



***COUNCILLOR  
SUE  
MCFADDEN***

**2011**



**SENIORS'  
REPORT**





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# COUNCILLOR'S MESSAGE

**Dear Neighbours,**

**Welcome to my 2011 Seniors' Report! This report contains information about the various programs and services for older adults offered by the City of Mississauga, Region of Peel, Province of Ontario, Government of Canada, and other local community organizations. I hope you find this information useful and informative.**

**If you have any questions about any of the programs and services in the Seniors' Report, or if you have suggestions for additions to future Seniors' Reports, please don't hesitate to contact my office at any time.**



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# MUNICIPAL PROGRAMS FOR SENIORS

## Driveway Windrow Snow Clearing Pilot Program

The City of Mississauga's Driveway Windrow Snow Clearing Pilot Program is a City-wide program to clear snow windrows from the driveways of older adults (65 years of age or older) and individuals who are physically disabled. A windrow is the snow that is left at the bottom of a driveway after a snowplow has cleared a road. This pilot program provides snow clearing service after every snow plowing.

### Participation in the program is FREE for:

- Older adults (65 years or older) who are eligible for financial assistance (net individual income or combined family income below the Low Income Cut Off amounts)
- Individuals who are physically disabled (as verified by a health professional) who are eligible for financial assistance (net individual income or combined family income below the Low Income Cut Off amounts)

### Participation in the program is \$200/ season for:

- Older adults (65 years or older) who are **not** eligible for financial assistance
- Individuals who are physically disabled (as verified by a health professional) who are **not** eligible for financial assistance

Participation in this program is available on a first come, first served basis. The FREE program is limited to 2500 households and the \$200 program is limited to 1000 households. You can apply for the program at any City of Mississauga Recreation and Parks Community Centre during regular business hours. For more information about this program, please call 905-615-4311 or [www.mississauga.ca/snow](http://www.mississauga.ca/snow).



## Seniors and Disabled Persons Tax Rebate Program

The City of Mississauga offers a \$400 tax rebate on annual property taxes for low income seniors and low income persons with disabilities who own and occupy their own home. This rebate is applied to your account to offset your property taxes.

You may apply for the City's tax rebate if you are:

- a) 65 years of age and receiving the Guaranteed Income Supplement (GIS) from the Federal Government
- b) receiving an allowance, benefits, or income support from the Province under the Ontario Disability Support Program (ODSP)

Applications must be submitted by December 31<sup>st</sup> of the year for which a tax rebate is claimed, and no more than one application may be submitted for a property in any year. For more information about this tax rebate program, please call 905-615-4311 or e-mail [tax@mississauga.ca](mailto:tax@mississauga.ca).

## MiWay: The New Mississauga Transit

MiWay (formerly Mississauga Transit) is the City of Mississauga's public transit service. MiWay features blue and white MiExpress buses, serving a network of 5 express routes, as well as orange MiLocal buses serving regular local routes. MiWay buses feature great new amenities, such as more comfortable and spacious seating, reading lights, power outlets for electronics, larger windows, and automated next stop announcements. In spring 2013, MiExpress buses will operate on a new two-lane transit corridor (BRT) along the Hwy 403/Eglinton Ave. corridor, which will increase the number of express routes offered and greatly reduce passenger travel time.

MiWay continues to offer senior annual and monthly bus passes to eligible seniors at discounted senior rates. These passes can be purchased from a Miway ticket agent near you. To qualify for a senior annual or monthly bus pass fare, you must be:

- 65 years of age or older; and
- present your MiWay Senior Photo ID card when boarding

MiWay Senior Photo ID cards may be purchased from the City Centre Transit Terminal for \$5. You must present your Senior Photo ID card to validate your senior bus pass, and your ID card does not expire unless you change your address. Monthly and annual senior bus passes are also eligible for a tax credit, so be sure to keep your expired annual or monthly passes as they can be used as your receipt for tax purposes.

MiWay also offers fully accessible transit service on its regularly scheduled routes throughout the city. Accessible service is offered at stops marked with the international wheelchair symbol. Accessible buses are designed for customers using a wheelchair, scooter, walker, cane, or crutches, as well as customers with a heart condition, arthritis, or other disabilities that make it difficult to climb stairs. All buses offering accessible service are ramp-equipped, feature priority seating areas located at the front of each bus (for seniors and disabled persons), as well as two wheelchair / scooter securement areas. All MiWay drivers are trained in the safe operation of the ramp and securement of wheelchairs / scooters. Fully accessible bus shelters have been placed throughout the city and feature a larger entrance opening and platform area to ensure enough space to manoeuvre a wheelchair or scooter. For more information about MiWay, please visit [www.mississauga.ca/miway](http://www.mississauga.ca/miway) or call 905-615-4636.



The City of Mississauga's new "Active Assist" program, launched in May 2009, is designed to help eligible low income families and individuals in Mississauga participate in the City's Recreation and Parks programs. The program provides eligible families and individuals with a fee credit of \$275 per person, per year, deposited into their Recreation and Parks program account. This credit can be applied to activities such as swimming, skating, fitness, and summer camps. "Active Assist" can accommodate 4000 eligible individuals per year.

To be eligible for fee assistance, you must

- be a resident of Mississauga
- have a total net individual or combined family income below the Low Income Cut Off (LICO) amounts established by Statistics Canada.
- be able to provide current, official documentation that shows total family net income

Applications for "Active Assist" may be completed in person at any City of Mississauga Recreation and Parks Community Centre, or the Customer Service Centre located on the ground floor of the Central Library. For more information about the "Active Assist" program, please call 905-615-4100 or visit [www.mississauga.ca/activeassist](http://www.mississauga.ca/activeassist).

## Recreation and Parks Programs and Services for Older Adults

Regular exercise and physical activity produce long-term health benefits and can greatly reduce the risk of developing some diseases and disabilities that develop as people grow older. The City of Mississauga offers a wide variety of Recreation and Parks programs, services, and amenities to support active and healthy aging for older adults. Throughout the city, there are eight community centres where older adults can enjoy a variety of passive recreation activities, such as cards, or active recreation programs to promote a healthy lifestyle. The following facilities offer great programs and amenities for older adults:



Community Centre	Older Adult Programs	Amenities
<b>River Grove CC</b>	Dancing; badminton; cards; fitness; Gentle Aquafit; ping pong; Tai Chi	Leisure pool; fitness centre; aerobic studio; meeting rooms; tennis courts
<b>Meadowvale CC and Library</b>	Bowling; crafts; cribbage; socials; cards; fitness; yoga; Aquafit; Heritage Glen Book Club; Seniors' Open House; Computer Basics for Seniors; income tax clinics	Swimming pool; fitness centre; squash courts; therapy pool (open date TBA); outdoor exercise equipment
<b>Frank McKechnie CC and Library</b>	Low impact yoga; Aquafit; daytime space for older adults	Hydro massage tank and swimming pool; computer stations; full size gymnasium; multipurpose rooms; fireplace / lounge area in library
<b>South Common CC and Library</b>	Yoga; income tax clinics; Adult book club; Computer Basics for Seniors; Seniors Room; Next Step to Active Living; Older Adult Swim Time; Osteo Fitness; shuffleboard; socials; day trips; Low Impact Fitness; Trail Walk & Tone; cards; dancing; Chair Exercise; Weight Training	Multipurpose program space; meeting rooms; full service fitness facility
<b>Malton CC and Library</b>	Dancing; cards; Asian bingo; Caribbean cards & social; exercise	Lounge area / fireplace in library; swimming pool; double gymnasium; fitness centre; meeting rooms; therapy pool (open in 2011)
<b>Mississauga Valley CC and Library</b>	Computer Introduction for Seniors; Gentle Low Impact Fitness; Group Weight Training; Aquafit; Bocce Club	Fitness centre; nature trails; multipurpose rooms; computer stations; fireplace / lounge area in library; therapy pool (open in 2012)
<b>Burnhamthorpe CC and Library</b>	Seniors Room; euchre; cards; potlucks; Osteo Class; Croatian chess & cards; bingo; Indo-Canadian cards & social; income tax clinics; Adult and Amica book club; Amica book club	Full-size gymnasium; multipurpose rooms; snack bar; computer stations
<b>Clarkson CC and Library</b>	Yoga; income tax clinics; Computer Basics for Seniors; fitness; crafts; dancing; cards; Tai Chi; bowling; day trips	Outdoor pool; full size gymnasium; therapy pool (open in 2011); outdoor exercise equipment

## Mississauga Seniors' Centre

The City of Mississauga also offers additional programs and amenities specifically for older adults at the Mississauga Seniors' Centre, which is located at 1389 Cawthra Road, beside Cawthra CC. The Mississauga Seniors' Centre is a dedicated recreational facility for adults 60 years of age and older and is open 7 days / week. Annual membership is available to residents 60 years of age and older (spouses may be 55) and costs \$24.00 for Mississauga residents and \$29.00 for non-residents.

### Mississauga Seniors' Centre amenities include:

- Auditorium / gymnasium; billiards room; craft room; Garden Café; library; Meeting Room

### Seniors' Centre Members can participate in:

#### a) Registered Programs

- Chair-Rise Up Exercise; Computers for Older Adults; E-mail for Older Adults; Internet for Older Adults; Forever Fit-Ladies; Jazz Fitness; Fit Fellows; Gentle Joint & Stretch; Keep Fit for Bones; Line Dancing; Square Dancing; OsteoFIT; Tai Chi Qigong; Yoga; Gardening; Weight Training and much more!

#### b) Activities

- Over 40 activities to choose from, including shuffleboard, art club, euchre, bridge, bingo, dancing, table tennis, ceramics, cribbage, badminton, horseshoes, computer club, and more!

#### c) Special Events

- Fun events for seniors include: Fall Fun, Silver Bells Dinner/Dance, Christmas lunch, and New Year's Eve Day Party!

#### d) Day Trips

- Enjoy a day out with friends to various hotspots in the GTA and southern Ontario, including theatres and countryside tours!

#### e) Clubs

#### f) Information Sessions

#### g) Volunteer Opportunities

For more information about the programs and amenities available at the Mississauga Seniors' Centre, please call 905-615-4810 or visit [www.mississauga.ca/seniorscentre](http://www.mississauga.ca/seniorscentre). For more information about Recreation and Parks programs and amenities for older adults, please call 905-615-4100 or visit [www.mississauga.ca/recreationandparks](http://www.mississauga.ca/recreationandparks).

## Older Adults in the Know

The City of Mississauga has developed a website, called *Older Adults in the Know* ([www.mississauga.ca/olderadults](http://www.mississauga.ca/olderadults)), to provide older adults (55 and older), their families, and caregivers with a wide variety of resources, information, and key services that will help older adults stay active and engaged in their communities.

The website was created as a result of the City of Mississauga's *Older Adult Plan*, which recommends improving access to community resources that are essential to personal health; community and neighbourhood development; and the overall quality of life of older adults in Mississauga. The website is geared to assist older adults with aging at home by providing information and services online that can be conveniently accessed from home.

The *Older Adults in the Know* website provides older adults with useful information and resources in the following service areas:

- **Active Aging** (information about recreation, parks, trails, and libraries in Mississauga)
- **Health** (services to keep older adults healthy and active)
- **Transportation** (convenient and safe traveling options for older adults)
- **Support & Safety** (services that support aging at home)
- **Housing** (housing services and options for older adults)
- **Government** (government-provided services and assistance for older adults)

For more information about this website, please contact Jayne Culbert, Older Adult Coordinator, at 905-615-3200 x3718 or [jayne.culbert@mississauga.ca](mailto:jayne.culbert@mississauga.ca).

# REGIONAL PROGRAMS FOR SENIORS

## Social Housing for Seniors

Across Peel Region, there are approximately 32 social housing buildings dedicated to seniors. The Region of Peel and private non-profit community organizations provide social housing units to seniors living in Peel Region. Social housing units are available in low-rise, medium-rise, and high-rise buildings, as well as townhouses. Units can be integrated into family / mixed tenant buildings or seniors-only buildings. The Region of Peel, via Peel Living, administers approximately 20 seniors-only buildings, containing 1600 units. Peel Living has added new seniors' units throughout Peel Region, which include the following local buildings in Mississauga:

- Millbrook Place – 120 seniors' units
- Summerville Place – 136 unit seniors' housing project

### Who is eligible for seniors' subsidized housing?

- Singles who are 65 years of age or older
- Couples where at least one person is 65 years of age or older
- All members of your household must be a Canadian citizen, landed immigrant, or have made an application for permanent residency / sponsorship / refugee protection under the Canadian Immigration & Refugee Protection Act
- Applicants will be required to pursue all sources of income to which they may be entitled (ie: federal and provincial pension benefits)

You can apply for social housing by completing and filing an application with Peel Access to Housing (PATH), which handles all applications for social housing in the Region of Peel. For more information about social housing in Peel Region, please call 905-453-1300 or visit [www.peelregion.ca/housing](http://www.peelregion.ca/housing).

## Seniors' Dental Program

The Region of Peel's Seniors' Dental Program assists seniors who have no dental insurance and cannot afford to pay for the cost of dental care services. The program offers FREE basic dental care for low-income seniors living in Peel Region. Basic dental care services covered under this program include cleanings, fillings, dentures, and other basic dental care services. The Seniors' Dental Program does not cover all dental services and it is not an insurance plan. This program is fully funded by the Region of Peel and administered by Peel Public Health. To qualify for this program, you must meet all of the following requirements:

- Be 65 years of age or older, **and**
- Live in Brampton, Caledon, or Mississauga, **and**
- Demonstrate that you have financial hardship that prevents you from paying for dental care

Please call Peel Public Health at 905-799-7700, prior to having any dental treatment, to confirm whether you are eligible to receive assistance under the Seniors' Dental Program.



## Adult Day Program

The Region of Peel offers adult day programs for adults and older adults living in Peel. Adult day programs are offered in a supervised setting, where adults and older adults can meet, interact, and participate in a variety of social, recreational, and therapeutic activities with other adults and older adults. The Region of Peel's Adult Day Programs include the following activities:

- Exercise and wellness programs
- Gardening, reading, woodworking, cooking, and baking
- Crafts, board games, cards, and music
- Reading and discussion groups
- Spiritual care
- Outings in a wheelchair accessible bus
- Special events, such as birthday celebrations and picnics
- Cultural events

Program participants are also provided with support for many of their individual care needs, including consultations on health conditions (diabetes, obesity, etc.), showers, hairdressing, podiatry, optometry, and physiotherapy services. Nutritious meals and snacks are provided to all program participants.

Adult day programs are offered at the Region of Peel's Long Term Care Centres located throughout Peel Region. In Mississauga, adult day programs are offered at the Malton Village and Sheridan Villa long term care centres. To participate in the adult day program, you must be over 18 years of age and have a valid Ontario Health Card. The cost to participate in the program is \$19.50 / day (subsidies are available for those who qualify). For more information about the Region of Peel's adult day programs, please call 905-855-9090 or 905-796-0040, or please visit [www.peelregion.ca/ltc](http://www.peelregion.ca/ltc).



## TransHelp

TransHelp is a transit service, operated by the Region of Peel, that assists individuals living in Peel who are physically unable to board public transit vehicles due to mobility problems. TransHelp offers transit service for permanent trips, as well as casual trips. Permanent trips include regularly scheduled trips to work, educational institution, or regularly scheduled appointments. Casual trips include rides for shopping, personal outings, or occasional appointments.

All TransHelp trips can be booked in advance by calling 905-791-1015, on Monday to Friday, between the hours of 8am to 8pm. Each one way TransHelp trip costs \$3 and must be prepaid in advance by debit, cheque, or VISA/MasterCard. TransHelp riders can also purchase a TransHelp monthly pass at a cost of \$108; this pass entitles a rider to unlimited rides per calendar month. TransHelp monthly passes are eligible for a non-refundable tax credit, so please keep your monthly pass payment receipts.

All TransHelp applicants, regardless of mobility status, are required to complete an "Application for Transportation Services Form" and obtain certification from their physician, occupational therapist, or physiotherapist. For more information about the TransHelp transit service, please visit [www.peelregion.ca/transhelp](http://www.peelregion.ca/transhelp) or call 905-791-1015.

# PROVINCIAL PROGRAMS FOR SENIORS

## Senior Homeowners' Property Tax Grant

The Senior Homeowners' Property Tax Grant, funded by the Province of Ontario, is an annual grant to help offset property taxes for seniors with low to middle incomes who own their own homes. To apply for the grant, you must meet the following conditions:

- Be 64 years of age or older
- Be a resident of Ontario
- You (or your spouse or common-law partner) must own and occupy your principal residence for which you pay property taxes
- Your spouse or common-law partner has not received a property tax grant for the taxation year for which you are applying for the grant
- Meet the necessary income requirements

To receive the Senior Homeowners' Property Tax Grant, you must apply for it every taxation year by completing an attaching Form ON479 Ontario Credits and Senior Homeowners' Property Tax Grant to your personal income tax return. This form is included in the Ontario General Income Tax and Benefit Package. For more information, call 1-866-668-8297 or visit [www.rev.gov.on.ca](http://www.rev.gov.on.ca).

## Ontario Drug Benefit Program

The Ontario Drug Benefit Program (ODB), funded by the Ministry of Health and Long-Term Care and the Ministry of Community and Social Services, provides prescription drug benefit coverage for eligible individuals. The ODB provides coverage for over 3,200 prescription drug products.

If you belong to one of the following groups and you have a valid Ontario Health card, you are eligible for prescription drug coverage under the ODB program:

- Individuals 65 years of age and older
- Individuals receiving social assistance (Ontario Disability Support Program and/or Ontario Works)
- Residents of homes for special care and long-term care homes
- Individuals receiving professional home care services
- Registrants in the Trillium Drug Program

For more information about the Ontario Drug Benefit Program, please call 1-866-532-3161 or visit [www.health.gov.on.ca](http://www.health.gov.on.ca).

## Ontario Energy and Property Tax Credit

The Ontario Energy and Property Tax Credit provides low to middle income individuals with additional tax relief for the sales tax on energy and for property taxes, beginning with the 2011 tax year. Individuals and families with low to middle incomes who pay rent or property tax for their principal residence in Ontario are eligible for this tax credit.

To apply for this tax credit, you must file an income tax return for the taxation year for which you are applying for this credit. You will be required to report the amount of property tax, rent, or other relevant amounts that were paid by or for you in the taxation year for which you are applying for this credit. For more information about the Ontario Energy and Property Tax Credit, call 1-866-668-8297 or visit [www.rev.gov.on.ca](http://www.rev.gov.on.ca).

## Assistive Devices Program

The Assistive Devices Program (ADP), established by the Ontario Ministry of Health and Long-Term Care, assists individuals who have long-term physical disabilities and provides them with access to the personalized assistive devices that they require. The program covers over 8,000 separate pieces of equipment or supplies, including:

- Wheelchairs / mobility aids, and specialized seating systems
- Monitors and test strips for insulin-dependent diabetics
- Hearing aids
- Respiratory supplies and equipment
- Visual and communication aids
- Oxygen and oxygen delivery equipment
- Communication devices
- Orthotic devices
- Grants are provided for needles and syringes for insulin-dependent seniors

The ADP pays up to 75% of the cost of equipment, such as wheelchairs and breathing aids. For other types of equipment, such as hearing aids, the ADP contributes a fixed amount. To receive assistance under the Assistive Devices Program, you must:

- Be an Ontario resident
- Have a valid Ontario Health Card
- Have a physical disability for a period of six months or longer

For more information about the Assistive Devices Program, please call 1-800-268-6021, or visit [www.health.gov.on.ca](http://www.health.gov.on.ca).

## Ontario Guaranteed Annual Income System (GAINS)

The Ontario Guaranteed Annual Income System (GAINS), funded by the Province of Ontario, provides older adults with a guaranteed minimum income. The GAINS payment is based on your income or combined income as a married or common-law couple, and it provides monthly payments on top of the federal Old Age Security (OAS) pension and the Guaranteed Income Supplement (GIS) payments. You are eligible to receive GAINS payments if:

- You are an Ontario resident, 65 years of age or older, and receive the federal Old Age Security (OAS) and the federal Guaranteed Income Supplement (GIS)
- You are and have been a permanent resident of Ontario for the past 12 months, or you previously lived in Ontario for a total of 20 years after the age of 18
- Your total income from all sources is below the level guaranteed by the Province of Ontario

You do not need to complete an application to receive GAINS payments. If you meet the eligibility requirements, your benefits will be automatically determined based on information that the Ministry of Revenue receives from Human Resources and Skills Development Canada (HRDC) and information that you provide on your annual income tax return. For more information about the GAINS program, please call 1-866-668-8297 or visit [www.rev.gov.on.ca](http://www.rev.gov.on.ca).



# FEDERAL PROGRAMS FOR SENIORS

## Home Adaptations for Seniors' Independence (HASI)

The Home Adaptations for Seniors' Independence program (HASI), funded by the Government of Canada, offers financial assistance for minor home adaptations that will help low-income seniors safely and independently perform daily activities in their homes. Homeowners and landlords may qualify for HASI financial assistance if:

- The occupant is 65 years of age or older and has difficulty with daily living activities due to loss of mobility caused by aging
- The total household income is at or below the program income limit for the area
- The home is a permanent residence

To be eligible for HASI financial assistance, minor home adaptations must:

- Be permanently installed or fixed to the dwelling
- Improve access to basic facilities within the home
- Increase the resident's physical safety, ex: handrails in hallways, grab-bars in bathrooms, etc.

The Home Adaptations for Seniors' Independence program provides financial assistance in the form of a forgivable loan of up to \$3,500. The loan does not have to be repaid provided the homeowner agrees to continue to live in the home for six months (the loan forgiveness period). Where assistance is provided for adaptations to a rental unit, the landlord must agree not to increase the rents as a result of the adaptations. For more information about the HASI program, please call 1-800-668-2642 or visit [www.cmhc-schl.gc.ca/](http://www.cmhc-schl.gc.ca/).

## Guaranteed Income Supplement (GIS)

The Guaranteed Income Supplement (GIS), funded by the Government of Canada, provides additional financial assistance to low-income seniors living in Canada. To qualify for the GIS, you must be eligible for the Old Age Security (OAS) pension. To be eligible for the OAS pension, you must meet the following requirements:

- You must be 65 years of age or older
- You must have been a Canadian citizen or legal resident at the time your pension application is approved
- You must have lived in Canada for at least 10 years after turning 18

When applying for the Guaranteed Income Supplement, you must report sources of income, including Canada Pension Plan benefits, private pension income, foreign pension income, RRSPs that you cashed during the year, interest on any savings, etc. For more information about the Guaranteed Income Supplement, please call 1-800-277-9914 or visit [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca).



## Residential Rehabilitation Assistance Program for Persons with Disabilities (RRAP — Disabilities)

The Residential Rehabilitation Assistance Program for Persons with Disabilities (RRAP-D), funded by the Government of Canada, offers financial assistance to allow homeowners and landlords to pay for modifications to make their property more accessible to persons with disabilities.

Homeowners and landlords may qualify for assistance if the property is eligible. Your property may be eligible for the RRAP-D if the property:

- Is occupied, or is intended to be occupied by a low-income person with a disability
- Is rented and the rents are less than established levels for the area
- Is owned and the house is valued below a certain amount
- Meets minimum standards of health and safety

Modifications must be related to housing and related to the occupant's disability. Examples of eligible modifications include ramps, handrails, chairlifts, bath lifts, etc. Financial assistance will be provided in the form of a forgivable loan. The loan does not have to be repaid if the homeowner agrees to continue to own the house during the loan forgiveness period, which could be up to 5 years. For more information about the RRAP-D program, please call 1-800-668-2642 or visit [www.cmhc-schl.gc.ca/](http://www.cmhc-schl.gc.ca/).

## Old Age Security Pension (OAS)

The Old Age Security (OAS) pension is a monthly payment available to Canadians 65 years of age or older. To qualify for the OAS pension, you must meet the following requirements:

- You must be 65 years of age or older
- You must have been a Canadian citizen or legal resident at the time your pension application is approved
- You must have lived in Canada for at least 10 years after turning 18

You should apply for the OAS 6 months before you turn 65. If you were not born in Canada, or if you have not lived continuously in Canada since the age of 18, you must submit proof of legal status in Canada, such as citizenship or immigration papers. For more information about the Old Age Security (OAS) pension, please call 1-800-277-9914 or visit [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca).

# COMMUNITY PROGRAMS FOR SENIORS

## Meals on Wheels

The Meals on Wheels program, which is operated by the Canadian Red Cross, provides affordable, nutritious, and delicious meals to individuals who are unable to independently prepare their own meals. The Meals on Wheels program offers the following meal programs:

### 1. Hot Meal Program

- The hot meal program offers a wide variety of nutritious hot meals and includes regular meal and full meal options
- Regular meal options include a hot entree with two side dishes and either soup OR dessert
- Full meal options include a hot entree with two side dishes, as well as soup AND dessert

### 2. Frozen Meal Program

- The frozen meal program offers a wide variety of nutritious meals and includes regular meal and full meal options
- Regular meal options include an entree with two side dishes and either soup OR dessert
- Full meal options include an entree with two side dishes, as well as soup AND dessert

Meals on Wheels provides diabetic, low fat, low sodium, low cholesterol, lactose free, gluten free, renal, vegetarian, minced, pureed, and Halal meal options to suit specific dietary needs. For more information about the Meals on Wheels program, please call 905-820-4026 or visit [www.peelregion.ca/ltc/programs/meals-on-wheels.htm](http://www.peelregion.ca/ltc/programs/meals-on-wheels.htm).

## Streetsville Kinsmen and Senior Citizens' Centre

The Streetsville Kinsmen and Senior Citizens' Centre is a community facility, run by the Streetsville Seniors Club, that offers a variety of fun programs and activities for older adults. The weekly schedule of activities is as follows:

**Monday-** 1:00 p.m., Line Dancing

**Tuesday-** 1:45 p.m., Bias Carpet Bowling

**Wednesday-** 1:30 p.m., Club Meetings (1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of the month)

**Thursday-** 11:00 a.m., Bridge and Euchre

Other special events include: seasonal euchres, festive dinners, summer picnics, and various day trips are planned throughout the year. The Kinsmen Centre is located at 327 Queen St. South, in Streetsville. For more information about the centre, please call 905-858-1313.



## Square One Older Adult Centre

The Square One Older Adult Centre is an older adult centre operated by and for Mississauga's residents who are 50+ years of age. The centre provides older adults with a wide variety of social, health, educational, and recreational programs. Mississauga residents 50 years of age or older may join the centre at a cost of \$24 for the 2011 calendar year.

The Square One Older Adult Centre offers the following weekly programs for older adults:

### 1. Active Programs

- Co-ed fitness classes, Pilates, yoga, Mall-Walkers, Chair-ercise, table tennis, Urban Pole Walking, Taoist Tai Chi, and On the Ball

### 2. Dance Classes

- Basic / beginner / intermediate line dance, belly dancing, jazz dancing, tap dancing, salsa dancing, and Hawaiian dancing

### 3. Cards and Games

- Canasta, euchre, bridge, cribbage, gin rummy, chess, dominoes, and bingo

### 4. Interest and Education

- TOPS Weight Loss Program, foot care, meditation, creative writing, computer club, Internet Café, Gardener's Circle, Lecture Series, and Travelogue

### 5. Arts & Crafts

- ALCE Arts in Healing, craft workshops, Bunka embroidery, tatting, choir, and watercolour painting

The centre also hosts many special events each year, including dances, luncheons, and Broadway-style shows. Upcoming events include wine tasting, Diwali celebration, Christmas lunch, Chinese New Year, New Year's Eve party, etc. Monthly day trips are also planned by the Movers and Shakers Travel Committee; excursions include boat cruises, theatres, casinos, etc. For more information about the programs and services offered at the Square One Older Adult Centre, please call 905-615-3207 or visit [www.sq1oac.com](http://www.sq1oac.com).

## Peel Senior Link

Peel Senior Link is a non-profit charitable organization, established in 1991, that provides personal care and home-making services for older adults living at all Peel Senior Link designated service buildings. Peel Senior Link offers the following services for older adults:

### 1. **24/7 On-Site Services**

- Services for seniors who require daily and ongoing assistance with the following activities: dressing and bathing; meal preparation; grocery shopping; cleaning; medication assistance; laundry; 24 hour emergency response

### 2. **Day Services**

- Services for seniors who require limited assistance on an as-needed basis; the following services are provided: chiropody clinics; completing forms; access to interpretation; crisis intervention; referral and advocacy; grocery shopping; essential transportation to medical appointments; supportive listening and counselling

Peel Senior Link services are offered at the following locations throughout Mississauga:

- **Hillside Place**- 2440 Truscott Drive
- **King**- 66 King Street West
- **South Common**- 2250 South Millway
- **Stavebank**- 35 Stavebank Road North
- **Summerville Pines**- 1745 Dundas Street East
- **Turtle Creek Manor**- 1510 Lakeshore Road West

For more information about Peel senior Link's personal care and home-making services, please call 905-712-4413 or visit [www.peelseniorlink.com](http://www.peelseniorlink.com).