costs \$7.50, there is no charge for delivery.	Visit, Meals on Wheels , for more information, or call 905.837.0017, if you are interested in ordering Meals on Wheels.
Ontario 211 - A free helpline that connects you to community and social services in your area 24 hours a day.	Visit, 211 Ontario for more information, and to find programs and services in your community.
Canadian Mental Health Association (CMHA) - Nurse Practitioner Led Clinic (NPLC) is available for anyone who do not have access to a primary care provider.	Please call 1.844.436.8760 Open Monday – Friday 9 am -12 pm & 1 pm – 3 pm.
Accessibility – If you require an assistance in accessing programs or events within the City of Pickering.	Please contact Tim Higgins at thiggins@pickering.ca , or call 905.420.4620
Durham Region Health Department - Access to free public health resources and information.	For more information call 1.800.841.2729 or email the Health Department
Veronica Vernon's Free Senior Counselling	For more information, call 289.482.0477 ext. 4 or email vyvadultcc@gmail.com

Prescriptions

Online Refill	https://mypharmacy.shoppersdrugmart.ca
Shoppers Drug Mart prescription delivery	Call 905. 839. 4488 to arrange delivery

Free Online Activities

It is important to stay in social contact with your friends and family members during this difficult time. Reach out to the Pickering Public Library with any technology related questions at help@pickeringlibrary.ca.

Adult Colouring Book	Colouring Book
Adult Puzzle Books	Puzzle Book
Pickering 55+ Group - It's a chance to interact, share information and connect with other older adults in a fun, online, social setting.	Join Pickering's Adult 55+ Facebook Group
Pickering Public Library - Free access to online resources - movies, music, ebooks, audiobooks and magazines.	All you need is your library card number! Online Resources
Trickster Cards - Let the fun and competition begin. Play the games you love with friends and family, from a distance, or get matched with other live players at your level.	Let the fun begin, visit www.trickstercards.com , for more information.
Brain Games	https://www.memozor.com/
ROM Online Collection	Online Collections
Canada Wildlife Camera	www.pc.gc.ca/en/nature/science/control-monitoring/cameras
Virtual Field Trips	Virtual Field Trips
TED Talks	https://www.ted.com/talks
Ripley's Aquarium at Home	https://www.ripleyaquariums.com/at-home/
Toronto Zoo Podcast	Wild For Life Podcasts
Haliburton Forest Wolf Webcams	Haliburton Forest Wolf Webcams
Cyber-Seniors - Over 1,200 free Tech-Tutorials for Seniors.	Contact, info@cyberseniors.org , to register for this Older Adults Centres Association of Ontario membership
CAREA-Living Life to the Full	Contact Mitchelle Strickland to register, 905.420.0333 ext.2285
CAREA-Tea Talk with Seniors	Contact Carmen Furtado to register, 905.723.0036 ext. 1201
CAREA-Virtual Community Kitchen	Contact Carmen Furtado to register, 905.723.0036 ext. 1201

COVID-19 Resources

If you are experiencing COVID-19 symptoms, have recently traveled outside of Canada or have come into contact with a person that has a probable or positive case of Covid-19, please call public health at 1.866.797.0000.

Durham Region Caremongers - If you need help or are isolated during the COVID-19 outbreak, volunteers throughout Durham Region are ready to help deliver groceries and essential supplies to those who are homebound, isolated, or who are struggling to afford basic necessities during the pandemic. A hotline, called the "Durham Region Care Mongers COVID-19 Response Phone Line," has been set up to help people who can't get out during the pandemic.	Please call is you require assistance or if you are interested in volunteering for the Caremongers. 1.888.573.0982
City of Pickering COVID-19 Updates	pickering.ca/covid19
COVID-19 Supports within Durham Region	Durham Region Supports
Community Care Durham COVID-19 Telephone Support - Free phone support group to help you deal with stress and anxiety during the pandemic.	This group takes place every Mondays at 10:00 am. Please contact, ljaipaul@communitycaredurham.on.ca , to sign up.
TeleHealth Ontario	For more information visit, Tele Health , or call 1.866.797.0000
Durham Health Connection Line	Open Monday to Friday, 9 am to 5 pm Call, 905.668.2020 or 1.800.841.2729
Updates on COVID-19 and tips for everyday actions that can help stop the spread of germs.	Visit the Government of Canada, Ontario Ministry of Health, The Region of Durham Health Department