

Adults 55+ Resource Guide

Free Resources to help Pickering Adults 55+ during this challenging time with COVID-19.

Please feel free to contact Community Services at [905.420.4620](tel: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

Property Tax - The final 2020 residential tax bills are due August 27, 2020 and October 28, 2020.	If you have further questions, please call 905.420.4614 , email propertytaxes@pickering.ca or visit pickering.ca/propertytax
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!	For more information or to register call 905.420.4660 ext. 2078 or email kbradley@pickering.ca .
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 any vulnerable clients 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.
Pickering Town Centre – Please note that retailers may have reduced hours, or may not be open at this time.	Visit: pickeringtowncentre.com for more information. Open Monday – Friday 11:00 am - 7:00 pm Saturday – Sunday 11:00 am – 6:00 pm
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

Prescriptions:

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

Pickering Stores that have specialty hours for Senior's and those with Disabilities:

Walmart Pickering Supercentre Senior's Hours: Mon – Fri 7 am – 8 am	https://www.walmart.ca/en/stores-near-me/pickering-supercentre-3186
Metro Amberlea Senior's Hours: Mon – Sun 7 am – 8 am	https://www.metro.ca/en/products-to-discover/grocery/whats-new/metro-pickering
Allan's Your Independent Grocer Senior's Hours: Mon – Sun 8 am -9 am	https://www.yourindependentgrocer.ca/
Loblaws Senior's Hours: Mon – Sun 7 am – 8 am	https://www.loblaws.ca/
Farm Boy Senior's Hours: Mon – Sat 7 am – 8am & Sun 8 am -9 am	https://www.farmboy.ca/locations/pickering-town-centre/

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 Library with any technology related questions at help@picnet.org. Such as: How to Facetime or Text loved ones.

Adult Coloring 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 magazines.	All you need is your library card number! Visit www.picnet.org/digitalmagazines
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. Trickster Cards offers customizable rules so you can play cards your way!	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
Cyber-Seniors - Over 1200 free Tech-Tutorials for Seniors.	Contact info@cyberseniors.org to register for this Older Adults Centres Association of Ontario membership

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 Care Mongers - 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
For updates on the novel coronavirus 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