

## **RESOURCE DIRECTORY**

(Large Print Version available upon request)

### **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 hour) ..... 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**

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

**Community Care Peterborough.....705-742-7067**  
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  
Community Care Peterborough ..... 705-742-7067  
Driving Miss Daisy ..... 705-868-0074  
Home Instead ..... 705-748-6389  
Home Suite Home Transitions ..... 705-761-0018  
Move Seniors Lovingly ..... 1-888-884-0804  
Nightingale Nursing Registry Ltd ..... 705-652-6118  
Nurse Next Door ..... 705-400-7454  
Seniors Relocation Services ..... 705-768-2042  
VON (Victorian Order of Nurses) ..... 705-745-9155

## HOSPITAL TO HOME SERVICE

Home At Last (HAL)..... 705-872-6850

## 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

### MEAL DELIVERY

**Community Care Meals on Wheels.....705-742-7067**

## 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

**Community Care Peterborough.....705-742-7067**  
Align Home Health Care ..... 705-304-2000  
Canadian Red Cross ..... 1-905-723-2933  
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 Services..... 705-876-1122  
Home Guard Program.....ext.268..... 705-876-1122

## SENIORS' RECREATION CENTRES

Activity Haven ..... 705-876-1670  
Maple Ridge Seniors' Recreation ..... 705-742-1481  
McDonnell 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 only)..... 705-749-0036  
Handivan (for City)..... 705-745-5801  
Spectrum Patient Transfer..... 1-866-527-9191  
Voyageur Medical Transportation..... 1-855-263-7163

