

## **RESOURCE DIRECTORY**

### **ADULT DAY PROGRAMS**

- VON Adult Day Program PTBO Square..... 705-745-4934  
VON Adult Day Program Woodland.....705-874-3000

### **COMMUNITY SUPPORTS**

- Community Care Peterborough.....705-742-7067**  
Alzheimer Society ..... 705-748-5131  
Arthritis Society ..... 705-742-7191  
Brock Mission ..... 705-748-4766  
CNIB ..... 705-745-6918  
Canadian Cancer Society ..... 705-742-3823  
Canadian Hearing Society ..... 1-866-518-0000  
Canadian Medic Alert Foundation ..... 1-800-668-1507  
Canadian Mental Health Association ..... 705-748-6711  
Canadian Red Cross ..... 905-723-2933  
Community Living Peterborough..... 705-743-2411  
Crime Stoppers..... 1-800-222-8477  
Diabetes Canada..... 1-800-226-8464  
Elder Abuse (ONPEA) Ontario..... 1-866-299-1011  
Four County Crisis Response Team ..... 705-745-6484  
Heart & Stroke Foundation..... 705-749-1044  
Hospice Peterborough..... 705-742-4042  
Kidney Foundation..... 1-800-387-4474  
Multiple Sclerosis Society..... 705-748-4221  
Osteoporosis Canada..... 705-740-2776  
Parkinson Society Canada..... 705-292-8119  
Peterborough Public Health..... 705-743-1000  
Phonebusters/Seniorbusters..... 1-888-495-8501

United Way Peterborough.....	705-742-8839
VON (Victorian Order of Nurses).....	705-745-9155
Women's Health Care Centre.....	705-743-4132

## **CONTINUING EDUCATION**

Fleming College .....	705-749-5530
Learning in Leisure .....	705-292-7232
Routes Adventures .....	1-866-745-1690
Trent University .....	705-748-1011

## **COUNSELLING**

Bereaved Families of Ontario.....	705-743-7233
Community Counselling & Resource Centre .....	705-742-4258
Crossroads Shelter.....	705-743-4135
Fourcast.....	705-876-1292
Four County Crisis Help Line (24 hours).....	1-866-995-9933
Hospice Peterborough .....	705-742-4042
Kawartha Sexual Assault Centre .....	705-748-5901
Telecare (24 hours).....	705-745-2273
Victim Services .....	705-748-0324

## **FINANCIAL**

Assistive Devices Program.....	1-800-268-6021
Canada Revenue Agency .....	1-800-959-8281
Credit Counselling Service.....	705-743-2272
Ontario Disability Support Program.....	705-742-9292
Ontario Drug Benefit Program (65+) .....	1-888-405-0405
Ontario Works.....	705-748-8830
Pensions (OAS, CPP, GIS) .....	1-800-277-9914
Pensions (GAINS).....	1-866-668-8297
Trillium Drug Program (under 65) .....	1-800-575-5386
Veterans Affairs Canada .....	1-866-522-2122

## **GENERAL INFORMATION**

<b>Community Care Peterborough.....</b>	<b>705-742-7067</b>
Ask A Dietitian .....	1-877-510-5102
Canadian Association of Retired Persons.....	1-800-363-9736
City Hall.....	705-742-7771
Crime Stoppers.....	1-800-222-8477
General Information (website) .....	211Ontario.ca
MP, Maryam Monsef.....	705-745-2108
MPP, Dave Smith.....	705-742-3777
Seniors Safety Line.....	1-866-299-1011
Service Canada.....	1-800-622-6232
Service Ontario.....	705-755-4427
Housing Resource Centre.....	705-743-2272
Nursing Home Complaints.....	1-866-434-0144

## **GROCERY DELIVERY**

Charlotte Pantry (Shopping & Delivery).....	705-745-9068
Liftlock Foodland (Delivery) .....	705-743-8253
Metro (Delivery) .....	705-745-3381
Sherbrooke Foodland (Delivery).....	705-742-3321
Towerhill Sobey's (Delivery).....	705-740-9026

## **HOME SUPPORT SERVICES**

<b>Community Care Peterborough.....</b>	<b>705-742-7067</b>
Bayshore Home Health.....	705-749-4940
Care Partners .....	705-743-6233
CBI Home Health (formerly WeCare).....	705-742-7751
Central East LHIN.....	705-743-2212
Driving Miss Daisy .....	705-868-0074
Home Instead .....	705-748-6389
Home Suite Home Transitions .....	705-761-0018

Move Seniors Lovingly .....	1-866-884-0804
Nightingale Nursing Registry Ltd .....	705-652-6118
Nurse Next Door.....	705-400-7454
Senior Relocation Services.....	705-768-2042
VON (Victorian Order of Nurses).....	705-745-9155

## **HOSPITAL TO HOME SERVICE**

Home At Last (HAL) .....	705-872-6850
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## **HOUSING FOR SENIORS**

### **APARTMENTS**

Armour Estates .....	705-743-7992
Assisted Living/Outreach (formerly KPP) .....	705-745-4122
Auburn Village.....	705-742-6462
Cathedral Court .....	705-743-2322
Central School.....	705-768-5188
Citi Centre .....	705-742-5445
Hilliard Park Homes.....	705-749-1906
Hillmar Apartments.....	705-743-0211
Kinsman Garden Court.....	705-742-8366
Marycrest at Inglewood.....	705-876-6111
Northminster Court .....	705-748-4881
Peterborough Housing Corporation.....	705-742-0439
St. Giles Seniors' Residence .....	705-743-8660
St. John's Centre .....	705-749-0757
The Maloney Project .....	705-768-5188

### **RETIREMENT HOMES**

Applewood Retirement Residence .....	705-749-1500
Canterbury Gardens.....	705-876-1414
Empress Gardens.....	705-876-1314
Jackson Creek Retirement Residence.....	705-742-0411

Kawartha Heights Retirement Living.....	1-855-749-2300
Mapleview Retirement Residence .....	705-639-5374
Peterborough Retirement Residence .....	705-748-5343
Princess Gardens .....	705-750-1234
Regency Retirement.....	705-761-2400
Royal Gardens .....	705-741-6036
Rubidge Retirement Residence .....	705-748-4000
Sherbrooke Heights .....	705-750-1020

## **LONG TERM CARE FACILITIES**

Centennial Place, Millbrook.....	705-932-4464
Extendicare, Lakefield .....	705-652-7112
Extendicare, Peterborough .....	705-743-7552
Fairhaven.....	705-743-4265
Pleasant Meadow Manor, Norwood .....	705-639-5308
Riverview Manor .....	705-748-6706
Springdale Country Manor, Cavan Monaghan.....	705-742-8811
St. Joseph's at Fleming.....	705-743-4744

## **LEGAL**

Advocacy Centre for the Elderly .....	1-416-598-2656
Lawyer Referral Service.....	1-800-268-8326
Legal Aid Ontario .....	705-743-5430
Peterborough Community Legal Centre.....	705-749-9355

## **LIBRARY SHUT-IN SERVICE**

Peterborough Public Library .....	705-745-5382 Ext. 2321
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## **MEAL DELIVERY**

Community Care Meals on Wheels .....	705-742-7067
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## **MEDICAL / DENTAL**

Care Connect (New Doctors) .....	1-800-445-1822
Closing the Gap Health Care Group.....	1-888-352-6460
College of Physicians .....	1-800-268-7096
Community Dental Health Centre .....	705-748-2230
Dentist on Call.....	705-748-8599
OHIP.....	1-800-664-8988
Peterborough Public Health .....	705-743-1000
Peterborough Family Health Team.....	705-740-8020
Peterborough Regional Health Centre.....	705-743-2121
Telehealth Ontario .....	1-866-797-0000
Walk-In Clinic (Lansdowne Place) .....	705-775-0444

## **MEDICAL EQUIPMENT**

<b>Community Care Peterborough.....</b>	<b>705-742-7067</b>
Align Home Health Care.....	705-304-2000
Canadian Red Cross .....	705-745-8222
Medigas.....	705-742-5533
Motion Specialties.....	705-742-6185
Philips Lifeline.....	1-866-357-8627
Shoppers Home Health Care .....	705-743-5100

## **POLICE (Non-Emergency)**

OPP - General Inquiries Business Hours.....	705-742-0401
- 24 Hour Service .....	1-888-310-1122
Peterborough Police Service .....	705-876-1122
Homeguard Program.....ext 268.....	705-876-1122

## **SENIORS' RECREATION CENTRES**

Activity Haven .....	705-876-1670
Maple Ridge Seniors' Recreation.....	705-742-1481
McDonnel Street Activity Centre.....	705-874-1301
Peterborough Sport & Wellness Centre .....	705-742-0050

YMCA.....705-748-9622

## TRANSPORTATION

**Community Care Peterborough.....705-742-7067**

Ambu-Lans, Angels of Flight.....705-743-5433

Canadian Cancer Society .....705-742-3823

Driver Examination Centre .....1-888-570-6110

Local Office.....1-647-776-0331

Driving Miss Daisy .....705-868-0074

Home Instead .....705-748-6389

Peterborough Transit.....705-745-0525

Service Ontario.....1-800-267-8097

### ***Wheelchair Access:***

**Community Care Peterborough.....705-742-7067**

Call-A-Cab (Accessible Van).....705-745-2424

Capitol Taxi (Accessible Van) .....705-742-4242

Caremobile (for County Residents).....705-749-0036

Handivan (for City) .....705-745-5801

Spectrum Patient Transfer .....1-866-527-9191

Voyageur Medical Transportation.....1-855-263-7163

For changes or updates, please contact: **Community Care Peterborough**  
705-742-7067

[www.commcareptbo.org](http://www.commcareptbo.org)

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