



# **Community Services For Older Adults**

Developed by  
The Seniors Advisory Committee of the  
Township of Greater Madawaska

January 2020



Supported by

Calabogie





**Disclaimer:** The content included in this guide represents the services and organizations that provide support for older adults in the Township of Greater Madawaska that could be identified by the Seniors Advisory Committee at the time of publication. Please submit any additions or corrections to be included in the next version of this guide to:

The Township of Greater Madawaska  
Tel: 613-752-2222  
Email: [admin@greatermadawaska.com](mailto:admin@greatermadawaska.com)



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## **COMMUNITY SUPPORT & HEALTH SERVICES**

### **Cardiac Rehabilitation**

#### **University of Ottawa HEART Institute**

- On-site supervised program
- 3 to 6 month program
- Twice weekly exercise sessions
- Education sessions
- Medical assessment
- Referral to a dietitian or social worker, as needed
- Case-managed home program also available

Tel: 613-696-7068 (University of Ottawa Heart Institute)

If you are interested, speak with your health care provider for a referral.

#### **Pembroke Regional Hospital Cardiac Rehabilitation Programs**

- On-site supervised program
- 3 to 6 month program
- Twice weekly exercise sessions
- Education sessions
- Medical assessment
- Referral to a dietitian or social worker, as needed
- Case-managed home program also available

Tel: 613-732-2811 x8091

If you are interested, speak with your health care provider for a referral.

## Dental

### **Calabogie Smiles: Mobile Dental Hygiene Services**

Mobile clinic in client home, long term care facility. Provides dental hygiene services such as scaling and polishing teeth, fluoride treatments, whitening of teeth, denture care...

4984 Calabogie Road  
Calabogie, Ontario K0J 1H0

Tel: 613-220-6534

Email: [gerberadaisy@hotmail.ca](mailto:gerberadaisy@hotmail.ca)

### **Dentists**

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

### **Denturists**

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

# Diabetes Education

## Diabetes Education Programs

Diabetes Education Programs provide individuals with tools, skills and confidence needed to properly self-manage their diabetes and enable them to live healthy lives.

People with diabetes can access one of Ontario's Diabetes Education Programs for assistance.

[Champlainhealthline.ca](http://Champlainhealthline.ca)

### **Arnprior and District Memorial Hospital**

350 John Street

Arnprior Ontario K7S 2P6

Tel: 613-623-3166

Toll free: 1-855-293-7838

### **Pembroke Regional Hospital**

705 Mackay St,

Pembroke ON K8A 1G8

Tel: 613-732-2811

Toll free: 1-855-293-7838

### **Renfrew Victoria Hospital**

499 Raglan Street North

Renfrew Ontario K7V 1P6

Tel: 613-432-4851

Toll free: 1-855-293-7838

# Fall Prevention

## **Assistive Device Program**

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

Contact: Ministry of Health and Long-Term Care

Toll free: 1-800-268-6021

TTY: 1-800-387-5559

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

Email: [adp@ontario.ca](mailto:adp@ontario.ca)

## **Lions Clubs**

The Lions Clubs may be able to assist in the provision of equipment for those who require mobility assistance, wheelchairs, and hospital beds.

### **Calabogie Lions Club**

574 Mill Street

Calabogie, Ontario

K0J 1H0

Email: [c/c14631@gmail.com](mailto:c/c14631@gmail.com)

### **Denbigh-Griffith Lions Club**

Griffith Community Hall

25991 Hwy 41

Griffith, Ontario

K0J 2R0

## General Information

### **211**

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

Tel: 211

TTY: 1-888-340-1001

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

### **Health Care Connect**

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

Tel: 1-866-532-3161

TTY: 1-800-387-5559

Web: [www.ontario.ca/healthcareconnect](http://www.ontario.ca/healthcareconnect)

### **Telehealth Ontario**

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

Tel: 1-866-797-0000

TTY: 1-866-797-0007

Web: [www.ontario.ca/ru2](http://www.ontario.ca/ru2)

Web: [www.ontario.ca/healthcareoptions](http://www.ontario.ca/healthcareoptions)

## **Member of Provincial Parliament Renfrew-Nipissing-Pembroke**

Mr. John Yakabuski  
84 Isabella Street, Unit 6  
Pembroke, Ontario, K8A 5S5

**Office Hours:**  
Monday to Friday  
10:00am to 4:00pm

Tel: 613-735-6627  
Toll Free: 1-800-267-2515  
Fax: 613-735-6692

Email: [john.yakabusko@pc.ola.org](mailto:john.yakabusko@pc.ola.org)  
Web: [www.johnyakabuski.com](http://www.johnyakabuski.com)

## **Member of Federal Parliament Renfrew-Nipissing-Pembroke**

Mrs. Cheryl Gallant  
84 Isabella Street  
Pembroke, Ontario, K8A 5S5

**Office Hours:**  
Monday to Friday  
10:00am to 4:00pm

Tel: 613-732-4404

Web: [www.cherylgallant.com](http://www.cherylgallant.com)

## **Ombudsman Ontario**

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

Tel (Ontario Only): 1-800-263-1830  
Tel (Outside Ontario): 416-586-3300  
TTY: 1-866-411-4211  
Email: [info@ombudsman.on.ca](mailto:info@ombudsman.on.ca)  
Web: [www.ombudsman.on.ca](http://www.ombudsman.on.ca)

## **Service Canada**

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

Tel: 1-800-622-6232 (8:00am to 5:00 pm local time)

TTY: 1-800-926-9105 (8:00am to 5:00 pm local time)

Web: <https://www.canada.ca/en.html>

### **Office Hours for All**

Monday to Friday

8:30am to 4:00pm

Closed 12:00pm to 12:30pm daily

### **Arnprior Office**

75 Elgin Street West

Heritage Square, Suite 1 & 2

Arnprior, Ontario, K7S 3T9

### **Pembroke Office**

141 Lake Street

Pembroke, Ontario

K8A 5L8

### **Renfrew Office**

350 Raglan Street South

Renfrew, Ontario

K7V 1P8

## **Service Ontario**

Provides information and assistance with services that pertain to services through the Ontario Government including accessible parking permits, Driver licences, plate stickers, health cards, birth certificates

Tel: 416-326-1234 (8:00am to 5:00 pm local time)

Toll Free: 1-800-267-8097 (8:00am to 5:00 pm local time)

TTY: 416-325-3408 (8:00am to 5:00 pm local time)

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

Web (Services): <https://www.services.gov.on.ca/sf/#/>

### **Arnprior Office**

Tel: 613-623-7025

100 Madawaska Boulevard

Arnprior, Ontario, K7S 1S7

### **Office Hours:**

Monday to Friday

9:00am to 5:00pm

### **Pembroke Office**

400 Pembroke Street East

Pembroke, Ontario, K8A 3K8

### **Office Hours:**

Monday to Friday

8:30am to 5:00pm

### **Renfrew Office**

316 Plaunt Street South

Renfrew, Ontario, K7V 1N3

### **Office Hours:**

Monday to Friday

9:30am to 5:00pm



# Health Services

## Hospitals

**For emergencies, DIAL 9-1-1**

### **Arnprior & District Memorial Hospital**

Tel: 613-623-3166

Arnprior Regional Health

350 John Street North

Arnprior, Ontario, K7S 2P6

Web: [www.arnpriorregionalhealth.ca/hospital/](http://www.arnpriorregionalhealth.ca/hospital/)

### **Pembroke Regional Hospital**

Tel: 613-732-2811

705 Mackay Street

Fax: 613-732-9986

Pembroke, Ontario, K8A 1G8

Email: [pr@prh.email](mailto:pr@prh.email)

Web: [www.pembrokeregionalhospital.ca](http://www.pembrokeregionalhospital.ca)

### **Perth & Smith Falls District Hospital**

Tel: 613-267-1500

**Great War Memorial Site**

Fax: 613-264-0365

33 Drummond Street West

Perth, Ontario, K7H 2K1

Web: [www.psfhdh.on.ca](http://www.psfhdh.on.ca)

### **Quinte Health Care North Hastings Hospital**

Tel: 613-332-2825

1H Manor Lane, P.O. Box 157

Fax: 613-332-3847

Bancroft, Ontario, K0L 1C0

Web: [www.qhc.on.ca/north-hastings-hospital-c19.php](http://www.qhc.on.ca/north-hastings-hospital-c19.php)

### **Queensway Carleton Hospital**

Tel: 613-721-2000

3045 Baseline Road

Toll Free: 1-888-824-9111

Ottawa, Ontario, K2H 8P4

Web: [www.qch.on.ca](http://www.qch.on.ca)

### **Renfrew Victoria Hospital**

Tel: 613-432-4851

499 Raglan Street North

Toll free: 1-855-293-7838

Renfrew Ontario K7V 1P6

**St. Francis Memorial Hospital**

7 St. Francis Memorial Drive  
Barry's Bay, Ontario, K0J 1B0  
Web: [www.sfmhosp.com](http://www.sfmhosp.com)

Tel: 613-756-3044

**Calabogie Medical Centre**

1101 Francis Street  
Calabogie, Ontario K0J 1H0

Tel: 613-752-2323

**Hospice Renfrew Inc.**

Hospice Renfrew is a six bed palliative care residence providing full time 24/7 nursing care. Our expert palliative team provides physical, emotional and spiritual comfort, free of charge, to all residents of Renfrew County and nearby area

459 Albert Street  
Renfrew, Ontario K7V 1V8

Tel: 613-433-3993  
Toll Free: 1-866-751-1685  
Fax: 613-432-3618

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

## Hearing Care

### **Davidson Hearing Aid Centers**

Provides hearing tests, sells and services of hearing aids and accessories.

627 Fortington Street  
Renfrew, Ontario K7V 1E5

Tel: 613-432-7171

595 Pembroke Street East  
Pembroke, Ontario K8A 3L7

Tel: 613-735-3846

Web: [www.davidsonhearingaids.com](http://www.davidsonhearingaids.com)

### **Heritage Hearing Care**

Provides hearing evaluation and hearing aid consultation, experienced Audiologists.

229 Pembroke Street West  
Pembroke, Ontario K8A 5N3

Tel: 613-735-0776

### **Helix Hearing Care**

100 Madawaska Blvd  
Arnrior, Ontario K7S 1S7

Tel: 613-623-2999

Toll free: 1-877-685-5327

### **Robillard Hearing Aid**

500 Raglan Street North  
Renfrew, Ontario K7V1P5

Tel: 613-432-7575

## Markets - Local Food

### **Burnstown Farmers' Market**

The season runs from the first Friday in June until the last Friday in October, every Friday from 2.p.m. to 7 p.m. on Calabogie Road near the intersection with Burnstown Road.

Web: [www.facebook.com/MadawaskaRiverFarmersMarket](http://www.facebook.com/MadawaskaRiverFarmersMarket)

### **Calabogie Summer Market**

Outdoor summer market featuring local produce, artists, artisans, crafters, makers and bakers.

The season runs from the first Saturday in June until the last Saturday in September every Saturday from 9 a.m. to 1 p.m.

Calabogie Community Centre  
574 Mill Street  
Calabogie, Ontario K0J 1H0

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

Web: <https://calabogiemarket.ca/>

## Meals

### **Food Banks**

#### **Arnprior and District Food Bank**

Saint John Chrysostom Church  
295 Albert Street, Church Basement  
Arnprior, Ontario K7S 3L9  
Tel: 613-668-4462

#### **Calabogie Food Bank**

4984 Calabogie Road  
Calabogie, Ontario K0J 1H0

#### **Renfrew & District Food Bank**

Renfrew Armouries  
115 Veteran's Memorial Blvd  
Renfrew, Ontario K7V 2R5  
Tel: 613-433-9216

#### **Renfrew Salvation Army Food Bank**

17 Renfrew Avenue West  
Renfrew, Ontario K7V 4A3  
Tel: 613-433-9785

### **Frozen Meals**

#### **Calabogie & Area Home Support**

Provision of Frozen Meals  
4984 Calabogie Road  
Calabogie, Ontario  
Tel: 613-752-2828  
Web: [calhs@renfrew.net](mailto:calhs@renfrew.net)

## **Meals on Wheels**

Meals on Wheels services prepare and deliver regular hot or frozen meals to the elderly or individuals with disabilities

Renfrew and Area Seniors' Home Support- Frozen Meals  
212 Raglan Street South, Box 919  
Renfrew Ontario K7V 4H3

Tel: 613-432-7691

Renfrew Victoria Hospital- Meals on Wheels  
499 Raglan Street North  
Renfrew Ontario K7V 1P6

Tel: 613-432-4851 Ext 130

## **Unlock Food (formerly Eat Right Ontario)**

Provides information on healthy eating and connects people to a registered dietitian for free. In Ontario, people can speak with a dietitian at no cost by calling Telehealth Ontario. The Unlock Food website includes a section specifically for older adults, which includes a questionnaire to determine how well eating habits are, videos, meal planners and so much more.

Tel (Telehealth Ontario): 1-866-797-0000

Web: [www.unlockfood.ca](http://www.unlockfood.ca)

## Pharmacies

### **Aikenhead's Drug Store**

226 Raglan Street South  
Renfrew, Ontario K7V 1R1

Tel: 613-432-8866  
Fax: 613-432-9208  
Email: [aikenheads1@bellnet.ca](mailto:aikenheads1@bellnet.ca)  
Web: [www.aikenheads.ca](http://www.aikenheads.ca)

**Hours:**  
Monday to Wednesday  
9:00am to 6:00pm  
Thursday to Saturday  
9:00am to 5:00pm  
Sunday – 10:00am to 2:00pm

### **Calabogie Pharmacy**

1101 Francis Street  
Calabogie, Ontario, K0J 1H0

Tel: 613-752-0000  
Web: <https://calabogiepharmacy.business.site>

**Hours:**  
Monday to Friday  
9:30am to 5:30pm  
Saturday – 9:30am to 1:30pm  
Sunday – Closed

### **Clancy's Drug Store (Pharma Choice)**

99 John Street North  
Arnprior, Ontario, K7S 2N4

Tel: 613-623-5193  
Fax: 613-623-6964  
Web: [www.clancysdrugs.ca](http://www.clancysdrugs.ca)

**Hours:**  
Monday to Friday  
9:00am to 7:00pm  
Saturday – 9:00am to 4:00pm  
Sunday - Closed

### **Drugstore Pharmacy**

#### ***No Frills***

680 O'Brien Road  
Renfrew, Ontario, K7V 0B4

Tel: 613-433-5957  
Fax: 613-433-8217

**Hours:**  
Monday to Friday  
9:00am to 9:00pm  
Saturday – 9:00am to 6:00pm  
Sunday – 10:00am to 6:00pm

## **Excellent Care Pharmacy**

375 Daniel Street South  
Arnprior, Ontario, K7S 3K6

Tel: 613-622-0444

Fax: 613-622-1113

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

Web: [www.remedysrxarnprior.com](http://www.remedysrxarnprior.com)

### **Hours:**

Monday to Friday

9:00am to 8:00pm

Saturday – 10:00am to 5:00pm

Sunday – 11:00am to 5:00pm

## **Rexall Drug Store**

22 Baskin Drive East  
Arnprior, Ontario, K7S 3G8

Tel: 613-623-6591

Fax: 613-623-5353

### **Hours:**

Monday to Sunday

8:00am to 10:00pm

## **Rexall Pharma Plus**

339 Raglan Street South  
Renfrew, Ontario, K7V 1R6

Tel: 613-432-7518

Fax: 613-432-6511

### **Hours:**

Monday to Sunday

8:00am to 10:00pm

## **Shoppers Drug Mart**

55 Elgin Street West  
Arnprior, Ontario, K7S 1N6

Tel: 613-623-7971

Fax: 613-623-8411

### **Hours:**

Monday to Sunday

8:00am to 10:00pm

## **Walmart Supercenter**

### **Hours:**

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COMMUNITY SUPPORT & HEALTH SERVICES



980 O'Brien Road  
Renfrew, Ontario, K7V 0B4

Tel: 613-432-0845

Monday to Friday  
7:00am to 10:00pm  
Saturday – 9:00am to 6:00pm  
Sunday – 10:00am to 6:00pm

## **Ontario Drug Benefit (ODB) Program**

If you are 65 and older and have a valid Ontario Health Card, you qualify for the ODB program. You will be sent a letter several months before you turn 65. You will be required to pay a deductible at the beginning of the ODB benefit year (August 1<sup>st</sup>). Once the deductible is paid, approved prescriptions will cost up to \$6.11.

If you are a senior with low income, you can apply for the Seniors Co-Payment Program to have the deductible waved and the co-payment reduced to \$2.00. Application kits are available at your local pharmacy, the website listed below, or by calling the application phone number. Wal-Mart and Chartrand's pharmacies both discount the co-payment by \$2.00 for all seniors.

Tel (Information): 1-866-532-3161

Tel (Application): 1-888-405-0405

TTY: 1-800-387-5559

Web (Information): [www.ontario.ca/ru6](http://www.ontario.ca/ru6)

Web (Application): [www.forms.ssb.gov.on.ca/mbs/ssb/forms/](http://www.forms.ssb.gov.on.ca/mbs/ssb/forms/)

# Specialized Services

## **ConnexOntario**

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

### **Drug and Alcohol Helpline**

Tel: 1-800-565-8603

Web: <https://www.connexontario.ca/links>

### **Mental Health Helpline**

Tel: 1-866-531-2600

Web: <https://www.connexontario.ca/links>

### **Ontario Problem Gambling Helpline**

Tel: 1-888-230-3505

Web: <https://www.connexontario.ca/links>

## **Home Health & Medical Supplies**

Sells accessible vehicles and mobility aids. They also rent equipment for those who may only need it temporarily.

200 Bruce Street  
Renfrew, Ontario  
K7V 3V9

Tel: 613-432-3846  
E-mail: [hhms@bellnet.ca](mailto:hhms@bellnet.ca)

## Support Groups

### **Fibromyalgia Support Group**

Fibromyalgia Support Ottawa West      Tel: 613-721-2082  
Ottawa Ontario K2G 5Y7

### **Multiple Sclerosis (MS) Support Group**

To enroll and get the location and time of a support group, please call.  
Multiple Sclerosis Society of Canada      Tel: 1-800-268-7582

### **Renfrew County Prostate Cancer Support Group**

Support group to assist men with prostate cancer and their families and to increase their ability to cope with this disease.

Meetings: first Wednesday of the month, 7p.m.  
Renfrew Victoria Hospital (Cafeteria)  
499 Raglan Street North  
Renfrew, Ontario K7V 1P6

Tel: 613-432-6471 or 613-432-6911

## Support Service Agencies

### **Alzheimer Society of Canada – Ottawa and Renfrew County**

The Alzheimer Society of Canada – Ottawa and Renfrew County is a non-profit organization dedicated to helping people affected by Alzheimer Disease or Dementia.

Alzheimer Society Serving Ottawa and Renfrew County  
1400 Clyde Avenue, Suite 222  
Ottawa, Ontario, K2G 3J2

Tel: 613-224-1400

Email: [info@ottawarenfrew.alzheimeront.org](mailto:info@ottawarenfrew.alzheimeront.org)

Web: [www.alzheimer.ca/en/ottawa](http://www.alzheimer.ca/en/ottawa)

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

Tel: 1-866-797-0000

TTY: 1-866-797-0007

The Alzheimer Society also partners with MedicAlert to enhance the safety of people with dementia by providing 24-hour access to information and services to help people with dementia find their way home. There is an annual registration fee.

Tel: 1-855-581-3794

Web: [https://alzheimer.ca/en/help-support/programs-services#Support\\_programs](https://alzheimer.ca/en/help-support/programs-services#Support_programs)

## **Advocacy Centre for the Elderly (ACE)**

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

Tel: 416-598-2656

Toll Free: 1-855-598-2656

Fax: 416-598-7924

Web: [www.advocacycentreelderly.org](http://www.advocacycentreelderly.org)

## **Bernadette McCann House for Women**

The mission of the Bernadette McCann House for Women is to work for change that will end abuse by providing safety, support and education to all those who experience abuse.

**24 hour Support/Crisis Line:**

**Tel: 613-732-3131**

**Toll Free: 1-800-267-4930**

**Administration Hours:**

Monday to Friday

8:00am to 4:00pm

P.O. Box 244

Pembroke, Ontario, K8A 6X3

Tel: 613-732-7776

Fax: 613-732-8667

Email: [wssshs@wsssbmh.org](mailto:wssshs@wsssbmh.org)

Web: [www.wsssbmh.org/en/](http://www.wsssbmh.org/en/)

## **Calabogie & Area Home Support**

Calabogie & Area Home Support is an integral part of community support services to Calabogie and the Township of Greater Madawaska. The main services include transportation for seniors and disabled persons to attend medical appointments and do their banking and shopping; provision of frozen meals; and telephone security/assurance.

Supported by Ontario Champlain Local Health Integration Network.

4984 Calabogie Road  
Calabogie, Ontario, K0J 1H0

**Office Hours:**  
Monday to Friday  
9:00am to 12:00pm

Tel: 613-752-2828

Emergency Tel (Mike Maw): 613-752-2177 (H) or 613-433-1264 (C)

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

Web: [www.calabogiehomesupport.com](http://www.calabogiehomesupport.com)

## **Community Information Centre of Ottawa**

The Community Information Centre of Ottawa serves Ottawa and the surrounding areas, including the Ottawa Valley and Renfrew County. They are an official local provider of information and referrals, and the lead organization and provider of 211 Eastern Ontario.

Tel: 2-1-1 or 613-761-9076

Toll Free: 1-877-761-9076

TTY: 1-888-340-1001

Administration: 613-683-5400

Fax: 613-761-9077

Email: [info@cominfo-ottawa.org](mailto:info@cominfo-ottawa.org)

Web: <https://cneo-nceo.ca/>

## **Community Mental Health Programs – Renfrew County**

Community mental health programs provide a variety of services to help support people who have serious and ongoing mental health issues living in the community. Services offered include information and referral, advocacy, case management, housing advocacy, rehabilitation, employment assistance, counselling, support groups and social and recreational opportunities, and peer support services for consumers and survivors.

**24/7 Mental Health Crisis Line: 1-866-996-0991**

### **Pembroke Regional Hospital**

Mental Health Services  
705 Mackay Street  
Pembroke, Ontario, K8A 1G8  
Web: [www.pemreghos.org](http://www.pemreghos.org)

Tel: 713-732-8770  
Toll Free: 1-800-991-7711  
Fax: 613-735-8238

### **The Phoenix Centre for Children and Family**

#### **Main Office:**

130 Pembroke Street West, Second Floor  
Pembroke, Ontario, K8A 5M8  
Tel: 613-735-2374  
Toll Free: 1-800-465-1870  
Fax: 613-735-2378  
Walk In Hours: Every Tuesday from 2:00pm to 6:00pm

Web: [www.phoenixctr.com](http://www.phoenixctr.com)

#### **Arnprior Office:**

Kenwood Corporate Centre  
160 William Street, Suite 200  
Arnprior, Ontario, K7S 1K4  
Tel: 613-623-9777

Walk In Hours: The second (2<sup>nd</sup>) and fourth (4<sup>th</sup>) Wednesday of each month from 2:00pm to 6:00pm

**Renfrew Office:**

191 Plaunt Street South

Renfrew, Ontario, K7M 1M7

Tel: 613-432-7936

Walk In Hours: Every Thursday from 2:00pm to 6:00pm

**Consent and Capacity Board (CCB)**

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

Tel: 416-327-4142

Toll Free: 1-866-777-7391

TTY: 1-877-301-0889

Fax: 1-866-777-7273

Email: [ccb@ontario.ca](mailto:ccb@ontario.ca)

Web: [www.ccboard.on.ca](http://www.ccboard.on.ca)

**Lifeline**

Philips Lifeline is an easy-to-use personal response service that lets you summon help at any time, day or night – even if you can't speak. All you have to do is press your Personal Help Button, worn on a wristband or pendant, and a trained Personal Response Associate will ensure you get help fast. There are costs for this service.

Tel: 1-866-681-7925

Web: [www.lifeline.ca](http://www.lifeline.ca)



## **Home and Community Care – LHIN – Renfrew County** **ONTARIO HEALTH as of December 2, 2019**

The Government enacted the Connecting Care Act, 2019 under which a single provincial agency – Ontario Health – will assume centralized responsibility for most of the functions of at least twenty health agencies, including the Champlain LHIN.

You will continue to have access to the care you need and the health care providers you have built relationships with. Home care continues as before, and there are no changes to long-term care home placement.

Web: [www.champlainhin.on.ca](http://www.champlainhin.on.ca)

### **Patient-Related Information & Referrals (8:00am to 8:00pm):**

Tel: 310-2222 (no area code) Toll Free: 1-800-538-0520

Fax: 613-745-6984

### **All Other Business (8:30am to 4:00pm)**

Tel: 613-747-6784 Toll Free: 1-866-902-5446

Fax: 613-747-6519

### **Corporate Office**

Champlain LHIN (Local Health Integration Network)

1900 City Park Drive, Suite 204, Ottawa, Ontario, K1J 1A3

### **Ottawa Office**

4200 Labelle Street, Suite 100

Ottawa, Ontario, K1J 1J8

### **Pembroke Office**

1100 Pembroke Street East

Pembroke, Ontario, K8A 6Y7

### **Renfrew Office**

850 O'Brien Road, Unit 8

Renfrew, Ontario, K7V 3Z4

### **Office Hours (for all)**

Monday to Friday

8:30am to 4:30pm

## **Renfrew County and District Health Unit**

Health Unit programs and services are delivered in a variety of settings (schools, homes, workplaces, community) by a team of health professionals.

Health protection includes: water supply inspections and sampling, education on safe food handling, enforcement of Smoke Free Ontario Act, health hazard investigation.

Health Promotion and Clinical Services consist of public health nurses, health promoters, dental hygienists, home visitors, registered practical nurses and a community dietitian who work to protect and promote health, activities including immunization clinics, education related to prevention of chronic disease, prevention of falls, dental screening of children in schools, prenatal education, breastfeeding education, Healthy Babies Healthy Children Programs and Child Health Clinics.

Program Planning and Evaluation: local health statistics are analyzed to help understand the factors affecting the health of the community, and to ensure that public health programs address local population needs.

Health Information Line (HIL) services are available to respond to questions about a variety of health issues such as travel immunization, infant and child feeding, communicable issues and referrals to appropriate health unit and community supports and services.

### **Health Information Line (8:30am to 4:00pm, Monday to Friday)**

Tel: 613-735-8666

Toll Free: 1-800-267-1097 ext. 666

Web: <https://www.rcdhu.com/>

#### **Pembroke Office**

7 International Drive

Pembroke, Ontario, K8A 6W5

Tel: 613-732-3629

Toll Free: 1-800-267-1097

Fax: 613-735-3067

**Renfrew Office**  
450 O'Brien Road, Suite 106  
Renfrew, Ontario, K7V 3Z2

Tel: 613-432-5853  
Toll Free: 1-800-465-5000  
Fax: 613-432-3382

**General Inquiries and Feedback**  
Email: [contact@rcdhu.com](mailto:contact@rcdhu.com)

Tel: 613-735-8653 ext. 505

**Immunization:**

Tel: 613-735-8653

**Environmental Health/Inspection**

Tel: 613-735-8654 ext. 555

**Dental Services:**

Tel: 613-735-8661

**Health Promotion/Family Health**

Tel: 613-735-8651 ext. 519

**Clinical Services**

Tel: 613-735-8653 ext. 547

## **Seniors Safety Line (Elder Abuse Ontario)**

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

**Seniors Safety Line: 1-866-299-1011**

Tel: 416-916-6728

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

## **Victim Services of Renfrew County Inc.**

Victim Services of Renfrew County Inc. is a non-profit, volunteer-based, community-based service that assists police and emergency services in providing short-term emotional and practical assistance to people who have experienced a crime, tragic life event or community disaster.

Victim Services of Renfrew County Inc. believes that every victim has the right to heal from a crime or tragic circumstance. The program creates opportunities, fosters hope and builds safer and healthier communities.

**If you have an emergency, call 9-1-1**

**For 24-hour emergency service contact the Ontario Provincial Police at 1-888-310-1122**

1766 Barr Line, R.R.#1  
Douglas, Ontario, K0J 1S0

**\*Crisis support through police and fire referrals Monday thru Sunday, 24 hours a day**

Tel: 613-649-2852

Toll free: 1-877-568-5730

Fax: 613-649-2855

E-mail: [info@victimservicesrenfrewcounty.ca](mailto:info@victimservicesrenfrewcounty.ca)

Web: [www.victimservicesrenfrewcounty.ca](http://www.victimservicesrenfrewcounty.ca)

# Vision

## **CNIB Eastern Ontario Regional Office**

The Eastern Ontario Regional Office of the CNIB serves Renfrew County.

CNIB has staff to help individuals with vision loss. Services include: independent living skills, low vision specialists and orientation and mobility specialists.

Bank Street Professional Building  
1355 Bank Street, Suite 101  
Ottawa, Ontario K1H 8K7

Tel: 613-563-4021  
Toll Free: 1-866-842-9071  
Web: <http://www.cnib.ca/>

## **Arnrior Optometrists**

### **Dr. SV Spaul**

46 McGonigal Street West  
Arnrior, ON K7S 1M1

Tel: 613-623-4046

### **Valley Vision Optical**

Arnrior Shopping Centre  
375 Daniel Street South  
Arnrior, ON K7S 3K6

Tel: 613-623-7773

## **Pembroke Optometrists**

### **DR. R. J. Folz Optometrists**

100 Victoria Street  
Pembroke, Ontario K8A 8E1

Tel: 613-732-4155

### **Dr. Glenn E. Hanniman**

100 Victoria Street  
Pembroke, ON K8A 8E1

Tel: 613-735-1480

**Dr. Brandon Kluke**

59 Pembroke Street West  
Pembroke, ON K8A 5M5

Tel: 613-732-3931

**Dr. P. Howard Kuehl**

59 Pembroke Street West  
Pembroke, ON K8A 5M5

Tel: 613-732-3931

**Dr. M.W. O'Grady**

59 Pembroke Street West  
Pembroke, ON K8A 5M5

Tel: 613-732-3931

**Dr. Vernon Prentice**

481 MacKay Street  
Pembroke, ON K8A 1E5

Tel: 613-732-3891

**Dr. Colleen Sullivan**

100 Victoria Street  
Pembroke, ON K8A 8E1

Tel: 613-732-8588

**Renfrew Optometrists**

**Renfrew Eye Clinic**

281 Raglan Street South.  
Renfrew, Ontario K7V 1R3

Tel: 613-432-3573

**River Optical**

108 Raglan Street South  
Renfrew, ON K7V 1P9

Tel: 1-844-299-0635

# HOUSING

## Home Adaptation & Financial Assistance

### **Canada Mortgage and Housing Corporation (CMHC)**

CMHC provides several online publications about possible adaptations that will allow older adults to remain in their home.

Toll Free: 1-800-668-2642

TTY: 1-800-309-3388

Web: <https://www.cmhc-schl.gc.ca/>

Email: [contactcentre@cmhc.ca](mailto:contactcentre@cmhc.ca)

### **Ontario Energy and Property Tax Credit**

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

Tel: 1-866-668-8297

TTY: 1-800-263-7776

Web: <http://www.fin.gov.on.ca/en/credit/oeptc/index.html>

### **Ontario Electricity Support Program**

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

Tel: 1-855-831-8151

TTY: 1-800-855-1155

Web: [www.OntarioElectricitySupport.ca](http://www.OntarioElectricitySupport.ca)

Email: [help@ontarioelectricitysupport.ca](mailto:help@ontarioelectricitysupport.ca)

# Permits

## **Contractors**

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

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

## **Residential Home**

If you live in a residential home, you do not need an architect for simple upgrades. Simply follow the rules of the building code and submit your own drawings to the Township. Remember: if you are unsure you can always contact the City for a free consultation and site visit. They will be able to tell you what you need to get a permit.

Contact the Township of the Greater Madawaska Chief Building Officer at 613-752-2277

## **Stores or Businesses**

Stores and businesses require a qualified designer to submit drawings to obtain a permit. There are several local designers.



# Residences for Older Adults

## **Assisted Living Facilities**

For requests for information to assisted living facilities in the Renfrew area, please call at 855-363-2002 for a no-cost, in-depth assessment of your senior care needs. Our compassionate advisors can help you find the best Renfrew assisted living facilities for your unique needs and budget.

## **Baskin Place Non-Profit Housing**

2 storey, 24 unit senior apartment complex. We provide affordable 1 and 2 bedroom units, including 2 units for the physically disabled. An elevator provides access to all units. We have a mix of rent-to-income and market units, with laundry facilities, common room.

138 Baskin Drive  
Arnprior, Ontario K7S 3G8  
Tel: 613-623-3567

## **Long-Term Care – The Grove Nursing Home**

275 Ida Street North  
Arnprior, Ontario K7S 3M7  
Tel: 613-623-6547 Ext 223

## **Long-Term Care – Bonnechere Manor**

470 Albert Street  
Renfrew, Ontario K7V 4L5  
Tel: 613-432-4873

## **Long-Term Care – Groves Park Lodge**

470 Raglan Street North  
Renfrew, Ontario K7V 1P5  
Tel: 613-432-5823

## **Opeongo Non-Profit Housing**

We are a community of 42 townhomes (2-3 bedrooms) two of which are barrier free. Full basements, large playground area and close proximity to sports facilities and trails. All units are rent-geared-to-income

224 Vimy Blvd  
Renfrew, Ontario K7V 4J8  
Tel: 613-432-4501

# Retirement Homes

## **Arnprior Villa Retirement Residence**

15 Arthur Street  
Arnprior, Ontario K7S 1A1  
Tel: 613-623-0414

## **BayBridge (Arnprior) Inc**

214 – 30 Jack Crescent  
Arnprior, Ontario K7S 3Y7  
Tel: 613-623-5400 or 613-622-0002

## **Chartwell Quail Creek Retirement Residence**

450 Albert Street  
Renfrew, Ontario K7V 4L5  
Tel: 613-432-9502

## **Island View Retirement Suites**

30 Jack Crescent  
Arnprior, Ontario K7S 3Y7  
Tel: 613-622-0002

## **FINANCIAL & LEGAL**

For some older adults, financial concerns are not an issue. However, for others, money may be tight. The costs associated with living longer can be overwhelming. There are some funding programs available to help.

### **Federal/Provincial Financial Programs**

#### **Canada Pension Plan (CPP)**

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

Toll Free: 1-800-277-9914

TTY: 1-800-255-4786

Web: <https://www.canada.ca/en/services/benefits/publicpensions/cpp.html>

#### **Canada Pension Plan - Survivor's Pension**

The CPP survivor's pension is paid to the person who, at the time of death, is the legal spouse or common-law partner of the deceased contributor.

If you are a separated legal spouse and the deceased had no cohabiting common-law partner, you may qualify for this benefit.

If you are widowed more than once, only one survivor's pension - the larger - will be paid.

The survivor or a representative of the survivor must apply for the monthly pension.

Important: Have your social insurance number ready when you call

Toll: 1-800-277-9914

TTY: 1-800-255-4786

## **Guaranteed Annual Income System – Ontario (GAINS)**

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

Toll Free: 1-866-668-8297

TTY: 1-800-263-7776

Web: <http://www.fin.gov.on.ca/en/credit/gains/>

## **Guaranteed Income Supplement (GIS)**

Available to OAS beneficiaries with low incomes. You will need to apply to receive this benefit and your eligibility will be reviewed each year with your taxes.

Toll Free: 1-800-277-9914

TTY: 1-800-255-4786

Web: <https://www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security/guaranteed-income-supplement.html>

## **Guaranteed Income Supplement - Allowance for the Survivor**

If you are between 60 and 64, have a low income, and are the spouse, common-law partner or widow of GIS recipients you may be eligible.

Toll-Free: 1-800-277-9914

TTY: 1-800-255-4786

Web: <https://www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security.html>

## **Old Age Security Pension (OAS)**

Offered to most Canadians aged 65 or older. You should receive a letter from the Government of Canada just after your 64<sup>th</sup> birthday. The letter will either ask you to fill out forms in order to enroll or inform you that you are automatically enrolled. If you do not receive this letter, be sure to call or go into a Service Canada office. You can also defer payment for up to 60 months to receive larger amounts later.

Toll Free: 1-800-277-9914

TTY: 1-800-255-4786

Web: <https://www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security.html>

# Financial Planning

## **Financial Consumer Agency of Canada**

The Financial Consumer Agency of Canada provides some online resources to help with financial planning.

Web: <https://www.canada.ca/en/financial-consumer-agency.html> serv

## **Planning your Retirement**

Online information to help older adults make informed decisions leading up to their retirement.

Web: <https://www.canada.ca/en/services/finance.html>

## **Tax Measures**

Older adults can also apply for a number of tax breaks. These include the Age Credit, Pension Income Tax Credit, income splitting, etc. Look for these categories when filing your taxes.

## **Your Financial Toolkit**

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

Web: <https://www.canada.ca/en/financial-consumer-agency/services/financial-toolkit.html>

## Financial Services

### **BMO Bank of Montreal**

236 Raglan Street South  
Renfrew, Ontario K7V 1R1

Tel: 613-432-4834

### **CIBC**

75 Elgin Street West  
Arnprior, Ontario K7S 3T9

Tel: 613-623-4248

### **RBC Royal Bank**

182 Raglan Street South  
Renfrew, Ontario K7V 1R1

Tel: 613-432-4881

91 John Street North  
Arnprior, Ontario K7S 2R1

Tel: 613-623-6526

### **Scotiabank**

215 Raglan Street South  
Renfrew, Ontario K7V 1R2

Tel: 613-432-5818

169 John Street North  
Arnprior, Ontario K7S 2N8

Tel: 613-623-7314

### **TD Bank Financial Group**

270 Raglan Street South  
Renfrew, Ontario K7V 1R4

Tel: 613-432-3682

Arnprior Shopping Centre  
Arnprior, Ontario K7S 3K6

Tel: 613-623-6577



## Funeral Planning

### **Boyce Funeral Home Ltd**

136 Daniel Street North  
Arnprior, Ontario K7S 2L3

Tel: 613-623-2538

### **Goulet Funeral Home**

310 Argyle Street South  
Renfrew, Ontario K7V 1T9

Tel: 613-432-2849

### **McPhail & Perkins Funeral Home**

85 Munroe Avenue East  
Renfrew, Ontario K7V 3K2

Tel: 613-432-2866

### **Pilon Family Funeral Home**

50 John Street North  
Arnprior, Ontario K7S 2N2

Tel: 613-623-5194

### **Zohr Family Funeral Home**

22 Raglan Street South  
Renfrew, Ontario K7V 1P7

Tel: 613-432-3651

# Legal Services

## **Legal Aid Ontario**

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

Tel: 1-800-668-8258

TTY: 1-866-641-8867

Web: [www.legalaid.on.ca](http://www.legalaid.on.ca)

## **The Office of the Public Guardian and Trustee (OPGT)**

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

### Intake:

Toll-Free: 1-800-366-0335

### Eastern Region

351 Preston Street, Suite 200

Ottawa, Ontario K1S 2E6

Tel.: 613-241-1202

Toll-free: 1-800-891-0503

For treatment decisions call Ottawa office at 1-800-891-0506

Web: [www.attorneygeneral.jus.gov.on.ca/english/family](http://www.attorneygeneral.jus.gov.on.ca/english/family)

# SOCIAL PARTICIPATION

## Groups

### **Calabogie 55+ Club**

Offers a wide variety of activities to older adults in the Township of Greater Madawaska, including Arts & Crafts, Bowling, Friday Bridge at the Community Centre, Mixed Bridge, Computer Workshop, Exercise Programs for Seniors, Indoor Curling, Golf, Pickle Ball, Renfrew County Senior Games and cards. Dinner Meeting on last Thursday of each month. To become a member, contact the Calabogie 55+ Club:

Calabogie 55+ Club

P.O. Box 105

Calabogie, Ontario K0J 1H0 Web: <https://calabogieseniors.weebly.com/>

### **Calabogie Lions Club**

Meetings are held at 7:30 pm on the first Tuesday each month in the Community Hall (574 Mill Street) in Calabogie

Calabogie Lions Community Hall

574 Mill Street, PO Box 59

Calabogie, Ontario K0J 1H0

Tel: 613-752-0164

Email: [clc14631@gmail.com](mailto:clc14631@gmail.com)

### **Denbigh-Griffith Lions Club**

Meetings are held at 7:00 pm on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday each month in the Griffith Community Hall

Denbigh-Griffith Lions Club

Griffith Community Hall

25991 Hwy 41

Griffith, Ontario K0J 2R0

# Libraries

## **Town of Arnprior Public Library**

21 Madawaska Blvd  
Arnprior, Ontario K7S 1R6

Tel: 613-623-2279

## **Town of Renfrew Public Library**

13 Railway Avenue  
Renfrew, Ontario K7V 3A9

Tel: 613-432-8151

## **Township of Greater Madawaska Public Library**

12629 Lanark Road  
P.O. Box 160  
Calabogie, Ontario K0J 1H0

Tel: 613-752-2317

## Museums

### **42<sup>nd</sup> Field Regimental Museum**

The museum preserves and interprets these valued artifacts to generate a sense of identity and esprit de corps for visitors and brings the principle of military values and leadership to life.

177 Victoria Street  
Pembroke, Ontario K8A 4K2  
Tel: 613-732-4470  
Email: [rwclauso@cogeco.ca](mailto:rwclauso@cogeco.ca)

### **Algonquin Way Cultural Centre**

The Omàmiwinini Pimàdjowin mission is to revitalize, reintegrate, enhance and protect the cultural traditions, customs, practices, heritage, language and arts of the Algonquins of Pikwakanagan First Nation.

1657A Mishomis Inamo  
Golden Lake, Ontario K0J 1X0  
Tel: 613-625-1958  
Web: [www.thealgonquinway.ca](http://www.thealgonquinway.ca)

### **Arnprior and District Museum**

It reflects the rich history of Arnprior and chronicles the early days of the town from the era of the Laird McNab, to the vast lumbering companies that dominated the world stage, to a visit from the Prince of Wales in 1860. Room settings, a train station and exhibits help interpret it all.

35 Madawaska Street  
Arnprior, Ontario K7S 1R6

Tel: 613-623-4902  
Email: [jcarlile@arnprior.ca](mailto:jcarlile@arnprior.ca)

## **Barry's Bay Railway Station Museum**

The first train rolled on September 8 of that year. Over the past 100 years the Station has had many incarnations and currently operates as a cultural centre for the Township of Madawaska Valley. The historic building houses a Visitor Information Centre, Art Gallery and a collection of artefacts and photos relating to the village's railway history.

19503 Opeongo Square  
Barry's Bay, Ontario K0J 1B0

Tel: 613-756-5885  
Email: [agasterer@madawaskavalley.ca](mailto:agasterer@madawaskavalley.ca)

## **Birthplace NHA/NHL Museum**

The Birthplace NHA/NHL Museum showcases hockey history from Renfrew County, including the fact that M.J. O'Brien and his son Ambrose started the National Hockey Association (NHA) from Renfrew in 1909. The NHA was later renamed the National Hockey League in 1917 due to the settlement of ongoing litigation. The Museum features pictures and artifacts showing the early days of hockey in the NHA and NHL especially as it was represented in Renfrew County.

249 Raglan Street South  
Renfrew, Ontario K7V 1R3

Tel: 613-433-2155  
Email: [chamber@renfrew.net](mailto:chamber@renfrew.net)

## **Bonnechere Museum**

Fossil hunters revel in the Bonnechere landscape: the Ordovician Fossil Capital of Canada. Displays reveal the transformation from life in the 1700's to the present capturing influences ranging from square timber, to lumber and pulp, along with waters shifting their use as original transportation routes to recreational get-away destinations and electrical generation.

85 Bonnechere Street West  
Eganville, Ontario K0J 1T0

Tel: 613-628-1000  
Email: [museum@bonnechere.ca](mailto:museum@bonnechere.ca)

## **Champlain Trail Museum and Pioneer Village**

The Champlain Trail Museum preserves and presents the history of the Upper Ottawa Valley. Indoor exhibits include a replica of Champlain's astrolabe, Ottawa River paintings, Consolidated Lumber's steam engine rotating displays interpreting Pembroke's history, and an original Cockburn pointer boat. Outside highlights include the former SS-1 Lowertown Schoolhouse, Micksburg pioneer church and a traditional log home.

1032 Pembroke Street East  
Pembroke, Ontario K8A 6Z2

Tel: 613-735-0517

Email: [pembrokemuseum@nrtco.net](mailto:pembrokemuseum@nrtco.net)

## **Garrison Petawawa Military Museum**

It is the stories of their sacrifices, battles won and lost, and the aid they brought to thousands, that are told through our collections comprising of 20,000 artifacts. With displays indoors and outside, our museums interpret a range of themes and stories dating back to the birth of the village of Petawawa, through the establishment of Canadian Forces Base Petawawa and its various units, including the Airborne, 1 Can Para, the first Special Service Force, and the Canadian Airborne regiment.

63 Colborne Road, Building P-51 Tel: 613-687-5511  
Petawawa, Ontario K8H 2X3

Email: [basemuseumcalender@forces.gc.ca](mailto:basemuseumcalender@forces.gc.ca)

## **Hoch Farmhouse Museum**

The property was originally a 200-acre land grant offered by the Government of Canada to Europeans willing to immigrate to Renfrew County in the mid-1800's. Wilhelm Hoch, who was born in Prussia, and his wife Amelia, born in Sebastopol, Renfrew County, bought the land in 1904.

Queen Street at Highway 60  
Killaloe, Ontario K0J 2A0

Tel: 613-757-2515

Email: [Khr.pioneer.museum@hotmail.com](mailto:Khr.pioneer.museum@hotmail.com)

## **Madonna House Pioneer Museum**

Catherine Doherty, foundress of the Madonna House Apostolate, opened the Madonna House Pioneer Museum in 1967 after seeing a need to collect and preserve items that were vital to the lives of local pioneers. The displays of old tools, cobbler and farm implements, kitchenware and the hundreds of authentic artifacts from pioneer homes and farms, speak with pride of our ancestors' way of life.

2887 Dafoe Road  
Combermere, Ontario K0J 1L0

Tel: 613-756-3713  
Email: [mhgiftshop@gmail.com](mailto:mhgiftshop@gmail.com)

## **McDougall Mill Museum**

The McDougall Mill Museum holds three packed floors of artifacts, many from Renfrew's early industrial days such as: Renfrew Electric, Renfrew Refrigerator, Renfrew Machinery, Renfrew Flour Mills and the Renfrew Creamery. Our third floor features a military display and the largest collection of wedding dresses in the valley. The main floor holds an eclectic array of Renfrew and monarchy memorabilia.

65 Arthur Street  
Renfrew, Ontario K7V 3S1

Tel: 613-432-2129  
Email: [museum@renfrewmuseum.ca](mailto:museum@renfrewmuseum.ca)

## **Mission House Museum and Gallery**

The origins of the Mission House Museum lay in the former Anglican Rectory building, which sits next to St Paul's Anglican Church on Mill Street overlooking the Madawaska River. Mayflower Beach, across the road from the Museum, offers safe and scenic access to the water and is a popular refuge in the summer months. A variety of children's play equipment is also available for the more energetic.

1050 Mill Street  
Combermere, Ontario K0J 1L0

Tel: 613-756-2259  
Email: [Kelleydavid0@gmail.com](mailto:Kelleydavid0@gmail.com)



## **Murray L. Moore Hydro Museum**

On Wednesday, October 8, 1884, the first electric street lights were turned on in Pembroke. The history of the development of hydro distribution is captured in the museum that is housed in the 1931 diesel generation hall built by Pembroke Electric Light. The 1250 kilowatt generator is the centerpiece, surrounded by historical displays of line equipment, early appliances and meters.

283 Pembroke Street West  
Pembroke, Ontario K8A 6Y6

Tel: 613-732-3687  
Email: [inquiries@orpowercorp.com](mailto:inquiries@orpowercorp.com)

## **Petawawa Heritage Village**

The Village is home to seven buildings that are open to the public: 1893 SS-3 Black Bay School House, 1910 Molson House, 1885 Luthera Stable, Wood Working Shop, 1890 working Blacksmith Shop, 1850 Trapper Cabin, 1885 Leder Haus; and the 1880 CP Petawawa Railway Station. We also have an extensive collection of artifacts, as well as early farming equipment and logging tools. Our archives and collections focus on the stories of the German founding families, and stretch back thousands of years to the traditions and teachings of the First Nations people.

176 Civic Centre Road  
Petawawa, Ontario K8H 2N2

Tel: 613-687-5054  
Email: [Rmcintyre19@cogeco.ca](mailto:Rmcintyre19@cogeco.ca)

## **Polish Kashub Heritage Museum**

The Polish Kashub Heritage Museum/Park/Skansen (open-air ethnographic museum) tell the story of their lives in Canada using artifacts, antique Wilno furniture, machinery, tools, buildings and homestead stones. Old and new buildings in a beautiful park setting. Colourful Kashubian revival costumes, pottery and embroidery. There is also a resource Library with a large family history section.

1112 Wilno North Road  
Wilno, Ontario K0J 2N0

Tel: 613-756-6937  
Email: [heritage@wilno.org](mailto:heritage@wilno.org)

## **Ross Museum**

Discover the old general store, schoolroom, pioneer church, barber shop and military items in the Exhibit Hall. Outside, the gardens provide a scenic setting where natural heritage flower beds invite you to have a picnic lunch. Ross Museum was established in 1995 and is operated by volunteers. New members are welcome and are essential to continuing the preservation and collection of history within the Whitewater Region.

2022 Foresters Falls Road      Tel: 613-646-2622  
Foresters Falls, Ontario K0J 1V0      Email: [rossmuseum@bellnet.ca](mailto:rossmuseum@bellnet.ca)

## **The Canadian Clock Museum**

The Canadian Clock Museum in Deep River is Canada's only clock museum. It is dedicated to collecting, preserving, researching, exhibiting and documenting the products of Canada's many clock manufacturers and sellers from the early 1800s to the present time.

60 James Street, P.O. Box 1684      Tel: 613-584-9687  
Deep River, Ontario K0J 1P0      Email: [manager@canclockmuseum.ca](mailto:manager@canclockmuseum.ca)

## **The School House Museum**

Lumbering is a major component but the museum also interprets many facets of local history such as Hydro Electric and Nuclear Power development, railroads, pioneer farming, highway construction, and First Nation artifacts. Social institutions, schools, churches, Scouting and Women's Institutes, are represented. The authentic Log House is fully furnished.

35753 Highway 17      Tel: 613-589-2546  
Laurentian Hills, Ontario K0J 1P0      Email: [info@schoolhousemuseum.ca](mailto:info@schoolhousemuseum.ca)

## **Waba Cottage Museum and Gardens**

This stone house, Waba Cottage, was blown up into a heap of rubble 101 years later. In 1967, for Canada's 100 birthday, the Museum was built as a Centennial project. Over the years, log buildings and beautiful gardens were added. Today it is one of the most beautiful settings anywhere. We offer five restored historic buildings, eleven beautiful gardens, picnic facilities and handicap access.

24 Museum Road  
White Lake, Ontario K0A 3L0

Tel: 613-623-8853 or 613-623-5756

# Physical Activities

## Level 1 and Level 2 Exercise Classes

Level 1 – a 30-60 minutes class that includes accelerated cardiovascular activity, range of motion, strength training, and flexibility training (sitting chair exercise class).

Level 2 – a 30-60 minutes class including accelerated cardiovascular activity, range of motion, strength training with resistance tubing, isometric strength training with balls, flexibility training and balance training (sitting chair and/or standing class).

These exercise classes are free of charge to seniors through Champlain LHIN funding.

### **Calabogie Community Centre (Level 1 & 2)**

574 Mill Street

Tel: Susan Veale at 613-752-1450

Calabogie, Ontario K0J 1H0

### **Quail Creek Retirement Residence (Level 1)**

150 Albert Street

Tel: 613-432-9502

Renfrew, Ontario K7V 4K4

### **Renfrew Golden Age Activity Centre (Level 2)**

212 Raglan Street South

Tel: 613-431-8289

Renfrew, Ontario K7V 1R1

### **Arnprior Villa (Level 1)**

15 Arthur Street

Tel: 613-623-0414

Arnprior, Ontario K7S 1A1

## **Island View Retirement Suites (Level 1)**

30 Jack Crescent  
Arnprior, Ontario K7S 3Y7

Tel: 613-622-0002

## **Nick Smith Centre Pool (Level 2)**

77 James Street  
Arnprior, Ontario K7S 1C9

Tel: 613-623-7301

## **DACA Walking Program**

Mondays (except for holiday Mondays) and Wednesdays from 10:00 to 11:00 a.m. and Tuesday evenings from 7:00 – 8:00 pm from October until the end of April, at the DACA Centre. This program is free of charge. Participants must complete a Par-Q questionnaire the first time they attend. This program is designated as Heart wise. Call Betty Frost at 613-649-2668.

DACA Centre

Tel: 613-649-2668

111 Flat Road

Dacre, Ontario K0J 1N0

## **Exercise and Falls Prevention Class**

Tuesday & Thursday at 8:30 a.m. at Barnet Cottage in the summer months. This program is designed for those over the age of 65 years to encourage flexibility, stability and strength. All exercises are done with the aid of a chair. Call Susan Veale at 613-752-1450

The Township of Greater Madawaska

19 Parnell Street, P.O. Box 180

Calabogie, Ontario K0J 1H0

Website: <https://wellnessnaturalhealthcentre.com/pilates-fitness/>

## **Gentle Exercise Class**

Wednesday and Friday 11:15am – 12:00pm      \$3/class  
Renfrew Recreation Centre  
67 Argyle Street South  
Renfrew, Ontario K7V 1T2

If participants progress through the Gentle Exercise they can go into Forever Active – Monday, Wednesday and Friday 10:00am – 11:00  
\$3/class

Jo-anne Caldwell  
Tel: 613-432-3131  
Email: [jcaldwell@renfrew.ca](mailto:jcaldwell@renfrew.ca)

## **Renfrew County 55+ Senior Games**

The Renfrew County 55+ Senior Games are held yearly in various locations across Renfrew County. The Games may include: golf, horseshoes, Nordic walking, darts, euchre, cycling, swimming and/or bowling. The games are usually held in the late Spring. Registration is required please contact:

Irene Churchill  
P.O. Box 411  
Eganville, Ontario K0J 1T0  
Tel: 613-628-1272

Mieke Mahood  
523 O'Brien Street  
Pembroke, Ontario K8A 8E6  
Tel: 613-735-5073

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

## **Paramedic Wellness Clinic**

This a free clinic. Anyone is welcome to drop in to have their health checked by Paramedics (i.e. blood pressure, blood sugar, etc.).

Clinics are held:

- Arnprior Villa on the last Tuesday of each month between 9:00 and 11:00 a.m.
- Griffith Community Hall on the 3<sup>rd</sup> Wednesday of each month between 11:00 a.m. and 1:00 p.m.
- Golden Age Activity Centre in Renfrew on the last Friday of each month between 1:30 p.m. and 2:30 p.m.
- Recreation Centre in Renfrew on the 3<sup>rd</sup> Wednesday of each month between 9:00 a.m. and 10:00 a.m.

The County of Renfrew Paramedic Service  
Emergency Services Department  
9 International Drive  
Pembroke, Ontario K8A 6W5  
Tel: 613-432-9064  
Email: [cpru@countyofrenfrew.on.ca](mailto:cpru@countyofrenfrew.on.ca)

## **Arenas**

### **Calabogie Community Rink**

574 Mill Street  
Calabogie, Ontario K0J 1H0

Tel: 613-752-0164

### **Ma-Te-Way Activity Centre**

1 Ma-Te-Way Park Drive  
Renfrew, Ontario K7V 4J4

Tel: 613-432-3131 Ext 701

**Nick Smith Centre**

77 James Street  
Arnprior, Ontario K7S 1C9

Tel: 613-623-7301

**Horton Outdoor Arena**

1005 Castleford Road RR5  
Renfrew, Ontario K7V 3Z8

Tel: 613-433-3303

**Bowling Lanes****Opeongo Bowldrome**

233 Raglan Street South  
Renfrew, Ontario K7V 1R3

Tel: 613-432-6864

**Arnprior Bowling Centre**

120 John Street North  
Arnprior, Ontario K7S 2N6

Tel: 613-623-2440

**Curling Clubs****Renfrew Curling Club**

195 Xavier Street  
Renfrew, Ontario K7V 1L3

Tel: 613-432-5001

**Arnprior Curling Club**

15 Galvin Street  
Arnprior, Ontario K7S 3H6

Tel: 613-623-5682



# Outdoor Activities

## **Fishing and Hunting**

The Township of Greater Madawaska has many lakes and rivers and forested areas perfect for hunting and fishing. If you are over 65 you do not need an outdoors card to fish but must follow all regulations. If you wish to hunt, you will need an outdoors card and validation tags.

Contact: Ministry of Natural Resources and Forestry

Toll Free: 1-800-667-1940

TTY: 1-866-686-6072

Web: [www.ontario.ca/outdoorscard](http://www.ontario.ca/outdoorscard)

# **TRANSPORTATION**

## **Calabogie and Area Home Support**

Calabogie and Area Home Support is available to take seniors and disabled persons to appointments, shopping or to long-distance transportation depots: bus, airport. There is a slight charge depending on distance.

4984 Calabogie Road  
Calabogie, Ontario K0J 1H0

Tel: 613-752-2828  
Email: [calhs@renfrew.net](mailto:calhs@renfrew.net)

## **Renfrew and Area Home Support**

Volunteer based transportation program for seniors 60 years of age and adults with disabilities. Drives to medical appointments out-of-town. It is a local program to bring clients from the outlying township into town for errands, medical appointments and supporting Carefor's Aging at Home initiatives.

212 Raglan Street South  
Renfrew, Ontario K7V 4H3

Tel: 613-432-7691  
Email: [Judy@seniorshomesupport.ca](mailto:Judy@seniorshomesupport.ca)

## **Taxi services**

### **A-1 Taxi**

66-A Madawaska Street  
Arnprior, Ontario K7S 1R9  
Tel: 613-623-3522

### **Brad's Taxi**

785 O'Brien Road  
Renfrew, Ontario K7V 0B3  
Tel: 613-432-7605

### **Cj's Taxi**

Ravine Drive  
Renfrew, Ontario K7V 3Z4  
Tel: 613-432-2400

### **Grab-A-Cab Taxi**

225 John Street North  
Arnprior, Ontario K7S 2P3  
Tel: 613-623-5601

### **Murray's Taxi**

54 Norma Street South  
Arnprior, Ontario K7S 2L8  
Tel: 613-622-0677

### **Vincent's Taxi & Limousine**

55 Lochiel Street North  
Renfrew, Ontario K7V 4H4  
Tel: 613-432-2921

## **ONLINE RESOURCES**

### **A Guide to Programs and Services for Seniors in Ontario**

A guidebook that outlines all the programs and services offered to seniors through the Government of Ontario

[www.Ontario.ca/seniors](http://www.Ontario.ca/seniors)

### **Canadian Centre for Activity and Aging (CCAA)**

The Canadian Centre for Activity and Aging promotes physical activity and the well-being of older adults through a combination of educational resources and community-based programs.

<http://www.uwo.ca/ccaa/>

### **Ontario Action Plan for Seniors**

An action plan outlining the Government of Ontario's priorities for seniors in the province.

[www.Ontario.ca/seniors](http://www.Ontario.ca/seniors)

## **Powers of Attorney and Joint Bank Accounts**

What every older Canadian should know about Powers of Attorney (for financial matters and property) and Joint Bank Accounts

An information brochure that outlines important information about Power of Attorney and Joint Bank Accounts.

<https://www.ontario.ca/page/guide-programs-and-services-seniors>

## **Senior Guidebook to Safety and Security**

A guidebook created by the RCMP to help older adults to help them recognize and deal with fraud, elder abuse, scams and safety.

<https://www.rcmp-grc.gc.ca/en/seniors-guidebook-safety-and-security>

## **Seniors Health Knowledge Network**

The Seniors Health Knowledge Network links people, resources and ideas together to benefit the health of the aging population.

<http://www.seniorshealthknowledgenetwork.com/>