



January 20th, 2021 (City and County of Peterborough)

Programs Continue with Community Care

Community Care Peterborough (CCP) programs continue under the Stay At Home Order issued by the Premier and effective as of Thursday, January 14th, 2021.

“We have been deemed an essential service, our health care and seniors support programs are necessary to keep the most vulnerable safe in their own homes,” said Danielle Belair – CCP’s Executive Director. “In particular, our food support services for seniors including meal and grocery delivery are particularly important at this time.”

Hot Meals on Wheels (\$ 8.00 to \$10.00 each) are available in:

- Peterborough - Mondays to Fridays
- Lakefield – Tuesdays and Thursdays
- Norwood – Tuesdays and Thursdays
- Havelock - Tuesdays and Thursdays

Frozen Meals on Wheels (entrees (\$5.25 each), soups (\$2.50 each) and desserts (\$2.50)), are also available in these communities and additionally in Buckhorn, Apsley, Bridgenorth, Ennismore, Keene and Millbrook areas.

“We have great menu options available, and I encourage residents to try these meal deliveries, delivered right to your door and can be conveniently heated when you need them,” added Belair.

Prefer to prepare your own meals? Grocery shopping and delivery service is also available.

“If you are interested in grocery shopping services, please call the Community Care office closest to you to make arrangements to purchase a grocery card which will be used by your volunteer shopper to purchase your groceries,” said Catherine Pink – CCP’s Director, Support Services. “If you have pre-ordered your groceries and need someone to pick them up and deliver to your home, we just need to know what store and time /date for pick up.”

In constant contact with Peterborough Public Health, Community Care is committed to their part in limiting the spread of COVID-19. They have cancelled only their Blood Pressure Clinics, Foot Clinics, In-person (indoor) falls prevention and exercise classes, and have closed their New to You Thrift Stores.

“All other programs like Meals on Wheels, Transportation, Home Help & Maintenance, Home at Last, etc. will remain in operation, all adapted to comply with safety protocols,” said Belair.

“Our Exercise and Wellness Supervisor Coordinator also has an exciting catalogue of free fitness classes geared to older adults, available by Zoom, for those who are looking for active activities.”

Community Care remains focused on supporting residents in the City and County of Peterborough.

“We appreciate all those who are staying home and allowing our staff and volunteers to remain focused on providing programs that are supporting our clients and area residents to remain safely in their homes,” said Belair.

For more information about Community Care Peterborough’s programs call (705)742-7067 or visit www.commcareptbo.org.

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