

Seniors Resource Booklet



MP Julie Dabrusin
TORONTO-DANFORTH

LETTER FROM JULIE

Dear Friend,

As your Member of Parliament, I enjoy connecting with community members, especially seniors. We owe a debt of gratitude to our seniors for the work that they have done for our country.

My office regularly hears from Toronto-Danforth seniors with questions about a variety of issues and services. We are always looking for ways to improve our service to the community and as part of that I'm delighted to provide you with my Seniors Resource Booklet. I hope you will find this booklet helpful.

As there is always more work to be done, I'm listening and working hard to make sure your issues are heard.

Kind regards,



A handwritten signature in black ink that reads "Julie Dabrusin". The signature is fluid and cursive, with a long, sweeping underline.

Julie Dabrusin
Member of Parliament
Toronto-Danforth

ACTIVE LIVING

South Riverdale Community Health Centre

Social and recreational activities.
995 Queen St. E.
☎ 416-461-1925

Eastview Neighbourhood Community Centre

Social and recreational activities.
86 Blake St.
☎ 416-392-1750

Applegrove Community Complex

Games and recreation, some fees may apply.
60 Woodfield Rd. (inside Duke of Connaught Public School)
☎ 416-461-8143
☎ 647-548-8143

Better Living Health & Community Services

Affordable membership-based community centre for seniors 50+ offering fitness classes, arts & culture programs, computer classes and more.
1 Overland Dr.
☎ 416-447-7244 ext. 541

Second Mile Club: East Toronto Senior Recreation Centre

Club offering recreational services to seniors for small annual fee.
953 Gerrard St. E.
☎ 416-597-0841

Toronto Central Health Line

Recreation and fitness programs in East York.

🌐 www.torontocentralhealthline.ca

WoodGreen Community Services: Seniors Day Programs

Supervised programming in a group setting for at-risk seniors, for fee.
840 Coxwell Ave. & 721 Broadview Ave.
☎ 416-572-3575

Harmony Hall Seniors Active Living Centre

Offers multilingual services to seniors 55+ with social and recreational programs, exercise classes and foot clinic.
2 Gower St.
☎ 416-752-0101

Toronto Public Library

Home delivery for those housebound for 3 months or longer.
☎ 416-395-5557

Speakers' series for seniors online and courses for digital literacy.
☎ 416-393-7131




ADVOCACY & SAFETY

Immediate Danger


 911

Non-Emergency Police Line

 416-808-2222

Seniors Safety Line

24/7, confidential and free resource that provides information, referrals and support in over 150 languages for seniors experiencing abuse.

 1-866-299-1011

Advocacy Centre for the Elderly


Legal clinic for low-income seniors. They help and advocate with issues such as consumer protection, elder abuse, health care consent, and advance care planning.

 416-598-2656

Don Valley Legal Clinic


Free legal services for low-income people, including CPP/OAS, wills and power of attorney.

45 Overlea Blvd.

 416-441-1764 ext. 1


Consumer Protection Ontario

To file a consumer complaint.

 416-326-8800

Canadian Anti-Fraud Centre (CAFC)

If you have been a victim of a scam, fraud or cybercrime, please contact your local police as soon as possible and also report to CAFC.


 1-888-495-8501

DELIVERY & FOOD

WoodGreen Community Services:


Meals on Wheels

For those 55+, living with disabilities or unable to prepare nutritious meals, for fee.

 416-572-3575 to register


UHN OpenLab Friendly Neighbour Hotline

Grocery delivery and household essentials for seniors living in low-income housing.

 1-855-581-9580

Meals on Wheels East York

Affordable, nutritious meal delivery, for fee.

 416-424-3322



FINANCE, TAX CREDITS AND TAX CLINICS

Service Canada Income Security Programs

Old Age Security (OAS), Canada Pension Plan (CPP), Guaranteed Income Supplement (GIS). Qualifying for GIS may mean some seniors in Ontario qualify for the Guaranteed Annual Income System (GAINS).

☎ 1-800-277-9914

WoodGreen Community Services: Year-Round Income Tax Clinic

815 Danforth Ave., 3rd Floor.

☎ 416-645-6000 ext. 1187

Tax Season Clinics

Eastview Neighbourhood

Community Centre

86 Blake St.

☎ 416-392-1750

Ralph Thornton Centre

765 Queen St. E.

☎ 416-392-6810

Canada Home Accessibility Tax Credit (HATC) and Medical Expense Tax Credit (METC)

Tax credit for renovations to make your home safer and more accessible. Available to seniors and those who qualify for the Disability Tax Credit.

☎ 1-800-959-8281

(Canada Revenue Agency)

Ontario Trillium Benefit

Tax credit for eligible low-income families to assist in paying for energy costs, sales tax and property tax.

☎ 1-866-668-8297

Ontario Drug Benefit Program

Information on seniors' drug coverage, Trillium Drug Program application and Seniors Co-Payment Program.

☎ 1-888-405-0405

☎ 416-503-4586

Ontario Electricity Support Program

Support for electricity costs for eligible seniors.

☎ 1-855-831-8151

Ontario Senior Homeowners' Property Tax Grant


Property tax help for seniors with low to moderate incomes.

☎ 1-877-627-6645




March of Dimes

Offers the Home and Vehicle Modification Program for those living with a substantial disability that impacts their mobility and daily function.

 416-425-3463

Seniors' Home Safety Tax Credit (Ontario)

Temporary, refundable personal income tax credit for 2021 & 2022.

 1-800-959-8281
(Service Canada)

HEALTH

Service Ontario

Issues and assists with provincial services such as Health Cards, Driver's Licenses, Ontario Photo Cards and a change of address.

 1-866-532-3161


East End Community Health

Vaccines, clinical appointments.
1619 Queen St. E.

 416-778-5858

Ontario Seniors Dental Care Program

The Ontario government offers access to free, routine dental care for eligible seniors 65 years+.

 1-833-207-4435


Health Connect Ontario

Speak or chat online with a registered nurse for free health advice, obtain an initial assessment or get connected to additional health services.

 811


Home and Community Care Support Services Toronto Central

Home and community care, access to community care and long-term home placement for seniors who qualify.

 416-506-9888
(Care coordinator)

Toronto Public Health: Vulnerable Adults and Seniors Program

Offers supports for seniors who need help taking care of themselves, live in poor conditions or lack adequate supports such as family, friends or a doctor.

 416-338-7600



South Riverdale Community Health Centre

Offers broad range of services to seniors including information sessions on health and wellness, managing chronic conditions, wills and law.

955 Queen St. E.

☎ 416-461-1925

WoodGreen Counselling & Mental Health Support

Free single-session counselling, no appointment needed.

☎ 416-645-6000 ext. 1990

City of Toronto: Seniors Dental Clinic

Seniors in Toronto who do not qualify for Ontario's Seniors Dental Care Program may be eligible for Toronto's municipal dental program.

☎ 416-338-7600 option 6

Canada Dental Care Plan (CDCP)

Federal public plan to help pay a portion of the cost for a wide range of oral health care services for uninsured Canadian residents with adjusted family net income.

☎ 1-833-537-4342

Low-Cost Dental Clinics

For seniors who may not be eligible for low-income dental programs.

George Brown College, Wave Dental Clinic

Low cost cleanings, small fillings and dentures (operates during school year).

51 Dockside Dr., 3rd Floor

☎ 416-415-4547

Regent Park Community Centre

Examinations, cleaning, X-rays, fillings, extractions, and dentures.

465 Dundas St. E.

☎ 416-364-7019

Closing the Gap Healthcare Group 'Keeping Connected Program'

Support and friendship for seniors through regular phone calls.

☎ 1-844-533-7266 to sign up



HOUSING & HOME CARE

Ontario Assisted Devices Program

Ontario government program that helps people with long-term physical disabilities pay for equipment and supplies.

☎ 1-800-268-6021

Margaret's Housing

Individualized support for seniors unable to perform some daily tasks.
221 Broadview Ave.

☎ 416-463-1481

City of Toronto Homemaker and Nurses Services

Community-based service offering laundry, housekeeping, shopping & meal preparation. Eligible to low-income individuals who are disabled or unable to perform such functions.

☎ 416-392-8579

WoodGreen Community Services: Housing & Homelessness Services

Call for applications and information on housing options.

650 Queen St. E.

☎ 416-645-6000 ext. 2500

Snow Removal for Seniors

Free service with application.

☎ 311 (City of Toronto)

Long-Term Care Homes & Service

City of Toronto

☎ 416-392-8579

WoodGreen Community Services: Friendly Visiting

Social visits and wellness checks for seniors.

☎ 416-572-3575

Toronto Intergenerational Partnerships

Seniors Assistance Home

Maintenance: grass cutting, leaf and snow removal, for fee.

☎ 416 531-8447 ext. 501

Social visiting for congregate settings.

☎ 416 531-8447 ext. 500



TRANSPORTATION

Toronto Transit Commission

Reduced fare for seniors 65+, blue priority seating.

☎ 416-393-3030

Travel Training Program to receive free training on the bus, subway, streetcar to improve your transit experience.

☎ 416-393-4111

Wheel Trans

Transportation for people with temporary or permanent disability.

☎ 416-393-4111

GO Transit

Seniors save 55% with PRESTO card.

☎ 416-869-3200

OTHER RESOURCES

Toronto Seniors Helpline

Information to community, home and crisis services.

☎ 416-217-2077

211 Central

Community and government services.

☎ 211

Home Instead Senior Care

Information to community, home, transportation and more.

☎ 416-698-1384

Senior Toronto

Community-maintained website with many resources.

🌐 www.seniortoronto.ca

City of Toronto, Seniors programs

Information to community, home and crisis services.

☎ 416-217-2077

Retirement Planning and Living

Government resources on public pension programs, planning tools, and tips to help you make the most of your retirement.

☎ 1-800-622-6232



