

### 4. Culture, Hobbies, Dining



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.**

## Food (Congregate Dining)

Organization	Program	Description	Open to	Requirement	Contact Information
Ancaster Community Services	Congregate Dining	<ul style="list-style-type: none"> <li>- Congregate dining three times a month</li> <li>- Jerseyville United Church</li> <li>-St. Andrew's Church</li> <li>-Meadowlands</li> </ul>	Seniors in Hamilton and surrounding areas	Nominal donation required	Karen Thomson: (905) 648-6675
Bethel Gospel Tabernacle, BGT Seniors	Congregate Dining	<ul style="list-style-type: none"> <li>- Meets monthly for hot meals</li> <li>- Singing</li> <li>- Devotional message</li> <li>- Day/ night trips</li> </ul>	Seniors from Hamilton and surrounding areas	\$12 door or \$10 prior to meeting to cover cost of meal	(905) 387-6530
Canadian Red Cross Society, Flamborough Location	Congregate Dining	<ul style="list-style-type: none"> <li>- Wheels to Meals program</li> <li>- Meet once a month for luncheon</li> <li>- St James United Church</li> </ul>	Seniors in Hamilton and surrounding areas	Fee- Contact organization for more information	Marilyn Irish: (905) 689-0732
Club de l'Age d'Or Notre-Dame	Congregate Dining	<ul style="list-style-type: none"> <li>- Soup lunch provided at each meeting</li> <li>- Various social activities such as shuffleboard, exercises and cards</li> </ul>	Seniors 50+ from the french community in Hamilton and surrounding areas	Membership- \$15/year	Roger Paquette: (905) 547-7545
Community of Christ Church Joybringers	Congregate Dining	<ul style="list-style-type: none"> <li>- Hot lunch provided</li> <li>- Various social activities such as games, sing-a-longs, and cards</li> </ul>	Seniors 50+ from Hamilton and surrounding areas	Annual fee \$5.00 (optional). Lunch fee \$5.00 for members - \$7.00 for non-members	Penny Allen: (905) 385-5440

Organization	Program	Description	Open to	Requirement	Contact Information
Glanbrook Home Support Programme Incorporated; Congregate Diners Club	Congregate Dining	<ul style="list-style-type: none"> <li>- Nutritious meals provided at various locations</li> <li>- Transportation can be arranged for those living in Glanbrook</li> </ul>	Seniors 60+ from Glanbrook, Binbrook and Mount Hope (others welcome but must have own transportation)	Registration required; Contact organization to register; \$8/meal	Janice Gumbley: (905) 692-3464
Good Times Seniors Club	Congregate Dining	<ul style="list-style-type: none"> <li>- Lunch is provided</li> <li>- Various activities such as euchre, movies, and crossword puzzles</li> <li>- Soup lunches and monthly potluck</li> <li>- Various social activities such as crafts, cards, tai chi and yoga</li> </ul>	Seniors from Hamilton and surrounding areas	Contact organization for more information	Claudia Roy: (905) 523-5546 ext. 241
Hamilton Urban Core Community Health Centre	Congregate Dining	<ul style="list-style-type: none"> <li>- Food access programs</li> <li>- Meals provided a couple of times a week</li> </ul>	All low income individuals living in the central Hamilton	None	Maciej Kowalski: (905) 522-3233 ext. 230
Hughson Street Baptist Church-Coffee's On	Congregate Dining	<ul style="list-style-type: none"> <li>- Drop in Friday Mornings from 9:30-11am for coffee and treats</li> <li>- Access to food and clothing bank</li> </ul>	Seniors who are North end Residents of Hamilton	None	(905) 525-5824
Main Hess Seniors Recreation Centre	Congregate Dining	<ul style="list-style-type: none"> <li>- Drop in dinner</li> <li>- Euchre</li> <li>- Bingo</li> <li>- Darts</li> </ul>	Seniors 55+ from Hamilton and surrounding areas	Contact centre for fee schedule	(905) 546- 4964

Organization	Program	Description	Open to	Requirement	Contact Information
Mutual Ethnic Senior Club	Congregate Dining	<ul style="list-style-type: none"> <li>- Dinners</li> <li>- Various social activities such as bocce, sewing, tai chi, woodworking and ping pong</li> </ul>	Seniors 55+ from all ethnic backgrounds in the Hamilton and surrounding areas	Membership; Contact club for fee schedule	Anna Maria Martello: (905) 528-8485 ext. 222
North Hamilton Community Centre	Seniors Kitchen	<ul style="list-style-type: none"> <li>- Meet monthly to plan and prepare meals</li> <li>- Learn about nutrition</li> <li>- Learn about budgeting and food purchases</li> </ul>	North end residents of Hamilton only	No Fees	Diana DeSimone: (905) 523-6611 ext.3008
Roxborough Senior Centre	Congregate Dining	<ul style="list-style-type: none"> <li>- Potluck lunches</li> <li>- Various social activities</li> </ul>	Those 55+ from Hamilton and surrounding areas	Membership card- \$10/year	Beryl Holtam, Activity Director: (905) 537- 0195
Salvation Army-Dundas; Cafe 55+	Congregate Dining	<ul style="list-style-type: none"> <li>- Cafe</li> <li>- Meals provided</li> <li>- Games, learning, and fellowship</li> </ul>	Seniors 55+ from Dundas, Ancaster, Flamborough and West Hamilton ONLY	\$5.00	Shirley Molloy: (905) 627-0572
St Matthew's House; Seniors drop in centre	Congregate Dining	<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	Claudia McPhail: (905) 523-5546 ext. 241

Organization	Program	Description	Open to	Requirement	Contact Information
Unitarian Church of Hamilton	Congregate Dining	<ul style="list-style-type: none"> <li>- Offers soup, sandwiches, coffee and tea</li> <li>- Once a month</li> </ul>	Seniors from Hamilton and surrounding areas	\$1 or donation required	(905) 527-8441
VON Hamilton; Congregate Dining	Congregate Dining	<ul style="list-style-type: none"> <li>- Congregate dining</li> <li>- Group setting</li> <li>- Transportation available</li> <li>- Social activities</li> </ul>	Seniors from the East and West Hamilton mountain; Lower and Upper Stoney Creek	\$9.50/per meal; Fees may be adjusted according to ability to pay	Ann Lindley: (905) 523-1055
Welcome Inn	Congregate Dining	<ul style="list-style-type: none"> <li>- Seniors diners club</li> <li>- Meals provided a few times a week</li> <li>- Social activities</li> <li>- Day trips</li> </ul>	Seniors from Hamilton and surrounding areas	Suggested donation of \$3.50/meal	Laurie Remillard: (905) 525-5824

## Hobbies

Organization	Program	Description	Open to	Requirement	Contact Information
North Hamilton Community Centre	Seniors Kitchen	<ul style="list-style-type: none"> <li>- Meet monthly to plan and prepare meals</li> <li>- Learn about nutrition</li> <li>- Learn about</li> <li>- Various wood working activities and projects</li> </ul>	Seniors who are North end residents of Hamilton only	No Fees	Diana DeSimone: (905) 523-6611 ext. 3008
Hamilton Public Library (Various branches)	Various	<ul style="list-style-type: none"> <li>- Knitting/ crocheting clubs</li> <li>- Book clubs</li> <li>- Photography</li> <li>- Computer classes</li> <li>- Gardening workshops</li> <li>- Programs offered at various branches</li> <li>- Programs vary each month, contact library for schedule</li> </ul>	Residents of Hamilton and surrounding areas; Certain classes seniors 50+	Contact library for fee schedule	(905) 546-3200
Hamilton Naturalists Club	Nature	<ul style="list-style-type: none"> <li>- Bird watching</li> <li>- Walking/Hiking</li> <li>- Bird Study group</li> </ul>	Residents of Hamilton and surrounding areas	Membership- Seniors rate \$30/year; Some additional fees required for certain activities	(905) 381-0329

Organization	Program	Description	Open to	Requirement	Contact Information
Royal Botanical Gardens	Nature	<ul style="list-style-type: none"> <li>- Gardening workshops</li> <li>- Bird walks</li> <li>- Identification classes</li> <li>- Painting</li> <li>- Yoga</li> <li>- Tai Chi</li> </ul>	Residents of Hamilton and surrounding areas	Fees vary by class; Members of RBG save 10% off classes, Yearly membership \$54.99	(905) 527-1158
Hamilton Conservatory for the Arts	Visual Arts	<ul style="list-style-type: none"> <li>- Beginner photography</li> <li>- Intermediate/advanced photography</li> <li>- Beginner/advanced art classes in realism and drawing</li> </ul>	Residents of Hamilton and surrounding areas	Fees vary by classes; Contact organization for fee schedule	(905) 528- 4020
Dundas Valley School of Art	Visual Arts	<ul style="list-style-type: none"> <li>- Drawing</li> <li>- Painting</li> <li>- Clay</li> <li>- Jewelry Making</li> </ul>	Residents of Hamilton and surrounding areas	Fees vary by classes; Contact organization for fee schedule	(905) 628-6357
The Art School Off Locke	Visual Arts	<ul style="list-style-type: none"> <li>- Painting</li> <li>- Drawing</li> <li>- Zen drawing</li> </ul>	Residents of Hamilton and surrounding areas	Fees vary by classes; Contact organization for fee schedule	(905) 522-6678
The Art Gallery of Hamilton	Arts	<ul style="list-style-type: none"> <li>- Painting</li> <li>- Drawing</li> <li>- Sculpting</li> <li>- Talk series</li> </ul>	Residents of Hamilton and surrounding areas	Registration required- AGH members \$45/class; Non-members \$55/class	(905) 527-6610
Abbey Stained Glass	Arts	<ul style="list-style-type: none"> <li>- Learn the essentials of stain glass</li> <li>- Create your own design</li> <li>- Seniors and open classes available</li> </ul>	Seniors in Hamilton and surrounding areas	Registration required- Contact business for fee schedule; Seniors rates available	(905) 574-3350

## Performing Arts Groups etc

Organization	Program	Description	Open to	Requirement	Contact Information
Chinese Ethnic Dance Group (Jackson Square)	Performing Arts	- Participate in various forms of traditional Chinese dance - Thursday afternoon from 12-2pm	Seniors in Hamilton and surrounding areas	None	(905) 546-3200
International Standard Dance or Ballroom Dance	Performing Arts	- Participate in various forms of dance - Thursday evening 6:30pm at Sir John A. McDonald Highschool, room 202 - Sunday afternoon 3-6pm: 705 Main St. E in the basement - Please contact Jane to confirm activities are running	Seniors in Hamilton and surrounding areas	Contact organization for more information	Jane: (905) 525-8405