

### Community Snapshot

#### **Community Care Concepts**

929 Arthur Street South

Elmira, ON N3B 2Z2

519-664-1900 1-855-664-1900

[www.communitycareconcepts.ca](http://www.communitycareconcepts.ca)

Email: [info@communitycareconcepts.ca](mailto:info@communitycareconcepts.ca)

Meals on Wheels, Transportation, Day Programs, Homemakers, Maintenance, Friendly Visitors

#### **Kiwanis Transit**

13 Industrial Drive, Unit #C

Elmira, ON N3B 2S1

519-669-4533 1-800-461-1355

Email: [info@k-transit.com](mailto:info@k-transit.com)

[www.k-transit.com](http://www.k-transit.com)

Elmira Community Bus and Kiwanis Transit operating regular hours and service.

#### **Waterloo Regional Police Service**

Emergency: 911

##### **Headquarters**

200 Maple Grove Road P.O., Box 3070

Cambridge, ON N3H 5M1

Non-Emergency: (519) 570-9777

[www.wrps.on.ca](http://www.wrps.on.ca)

##### **Rural Division**

13 Industrial Drive

Elmira, ON N3B 2Y3

Non-Emergency: 519-570-9777 ext. 8133

#### **Woolwich Community Health Centre**

10 Parkside Drive PO Box 370

St. Jacobs, ON N0B 2N0

(519) 664-3794

[www.wchc.on.ca](http://www.wchc.on.ca)

Patient care and program development.

#### **Woolwich Community Services**

5 Memorial Avenue

Elmira, ON N3B 2P8

519-669-5139 1-800-661-7918

Email: [wcs@execulink.com](mailto:wcs@execulink.com)

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

Food Support Services, Information Centre, Woolwich Thrift Shop, Low German Family Support, Family Support Services, Youth Centre

#### **Woolwich Counselling Centre**

65 Memorial Avenue

Elmira, ON N3B 2R9

519-669-8651

Email: [info@woolwichcounselling.org](mailto:info@woolwichcounselling.org)

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

Counselling programs and services to support the needs of people in the community.

#### **Woolwich Memorial Centre**

24 Snyder Avenue South

Elmira, ON N2K 1Y9

519-669-1647 ext. 7000 519-514-7000

Email: [customerservice@woolwich.ca](mailto:customerservice@woolwich.ca)

[www.woolwich.ca](http://www.woolwich.ca)

Recreation Services, Fitness, Ice Rinks, Pool

#### **Woolwich Seniors Association**

24 Snyder Avenue South

Elmira, ON N2K 1Y9

Located in the Woolwich Memorial Centre

519-669-5044

Email: [contact@woolwichseniors.ca](mailto:contact@woolwichseniors.ca)

[www.woolwichseniors.ca](http://www.woolwichseniors.ca)

Social, recreational and educational programs for seniors.

## HEALTH SERVICE RESOURCES

### Grand River Hospital

835 King Street West  
Kitchener, ON N2G 1G3  
519-749-4300

[www.grhosp.on.ca](http://www.grhosp.on.ca)

### St. Mary's General Hospital

911 Queen's Blvd  
Kitchener, ON N2M 1B2  
519-744-3311

[www.smgh.ca](http://www.smgh.ca)

### Region of Waterloo Public Health and Emergency Services

99 Regina Street South  
Waterloo, ON N2J 4V3  
519-575-4400

[www.regionofwaterloo.ca/en/public-health-and-emergency-services.aspx](http://www.regionofwaterloo.ca/en/public-health-and-emergency-services.aspx)

Health services and resources, paramedic services, immunizations, health care providers.

### COVID-19 Vaccine Registration

519-514-1499 TTY: 519-575-4608

[www.regionofwaterloo.ca/en/health-and-wellness/covid-19-vaccination-pre-registration](http://www.regionofwaterloo.ca/en/health-and-wellness/covid-19-vaccination-pre-registration)

### Healthline

[www.healthline.ca](http://www.healthline.ca)

Listing of local health services in all regions.

### Ontario 211 Directory

Call 2-1-1

[www.211ontario.ca](http://www.211ontario.ca)

Information on and referrals to community, social, health-related and government services.

### Telehealth Ontario

1-866-797-0000

[www.health.gov.on.ca/en](http://www.health.gov.on.ca/en)

Free 24 hour, confidential service that provides health advice and information. A registered nurse will assess symptoms and direct you to the most appropriate level of care.

### Alzheimer's Society of Canada, Waterloo Wellington

831 Frederick Street  
Kitchener, ON N2B 2B4  
519-742-1422

Email: [asww@alzheimerww.ca/en](mailto:asww@alzheimerww.ca/en)

[www.alzheimer.ca/ww/en/home](http://www.alzheimer.ca/ww/en/home)

### Arthritis Society

809 Victoria Street North Unit 7  
Kitchener, ON N2B 3C3  
519-743-4141

Toll Free: 1-800-743-4142 ext. 3307

[www.arthritis.ca](http://www.arthritis.ca)

### Canadian Cancer Society

55 St. Clair Avenue West, Suite 500  
Toronto, ON M4V 2Y7

1-888-939-3333

TTY: 1-866-786-3934

[www.action.cancer.ca/en/](http://www.action.cancer.ca/en/)

### Elder Abuse Prevention Ontario

1-866-299-1011

Email: [info@elderabuseontario.com](mailto:info@elderabuseontario.com)

[www.elderabuseontario.com](http://www.elderabuseontario.com)

Free, confidential support line for seniors experiencing or at-risk of abuse including physical, mental, sexual, neglect, and financial.

### Heart and Stroke Foundation

1373 Victoria Street North Suite 2A  
Kitchener, ON N2B 3R6  
519-571-9600

[www.heartandstroke.ca](http://www.heartandstroke.ca)

### Osteoporosis Canada

National Office: 1-416-696-2663

Toll-Free Information Line: 1-800-463-6842

Email: [info@osteoporosis.ca](mailto:info@osteoporosis.ca)

[www.osteoporosis.ca](http://www.osteoporosis.ca)

Support and education for those affected by, or the family of those affected by osteoporosis. Long-term treatment and exercise, as well as, fracture risk assessment.

**Region of Waterloo Slips, Trips, and Falls**

[www.regionofwaterloo.ca/en/health-and-wellness/slips-trips-and-falls.aspx](http://www.regionofwaterloo.ca/en/health-and-wellness/slips-trips-and-falls.aspx)

Fall prevention tips and resources.

**Waterloo Wellington Diabetes**

Unit 6-150 Pinebush Road

Cambridge, ON N1R 8J8

519-947-1000 x 372

Email: [info@waterloowellingtondiabetes.ca](mailto:info@waterloowellingtondiabetes.ca)

[www.waterloowellingtondiabetes.ca/public-home.htm](http://www.waterloowellingtondiabetes.ca/public-home.htm)

Resources for managing diabetes.

**Woolwich Community Health Centre**

10 Parkside Drive, PO Box 370

St. Jacobs, ON N0B 2N0

519-664-3794

[www.wchc.on.ca](http://www.wchc.on.ca)

Primary health care, medical labs, mental health counselling, nutrition counselling, chiropody, physiotherapy, and smoking cessation services. Programs to support healthy ageing and healthy living.

**Wellesley Township Community Health Centre (WTCHC)**

1180 Queen's Bush Road, PO Box

187Wellesley, ON N0B 2T0

519-656-9025

**Linwood Nurse Practitioner Office (LNPO)**

3777 Manser Road

Linwood, ON N0B 2A0

519-656-9025

**Woolwich Counselling Centre**

65 Memorial Avenue

Elmira, ON N3B 2P8

519-669-8651 or 1-800-661-7918

Email: [info@woolwichcounselling.org](mailto:info@woolwichcounselling.org)

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

Counselling programs and services to support the needs of people in the community. Seniors supports.

**SOCIAL SUPPORTS****Community Justice Initiatives, CJI**

49 Queen Street North—3rd Floor

Kitchener, ON N2H 2G9

519-744-6549

[www.cjiwr.com](http://www.cjiwr.com)

Restorative Justice, Elder Mediation Services, Home Share, Peer Mentors, Community Activity Groups, Elder Abuse - Harm Reduction and Prevention

**Kitchener Waterloo AccessAbility**

659 King Street East, Suite, 250

Kitchener, ON N2G 2M4

519-885-6640

[www.kwaccessability.ca](http://www.kwaccessability.ca)

Resource centre supporting adults with physical disabilities. Computer training, advocacy, information and referral, health and wellness programmes, and recreational opportunities.

**Kitchener Waterloo Multicultural Centre**

401-715 Fischer-Hallman Road

Kitchener, ON N2E 4E9

519-745-2531

Email: [home@kwmulticultural.ca](mailto:home@kwmulticultural.ca)

[www.kwmulticultural.ca](http://www.kwmulticultural.ca)

Foster inclusion by providing settlement services, programs and interpretation supports to our community while celebrating its cultural diversity.

**Spectrum****Ageing With Pride, Waterloo Wellington**

283 Duke Street West, Unit 210

Kitchener, ON N2H 3X7

226-779-9695

Email: [info@ourspectrum.com](mailto:info@ourspectrum.com)

[www.ourspectrum.com](http://www.ourspectrum.com)

Events, supports and education. Serves, affirms, and supports the well-being of LGBTQ2+ people in Waterloo Region.

**Stork Family YMCA**

500 Fisher-Hallman Road North

Waterloo, Ontario N2L 0B1

519-725-8783

Email: [info@ytr.ymca](mailto:info@ytr.ymca)

[www.ymcacambridgekw.ca/en/health-fitness-aquatics/Stork-Family-YMCA-Waterloo.asp](http://www.ymcacambridgekw.ca/en/health-fitness-aquatics/Stork-Family-YMCA-Waterloo.asp)

Programs, outreach and services. Membership.

## HOME AND INDIVIDUAL SUPPORTS

### Community Care Concepts

929 Arthur Street South

Elmira, ON N3B 2Z2

519-664-1900      1-855-664-1900

[www.communitycareconcepts.ca](http://www.communitycareconcepts.ca)

Email: [info@communitycareconcepts.ca](mailto:info@communitycareconcepts.ca)

- Meals on Wheels home delivery
- Meal Program
- Transportation
- Day Programs: Barnswallow Place, Oriole Parkway Day Program
- Homemakers
- Maintenance
- Friendly Visitor Program

### Kiwanis Transit

13 Industrial Drive Unit C

Elmira, ON N3B 2S1

519-669-4533

Email: [info@k-transit.com](mailto:info@k-transit.com)

[www.k-transit.com](http://www.k-transit.com)

- Transportation services for Woolwich, Wellesley, and Wilmot.
- Elmira Ride-A-Bus.

### Woolwich Community Services

5 Memorial Avenue

Elmira, ON N3B 2P8

519-669-5139

Email: [wcs@execulink.com](mailto:wcs@execulink.com)

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

- Food Support Services: Food Hampers, Bread Program, Fresh Food Fridays, Self-Help Food Shelf
- Thrift Shop
- Information Centre
- Family Support Services
- Youth Centre
- Low German Family Support
- Family Violence Prevention Services
- Woolwich Resident Support Fund

### Home and Community Support Services Waterloo Wellington

141 Weber Street South

Waterloo, ON N2J 2A9

519-883-5589

Toll Free: 1-888-883-3313

[www.healthcareathome.ca](http://www.healthcareathome.ca)

- Coordinates care or personal support in your home or community to support living independently.
- Care assistance after a hospital stay, an illness or injury.
- Team of nurses, occupational therapists, social workers and other care professionals help people heal at home and live in their homes longer.
- Coordinate helpful home care services like assistance with bathing and dressing, meal delivery, transportation services and other activities of daily living.
- Information about other community services, long-term care, and retirement homes.

### Canadian Mental Health Association

1 Blue Springs Drive

Waterloo, ON N2J 4M1

1-844-264-2993

TTY: 1-866-387-6661

[www.cmhaww.ca](http://www.cmhaww.ca)

Seniors supports: Intensive geriatric services, seniors mental health, outreach services,

Waterloo Wellington Neighbours: Connecting Older Adults to Community Supports

**Here 24/7:** Call anytime to access Addictions, Mental Health and Crisis Services. *Crisis call: 1-844-Here-247, 1-844-437-3247*

### The Food Bank of Waterloo Region

50 Alpine Court

Kitchener, Ontario N2E 2M7

519-743-5576

[www.thefoodbank.ca/network](http://www.thefoodbank.ca/network)

Essential services such as nutrition outreach, meals, counselling, and connections to other services.

## HEARING SERVICES

### Bauer Hearing

25 Industrial Drive Unit 7  
Elmira, ON N3B 3K3  
519-669-9919

[www.bauerhearing.com](http://www.bauerhearing.com)

### Canadian Hearing Services

120 Ottawa Street North Suite #200  
Kitchener, ON N2H 3K5  
1-866-518-0000

Email: [info@chs.ca](mailto:info@chs.ca)

[www.chs.ca/contact/locations/waterloo](http://www.chs.ca/contact/locations/waterloo)

Hearing accessibility services, hearing health care, education, and hearing care counselling for ages 55+.

### Ear & Hearing Clinic

69 Arthur Street South #101  
Elmira, ON N3B 2M8  
519-669-4425

[www.earandhearingclinic.com/about/locations/elmira](http://www.earandhearingclinic.com/about/locations/elmira)

### Perfect Pitch Hearing

29A Church Street West  
Elmira, ON N3B 1M2  
519-210-3030

Email: [reception@perfectpitchhearing.com](mailto:reception@perfectpitchhearing.com)

[www.perfectpitchhearing.com](http://www.perfectpitchhearing.com)

## OPTOMETRY SERVICES

### Elmira Family Eye Care

38 Church Street West  
Elmira, ON N3B 1M5  
519-669-5471

[www.elmirafamilyeyecare.ca](http://www.elmirafamilyeyecare.ca)

### Woolwich Optometry

13-15 Industrial Drive  
Elmira, ON N3B 2S1  
519-669-2552

Email: [woolwich.optometry@gmail.ca](mailto:woolwich.optometry@gmail.ca)

[www.woolwichoptometry.ca](http://www.woolwichoptometry.ca)

### Canadian National Institute for the Blind

1-800-563-2642

[www.cnib.ca/en?region=on](http://www.cnib.ca/en?region=on)

### Vision Loss Rehabilitation Canada

151 Frederick Street #201  
Kitchener, ON N2H 2M2  
519-742-3536

Email: [info@vlrehab.ca](mailto:info@vlrehab.ca)

[www.on.visionlossrehab.ca/en](http://www.on.visionlossrehab.ca/en)

Education and support services to restore daily life in order to increase mobility and safety.

## DENTAL SERVICES

### Arthur Street Dental Office

77 Arthur Street South  
Elmira, ON N3B 2M8  
519-669-1577

Email: [info@arthurstreetdental.ca](mailto:info@arthurstreetdental.ca)

[www.arthurstreetdental.ca](http://www.arthurstreetdental.ca)

### Elmira Family Dental

45 Arthur Street South  
Elmira, ON N3B 2M6  
519-669-1526

[www.elmirafamilydental.ca](http://www.elmirafamilydental.ca)

### Waterloo Denture Clinic

#### Elmira Location

15 Memorial Avenue  
Elmira, ON N3B 2R1  
519-669-1535

Email: [info@waterloodentureclinic.ca](mailto:info@waterloodentureclinic.ca)

[www.waterloodentureclinic.ca](http://www.waterloodentureclinic.ca)

### Wyatt Street Dental Care

3 Wyatt Street East  
Elmira, ON N3B 2H4  
519-669-2961

[www.wyattstreetdental.ca](http://www.wyattstreetdental.ca)

### Hampton Street Dental Centre

8 Hampton Street  
Elmira, ON N3B 1X7  
519-669-5735

[www.elmiradentalcentre.com](http://www.elmiradentalcentre.com)

## CHIROPRACTIC

### Breslau Chiropractic and Wellness

79 Woolwich Street South Unit 2  
Breslau, ON N0B 1M0  
226-899-2413

Email: [Breslauchiropractic@gmail.com](mailto:Breslauchiropractic@gmail.com)  
[www.breslauchiropractic.com](http://www.breslauchiropractic.com)

Chiropractic, psychotherapy, orthotics, acupuncture, massage, and naturopathic therapy.

### Conestoga Chiropractic

1858 Sawmill Road  
Conestoga, ON N0B 2N0  
519-664-2024

<https://conestogochiropractic.ca/dr-scheuring/>

### Elmira Chiropractic

15 Church Street West  
Elmira, ON N3B 1M2  
519-669-1100

### Elmira Family Chiropractic

25 Industrial Drive Unit B1  
Elmira, ON N3B 3K3  
519-669-5571

Email: [Team@ElmiraFC.com](mailto:Team@ElmiraFC.com)  
[www.elmirafc.com](http://www.elmirafc.com)

### Dr. Kristin Murdie (Chiropractor)

1600 King Street North Unit #7  
St. Jacobs, ON N0B 2N0  
519-206-7776

Email: [info@drmurdie.ca](mailto:info@drmurdie.ca)  
[www.drmurdie.ca](http://www.drmurdie.ca)

## PHYSIOTHERAPY AND MASSAGE

### Achieve Balance

10 Dolman Street  
Breslau, ON N0B 1M0  
519-213-0185

Email: [admin@achievebalance.ca](mailto:admin@achievebalance.ca)  
[www.achievebalance.ca](http://www.achievebalance.ca)

Massage therapy, naturopathic medicine, physiotherapy, and pelvic health physiotherapy.

### Body Balance Massage

2 Park Avenue East  
Elmira, ON N3B 2M8  
519-580-4352

Massage Therapy, Foot Care, Reflexology,

### Elmira Massage Therapy - Renee Knarr-Peeve

29 Memorial Avenue  
Elmira, ON  
519-669-8181

### Sandelli Massage Therapy & Associates

69 Arthur Street #102  
Elmira, ON  
519-669-3494

### SOS Physiotherapy – Elmira

3 Wyatt Street East #2  
Elmira, ON N3B 2H4  
519-669-1212

Email: [elmira@sosphysiotherapy.ca](mailto:elmira@sosphysiotherapy.ca)  
[www.sosphysiotherapy.ca](http://www.sosphysiotherapy.ca)

## NATUROPATH

### Woolwich Physiotherapy

25 Industrial Drive #8  
Elmira, ON N3B 3K3  
519-669-2578

Email: [Woolwichphysio@Bellnet.ca](mailto:Woolwichphysio@Bellnet.ca)  
[www.woolwichphysio.ca](http://www.woolwichphysio.ca)

### Elmira Naturopath (Dr. Rebecca Cannon)

69 Arthur Street South  
Elmira, ON N3B 2M8  
519-669-2405

Email: [info@elmiranaturopath.com](mailto:info@elmiranaturopath.com)  
[www.elmiranaturopath.com](http://www.elmiranaturopath.com)

### St. Jacobs Naturopathic Clinic

9 Parkside Drive  
St. Jacobs, ON NN0B 2N0  
519-664-1050

Email: [admin@stjacobsnaturopathic.com](mailto:admin@stjacobsnaturopathic.com)  
[www.stjacobsnaturopathic.com](http://www.stjacobsnaturopathic.com)



## PHARMACY

### Elmira Remedy's Rx Pharmacy

75 Arthur Street South  
Elmira, ON N3B 2M8  
519-669-5655

[www.elmirapharmacy.com](http://www.elmirapharmacy.com)

Email: [elmirapharmacy@gmail.com](mailto:elmirapharmacy@gmail.com)

### Martin's Guardian Pharmacy

10 Parkside Drive  
St. Jacobs, ON N0B 2N0  
519-664-3785

[www.martinspharmacy.ca](http://www.martinspharmacy.ca)

### Shoppers Drug Mart

11 Arthur Street North  
Elmira, ON N3B 1Z4  
519-669-1653

[www.stores.shoppersdrugmart.ca/en/store/1088](http://www.stores.shoppersdrugmart.ca/en/store/1088)

**20% Discount for senior shoppers every Thursday.**

### Woolwich Total Health Pharmacy

10 Church Street West  
Elmira, ON N3B 1M3  
519-669-8282

[www.thpharmacy.com/stores/woolwich-centre-pharmacy-ltd-thp-store-112](http://www.thpharmacy.com/stores/woolwich-centre-pharmacy-ltd-thp-store-112)

Email: [samer.mikhail@thpharmacy.com](mailto:samer.mikhail@thpharmacy.com)

## ACCESSIBILITY AIDS

### Wellwise by Shoppers

379 Gage Avenue  
Kitchener, Ontario N2M 5E1  
519-579-6200

<https://shop.wellwise.ca>

Needs of the aging population and those who may have other health and mobility issues. Temporary product rentals such as crutches or a bed rails, as well as, in-home services available to help install/maintain these products.

## ASSISTED LIVING AND LONG TERM CARE

### Barnswallow Place Care Community

120 Barnswallow Drive  
Elmira, Ontario N3B 2Y9  
519-669-5777

[www.siennaliving.ca/long-term-care/ontario/barnswallow-place-care-community](http://www.siennaliving.ca/long-term-care/ontario/barnswallow-place-care-community)

24 hour care: nursing and personal care, on-call physician, and assistance with daily activities. Includes housekeeping, laundry and personal services such as, a hair salon, esthetician, and massage services.

### Chartwell Elmira Long Term Care Residence

11 Herbert Street  
Elmira, Ontario N3B 2B8  
519-669-2921

[www.chartwell.com/en/retirement-residences/chartwell-elmira-long-term-care-residence/overview](http://www.chartwell.com/en/retirement-residences/chartwell-elmira-long-term-care-residence/overview)

24 hour care: nursing care, personal care, and assistance with daily activities. Social and physical programs.

### Chartwell Elmira Retirement Residence

8 Snyder Avenue North  
Elmira, Ontario N3B 2B1  
519-669-2921

[www.chartwell.com/en/retirement-residences/chartwell-elmira-retirement-residence/overview](http://www.chartwell.com/en/retirement-residences/chartwell-elmira-retirement-residence/overview)

Live independently with supports available when needed. Includes many health services, on-site nurse. Daily activities including exercise classes, educational classes, guest speakers, and live entertainment.

### St. Jacobs Place

10 Water Street  
St. Jacobs, Ontario N0B 2N0  
519-664-6637

[www.stjacobsplace.ca](http://www.stjacobsplace.ca)

Both independent and assisted living depending on the needs of the resident.

## GOVERNMENT RESOURCES

### Canadian Anti-Fraud Centre

1-888-495-8501

[www.antifraudcentre-centreantifraude.ca/index-eng.htm](http://www.antifraudcentre-centreantifraude.ca/index-eng.htm)

Provides information on past and current frauds affecting Canadians. Report if you are a victim of fraud.

### Canada Revenue Agency

1-800-959-8281

[www.canada.ca/en/revenue-agency.html](http://www.canada.ca/en/revenue-agency.html)

[www.canada.ca/taxes-seniors](http://www.canada.ca/taxes-seniors)

### Global Travel Advisories

[www.travel.gc.ca](http://www.travel.gc.ca)

Government of Canada's official source of destination - specific travel information. Important advice to help you to make informed decisions and to travel safely while abroad.

### Ontario Ministry of Transportation

1-416-235-3579

Toll-free: 1-800-396-4233

[www.mto.gov.on.ca/english/driver/senior-driver-licence-renewal-program.shtml](http://www.mto.gov.on.ca/english/driver/senior-driver-licence-renewal-program.shtml)

When seniors turn 80 years of age, additional testing is required every 2 years in order to renew your licence. Senior Driver's Licence Renewal Program information: vision test, a driver record review, two short assessments, and possibly a road test.

### Service Canada

25 Frederick Street St. #200

Kitchener, ON N2H 6M8

1-800-622-6232

[www.canada.ca/en/employment-social-development/corporate/portfolio/service-canada.html](http://www.canada.ca/en/employment-social-development/corporate/portfolio/service-canada.html)

Canada Pension Plan (CPP), Old Age Security (OAS), Guaranteed Income Supplement (GIS) benefits, Passport Services, Social Insurance Number Services, Veterans Affairs Canada Services.

### Service Ontario

13-B Industrial Drive

Elmira, ON N3B 2S1

105 Lexington Road, Unit 16

Waterloo, ON N2J 4R7

1-416-326-1234

Toll-free: 1-800-267-8097

TTY: 1-416-325-3408

Toll-free TTY: 1-800-268-7095

[www.ontario.ca/page/serviceontario](http://www.ontario.ca/page/serviceontario)

Driver's licences, plate stickers, health cards, birth certificates, and other services provided by the Ontario government.

### Township of Woolwich

24 Church Street West P.O. Box 158

Elmira, ON N3B 2Z6

519-669-1647

Toll Free: 1-877-969-0094

[www.woolwich.ca](http://www.woolwich.ca)

## CAR ASSISTANCE

### Canadian Automobile Association

1-888-222-4257

CAA Members receive fast roadside assistance in the case of any vehicle issues, as well as other automotive services, insurance, rewards, travel information and planning assistance.

### Leroy's Auto Care

20 Oriole Parkway East

Elmira, ON N3B 0A5

519-669-1082

[www.leroysautocare.net](http://www.leroysautocare.net)

Regular customers are offered a comprehensive North American Warranty and Roadside Assistance. If you run into car difficulties and require warranty repair work, call Leroy's for assistance. If it is outside regular business hours, make sure to choose the option to reach the emergency line for any type of roadside assistance.





## LOCAL BUSINESSES WITH SENIORS DISCOUNT DAYS OR SERVICES

### Bulk Barn

66 Bridgeport Road East  
Waterloo, ON N2J 2J9  
519-888-6164

[www.bulkbarn.ca/home-en](http://www.bulkbarn.ca/home-en)

**10% Discount for those 65+, Wednesday**

### Foodland

315 Arthur Street South  
Elmira, ON N3B 3L5  
519-669-5403

[www.foodland.ca/stores/foodland-elmira](http://www.foodland.ca/stores/foodland-elmira)

**Seniors Hours: Wednesday 8:00-9:00am**

### Food Basics

232 Arthur Street South  
Elmira, ON N3B 2P2  
519-669-8600

[www.foodbasics.ca/index.en.html](http://www.foodbasics.ca/index.en.html)

**Seniors Hours: Thursday, Friday  
7:00-8:00am**

### Rexall

585 Weber Street North  
Waterloo, ON N2V 1V8  
519-746-7620

[www.rexall.ca](http://www.rexall.ca)

**20% Discount off regular price, Tuesday**

### Shoppers Drug Mart

11 Arthur Street North  
Elmira, ON N3B 1Z4  
519-669-1653

[www.stores.shoppersdrugmart.ca/en/store/1088](http://www.stores.shoppersdrugmart.ca/en/store/1088)

**20% Discount for seniors, Thursday**

### Sobeys

640 Parkside Drive  
Waterloo, ON N2L 0C7  
519-746-3821

[www.sobeys.com/stores/sobeys-northfield](http://www.sobeys.com/stores/sobeys-northfield)

**Seniors Hours: Everyday 7:00-8:00am**

### Value Village

330 Farmer's Market Road Unit 100  
Waterloo, ON N2V 0A5  
519-885-4436

**30% Discount for 60+, Tuesdays.**

### Walmart

335 Farmer's Market Road Unit 101  
Waterloo, ON N2V 0A4  
519-746-6700

[www.walmart.ca/en/stores-near-me/waterloo-store-3156](http://www.walmart.ca/en/stores-near-me/waterloo-store-3156)

**Senior's Hours: Everyday 7:00-8:00am**

**Arthritis can cause debilitating pain in your hands, making it difficult to pump gas. Make sure you know where to find full-service gas stations.**

### Esso (C/O DUB-L-E Auto Service)

390 Arthur Street South  
Elmira, Ontario N3B 2P6  
519-669-2015

[www.esso.ca/en-ca/find-station/esso-elmira-on-esso-200303216](http://www.esso.ca/en-ca/find-station/esso-elmira-on-esso-200303216)

**For Full Service** pull into pumps 7 or 8, and turn 4-way flashers/hazard lights on.

### Esso (C/O Wellesley Service Centre)

1220 Queen's Bush Road  
Wellesley, Ontario N0B 2T0  
519-656-2725

[www.esso.ca/en-ca/find-station/esso-wellesley-on-esso-200303958](http://www.esso.ca/en-ca/find-station/esso-wellesley-on-esso-200303958)

Disability fueling assistance.

### UPI Energy (Guelph/Eramosa)

7060 Wellington Road 124  
Guelph, Ontario N1H 6J3  
519-821-6747

[www.upienergyfs.com/find-a-gas-bar.php](http://www.upienergyfs.com/find-a-gas-bar.php)

This **full-serve** gas station will allow you to remain in your vehicle at any of the pumps while an attendant fills your gas.

## TECHNOLOGY HELP

### Kitchener Tech Connects City of Kitchener

519-741-2200 ext. 5079

Email: [KitchenerTechConnects@kitchener.ca](mailto:KitchenerTechConnects@kitchener.ca)

On-line form: <https://form.kitchener.ca/CSD/NPS/Kitchener-Tech-Connects>

Free essential technology training and a technology lending library for older adults.

### enTECH@Home

226-336-9684

[www.entech.club](http://www.entech.club)

Students from the University of Waterloo are offering this free service designed to assist and educate people on technology through phone or online help sessions. Get help for common problems such as, video calling, setting up an email account, how to use you tube, joining on-line Zoom classes and other technology issues.

### TechServe

1-888-418-4771

Email: [support@techserveto.com](mailto:support@techserveto.com)

[www.techserveto.com](http://www.techserveto.com)

Free service for older adults, for help with understanding and gaining access to technology through phone or on-line help sessions. Reliable volunteers can be matched to you for one-on-one sessions, or you can attend a workshop to learn more about technology or computer programs.

### You Can Zoom Too!

Woolwich Seniors Association

519-669-5044

Email: [contact@woolwichseniors.ca](mailto:contact@woolwichseniors.ca)

[www.woolwichseniors.ca](http://www.woolwichseniors.ca)

Free one-on-one phone help to set up and do a test run on Zoom.



## LIFELONG LEARNING

### Conestoga College Continuing Education

299 Doon Valley Drive

Kitchener, ON N2G 4M4

519-748-5220

[www.continuing-education.conestogac.on.ca](http://www.continuing-education.conestogac.on.ca)

Take one course or apply to a program and work towards a diploma, graduate certificate, college certificate, or micro-credential.

Delivery options: Classroom, Online, Remote Virtual Instruction, Hybrid

### Laurier Association for Lifelong Learning Wilfred Laurier University

75 University Avenue West

Waterloo, ON N2L 3C5

519-884-1970 x 6036

Email: [lall@wlu.ca](mailto:lall@wlu.ca)

[www.wlu.ca/continuing-education/lall/index.html](http://www.wlu.ca/continuing-education/lall/index.html)

Courses are non-credit and are intended for personal interest and self-education. LALL courses have no exams, no grading and no prerequisites.

### Laurier Centre for Strategic and Disarmament Studies

Wilfrid Laurier University

519-884-0710 ext. 4594

Email: [admin@canadianmilitaryhistory.ca](mailto:admin@canadianmilitaryhistory.ca)

[www.canadianmilitaryhistory.ca](http://www.canadianmilitaryhistory.ca)

Regular speaker events and webinar series.

### University of Waterloo Centre for Extended Learning

200 University Avenue West

Waterloo, ON N2L 3G1

519-888-4567

[www.uwaterloo.ca/extended-learning/lifelong-learning](http://www.uwaterloo.ca/extended-learning/lifelong-learning)

Non-degree studies, Post-degree studies, Waterloo libraries, Open learning, Waterloo Lectures and Events, Professional Development, Waterloo YouTube Channel.

## RECREATION, LEISURE AND COMMUNITY SERVICE

### Woolwich Memorial Centre

24 Snyder Avenue South

Elmira, ON N2K 1Y9

519-514-7000

Email: [customerservice@woolwich.ca](mailto:customerservice@woolwich.ca)

[www.woolwich.ca/en/living-here/woolwich-memorial-centre.aspx](http://www.woolwich.ca/en/living-here/woolwich-memorial-centre.aspx)

Recreation Services, ice rinks, pool, fitness centre, aquatic programs, walking track.

### Elmira and District Horticultural Club

519-404-2042

Email: [woolwichgardeners@gmail.com](mailto:woolwichgardeners@gmail.com) or [christinefrances54@gmail.com](mailto:christinefrances54@gmail.com)

Volunteer, membership based community organization that takes care of flowerbeds in and around Elmira, Floradale, and Breslau.

### Elmira Lawn Bowling Club

22 Mockingbird Drive

Elmira, ON N3B 1H4

519-669-1050

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

Club members enjoy regular weekly games and special events.

### Elmira Lion's Club

Box 332

Elmira, ON N3B 2Z7

519-669-5171

[www.elmiralions.ca](http://www.elmiralions.ca)

Community events such as Bingo, Blood Donor Clinics, and other Hall Events.

### Elmira Tennis Courts

First Street, Elmira. Free to public. 9am-9pm

### Kiwanis Club of Elmira

P.O. Box 171 Elmira, ON N3B 1Z6

Email: [lorne.mackinnon16@gmail.com](mailto:lorne.mackinnon16@gmail.com)

[www.elmirakiwanisclub.com](http://www.elmirakiwanisclub.com)

Making a difference in our community.

### Royal Canadian Legion Branch 469 Elmira

11 First Street East

Elmira, ON N3B 2E3

519-669-2932

[www.legion.ca/home](http://www.legion.ca/home)

Honouring Canadian Veterans. Remembrance Day Ceremonies, youth education programs, poppy campaigns, fundraisers, senior supports.

### Waterloo Tennis Club

Waterloo Park

519-885-3920

[www.waterlootennis.com](http://www.waterlootennis.com)

Year-round tennis and a club house. Join the club as a member, take tennis lessons, or rent the club house for a day.

### Old Salts Senior Canoe Club

519-888-7565

Email: [oldsalts@gmail.com](mailto:oldsalts@gmail.com)

[www.oldsaltsclub.com](http://www.oldsaltsclub.com)

Canoe enthusiasts aged 55+, who enjoy the outdoors, the water and each other's company. Get together for a weekly canoe trip on Tuesday mornings throughout the season on lakes and rivers in southwestern Ontario.

### Volunteer Action Centre

1454 King Street East Unit 3

Kitchener, ON N2G 2N7

519-742-8610

[www.volunteerkw.ca](http://www.volunteerkw.ca)

Provides volunteer recruitment, retention, and recognition services to the Region of Waterloo.

### Woolwich Seniors Association

24 Snyder Avenue South

Elmira, ON N2K 1Y9

Located in the Woolwich Memorial Centre

519-669-5044

Email: [contact@woolwichseniors.ca](mailto:contact@woolwichseniors.ca)

[www.woolwichseniors.ca](http://www.woolwichseniors.ca)

Social, recreational and educational programs for seniors.

## TRAILS

### All Trails Canada

AllTrails is a great resource for hiking trails, running trails, mountain biking trails across Ontario and Canada.

<https://www.alltrails.com/canada/ontario>

### Claude Dubrick Trailway (Walter Bean Trail)

546 Woolwich Place

Waterloo, Ontario N2J 4G8

A multi-use trail along the Grand River. Access to the 8-kilometer-long Walter Bean Trail.

### Health Valley Trail

3 Water Street

St. Jacobs, Ontario

An unpaved, long trail that follows the river.

### Hopewell Trail, Breslau

Maplecrest Drive, Breslau

4km hiking and biking trail on the east side of Breslau follows the outer boundary of the Hopewell subdivision and the forested valley of Hopewell Creek. There are walkways with access to the trail on Horseshoe Cr., Townsend Dr. and Maplecrest Dr..

### Kissing Bridge Trail

20 Arthur Street North, Elmira

16.5km Hiking, biking, cross country skiing trail.

### Laurel Creek Conservation Area

625 Westmount Road North

Waterloo, Ontario N2J 2Z4

519-884-6620

[www.grandriver.ca/en/outdoor-recreation/Laurel-Creek.aspx](http://www.grandriver.ca/en/outdoor-recreation/Laurel-Creek.aspx)

Hiking and cycling trails, bird-watching, beachfront and boat launch, canoeing, kayaking, sailing, fishing, and swimming. Winter skiing and snowshoeing. Picnic tables, washrooms, and picnic shelters.

### Lions Lake Trail

#### Woolwich Dam and Reservoir

7225 Reid Wood Drive

Woolwich, Ontario N0B 1S0

519-621-2761

[www.grandriver.ca/en/outdoor-recreation/Woolwich-Reservoir.aspx](http://www.grandriver.ca/en/outdoor-recreation/Woolwich-Reservoir.aspx)

7km trail for hikers, cross country skiing, cyclists and bird watchers. Fishing is allowed in the reservoir. Maintained by the Elmira Lions Club.

### Mill Race Trail

1441 King St N, St. Jacobs, N0B2N0

1.5km Walking Trail

Can be accessed at 32 Front Street, St. Jacobs and 1505 Three Bridges Road, Woolwich.

### Park Trail Waterloo

185 Bridge Street West

Waterloo, Ontario N2K 1K9

519-576-2420

[www.ontariotrails.on.ca/index.php?url=trails/view/bechtel-park-trail](http://www.ontariotrails.on.ca/index.php?url=trails/view/bechtel-park-trail)

3.2km walking, hiking, cross-country skiing

### Sandy Hills Pinery Trail

1.7km loop

South Trail—390 Sandy Hills Drive, Woolwich

North Trail—275 Sandy Hills Drive, Woolwich

### The Great Trail (National Trail)

Formerly The Trans Canada Trail

29km stretch in Woolwich

Follows former CP railway, existing trails (Kissing Bridge Trailway, Mill Race Trail, Avon Trail, and Health Valley Trail, as well as, some newly constructed sections along Farmer's Market Road.

***For more information about local trails go the Township of Woolwich website [www.woolwich.ca/en/discover-us/Parks-and-Trails](http://www.woolwich.ca/en/discover-us/Parks-and-Trails)***