



North Simcoe DIRECTORY OF SENIOR SERVICES 2020 - 2022



About the North Simcoe Directory of Senior Services

This Directory was created in response to requests about available senior services in North Simcoe and surrounding areas. This was a need raised through public consultation during the development of Tiny's Local Aging Plan in 2016 and through working with Senior Advisory Committees in neighbouring municipalities. The Directory is a resource guide and serves as a phone and service directory for seniors and their families. It is published every two years.

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

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

The information contained in this document may have changed since the publication of this directory.

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

Further resources:

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

Copies are available at your local Municipal Office.

The Township of Tiny

An environmentally focused diverse family of communities providing an economically sustainable and healthy lifestyle.

Address/Phone Numbers	Council Members	
130 Balm Beach Road West, Tiny, ON, L0L 2J0 Monday-Friday: 9:00am-4:30pm	<i>Mayor</i> George Cornell	mayorcornell@tiny.ca
	<i>Deputy Mayor</i> Steffen Walma	deputymayor@tiny.ca
Main Office: 705-526-4204	<i>Councillor</i> Cindy Hastings	councillorhastings@tiny.ca
Toll Free: 1-866-939-8469	<i>Councillor</i> Tony Mintoff	councillormintoff@tiny.ca
TTY Service: 705-526-4205 x 301	<i>Councillor</i> Gibb Wishart	councillorwishart@tiny.ca
Building: 705-526-5965 By-law: 705-526-4136 Fire: 705-322-1161 Water: 705-526-9673	To email Council collectively: council@tiny.ca To leave a message for a member of Council, contact Laura Russell, Sr. Administrative Coordinator at 705-526-4204 ext.229	
After Hours Emergencies for Roads, Water and By-law: 705-526-4136	Committee of the Whole and Council Meetings are live streamed and archived on our Township of Tiny YouTube channel. https://www.tiny.ca/Pages/CouncilLiveStream.aspx	

Committee of the Whole and Regular Meetings of Council

Council meets twice a month in Council Chambers. The meetings are typically held on the second and last Mondays of every month. In the event that the meeting falls on a holiday Monday, the meeting is generally scheduled to the Tuesday of that week.

Regular Committee of the Whole Meeting, 9:00 a.m., Council Chambers Regular Meeting of Council, 6:00 p.m., Council Chambers

The first Council meetings of the month are consolidated so that the Regular Council Meeting follows immediately after the Committee of the Whole Meeting. To see all Council Meeting dates or to view the meetings live streamed, visit www.tiny.ca.

The Town of Midland

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

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

Address/Phone Numbers	Council Members	
575 Dominion Avenue Midland, ON L4R 1R2	<i>Mayor</i> Stewart Strathearn	sstrathearn@midland.ca
Monday-Friday: 8:30 am to 4:30 pm	<i>Deputy Mayor</i> Mike Ross	mross@midland.ca
Main Office: 705-526-4275	<i>Councillor – Ward 1</i> Jonathan Main	jmain@midland.ca
TTY Service: 705-526-4275 x 2824	<i>Councillor – Ward 1</i> Jim Downer	jdowner@midland.ca
North Simcoe Sports and Recreation Centre	<i>Councillor – Ward 1</i> Beth Prost	bprost@midland.ca
Administration Office: 705-526-4770	<i>Councillor – Ward 2</i> Cody Oschefski	coschefski@midland.ca
After hours: 705-526-9395	<i>Councillor – Ward 2</i> Bill Gordon	bgordon@midland.ca
After Hours Emergencies for Roads, Water and By-law call:	<i>Councillor – Ward 2</i> Carole McGinn	cmcginn@midland.ca
705- 529-1536	<i>Councillor – Ward 3</i> Cher Cunningham	ccunningham@midland.ca

Regular Council with Committee of the Whole 7:00 p.m. Council Chambers

Council meets twice monthly in the Municipal Office Council Chambers on the first and third Wednesdays of each month.

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

The Town of Penetanguishene

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

Address / Phone	Council Members	
10 Robert Street W Penetanguishene ON L9M 1M9 Main Office: 705-549-7453	<i>Mayor</i> Doug Leroux	dleroux@penetanguishene.ca
	<i>Deputy Mayor</i> Anita Dubeau	adubeau@penetanguishene.ca
	<i>Councillor</i> Brian Cummings	bcummings@penetanguishene.ca
	<i>Councillor</i> Jessica Klug	jklug@penetanguishene.ca
After Hours Emergencies for Roads and Water: 705-527-8210	<i>Councillor</i> Dan LaRose	dlarose@penetanguishene.ca
	<i>Councillor</i> Debbie Levy	dlevy@penetanguishene.ca
	<i>Councillor</i> Michel Mayotte	mmayotte@penetanguishene.ca
	<i>Councillor</i> Jill St. Amant	jstamant@penetanguishene.ca
	<i>Councillor</i> George Vadeboncoeur	gvadeboncoeur@penetanguishene.ca

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

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

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

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



The Township of Tay

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

Address/Phone Numbers	Council Members	
450 Park Street Victoria Harbour, ON L0K 2A0 Monday – Friday 8:30a.m.-4:30p.m.	<i>Mayor</i> Ted Walker	twalker@tay.ca ext. 258
	<i>Deputy Mayor</i> Gerard LaChapelle	glachapelle@tay.ca ext. 290
	<i>Councillor</i> Paul Raymond	praymond@tay.ca ext. 291
	<i>Councillor</i> Sandy Talbot	stalbot@tay.ca ext. 292
Office: 705-534-7248	<i>Councillor</i> Jeff Bumstead	jbumstead@tay.ca ext. 293
Toll Free: 1-800-281-8869	<i>Councillor</i> Mary Warnock	mwarnock@tay.ca ext. 294
For after-hours emergency service for Water, Waste Water, Roads & Parks call: 705-526-5762 For other emergencies call: 911	<i>Councillor</i> Barry Norris	bnorris@tay.ca ext. 295
All Council and Committee agendas & minutes are posted online at: https://www.tay.ca/calendar For additional Township contacts visit: https://www.tay.ca/contact		

Committee of all Council (Committee of the Whole) and Regular Meetings of Council

Committee meetings are typically held on the second Wednesday of every month, and Council meetings are held on the fourth Wednesday. Please check the online Council meeting calendar for the schedule, as well as the schedule for our various committees.

Regular Committee of all Council, 10:00 a.m., Council Chamber

Regular Meeting of Council, 7:00 p.m., Council Chamber

2-1-1

What is 211?

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

When you don't know where to turn, turn to 211.



Change starts here.

Call 2-1-1 or visit 211Ontario.ca



FREE | CONFIDENTIAL | 24/7 | 150+ LANGUAGES | LIVE ANSWER

Table of Contents

 Emergency, Crisis & Hotline Services	1
 Information Services	2
 Medical & Health Services	4
Hearing Services	
Hospitals & General Care Services	
Medical Home Support Services	
Medical Supplies & Accessibility	
Specialized Programs & Services	
 Safety & Security	14
 Self-Care & Support	16
General Self-Care & Support	
Meal & Food Programs	
 Transportation	22
 Housing	24
 Fitness & Wellness	29
 Clubs, Associations, & Volunteer Opportunities	33
 Municipal & Government Services	35
 Additional Municipal Services	38
The Township of Tiny	
The Township of Tay	
The Town of Midland	
The Town of Penetanguishene	

Emergency, Crisis & Hotline Services

Service	Contact
AIDS & Sexual Health Hotline	1-800-668-2437
Crime Stoppers of Simcoe-Dufferin-Muskoka	Tip Line: 1-800-222-8477 www.crimestopperssdm.com
Drug & Alcohol Help Line	1-800-565-8603
Enbridge Gas Distribution Emergency	1-866-763-5427 https://www.enbridgegas.com/Safety/Smell-Gas
Hydro One Outage Information	www.stormcentre.hydroone.com
Legal Line	info@legalline.ca www.legalline.ca
Mental Health Crisis Line	Crisis Line: 1-888-893-8333
Newmarket Tay Hydro Outage Information	www.nmhydro.ca/outagemap.asp
Poison Control Centre	1-800-268-9017
Problem Gambling Help Line	1-888-230-3505
Senior Safety Line, Elder Abuse Ontario	1-866-299-1011
Service Ontario	1-866-532-3161
Suicide Hot Line	1-888-893-8333
Telehealth Ontario	1-866-797-0000
Victim Support Line	1-888-579-2888
Police/Ambulance/Fire Emergency	911

Information Services

<p>Advocacy Centre for the Elderly Community</p> <p>Legal clinic which offers advocacy, community legal education, and representation for eligible clients in cases involving issues of particular importance to seniors. Funded by Legal Aid Ontario.</p>	<p>Toll Free: 1-855-598-2656</p> <p>Website: www.ancelaw.ca</p> <p>Address: 2 Carlton St, Suite 701 Toronto, ON</p>
<p>Community Connection 211 Central East Region</p> <p>Confidential information and referral service. A community navigator will assess your needs and offer referral and advocacy to assist you in accessing the appropriate health, social, spiritual, government, community and human services.</p>	<p>Toll Free: Dial 2-1-1</p> <p>Website: www.211centraleastontario.ca</p> <p>Email: 211info@communityconnection.ca</p>
<p>Home and Community Care, NSM Healthline Website</p> <p>Up-to-date online information about health services available in the area of North Simcoe County and the District of Muskoka.</p>	<p>Toll Free: 1-888-435-6086</p> <p>Website: www.nsmhealthline.ca</p>
<p>Ministry of Health/Ministry of Long Term Care</p> <p>Information on long term care homes and homecare services in Ontario.</p>	<p>Website: www.health.gov.on.ca/en/public/programs/ltc/</p>
<p>Retirement Home Regulatory Authority</p> <p>A regulatory agency which licenses retirement homes in Ontario. Public register, information, referral, and education. Receives and investigates complaints on behalf of retirement home residents.</p>	<p>Toll Free: 1-855-275-7472</p> <p>Website: www.rhra.ca</p> <p>Email: info@rhra.ca</p> <p>Address: 55 York St, Suite 700, Toronto, ON</p>

<p>Senior's INFO Line</p> <p>See what programs and services are available to help you lead a healthy, active and engaged life after 65.</p>	<p>Toll Free: 1-888-910-1999</p> <p>Website: www.seniorsinfo.ca</p> <p>Email: infoseniors@ontario.ca</p>
<p>Seniors Tax Clinics</p> <p>Operated through the Canada Revenue Agency, the Community Volunteer Income Tax Program (CVITP) is a free tax clinic where eligible people can get their tax returns done for free.</p> <p>You may be eligible for help at a free tax clinic if you have a modest income and a simple tax situation. These clinics are hosted by community organizations across Canada and there are different types of free tax clinics; walk-in, by appointment or drop-off & pick-up.</p> <p>Some restrictions apply, see Canada Revenue Agency/CVITP website for details.</p>	<p>Clinics in North Simcoe:</p> <p><i>The River Tax Clinic</i> 170 Eighth St, Midland, ON, L4R 4A6 Diana Morgan 705-506-1711 or 905-928-2153 dianamorgan@rogers.com By appointment</p> <p><i>Midland Public Library</i> 320 King St, Midland, ON, Faith Shergold 705-526-4216 x 3305 fshergold@midlandlibrary.com By drop-off, walk-in</p> <p>Website: www.canada.ca/en/revenue-agency/services/tax/individuals/community-volunteer-income-tax-program.html</p>

Medical & Health Services

Hearing Services

Audia Hearing Aid Inc.

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

Call for hours of operation.

Midland: 705-999-4673

Penetang: 705-999-4806

Website:

www.audiahearing.ca

Email:

midland@audiahearing.ca

penetang@audiahearing.ca

Address:

Midland:

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

Penetanguishene:

Georgian Village, 101
Thompson's Rd Rendezvous,
Unit 2, Penetanguishene, ON

Hearing Rehab Centre

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

Phone: 705-527-0940

Website:

www.hearingrehabcentre.ca

Email:

thehearingrehabcentre@outlook.com

Address:

952 Jones Rd, Suite B3,
Midland, ON

<p>Midland Hearing Clinic Provides free comprehensive hearing assessment, sales and service of hearing aids, wax removal, custom noise protection services, tinnitus assessment, testing, and treatment.</p>	<p>Phone: 705-245-3222 Website: www.hearingandbalancecentre.com Email: midhcentre@gmail.com Address: 357 King St, Midland, ON</p>
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Hospitals & General Care Services

<p>Chigamik Community Health Centre Variety of health care and wellness programs and services for registered clients. Mental health walk in clinic open to all. Please call to confirm hours and further information on services.</p>	<p>Phone: 705-527-4154 Address: 287 Bayshore Dr, Midland, ON</p>
<p>Georgian Bay General Hospital Provides emergency health care, acute and intensive care, inpatient and ambulatory care, as well as Surgery, Obstetrics, Regional Complex Continuing Care programs and Regional Rehabilitation programs. Dialysis is provided at the Penetanguishene location.</p>	<p>Phone: 705-526-1300 Website: www.gbgh.on.ca Address: 1112 St Andrew's Dr, Midland, ON</p>
<p>Good Doctors Medical Walk-In Clinic Walk in medical clinic open to all. Please call to confirm hours.</p>	<p>Phone: 249-492-6406 Address: 19-9225 Hwy 93, Huronia Mall, Midland, ON</p>

<p>North Simcoe Family Health Team; Medical Walk-In Clinic</p> <p>Variety of programs and medical walk in services for those who belong to a NSFHT physician. Please call for hours and further information and available services.</p>	<p>Phone: 705-526-7804</p> <p>Address: 619 Prospect Blvd, Midland ON</p>
<p>Royal Victoria Regional Health Centre</p> <p>Community hospital providing health care services for clients from Simcoe County and the districts of Muskoka and Parry Sound. Health Centre specializes in Cancer Care, Surgical Services, Critical Care, Emergency Room Care.</p>	<p>Phone: 705-739-5618</p> <p>Website: www.rvh.on.ca</p> <p>Address: 201 Georgian Dr, Barrie, ON</p>
<p>Simcoe Muskoka District Health Unit</p> <p>Health agency that addresses public health issues and promotes healthy living. Programs include immunization, sexual health clinic, dental health, physical health and more.</p>	<p>Phone: 705-526-9324</p> <p>Website: www.simcoemuskokahealth.org</p> <p>Address: A - 925 Hugel Ave, Midland, ON</p>
<p>Soldiers' Memorial Hospital Orillia</p> <p>Hospital providing emergency health care, acute and intensive care, inpatient and ambulatory care, as well as surgical and obstetrical services.</p>	<p>Phone: 705-325-1231</p> <p>Hotline: 705-327-9100</p> <p>Website: www.osmh.on.ca</p> <p>Address: 170 Colborne St W, Orillia, ON</p>
<p>Waypoint Centre for Mental Health Care</p> <p>Specialty mental health hospital serving Simcoe County, Muskoka and areas of Parry Sound and Dufferin County.</p> <p>Referral required from physician/psychiatrist or nurse practitioner.</p>	<p>Toll Free: 1-877-341-4729</p> <p>Website: www.waypointcentre.ca</p> <p>Address: 500 Church St, Penetanguishene, ON</p>

Medical Home Support Services

<p>Bayshore Health Care Providers of home and community health care services. Fees: Based upon service or medical referral.</p>	<p>Toll Free: 1-888-349-3559 Website: www.bayshore.ca Email: clientservice@bayshore.ca</p>
<p>Care Partners Provides personal support workers, rehabilitation services and nursing care for patients in homes, schools, retirement homes, clinics, and workplaces. Services are available across Ontario, in both urban and rural communities. Fees: Based upon service or medical referral.</p>	<p>Phone: 705-721-4547 Website: www.carepartners.ca Address: 75 Cedar Pointe Dr, Unit 114, Barrie, ON</p>
<p>Dynacare Laboratory Medical laboratory services.</p>	<p>Phone: 705-526-0118 Website: www.dynacare.ca Address: 240 Penetanguishene Rd, Unit 110B, Midland, ON</p>
<p>Home At Last Program; VON Simcoe County Program provides support and assistance at time of hospital discharge, including transportation. Please call for further information. Fees: No fee for service/costs for any materials purchased.</p>	<p>Phone: 705-737-5044 x 224 Website: www.von.ca/en/simcoe/service/home-last-hal Address: 14 Cedar Pointe Dr, Unit 1501, Barrie, ON</p>

<p>In-Home Respite Program; VON Simcoe County</p> <p>Program provides in home support and respite relief to caregivers. Please call for further information.</p> <p>Fees: Based upon income.</p>	<p>Phone: 705-737-5044 x 224</p> <p>Website: www.von.ca/en/simcoe/service/home-last-hal</p> <p>Address: 14 Cedar Pointe Dr, Unit 1501, Barrie, ON</p>
<p>LifeLabs</p> <p>Medical laboratory services.</p>	<p>Toll Free: 1-877-849-3637</p> <p>Website: www.lifelabs.com</p> <p>Address: 101 Thompsons Rd, Penetanguishene, ON</p>
<p>North Simcoe Muskoka Local Health Integration Network (LHIN)</p> <p>LHIN provides a wide range of services and resources to help people to stay well, heal at home, and stay safe in their home longer. Call for details.</p> <p>Eligibility: No cost as long a person has a valid Ontario Health Card.</p>	<p>Phone: 705-721-8010</p> <p>Toll Free: 1-888-721-222</p> <p>Website: www.nsmllhin.on.ca</p> <p>Address: 15 Sperling Dr, Barrie, ON</p>
<p>SE Health</p> <p>Deliver quality, trusted home care to people where and when they need it.</p> <p>Fees: Based upon service or medical referral.</p>	<p>Toll Free: 1-800-463-1763</p> <p>Website: www.sehc.com</p> <p>Email: communicationssehc@sehc.com</p> <p>Address: 90 Allstate Parkway, Suite 300, Markham, ON</p>

Medical Supplies & Accessibility

Assistive Device Exchange Website

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

Toll Free: 1-800-465-1133

Website:

www.assistivedeviceexchange.com

Email:

inquiries@assistivedeviceexchange.ca

Assistive Devices Program Support; Lifemark Seniors Wellness

Provide assessment and documentation for participation in the assistive devices program. If eligible, up to 75% of the cost of a prescribed assistive device, such as a walker or wheelchair, may be covered. Call for dates and locations.

Fees: Assessment is free.

Toll Free: 1-877-696-1620

Clinics held across Simcoe County

Further information on ADP program:

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

Georgian Bay Mobility Home Healthcare Centre

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

Phone: 705-528-1515

Website:

www.georgianbaymobility.ca

Address:

516 Yonge St, Midland, ON

Independent Living Services

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

Fees: No cost.

Phone: 705-737-3263 x 239

Email: arc@ilssimcoe.ca

Address:

44 Cedar Point Dr,
Unit 1102, Barrie, ON

**Ontario Renovates;
Simcoe County**

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

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

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

Eligible applications are reviewed in the order they are received.

Phone: 705-725-7215

Website:

www.simcoe.ca/ontariorenovates

Email: iah@simcoe.ca

**Well Wise;
By Shoppers Drug Mart**

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

Website: www.wellwise.ca

ORILLIA:

Phone: 705-325-8855

Address:

22 Colborne St W, Orillia, ON

BARRIE:

Phone: 705-722-6336

Address:

524 Bayfield St, Barrie, ON

Specialized Programs & Services

<p>Advanced Foot & Orthotic Clinic Provides medical foot care to the Southern Georgian Bay community including: nail problems, corns and calluses, warts, orthotics, diabetic foot care, laser treatment, senior foot care, footwear, foot care education and more.</p>	<p>Phone: 705-526-6363 Website: www.advancedfootclinic.ca Address: 263 Midland Ave, Midland, ON</p>
<p>Alzheimer Society of Simcoe County; Barrie Office Call for appointment, visit website for referral form. Fees: No cost.</p>	<p>Toll Free: 1-800-265-5391 Website: www.alzheimer.ca/en/simcoecounty Email: simcoecounty@alzheimersociety.ca Address: 20 Anne St S, Unit 3, Barrie ON</p>
<p>Arthritis Society; Midland and Penetanguishene Program Information, programs and supports available to the public. Fees: No cost.</p>	<p>Toll Free: 1-800-321-1433 x 3381 Website: www.arthritis.ca Email: info@arthritis.ca Address: North Simcoe Family Health Team, 619 Prospect Blvd, Midland, ON</p>
<p>Bajic Denture Clinic Offers full and partial dentures, implant supported dentures, repairs, relines, and tooth addition same day. House calls available.</p>	<p>Phone: 705-526-4041 Website: www.bajicdentures.ca Address: 519 Hugel Ave, Midland, ON</p>
<p>Canadian Cancer Society Information, programs and supports available to the public. Fees: No cost.</p>	<p>Phone: 705-526-1299 Website: www.cancer.ca Address: 588 Manley St, Midland, ON</p>

<p>CNIB Simcoe/Muskoka Information, programs and supports available to the public. Fees: No charge for services, cost for purchased consumer products.</p>	<p>Phone: 705-728-3352 Website: www.cnib.ca Address: 20 Anne St S, Barrie, ON</p>
<p>Community Diabetes Education Program; North Simcoe Family Health Team No referral required. Fees: No cost.</p>	<p>Phone: 705-526-7804 Website: www.nsfht.ca/diabetes Address: North Simcoe Family Health Team, 619 Prospect Blvd, Midland, ON</p>
<p>Dentures by Denturists Services include: precision implant supported dentures, full dentures, partial dentures, immediate dentures, same day repairs and more. Free consultation. House calls available.</p>	<p>Phone: 705-549-5361 Website: www.denturesbydenturists.ca Address: 2 Robert St W, Penetanguishene, ON</p>
<p>Georgian Bay Mobile Foot Nurse Advanced Nursing Foot Care services specializing in senior and diabetic foot care. Services provided by a certified advanced foot care nurse. Fees: Cost per visit.</p>	<p>Phone: 705-529-4277 Address: 57 Dufferin St, Penetanguishene, ON</p>
<p>March of Dimes Wide range of services and programs for those with physical disabilities. Home and vehicle modification program provides funding for modifications to manage disability impairments. Fees: No cost.</p>	<p>Toll Free: 1-800-263-3463 Website: www.marchofdimes.ca</p>

<p>Ontario Seniors Dental Care Program</p> <p>The Ontario Seniors Dental Care Program (OSDCP) provides free dental care to those who are eligible. It is funded by the Province of Ontario.</p> <p>To be eligible you must:</p> <ul style="list-style-type: none"> • Be an Ontario resident aged 65 and over • Have an income of \$19,300 or less (or a combined annual income of \$32,300 or less for a couple). • Not have dental benefits. <p>Eligibility for the OSDCP is assessed by the Ministry of Finance based on information obtained from Line 236 (net income) of the individual tax return form. A dental card will be mailed to the applicant once the application is approved.</p> <p>Apply online or contact the Simcoe Muskoka District Health Unit.</p>	<p>Toll Free: 1-877-721-7520</p> <p>Website: www.ontario.ca/page/dental-care-low-income-seniors</p> <p>Address: 80 Bradford St, Barrie, ON</p>
<p>Parkinson Canada</p> <p>Information, programs and supports available to the public.</p> <p>Fees: No cost.</p>	<p>Toll Free: 1-800-565-3000</p> <p>Website: www.parkinson.ca</p>
<p>Psychogeriatric Services; Wendat Community Programs</p> <p>Specialized programs for individuals with mental health and complex care needs.</p> <p>Eligibility: 65 +years of age; contact for further information.</p>	<p>Phone: 705-526-1305</p> <p>Website: www.wendatprograms.com</p> <p>Address: 237 Second St, Midland, ON</p>

Safety & Security

Canadian Anti-Fraud Centre 'Senior Busters' program offers education, referrals, and counselling to victims of fraud or identity theft.	Toll Free: 1-888-495-8501 Website: www.antifraudcentre.ca
Community Legal Clinic, Midland Satellite Office Services include: housing, small claims court, health law, human rights, income support, and getting legal assistance.	Phone: 705-326-6444 Website: www.communitylegalclinic.com Email: info@communitylegalclinic.ca Address: 551 Dominion Avenue, Midland, ON
Consumer Protection Information about how to protect your finances, spend wisely, and make informed decisions.	Toll Free: 1-800-889-9768 Website: www.ontario.ca/ConsumerProtection
Emergency Management Ontario Online information about Emergency Preparedness.	Toll Free: 1-866-517-0571 Website: www.ontario.ca/beprepared
Huronia Alarm & Fire Security Inc. Sales and service for: security, fire safety, medical and life safety products with monitoring station. Lock, key and safe sales, service and installation with 24/7 emergency call-out assistance available.	Toll Free: 1-844-363-9311 Website: www.huronialarms.com Address: 233 Midland Ave, Midland, ON

<p>Law Society Referral Service</p> <p>Service which will connect you to a lawyer or paralegal who provides a brief consultation at no cost.</p>	<p>Toll Free: 1-855-947-5255</p> <p>Website: www.lsrslsuc.on.ca/lsrs</p> <p>Email: lsrs@lso.ca</p>
<p>Medic Alert</p> <p>Wearable medical identification to provide information to healthcare providers in case of a health emergency.</p> <p>Fees: Cost for wearables and monthly program fee.</p>	<p>Phone: 1-800-668-1507</p> <p>Website: www.medicalert.ca</p>
<p>Ontario Provincial Police, Southern Georgian Bay Detachment</p> <p>Detachment personnel provide enforcement and investigative services serving Georgian Bay.</p> <p>Text to 9-1-1 service available for persons who are deaf, hard of hearing, or speech impaired.</p>	<p>Phone: 705-526-3761</p> <p>Communications Centre: 1-888-310-1122 (to make reports)</p> <p>Address: 16864 Highway 12, Midland, ON</p>
<p>Phillips Lifeline</p> <p>Various personal and safety alert and alarm systems, including medication reminder systems.</p> <p>Fees: Costs for service and equipment provided.</p>	<p>Toll Free: 1-866-958-9061</p> <p>Website: www.lifeline.ca/en</p>
<p>Telephone Assurance Program; Red Cross Simcoe Muskoka</p> <p>Volunteers provide regular telephone calls to clients who are isolated in their homes, for security checks and social contact. Eligibility: 65+ years of age</p> <p>Fees: No cost.</p>	<p>Phone: 705-721-3313 x 5266</p> <p>Website: www.redcross.ca/in-your-community/ontario/senior-support-services/telephone-assurance-program/simcoe-muskoka-branch-telephone-assurance-program</p>

Self-Care & Support

General Self-Care & Support

Alzheimer Support Group

Confidential care partner support group which connects people (family & friends) who are supporting persons living with dementia. It is a safe environment to share challenges and successes and realize you are not alone. Talk to others who are going through similar experiences, increase understanding of dementia and develop and broaden coping strategies. Eligibility: Family, friends and caregivers of persons living with Alzheimer's disease and other dementias.

Fees: No cost.

Phone: 705-722-1066

Website:

www.alzheimersociety.ca/simcoecounty

Email:

simcoecounty@alzheimersociety.ca

Address:

Bayfield House Retirement Lodge, 5 Beck Blvd, Penetanguishene, ON

Friendly Visiting; Red Cross Simcoe Muskoka

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

Fees: No cost.

Phone: 705-721-3313

Website:

www.redcross.ca/in-your-community/ontario/senior-support-services/friendly-visiting/simcoe-muskoka-branch-friendly-visiting

Address:

65 Cedar Pointe Dr, Unit 809B, Barrie, ON

Georgian Bay Cancer Support Centre

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

Fees: No cost.

Phone: 705-549-6444

Website:

www.gbcancersupportcentre.ca

Email:

info@gbcancersupportcentre.ca

Address:

45 Edward St, Penetanguishene, ON

Hospice Huronia

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

Fees: No cost.

Phone: 705-549-1034

Website:

www.hospicehuronia.ca

Email: info@hospicehuronia.ca

Address:

948 Fuller Ave, Penetanguishene, ON

Meal & Food Programs

Eat Right Ontario (ERO)

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

Toll Free: 1-866-797-0000

Website:

www.eatrightontario.ca

Good Food Box

Affordable produce on a monthly basis. Call by the seventh day of the month to place an order. Good Food Boxes must be pre-ordered and paid for in person by the 7th of each month.

Fees: Cost based on box size.

Phone: 705-527-4154

Email:

northsimcoegoodfoodbox@gmail.com

Website:

www.chigamik.ca/blog/event/the-good-food-box/

Order/Pick-up depots are:

Midland at Wendat,
Mountainview family co-op,
Sacred Hart School (Sept-
June)

Tay Township at the public
libraries in Port McNicoll,
Victoria Harbour and
Waubauskene

St. Antoine School (Sept-June)
Victoria Harbour

Elmvale at the Elmvale Public
Library

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

<p>Healthy Eating Program, CHIGAMIK Community Health Centre</p> <p>Variety of dietary and nutrition services and programs, including dietician consultations, available to clients of Chigamik. Call for further details and eligibility.</p> <p>The Miijim Market is open to the entire community and offers a variety of fresh fruits and vegetables at an affordable price. Call for hours operation</p>	<p>Phone: 705-527-4154</p> <p>Website: www.chigamik.ca/programs/healthy-eating</p> <p>Visit Miijim Market at: Operation Grow 436 Bay St, Midland, ON</p>
<p>Heart to Home Meals</p> <p>Purchase from a variety of 200 frozen meals, soups and dessert choices, as well as products for special dietary needs, including diabetic, low salt and renal diets. Each is designed by a chef and dietitian and delivered to your home. Fees based on products ordered.</p>	<p>Toll Free: 1-800-786-6113</p> <p>Website: www.hearttohomemeals.ca</p>
<p>Red Cross Meals on Wheels</p> <p>The Red Cross provides hot and frozen, delicious and nutritious meals on a regular basis. All meals are delivered to your door by dedicated volunteers, who are trained in safe food handling practices and equipment. The Red Cross is able to accommodate your special diet request.</p> <p>Prices vary by program. Call for further information.</p>	<p>Phone:</p> <p>Hot Meals: 705-721-3313 x 5254</p> <p>Cold Meals: 705-721-3313 x 5267</p> <p>Address: 65 Cedar Pointe Drive, Unit 809B, Barrie, ON</p>

<p>Salvation Army Food Bank</p> <p>Provides emergency food assistance once a month. Assistance for clothing, furniture and household goods provided on an emergency basis through the food bank by voucher. Eligibility: people in need. Proof of income level and identification papers for family members required to register.</p> <p>Fees: No cost.</p>	<p>Phone: 705-526-2751</p> <p>Website: salvationarmymidland.ca</p> <p>Address: 271 Second St, Midland, ON</p>
<p>Social and Congregate Dining Program; Wendat Community Programs</p> <p>Our in-house cook prepares nutritious meals at very low cost to eligible seniors who wish to share a meal in the stimulation of a social group environment and to those seniors who participate in the Day Program.</p> <p>Eligibility criteria: Seniors 65 + years, living alone in the community or with a caregiver who would benefit from experiencing a meal with others. Resides in the Midland/Penetanguishene or immediate outlying area.</p> <p>Call for more information or visit the website for referral form.</p>	<p>Phone: 705-355-1022 x 226</p> <p>Website: wendatprograms.com/social-congregate-dining/</p> <p>Address: 44 Dufferin St, Penetanguishene, ON</p>

<p>Society of St Vincent de Paul Food Pantry</p> <p>Provides non-perishable foods to those in need.</p> <p>Eligibility: Anyone in need. Register in person. Call first and arrange to go to the church to apply for food bank. Must provide identification of all parties involved, photo ID for any adults and a statement of income and expenses.</p> <p>Food bank is by appointment only. Call for hours of operation for location.</p>	<p>Phone: 705-526-7585</p> <p>Email: stmargarets@rogers.com</p> <p>Address: St. Margaret's Catholic Church, 589 Hugel Ave, Midland, ON</p> <p>St. Ann's Roman Catholic Church, 28 Robert St W, Penetanguishene, ON 705-549-2560</p> <p>St. Mary's Parish, 266 Albert St, Victoria Harbour, ON 705-956-0022</p>
<p>Village Market</p> <p>The Village Market aims to close the good food gap by increasing the distribution of and access to fresh, healthy and affordable food by offering an affordable market at Georgian Village. This project has received funding support from the County of Simcoe's Social and Community Investment Fund. Open on the last Wednesday of each month; call for hours of operation.</p> <p>Fees: Costs of products purchased.</p>	<p>Phone: 705-506-8899</p> <p>Email: soltosoul@live.com</p> <p>Address: Georgian Village 101 Thompsons Rd, Penetanguishene, ON</p>

Transportation

<p>55 Alive Driver Refresher Course, Canadian Safety Council</p> <p>The 55 Alive Driver Refresher Course is designed to help Canadians 55 years and over to maintain their independence and their driving privileges.</p>	<p>Phone: 613-739-1535 x 233 Website: canadasafetycouncil.org Email: csc@safety-council.org</p>
<p>Driver's License Renewal Program; Ministry of Transportation</p> <p>Individuals age 80 or over are required to renew their license every 2 years, with additional requirements and screening exercises.</p>	<p>Toll Free: 1-800-396-4233 Website: www.ontario.ca/page/renew-g-drivers-licence-80-years-and-over</p>
<p>Rides & Transportation; Red Cross Simcoe Muskoka</p> <p>Transportation program offers eligible clients assistance in travel to adult programs, hospitals, doctors' appointments, shopping or other activities related to health and wellbeing. Eligibility: Seniors 65+ facing barriers Cost varies depending on destination.</p>	<p>Phone: 705-721-3313 x 5274 Website: www.redcross.ca/in-your-community/ontario/nutrition-and-transportation/transportation/simcoe-muskoka-branch-transportation</p>

<p>Transportation Linking Communities (TLC); Community Reach</p> <p>TLC is an Inclusive Community Transportation Program serving residents of North Simcoe with limited income and older adults with limited supports. Local rides within North Simcoe include activities of daily living, social day-out programs and local health appointments. Rides to the GTA and Muskoka are for major health specialists and advanced medical testing. Cost varies depending on destination.</p>	<p>Phone: 705-528-6999</p> <p>Website: www.communityreach.ca/transportation.html</p> <p>Address: 850 Hartman Dr, Unit 104, Midland, ON</p>
<p>Wheels 4 Wheels; Huronia Seniors Volunteer Care Team</p> <p>Wheelchair accessible transportation serving North Simcoe. Clients must be wheelchair dependent. For safety reasons, clients must travel with responsible escorts who are physically able to assist them in case of emergencies. Medical and social trips welcome.</p>	<p>Phone: 705-526-5566</p> <p>Email: wheels4wheels@gmail.com</p> <p>Address: 689 Yonge St, Midland, ON</p>

Housing

<p>Housing for Low-Income Seniors; Simcoe County Social & Community Services Division</p> <p>Information on housing options for low income seniors.</p>	<p>Phone: 705-725-7215</p> <p>Website: www.simcoe.ca/dpt/sh</p> <p>Address: 1110 Highway 26, Midhurst, ON</p>
<p>Bayfield House Retirement Lodge</p> <p>Retirement lodge offering: 24 hour supervision/security, wellness services, respite and convalescent care, physician services, supplementary care services, recreational and exercise programs, physiotherapy as required, hair salon, spa room, laundry facilities, and weekly housekeeping. Trial stays available.</p>	<p>Phone: 705-549-9259</p> <p>Website: www.jarlette.com</p> <p>Address: 5 Beck Blvd Penetanguishene, ON</p>
<p>Bayview Retirement Home</p> <p>Independent and assisted retirement living with a variety of accommodation styles. Offering nursing support and home cooked nutritious meals.</p>	<p>Phone: 705-510-0101</p> <p>Email: bayviewretirement@rogers.com</p> <p>Website: www.bayviewretirement.ca</p> <p>Address: 175 Walnut St, Waubauskene ON</p>
<p>Georgian Bay Seniors Lodge</p> <p>Offers retirement living, assisted living, and memory care, with a large variety of room styles, and pricing plans. Services include; 3 home cooked meals, snacks and beverages, assistance in activities of daily living including medical and support services, companionship, enriching daily activities, and physiotherapy.</p>	<p>Phone: 705-549-1143</p> <p>Website: www.georgianbayseniorslodge.com</p> <p>Email: generalmanager@gbsl.ca</p> <p>Address: 7 Harriet St. Penetanguishene ON</p>

<p>Georgian Manor</p> <p>Fully accredited long term care facility featuring 143 beds, rooftop gardens, central dining, separate tub-spa and shower rooms, quiet family rooms, common activity rooms and wellness centre.</p> <p>Contact the Home and Community Care Department of the Simcoe Muskoka Local Health Integration Network at 1-888 721-2222 to learn more about the application process.</p>	<p>Phone: 705-549-3166</p> <p>Website: www.simcoe.ca/LongTermCare/Pages/GeorgianOverview.aspx</p> <p>Address: 101 Thompsons Road, Penetanguishene, ON</p>
<p>Georgian Village (Retirement)</p> <p>Offering a choice of housing and care options, from the independent living in Garden Homes and Apartment Suites, to Retirement Living, and Affordable Housing.</p>	<p>Phone: 705-549-3166</p> <p>Website: www.simcoe.ca/dpt/ltc/georgian</p> <p>Address: 101 Thompsons Road, Penetanguishene, ON</p>
<p>Guesthouse Shelter</p> <p>Short term overnight shelter: two meals daily; laundry and shower facilities available. Assistance in seeking permanent housing or retaining housing through assistance in planning, facilitation of connections with a wide range of local support services.</p>	<p>Phone: 705-528-1096</p> <p>Website: www.theguesthouseshelter.ca</p> <p>Address: 522 Elizabeth St, Midland, ON</p>
<p>Hillcrest Village Care Centre</p> <p>Long term care home with a secure special care unit. Priority access for veterans.</p> <p>Contact the Home and Community Care Department of the Simcoe Muskoka Local Health Integration Network at 1-888-721-2222 to learn how to apply.</p>	<p>Phone: 705-526-3781</p> <p>Website: www.hillcrestvillage.com</p> <p>Address: 255 Russell St, Midland, ON</p>

<p>King Place, Trillium Retirement Living</p> <p>Private or semi-private accommodation in furnished or unfurnished suites. Full service amenities including housekeeping, meals, medication, foot care, beauty salon, banking services, registered nurse, and recreational activities are available.</p>	<p>Phone: 705-526-0514</p> <p>Website: www.trilliumretirementliving.com</p> <p>Email: james.laite@trilliumretirementliving.com</p> <p>Address: 750 King St, Midland, ON</p>
<p>Maplewood Retirement Residence</p> <p>A home, offering full service amenities including housekeeping, laundry, meals, medication administration, various social and recreational activities.</p>	<p>Phone: 705-549-7931</p> <p>Website: www.assistedliving.com/ontario/penetanguishene/maplewood-retirement-home/</p> <p>Email: maple.wood@rogers.com</p> <p>Address: 39 Poyntz St, Penetanguishene, ON</p>
<p>Rendezvous Lafontaine Complex(e)</p> <p>Retirement community with life lease apartments (condo style), gathering rooms and visitors' room. Supportive living units with services including 3 daily home-cooked meals, personal laundry, housekeeping, access to internet and satellite, social activities, common living-room and library.</p> <p>Studio Apartments available.</p> <p>Eligibility: 50+ years of age</p>	<p>Phone: 705-533-0998</p> <p>Website: www.rendezvouslafontaine.com</p> <p>Email: info@rendezvouslafontaine.com</p> <p>Address: 333 Lafontaine Rd, Tiny, ON</p>

Sara Vista Nursing Centre

Long-term care home with services including recreational programs, pet therapy, fitness, library service, hairdressing, church service, music therapy, consulting dietitian, group outings, access to outside therapy. Short-stay beds are offered as available to provide respite care for people who have caregivers in need of temporary relief.

Contact the North Simcoe Muskoka LHIN Home and Community Care Service Department at 1-888 721-2222 to learn how to apply.

Toll Free: 1-877-929-9222

Website:
www.reveraliving.com

Address:
27 Simcoe St, Elmvale, ON

The Lorna Tomlinson Residence for Seniors; Wendat

Residence provides supportive housing for frail older adults with low incomes. Services include: meals served in a common dining room, laundry, lounges for socializing, structured day program activities on-site, on site staff, enclosed courtyard and access to additional personal support services for those needing assisted living.

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

Phone: 705-355-1022

Website:
www.wendatprograms.com/lorna-tomlinson/

Email:
info@wendatprograms.com

Address:
44 Dufferin St,
Penetanguishene, ON

<p>Tiffin Retirement Residence Chartwell</p> <p>Independent living suites for seniors with the availability of meals, laundry and general services but without personal care services.</p> <p>Suites may be available in a variety of community types including retirement home buildings and/or apartments, townhouses and bungalows.</p>	<p>Phone: 705-540-9422</p> <p>Website: www.chartwell.com</p> <p>Address: 105 Pillsbury Dr, Midland, ON</p>
<p>Villa Retirement Lodge</p> <p>Retirement lodge with 24-hour on-site staffing; offering a wide range of services to allow each resident to decide how much they can do for themselves.</p>	<p>Phone: 705-526-4238</p> <p>Website: www.jarlette.com</p> <p>Address: 689 Yonge St, Midland, ON</p>
<p>Waterside Retirement Lodge</p> <p>Independent retirement living with additional support if and when needed. Pet friendly building and all rooms are wheelchair accessible; building is equipped with elevators and backup generator.</p>	<p>Phone: 705-429-8626</p> <p>Website: www.jarlette.com</p> <p>Address: 239 Zoo Park Rd, Wasaga Beach, ON</p>

Fitness & Wellness

<p>Bayshore Lanes</p> <p>Bayshore Lanes is a 12 lane five-pin bowling centre that offers something for everyone. Senior/retiree league available.</p>	<p>Phone: 705-526-4887</p> <p>Website: www.bayshorelanes.ca</p> <p>Address: 205 King St, Midland, ON</p>
<p>Ganaraska Hiking Trail Association (Midland Club)</p> <p>The club offers regular outdoor recreational activities, such as hiking, biking, paddling, camping, snowshoeing, as well as many social activities.</p>	<p>Phone: 705-245-1005</p> <p>Website: www.ganaraska-hiking-trail.org</p> <p>Email: info@ganaraska-hiking-trail.org</p> <p>Address: 200 Bayview Ave, Midland, ON</p>
<p>Knight Haven Bowling Lanes</p> <p>Air conditioned bowling alley offers public and league bowling for adults, youth, seniors and special Olympians.</p> <p>Available for parties and corporate events, glow in dark and rock and bowl systems available.</p>	<p>Phone: 705-549-3111</p> <p>Email: knighthaveninfo@gmail.com</p> <p>Address: 17 Poyntz St, Penetanguishene, ON</p>
<p>Midland Curling Club</p> <p>A club offering a variety of curling leagues from Little Rock to Seniors and a Special Olympics Program including competitive and recreational curling.</p> <p>Rink and licensed lounge available for rental with kitchen facilities.</p> <p>Fees: Membership fees apply.</p>	<p>Phone: 705-526-5631</p> <p>Website: www.midlandcurlingclub.com</p> <p>Email: info@midlandcurlingclub.com</p> <p>Address: 474 King St, Midland, ON</p>

<p>Penetanguishene Curling Club</p> <p>A curling club offering various competitive and non-competitive curling leagues.</p> <p>Fees: Membership fees apply.</p>	<p>Phone: 705-549-8981</p> <p>Website: www.penetangcurlingclub.ca</p> <p>Address: 8 Owen St, Penetanguishene, ON</p>
<p>Programs, CHIGAMIK Community Health Centre</p> <p>Various community wellness programs which include:</p> <p><i>Change the Pain</i> - A program which combines dance and movement therapy for individuals with chronic pain.</p> <p><i>Elevate Your Mood</i> - A dance program for adults with depression.</p> <p><i>Traditional Healing</i> - Honoured Traditional Healers use traditional Aboriginal approaches to bring about wellness for individuals and/or groups with mental, physical, spiritual and emotional holistic healing needs.</p> <p><i>Living with Osteoporosis</i> - A four-week program which focuses on a new topic each week, followed by a short exercise session led by our physiotherapist.</p> <p>Call for program information.</p>	<p>Phone: 705-527-4154</p> <p>Website: www.chigamik.ca/programs</p> <p>Address: 287 Bayshore Drive, Midland, ON</p>
<p>Recreation Department; Town of Penetanguishene</p> <p>Various programs for individuals aged 50 and over which may include VON Smart programs, shuffleboard and cards, rug hooking. Adult/Senior Skating, family swim, and adult swimming lessons.</p> <p>Programs vary by season.</p>	<p>Phone: 705-549-7453</p> <p>Website: www.penetanguishene.ca</p> <p>Address: 10 Robert St W, Penetanguishene, ON</p>

<p>Recreation Department, Township of Springwater</p> <p>Various programs for adults and individuals aged 55+ which may include Gentle Yoga, Gentle Pilates, Fun Fit, and Golf Clinics.</p> <p>Visit our website for more details.</p>	<p>Phone: 705-728-4784</p> <p>Website: www.springwater.ca/recreation</p> <p>Address: 2231 Nursery Road, Minesing, ON</p>
<p>Recreation Department; Tay Township</p> <p>Various recreation programs offered in numerous locations for adults. Programs vary by season but may include: Yoga, low impact aerobics, tai chi, urban poling/Nordic walking.</p>	<p>Phone: 705-534-7248 x 232</p> <p>Website: www.tay.ca/recreation</p> <p>Email: recreation@tay.ca</p> <p>Address: 450 Park St, Victoria Harbour, ON</p>
<p>Recreation Department; Tiny Township</p> <p>The Recreation Department is committed to improving the quality of life and well-being of the Township of Tiny citizens through recreation. It provides optimum access to a wide variety of recreational pursuits to meet the needs of all residents. The Recreation Department, in partnership with Parks and dynamic volunteer groups and organizations, work together to provide parks, recreation and leisure time facilities, programs and services that strengthen, support and maintain a healthy family of communities.</p>	<p>Phone: 705-526-4204 x 3</p> <p>Website: www.tiny.ca</p> <p>Email: recreation@tiny.ca</p> <p>Address: 130 Balm Beach Road W, Tiny, ON</p>

<p>Simcoe County Trails</p> <p>Simcoe County has close to 300km of trails from 25 different trails. Some located in North Simcoe include the Tiny Trail, Tiny Marsh Loop, Tay Shore Trail, Midland Rotary Waterfront Trail, and Penetanguishene Trail.</p>	<p>Website: www.experience.simcoe.ca/play/outdoors/trails</p>
<p>VON Simcoe County; SMART Exercise Program</p> <p>Free gentle exercise program for community members 55+ (Seniors Maintaining Active Roles Together). Classes offered at various times and locations throughout Simcoe County. Call for program information.</p> <p>Fees: No cost.</p>	<p>Phone: 705-737-5044</p> <p>Website: www.von.ca/en/site/simcoe</p>
<p>YMCA Simcoe/Muskoka</p> <p>Health and wellness facility; with fitness and aquatic classes. Examples include: aquafit, chair yoga, gentle fit. Visit the website or call for schedule and class listing.</p> <p>Fees: Membership fees apply.</p>	<p>Phone: 705-526-7828</p> <p>Website: www.ymcaofsimcoemuskoka.ca</p> <p>Address: 560 Little Lake Park Rd, Midland, ON</p>

Clubs, Associations, & Volunteer Opportunities

<p>Askennonia Senior Centre</p> <p>Askennonia is a charitable, not-for-profit organization that provides members with programs, events and activities to exercise the body, mind and spirit and delivers over 50 weekly programs.</p> <p>Fees: Membership fees apply.</p>	<p>Phone: 705-526-7609</p> <p>Website: www.askennonia.com</p> <p>Address: North Simcoe Sports and Recreation Centre, 527 Len Self Blvd, Midland, ON</p>
<p>Bayshore Seniors Club</p> <p>Activities include but are not limited to cards, bingo, shuffleboard, bowling, darts, golf, dances, crafts. Call or drop in to apply. Application form available at the club.</p> <p>Eligibility: 50+</p> <p>Fees: Membership fees apply.</p>	<p>Phone: 705-361-1331</p> <p>Website: www.bayshoreseniors.ca</p> <p>Address: 2000 Tiny Beaches Rd S, Tiny, ON</p>
<p>Georgian Bay Native Friendship Centre</p> <p>Programs and services include: cultural resources program, cultural programs, drug and alcohol counselling and more.</p> <p>Client service focus is urban Indigenous and Metis individuals.</p> <p>Fees: Membership fees apply.</p>	<p>Phone: 705-526-5589</p> <p>Website: www.gbnfc.com</p> <p>Email: gbnfc@gbnfc.com</p> <p>Address: 175 Yonge St, Midland, ON</p>
<p>Georgian Shores Swinging Seniors (The Place)</p> <p>Recreation centre for older adults. Activities include: cards, billiards, crafts, art classes, cooking classes, Zumba, special events, sewing group, photography group, line dancing and Friday pub socials and barbecues.</p>	<p>Phone: 705-526-5074</p> <p>Website: www.georgianshoresswingingseniors.ca</p> <p>Email: gssseniors2016@gmail.com</p> <p>Address: 300 Balm Beach Rd W, Tiny, ON</p>

<p>Le Club de l'Âge d'Or</p> <p>A seniors club offering a variety of services and recreational activities including: cards, singing, a gazebo, walking trails & more at the site. Health information, nurse provided foot care and dental hygiene services are also available. All are welcome, call to apply.</p> <p>Eligibility: 50+</p> <p>Fees: Membership fees apply.</p>	<p>Phone: 705-533-2075</p> <p>Email: cado@csolve.net</p> <p>Address:</p> <p>333 Lafontaine Rd W, Unit 207 Tiny, ON</p>
<p>Midland Civitan Club</p> <p>Midland Civitan Club is a local service club involved in community enhancement and support. Our mission is to financially support research, education, public awareness, and services to aid the physically, mentally, and developmentally challenged.</p> <p>Fees: Membership fees apply.</p>	<p>Phone: 705-526-3069</p> <p>Website:</p> <p>www.civitan.on.ca/clubs/midland/</p> <p>Email:</p> <p>jmckinney01@rogers.com</p> <p>Address:</p> <p>527 Len Self Blvd, Midland, ON</p>
<p>The Sunshine Club</p> <p>A recreational group for seniors with activities including card games, Share-the-Wealth draws to support local non-profit groups and occasional holiday or celebratory banquets. Call or drop in to apply.</p> <p>Eligibility: 50+</p> <p>Fees: Membership fees apply.</p>	<p>Phone: 705-322-2598</p> <p>Address:</p> <p>33 Queen St W, Elmvale, ON</p>
<p>YMCA of Simcoe/Muskoka Employment Resource Centre</p> <p>The expertise of our YMCA Job Seeking specialists will save you time and energy and develop a plan that works for you. Discover our employment workshops to get you hired.</p>	<p>Website:</p> <p>https://ymcaofsimcoemuskoka.ca/for-job-seekers/</p>

Municipal & Government Services

<p>County of Simcoe; Customer Service</p> <p>Provides its 16-member municipalities with public services such as homes for the aged, paramedics, waste management and social services.</p> <p>Hours: Monday to Friday 8 am-5 pm</p>	<p>Toll Free: 1-800-263-3199</p> <p>Website: www.simcoe.ca</p> <p>Email: info@simcoe.ca</p> <p>Address: 1110 Highway 26, Midhurst, ON</p>
<p>Member of Parliament, Simcoe North Federal Riding - Bruce Stanton MP</p> <p>Constituency Office able to assist with applications for passports, Federal Government Program Assistance (CPP, EI, Citizenship and Immigration and other programs).</p> <p>Hours: Monday to Friday 9 am-4:30pm</p>	<p>Phone: 705-527-7654</p> <p>Website: www.brucestantonmp.ca</p> <p>Address: 504 Dominion Ave, Midland, ON</p>
<p>Member of Parliament, Simcoe North Provincial Riding - Jill Dunlop MPP</p> <p>Constituency Office able to assist with birth/death/marriage certificates, Ontario Health Insurance Plan (OHIP), Trillium Drug Program issues and more.</p> <p>Hours: Monday to Friday 9am - 4:30pm</p>	<p>Phone: 705-326-3246</p> <p>Website: www.jilldunlopmpp.ca</p> <p>Email: jill.dunlopco@pc.ola.org</p> <p>Address: 14 Coldwater Rd W, Orillia, ON</p>
<p>Service Canada; Midland</p> <p>One-stop service delivery for a wide range of federal programs and services. Internet access and assistance locating and applying for government programs including Employment Insurance, Social Insurance Numbers, Canada Pension Plan, Old Age Security and passports.</p>	<p>Toll Free: 1-800-926-9105</p> <p>Website: www.servicecanada.gc.ca</p> <p>Address: Huronian Mall, Highway 93, Midland, ON</p>

<p>Midland Public Library Services</p> <p>Offers resources and programs including books, e-books, directories, magazines, newspapers, on-line access to catalogue for book reservation and renewal, compact discs, DVDs, resources on microfilm, microfilm reader service, inter-library loan service, free wireless internet access, photocopy and fax service, Books on Wheels for shut ins, children's story hour, computer terminals for access to the internet and more.</p>	<p>Phone: 705-526-4216</p> <p>Website: www.midlandlibrary.com</p> <p>Email: info@midlandlibrary.com</p> <p>Address: 320 King St, Midland, ON</p>
<p>Penetanguishene Public Library</p> <p>Serves the Town of Penetanguishene and Tiny Township. Programs include delivering books to shut-ins, photocopying, computer terminals, wireless internet access. Adult programming includes visually limited and adult book clubs, computer tutorials, Spanish language learning program, bridge lessons.</p> <p>Meeting facilities are available for rent. Designated as an extreme heat cooling centre.</p>	<p>Phone: 705-549-7164</p> <p>Website: www.penetanguishene.library.on.ca</p> <p>Email: lkeenan@penetanguishene.ca</p> <p>Address: 24 Simcoe St, Penetanguishene, ON</p>
<p>Springwater Public Library</p> <p>Offers books, magazines, videos, local newspapers, free wireless internet access, activities for all ages, photocopies, fax and internet. Meeting facilities are available for rent.</p>	<p>Phone: 705-322-1482</p> <p>Website: www.springwater.library.on.ca</p> <p>Email: elmvale.library@springwater.ca</p> <p>Address: 50 Queen St W, Elmvale, ON</p>

<p>Tay Township Library Services</p> <p>Offers resources and programs including books, e-books, directories, magazines, newspapers, on-line access to catalogue for book reservation and renewal, compact discs, DVDs, inter-library loan service, free wireless internet access, and a variety of programs for all ages.</p> <p>Residents of Tay Township may access Midland Public Library Services with Tay Library membership card.</p>	<p>Phone: 705-534-3511</p> <p>Website: www.tay.ca/library</p> <p>Branch Locations:</p> <p><i>Port McNicoll Branch</i> 705-534-3511 715 Fourth Avenue</p> <p><i>Victoria Harbour Branch</i> 705-534-3581 145 Albert Street</p> <p><i>Waubauskene Branch</i> 705-538-1122 17 Thiffault Street</p>
<p>Tiny Township Library Services</p> <p>Residents of Tiny Township may access programs and services at one of three libraries: Penetanguishene Public Library, Springwater Public Library or Midland Public Library.</p>	<p>Midland Public Library: 320 King St, Midland, ON 705-526-4216</p> <p>Penetanguishene Public Library: 24 Simcoe St, Penetanguishene, ON 705-549-7164</p> <p>Springwater Public Library: 50 Queen St W, Elmvale, ON 705-322-1482</p>

Additional Municipal Services

The Township of Tiny

For information on Senior Services & Programs in Tiny, visit www.tiny.ca/seniors or contact seniors@tiny.ca | 705-526-4204 ext. 3

Tiny Connect - A free notification system that helps you stay 'in the know' about important municipal information, such as senior initiatives, road closures, recreation programs and more. You can receive emergency alerts and optional notifications by text, voice call, email and/or on your TTY/TDD device. Sign up by visiting www.tinyconnect.ca or complete a registration form at the Municipal Office.

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

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

Library Services - Library Service is free to residents of the Township of Tiny. Each year you can choose to join one of these three area libraries. Libraries provide many important services for seniors in North Simcoe. Residents can contact the library directly to find out how to become a member.

Midland: (705) 526-4216

Penetanguishene: (705) 549-7164

Springwater: (705) 322-1482

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

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

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

Seniors' Clubs in the Township of Tiny

<p>The Place 300 Balm Beach Road West, Tiny Phone: 705-526-5074 georgianshoreswinging seniors.ca</p>	<p>Le Club de l'Âge d'Or 333 Lafontaine Road West, Unit 207, Tiny Phone: 705-533-2075</p>	<p>Bayshore Seniors Club 2000 Tiny Beaches Road South, Tiny Phone: 705-361-1331 bayshoreseniors.ca</p>
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Seniors Recreation Programming - The Township offers a variety of recreation and fitness programs each season. Programs include Pickleball, Shuffleboard, Golf Clinics, Art Groups, Gentle Fitness, Pole Walking, CHIGAMIK Choose to Move, CHIGAMIK Parkinsons Dance Class and more. Information can be found in the North Simcoe Recreation Guide or online at www.tiny.ca.

Service Clubs in Tiny

- Tiny Township Lions Club | 705-333-0763
- North Simcoe Anglers & Hunters Conservation Club | <http://nsahcc.ca>
- Wyebridge Women's Institute | 705-526-9893
- Huronian Ballroom Dance Club | 705-209-1729

Township of Tiny Annual Special Community Events - Winter Carnaval D'Hiver (February), Senior Symposium (April), Earth Week (April), June is Parks, Recreation & Seniors Month (June), Community BBQ (July), Mayor's Charity Golf Tournament (July), Farm Crawls (Summer & Fall), Noel au Village (November).

Township of Tiny Volunteer Opportunities – Positions include Special Event Volunteer, Community Gardener, Stewardship, Advisory Committee Member, Dog Park Monitor, Beach & Trail Monitor, Litter Pick Up Volunteer and more.

The Township of Tay

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

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

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

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

Tay Township Public Library – The library offers numerous resources for seniors including books, e-books, magazines, newspapers, free public access computers, free internet access, and delivers books to shut-ins as well. They also provide fantastic programming such as computer and technology help, knitting classes, art programming. Tay Library card holders may also use the Midland Public Library at no cost.

For additional information, please contact one of the three branches, email library@tay.ca, or go online to www.tay.ca/library.

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

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

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

Good Food Box Program – Program providing locally grown seasonal produce through any library branch. There are two sizes of boxes, and boxes are provided monthly. See your local library branch for details.

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

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

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

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

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

Bingo – Weekly Bingo held on Monday evenings at the Port McNicoll Community Centre hosted by the Port McNicoll Lions Club.

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

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

SS Keewatin – The SS Keewatin is the last remaining Great Lakes Passenger liner, and the last of the Edwardian built passenger liner steamships in the world. The “Kee” has many volunteer opportunities for active seniors such as restoration, marketing, working as a tour guide or in the gift shop. Call 1-855-533-9284 for details.

The Town of Midland

Do you need information?

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

Did you know?

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

Do you want to get out more?

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

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

Concerned about your Health?

- The Age Friendly Seniors Housing Grant Program, January 2020 version, is now available for Simcoe Seniors 60+ years who want to make their home accessible.
- The North Simcoe Family Health Team, located at 619 prospect Blvd can be reached at 705-526-7804. They are now offering a Community Seniors Care Program for frail seniors, which includes several components such as Diabetes Information, rehab therapy, a heart health program and GeriMedRisk consultations. You do NOT need to be a patient of a doctor who is a member of this FHT; however, you do need to be referred by a healthcare professional.
- The provincial government recently announced (here in Midland) an Ontario Dental Program for Low Income Seniors. Visit this webpage for further information.

This information has been provided by members of the
Midland Seniors Council.
For more information about us, check out our Facebook page.

The Town of Penetanguishene

Community Wellbeing Committee

The Town has a new advisory committee with a mandate to provide support and advice to Council, applicable Staff and other associated Advisory Committees relative to enhancing the health and quality of life for Penetanguishene residents through a wide range of innovative, inclusive, and accessible events, programs, and infrastructure; providing opportunities for physical activity, social interaction and community engagement for all ages and demographics. There is Senior representation on this committee and issues and programs impacting Seniors are often vetted through this group. For more information on the Committee please contact (705) 549-7453 or go online to:

www.penetanguishene.ca/en/townhall/Community_Wellbeing_Committee

Senior of the Year Award

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

Service Clubs in Penetanguishene

Penetanguishene Lions Club | 705-333-4494

Probus | 705-549-1299

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

Seniors Information Day

Penetanguishene Memorial Community Centre | 61 Maria Street Penetanguishene

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

Seniors BBQ

Penetanguishene Centennial Museum & Archives | 13 Burke Street, Penetanguishene

The 1st Thursday of September. The Seniors BBQ is an outdoor event with entertainment and a BBQ lunch. *Fees Apply

Genealogy Research

Penetanguishene Centennial Museum & Archives

13 Burke Street, Penetanguishene ON

Every Wednesday, 9 am to 4:30 pm

Come and meet with an experienced genealogist to get a head start on your family tree and learn more about your ancestral roots. Our well-equipped research facility includes 1000s of genealogical information from the area, as well as a comprehensive collection of Quebec and Michigan records.

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

****THE FOLLOWING PROGRAMS ARE SUBJECT TO CHANGE****
Interested parties should contact the Town to verify program information.

By the Bay Rug Hookers

Location: Penetanguishene Memorial Community Centre

Time: 10 AM – 12PM

Cost: \$20 + HST. Phone: 705-549-7453 ext. 223 for registration details

Date: Wednesdays, Ongoing

Shuffleboard

Location: Penetanguishene Memorial Community Centre

Time: 1PM – 3PM

Cost: \$20 + HST. Phone: 705-549-7453 ext. 223 for registration details

Date: Monday and Wednesdays, Ongoing

Von Smart Exercises

Location: Penetanguishene Memorial Community Centre

Time: 1PM – 1:45 PM

No registration fee

Date: Tuesdays and Fridays, Ongoing

Phone 705-355-2200 for details

For more information please visit www.penetanguishene.ca, email events@penetanguishene.ca or call 705-549-7453.