

## Adults 55+ Resource Guide

Free resources to help Pickering adults 55+. Please feel free to contact Community Services at [905.420.4620](tel:905.420.4620) or email [communityservices@pickering.ca](mailto:communityservices@pickering.ca) for any questions you may have.

### Updates:

Resource / Service	Contact Information
DRPS Non-Emergency	<a href="tel:1.888.579.1520">1.888.579.1520</a>
DRPS Seniors Support Coordinator	<a href="tel:905.579.1520">905.579.1520</a> ext. 1865
Durham Region Advisor – Seniors’ Safety	<a href="tel:905.668.7711">905.668.7711</a> ext. 2460
Durham Elder Abuse Network (DEAN) - made up of health service providers from both private and non-profit services for seniors.	For more information call <a href="tel:705.432.3322">705.432.3322</a> or email <a href="mailto:jjosephson@brockchc.ca">jjosephson@brockchc.ca</a>
TeleHealth Ontario	For more information visit, <a href="#">Tele Health</a> , or call <a href="tel:1.866.797.0000">1.866.797.0000</a>
Durham Health Connection Line	Open Monday to Friday, 9 am to 5 pm Call, <a href="tel:905.668.2020">905.668.2020</a> or <a href="tel:1.800.841.2729">1.800.841.2729</a>
Food Bank assistance in Pickering	St. Paul’s on the Hill: Pickering <a href="tel:905.839.7909">905.839.7909</a> Christian Faith Outreach Centre: Durham West <a href="tel:905.619.1109">905.619.1109</a> Salvation Army: Ajax/Pickering <a href="tel:905.427.7123">905.427.7123</a>
City of Pickering Property Tax	If you have further questions, you can reach the property tax section by email: <a href="mailto:propertytaxes@pickering.ca">propertytaxes@pickering.ca</a> or by telephone <a href="tel:905.420.4614">905.420.4614</a>
Seniors’ Centre Without Walls (SCWW) - Join City of Pickering Program Staff, for FREE weekly programming. All you need is a telephone, NO internet or computer required!	For more information or to register call <a href="tel:905.420.4660">905.420.4660</a> ext. 1844 or email <a href="mailto:lthompson@pickering.ca">lthompson@pickering.ca</a> Download/Print: <a href="#">Calendar</a>
City of Pickering, Community Services – spring guide will be distributed in the local paper March 17.	Registration for Pickering residents starts March 22 for Aquatics, March 24 for Fitness & Leisure. Visit <a href="http://pickering.ca/active">pickering.ca/active</a> to register.
Older Adults Centres Association of Ontario (OACAO) – stay up to date with information on Seniors Centres and organizations across Ontario, programs and services being offered, and to find a Seniors Active Living Centre near you.	Visit, <a href="#">OACAO</a> , or follow them on Facebook at <a href="#">OACAO Facebook</a>
Seniors Meal Box - Saffron Hub, in collaboration with communities has launched a weekly meal box program for seniors 65+ providing food services along with improved nutrition, and food security.	For more information and to register visit <a href="http://seniorsmealbox.com">seniorsmealbox.com</a>
Carea - programs for adults 55+	Call <a href="tel:905.723.0036">905.723.0036</a> or visit <a href="http://careachc.ca">careachc.ca</a> for more details
Community Food Box – The Community Food Box is an affordable approach to safely accessing healthy, nutritious food. We have introduced two new options to cater to our clients' needs: the Fresh Food Box and the Pantry Essentials Box. Delivery is FREE!	To learn more visit our <a href="#">website</a>

<b>Resource / Service</b>	<b>Contact Information</b>
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, <a href="#">Meals on Wheels</a> , 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, <a href="#">211 Ontario</a> 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 does not have access to a primary care provider.	Please call 1.844.436.8760 Open Monday to Friday 9 am -12 pm & 1 pm – 3 pm.
Accessibility – If you require assistance in accessing programs or events within the City of Pickering.	Please contact Tim Higgins at <a href="mailto:thiggins@pickering.ca">thiggins@pickering.ca</a> , 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 <a href="#">email</a> the Health Department
Veronica Vernon's Free Senior Counselling	For more information, call 289.482.0477 ext. 4 or email <a href="mailto:vvsadultcc@gmail.com">vvsadultcc@gmail.com</a>
Durham Region Transit	<a href="#">Durham Transit</a>
Durham Region Waste	<a href="#">Durham Region Waste</a>
Alzheimer Groupe Inc.	<a href="#">Alzheimer Groupe Inc.</a>
Durham Region Community Support Line - Community Support Service agencies have come together to provide support to the Durham Region community.	Residents at risk can access support services by calling 1-888-332-3133
Supports within Durham Region	<a href="#">Durham Region Supports</a>
Community Care Durham Telephone Support - Free phone support group to help you deal with stress and anxiety.	Please contact, <a href="mailto:ljaipaul@communitycaredurham.on.ca">ljaipaul@communitycaredurham.on.ca</a> , to sign up.
Pickering Public Library - Books+ Express program open to homebound Pickering residents with valid library cards.	Books and other library materials will be delivered by volunteers based on client preference. To apply, please register <a href="#">here</a> or call 905.831.6265
Elder Abuse Prevention Ontario	Office Phone 416.916.6728 <a href="https://eapon.ca/">https://eapon.ca/</a>
Canadian Foundation for Economic Education	Telephone: 416.968.2236 Toll-free 1.888.570.7610 <a href="https://cfee.org/">https://cfee.org/</a>

## Prescriptions

<b>Resource / Service</b>	<b>Contact Information</b>
Online Refill	<a href="#">Shoppers Drug Mart Pharmacy</a>
Shoppers Drug Mart prescription delivery	Call 905. 839. 4488 to arrange delivery

## Free Online Activities

Resource / Service	Contact Information
Pickering 55+ A chance to interact, share information and connect with others in a fun, online, social setting.	<a href="#">Pickering's Adult 55+ Facebook Group</a>
Cyber-Seniors: free tech support for seniors: one-on-one phone support and daily tech and other webinars, support also available in French and Spanish	Website is <a href="http://www.cyberseniors.org">www.cyberseniors.org</a> to access all services or call toll free 1.844.217.3057
Pickering Public Library - Free access to online resources - movies, music, ebooks, audiobooks and magazines.	All you need is your library card number! <a href="#">Online Resources</a>
A Guide to Virtual Creative Engagement for Older Adults	<a href="#">Click to download the virtual guide!</a>
Free Online Jigsaws – Test your brain and pick from millions of free online jigsaw puzzles!	<a href="#">Online Puzzles</a>
Brain Games	<a href="#">Free Online Brain Games</a>
Trickster Cards - Let the fun & competition begin. Play games you love with friends & family, or get matched with other live players at your level.	Let the fun begin, visit <a href="#">Trickster Cards</a> , for more information.