

Senior & Older Adult Service

Agency Name	Contact Information	Services Offered
The Advocacy Centre for the Elderly	416-598-2656 www.advocacycentreelderly.org	
Active Adult Centre Mississauga (AACM)	905-615-3207 www.aacmiss.ca	A senior's club which offers a variety of recreational activities designed for people over the age of 50.
Alzheimer Society of Peel and Dufferin Country	905-278-3667 (Peel) 519-941-1221 (Dufferin) www.alzheimer.ca/peel	
CANES	416-743-3892 www.canes.on.ca	Ages 55 and up - Serves Brampton, Etobicoke Central, Etobicoke North, Malton, Mississauga, Toronto and Woodbridge.
CMHA Peel Dufferin Senior Services	905-451-2123 (Peel) 1-877-451-2123 (Dufferin)	
Elder Help Peel	905-457-6055 info@elderhelppeel.org	Ages 55 and up – Social recreational activities.
Flower City Seniors Recreation Centre	905-874-3500	
Government of Canada Services for Seniors	1-800-O-Canada (1-800-622-6232) 1-800-926-9105 (tty)	
Meals on Wheels / Peel	905-453-4140 (Brampton) 905-857-7651 (Caledon) 519-925-5452 (Dufferin) 905-820-4026 (Mississauga) www.mealsonwheels.ca	

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Peel Elder Abuse Support Program / 24/7/365	905-459-7777 (Brampton & Mississauga) 1-877-298-5444 (Caledon)	
Peel Public Health	905-799-7700	
Red Cross Care Partners	1-800-418-1111 905-452-7118	
Services and Housing in the Province	905-795-8742 info@shipshey.ca	
TeleCheck for Seniors (55+) Dufferin County	519-415-3764 (English support)	Check-in call seven days a week (including holidays) offering assurance and security to seniors in Dufferin County
TeleCheck for Seniors (55+) Peel Region	289-569-1201 (English support) 289-569-1203 (Cantonese or Mandarin) 289-569-1202 (Portuguese or Spanish) 289-569-1204 (Hindi, Punjabi or Urdu)	Multilingual support for isolated seniors (i.e., check-ins, medication reminders).
Trillium Health Partners Seniors Mental Health Services	416-521-4006	
William Osler Geriatric Outreach Program	905-494-6482	65 years (or older) reside within the area served by the Central West LHIN. Referred by a Physician or Geriatric Emergency Management (GEM) Nurse.