

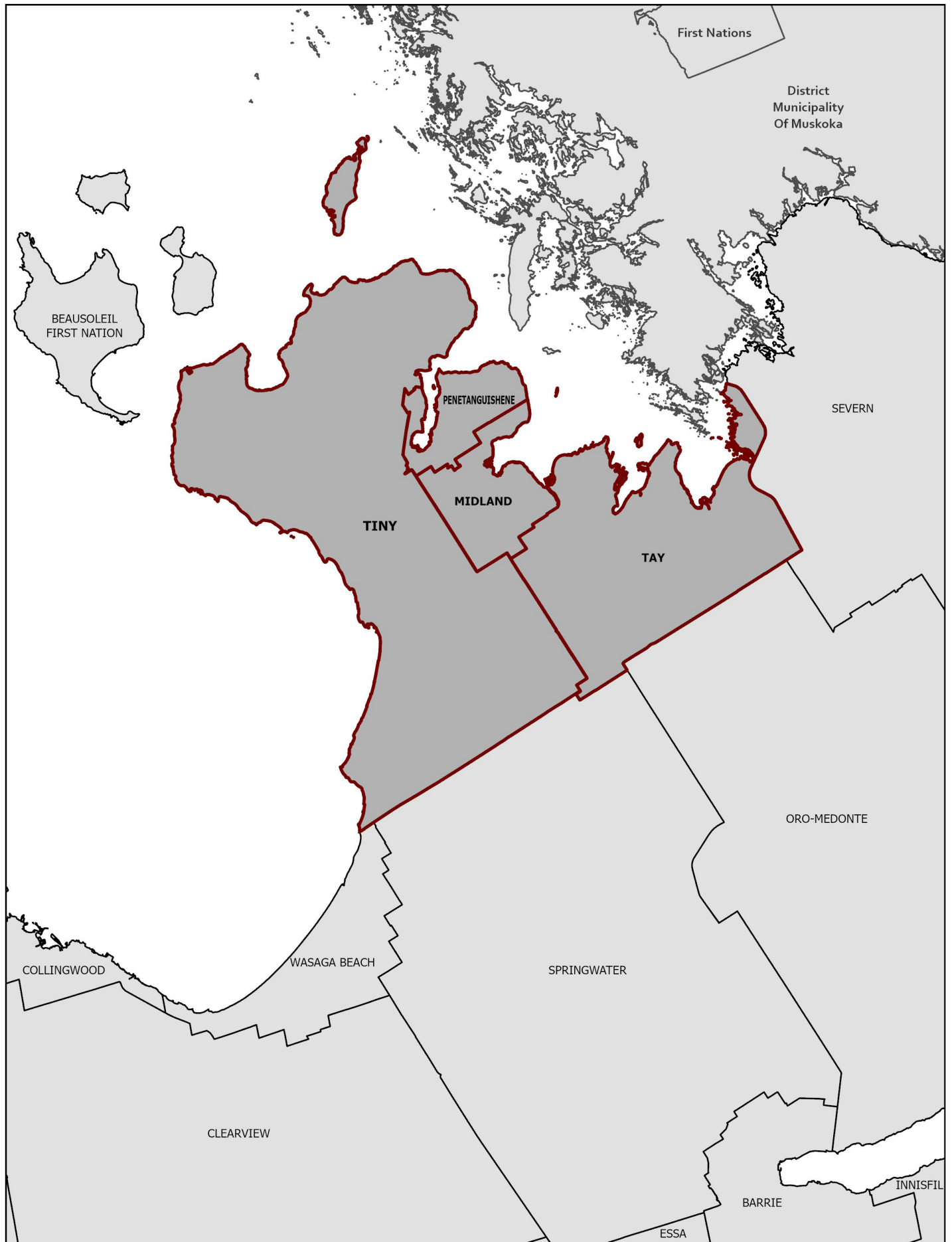


NORTH SIMCOE DIRECTORY OF SENIOR SERVICES 2026 - 2028



TOWNSHIP OF/CANTON DE
Tiny

Map



About the North Simcoe Directory of Senior Services

This Directory was created in response to requests about available senior services in North Simcoe and surrounding areas. This was a need raised through public consultation during the development of Tiny's Local Aging Plan in 2016 and through working with Senior Advisory Committees in neighbouring municipalities. Improving the communication of services and programs available to older adults has since been identified as a key priority in both municipal and county age-friendly community plans and strategies. The Directory is a resource guide and serves as a phone and service directory for seniors and their families.

We would like to acknowledge and thank the Ministry of Seniors and Accessibility and the County of Simcoe for originally making this project possible with funding received through the Seniors Community Grant Program and the Simcoe County Age-Friendly Municipal Grant Program.

Connecting seniors, their families and caregivers with services in the community is important to North Simcoe municipalities. However, it is not the purpose of this directory to include all available services. We have made every effort to provide accurate listings, but, we do not endorse the services and agencies listed here, nor are we legally responsible for their actions. The information contained in this document may have changed since the publication of this directory.

The Townships of Tiny and Tay and Towns of Midland and Penetanguishene cannot be held responsible for any consequences associated with this content.

Further Resources

Visit Ontario.ca/seniors for an additional comprehensive guide of resources available in Ontario, under Programs and Services for Seniors in Ontario.

Visit www.Simcoe.ca/residents/seniors for community resources, links to services, volunteer opportunities, Age-Friendly initiatives, and a new Calendar of Activities for Older Adults.

Visit www.tiny.ca/seniors and click on the Senior Services Directory button to access a digital copy with links to web pages and emails.

Copies are available at your local Municipal Office.

The Township of Tiny

A culturally diverse community, that respects the traditions of the past, is future focused, while protecting our environment and heritage for generations to come.

Address / Phone Numbers	Council Members	
130 Balm Beach Road West, Tiny, ON, L0L 2J0 Monday-Friday: 9:00am-4:30pm	Mayor David Evans	mayorevans@tiny.ca
Main Office: 705-526-4204	Deputy Mayor Sean Miskimins	deputymayormiskimins@tiny.ca
Toll Free: 1-866-939-8469	Councillor Dave Brunelle	councillorbrunelle@tiny.ca
	Councillor Kelly Peter Helowka	councillorhelowka@tiny.ca
	Councillor Steffen Walma	councillorwalma@tiny.ca
	To leave a message for a member of Council, contact The Township of Tiny's Executive Assistant to CAO, Mayor, and Council at 705-526-4204	
After Hours Emergencies for Roads, Water and By-law: 705-526-4204	Committee of the Whole and Council Meetings are live streamed and archived on our Township of Tiny YouTube channel.	

Committee of the Whole and Regular Meetings of Council

Council meets every three weeks on a Wednesday in Council Chambers.

The Regular Committee of the Whole meeting immediately follows the Regular Council meeting to commence at 2:00 p.m. Planning Public Meetings, as required, are held at 5:00 p.m. on the Wednesday before a Committee of the Whole / Council meeting and will be advertised by public notice.

To see all Council Meeting dates or to view the meetings live streamed, visit www.tiny.ca/livestream.

The Town of Midland

The Town of Midland is located in the Heart of Georgian Bay, home to world class freshwater, breathtaking views, and a rich cultural heritage.

The Town has become the nerve centre of North Simcoe for economic prosperity, fabulous lifestyle in idyllic surroundings and an abundance of recreational pursuits.

Address / Phone Numbers	Council Members	
Town Hall: 575 Dominion Avenue Midland, ON L4R 1R2	Mayor Bill Gordon	x2001 bgordon@midland.ca
	Deputy Mayor Beth Prost	x2009 bprost@midland.ca
Regular Business Hours: Monday-Friday 8:30 am to 4:30 pm	Councillor Roberta Bald	x2003 rbald@midland.ca
	Councillor Jamie-Lee Ball	x2004 jball@midland.ca
Closed statutory holidays		
Town Hall Customer Service: 705-526-4275	Councillor Howie Major	x2005 hmajor@midland.ca
Fax: 705-526-9971	Councillor Sheldon East	x2006 seast@midland.ca
Recreation Centre: 527 Len Self Boulevard 705-526-9395	Councillor Catherine MacDonald	x2007 cmacdonald@midland.ca
	Councillor Bill Meridis	x2008 bmeridis@midland.ca
After Hours Issues with Roads, Water and Sewer: 705-526-4275	Councillor Jaz Patel	x2002 jpatel@midland.ca

Regular Council with Committee of the Whole

6:00 p.m. Council Chambers / Zoom

Council meets every three weeks, on a Wednesday in the Municipal Office Council Chambers, via Zoom.

Council meetings are video recorded by Rogers TV Midland. Visit midland.ca to view a recording on our YouTube Channel, for meeting dates and to subscribe to receive email notifications when Council Meeting agendas are posted.

The Town of Penetanguishene

The Town of Penetanguishene is a picturesque and thriving bilingual community at the southern tip of beautiful Georgian Bay in Ontario, Canada.

Address / Phone Numbers	Council Members	
10 Robert Street W Penetanguishene ON L9M 2G2 Monday-Friday: 8:30 am to 4:30 pm	Mayor Doug Rawson	drawson@penetanguishene.ca
	Deputy Mayor Dan La Rose	dlarose@penetanguishene.ca
	Councillor Bonita Desroches	bdesroches@penetanguishene.ca
	Councillor Doug Leroux	dleroux@penetanguishene.ca
Main Office: 705-549-7453 After Hours Emergencies for Roads and Water: 1-888-921-1258	Councillor Suzanne Marchand	smarchand@penetanguishene.ca
	Councillor George Vadeboncoeur	gvadeboncoeur@penetanguishene.ca
	Councillor Bill Waters	bwaters@penetanguishene.ca

Council and Committee of the Whole meets the second Wednesday of every month in Council Chambers at Town Hall starting at 7:00 pm.

Would you like to address Town Council on an issue? If so, you may wish to appear as a delegation at an upcoming Council or Coordinated Section Committee meeting by contacting our office.

To stay up to date on what is happening in Penetanguishene, we have created multiple ways to interact with us including an email subscription where you can get emails delivered to you directly informing you of news, events and decisions of Council. To sign up for this service, you can visit our website at www.penetanguishene.ca or call 705-549-7453. In addition to our electronic and digital communications, we also provide a quarterly newsletter called “What’s Up” that is mailed to residents. Hard copies of these newsletters are also available at Town Hall and the Library.

To follow us online, visit our official pages of the Town on Facebook, Instagram, Twitter and YouTube (@Penetanguishene).

The Township of Tay

Tay Township is a strong, cohesive rural community that celebrates and promotes our unique history, natural heritage, and recreational amenities as the cornerstone to our quality of life. Our unique villages support a host of events, services and businesses that contribute to growing the local economy and create a unique destination experience.

Address / Phone Numbers	Council Members	
450 Park Street Victoria Harbour, ON L0K 2A0 Monday – Friday 8:30a.m.-4:30p.m.	Mayor Ted Walker	x258 twalker@tay.ca
	Deputy Mayor Barry Norris	x290 bnorris@tay.ca
	Councillor Paul Raymond	x291 praymond@tay.ca
	Councillor Sandy Talbot	x292 stalbot@tay.ca
Office: 705-534-7248	Councillor Sylvia Bumstead	x293 sbumstead@tay.ca
Toll Free: 1-800-281-8869	Councillor Judy Larmand	x294 jlarmand@tay.ca
For after-hours emergency service for Water, Wastewater, Roads and Parks call: 705-526-5762	Councillor Gerard LaChapelle	x295 glachapelle@tay.ca
	All Council and Committee agendas and minutes are posted online at: https://tay.civicweb.net/Portal	
For other emergencies call: 911	For additional Township contacts visit: www.tay.ca/municipal-government/contact-us	

Committee of the Whole and Regular Meetings of Council

Committee of the Whole Meetings are held virtually on the second Wednesday of each month, commencing at 9:00 a.m. Regular Council meetings are held in-person on the fourth Wednesday of each month at 7:00 p.m. Please visit our Town Hall Portal to view agendas, minutes and schedules. All Council and Committee of the Whole meetings are live streamed to the Tay Township YouTube Channel.

2-1-1

What is 211?

- 211 is the source Canadians trust when seeking information and services to deal with life's challenges.
- 211's award-winning telephone helpline (2-1-1) and website (211ontario.ca) provide a gateway to community, social, spiritual, non-clinical health and related government services.
- 211 helps to navigate the complex network of human services quickly and easily, 24 hours a day, 7 days a week, in over 150 languages.
- 211 connects people to the right information and services, strengthens Canada's health and human services, and helps Canadians to become more engaged with their communities.
- 211 Ontario is a free service. It is funded through all three levels of government and the United Way.

Life Can Be Hard

Finding Help Can Be Easy

Contact 211 day or night to find support for all of life's challenges



SUPPORTED BY:



United Way
Centraide

211 HELPLINE: FREE | CONFIDENTIAL | 24/7 | 150+ LANGUAGES



CALL OR TEXT
2-1-1













E-MAIL
gethelp@211ontario.ca



SEARCH OR CHAT
211Ontario.ca

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Emergency Services

Service	Contact
Emergency	911
AIDS and Sexual Health Hotline	1-800-668-2437
Crime Stoppers of Simcoe-Dufferin-Muskoka	Tip Line: 1-800-222-8477 www.crimestopperssdm.com
Drug and Alcohol Help Line	1-800-565-8603 / 1-866-531-2600
Enbridge Gas Distribution Emergency	1-866-763-5427 www.enbridgegas.com/ontario/safety
Health811 Ontario	811
Hydro One Outage Information	1-800-434-1235 www.hydroone.com/power-outages-and-safety/stormcentre-outage-map
Legal Line	info@legalline.ca www.legalline.ca
Mental Health Crisis Line	Crisis Line: 1-888-893-8333
Newmarket Tay Hydro Outage Information	Midland: 705-526-9361 Tay: 705-534-7281 Report outage: 1-888-735-4801 www.ntpower.ca/outages/outage-map
Poison Control Centre	1-800-268-9017
Problem Gambling Help Line	1-888-230-3505
Senior Safety Line, Elder Abuse Ontario	1-866-299-1011
Service Ontario	1-800-267-8097
Suicide Hot Line	988 or 1-833-456-4566
Victim Support Line	1-888-579-2888

Information Services

Advocacy Centre for the Elderly Community

Free legal clinic which offers advocacy, community legal education, and representation for eligible clients in cases involving issues of particular importance to seniors. Funded by Legal Aid Ontario.

Phone:

416-598-2656

Toll Free:

1-855-598-2656

Website:

www.ancelaw.ca

Address:

55 University Avenue, Suite 1500
Toronto, ON

Community Connection 211 Central East Region

Confidential information and referral service. A community navigator will assess your needs and offer referral and advocacy to assist you in accessing the appropriate health, social, spiritual, government, community and human services.

Toll Free:

Dial 2-1-1

1-866-743-7818

Website:

<https://centraleastontario.cioc.ca/>

Home and Community Care, North Simcoe Muskoka (NSM) Healthline Website

Up-to-date online information about health services available in the area of North Simcoe County and the District of Muskoka.

Toll Free:

1-888-721-2222

Website:

www.nsmhealthline.ca

Ministry of Long-Term Care

Information on long-term care homes and homecare services in Ontario.

Toll Free:

1-800-268-1153

1-888-721-2222

705-721-8010

Website:

www.ontario.ca/page/long-term-care-ontario

Address:

15 Sperling Drive, Suite 100
Barrie, ON

Information Services (cont.)

Retirement Homes Regulatory Authority

A regulatory agency which licenses retirement homes in Ontario. Public register, information, referral and education. Receives and investigates complaints on behalf of retirement home residents.

Toll Free:

1-855-275-7472

Email:

info@rhra.ca

Website:

www.rhra.ca

Address:

55 York St, Suite 700,
Toronto, ON

Senior's INFO Line

See what programs and services are available to help you lead a healthy, active and engaged life after 65.

Toll Free:

1-888-910-1999

Email:

infoseniors@ontario.ca

Website:

www.ontario.ca/page/seniors

Hearing Services

Audia Hearing Aid Inc.

Services include hearing tests, on-site Hearing Instrument Specialist, prescriptions for hearing aids, sales and service of hearing aids, hearing aid batteries, ear cleaning and cerumen management.

Call for hours of operation or go to our website and click on location.

Midland Phone:

705-996-5723

Midland Email:

midland@audiahearing.ca

Midland Address:

Huron Medical Centre, 240 Old Penetanguishene Rd., Suite 208, Midland, ON

Penetanguishene Phone:

705-410-6559

Penetanguishene Email:

penetang@audiahearing.ca

Penetanguishene Address:

Georgian Village, 101 Thompsons Rd Rendezvous, Unit 2, Penetanguishene, ON

Website:

www.audiahearing.ca

Hearing Rehab Centre

Complete audiological services including hearing tests, hearing aid dispensing, free aural rehabilitation and counselling as well as service and repair of hearing aids.

Appointment only

Phone:

705-527-0940

Email:

thehearingrehabcentre@outlook.com

Website:

www.hearingrehabcentre.ca

Address:

952 Jones Rd, Suite B3, Midland, ON

Connect Hearing

Provides sales and service of hearing aids, wax removal, custom noise protection services, testing and treatment. Free hearing tests for seniors.

Phone:

705-245-3222

Email:

midland@connecthearing.ca

Website:

www.connecthearing.ca

Address:

339 King St, Midland, ON

Hospitals and General Care Services

Chigamik Community Health Centre

Variety of health care services for registered clients and wellness programs open to the community. Please call to confirm hours or visit the website for further information.

Phone:

705-527-4154

Website:

www.chigamik.ca

Address:

287 Bayshore Dr, Midland, ON

FHTT Medical - Concierge Service – Nurse Practitioner

Improve healthcare experience and help with navigating the healthcare system. Book appointment on website.

Phone:

705-300-3813

Email:

tiara@fhtt.me

Website:

www.fhtt.as.me/midland

Address:

19-9225 Hwy 93, Huronia Mall,
Midland, ON (inside the Guardian
Pharmacy, Huronia Mall)

Georgian Bay General Hospital

Provides emergency health care, acute and intensive care, inpatient and ambulatory care, as well as Surgery, Obstetrics, Regional Complex Continuing Care programs and Regional Rehabilitation programs.

Dialysis is provided at 611 Prospect Boulevard, Midland

Phone:

705-526-1300

Website:

www.gbgh.on.ca

Address:

1112 St Andrew's Dr, Midland, ON

North Simcoe Family Health Team

A variety of programs and services are accessible to the community. Please call for hours. For further information and available services or go to the website.

Phone:

705-526-7804

Website:

www.nsfht.ca

Address:

619 Prospect Blvd, Suite 3
Midland, ON

Hospitals and General Care Services (cont.)

Royal Victoria Regional Health Centre

Community hospital providing health care services for clients from Simcoe County and the districts of Muskoka and Parry Sound. The health Centre specializes in Cancer Care, Surgical Services, Critical Care and Emergency Room Care.

Phone:

705-728-9802

Website:

www.rvh.on.ca

Address:

201 Georgian Dr, Barrie, ON

Simcoe Muskoka District Health Unit

Health agency that addresses public health issues and promotes healthy living. Programs include immunization, sexual health clinic, dental health, physical health and more.

Phone:

705-526-9324

Website:

www.simcoemuskokahealth.org

Address:

A - 925 Hugel Ave, Midland, ON

Soldiers' Memorial Hospital Orillia

Hospital providing emergency health care, acute and intensive care, inpatient and ambulatory care, as well as surgical and obstetrical services.

Phone:

705-325-2201

705-325-1231 (TTY)

Emergency:

705-327-9100

Email:

info@osmh.on.ca

Website:

www.osmh.on.ca

Address:

170 Colborne St W, Orillia, ON

Hospitals and General Care Services (cont.)

Waypoint Centre for Mental Health Care

Specialty mental health hospital serving Simcoe County, Muskoka and areas of Parry Sound and Dufferin County.

Referral required from physician / psychiatrist or nurse practitioner.

Toll Free:

1-877-341-4729

705-549-3181

Canadian Mental Health Association – Crisis Line:

705-728-5044

Website:

www.waypointcentre.ca

Address:

500 Church St, Penetanguishene, ON

Ontario Structured Psychotherapy Program – Central North

Provides free, confidential mental health support for adults and older adults. Seniors can access Cognitive Behavioural Therapy (CBT) and related services through virtual sessions, phone calls, or in-person support to help manage anxiety, depression, trauma, and more.

Phone:

1-877-341-4729 ext. 2883

Email:

osp@waypointcentre.ca

Website:

www.therapyontario.ca

Address:

500 Church St, Penetanguishene, ON

Medical Home Support Services

Bayshore Health Care

Providers of home and community health care services. 2 strands – government (referral needed) or private care. Fees for private care based upon service.

Toll Free:

1-877-289-3997

Email:

clientservice@bayshore.ca

Website:

www.bayshore.ca

Care Partners

Provides personal support workers and nursing care for patients in homes, retirement homes, clinics, and workplaces. Services are available across Ontario, in both urban and rural communities.

Phone:

705-721-4547

Website:

www.carepartners.ca

Address:

75 Cedar Pointe Dr, Unit 904 Barrie, ON

Community Paramedicine Home Visit Program

Supports patients to stay healthy and independent in their own homes. Trained Community Paramedics perform in-home care by performing wellness checks, vital signs (including ECG), blood work, COVID-19 testing, flu and COVID-19 vaccinations, physical assessments, chronic disease management and more.

Phone:

705-726-9300 x 1579

Toll Free:

1-866-893-9300 x1579

Email:

commparamedicine@simcoe.ca

Website:

www.simcoe.ca/
communityparamedicine

Dynacare Laboratory

Medical laboratory services

Phone:

705-526-0118

Website:

www.dynacare.ca

Address:

240 Penetanguishene Rd,
Unit 110B, Midland, ON

Medical Home Support Services (cont.)

Ontario Health at Home – North Simcoe Muskoka

Provides a wide range of services and resources to help people to stay well, heal and stay safe in their home longer. Call for details.

Eligibility: No cost as long a person has a valid Ontario Health Card.

Phone:

705-721-8010

TTY:

771

Toll Free:

310-2222 (no area code required)
or 1-888-721-2222

Website:

[www.ontariohealthathome.ca/
region/north-simcoe-muskoka/](http://www.ontariohealthathome.ca/region/north-simcoe-muskoka/)

Address:

15 Sperling Dr, Suite 100, Barrie, ON

Home At Last Program VON Simcoe County

Program provides support and assistance at time of hospital discharge, including transportation.

Please call for further information.

Phone:

705-737-5044 x 8101

Website:

www.von.ca

Address:

299 Lakeshore Dr, Unit 002,
Barrie, ON

Lifelabs

Medical laboratory services.

Toll Free:

1-877-849-3637

Website:

www.lifelabs.com

Address:

101 Thompsons Rd, Penetanguishene, ON

SE Health

Delivers quality, trusted home care to people where and when they need it.

Fees: Based upon service or medical referral.

Toll Free:

1-800-463-1763

Email:

communicationssehc@sehc.com

Website:

www.sehc.com

Address:

90 Allstate Parkway, Suite 300,
Markham, ON

Medical Supplies and Accessibility

Assistive Device Exchange - Quipit

Online resource to sell, purchase or give-away gently used medical equipment or accessibility devices.

Email:

inquiries@goquipit.com

Website:

www.goquipit.com

Independent Living Services Simcoe County

Variety of support, programs and services for those living with physical disabilities.

Fees: No cost, if you qualify.

Phone:

705-737-3263

Toll Free:

1-800-465-1133

Email:

arc@ilssimcoe.ca

Website:

www.ilssimcoe.ca

Address:

15 Cedar Point Dr, Unit 10, Barrie, ON

Lifemark Seniors Wellness - Mobility Seating and Mobility Clinic

Conducts free Assistive Devices Program (ADP) assessments to residents within North Simcoe Muskoka. Provides free walker / rollator, manual wheelchair and seating cushion support assessments for community seniors (age 55+) living in North Simcoe Muskoka. If eligible, up to 75% of the cost of a prescribed assistive device, such as a walker or wheelchair, may be covered.

Please note that we are unable to provide assessments for powered / electronic wheelchairs, scooters, tilt chairs or other at-home equipment devices.

Toll Free:

1-877-696-1620

Further information on Assistive Devices Program (ADP):

www.ontario.ca/page/assistive-devices-program

Medical Supplies and Accessibility (cont.)

Ontario Renovates - Simcoe County

Program includes funding for urgent repairs, renovations and accessibility modifications for low to moderate income homeowners. Funding of up to \$15,000 per unit is available.

Accessibility modifications are particularly beneficial for seniors to allow them to 'age in place' and persons with disabilities who require unit modifications.

Application intake for urgent home repairs and accessibility modifications is year-round; however, as funding is limited, applicants may be placed on a waitlist.

Eligible applications are reviewed in the order they are received.

Phone:

705-725-7215

Email:

iah@simcoe.ca

Website:

www.simcoe.ca/ontariorenovates

Superior Home Healthcare Centre

Retail store offering sales, rental and repair of medical and accessibility equipment. Professional fitting and recommendations for compression stockings, braces and home wellness and daily living equipment and supplies.

Phone:

705-528-1515

Email:

midland@superiorhomehealthcare.ca

Website:

www.superiorhomehealthcare.ca

Address:

516 Yonge St, Midland, ON

Align Home Health Care

Provides seniors with home medical equipment, mobility aids, and personalized support services, including rentals, repairs, and in-home assessments, to help them maintain independence and safety in their daily lives.

Toll Free:

705-503-9773

Website:

www.alignhomehealthcare.ca/locations/barrie/

Address:

72 Churchill Drive, Unit 3, Barrie, ON

Medical Supplies and Accessibility (cont.)

HME Ltd. Home Medical Equipment

Retail store offering mobility solutions like wheelchairs, scooters, lift chairs, and bathroom safety equipment, along with rentals, repairs, and in-home assessments.

Phone:

705-315-8677

Website:

www.hmemobility.com

Address:

660 Bayview Drive, Unit 16 Barrie, ON

Well Wise - By Shoppers Drug Mart

Retail store offering sales, rental and repair of medical and accessibility equipment. Professional fitting and recommendations for compression stockings, braces and home wellness and daily living equipment and supplies.

Website:

www.wellwise.ca

Orillia Phone:

705-325-8855

Orillia Address:

22 Colborne St W, Orillia, ON

Barrie Phone:

705-722-6336

Barrie Address:

524 Bayfield St N, Barrie, ON

Specialized Programs and Services

Advanced Foot and Orthotic Clinic

Provides medical foot care to the Southern Georgian Bay community including: nail problems, corns and calluses, warts, orthotics, diabetic foot care, laser treatment, senior foot care, footwear, foot care education and more.

Phone:

705-526-6363

Text:

705-527-4816

Email:

info@advancedfootclinic.ca

Website:

www.advancedfootclinic.ca

Address:

263 Midland Ave, Midland, ON

Alzheimer Society of Simcoe County; Barrie Office

Provides programs and services to individuals who are living with progressive dementia or are a care partner supporting a person living with progressive dementia.

Call for appointment, visit website for referral form.

Phone:

705-722-1066

Email:

simcoecounty@alzheimersociety.ca

Website:

www.alzheimer.ca/simcoecounty/en

Address:

20 Anne St S, Unit 3, Barrie, ON

Arthritis Society - Midland and Penetanguishene Program

Information, programs and support available to the public.

Fees: No cost. Valid Ontario Health Card required.

Toll Free:

1-800-321-1433 x 3307

Email:

info@arthritis.ca

Website:

www.arthritis.ca

Address:

North Simcoe Family Health Team,
619 Prospect Blvd, Midland, ON

Specialized Programs and Services (cont.)

Bajic Denture Clinic

Offers full and partial dentures, implant supported dentures, repairs, relines and tooth addition same day. House calls available.

Phone:

705-526-4041

Website:

www.bajicdentures.ca

Address:

519 Hugel Ave, Midland, ON

Canadian Cancer Society

Cancer Info Hotline, Cancer Info Service (CIS) – treatment, research and living with it.

Transportation Services for cancer treatment.

Hotline:

1-888-939-3333

Websites:

www.cancer.ca/en

www.cancer.ca/en/living-with-cancer/how-we-can-help/transportation

Canadian National Institute for the Blind (CNIB) Simcoe / Muskoka

Information, programs and support available to the public.

Fees: No charge for services, cost for purchased consumer products.

Phone:

1-800-563-2642

Website:

www.cnib.ca

Address:

90 Collier St., Unit 5, Barrie, ON

Community Diabetes Education Program; North Simcoe Family Health Team

No referral required.

Fees: No cost.

Phone:

705-526-7804 ext. 208, 222, or 228

Website:

www.nsfht.ca/diabetes-education

Address:

North Simcoe Family Health Team
619 Prospect Blvd, Midland, ON

Specialized Programs and Services (cont.)

Dentures by Denturists

Services include: precision implant supported dentures, full dentures, partial dentures, immediate dentures, same day repairs, digital dentures and more.

Free consultation. House calls available.

Phone:

705-549-5361

Website:

www.denturesbydenturists.ca

Address:

2 Robert St W, Penetanguishene, ON

March of Dimes

Wide range of services and programs for those with physical disabilities. Home and vehicle modification program provides funding for modifications to manage disability impairments.

Fees: No cost.

Phone:

705-300-0572

Website:

www.marchofdimes.ca

Address:

5 Quarry Ridge Road, Unit 206, Barrie, ON

Ontario Seniors Dental Care Program

The Ontario Seniors Dental Care Program (OSDCP) provides free dental care to those who are eligible. It is funded by the Province of Ontario.

To be eligible you must:

- Be an Ontario resident aged 65 and over
- Have an income of \$25,000 or less (or a combined annual income of \$41,500 or less for a couple).
- Not have dental benefits.

Eligibility for the OSDCP is assessed by verifying income on annual tax return using Social Insurance Number (SIN) provided when applying to the program.

A dental card will be mailed to the applicant once the application is approved.

Apply online or by mail (or contact the Simcoe Muskoka District Health Unit 1-877-721-7520)

Toll Free:

1-833-207-4435

Website:

www.ontario.ca/seniorsdental

Specialized Programs and Services (cont.)

Parkinson Canada

Information, programs and support available to the public.

Fees: No cost.

Toll Free:

1-800-565-3000

Website:

www.parkinson.ca

Psychogeriatric Services - Wendat Community Programs

Specialized programs for individuals with mental health and complex care needs.

Eligibility: 65 +years of age

Contact for further information.

Phone:

705-355-1022

Website:

www.wendatprograms.com

Address:

237 Second St, Midland, ON

Osteoporosis Canada - Simcoe Muskoka

Offers free education, support programs, and resources to help seniors maintain strong bones, prevent fractures, and live active, healthy lives.

Phone:

1-800-463-6842 ext. 2319

Email:

mmenecola@osteoporosis.ca

Website:

www.osteoporosis.ca

Safety and Security

Canadian Anti-Fraud Centre

Information on fraud and identity theft scams affecting Canadians.

Toll Free:

1-888-495-8501

Website:

www.antifraudcentre.ca

Community Legal Clinic, Midland Satellite Office

Wide range of services and programs for those with physical disabilities. Home and vehicle modification program provides funding for modifications to manage disability impairments. Fees: No cost.

Phone:

705-326-6444

Toll Free:

1-800-461-8953

Email:

info@communitylegalclinic.ca

Website:

www.communitylegalclinic.ca

Address:

71 Colborne St. E., Orillia, ON

Consumer Protection

Information about how to protect your finances, spend wisely and make informed decisions.

Phone:

416-326-8800

Toll Free:

1-800-889-9768

Toll Free TTY:

1-877-666-6545

Website:

www.ontario.ca/ConsumerProtection

Emergency Management Ontario

Online information about Emergency Preparedness.

Website:

www.ontario.ca/beprepared

Lifeline

Various personal and safety alert and alarm systems, including medication reminder systems.

Fees: Costs for service and equipment provided.

Web:

www.lifeline.ca

Toll Free:

1-866-958-5669

Safety and Security (cont.)

Huronion Alarm and Fire Security Inc.

Sales and services for: security, fire safety, medical and life safety products with monitoring station. Lock, key and safe sales, service and installation with 24/7 emergency call-out assistance available.

Toll Free:

1-800-565-3000

Phone:

705-526-9311

Email:

securityservices@huronionalarms.com

Website:

www.huronionalarms.com

Address:

233 Midland Ave, Midland, ON

Law Society Referral Service

Service which will connect you to a lawyer or paralegal who provides a brief consultation at no cost.

Toll Free:

1-855-947-5255

Email:

lsrs@lso.ca

Website:

https://lsrs.lso.ca

Medic Alert

Wearable medical identification to provide information to healthcare providers in case of a health emergency.

Fees: Cost for wearables and monthly program fee.

Phone:

1-800-668-1507

Website:

www.medicalert.ca

Ontario Provincial Police, Southern Georgian Bay Detachment

Detachment personnel provide enforcement and investigative services serving Georgian Bay.

Text to 9-1-1 service available for persons who are deaf, hard of hearing, or speech impaired.

Phone:

705-526-3761

Communications Centre:

1-888-310-1122 (to make reports)

Address:

16864 Highway 12, Midland, ON

Self Care and Support

Alzheimer Support Group

Confidential care partner support group which connects people (family and friends) who are supporting people living with dementia. It is a safe environment to share challenges and successes and realize you are not alone. Talk to others who are going through similar experiences, increase understanding of dementia and develop and broaden coping strategies.

Eligibility: Family, friends and caregivers of persons living with Alzheimer's disease and other dementias.

Fees: No cost

Phone:

705-722-1066
or 1-800-265-5391

Email:

simcoecounty@alzheimersociety.ca

Website:

www.alzheimer.ca/simcoecounty/help-support/programs-services

Address:

20 Anne Street South, Barrie, ON

Red Cross Simcoe Muskoka Senior Support Services

Friendly Visiting Program: Canadian Red Cross volunteers make regular visits in the community to elderly residents who live alone. The goal of the Friendly Visiting program is to bring friendship and company to participants. Spending time with someone who shares your interests, having a relaxing conversation or simply a smile can be an uplifting experience for all those involved.

Friendly Calls Program: A free service offering regular phone calls from trained Red Cross volunteers to provide supportive listening, social interaction, and emotional support. Priority is given to home and community care clients aged 65+, but any adult who may benefit from reducing anxiety, depression, or loneliness is welcome. Calls are scheduled based on individual needs and can range from a quick safety check-in to a longer social conversation.

Fees: No cost.

Phone:

705-721-3313 ext. 4

Email:

simcoe@redcross.ca

Website:

www.redcross.ca/in-your-community/ontario/senior-support-services

Address:

65 Cedar Pointe Drive
Unit 809B Barrie, ON

Self Care and Support (cont.)

Georgian Bay Cancer Support Centre

A community-based organization with caring professionals and trained volunteers offering: support groups, wellness programs, educational seminars, expressive art classes and social activities. These services are for cancer patients, their families, and caregivers.

Fees: No cost.

Phone:

705-549-6444

Email:

info@gbcancersupportcentre.ca

Website:

www.gbcancersupportcentre.ca

Address:

45 Edward St, Penetanguishene, ON

Hospice Huronia, Tomkins House

Physical, emotional and social support to individuals and their families / caregivers dealing with a life-threatening illness. Services available in the home, hospital, or nursing home. Bereavement Support - Support for anyone who has experienced the death of someone close, available in individual or group setting. Referrals from physicians, caregivers, friends, family or community services or self-referral; call for information.

Fees: No cost.

Residential Hospice available – Tomkins House

Phone:

705-549-1034

Email:

info@hospicehuronia.ca

Website:

www.hospicehuronia.ca

Address:

948 Fuller Ave, Penetanguishene, ON

Meal and Food Programs

Georgian Bay Food Network

Provides access to perishable and non-perishable food items for individuals and families in need.

Phone:

705-812-6500

Website:

www.gbfn.org

Address:

230 Aberdeen Blvd, Unit 1 and 2
Midland, ON

Good Food Box

Provides individuals with the opportunity to purchase affordable produce on a monthly basis. Call by the seventh day of the month to place an order. Good Food Boxes must be pre-ordered and paid for in person by the 7th of each month. Pick up on the 4th Tuesday of the month. Order Monday-Friday 9:00 am-5:00 pm.

Fees: Cost based on box size.

Phone:

(705) 956-0251

Email:

northsimcoegoodfoodbox@gmail.com

Website:

www.facebook.com/northsimcoegoodfoodbox

Order / Pick Up Locations:

Midland - Midland Alliance Church, Sacred Heart School (Sept–June)

Tay Township - Public libraries in Port McNicoll, Victoria Harbour and Waubaushene

Elmvale - Elmvale Public Library

Penetanguishene - La Clé de l'emploi Employment Services, Village Square Mall, Unit 7, Penetanguishene Legion (Pickup only)

Lafontaine - Lafontaine Community Centre. Pick up window 12:00 pm – 1:00 pm

Meal and Food Programs (cont.)

Healthy Eating Program, CHIGAMIK Community Health Centre

Variety of dietary and nutrition services and programs, including dietician consultations, available to clients of Chigamik. Call for further details and eligibility.

Phone:

705-527-4154

Website:

www.chigamik.ca/services/allied-health/dietitian

Heart to Home Meals

Purchase from a variety of 200 frozen meals, soups and dessert choices, as well as products for special dietary needs, including diabetic, low salt and renal diets. Each is designed by a chef and dietitian and delivered to your home.

Fees: based on products ordered.

Toll Free:

1-888-777-2219

Website:

www.hearttohomemeals.ca

Red Cross Meals on Wheels

The Red Cross provides hot or frozen, delicious and nutritious meals on a regular basis. All meals are delivered to your door by dedicated volunteers, who are trained in safe food handling practices and equipment. The Red Cross can accommodate your special diet request.

Prices vary by program. Call for further information.

Phone:

Hot Meals:

705-721-3313 x 2

Cold Meals:

705-721-3313 x 3

Address:

65 Cedar Pointe Drive, Unit 809B
Barrie, ON

Salvation Army Food Bank

Provides emergency food assistance once a month. Assistance for clothing, furniture and household goods provided on an emergency basis through the food bank by voucher.

Eligibility: people in need. Proof of income level and identification papers for family members required to register.

Fees: No cost.

Phone:

705-526-5683

Website:

www.salvationarmymidland.ca

Address:

55 Dominion Avenue, Midland, ON

Meal and Food Programs (cont.)

Social and Congregate Dining Program; Wendat Community Programs

Our in-house cook prepares nutritious meals at very low cost to eligible seniors who wish to share a meal in the stimulation of a social group environment and to those seniors who participate in the Day Program.

Eligibility criteria: Seniors 65 + years, living alone in the community or with a caregiver who would benefit from experiencing a meal with others. Resides in the Midland / Penetanguishene or immediate outlying area.

Call for more information or visit the website for referral form.

Phone:

705-355-1022 x 228

Website:

[www.wendatprograms.com/
social-congregate-dining](http://www.wendatprograms.com/social-congregate-dining)

Address:

237 Second St, Midland, ON

Society of St Vincent de Paul Food Pantry

Provides non-perishable foods to those in need. Offered weekly.

St. Margaret's - Midland

Eligibility: Anyone in need. Register in-person. Must provide identification of all parties involved, photo ID for any adults. Proof of address, financial, and expenses required.

St. Mary's – Victoria Harbour

Eligibility: Anyone in need. Initial first visit required and a statement of income and expenses.

St. Ann's – Penetanguishene

Eligibility: Anyone in need. Register in-person. Must provide identification of all parties involved, photo ID for each person in household and a statement of income and expenses.

St. Margaret's Catholic Church

589 Hugel Ave, Midland, ON
705-526-7585

Hours: Tues and Wed, 10-11:30am

St. Mary's Church Hall

266 Albert St, Victoria Harbour, ON
705-956-0022 ext. 2

Hours: Wed and Fri, 10-11:30am

St. Ann's Roman Catholic Church

28 Robert St W, Penetanguishene, ON
705-549-2560

Hours: Tues – Thurs, 1:30-4:00pm,
First Wednesday of the month at
6:30pm

Meal and Food Programs (cont.)

Unlock Food

A service that connects residents of Ontario to a Dietitian to help you make healthier food choices and answer your questions.

Fees: May be covered by OHIP

Toll Free:

Call Telehealth Ontario 8-1-1

Website:

www.unlockfood.ca

Village Market

The Village Market aims to close the good food gap by increasing the distribution of and access to fresh, healthy and affordable food by offering an affordable market at Georgian Village. Open on the 4th Wednesday of each month from 10am until 12pm.

Fees: Costs of products purchased.

Phone:

705-506-8899

Email:

info@seedproject.ca

Address:

Georgian Village, 101 Thompsons Rd,
Penetanguishene, ON

First Presbyterian Church – Caring Kitchen Soup Lunch

Every Monday, the Caring Kitchen at First Presbyterian Church opens its doors for a free soup lunch - no cost, no registration, no requirements. Just a warm meal, friendly faces, and a welcoming space for anyone who needs it.

Drop-in. No restrictions. No documents required.

Phone:

705-549-2776

Email:

first.presbyterian.church@rogers.com

Website:

www.firstchurchpenetang.com

Address:

20 Robert St E, Penetanguishene, ON

Transportation

55 Alive Driver Refresher Course, Canadian Safety Council

The 55 Alive Driver Refresher Course is designed to help Canadians 55 years and over to maintain their independence and their driving privileges.

Phone:

613-739-1535

Email:

csc@safety-council.org

Website:

<https://canadasafetycouncil.org/product/dt/55-alive-driver-refresher-course/>

Accessible Transit

Accessible Transit (AT) is a service for residents of Midland who are not able to access the regular Town of Midland Transit service due to a physical, cognitive, visual or sensory disability. An application and confirmation by a Health Professional is required. This service operated by Community Reach provides rides within the Towns of Midland and Penetanguishene.

Phone:

705-528-6999

Email:

admin@communityreach.ca

CT Link

CT Link helps to arrange transportation for residents of Simcoe County to get to medical appointments in and outside of Simcoe County. Individuals must request transportation on the website. 2-1-1 can be called to help book transportation.

Cost varies depending on destination.

Website:

www.ctlink.ca

Driver's License Renewal Program- Ministry of Transportation

Individuals age 80 or over are required to renew their licence every 2 years, with additional requirements and screening exercises.

Toll Free:

1-800-396-4233

Website:

www.ontario.ca/page/renew-g-drivers-licence-80-years-and-over

Transportation (cont.)

LINX PLUS+

LINX conventional buses are equipped with features to make them fully accessible. If you are unable to use conventional public transit due to a physical disability or functional disability, you may be eligible for travel on LINX PLUS+, the County of Simcoe's specialized transit service.

Toll Free:

1-800-263-3199

Email:

transit@simcoe.ca

Website:

www.simcoe.ca/residents/linx-transit/accessible-transit

Midland-Penetanguishene Transit

The Mid-Pen Transit Service provides reliable and accessible transit to the Penetanguishene and Midland communities. Mid-Pen Transit can accommodate wheelchairs and medical scooters on all buses.

Midland Phone:

705-526-4275 ext. 2255

Midland Website:

www.midland.ca/getting-around/transit

Penetanguishene Phone:

705-549-7992

Penetanguishene Website:

www.penetanguishene.ca/living-here/transit

Rides and Transportation- Red Cross Simcoe Muskoka

Transportation program that offers eligible clients assistance in travel to adult programs, hospitals, doctors' appointments, shopping or other activities related to health and wellbeing.

Eligibility: Elderly or disabled

Cost varies depending on destination

Phone:

705-721-3313

Website:

www.redcross.ca/in-your-community/ontario/nutrition-and-transportation/transportation

Transportation (cont.)

Simcoe County LINX – Transit

Simcoe County LINX is a conventional public transit system that links major urban hubs and local transit services in the County of Simcoe.

Toll Free:

1-800-263-3199

Email:

transit@simcoe.ca

Website:

www.simcoe.ca/residents/linx-transit

Transportation Linking Communities (TLC); Community Reach North Simcoe

TLC is an Inclusive Community Transportation Program serving residents of North Simcoe with limited income, older adults with limited support and people with disabilities. Local rides within North Simcoe include activities of daily living, social day-out programs and local health appointments. Rides to the GTA and Muskoka are for major health specialists and advanced medical testing. Cost varies depending on destination.

Phone:

705-528-6999

Email:

information@communityreach.ca

Website:

www.communityreach.ca

Address:

850 Hartman Dr,
Unit 104, Midland, ON

Wheels 4 Wheels- Huronia Seniors Volunteer Care Team

Wheelchair accessible transportation serving North Simcoe. Clients must be wheelchair dependent. For safety reasons, clients must travel with responsible escorts who are physically able to assist them in case of emergencies. Medical and social trips welcome.

Phone:

705-526-5566

Email (Booking Rides):

w4wdispatch@gmail.com

Email (General Info):

wheels4wheels@gmail.com

Address:

658 King Street, Midland, ON

Wheels of Hope – Canadian Cancer Society

Provides people living with cancer rides to and from their cancer treatment appointments. Must meet Eligibility requirements

Phone:

1-888-939-3333

Website:

www.cancer.ca/living-with-cancer/how-we-can-help/transportation

Housing

Bayfield House Retirement Lodge

Retirement lodge offering: 24-hour supervision / security, wellness services, respite and convalescent care, physician services, supplementary care services, recreational and exercise programs, physiotherapy as required, hair salon, spa room, laundry facilities, and weekly housekeeping. Trial stays available.

Phone:

705-549-9259

Website:

www.jarlette.com/retirement-lodges/bayfield-house-retirement-lodge

Address:

5 Beck Blvd, Penetanguishene, ON

Bayview Retirement Home

Independent and assisted retirement living with a variety of accommodation styles. Offering nursing support and home cooked nutritious meals.

Phone:

705-510-0101

Email:

bayviewretirement@rogers.com

Website:

www.bayviewretirement.ca

Address:

175 Walnut St, Waubaushene ON

Georgian Bay MyLife Retirement Residence

Offers retirement living, assisted living, and memory care, with a large variety of room styles, and pricing plans. Services include; 3 home-cooked meals, snacks and beverages, assistance in activities of daily living including medical and support services, companionship, and enriching daily activities.

Phone:

705-427-6947

Email:

stephanie.desjardins@myliferetirement.ca

Website:

www.myliferetirement.ca

Address:

7 Harriet St., Penetanguishene ON

Housing (cont.)

Georgian Manor

Fully accredited long-term care home featuring 146 beds, rooftop gardens, central dining, separate tub-spa and shower rooms, quiet family rooms, common activity rooms and wellness centre.

Contact the Home and Community Care Department of the Simcoe Muskoka Local Health Integration Network at 1-888-721-2222 to learn more about the application process.

Phone:

705-549-3166

Website:

www.simcoe.ca/ltc/homes/georgian/manor

Address:

101 Thompsons Road
Penetanguishene, ON

Georgian Village (Retirement)

Offering a choice of housing and care options, from the independent living in Garden Homes and Apartment Suites, to Retirement Living, and Affordable Housing.

Phone:

705-549-3166

Website:

www.simcoe.ca/ltc/homes/georgian/manor

Address:

101 Thompsons Road,
Penetanguishene, ON

Guesthouse Shelter

Short term overnight shelter that includes two meals daily as well as available laundry and shower facilities. Provides assistance in seeking permanent housing or retaining housing through assistance in planning, and facilitation of connections with a wide range of local support services.

Phone:

705-527-4111

Email:

stephanie@tghs.ca

Website:

www.theguesthouseshelter.ca

Address:

522 Elizabeth St, Midland, ON

Housing (cont.)

Hillcrest Village Care Centre

Long term care home with a secure special care unit. Priority access for veterans.

Contact the Home and Community Care Department of the Simcoe Muskoka Local Health Integration Network at 1-888-721-2222 to learn how to apply.

Phone:

705-526-3781

Email:

info@hvcc.ca

Website:

www.hillcrestvillage.com

Address:

255 Russell St, Midland, ON

Housing for Low-Income Seniors; Simcoe County Social and Community Services Division

Information on housing options for low-income seniors.

Phone:

705-735-6901

Website:

www.simcoe.ca/dpt/sh

Address:

1110 Highway 26, Midhurst, ON

King Place

Private or semi-private accommodation in furnished or unfurnished suites. Full-service amenities including housekeeping, meals, medication, foot care, beauty salon, banking services, registered nurse and recreational activities are available.

Phone:

705-526-0514

Email:

kingplace@oxfordliving.ca

Website:

www.oxfordkingplace.com

Address:

750 King St, Midland, ON

Housing (cont.)

Le Villageois de Lafontaine

Retirement community with life lease apartments (condo style), gathering rooms and visitors' room. Fibre optic internet, social activities, common living-room and library. Paid laundry facility is available for those who do not have it in apartment.

Studio Apartments are available.

Eligibility: 55+ years of age

Phone:

705-533-0998

Email:

village@csolve.net

Website:

www.levillageoisdelafontaineenglish.wordpress.com

Address:

333 Lafontaine Rd. W, Tiny, ON

Sara Vista Nursing Centre

Long-term care home with services including recreational programs, pet therapy, fitness, library service, hairdressing, church service, music therapy and consulting dietitian.

Phone:

705-322-2182

Website:

www.saravistaltc.ca

Address:

27 Simcoe St, Elmvale, ON

The Lorna Tomlinson Residence for Seniors; Wendat

Residence provides supportive housing for frail older adults with low incomes.

Services include: meals served in a common dining room, laundry, lounges for socializing, structured day program activities on-site, on-site staff, enclosed courtyard and access to additional personal support services for those needing assisted living.

Eligibility: Seniors with low income, ages 65 and up from North Simcoe.

Phone:

705-355-1022

Email:

info@wendatprograms.com

Website:

www.wendatprograms.com/lorna-tomlinson

Address:

44 Dufferin St, Penetanguishene, ON

Housing (cont.)

Tiffin Retirement Residence Chartwell

Independent living suites for seniors with the availability of meals, laundry and general services but without personal care services. Suites may be available in a variety of community types including retirement home buildings and / or apartments, townhouses and bungalows.

Phone:

705-540-9422

Website:

www.chartwell.com

Address:

105 Pillsbury Dr, Midland, ON

The Villa Care Centre – Midland

Long Term Care Home offering private and basic accommodations for 160 residents. Cultivating a standard of care that is compassionate, resident-focused and family-oriented, in a warm and inviting setting. We aspire, each and every day, “to make an outstanding difference in the lives of others”.

Phone:

249-559-0400

Website:

www.jarlette.com/long-term-care/the-villa-care-centre

Address:

658 King St, Midland, ON

Villa Retirement Lodge - Midland

Retirement lodge with 24-hour on-site staffing; offering a wide range of services to allow each resident to decide how much they can do for themselves.

Phone:

705-526-4238

Website:

www.jarlette.com/retirement-lodges/the-villa-retirement-lodge

Address:

658 King St, Midland, ON

Waterside Retirement Lodge

Independent retirement living with additional support when needed. Pet friendly building and all rooms are wheelchair accessible; building is equipped with elevators and backup generator.

Phone:

705-429-8626

Website:

www.jarlette.com/retirement-lodges/waterside-retirement-lodge

Address:

239 Zoo Park Rd,
Wasaga Beach, ON

Fitness and Wellness

Bayshore Lanes

Bayshore Lanes is a 12 lane five-pin bowling centre that offers something for everyone. Senior / retiree league available.

Phone:

705-526-4887

Website:

www.bayshorelanes.ca

Address:

205 King St, Midland, ON

Ganaraska Hiking Trail Association (Midland Club)

The club offers regular outdoor recreational activities, such as hiking, biking, paddling, camping, snowshoeing, as well as many social activities.

Phone:

705-245-1005

Email:

info@ganaraska-hiking-trail.org

Website:

www.ganaraska-hiking-trail.org

Facebook:

www.facebook.com/GHTAMidland

Knight Haven Bowling Lanes

Air-conditioned bowling alley offers public and league bowling for adults, youth, seniors and special Olympians.

Available for parties and corporate events, glow in the dark and rock and bowl systems available.

Phone:

705-549-3111

Email:

knighthaveninfo@gmail.com

Address:

17 Poyntz St, Penetanguishene, ON

Midland Curling Club

A club offering a variety of curling leagues from Little Rock to Seniors and a Special Olympics Program including competitive and recreational curling.

Rink and licensed lounge available for rental with kitchen facilities.

Fees: Membership fees apply.

Phone:

705-526-5631

Email:

info@midlandcurlingclub.com

Website:

www.midlandcurlingclub.com

Address:

474 King St, Midland, ON

Fitness and Wellness (cont.)

Penetanguishene Curling Club

A curling club offering various competitive and non-competitive curling leagues.

Fees: Membership fees apply.

Phone:

705-549-8981

Website:

www.penetangcurlingclub.ca

Address:

8 Owen St, Penetanguishene, ON

Programs, CHIGAMIK Community Health Centre

Variety of community wellness programs focused on social connection, mental health and addictions, perinatal support, and healthy living.

Call or go online for program information.

Phone:

705-527-4154

Website:

www.chigamik.ca

Address:

287 Bayshore Drive, Midland, ON

Recreation Department - Town of Penetanguishene

Various programs for older adults offered through the Penetanguishene 55+ Centre.

Programs include aquafit, VON Smart programs, shuffleboard, cards, rug hooking, Adult / Senior Skating, family swim, and adult swimming lessons.

Programs vary by season.

Phone:

705-549-7453

Website:

www.penetanguishene.ca

Address:

10 Robert St W, Penetanguishene, ON

Fitness and Wellness (cont.)

Recreation Department - Township of Springwater

Various programs for adults and individuals aged 55+ which may include Gentle Yoga, Gentle Pilates, Fun and Fit, Dance, and VON Fitness Classes. Visit website for more details.

Phone:

705-728-4784 x 2078

Website:

www.springwater.ca/recreation

Address:

2231 Nursery Road, Minesing, ON

Recreation and Special Events Department - Township of Tiny

The Recreation and Special Events Department is committed to improving the quality of life and well-being of the community through recreation. It provides optimum access to a wide variety of recreational pursuits to meet the needs of regional residents. The Recreation Department, in partnership with Parks and dynamic volunteer groups and organizations, work together to provide parks, recreation and leisure time facilities, programs and services that strengthen, support and maintain a healthy family of communities.

Email:

recreation@tiny.ca

Website:

www.tiny.ca/recreation

Address:

130 Balm Beach Road W, Tiny, ON

Recreation Department - Tay Township

Various recreation programs are offered in numerous locations for adults.

Programs vary by season but may include: Yoga, low impact aerobics, tai chi, urban poling / Nordic walking.

Phone:

705-534-7248 x 232

Email:

recreation@tay.ca

Website:

www.tay.ca/recreation

Address:

450 Park St, Victoria Harbour, ON

Recreation Department - Town of Midland

In partnership with local organizations, various recreation programs are offered including skating and shuffleboard.

Phone:

705-526-9395

Website:

www.midland.ca/explore-play/recreation

Address:

527 Len Self Boulevard, Midland, ON

Fitness and Wellness (cont.)

Simcoe County Trails

Simcoe County has close to 300km of trails from 25 different trails. Some located in North Simcoe include the Tiny Trail, Tiny Marsh Loop, Tay Shore Trail, Midland Rotary Waterfront Trail and Penetanguishene Trail.

Website:

www.experience.simcoe.ca/play/outdoors/trails

VON Simcoe County - SMART Exercise Program

Free gentle exercise program for community members 55+ (Seniors Maintaining Active Roles Together). Classes are offered at various times and locations throughout Simcoe County.

Call for program information.

Fees: No cost.

Phone:

705-355-2200

Website:

www.von.ca

YMCA Simcoe / Muskoka

Health and wellness facility; with fitness and aquatic classes. Examples include: aquafit, chair yoga, gentle fit. Visit the website or call for schedule and class listing.

Fees: Membership fees apply / day pass.

Phone:

705-526-7828

Website:

www.ymcaofsimcoemuskoka.ca

Address:

560 Little Lake Park Rd, Midland, ON

Clubs, Associations and Volunteer Opportunities

Askennonia Senior Centre

Askennonia is a charitable, not-for-profit organization that provides members with programs, events and activities to exercise the body, mind and spirit and delivers over 50 weekly programs.

Fees: Membership fees apply.

Phone:

705-526-7609

Website:

www.askennonia.com

Address:

Bourgeois Community Centre,
527 Len Self Blvd, Midland, ON

Bayshore Seniors Club

Activities include but are not limited to cards, bingo, shuffleboard, darts, dances, crafts, line dancing and pickleball. Call or drop in to apply. Application form available at the club.

Eligibility: 50+

Fees: Membership fees apply.

Phone:

705-361-1331

Website:

www.bayshoreseniors.ca

Address:

2000 Tiny Beaches Rd S, Tiny, ON

Georgian Bay Native Friendship Centre

Programs and services include: cultural resources program, cultural programs, drug and alcohol counselling and more.

Client service focus is urban Indigenous and Metis individuals.

Fees: Membership fees apply.

Phone:

705-526-5589

Email:

gbnfc@gbnfc.com

Website:

www.gbnfc.com

Address:

175 Yonge St, Midland, ON

Georgian Shores Seniors Club (The Place)

Recreation centre for older adults. Activities include: cards, billiards, crafts, fitness programs, cooking classes, Zumba, special events, sewing group, photography group, line dancing and Friday pub socials and barbecues.

Phone:

705-526-5074

Email:

gssseniors2016@gmail.com

Website:

www.georgianshoresseniorsclub.ca

Address:

300 Balm Beach Rd W, Tiny, ON

Clubs, Associations and Volunteer Opportunities (cont.)

Le Club de l'Âge d'Or

A seniors club offering a variety of services and recreational activities including: cards, singing, a gazebo, walking trails, and more at the site. Health information, nurse-provided foot care and dental hygiene services are also available. All are welcome, call to apply.
Eligibility: 50+
Fees: Membership fees apply.

Phone:

705-533-2075

Email:

cado@csolve.net

Address:

333 Lafontaine Rd W, Unit 207 Tiny, ON

Midland Civitan Club

Midland Civitan Club is a local service club involved in community enhancement and support. Our mission is to financially support research, education, public awareness, and services to aid the physically, mentally, and developmentally challenged.
Fees: Membership fees apply.

Phone:

705-534-2850

Email:

jmckinney01@rogers.com

Website:

www.civitan.on.ca/clubs/midland/

Address:

527 Len Self Blvd, Midland, ON

Penetanguishene 55+ Centre

A vibrant hub that provides older adults with recreation programming designed to meet the needs of an active and evolving community. Non-Penetanguishene residents welcome!
Through membership, participants gain access to a wide range of inclusive and reduced-rate programs focused on physical wellness, social connection, and lifelong learning.

Phone:

705-549-7453 ext. 509

Website:

www.penetanguishene.ca

Address:

Penetanguishene Memorial Community Centre, 61 Maria Street, Penetanguishene ON
Hours of operation: Monday, Wednesday, Friday, 10 am – 4pm

The Sunshine Club

A recreational group for seniors with activities including card games, Share-the-Wealth draws to support local non-profit groups and occasional holiday or celebratory banquets. Call or drop in to apply.
Eligibility: 50+
Fees: Membership fees apply.

Phone:

705-322-2598

Address:

33 Queen St W, Elmvale, ON

Municipal and Government Services

County of Simcoe - Customer Service

Provides its 16-member municipalities with public services such as homes for the aged, paramedics, waste management and social services.

Hours: Monday to Friday 8 am-5 pm

Phone:

705-726-9300 x4

Toll Free:

1-800-263-3199

Email:

service@simcoe.ca

Website:

www.simcoe.ca

Address:

1110 Highway 26, Midhurst, ON

Member of Parliament, Simcoe North Federal Riding – Adam Chambers MP

Constituency Office able to assist with applications for passports, Federal Government Program Assistance (CPP, EI, Citizenship and Immigration and other programs).

Hours: Tuesday and Thursday 9:00am-4:30pm

Phone:

705-527-7654

Email:

adam@adamchambersmp.ca

Website:

www.adamchambersmp.ca

Address:

3W-366 Midland Ave, Midland, ON

Member of Parliament, Simcoe North Provincial Riding - Jill Dunlop MPP

Constituency Office able to assist with birth / death / marriage certificates, Ontario Health Insurance Plan (OHIP), Trillium Drug Program issues and more.

Hours: Monday to Friday 9:00am - 4:30pm

Midland: Wed only 9:30am – 4:30pm

Phone:

705-326-3246

Email:

jill.dunlopco@pc.ola.org

Website:

www.jilldunlopmpp.ca

Address:

575 West St. S., Unit 9, Orillia
320 King St., Midland (Wed only)

Municipal and Government Services

Service Canada - Midland

One-stop service delivery for a wide range of federal programs and services. Internet access and assistance locating and applying for government programs including Employment Insurance, Social Insurance Numbers, Canada Pension Plan, Old Age Security and passports.

Toll Free:

1-800-622-6232

Website:

www.servicecanada.gc.ca

Address:

Huronia Mall, Highway 93, Midland, ON

Midland Public Library Services

Offers resources and programs including books, e-books, directories, magazines, newspapers, on-line access to catalogue for book reservation and renewal, compact discs, DVDs, resources on microfilm, microfilm reader service, inter-library loan service, free wireless internet access, photocopy and fax service, Books on Wheels, children's story hour, computer terminals for access to the internet and more.

Phone:

705-526-4216

Email:

info@midlandlibrary.com

Website:

www.midlandlibrary.com

Address:

320 King St, Midland, ON

Penetanguishene Public Library

Serves the Town of Penetanguishene and the Township of Tiny. Photocopying, computer terminals and wireless internet access are available. Adult programming includes adult book clubs, computer tutorials and Spanish language learning program.

Meeting facilities are available for rent and are designated as an extreme heat/cooling centre.

Phone:

705-549-7164

Email:

lkeenan@penetanguishene.ca

Website:

www.penetanguishenepl.ca

Address:

24 Simcoe St, Penetanguishene, ON

Municipal and Government Services

Springwater Public Library

Offers books, magazines, videos, local newspapers, free wireless internet access, activities for all ages, photocopies, fax and internet. Meeting facilities are available for rent. Card members from these areas may access this library – Tiny, Tay, Clearview, Essa, Penetanguishene, Ramara and Severn

Phone:

705-322-1482

Email:

elmvale.library@springwater.ca

Website:

www.springwater.library.on.ca

Address:

50 Queen St W, Elmvale, ON

Tay Township Library Services

Offers resources and programs including books, e-books, directories, magazines, newspapers, on-line access to catalogue for book reservation and renewal, compact discs, DVDs, inter-library loan service, free wireless internet access, and a variety of programs for all ages.

Residents of Tay Township may access Midland Public Library Services with Tay Library membership card.

Phone:

705-534-3511

Website:

www.tay.ca/library

Addresses:**Port McNicoll Branch**

705-534-3511

715 Fourth Avenue

Victoria Harbour Branch

705-534-3581

145 Albert Street

Waubashene Branch

705-538-1122

17 Thiffault Street

Township of Tiny Library Services

Residents of Tiny Township may access programs and services at one of three libraries: Midland Public Library, Penetanguishene Public Library or Springwater Public Library.

Midland Public Library:

320 King St, Midland, ON

705-526-4216

Penetanguishene Public Library:

24 Simcoe St, Penetanguishene, ON

705-549-7164

Springwater Public Library:

50 Queen St W, Elmvale, ON

705-322-1482

Additional Municipal Services - The Township of Tiny

For information on Senior Services and Programs in Tiny, visit www.tiny.ca/seniors or contact seniors@tiny.ca - 705-526-4204

Tiny Connect - A free notification system that helps you stay ‘in the know’ about important municipal information, such as senior initiatives, road closures, recreation programs and more. You can receive emergency alerts and optional notifications by text, voice call, email or download the “Voyent Alert!” app in your app store. Sign up by visiting www.tinyconnect.ca or complete a registration form at the Township Office.

Township of Tiny Senior Advisory Committee - The Senior Advisory Committee advises Council on all matters related to the well-being and quality of life for seniors. The Committee consults and collaborates with seniors, seniors’ organizations and others to gather information and provide advice regarding seniors’ needs. The Senior Advisory Committee is comprised of six (6) non-elected members and one (1) elected member of Council and meets monthly. Meetings are open to the public.

Township of Tiny Age-Friendly Community Plan - The Township of Tiny is committed to creating a community where older adults are valued and can enjoy good health, happiness, and fulfillment. As a result, the Township developed an Age-Friendly Community Plan to improve the overall well-being and quality of life for older adults across the Township. The Plan outlines strategies to develop an Age-Friendly Community and can be found at www.tiny.ca/AgeFriendly. You may also request a hard copy at the Township Office.

Library Services - Tiny residents can obtain a library membership at one of four area libraries: Midland, Springwater, Penetanguishene, or Wasaga Beach. Residents can choose the library that is most convenient for them to use, and all members of that household can go to that library. Please note that library memberships are limited to one per household in total, not a membership at each library. To learn more, visit www.tiny.ca/LibraryServices.

Tiny’s Senior Speaker Series - Tiny’s Senior Advisory Committee, in partnership with local clubs and service providers, offers seminars and workshops geared towards addressing issues relating to seniors. Refreshments are provided and workshops are free for all. Check Tiny’s website or subscribe to Tiny Connect to learn when new workshops are scheduled.

Senior of the Year Award – ‘Heart of Tiny’ - The purpose of the award is to recognize an outstanding senior who during / after the age of 65, contributed to the enrichment of the social, cultural or civic life of the Township of Tiny. The Township of Tiny presents the Heart of Tiny Award at the annual Senior Symposium Event held each spring. Contact the Township for nomination information.

Additional Municipal Services - The Township of Tiny (cont.)

Senior Symposium - Each spring, the Township of Tiny hosts the Annual Senior Symposium. Older adults in Tiny are encouraged to attend this free annual appreciation event. Hear the update on Tiny's Age-Friendly Community Plan which outlines Tiny's opportunities to enhance senior services and strategies to build an Age-Friendly Community. Enjoy lunch, speakers, be a part of Tiny's Senior of the Year Award Ceremony and learn about local seniors' clubs and senior service providers in North Simcoe.

Coffee and Connect – This program helps older adults build confidence with technology through hands-on learning. Over six weeks, participants explore features on phones, tablets, and computers—while enjoying refreshments and friendly conversation. Expert-led sessions run in the spring and fall.

Ducks in a Row - This program helps older adults create a comprehensive, organized resource of essential personal information for themselves, their loved ones, and caregivers. Through a series of facilitated workshops, supported by high-quality videos and materials, participants will learn to compile important details into a simple, practical workbook that they own and maintain.

Seniors Recreation Programming - The Township offers a variety of recreation and fitness programs each season. Programs include Pickleball, Shuffleboard, Golf Clinics, Art Groups, Aging Backwards Fitness, Pole Walking, Zumba, Tai Chi, various Yoga classes, and more. Information can be found in the Parks and Recreation Activity Guide or online at www.tiny.ca/PlayPortal.

Seniors' Clubs in the Township of Tiny

Georgian Shores Seniors Club - 705-526-5074 - www.georgianshoresseniorsclub.ca

Le Club de l'Âge d'Or - 705-533-2075

Bayshore Seniors Club - 705-361-1331 - www.bayshoreseniors.ca

Service Clubs in Tiny

Tiny Township Lions Club - 705-333-0763 - www.tinylions.ca

North Simcoe Anglers and Hunters Conservation Club - 705-526-6617

Wyebribe Women's Institute - 705-526-9893

Township of Tiny Annual Special Community Events - Winter Carnaval D'Hiver (February), Earth Week (April), Parks, Recreation and Seniors Month (June), Senior Symposium (June), Mayor's Charity Golf Tournament (June), Pollinator Week (June), Canada Day (July), Farm Crawl (August), Tree Lighting (December).

Township of Tiny Volunteer Opportunities - Positions include Special Event Volunteer, Community Gardener, Advisory Committee Member, and more. Visit www.tiny.ca/volunteer.

Additional Municipal Services - The Township of Tay

Seniors Advisory Committee – The Township has a Seniors Advisory Committee that is working to develop programming for seniors, as well as identify issues of concern for seniors in Tay. Please check online at www.tay.ca/seniors or contact (705) 534-7248 for information on local resources such as tax clinics, food and grocery support, etc.

Seniors Talks – The Township’s Seniors Advisory Committee hosts regular Seniors Talks on a variety of subject matters including nutrition, health and wellness, seniors’ safety, de-cluttering, and downsizing.

Seniors Recreation Programming – The Township offers recreation and fitness programs that change every season such as Tai Chi, Yoga, and Chair Yoga. These programs may be found in the North Simcoe Recreation Guide, online at www.tay.ca/recreation or contact (705) 534-7248.

Tay Shore Trail - Trails are a wonderful way to spend an enjoyable day, relaxing and taking in the scenery. There are spectacular views and natural areas that can be enjoyed as you travel the Tay Shore Trail. The Tay Shore Trail is a fully accessible trail that permits walkers, bicyclists, rollerbladers and cross-country skiing.

Tay Township Public Library – The library offers numerous resources for seniors including books in various formats, such as large print, audio books and CNIB books on disc, e-books, magazines, newspapers, free public access computers, free internet access, and delivers books to shut-ins as well. They also provide fantastic programming such as computer and technology assistance, art programming and meeting spaces for local groups. Tay Library card holders may now obtain a reciprocal borrowing card at several local Libraries. For additional information, please contact one of the three branches, email library@tay.ca, or go online to www.tay.ca/library.

Port McNicoll Branch: (705) 534-3511, 715 Fourth Avenue, Port McNicoll

Victoria Harbour Branch: (705) 534-3581, 145 Albert Street, Victoria Harbour

Waubauskene Branch: (705) 538-1122, 17 Thiffault Street, Waubauskene

Good Food Box Program – Program providing locally grown seasonal produce through any Tay Library branch. \$20.00 per box, per month. See your local library branch for details.

Additional Municipal Services - The Township of Tay (cont.)

Royal Canadian Legions – Tay has three Legions that provide regular programming such as bridge, euchre, pool, darts, bingo, karaoke. Contact the branches for their programming schedule.

Port McNicoll Legion: (705) 534-7341, 369 Armstrong Street, Port McNicoll

Victoria Harbour Legion: (705) 534-4003, 134 William Street, Victoria Harbour

Waubauskene Legion: (705) 538-2344, 26 Willow Street, Waubauskene

Bingo – Weekly Bingo held on Monday evenings at 7:00 p.m. at the Port McNicoll Community Centre hosted by the Port McNicoll Lions Club. Doors open at 6:00 p.m., and tables fill up quickly.

VON Smart Program – VON provides weekly group exercise classes for people 55+ at the Oakwood and Port McNicoll Community Centres who wish to improve their strength, balance and flexibility, regardless of current physical ability. Call 705-737-5044 for details.

Wye Marsh Wildlife Centre - The Wye Marsh Wildlife Centre has hiking, cross-country ski and snowshoeing trails, guided canoeing and kayaking tours, wildflower gardens, and so much more for seniors to enjoy. Wye Marsh offers a variety of programming, as well as volunteer opportunities such as trumpeter swan monitoring, fundraising, wildflower gardening, and more. Call 705-526-7809 for details.

Martyrs Shrine – The Martyrs Shrine is a historic site, and Roman Catholic Church which is consecrated to the memory of the Canadian Martyrs. The Shrine has wonderful opportunities for active seniors to get engaged in your community such as assisting with their gardens, visitor information, store, and tour groups. Call 705-526-3788 for details.

Sainte-Marie among the Hurons – Sainte-Marie among the Hurons was the headquarters for the French Jesuit Mission to the Huron Wendat people. In 1639, the Jesuits, along with French lay workers, began construction of a fenced community that included barracks, a church, workshops, residences, and a sheltered area for Native visitors. After extensive archaeological and historical research, Sainte-Marie among the Hurons is now recreated on its original site, where the mission's compelling story is brought to life. Visitors get a unique opportunity to see the earliest Canadian pioneer life, through guided or self-guided visits and special events. Step back in time and experience pioneer life with the Wendat-Huron people and hear legends in the longhouse. More at hhp.on.ca or call 705-526-7838.

Additional Municipal Services - The Town of Midland

Do you need information?

- Call 211. It's free, it's confidential, it's available 24 / 7 and in 150+ languages.
- Midland.ca, our town's website contains extensive information organized by headings.
- Need help? Look for E-service Midland and complete a Customer Service Request form.
- While you are on the Midland.ca site, scroll down to the "Age-Friendly" link and see what is happening in Simcoe County to support you.

Did you know?

- The Midland Public Library has a bank of computers for public use with internet access. They are free with library membership.
- If you have difficulty getting to the library, there is a volunteer service that you might like - It's called Books on Wheels.
- Do you know that you can borrow books from the library online? You will need Overdrive and Libby from the App Store or the Play Store, and your library card number. You can download books for a 14-day period or place a book on hold. You will be notified when it is available.
- For further information, call the Midland Public Library at 705-526-4216.

Do you want to get out more?

- The Midland Cultural Centre (MCC) has free programs which may interest you. The Our Health Series addresses topics of universal interest but seems to attract a mature audience. They have a website and Facebook page for further information. Quest Art Gallery is located within the MCC, offers classes, exhibitions and a gift shop stocked with works from local artisans.
- Askennonnia Senior Centre is a jewel in Midland's crown. It is a place where Seniors can come together and participate in amazing programs and make new friends. Located at 527 Len Self Blvd, it is open Monday through Friday during the day and can be reached by phone at 705-526-7609. For further information, check out their website and their Facebook page.

Additional Municipal Services - The Town of Midland (cont.)

Do you want to get out more?

- Midland has a variety of Recreation opportunities located at the Bourgeois Community Centre, in the same building as the Askennonia Senior Centre.
- There is also the Midland Curling Club.
- The YMCA Simcoe / Muskoka near Little Lake Park has an informative website. They are advertising zero dollars to join with no fixed contract. Many of their programs are suitable for seniors, with aqua fit being perennially popular.
- Music in the Park has become so successful that in Summer 2019, there were ten free Sunday night concerts in the Rotary Bandshell in Little Lake Park. This came about as a result of the collective efforts of public and private stakeholders. Watch for more information at www.midlandtoday.ca or visit www.midland.ca/explore-play.
- Active seniors will enjoy exploring Midland's recreational trail system. The Midland Rotary Waterfront Trail is an 8 km trail open year-round.

Concerned about your Health?

- The Age-Friendly Seniors Housing Grant Program is now available for Simcoe Seniors 60+ years who want to make their home accessible.
- The North Simcoe Family Health Team, located at 619 Prospect Blvd can be reached at 705-526-7804. They are now offering a Community Seniors Care Program for frail seniors, which includes several components such as Diabetes Information, Rehab Therapy, a Heart Health program and GeriMedRisk consultations. You do NOT need to be a patient of a doctor who is a member of this FHT; however, you do need to be referred by a healthcare professional.
- The provincial government recently announced (here in Midland) an Ontario Dental Program for Low Income Seniors. Visit this webpage for further information - <https://www.ontario.ca/page/dental-care-low-income-seniors>.

Additional Municipal Services - The Town of Penetanguishene

Wellbeing Committee - The Town has a new advisory committee with a mandate to provide support and advice to Council, applicable Staff and other associated Advisory Committees relative to enhancing the health and quality of life for Penetanguishene residents through a wide range of innovative, inclusive, and accessible events, programs, and infrastructure; providing opportunities for physical activity, social interaction and community engagement for all ages and demographics. There is Senior representation on this committee and issues and programs impacting Seniors are often vetted through this group.

For more information on the Committee please contact (705) 549-7453 or go online to: www.penetanguishene.ca/townhall/committees-and-boards/community-wellbeing-committee

Senior of the Year Award - The Town of Penetanguishene celebrates the ongoing contributions of seniors by recognizing one outstanding senior in the community annually. Seniors who qualify for this award may have contributed to many different aspects of community life such as the arts, literature, community service, volunteering, education, environment, fitness and humanitarian activities. For more information on the award, please contact (705) 549-7453.

Service Clubs in Penetanguishene -

Penetanguishene Lions Club - penetanguishenelionsclub@gmail.com

Probus Club of Simcoe North - 705-549-1299

Rotary Club of Penetanguishene - rotary.penetang@gmail.com

Seniors Information Day - Penetanguishene Memorial Community Centre - 61 Maria Street Penetanguishene. The 1st Thursday of June. The Seniors Information Day is a half day of demonstrations and displays on services for seniors in Penetanguishene and the surrounding area. A guest speaker is invited and a free lunch and entertainment are also provided. The event is free and very informative for the seniors.

Seniors BBQ - Penetanguishene Centennial Museum and Archives - 13 Burke Street, Penetanguishene. The 1st Thursday of September. The Seniors BBQ is an outdoor event with entertainment and a BBQ lunch. *Fees Apply

Genealogy Research - Our well-equipped research facility includes 1000s of genealogical information from the area, as well as a comprehensive collection of Quebec and Michigan records.

Penetanguishene Centennial Museum and Archives

13 Burke Street, Penetanguishene ON

Charge is \$10 per hour or \$35 for a yearly membership.



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