

Supports and Resources for Seniors

Seniors can often face challenges because of their age or ability. From information to funding and community groups, a list of supports and resources is provided below:

Community Groups and Services

Organization	Programs/Services	Contact
Age Friendly Peterborough	-City planning to support seniors	705-748-8830 ext. 3227 peterborough.ca/en/city-services/age-friendly-peterborough.aspx
Community Care Peterborough	-Help with transportation -Meals on Wheels -Diner's Club -Fall prevention and exercise classes	705-742-7067 commcareptbo.org peterborough@commcareptbo.org
Community Living Peterborough	-Family and employment services -Respite Now mobile app, for connecting families to respite care -Community Homes initiative	705-743-2411 clth.ca
Peterborough Public Health	-Ontario Seniors Dental Care Program (for low income seniors)	705-743-1000, Ext. 321 info@peterboroughpublichealth.ca
Peterborough Transit	-Ride With Me program, pilot program for helping seniors learn public transit	705-745-0525 ext. 2888 TransitAccessibleServices@peterborough.ca

Supports and Resources for Seniors

Seniors Housing and Retirement Residences

Organization	Programs/Services	Contact
Applewood Retirement Residence	-Market rate suites and dining services	705-749-1500
Auburn Retirement Village	-Market rate community for retirees	705-742-6492
Canterbury Gardens Retirement Residence	-Market rate suites	705-876-1414
Chartwell Jackson Creek Retirement Residence	-Market rate suites -Supportive living -Assisted living	705-748-1928
Empress Gardens	-Market rate suites	705-876-1314
Kawartha Heights Retirement Living	-Market rate suites	705-874-6880
KPP Towerhill Village	-Supportive housing	705-745-4122
Marycrest	-Market rate suites -Subsidized suites (must apply through Housing Access Ptbo)	705-876-6111

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Seniors Housing and Retirement Residences

Organization	Programs/Services	Contact
Peterborough Housing Corporation	-Market rate units -Affordable units -Subsidized housing units (must apply through Housing Access Ptbo)	705-742-0439
Peterborough Retirement Residence	-Market rate units -Personal support, mobility assistance	705-748-5343
Princess Gardens Retirement Residence	-Market rate suites	705-750-1234
Royal Gardens Retirement Residence	-Market rate suites	705-741-6036
Rubidge Retirement Residence	-Market rate suites	705-748-4000
Sherbrooke Heights	-Market rate suites	705-750-1020
St Giles Seniors Residence	-Independent living -Affordable units	705-743-8660
St John's Centre Retirement Living	-Affordable housing -Personal support services	705-749-0757

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Social Groups and Activity Centres

Organization	Programs/Services	Contact
Activity Haven	-Various sports and recreation programs	705-876-1670
Mapleridge Recreation Centre	-Line Dancing -Yoga / Zumba -Bingo, cards, others	705-742-1481
Northminster United Church	-Seniors Lunch Club (Sept - Jun) (on-hold during COVID)	705-741-4271