"A society for all ages is multigenerational. It is not fragmented, with youths, adults and older persons going their separate ways. Rather, it is age-inclusive, with different generations recognizing — and acting upon — their commonality of interest."

— Kofi Annan, Secretary General of the United Nations

Disclaimer: The content included in this guide represents the services and organizations that provide support for older adults in the Town of Kirkland Lake and area that could be identified by the Age Friendly Committee at the time of publication. Please submit any additions or corrections to be included in the next version of this guide to:

Town of Kirkland Lake
Department of Physical Services
(705) 567-9365
physserv@tkl.ca
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Community Support and Health Services

General Information

211
211 provides free, confidential, multilingual access to information about the full range of non-emergency community, social, health and related government services. 211 calls are answered by Certified Information and Referral Specialists, who assess each caller’s needs and link them to the best available services and programs, 24 hours a day, seven days a week. 211 also operated an online directory of services.

Web: www.211ontario.ca

Telehealth
A free 24-hour service that provides confidential health advice and general health information.

Tel: 1-866-797-0000   TTY: 1-866-797-0007   Web: www.ontario.ca/ru2

Health Care Connect
Health care connect assists people in finding a health care provider in your area accepting new patients.

Tel: 1-866-532-3161   TTY: 1-800-387-5559

North East Healthline
This website outlines all health-related services offered in the North East Region. You can search specifically in each community and see all services available to you. Also there is an events section where fitness classes and events are posted.

Tel: 1-705-310-CCAC (2222)   Web: www.northeasthealthline.ca
Email: healthline@ne.ccac-ont.ca

North East Community Support Services
Provides information on how to access home and community care services located in North East Ontario.

Tel: 1-705-310-CCAC (2222)   Web: www.northeastcss.ca
COMMUNITY SUPPORT AND HEALTH SERVICES

Ombudsman Ontario
The Ombudsman is an independent officer of the Legislature who investigates complaints from the public about Ontario government services, recommending improvements for governance and resolving individual issues.

Tel: 1-800-263-1830       TTY: 1-866-411-4211       Web: www.ombudsman.on.ca
Email: info@ombudsman.on.ca

Member of Provincial Parliament
Mr. John Vanthof
63B Government Road West, Kirkland Lake, ON P2N 2E6
Office hours: Wednesdays 9:00am to 4:30pm (Closed 12:00 to 1:00pm)

Tel: 705-567-4650       Fax: 705-567-4208       Toll free: 1-800-461-2186
Web: http://johnvanthof.com/       Email: jvanthof-co@ndp.ca

Member of Parliament
Mr. Charlie Angus
103A-30 Second Street, Kirkland Lake, ON P2N 3H7
Office hours: Monday, Wednesday and Friday, 9:00am – 4:00pm

Tel: 705-567-2747       Toll free:1-866-504-2747
Web: http://www.charlieangus.ndp.ca/       Email: Charlie.angus.c1@parl.gc.ca

Service Canada
Service Canada provides Canadians with a single point of access to a wide range of government services and benefits. We are committed to improving services for Canadians by working with partners to provide access to the full range of government services and benefits, that Canadians want and need through the Internet, by telephone, in person or by mail. (Passports, Canada Pension Plan, Guaranteed Income Supplement, Old Age Security)

145 Government Road West
Tel: 1-800-622-6232       TTY: 1-800-926-9105       Web: www.servicecanada.gc.ca

Service Ontario
Service Ontario provides information and assistance with services that pertain to services through the Ontario Government including accessible parking permits, driver licenses, plate stickers, health cards, birth certificates.

145 Government Road West
Tel: 1-800-267-8097       Web: www.ontario.ca/page/serviceontario
COMMUNITY SUPPORT AND HEALTH SERVICES

Support Service Agencies

**Timiskaming Home Support**
Home support offers a variety of services that can help older adults remain as independent as possible, including: Personal care, home help, assisted living, adult day program and post stroke navigators. Referrals are not needed for all programs.

**North Timiskaming Region** (Englehart/Kirkland Lake/Matachewan/Larder Lake/Virginiatown/Kearns)

2-30 Second Street, Kirkland Lake, ON P2N 1R1
Tel: 705-567-7383 Toll-free: 1-866-976-7383
Web: [www.homesupportservices.ca](http://www.homesupportservices.ca) Email: jcharbonneau@homesupportservices.ca

**NE LHIN Home and Community Care**  
*formerly ‘Community Care Access Centre’ (CCAC)*
Home and Community Care (NE LHIN) can connect older adults with information; provide access to qualified care providers, and links to the many services that are available in the community. Their knowledgeable staff will help you find your way through the Ontario health care system.

53 Government Road West, Kirkland Lake, ON P2N 2E5
Tel: 705-567-2222 Toll-free: 1-888-602-2222
Web: [http://healthcareathome.ca/northeast/en](http://healthcareathome.ca/northeast/en) Email: healthline@ne.ccac-ont.ca

**Closing the Gap Health Care**
Closing the Gap provides personal support to individuals in their homes, including: community support services, care for the caregiver; foot care; friendly visiting; home help and homemaking; in-home hospice care, nursing and personal support; rehabilitation services; respite care for children, adults and older adults; telephone reassurance and security checks.

998009 Highway 11 N, Unit 2, New Liskeard, ON P0J 1P0
Tel: 705-647-4315 Toll-free: 1-888-660-3959 x1050
Web: [www.closingthegap.ca](http://www.closingthegap.ca) Email: Timiskaming@closingthegap.ca
Canadian Mental Health Association (CMHA)

As the nationwide leader and champion for mental health, CMHA facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience, and support recovery from mental illness. For older adults, CMHA offers the Seniors’ Mental Health Program that focuses on improving the mental health of older adults (a referral is needed from your doctor for this program).

5 Kirkland Street West, Kirkland Lake, ON P2N 1N9
Tel: 705-567-9596       Fax: 705-567-5211
Web: www.cmhact.ca       Email: cmhatimsk@cmhact.ca

Timiskaming Health Unit (THU)

Timiskaming Health Unit works to ensure the health of our population through programs in our communities that protect and promote health and prevent disease. For older adults, THU also provides resources on healthy aging and fall prevention (including information about exercise classes for older adults), as well as immunizations.

Office Hours: Monday to Friday 8:30am to 4:30pm; Closed 12:00 to 1:00pm

31 Station Road North, Kirkland Lake, ON P2N 1N1
Tel: 705-567-9355       Fax: 705-567-5476       Toll free: 1-866-967-9355
Web: www.timiskaminghu.com

Lifeline

Philips Lifeline is an easy-to-use personal response service that lets you summon help any time of the day or night – even if you can’t speak. All you have to do is press your Personal Help Button, worn on a wristband or pendant, and a trained Personal Response Associate will ensure you get help fast. Service options start at $36/month.

Toll-free: 1-866-681-7925       Web: www.lifeline.ca

Seniors Safety Line (Elder Abuse Ontario)

Provides contact and referral information for local agencies across the province that can assist in cases of elder abuse. Trained counsellors provide safety planning and supportive counseling for older adults who are being abused or at-risk of abuse. Family members and service providers can also call for information about community services.

Tel: 1-866-299-1011       Web: www.elderabuseontario.com
COMMUNITY SUPPORT AND HEALTH SERVICES

Alzheimer Society of Timmins-Porcupine District
The Alzheimer Society of Timmins-Porcupine District is a not for profit organization dedicated to helping people affected by dementia. Though there is no official office in our area, there is a Public Education Coordinator who can answer questions, provide education and leads a support group.

Tel: 705-647-2379 Toll Free: 1-844-288-4554
Web: www.alzheimer.ca/timmins Email: temiskamingpec@alzheimertimmins.com

The Alzheimer Society also partners with Telehealth Ontario to provide after-hours support for persons with dementia and their caregivers. You can call Telehealth 24 hours a day, 7 days a week to access this service.
Tel: 1-866-797-0000

The Alzheimer Society also partners with MedicAlert to enhance the safety of people with dementia by providing 24-hour access to information and services to help people with dementia find their way home. The registration fee is $60 per year.
Tel: 1-855-581-3794

Victim Services of Temiskaming & District
Victim Services of Temiskaming & District is a community-based service that assists police and emergency services in providing short-term emotional, practical assistance and important information about available services in the community to victims of crime and tragic circumstances. Crisis assistance is provided by specially trained community volunteers and staff who are on-call to area police and emergency services, 24 hours a day, seven days a week. Self-referrals are welcome. (Located in Kirkland & District Hospital)

145 Government Road East, Room 310, Kirkland Lake, ON P2N 3P4
Tel: 705-568-2154

For 24-hour emergency service contact the Ontario Provincial Police at 1-888-310-1122
Web: www.temiskamingvcars.com Email: klvictimservices@kdhospital.com
COMMUNITY SUPPORT AND HEALTH SERVICES

Advocacy Centre for the Elderly (ACE)
The Advocacy Centre for the Elderly (ACE) is a community based legal clinic for low income senior citizens. ACE provides direct legal services to low-income seniors, public legal education, and engages in law reform activities. Scheduled intake days are Mondays, Wednesdays and Fridays.

Tel: 1-855-598-2656 Web: www.advocacycentreelderly.org

Consent and Capacity Board (CCB)
An independent provincial tribunal, the Consent and Capacity Board's (CCB) mission is the fair and accessible adjudication of consent and capacity issues, balancing the rights of vulnerable individuals with public safety. The CCB's key areas of activity are the adjudication of matters of capacity, consent, civil committal and substitute decision making. Over 80 percent of applications to the CCB involve a review of a person's involuntary status in a psychiatric facility under the Mental Health Act, or a review under the Health Care Consent Act of a person's capacity to consent to or refuse treatment.

Tel: 1-866-777-7391 Fax: 1-866-777-7273
Email: ccb@ontario.ca Web: www.ccboard.on.ca

Health Services

Kirkland and District Hospital
The Hospital provides emergency, general medicine, general surgery and pediatric services to the local community. It also provides a range of specialty and subspecialty diagnostic and therapeutic clinics.

145 Government Road East, Kirkland Lake, ON P2N 3P4
Tel: 705-567-5251 Fax: 705-568-2102
Email: administration@kdhospital.com Web: www.kdhospital.com

Kirkland and District Family Health Team
KDFHT provides access to a comprehensive continuum of primary health care services focused on the treatment and prevention of acute and chronic conditions. Using the resources of the multi-disciplinary team and in collaboration with their partners, expand their capacity to serve residents of the Kirkland Lake and district.

2 Water Lane, Kirkland Lake, ON P2N3M6
Tel: 705-567-2224 Toll-Free: 1-888-391-3848
Fax: 705-567-3838 Web: www.kdfht.com
Centre de santé communautaire du Témiskaming
They offer a Community Health Center for the francophone community of Temiskaming. They offer primary care with a holistic perspective focusing on health promotion that includes physical and mental health, reducing social isolation, volunteerism and managing chronic illnesses, as well as programming and activities for older adults, families and communities. (see social participation)

22 Water Street C.P. 40, Kirkland Lake, ON P2N 3M6
Tel: 705-567-1414 Fax: 705-567-1422 Web: www.csctim.on.ca

Timiskaming Hospice Palliative Care
The direction for care of individuals/families who are dealing with a diagnosis of cancer, and other chronic or life-limiting illnesses, and their families has changed. Palliative care is a supportive care program and can be helpful at any stage of the illness. This supportive care approach begins early, following diagnosis and continues up to and including the death of an individual which may be weeks, months or years.
24-hour supportive care through Volunteer Coordinator and trained volunteers; offering psychological, emotional, social, spiritual support, and Bereavement support. The client will be seen at home, hospital, hospice and in Long Term Care Homes.

145 Government Rd East, Kirkland Lake, ON P2N 3P4
Central Intake: 705-568-2135 Fax: 705-568-2160

Pharmacies

Pettenuzzo’s YIG
15 McChesney, Kirkland Lake, ON P2N 3R9
Tel: 705-567-4939 Web: www.yourindependentgrocer.ca

BDR Drugmart
15 Station Road N, Kirkland Lake, ON P2N 3J1
Tel: 705-567-3315 Web: www.pharmasave.com

Kirkland Pharmacy
15 McChesney, Kirkland Lake, ON P2N 3R9
Tel: 705-5674939 Web: www.yourindependentgrocer.ca
**Ontario Drug Benefit (ODB) Program**
If you are 65 and older and have a valid Ontario Health Card, you qualify for the ODB program. You will be sent a letter several months before you turn 65. You will be required to pay a $100 deductible at the beginning of the ODB benefit year (August 1st). Once the deductible is paid, approved prescriptions will cost up to $6.11.
If you are a senior with low income, you can apply for the Seniors Co-Payment Program to have the deductible waved and the co-payment reduced to $2.00. Application kits are available at your local pharmacy or by calling the phone number below. Wal-Mart and Chartrand’s pharmacies both discount the co-payment by $2.00 for all seniors.

Tel: 1-888-405-0405 (Application)  
TTY: 1-800-387-5559  
Web: [www.ontario.ca/ru6](http://www.ontario.ca/ru6)

**Fall Prevention**

**Stay on Your Feet (SOYF)**
Stay on Your Feet is a preventive program that focuses on 9 steps to help older adults reduce their risk of falling. The program provides information and recommendations to older adults.
Contact: Timiskaming Health Unit

31 Station Road North, Kirkland Lake, ON P2N 1N1  
Tel: 705-567-9355  
TTY: 1-866-967-9355  
Web: [www.timiskaminghu.com](http://www.timiskaminghu.com)

**Assistive Device Program**
If you have a long-term physical disability, you may be able to receive funding towards personalized assistive devices to help you live more independently. This program will pay up to 75% of the cost of equipment (wheelchairs, respiratory devices, orthotic devices). There are also funds for hearing aids, ostomy supplies, needles and syringes and breast prostheses.
Contact: Ministry of Health and Long-Term Care

Toll free: 1-800-268-6021  
TTY: 1-800-387-5559  
Web: [www.health.gov.on.ca/adp](http://www.health.gov.on.ca/adp)  
Email: adp@ontario.ca
Specialized Services

**Med-E-Ox/ Mobility in Motion**
Med-E-Ox provides in-home assessment, free home trials, vehicle modification, home modifications, and ramps, sells accessible vehicles and mobility aids, including those for recreation, and offers CPAP treatment, oxygen treatment and supplies. Med-E-Ox is an approved vendor with WSIB, (VAC), Blue Cross and ADP. They also rent equipment for those who may only need it temporarily.

20 Government Road East, Kirkland Lake, ON P2N 1A3
Tel: 705-567-3123      Toll Free: 1-866-299-1911      Web: [www.mobilityinmotion.net](http://www.mobilityinmotion.net)

**ConnexOntario**
ConnexOntario operates three free, confidential helplines for people experiencing problems with alcohol and drugs, mental health issues or gambling.

- **Drug and Alcohol Helpline** 1-800-565-8603  Web: [www.drugandalcoholhelpline.ca](http://www.drugandalcoholhelpline.ca)
- **Mental Health Helpline:** 1-866-531-2600  Web: [www.mentalhealthhelpline.ca](http://www.mentalhealthhelpline.ca)
- **Ontario Problem Gambling Helpline:** 1-866-531-2600  Web: [www.opgh.on.ca](http://www.opgh.on.ca)

**Timiskaming Diabetes Program**
No referral is needed for the Timiskaming Diabetes Program. It provides support for people living with prediabetes or diabetes through one-on-one group consultation on monitoring blood sugar levels, medications, healthy eating, exercise, and other lifestyle choices. There is a registered nurse and dietician on staff. There is an outreach clinic provided in Matachewan.

145 Government Road E, Kirkland Lake, ON P2N3P4
Tel: 705-568-2134

**Community Living**
Community Living is a non-profit, provincial confederation that advocates for people who have an intellectual disability to be fully included in all aspects of community life. Community Living Kirkland Lake has an office downtown along with a fully equipped education/community centre. To make a referral for Adult Services, contact Development Services Ontario at 1-855-376-6376 or email dso@handsfhn.ca

51 Government Road W, Kirkland Lake, ON P2N3H7
Tel: 705-567-9331      Fax: 705-567-5005      Web: [www.communitylivingkl.com](http://www.communitylivingkl.com)
COMMUNITY SUPPORT AND HEALTH SERVICES

Vision

**Optometrists: Drs Douglas and Linsey Yade**
42 Government Road West, Kirkland Lake, ON P2N 2E2
Tel: 705-567-5774

**Optometrists: Drs Allan and Ross Maclvor**
20 Government Road West, Kirkland Lake, ON P2N 2E2
Tel: 705-567-4919

**CNIB**
CNIB has staff to help individuals with vision loss. Though their office is in Timmins they will travel to our area to meet with you. Services include: independent living skills, low vision specialists and orientation and mobility specialists.

60 Wilson Avenue Suite 312 Timmins, ON P4N 2S7

Dental

**Kirkland Lake Dental Office**
58 Government Road West, Kirkland Lake, ON P2N 2E4
Tel: 705-567-3214  Web: [https://kirklandlakedental.com](https://kirklandlakedental.com)

**Kirkland Lake Dental House**
14 Government Road East, Kirkland Lake, ON P2N 1B1
Tel: 705-462-1122

**Karen Suykens Denture Specialist**
14 Government Road West, Kirkland Lake, ON P2N 2E2
Tel: 705-568-8565

Hearing

**Timiskaming Hearing Clinic**
15 Government Road East, Kirkland Lake, ON P2N 1R1
Tel: 705-567-1115
COMMUNITY SUPPORT AND HEALTH SERVICES

Chiropractor

Chiropractic Health
3 Government Road East, Kirkland Lake, ON, P2N 1A1
Tel: 705-567-2240

Family Chiropractic & Rehabilitation
17 Poplar Avenue, Kirkland Lake, ON
Tel: 705-568-6018

Kirkland Lake Chiropractic Centre
4 Al Wende Avenue North, Suite 3, Kirkland Lake, ON
Tel: 705-567-5222

Rehabilitation and Performance Centre
11 Kirkland Street West, Kirkland Lake, ON, P2N 2G1
Tel: 705-568-4772

Food Bank and Meals

Kirkland Lake Salvation Army Food Bank
Business hours: Mondays 9:30am – 11:30am & 1:00pm – 3:00pm; Fridays 9:30am – 11:30am

6 Sylvanite Avenue, PO Box 424, Kirkland Lake, ON P2N3J1
Tel: 705-567-5877 Fax: 705-567-3534
Email: darlene_hastings@can.salvationarmy.org Web: www.salvationarmy.ca

Salvation Army Soup Kitchen
Business hours: Thursdays 11:30am – 1:00pm
6 Sylvanite Avenue, PO Box 424, Kirkland Lake, ON P2N3J1
Tel: 705-567-5877 Fax: 705-567-3534
Email: darlene_hastings@can.salvationarmy.org Web: www.salvationarmy.ca

Timiskaming Home Support Meals on Wheels
Nutritious hot meals delivered by friendly volunteers in the Kirkland Lake area, 3 times per week, with frozen meals delivered once a week.

Timiskaming Home Support, 30 Second Street, Unit 101, Kirkland Lake, ON, P2N1R1
Toll free: 1-800-361-5820 Email: info@homesupportservices.ca
Shop N' Stops
Shop N Stops are a local weekly fundraising dinner put on by various groups and clubs in Kirkland Lake. They are held at the Legion Branch 87 on Friday evenings between 5:00 and 7:00pm, from September to May. Ticket prices vary from $10.00 to $15.00 depending on the meal and hosting group/club. Contact the bar at the Legion to find out the schedule and to purchase tickets.

Tel: (705) 567-3888

Diners Club
A hot meal and social activities monthly. For Kirkland Lake area, tickets are to be purchased from the reception at the Kirkland Lake office (2-30 Second Street, Kirkland Lake) prior to dinner. Must be 60 years of older. $9.00 for the meal.

Timiskaming Home Support, 30 Second Street, Unit 101, Kirkland Lake, ON, P2N1R1
Toll free: 1-800-361-5820
Email: info@homesupportservices.ca

Heart to Home Meals
Heart to Home Meals provides home-style frozen meals, soups and desserts delivered directly to your home. The nearest Depot is in Hearst but they will ship via Purolator.

Toll Free: 1-800-786-6113
Web: www.hearttohomemeals.ca

Food Advice
Unlock Food.ca
Formerly EatRightOntario.ca, this website is a bilingual page brought to you by Dieticians of Canada. It includes information on nutrition, food and healthy eating as well as recipes, videos and interactive healthy eating tools.

Web: http://www.unlockfood.ca/en/Seniors
Groceries

**Pettenuzzo’s YIG**
Pettenuzzo’s YIG is a part of a chain of grocery stores that brings all kinds of food supplies to customers across Ontario. The store carries fruits, vegetables, meats, milk, cheese, eggs and organics as well as Joe Fresh clothes for toddlers, babies, kids and adults. They also offer custom cut meats, in-house bakery and a lotto and photo centre. Online grocery shopping is also available; groceries are purchased online, when the order is ready someone will call, you drive to their store and park in a specific parking space and your purchased groceries are delivered to your vehicle.

15 McChesney Avenue, Kirkland Lake, ON P2N 3R9  
Tel: 705-567-4939  Web: [https://www.yourindependentgrocer.ca/](https://www.yourindependentgrocer.ca/)

**Foodland**
Foodland is a part of a chain of grocery stores that carries fruits, vegetables, meats, breads, milk, cheese and eggs. They also offer custom cut meats, hot deli counter, bakery, including specialty cakes, gift baskets, a lotto centre, and carry out service.

47 Government Road East, Kirkland Lake, ON, P2N 1A4  
Tel: 705-567-6649  Web: [https://ontario.foodland.ca/](https://ontario.foodland.ca/)

**Giant Tiger**
Giant Tiger in Kirkland Lake offers a full grocery section including fresh meat, produce, dairy, breads and other grocery items. They also carry a full line of clothing for men, women and children, houseware, toiletries, toys and pet food.

150 Government Road West, Kirkland Lake, ON, P2N 2E9  
Tel: 705-567-6711  Web: [https://www.gianttiger.com/home.do](https://www.gianttiger.com/home.do)
Permits

Building Permits
For any proposal it is recommended to contact your local municipality to determine what you need to get a permit.

Town of Kirkland Lake
Tel: 705-567-9365 Web: www.kirklandlake.ca Email: building@tkl.ca

For McGarry, Larder Lake, Dobie/Gauthier and Matachewan please consult the Temiskaming Municipal Building Association
35 10th St. Box 546, Earlton, ON P0J1E0
Tel: 705-563-2375 Fax: 705-563-2093 Web: www.tembuild.com

Contractors
Most contractors in the area will complete accessible upgrades. It is always best to get at least 2 quotes to ensure you are paying the right amount for the work.

Search for “contractors” in the yellow pages of the local phone book.

Home Adaptation & Financial Assistance

Canadian Mortgage and Housing Corporation (CMHC)
CMHC provides information on changing or customizing your residence to accommodate your ever-changing needs, thereby allowing you to remain in the same home or community and live safely, independently and comfortable regardless of your age or ability level.

Toll-free: 1-800-668-2642 TTY: 1-800-309-3388
Web: www.cmhc-schl.gc.ca Email: contactcentre@cmhc.ca

Healthy Homes Renovation Tax Credit
This tax credit is for older adults and families who live with older adults to make accessible upgrades to their home. You can claim up to a maximum of $10,000 on your taxes and can get back 15% of eligible expenses.

Tel: 1-866-668-8297 TTY: 1-800-236-7776
Web: www.ontario.ca/healthyhomes
**Ontario Electricity Support Program**

If you have a low income you may be eligible for a reduction on your electricity bill. The amount you receive depends on your income and the number of persons living in your home. You need to apply in order to receive the discount. You will need your electricity bill, names and birthdates of all persons living in the home and their social insurance numbers or Individual Tax Numbers. Use this information to fill out application and mail it in. The application can be found on the website below.

Tel: 1-855-831-8151  
TTY: 1-800-855-1155  
Web: [www.OntarioElectricitySupport.ca](http://www.OntarioElectricitySupport.ca)  
Email: help@ontarioelectricitysupport.ca

**Ontario Energy and Property Tax Credit**

This credit helps low- to moderate-income individuals with property taxes and the sales tax on energy. The credit is part of the Ontario Trillium Benefit. Apply through your yearly tax return through the ON-BEN form.

Tel: 1-866-668-8297  
TTY: 1-800-263-7776  

**Older Adult Residences**

**Kirkland Lake Non-Profit Housing Corporation**

KLNPH is a municipal non-profit housing provider. They have a three storey 40 unit senior’s apartment building. The secure building features an elevator, mail delivery to mailboxes inside the building lobby and coin operated laundry facilities. Completed applications can be submitted to KLNPH at their local office or DTSSAB.

100-60 Fifth Street, Kirkland Lake, ON P2N3P7  
Tel: 705-568-6688  
Web: [www.klnph.ca](http://www.klnph.ca)  
Email: klnph@ntl.sympatico.ca

**District of Timiskaming Social Service Administration Board**

DTSSAB offers geared-to-income housing for older adults in the Kirkland Lake Area.

29 Duncan Avenue N, Kirkland Lake, ON, P2N3H7  
Tel: 705-567-9366  
Toll Free: 1-888-544-5555  
Web: [http://www.dtssab.com](http://www.dtssab.com)
Long-Term Care

Extendicare
This home offers a fully accredited long-term care home with private, semi-private and basic accommodations. 24-hour nursing care for residents living with day-to-day physical and/or cognitive challenges are provided as well as a fully developed life enrichment program.

155 Government Road East, Kirkland Lake, ON, P2N3P4
Tel: 705-567-3268  Fax: 705-567-4638
Web: www.extendicarekirklandlake.com
Email: cnh_kirklandlake@extendicare.com

Teck Pioneer Residence
The secure residence offers semi-private and private rooms, along with a secure unit for residents with complex responsive behaviours who require special supervision. Admission to TPR is done through the North Eastern Local Integrated Health Network (NE LIN). A case worker is assigned to the potential resident and their eligibility is assessed. A referral is then sent to the Long-Term Care home and the candidate is either placed onto the waitlist of rejected. Accommodation prices are determined by the Ministry of Health and Long Term Care.

145A Government Road East, Kirkland Lake, ON, P2N3P4
Tel: 705-567-3257  Fax: 705-567-3737
Web: www.kltpr.com  Email: tpr@tkl.ca
For some older adults, financial concerns are not an issue, however for other money may be tight. The costs associated with living longer can be overwhelming. There are some funding programs available to help.

**Federal / Provincial Financial Programs**

**Old Age Security Pension (OAS)**
Offered to most Canadians aged 65 or older. You should receive a letter from the Government of Canada shortly after your 64th birthday. The letter will either ask you to fill out forms in order to enroll or inform you that you are automatically enrolled. If you do not receive a letter, be sure to call or go into a Service Canada office. You can also defer payments for up to 60 months to receive larger amounts later.

Toll Free: 1-800-277-9914
TTY: 1-800-255-4786
Web: [https://www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security.html](https://www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security.html)

**Guaranteed Income Supplement (GIS)**
GIS is available to OAS beneficiaries with low incomes. You will need to apply to receive this benefit and your eligibility will be reviewed each year with your taxes.

Toll Free: 1-800-277-9914
TTY: 1-800-255-4786

**Guaranteed Income Supplement - Allowance for the Survivor**
If you are between 60 and 64, have a low income, and are the spouse, common-law partner or widow of GIS recipients you may be eligible.

Toll-Free: 1-800-277-9914
TTY: 1-800-255-4786
Web: [http://www.servicecanada.gc.ca/eng/services/pensions/oas/allowance.shtml](http://www.servicecanada.gc.ca/eng/services/pensions/oas/allowance.shtml)

**Canadian Pension Plan**
CPP is a program to replace a portion of an individual’s earnings once he/she has retired. It is based on contributions made throughout the individuals working life. You need to apply online and can do so up to 12 months before you retire.

Toll Free: 1-800-277-9914
TTY: 1-800-255-4786
Canadian Pension Plan - Survivor’s Pension
The CPP survivor’s pension is paid to the person who, at the time of death, is the legal spouse or common-law partner of the deceased contributor. If you are a separated legal spouse and the deceased had no cohabiting common-law partner, you may qualify for this benefit. If you are widowed more than once, only one survivor’s pension - the larger - will be paid. The survivor or a representative of the survivor must apply for the monthly pension.

Toll: 1-800-277-9914 TTY: 1-800-255-4786
Important: Have you social insurance number ready when you call

GAINS: Ontario Guaranteed Annual Income System
Available to those 65+ and receive a pension (OAS, GIS) to assist in ensuring your income stays above a certain amount. You do not need to apply for this program, your eligibility will be determined with other pension applications.

Toll Free: 1-866-668-8297 TTY: 1-800-263-7776
Web: http://www.fin.gov.on.ca/en/credit/gains/

Tax Measures
Older adults can also apply for a number of tax breaks. These include the Age Credit, Pension Income Tax Credit, income splitting, etc. Look for these categories when filing your taxes.
Note: All tax and funding programs that relate to Housing can be found in that section.

Income Tax Return Assistance
M.P. Charlie Angus’ office in Kirkland Lake offers tax preparation clinics as well as accepting walk-ins to assist with Income tax returns.

103A-30 Second Street, Kirkland Lake, ON P2N 3H7
Tel: 705-567-2747 Toll free: 1-866-504-2747
Email: Charlie.angus.c1@parl.gc.ca

Financial Planning – Financial Consumer Agency of Canada
The Financial Consumer Agency of Canada provides some online resources to help with financial planning.
http://www.fcac-acfc.gc.ca/Eng/resources/educationalPrograms/ft-of/Pages/financial-planning.aspx
Planning your Retirement
Online information to help older adults make informed decisions leading up to their retirement.

Web: http://www.fcac-acfc.gc.ca/Eng/forConsumers/lifeEvents/planningRetirement/Pages/home-accueil.aspx

Your Financial Toolkit
A program to help Canadians manage their personal finances. The Toolkit includes a module on retirement and pensions.

Web: http://www.fcac-acfc.gc.ca/Eng/resources/educationalPrograms/ft-of/Pages/home-accueil.aspx

Financial Services

CIBC Kirkland Lake
10 Government Road West, Kirkland Lake, ON P2N3K4
Tel: 705-567-5201 Fax: 705-567-9183 Toll-free: 1-800-465-2422

Royal Bank of Canada
30 Government Road West, Kirkland Lake, ON P2N2E2
Tel: 705-567-5386

TD Canada Trust Kirkland Lake
12 Government Road West, Kirkland Lake, ON P2N2E2
Tel: 705-567-5247

Northern Credit Union
145 Government Road West, Kirkland Lake, ON P2N2C9
Tel: 705-567-3254

Freedom 55 Financial
27 Prospect Avenue, Kirkland Lake, ON P2N2V3
Tel: 705-567-5555

St. Cyr and Associates
69 Government Road West, Kirkland Lake, ON P2N2E6
Tel: 705-567-1167
Legal Services

**Legal Aid Ontario**
Legal Aid Ontario provides legal assistance to low-income individuals and disadvantaged communities. Staff will help you find the services you need and also funds numerous independent, community-based legal aid clinics.

Tel: 1-800-668-8258  TTY: 1-866-641-8867  Web: [www.legalaid.on.ca](http://www.legalaid.on.ca)

**The Office of the Public Guardian and Trustee (OPGT)**
The Office of the Public Guardian and Trustee (OPGT) is part of Ontario’s Ministry of the Attorney General. OPGT delivers a diverse range of services that safeguard the legal, personal and financial interests of certain private individuals and estates. The brochures available on their website contain helpful information, including about protecting the rights and interests of mentally incapable adults, administering estates, and the Capacity Assessment Office.

Intake:
Toll-Free: 1-800-366-0335

Regional Office (Sudbury):
199 Larch Street, Suite 602,
Sudbury, ON P3E 5P9
Tel.: (705) 564-3185  Toll-free: 1-800-891-0503
For treatment decisions call Ottawa office at 1-800-891-0506
Web: [https://www.attorneygeneral.jus.gov.on.ca/english/](https://www.attorneygeneral.jus.gov.on.ca/english/)

**Funeral Planning**

**French Family Funeral Home**
Provides offers families personal assistance for funeral planning, preplanning, casket & merchandise selections, and grief resources. They also offer a chapel, catering services and a reception room.

111 Burnside Dr. PO Box 994
Tel: 705-567-3565  Fax: 705-567-9607  Web: [www.frenchfamily.ca](http://www.frenchfamily.ca)

**Town of Kirkland Lake Cemetery**
The Kirkland Lake Cemetery is operated by municipal staff. They provide ground maintenance, burial services, along with extensive record keeping, dating back to the 1930s.

Tel: 705-642-3378 (May to October) 705-567-9365 (November to April)
Web: [www.kirklandlake.ca](http://www.kirklandlake.ca)  Email: Richard.charbonneau@tkl.ca
SOCIAL PARTICIPATION

Libraries and Museums

Teck Centennial Library
10 Kirkland Street, Kirkland Lake, ON P2N1P1
Tel: 705-567-7966 Web: www.olsn.ca/kirklandlakepl/

Larder Lake Public Library
69 Fourth Avenue, Larder Lake, ON P0K1L0
Tel: 705-643-2222 Web: www.larderlakepubliclibrary.ca

Museum of Northern History
Sir Harry Oakes’ chateau allows you to travel back in time to witness the hardy life of the early pioneers and their struggles as they forged a community out of the unforgiving wilderness.

2 Chateau Drive, Kirkland Lake, ON P2N 3M7
Tel: 705-568-8800 Web: http://museumkl.com

Education

NEOnet
NEOnet is a regional, non-profit organization mandated to facilitate telecommunication services and infrastructure development in northeastern Ontario. They offer a “TechSocial” program for older adults, which aim to reduce social isolation through the use of technologies. They provide education workshops, one-on-one session and online forums. The program is offered in English, French and Cree.

4715 Highway 101 East, Suite B-142, Northern College – Timmins Campus, South Porcupine, ON P0N1H0
Tel: 705-360-1353 Fax: 705-360-8537 Web: www.neonet.on.ca

Senior’s Centre Without Walls
Seniors’ Centre Without Walls (SCWW) is a virtual, telephone based, dependable group and learning centre. No computer or internet is needed; just a phone call connects participants with educational, health and wellness, travelogues, local history and game sessions regularly and some programming is available in French. Open to anyone 55 years or anyone that is limited in their social interactions by some form of restriction. Seniors’ Centre Without Walls is easy to join and enjoy for free.

Timiskaming Home Support, 367 Sutherland Way, Haileybury, ON P0J1K0
Tel: 705-672-2254 Fax: 705-672-2635 Toll-Free: 1-800-361-5820
Email: scww@homesupportservices.ca
Centre de Formation des Adultes
French adult education centre

4 Al Wende Avenue, 2nd floor, Kirkland Lake, ON, P2N 3J1
Tel: (705) 567-3229 Email: cfakirklandlake@gmail.com
Web: http://cfakirklandlake.wixsite.com/formation

Groups and Clubs

Beaverhouse First Nation
The band office located on Station Road offers workshops, meals, diabetes education, field trips and outings. All the services are free to band members and clients, with the exception of hot lunch on Thursdays.

26 Station Road North, Kirkland Lake, ON P2N3H7
Tel: 705-567-2022 Fax: 705-567-1143

Encore Club of Kirkland Lake
The Encore Club is located in the old Kirkland & District Hospital on Second Street. The building was converted into a seniors club, where different events and activities are hosted. Members must be 40+.

30 Second Street, Kirkland Lake, ON
Tel: 705-567-7973 Fax: 705-567-3323

Royal Canadian Legion Br. 87
The RCL's mission is to serve Veterans, including serving military and RCMP members and their families, to promote Remembrance, and to serve our communities and our country. The local Branch 87 offers weeknight cards and darts to not only their members, but also the public. The Branch also serves as host to Friday night Shop N’ Stops, where local groups raise funds by offering a supper for a small fee.

1 Summerhayes Avenue, Kirkland Lake, ON P2N3H7
Tel: 705-567-4515 Web: www.legion.ca

KL Multicultural Group
The KL Multicultural Group is a non-profit organization providing welcoming support for newcomers to Kirkland Lake. They provide free assistance by offering settlement services such as local information, support, social events and a welcoming network.

Email: info@klmulticulturalgroup.com Web: http://klmulticulturalgroup.com
Interlink Choir
Interlink is an intergenerational choir, bridging the gap between children and seniors. The program brings together Grade 5 students at Central Public School and seniors in our community through the art of music and an exchange of penpal letters.

St. Peter’s Anglican Church; PO Box 692, 7 Kirkland Street E, Kirkland Lake, ON, P2N3K1
Tel: 705-570-2855

The Rotary Club of Kirkland Lake
Rotary is an international membership organization made up of people who share a passion for and commitment to enhancing communities and improving lives across the world. The local club hosts various events throughout the year, including a yearly elimination draw, Halloween dance and newly added, annual Ribfest in August.

Email: rotaryclubkl@gmail.com

Kinsmen Club of Kirkland Lake
Kinsmen, Kinette and Kin clubs across the country work to better their communities, enhance the well-being of Canadians and improve the environment. The association boasts a proud history dedicated to fostering a life-long friendship while “Serving the Community’s Greatest Need”. Kinsmen CF Radio day is a fundraising radio-a-thon that has been raising funds and bringing awareness to cystic fibrosis; the event is held yearly through CJKL.

Email: kinsmen@gmail.com
Web: https://www.kirklandlakekinsmen.com/

Lions Club
The Lions Club is a group of volunteers who serve their communities, meet humanitarian needs, encourage peace and promote international understanding. The club in Larder Lake meets every second Thursday at 7:00pm in the hall of the Larder Lake Legion.

31 Market Street (RC Legion), Larder Lake, ON, P0K1L0
Web: https://www.lionsclubs.org/en

Centre de santé communautaire du Témiskaming
They offer a variety of activities and programs in French for older adults in Kirkland Lake, Virginiatown and Larder Lake including: knitting groups, Nordic pole walking and snowshoeing groups, social activities and meals, Community Walk each year at the beginning of May and Seniors Month Community Luncheon in June. They also offer courses such as, Craving Change and Prendre votre santé en main (living well with a chronic condition)

22 Water Street C.P. 40, Kirkland Lake, ON P2N 3M6
Tel: 705-567-1414 Fax: 705-567-1422 Web: www.csctim.on.ca
Club Les 50 Plus
The only Francophone Club in Kirkland Lake and Area, allows seniors 50+ to become a member for an annual fee of $10.00. They also accept other nationalities as “friends” for a $5.00 annual fee. The club offers a safe environment for members and friends; weekly activities include euchre and line dancing. Other events include holiday/seasonal meals; other than members’ only events, the club allows anyone to attend their events.

39 Kirkpatrick Street, Kirkland Lake, ON P2N2H2
Tel: 705-568-8433

Club Richelieu Kirkland Lake
Club Richelieu is a francophone organization that supports the community and aims to promote the French language and culture. They host various fundraising events throughout the year, where the raised funds are donated to local organizations in need.

Web: https://www.facebook.com/ClubRichelieuKL/

Northern Prospectors Association
The NPA is one of seven regional associations affiliated with the Ontario Prospector’s Association which was developed in 1987 to create province wide lobbying group on policies of concern to the mining industry. Volunteers participate in a variety of activities including membership on several local and provincial committees, and they participate in talks with guest speakers and short courses on topics such as geophysics, geology and gun safety. The club meets monthly at the Kirkland Lake Legion.

PO Box 535, Kirkland Lake, ON, P2N3J5
Email: NPA@northernprospectors.com
Web: http://mininglifeonline.net/company_page_7915.html

Kirkland District Game and Fish Club
The Game and Fish club is a group of volunteers who meet on a regular basis to discuss various concerns for fish and wildlife in our area. They conduct conservation projects along with raise funds to produce signs, perform surveys and assessments on stocked lakes, make upgrades or construct access points to lakes and many other activities to preserve, protect and educate people about fish and wildlife in our area. The club meets every second Week at the Kirkland Lake Legion.

Kirkland Lake & District Horticultural Society
The Horticultural Society is a local group who share knowledge, enhance gardening skills and provide community beautification. The group meets every second Tuesday of the month at the Kirkland Lake Legion at 7:00pm.

PO Box 685, Kirkland Lake, ON
Email: klhort.society@gmail.com
Recreation

Joe Mavrinac Community Complex
The KL Complex is owned and operated by the Town of Kirkland Lake. They offer an ice skating rink, swimming pool, fitness room, squash room, and many fitness and aquatic classes. The Complex is home to the Kirkland Lake Gold Miners Junior A hockey club, KL Skating Club, Minor Hockey, and the Stingray swim team. The Complex also offers pick-up hockey, old timer hockey league and slow-pitch ball leagues. A senior exercise class is offered on a regular basis; contact the complex for schedule details.

55 Allen Avenue, Kirkland Lake, ON P2N3P4
Tel: 705-567-5215        Web: www.klcomplex.com

Get “W.I.T.H.” It
The “Walking in the Halls” program offers a warm place to walk during the winter months. The indoor walking programs is run out of the KLDCS high school, where pedometers are available to borrow so you can keep track of your step count.

KLDCS
Tel: 705-567-5215        Web: www.klcomplex.com

Stand Up!
Stand Up is a best practice program for fall prevention that focuses on building balance, strength and flexibility among older adults who are concerned about their balance or have had a fall. It’s designed for older adults living independently in the community. The program is 12 weeks long and includes group exercise twice a week, information on healthy lifestyles and safe behaviours, as well as home based exercise. Participants must register in advance and complete a brief assessment to ensure they are eligible. Classes run throughout the district in multiple communities based on interest in Fall, Winter and Spring. For more information or to find out when the next class is in the community, contact Lorna Desmarais

Timiskaming Health Unit – Lorna Desmarais
Tel: 1-866-647-4305 extension 2239        Email: desmaraisl@timiskaminghu.com

Indoor Walking
The one hour per week indoor walking program is offered at the Northern College every Friday from 12:00noon to 1:00pm. Register at reception for $1.00

North Timiskaming Diabetes Program
Tel: 705-568-2134
**SOCIAL PARTICIPATION**

**King Street Fitness**
Classes are offered for a $10.00 drop in rate or bundles of passes can be purchased. They offer various levels of yoga including a gentle chair yoga.

22 King Street, Kirkland Lake, ON P2N  
Tel: 705-570-2020  Email: kingstreetfitness@outlook.com  
Web: [https://www.facebook.com/kingstreetfitness/](https://www.facebook.com/kingstreetfitness/)

**Lavy’s Gym and Fitness Centre**
Lavy’s offers a friendly atmosphere for your fitness needs with competitive membership fees. They also house the BUSHI Martial Arts Academy.

50 Government Road West, Kirkland Lake, ON P2N  
Tel: 705-462-2122  Email: lavysgym@gmail.com  
Web: [http://lavictoire4.wixsite.com/lavysgym?fbclid=IwAR1WrBeHDXRA27v4sQDD_qFHjDun6O_6M-Fz5QMWPpO28NC3uBj4ZWJ7ffs](http://lavictoire4.wixsite.com/lavysgym?fbclid=IwAR1WrBeHDXRA27v4sQDD_qFHjDun6O_6M-Fz5QMWPpO28NC3uBj4ZWJ7ffs)

**Body Evolution**
Body Evolution offers daily classes including, spin, step, body burn, yoga, weight-loss bootcamp, along with restorative yoga and chair yoga. Visit their Facebook page for the class schedule.

39 Second Street East (Ukrainian Church Hall), Kirkland Lake, ON  
Tel: 705-642-7246  Web: [https://www.facebook.com/BeBodyEvolution/](https://www.facebook.com/BeBodyEvolution/)

**Kirkland Lake Curling Club**
The curling club is open to all residents of Kirkland Lake and the surrounding area. The club is dedicated to provide an open opportunity to enjoy curling in a fun and relaxed environment. Through various leagues, bonspiels and social events we strive to offer an outlet where people can benefit from an active lifestyle and improve their overall wellbeing.

44 Water Lane), Kirkland Lake, ON  
SOCIAL PARTICIPATION

Uptown Bowl
The uptown Bowl is Kirkland Lake’s only bowling alley, featuring 8 lanes of 5-pin.

66 Government Road West, Kirkland Lake, ON, P2N
Tel: 705-567-7384 Web: https://www.facebook.com/UptownBowl/

Outdoor Activities

Civic Park
Under the direction of the municipal Recreation Department, Civic Park offers a newly developed outdoor multi-use park, including a band shell stage for added entertainment. The park has a ball field, multi-use courts (basketball, tennis, badminton, etc.), a beach volleyball court, an outdoor rink and pavilion. During the summer months, sports equipment is available to borrow from the pavilion and the outdoor rink is utilized by roller skaters, and on Tuesdays the Food Market.

20 Tweedsmuir Road, Kirkland Lake, ON
Tel: 705-567-5215 Web: www.klcomplex.com

Kinross Pond
Also under the direction of the municipal Recreation Department, the reclaimed mining site features a beautiful 1km walking trail around the pond, with a fountain aerating the water throughout the summer months. Along the trail includes benches, historical information plaques, community gardens and fitness equipment. The walking trail is unmaintained during the winter months.

Cross Country Ski Trails and Snow Shoe Trails
Located behind the Joe Mavrinac Community Complex is a range of trails designed to challenge, stimulate and relax you. The Trails are groomed by volunteers weekly. The Trails are not patrolled therefore it is recommended that anyone using the trails advise friends or family as to where they are and what time they expect to be home. Cross Country skis, skate skis and snowshoes are available for rent at the complex main desk, a deposit is required.

The Cross Country Ski Runners are a volunteer group associated with the trails.
Email: isalonius@hotmail.com or msher@ntl.sympatico.ca

Fishing and Hunting
Kirkland Lake and Area has many lakes and rivers and forested areas perfect for hunting and fishing. If you are over 65, you do not need an outdoors card to fish, but must follow all regulations. If you wish to hunt, you will need an outdoors card and validation tags.

Contact: Ministry of Natural Resources and Forestry
Web: www.ontario.ca/outdoorscard
Arts and Culture

Kirkland Lake Arts Council
The KL Arts Council has been dedicated to promoting the arts in Kirkland Lake for over 65 years. They showcase Canadian acts. They are a volunteer-run non-profit organization.

Web: http://klartscouncil.com/wp/ Email: hello@klartscouncil.com

Kirkland Lake Festivals Committee
The KL Festivals Committee is a non-profit organization, full of volunteers who host the 18-day Winter Carnival and Homecoming Week. They organize and host live concerts, pubs, family events, kids shows, sporting events, fish derbies, fireworks, Canada Day celebrations and all sort of other events.

Web: https://www.klfestivals.com/ Email: klfestivals@hotmail.com

Save the Lasalle
Save the Lasalle is a group of volunteers involved with the restoration of the Lasalle Theatre. They are currently restoring the theatre and have small performances, including various events throughout the Christmas season. In addition the group also produces the Annual Shakespeare in the Park, which runs over 10 days in June and July.

Tel: (416) 886-1951 Email: allan@savethelasalle.com or michael@savethelasalle.com

Kirkland Lake Rising Stars
The Rising Stars are an enthusiastic and talented group of older adults who use light hearted skits and humorous songs to educate their peers about important topics with memorable messages, in a fun and entertaining way. Rising Stars performances spread the word about healthy independent living, fall prevention, medication safety, elder abuse prevention and much more. Performances are done for community and church based groups and at luncheons and gatherings in Kirkland Lake and Area; reaching hundreds of older adults with important messages in a fun way. The group meets regularly to discuss and rehearse performances. Shows are typically booked between April and November. If you are over 55 years of age, have an interest for performance and want to help spread the word about important senior issues or are interested in booking a performance, contact Beverly MCChesney Rumble.

Tel: (705) 642-3060 Email: bmcchesneyrumbl@hotmail.com
Call 1-800-361-5820 to determine your transportation needs and be connected with a provider in the District of Timiskaming (including Kirkland Lake, Englehart, Earlton and Temiskaming Shores)

**Co-Op Taxi**
32 Duncan Avenue, Kirkland Lake, ON, P2N1X6
Tel: (705) 567-5383

**A1 Taxi**
19 Prospect Avenue, Kirkland Lake, ON, P2N2T9
Tel: (705) 568-4500

**Timiskaming Home Support**
This transportation is for seniors 60+ and adults with physical disabilities. The program allows for in and out of town trips, however the fee varies on location. Clients must pre-register with Timiskaming Home Support. Pre-booking isn’t necessary, however guarantees availability. Timiskaming Home Support offers different accessible transit options, which are subsidized.

- **Local Accessible Transit**
  Door to door accessible transportation within the local area. Reservations are required and the service runs from 8:30am to 4:30pm Monday through Friday. There is a small fee for the service.

- **Out of Town Transportation**
  Providing transportation for medical appointments outside of Kirkland Lake (Timmins, Sudbury, North Bay). This service is available Monday to Friday for people who are mobile and 60 years of age or older; or have a visual or hearing impairment.

- **Priority Assistance to Transfer Home (PATH)**
  PATH is a program to help patients make the transition from hospital to home safely, smoothly and comfortable. The Canadian Red Cross in partnership with Temiskaming Home Support will have a Personal Support Worker travel with the client and assist them with settling back into their home. They can also help pick up prescriptions and groceries.

Web: [https://homesupportservices.ca/](https://homesupportservices.ca/)

**U Ride We Ride – Legion 87 Members only**
For Royal Canadian Legion Branch 87 members, transportation by Co-Op taxi will be provided to and from the following locations for the fee of $2.00: Legion, hospital, medical clinic, and Extendicare or TPR to visit their spouse. Members must meet the specific criteria to qualify. Applications are available at the Legion.

1 Summerhayes Avenue, Kirkland Lake, ON P2N3H7
Tel: 705-567-4515
Ontario Seniors Secretariat
The Ontario Seniors’ Secretariat advocates for, undertakes and supports policy and program initiatives that help improve the quality of life of seniors, and undertakes public education efforts for and about seniors. They also work with seniors’ organizations and across government to develop programs and services that meet the needs of seniors and help them enjoy safe, active and healthy lives. They simplify access to government for seniors and their families.
Type of information on website: Financial, driving, health and wellness, security, publications and resource pages.
www.seniors.gov.on.ca

Seniors
The Federal Government site offers information for seniors, their families, their caregivers and supports service organizations on federal, provincial, territorial and some municipal government benefits and services.
www.seniors.gc.ca

Canada Benefits
This Federal Government website provides information on federal and provincial services, benefits and information for seniors.
www.canadabenefits.gc.ca

Caregiver Stress
This website provides information to caregivers on caring for you while caring for a loved one.
www.caregiverstress.com

Aging Parents and Elder Care
This website provides information
www.aging-parents-and-elder-care.com

Staying in your Own Home - Help Guide
The website provides information and resources to help seniors stay in their own homes.
www.helpguide.org