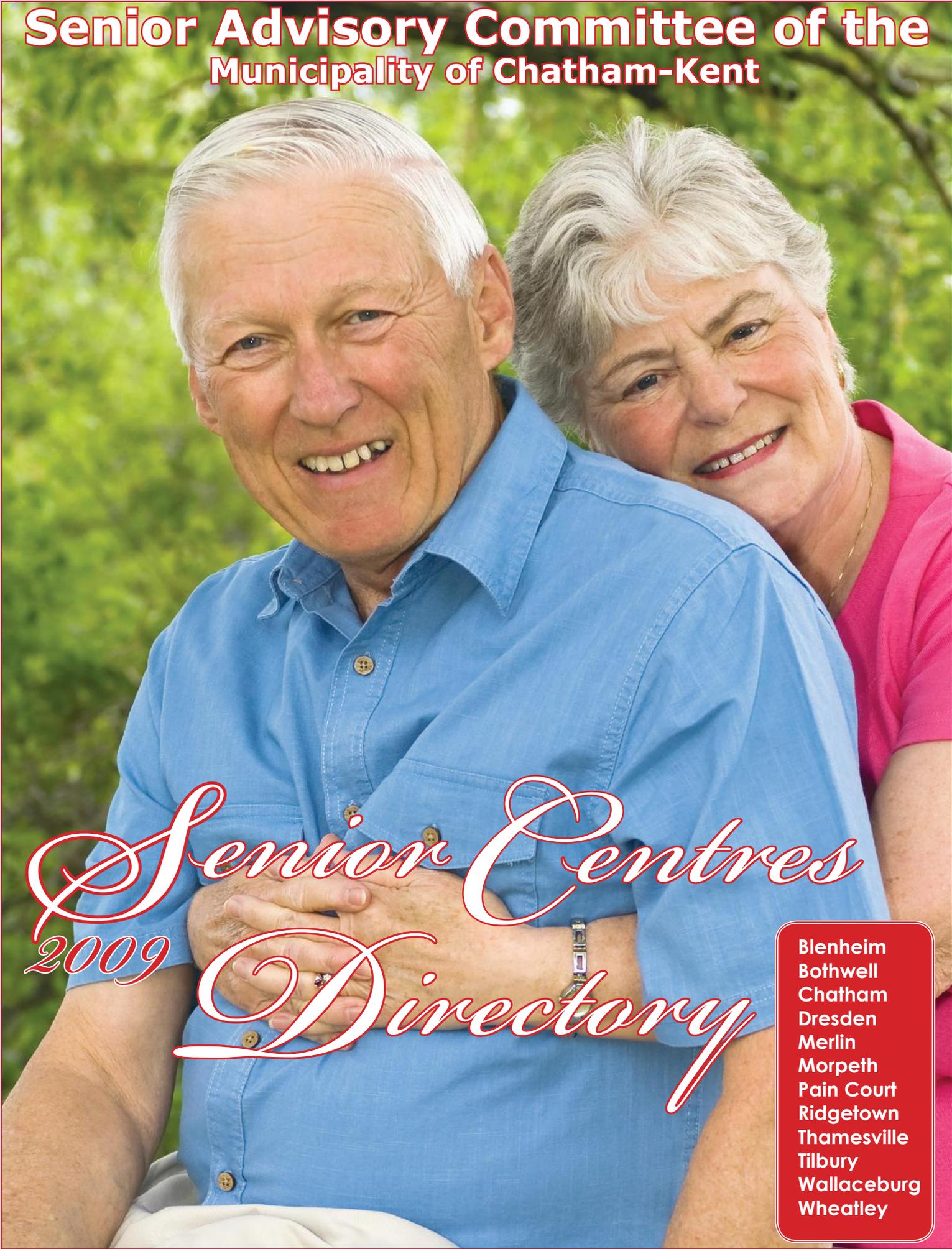


Senior Advisory Committee of the Municipality of Chatham-Kent



Senior Centres 2009 *Directory*

Blenheim
Bothwell
Chatham
Dresden
Merlin
Morpeth
Pain Court
Ridgetown
Thamesville
Tilbury
Wallaceburg
Wheatley

Blenheim & Community Senior Citizens Group



90 Catherine St., Blenheim, ON N0P 1A0
Phone: 519.676.3894 Contact: Linda Stonehouse
Email: blenheimcentre@hotmail.com

Hours

9:00am – 4:00pm Monday – Friday
7:00pm -10:00pm Wednesday, Thursday, Friday
1:00pm – 4:00pm Saturday

Activities

- Financial Advice from Laura Walker Once per Month
- VHA Foot Care once per month
- Pepper, Euchre, Bridge, Cribbage, bus tours and b-day parties, Friday luncheons and Wii Sports

Active Lifestyle Centre



20 Merritt Ave., Chatham, ON N7M 6G9
Phone: 519.352.5633 Contact: Sue Williams
email: suewilliams.alc@ciaccess.com

Hours

9:00am – 4:00pm Monday – Friday

Activities

- Blood Pressure Clinics
- Exercise classes, Tai Chi & gentle yoga
- Dancing - Line, Tap, Square, Round
- VHA – Foot Care Program
- Bridge, Pepper and Euchre

Bothwell Senior Citizens



**122 Elm St. - C/O Leroy Carther, RR#3, 30122
West Bothwell Rd. Bothwell, ON N0P 1C0**
Phone: 519.695.6279 Contact: Leroy Carther

Hours

9:00am – 12:00pm Monday – Friday
Open some Saturdays

Activities

- Cards - Pepper, Euchre, Bridge, Cribbage,
- Bus Tours
- Birthday Parties



Leisure Hours Centre



**519 St. George St. North, PO Box 327,
Dresden, ON N0P 1M0**
Phone: 519.683.2558 Contact: Stan Webster

Hours

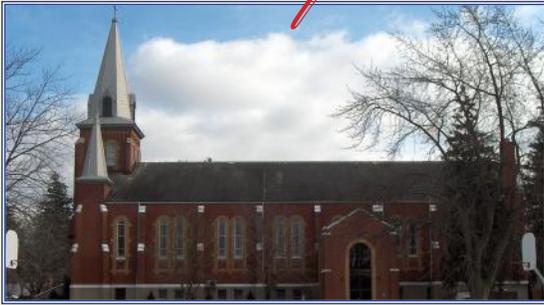
Tuesday Evenings - Please Call Ahead

Activities

- Cards – Pepper, Euchre, Bridge, Cribbage
- Bingo



Le Club de l'Amitie (Friendship Club)



10 Notre Dame St., Pain Court, On N0P 1Z0
Phone: 519.354.1249 Contact: Francois Caron
Email: mfcaron@hotmail.com

Hours

Wednesday 1:00pm - 4:00pm

Activities

- Crafts
- Partnership with Meals On Wheels
- Members of FAFO Provincial and Regional
- Information Seminars – Public Health, OPP Driving Safe

Morpeth Heritage Club



12570 Talbot Trail, Morpeth, ON N0P 1X0
Phone:519.674.1010 Contact: George Prins

Hours

1:30pm – 4:00pm Thursday

Activities

- Cards, Board games, and Suffleboard
- Weekly Lunches
- Celebration of Birthdays once a month
- Bus trips (4 to 6 per year)

Merlin Senior Citizens Friendship Club



11 Erie St. S.,Merlin, ON N0P 1W0
Phone:519.689.4943 Contact Marg Darnley
Email: darnley@ciaccess.com

Hours

9:00am – 4:00pm Tuesday

Activities

- Alzheimer Society
- Potluck dinners, Bake and Sidewalk Sales
- VON Foot Care
- Hearing Aid Information and Screening – Canadian Hearing Society

Thamesville Happy Club



96 London Rd.,Thamesville, ON N0P 2K0
Phone: 519.692.4546 Contact: Don Wright
Email: redhead@ciaccess.com

Hours

Hours vary - please call ahead

Activities

- Shuffleboard, Bridge, Pepper, Euchre
- Line dancing
- VON Foot Care Clinic
- Bus Trips

Ridgetown & Area Adult Activity Centre



19 Main St. W. Ridgetown ON N0P 2C0
 Phone: 519.674.5126 Contact: Vickie Cruickshank
 Email: ridgetowncentre@hotmail.com

Hours

9:00am – 1:00pm - Monday - Friday
 Craft Room 1:00pm - 4:30pm - Monday - Friday

Activities

- Exercise Programs, Cards, Bus Tours, Line Dancing
- Clinics -VON foot care, Alzheimer & Hearing
- Monthly birthday luncheons with
- One on one Computer instruction
- Beginners Bridge, Bridge, Shuffleboard, Billards
- Glee & Book Clubs, CHAPS, Meal On Wheels

Wallaceburg Senior Citizens Club Inc.



205 James St. Wallaceburg, ON N8A 2N4
 Phone: 519.627.6224 Contact: Sandy Ouellette

Hours

8:00am - 2:00pm Monday – Friday
 7:00pm - 9:00pm Friday Evening

Activities

- Silver Threads Choir
- Bus trips
- Foot Care, Blood Pressure and Hearing Clinics
- Lunch Counter – Dorothy's Corners – Breakfast and Hot Lunches Daily
- Fitness Room

Tilbury Leisure Centre & D.S.A.C.A



10 Canal St. W., Tilbury, ON N0P 2L0
 Phone: 519.682.1020 Contact: Bunnie Dejong
 Email: tilburycentre1@hotmail.com

Hours

10:00am – 4:00pm Monday – Thursday
 9:00am - 3:00pm Friday

Activities

- Clinics: VON Foot Care – Canadian Hearing Society – Alzheimer's Society – Blood Pressure
- Pepper, Euchre and floor shuffle board
- Computer Classes
- Friday Lunches

Wheatley & District Friendship Club



171 Erie St. N., P.O. Box 291
 Wheatley, ON N0P 2P0 • www.mnsi.net/~kcrew
 Phone: 519.825.4870 Contact: Linda Wigfield

Hours

9:00am - 7:00pm Monday, Tuesday, Thursday
 1:00pm - 4:00pm Wednesday & Friday
 1:00pm - 7:00pm Saturday

Activities

- Quilting & Ceramics
- Cards – Euchre, Bridge, Pepper, Cribbage
- Creative Arts & Crafts & More
- VON Smart Program



Celebrating Life & Love



Fine Amenities Provided for Care

- Home cooked meals, tailored to meet all dietary needs, and an in-house dietitian
- Rehabilitation/restorative programs provided by physiotherapist and PT aides on site
- Medical Director & contract physicians
- Massage, music therapy, manicurist services, dental and advanced foot care services (fees apply)
- Laundry, housekeeping, and maintenance services
- Caring auxiliary & volunteers
- Certified social worker on staff to offer resident and/or family counseling
- Pastoral care and palliative care services
- Wound care
- Walking therapy
- Special care home area and bracelet system for residents at risk of wandering
- Short stay beds for individuals recuperating from hospital stay or caregiver
- A garden courtyard and walking paths, designed with easy access for wheelchairs and walkers



Unique Programming and Social Events

- Day trips, shopping and outings via handicap bus
- Programs that stimulate the mind, energize the spirit, and help develop friendships
- Musical and special events
- Groups and meetings (e.g. exercise, coffee club, mens & ladies clubs)
- Residents' Council, Food Committee, etc.)
- Active Family Council
- Auxiliary
- Religious services, study groups, memorial services
- Wii Fitness Activities
- Bingo, bowling, pool and other sports/games
- Outdoor walks and pet visits
- Family and community visits
- Partnerships with support agencies



"RVG staff are wonderfully caring, compassionate and devoted. They go far beyond the 100% and make residents feel like part of the family."

Dianne Tolman, Family Member



Exceptional Features

- 10 neighborhoods which offer a family-like environment including a family room, activity room, tub/shower room, nursing communication station, outdoor terrace as well as a dining room and sunroom with a spectacular courtyard and river view
- Bedrooms include an electric bed with overhead lift capabilities, wardrobe, three drawer side table, 1 chair, bathroom.
- Each resident has a personal opening wheelchair accessible window which includes a beautiful view
- Glass front, wooden memory box at the entrance of each resident's room displays personal items
- Nurse call bell system
- Cable, internet and telephone service available in every room (fees apply)
- A Multi-purpose room per floor, perfect for small family gatherings
- Pub services 2 afternoons and 2 evenings per week
- Hair salon and barber services (fees apply)
- Tea room and gift shop open 7 days per week
- Personal banking services - trust account
- Great room which serves as an entertainment room and includes a fresh water 8' aquarium
- Spirituality Centre hosting a number of services

Riverview Gardens is a 320-bed home compliant with the standards set out by the Ministry of Health and Long-Term Care. Private, semi-private, or standard rooms are available. A secure 64-bed home area for residents with dementia is also available. **If you would like to arrange a tour or view the Riverview Gardens information DVD please call 519.352.4823 and a copy will be sent to you.**

***How to be admitted to long term care from the community**

Individuals/Caregivers must contact the CCAC first:

- Contact your Case Manager at CCAC 519.436.2222, they will set up an appointment with you (and your representative) for consents to be signed and completion of the application (if you do not have a Case Manager, contact the Intake Department at CCAC)
- CCAC authorizes all admission to long-term care: they ensure that applicants are eligible for long-term care / meet criteria established by legislation
- Make appointments to tour the long-term care facilities
- The long term care facilities that you have chosen will receive your application; each facility will review your application and accept/decline admission to the Home; your name will be added to the wait list of the facilities you have chosen

Documents requested at RVG upon admission:

- General Power of Attorney or Continuing Power of Attorney for Property
- Power of Attorney for Personal Care
- Birth Certificate
- Social Insurance Number
- Page of the new Resident's Last Will and Testament showing Executor and Law Firm
- Notice of Assessment for the previous tax year from Revenue Canada
- Identification and information for any benefits the new Resident might have
- Void cheque if using pre-authorized payment
- Health Card

Housing

Support Housing

Chatham-Kent Social Housing	519.351.8573
(March of Dimes) Rent supplement	519.351.8464
(Community Living) Rent supplement	519.352.1174
Chatham-Kent Housing Authority	519.351.8573
Salvation Army Family Services	519.354.1430
Trillium Retirement Apts	519.351.5801

Retirement Resorts

Blenheim Community Village	519.676.8119
Chatham Retirement resort	519.351.7777
Hudson Manor, Tilbury	519.682.3366
Maple City Retirement Resort	519.354.7111
The Meadows of Wheatly	519.825.4694
Park Street Place, Dresden	519.683.4474
Residence on the Thames	519.351.7220
St Andrew's Residence	519.354.8103
Sunrise Park Lodge, Tilbury	519.682.0657
Sydenham Residence, Wallaceburg	519.627.0719
The Village, Ridgetown	519.674.5427

***Long Term Care Homes (see above)**

Blenheim Community Village	519.676.8119
Copper Terrace, Chatham	519.354.5442
Fairfield Park, Wallaceburg	519.627.1663
Meadow Park, Chatham	519.351.1330
Riverview Gardens, Chatham	519.352.4823
The Village, Ridgetown	519.674.5427
Tilbury Manor, Tilbury	519.682.0243

Emergencies

If you need immediate assistance dial 911

Non-Emergency Calls

Ambulance Service	1.800.277.9931
Police	519.352.1234
Ontario Provincial Police	1.888.310.1122
Poison Information Centre	1.800.268.9017
Telehealth	1.866.797.0000

Area Hospitals

Chatham-Kent Health Alliance	519.352.6400
Chatham	519.352.6400
Wallaceburg	519.693.4441
Four Counties (Newbury)	519.882.4325
Bluewater Health (Petrolia)	519.326.2373
Leamington Hospital	

Transportation

Chatham Handi Bus	519.436.3233
CHAP, Chatham	519.354.6221
Erie Shores, Wheatley	513.326.9030
Helping Hands, Chatham	519.355.1654
Sports Medic	519.351.8680
Voyageur Patient Transfer Services	519.354.4441
Wallaceburg, Cadillac Cabs	519.627.2221

Medic Alarm Service

Lifeline	519.351.1110
Security One	519.352.6698



Bring Back The Sounds Of Life
519.352.1601



- Hearing Tests
- Hearing Aid Sales & Service
- Repairs on all Makes
- FM Systems
- Quality Battery Sales
- Custom Noise / Swim Plugs
- Ask About Financial Assistance
- All Insurance Plans

Ted G Dalios DD HIS
334 King W. - Free Parking (Across from YMCA)

Chatham Denture Specialists

- Are your dentures loose or painful?
- Do your dentures limit your food choices?
- Do you look older than you should?
- Is your face collapsing?
- We can help

- Nursing Home Visits and House Calls
- Open 5 Days a Week
- Implant Supported Dentures
- Full and Partial Dentures from Standard to Precision BPS
- Same Day Repairs and Relines
- Private Waiting Room
- Snoring Sleep Apnea Treatment



TED G. DALIOS DD

We Offer Secure Denture Solutions
Premium Denture Care
334 King W. - Free Parking (across from YMCA)
519.352.1600

Food Banks

Blenheim	519.676.3886
Chatham (Outreach For Hunger)	519.351.8381
(Salvation Army)	519.354.1430
Dresden	519.683.6541
Ridgetown	519.674.2472
Tilbury	519.682.2268
Wallaceburg (Salvation Army)	519.627.8257
(St. Vincent de Paul)	519.627.7436
Wheatley	519.825.7433

Meals on Wheels:

Blenheim (before 3pm)	519.676.8119
(after 3pm)	519.676.2311
Bothwell	519.245.6279
	800.561.1222
Diabetic Ed.Centre (Bothwell)	519.693.7111
	Ex. 2489
Chatham	519.354.0791
St. Andrew's Residence	519.354.8103
Dresden - N. Baptist	519.683.4892
- V. Jackson	519.683.4624
Ridgetown	519.674.2146
	519.674.5427
Wheatley	519.326.8629
	519.326.0527

Grocery Delivery

Ridgetown Knechtel Food Market
(\$3.00 in town, \$5.00 out of town - \$40.00 minimum)
519.674.5270

Harvey's Food Market Bothwell
519.695.2842

Sobey's Blenheim
(Tuesday & Friday - place order before 10am)
519.676.9044

Sobey's Wallaceburg
(Tuesdays- Place order before 11am - \$9.00 charge
for in town, \$11.00 charge out of town)
519.627.9911

Thamesville Foodland
(Monday, Wednesday, Friday)
519.692.3917



459 St. Clair St. Chatham, ON 519-351-2040
76 Main St. E. Ridgetown, ON 519-674-3141
141 Park St., Blenheim, ON 519-676-3451

www.mckinlayfuneralhome.com

Senior Support Organizations

Alzheimer's Society	519.352.1043
Brain Injury Association	519.351.0297
Canadian Cancer Society	519.352.3960
Canadian Diabetes Association	519.351.6020
Canadian Hearing Society	519.354.9347
Canadian Mental Health Association	519.351.6144
Heart & Stroke Foundation	519.354.6232
Kidney Foundation	519.352.0049
MS Society Blenheim	519.676.7420
MS Society Chatham	519.351.2008
Ontario March of Dimes	519.351.8464
Parkinson's Support group	519.352.4366
Victorian Order of Nurses	519.352.5515
Women's Centre	519.354.6360

Other Professional Services

Call any senior centre for a complete list of reputable tradespeople within your area.

**To Find A Doctor in Ontario
1.800.445.1822**

This booklet was created by the Senior Advisory Committee. Please contact the Director of Senior Services 519.352.4823 extension 6197 for advertising opportunities or additional information about this publication.



"Seniors are important people in any society," said Mayor Randy Hope, "and in Chatham-Kent we believe it is a high priority for seniors to have easy access to all the services and information they need. A community service directory, especially for seniors, is a great idea! I wish the project well."



270 King Street

Proud to be a 2009
Senior Games Partner

**Leading the way
to healthier,
independent
lifestyles.**

**SHOPPERS
HomeHealthCare®**

- Wheelchairs, Walkers & Scooters
- Bathroom Safety Products
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- Aids to Daily Living
- Stair Lifts, Porch Lifts & Home Elevators
- Blood Pressure & Home Diagnostic Products
- Wheelchair Vans and Vehicle Conversions



Chatham Store

10 Grand Avenue West

519 351-7272



The last Thursday of every month is **Seniors' Day**.
Seniors with a Shoppers Optimum Card®
Save 20%* on your purchases!

*Seniors' Day 20% discount is based on our regular prices. Some exclusions apply. See in store for full details.



519.352.4823

Fun Fitness & Friends



The Senior Games have been taking place throughout our municipality for many years. They are made up of the Summer Games and the Winter Games and appeal to residents within the municipality who are 55 years of age and older.

Within the Summer Games, we host a wide variety of events: Golf, Euchre, 5-Pin Bowling, Cribbage, Bid-Euchre, Shuffleboard, Tennis and much more. The Winter Games consist of: Hockey, Duplicate Bridge, Badminton, Curling, Table Tennis, Nordic Skiing, 10-Pin Bowling, and more. The winners of these events qualify to participate in the Provincials, which take place every other year.

Actifest, are the summer's Provincial Senior Games, they take place during the years ending with an even number; Winterfest, are the Provincial Senior Games of the Winter, take place during odd numbered years. The main focus of these competitive games is clearly described in our motto: FUN, FRIENDS & FITNESS. These competitive games are an incredible way to stay healthy and active, physically and mentally.

For more information please go to www.ontarioseniorgames.ca.

Chatham-Kent is hosting the SouthWestern Regional Ontario Senior Games on Thursday September 3rd, 2009. To participate in the Chatham-Kent Senior District Games as an athlete or volunteer please contact:

DeanaLee Ross 519-352-4823 ext 6119 or (c)519-365-3067 district33a@ontarioseniorgames.ca



"Man does not cease to play because he grows old...He grows old because he ceases to play."

-George Bernard Shaw



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www.unigasco.com

MEDICALMART

1160 Walker Road
Windsor, Ontario N8Y 2N7
Toll Free: 1-800-268-2848



cm2r is proud to support Riverview Gardens Long Term Care Facility
Municipality of Chatham-Kent

cm2r project management inc.
one at clair ave. east 7th floor toronto ontario M4T 2V7
416 925 1424 f 925 2329 cm2r.com

chartered quantity surveyors
construction cost consultants
project managers