



## HCoA Life Enrichment Directory for Older Adults

# 1. Recreation Centres

*(including Adult Day Programs)*

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The Hamilton Council on Aging, and its network of partner organizations, advocates for an environment that is enabling and supportive of older people, optimizing their opportunities to participate to the fullest in society.

HCoA works to shift perceptions of aging and combat ageism, advocates for the removal of policy barriers, and supports the development of responsive relationships between older adults and institutions. **We believe the community is enhanced by the wisdom experience and participation of older adults.**

Life Enrichment is a combination of many of the key elements that the World Health Organization includes in its definition of an age friendly city. Among these elements are *social participation, respect and social inclusion, and civic participation.*

The Hamilton Council on Aging (HCoA) believes that the more we participate in leisure, recreation, arts, culture, education, and other rewarding activities, the more enriched our lives can become. HCoA recognizes that what is 'enriching' for one, might not be for somebody else. The definition of life enrichment is subjective to each individual. This is why we created a series of life enrichment directories describing opportunities available for older adults in Hamilton in the following categories:

1. **Recreation including Adult Day Programs**
2. **Fitness and Sports**
3. **Life Long Learning**
4. **Culture and Hobbies**
5. **Spiritual and Faith Based**
6. **Volunteerism**

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**Please note that information in this directory is constantly evolving. Updated information is available by contacting Information Hamilton at 905-528-8127, visiting [www.informationhamilton.ca/redbook](http://www.informationhamilton.ca/redbook) or calling 211.**

## Formal Recreation Centres

| Organization                              | Program              | Description   | Open to   | Requirement  | Contact   |
|---|----------------------|---|---|--|---|
| <b>Sackville Hill</b>                     | <b>Active Living</b> | <ul style="list-style-type: none"> <li>- Swimming</li> <li>- Knitting</li> <li>- Cards</li> <li>- Fitness</li> <li>- Crafts</li> </ul>                    | <b>Residents of Hamilton 55+ (residents outside of Hamilton at additional cost)</b> | <b>City of Hamilton Senior Recreation Membership Card- \$31/year + cost of classes</b> | <b>(905) 546-2541</b>                                     |
| Central Memorial Recreation Centre        | Active Living        | <ul style="list-style-type: none"> <li>- Various card games</li> <li>- Every night of the week</li> </ul>   | Seniors 55+ from Hamilton and surrounding areas                                     | Please call for more information.  | (905) 546-4939  |
| <b>Ancaster Senior Achievement Centre</b> | <b>Active Living</b> | <ul style="list-style-type: none"> <li>- Quilting</li> <li>- Euchre</li> <li>- Painting</li> <li>- Dancing</li> <li>- Scrabble</li> </ul>                 | <b>Residents of Hamilton 55+ (residents outside of Hamilton at additional cost)</b> | <b>City of Hamilton Senior Recreation Membership Card- \$31/year + cost of classes</b> | <b>(905) 648-3466</b>                                     |
| Dundas Rotary Cattell Seniors Centre      | Active Living        | <ul style="list-style-type: none"> <li>- Bingo</li> <li>- Bridge</li> <li>- Euchre</li> <li>- Tai Chi</li> <li>- Dance</li> <li>- Shuffleboard</li> </ul> | Residents of Dundas 55+   | Contact centre for fee schedule  | Lions Memorial Community Centre: (905) 546-2424 ext. 2260 |

| Organization                        | Program       | Description   | Open to  | Requirement   | Contact                             |
|-------------------------------------|---------------|---|--|---|-------------------------------------|
| Roxborough Senior Centre            | Active Living | <ul style="list-style-type: none"> <li>- Tai Chi</li> <li>- Gentle Yoga</li> <li>- Euchre</li> <li>- Darts</li> <li>- Crafts</li> <li>- Fitness and Strength training</li> <li>- Speakers</li> <li>- Potluck lunches</li> </ul> | Those 55+  | Membership card- \$10/year  | (905) 537-0195                      |
| Main Hess Seniors Recreation Centre | Active Living | <ul style="list-style-type: none"> <li>- Bingo</li> <li>- Darts</li> <li>- Drop in dinner</li> <li>- Euchre</li> <li>- Foot care clinic (additional cost)</li> </ul>  | Seniors 55+ from Hamilton and surrounding areas                              | Contact centre for fee schedule   | (905) 546-4964                      |
| YWCA- Ottawa St. Seniors            | Active Living | <ul style="list-style-type: none"> <li>- <b>Computers</b></li> <li>- <b>Dance</b></li> <li>- <b>Zumba</b></li> <li>- <b>Fitness</b></li> <li>- <b>Crafts</b></li> <li>- <b>Yoga</b></li> <li>- <b>Mind Busters</b></li> </ul>   | Residents of Hamilton 55+ (residents outside of Hamilton at additional cost) | City of Hamilton Senior Recreation Membership Card- \$31/year + cost of classes | Duncan Young: (905) 545-6249 ext.31 |
| YWCA- MacNab St. Seniors            | Active Living | <ul style="list-style-type: none"> <li>- <b>Dance</b></li> <li>- <b>Fitness</b></li> <li>- <b>Cards</b></li> <li>- <b>Day trips</b></li> <li>- <b>Wellness Clinics</b></li> <li>- <b>Yoga</b></li> </ul>                        | Residents of Hamilton 55+ (residents outside of Hamilton at additional cost) | City of Hamilton Senior Recreation Membership Card- \$31/year + cost of classes | (905) 529- 7727                     |

| Organization                               | Program       | Description   | Open to   | Requirement                     | Contact        |
|--|---------------|---|---|---------------------------------|----------------|
| Winona Seniors Centre                      | Active Living | <ul style="list-style-type: none"> <li>- Art class</li> <li>- Euchre</li> <li>- Bridge</li> <li>- Zumba</li> <li>- Exercise</li> <li>- Tai chi</li> <li>- Line dancing</li> </ul>                                     | Seniors 55+ from Hamilton and surrounding areas | Contact centre for fee schedule | (905) 643-4563 |
| St Matthew's House; Seniors drop in centre | Active Living | <ul style="list-style-type: none"> <li>- Drop in centre provides light breakfast and lunch</li> <li>- Tv, Movies, Newspapers, books and games</li> <li>- Assistance accessing services and problem solving</li> </ul> | Seniors 55+ from Hamilton and surrounding areas | None                            | (905) 523-5546 |

## Clubs

| Organization                     | Program       | Description  | Open to  | Requirement                                      | Contact                               |
|----------------------------------|---------------|--|--|--|---------------------------------------|
| Ancaster Lawn Bowling Club       | Active Living | <ul style="list-style-type: none"> <li>- Lawn bowling</li> <li>- Seniors leagues available</li> </ul>              | All ages welcome   | Membership fee of \$100/year                     | (905) 648-3001                        |
| Ancaster Over 60 Club            | Active Living | <ul style="list-style-type: none"> <li>- Euchre every Tuesday 1:30- 4</li> <li>- Ancaster Old Town hall</li> </ul> | Those 60+  | Membership \$2.50 and weekly admission of \$2.00 | (905) 318-0486                        |
| Battlefield New Horizons Seniors | Active Living | <ul style="list-style-type: none"> <li>- Euchre</li> <li>- Bridge</li> <li>- Darts</li> <li>- Crafts</li> </ul>    | Seniors 55+ from the City of Hamilton: Focus on Stoney Creek | Membership fee of \$5/year                       | Lady of Lourdes Church (905) 383-3381 |

| Organization                     | Program       | Description  | Open to   | Requirement   | Contact                                   |
|----------------------------------|---------------|--|---|---|---|
| Binbrook Seniors Club            | Active Living | - Euchre<br>- Monday afternoons 1-4pm<br>- Memorial Hall in Binbrook | Seniors from Hamilton and surrounding areas     | Contact club for more information                     | (905) 692-2259                            |
| Club 60                          | Active Living | - Cards<br>- Bridge<br>- Bingo<br>- Snooker                          | Seniors from Stoney Creek and surrounding areas | Membership- Contact organization for more information | (905) 546- 4964                           |
| Dofasco Retirees Recreation Club | Active Living | - Shuffleboard<br>- Mini-putt<br>- Card games<br>- Volleyball        | Dofasco retirees 55+ and their spouses          | Dofasco Retiree                                       | Dofasco Recreation Centre: 905-560-5886   |
| Dundas Senior Citizens Club      | Active Living | - Bingo<br>- Snooker<br>- Bridge<br>- Cribbage<br>- Shuffleboard     | Residents of Dundas 55+                         | Membership card- \$15/year                            | (905) 627-2433                            |
| Freelton Euchre Club             | Active Living | - Euchre<br>- Every Friday night                                     | Seniors from Flamborough area                   | Admission \$2/ per visit                              | (905) 545-4611                            |
| Freelton Seniors Citizens Club   | Active Living | - Various card games   | Seniors from Flamborough area                   | None  | (905) 627-7803                            |
| Fun and Friendship Club          | Active Living | - Various activities   | Seniors 50+ from Hamilton and surrounding areas | None  | Chalmers Presbyterian Church 905-383 3033 |

| Organization                               | Program       | Description  | Open to  | Requirement  | Contact        |
|--|---------------|--|--|--|----------------|
| Glanbrook Pumpers                          | Active Living | - Hockey every Friday night<br>- Tournaments throughout the season | Those 55+  | Must pay required fees                                     | (905) 692-4326 |
| Golden Mile Club                           | Active Living | - Various activities   | Seniors from Hamilton  | None   | (905) 627-4219 |
| Good Times Seniors Club                    | Active Living | - Euchre<br>- Crossword puzzles<br>- Movies<br>- Day trips         | Seniors from Hamilton and surrounding areas  | Contact organization for more information                  | (905) 628-8429 |
| Grace Seniors Club                         | Active Living | - Card games<br>- Day trips  | Seniors from Hamilton and surrounding areas  | None   | (905) 659-1021 |
| Greenville Seniors Club                    | Active Living | - Various card games<br>- 3rd Thursday of                          | Seniors 60+ from Flamborough   | None   | (905) 627 7803 |
| Hamilton and Area CAW Retirees Association | Active Living | - Variety of   | Retired employees of firms where local CAW collective bargaining agreements took place | Retired CAW employee                                       | (905) 545-8770 |
| Hi Lite Club                               | Active Living | - Euchre<br>- Cribbage<br>- Carpet bowling<br>- Day trips          | Seniors 55+ from Hamilton and surrounding areas  | Membership - \$6.00 per year ; \$2.00 charge every meeting | (905) 765-2589 |

| Organization                                  | Program       | Description  | Open to   | Requirement  | Contact                                |
|---|---------------|--|---|--|--|
| Main Hess Seniors Activity Club               | Active Living | - Bingo<br>- Railroad Euchre<br>- Open Darts<br>- Meals      | Seniors 55+ from Hamilton and surrounding areas       | Membership- \$6.00 per year                                      | (905) 546-4964                         |
| Melrose Carpet Bowling Club                   | Active Living | - Lawn bowling   | Seniors 55+ from Hamilton and surrounding areas       | Membership fee of \$50/year                                      | Melrose United Church - (905) 522-1323 |
| Mount Hope Seniors                            | Active Living | - Various social activities<br>- Card games                  | Seniors 55+ from Hamilton and surrounding areas       | Membership- Contact organization for more information            | (905) 659-5967                         |
| Mountain Seniors Friendship Club              | Active Living | - Shuffleboard<br>- Euchre<br>- Darts                        | Seniors from Hamilton and surrounding areas           | Membership- Contact organization for more information            | (905) 975-4262                         |
| Old Timers- Her Majesty's Vets                | Active Living | - Various activities   | Seniors 50+ (Men) from Hamilton and surrounding areas | Membership- Must be a veteran of her Majesty's Service- men only | (905) 546-4938                         |
| Rosedale Seniors Club                         | Active Living | - Cards<br>- Euchre<br>- Bridge                              | Seniors from Stoney Creek and surrounding areas       | Membership- Contact organization for more information            | (905) 546-4256 or (905) 540-5320       |
| Rose lawn Lawn bowling Club                   | Active Living | - Lawn bowling   | All ages welcome                                      | Membership fee of \$110/year                                     | (905) 549-5514                         |
| Royal Hamilton Light Infantry Senior Citizens | Active Living | - Euchre<br>- Speakers<br>- Bingo<br>- Dances<br>- Day Trips | Seniors from Hamilton and surrounding areas           | Please contact for more information.                             | St. Michaels Church (905) 385-0722     |

| Organization                                | Program       | Description   | Open to   | Requirement   | Contact         |
|---|---------------|---|---|---|-----------------|
| Seniors Activities in Southwest Hamilton    | Active Living | <ul style="list-style-type: none"> <li>- Exercise</li> <li>- Various social activities</li> <li>- Takes place at Ryerson Recreation Centre</li> </ul>                     | Seniors from Hamilton and surrounding areas     | Contact club for more information                                 | (905) 521- 2240 |
| Warden Park Seniors                         | Active Living | <p>Speaker Series: Meet once a month on Barton Street</p> <p>Speakers include: Powers of attorney, Police, Insurance, etc.</p>  | Seniors from Hamilton and surrounding areas     | Contact club for more information                                 | (905) 546-4256  |
| Waterdown Seniors Club                      | Active Living | <ul style="list-style-type: none"> <li>- Euchre</li> <li>- Bid Euchre</li> <li>- Bowling</li> </ul>   | Seniors from Flamborough area                   | Contact for more information.                                     | (905) 643-4363  |
| Waterdown Seniors Social Club               | Active Living | <ul style="list-style-type: none"> <li>- Line dancing</li> <li>- Hiking</li> <li>- Board games</li> <li>- Crafts</li> <li>- Computer Lessons</li> <li>- Movies</li> </ul> | Seniors 55+ from Flamborough area               | Membership - \$10 September-June & extra fees for certain events. | (905) 664- 6110 |
| Westdale/West Hamilton Seniors and Retirees | Active Living | <ul style="list-style-type: none"> <li>- Cards and various other games</li> <li>- Meets at Grace Lutheran Church</li> <li>- Third Wednesday of each month</li> </ul>      | Seniors 60+ from Hamilton and surrounding areas | None  | (905) 522- 6256 |
| Winona Seniors Club                         | Active Living | <ul style="list-style-type: none"> <li>- Various card games</li> </ul>  | Seniors from Stoney Creek and surrounding areas | Membership- Contact organization for more information             | (905) 662-6375  |



| Organization                                  | Program          | Description  | Open to   | Requirement                          | Contact        |
|---|------------------|--|---|--------------------------------------|----------------|
| Young at Heart<br>(Hamilton East)             | Active<br>Living | - Euchre<br>- Bingo<br>- Held at Royal<br>Canadian Legion<br>Branch 58 | Seniors 55+<br>from Hamilton<br>and<br>surrounding<br>areas | Contact club for<br>more information | (905) 544-6385 |
| Young at Heart<br>(Hamilton<br>Mountain East) | Active<br>Living | - Euchre<br>- Bingo<br>- Held at St. Peter<br>and Paul Church          | Seniors 55+<br>from Hamilton<br>and<br>surrounding<br>areas | Contact club for<br>more information | (905) 387-3550 |
| Young at Heart<br>(Dundas)                    | Active<br>Living | - Euchre<br>- Bingo<br>- Held at St.<br>Augustine's Church             | Seniors 55+<br>from Dundas                                  | Contact club for<br>more information | (905) 628-3949 |

## Adult Day Programs

**ADMISSION PROCESS:** Apply by contacting the HNHB CCAC Information and Referral team at 905-523-8600.

| Organization  | Program | Description  | Open to  | Requirement   | Contact                         |
|---|---------|--|--|---|---------------------------------|
| Boys and Girls Clubs of Hamilton, Kiwanis Adult Day Program       | Support | <ul style="list-style-type: none"> <li>- Variety of recreational, social and intellectual activities</li> <li>- Aquatics</li> <li>- Guest Speakers</li> <li>- Day trips</li> <li>- Exercise programs</li> </ul>  | Frail older adults with a cognitive disorder and those older adults not able to partake in activities for well seniors | Contact organization for fee schedule<br><b>ADMISSION PROCESS:</b> Apply by contacting the HNHB CCAC Information and Referral team at 905-523-8600. | (905) 549-2814 ext. 233/231     |
| Macassa Lodge Long Term Care Facility, Adult Day Program          | Support | <ul style="list-style-type: none"> <li>- Individual programming</li> <li>- Wide range of stimulating activities</li> <li>- Specialized Alzheimer's and Dementia program</li> </ul>                               | Seniors 50+ in Hamilton and surrounding areas with cognitive and physical health problems                              | Contact organization for fee schedule<br><b>ADMISSION PROCESS:</b> Apply by contacting the HNHB CCAC Information and Referral team at 905-523-8600. | (905) 546-2800 ext. 1627        |
| Portuguese Support Services for Quality Living                    | Support | <ul style="list-style-type: none"> <li>- Bridges of Roots program</li> <li>- Activities such as sewing, and cooking</li> </ul>   | Seniors in Hamilton and surrounding areas  | Contact organization for fee schedule   | Jacinta Ribeiro: (905) 522-4612 |
| Salvation Army, Mounberry Adult Day Service, Meadowlands Location | Support | <ul style="list-style-type: none"> <li>- Planned "day out" activities</li> <li>- Individualized programs</li> <li>- Variety of activities to promote independence, physical functioning and cognition</li> </ul> | Seniors in Hamilton and surrounding areas with progressive cognitive disorders   | Contact organization for fee schedule<br><b>ADMISSION PROCESS:</b> Apply by contacting the HNHB CCAC Information and Referral team at 905-523-8600. | (905) 573-0635 ext. 23          |

| Organization  | Program | Description   | Open to   | Requirement   | Contact                |
|---|---------|---|---|---|------------------------|
| Salvation Army, Mountberry Adult Day Service, Winterberry Heights Church Location | Support | <ul style="list-style-type: none"> <li>- Planned "day out" activities</li> <li>- Individualized programs</li> <li>- Variety of activities to promote independence, physical functioning and cognition</li> </ul>  | Seniors in Hamilton and surrounding areas with progressive cognitive disorders, frailty, or physical health problems  | Contact organization for fee schedule<br><b>ADMISSION PROCESS:</b> Apply by contacting the HNHB CCAC Information and Referral team at 905-523-8600. | (905) 573-0635 ext. 23 |
| Seniors Activation Maintenance Program of Hamilton Inc, SAM Central Program       | Support | <ul style="list-style-type: none"> <li>- Support and counselling for clients and families</li> <li>- Variety of activities focusing on independence</li> <li>- Respite care</li> <li>- Meals provided</li> </ul>  | Seniors in Hamilton (West of Gage), Ancaster and Dundas with cognitive disorders, dementia or frailty                 | Contact organization for fee schedule<br><b>ADMISSION PROCESS:</b> Apply by contacting the HNHB CCAC Information and Referral team at 905-523-8600. | (905) 525-1181         |
| Seniors Activation Maintenance Program of Hamilton Inc, SAM East Program          | Support | <ul style="list-style-type: none"> <li>- Support and counselling for clients and families</li> <li>- Variety of activities with a focus on independence</li> <li>- Respite care</li> <li>- Meals provided</li> <li>- Support group for stroke survivors with aphasia</li> </ul> | Seniors in Hamilton east of Gage Ave including Glanbrook and Stoney Creek with cognitive and physical health problems | Contact organization for fee schedule<br><b>ADMISSION PROCESS:</b> Apply by contacting the HNHB CCAC Information and Referral team at 905-523-8600. | (905) 544-4550         |
| Seniors Activation Maintenance Program of Hamilton Inc, SAM Flamborough Program   | Support | <ul style="list-style-type: none"> <li>- Support for clients and families</li> <li>- Variety of activities with a focus on independence</li> <li>- Respite Care</li> <li>- Meal provided</li> <li>- Support group for stroke survivors with aphasia</li> </ul>                  | Seniors in the Halton Region and the City of Hamilton with cognitive and physical health problems                     | Contact organization for fee schedule<br><b>ADMISSION PROCESS:</b> Apply by contacting the HNHB CCAC Information and Referral team at 905-523-8600. | (905) 689-5244         |

| Organization  | Program | Description   | Open to   | Requirement  | Contact   |
|---|---------|---|---|--|---|
| Shalom Village  | Support | <ul style="list-style-type: none"> <li>- Day program called Goldie's Place</li> <li>- Discussion groups</li> <li>- Entertainment</li> <li>- Meals provided</li> </ul>   | Seniors in Hamilton and surrounding areas with cognitive and physical health problems | <p>Contact organization for fee schedule</p> <p><b>ADMISSION PROCESS:</b> Apply by contacting the HNHB CCAC Information and Referral team at 905-523-8600.</p> | <p>Krista</p> <p>(905) 528-5377 ext. 305</p>    |
| St Joseph's Villa, Adult Day Service                                    | Support | <ul style="list-style-type: none"> <li>- Horticultural therapy</li> <li>- One on one interactions</li> <li>- Painting</li> <li>- Guest speakers</li> </ul>  | Seniors in Hamilton and surrounding areas   | <p>Contact organization for fee schedule</p> <p><b>ADMISSION PROCESS:</b> Apply by contacting the HNHB CCAC Information and Referral team at 905-523-8600.</p> | <p>Tamara Johnson: (905) 627-3541 ext. 2291</p> |
| VON Hamilton, Adult Day Centre and Overnight Respite Program            | Support | <ul style="list-style-type: none"> <li>- Social and recreational activities</li> <li>- Personal care assistance</li> <li>- Over night respite care available</li> </ul>   | Seniors in the Hamilton and surrounding areas with progressive memory loss            | <p>Contact organization for fee schedule</p> <p><b>ADMISSION PROCESS:</b> Apply by contacting the HNHB CCAC Information and Referral team at 905-523-8600.</p> | <p>(905) 523-1055</p>                           |
| YWCA- MacNab St Branch: C.A.S.S (Community Access Services for Seniors) | Support | <ul style="list-style-type: none"> <li>- Provides older developmentally disabled adults the ability to participate in structured recreational and leisure activities</li> <li>- Emphasis on maintaining social, physical and</li> </ul> | Those 45+ from Hamilton and surrounding areas with a developmental disability         | <p>Referral to program must be made by Developmental Services Ontario; contact organization for fee information.</p>   | <p>Tracey Helwig: (905) 522-9922 ext. 153</p>   |