



## HCoA Life Enrichment Directory for Older Adults

### 5. Spiritual and Faith-based Activities



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.**

## Spiritual/ Religious Groups

Organization	Program	Description	Open to	Requirement	Contact Information
Bethel Gospel Tabernacle, BGT Seniors	Social	<ul style="list-style-type: none"> <li>- 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
Jewish Social Services of Hamilton, Seniors Club	Social	<ul style="list-style-type: none"> <li>- Bus trips</li> <li>- Bingo</li> <li>- Theatre</li> <li>- Choir</li> <li>- Yiddish friendship club</li> <li>- ESL classes</li> </ul>	Seniors from Hamilton and surrounding areas	Contact club for fee schedule information	(905) 627-9922 ext. 21
Pioneer Memorial United Church Keenagers	Social	<ul style="list-style-type: none"> <li>- Day trips</li> <li>- Fellowship</li> <li>- Cards</li> <li>- Bridge</li> </ul>	Seniors from Hamilton and surrounding areas	None	(905) 549-7626
Community Seniors at St. George	Social	<ul style="list-style-type: none"> <li>- Music</li> <li>- Games</li> <li>- Speakers</li> <li>- 2nd and last Mondays from 1-3pm</li> </ul>	Seniors from Hamilton and surrounding areas	Contact club for fee schedule information	(905) 540-1240
Club de l'Age d'Or Notre-Dame	Social	<ul style="list-style-type: none"> <li>- Shuffleboard</li> <li>- Cards</li> <li>- Exercise</li> <li>- Dances</li> <li>- Lunches</li> </ul>	Seniors 50+ from the french community in Hamilton and surrounding areas	Membership- \$15/year	(905) 546-3200
Holy Trinity Seniors	Social	<ul style="list-style-type: none"> <li>- Bus trips</li> <li>- Various activities</li> </ul>	Seniors from Hamilton and surrounding areas	Contact club for fee schedule information	(905) 383-2951

Organization	Program	Description	Open to	Requirement	Contact Information
Community of Christ Church Joybringers	Social	<ul style="list-style-type: none"> <li>- Games</li> <li>- Sing-a-longs</li> <li>- Cards</li> <li>- Speakers</li> <li>- Bus trips</li> <li>- Skits</li> <li>- Lunch</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	(905) 385-5440
Philpott Seniors Fellowship	Social	<ul style="list-style-type: none"> <li>- Dominoes</li> <li>- Skip-bo</li> <li>- Scrabble</li> <li>- Shuffleboard</li> <li>- Crokinole</li> </ul>	Seniors 55+ from Hamilton and surrounding areas	Contact club for fee schedule information	(905) 527-4802

## **Specific Cultural Group Activities**

Organization	Program	Description	Open to	Requirement	Contact Information
Canadian Hungarian Senior Citizen Club	Social	<ul style="list-style-type: none"> <li>- Cards</li> <li>- Bingo</li> <li>- Billiard</li> <li>- Social activities</li> </ul>	Seniors 70+ from Hamilton and surrounding areas	None	Laszlo Nagy: (905) 527-4843
Chinese Ethnic Dance Group (Jackson Square)	Social	<ul style="list-style-type: none"> <li>- Participate in various forms of traditional Chinese dance</li> <li>- Thursday afternoon from 12-2pm</li> </ul>	Seniors in Hamilton and surrounding areas	None	(905) 546-3200
Estonian Senior Citizens Club	Social	<ul style="list-style-type: none"> <li>- Chess</li> <li>- Bridge</li> <li>- Crafts</li> <li>- Day trips</li> </ul>	Seniors of Estonian descent from Hamilton and surrounding areas	None	Rev Hannes Aasa: (905) 527-0410

Organization	Program	Description	Open to	Requirement	Contact Information
Hamilton Filipino Community Cultural/Community Centre	Social	<ul style="list-style-type: none"> <li>- Ping Pong</li> <li>- Chess</li> <li>- Scrabble</li> <li>- Zumba Dance</li> <li>- Cooking classes</li> <li>- Adult day program</li> <li>- Computer classes</li> <li>- Various health and wellness workshops</li> <li>- Karaoke and dances</li> <li>- Open Wednesdays from 11-1pm</li> </ul>	Filipino Seniors from Hamilton and surrounding areas	Contact organization for fee and program schedule	Rosalia Viquiera: (905) 578-1171
Hamilton Public Library (Central Branch)	Social	<ul style="list-style-type: none"> <li>- English classes for seniors</li> <li>- LINC level 1 and 2</li> <li>- Every Tuesday and Thursday 9:30-11:30 and tutoring class is every Monday and Wednesday from 9:30-11:30</li> </ul>	Seniors 55+ from Hamilton and surrounding areas	Must be a permanent resident or convention refugee. Must be assessed first to determine eligibility; contact library for more information	(905) 546-3200
Hamilton Public Library (Central Branch)	Social	<ul style="list-style-type: none"> <li>- Tai Chi seniors group</li> <li>- Main participants are Chinese Seniors</li> <li>- Every Monday afternoon from 1-3pm on the 4th floor of the Central Library</li> <li>- Light exercise</li> </ul>	Seniors 50+ from Hamilton and surrounding areas	Contact library for further information	(905) 546-3200

Organization	Program	Description	Open to	Requirement	Contact Information
Hamilton Public Library (Various branches)	Social	<ul style="list-style-type: none"> <li>- Chinese seniors program</li> <li>- Newcomer women's circle</li> <li>- Newcomer information sessions</li> <li>- Programs offered at various branches</li> <li>- Programs vary each month, contact library</li> </ul>	Seniors 50+ from Hamilton and surrounding areas	Contact library for further information	(905) 546-3200
Lithuanian Seniors Club	Social	<ul style="list-style-type: none"> <li>- Card games</li> <li>- Social activities</li> <li>- Choir</li> </ul>	Seniors from Hamilton and surrounding areas	Membership; Contact for fee schedule	
Mutual Ethnic Senior Club	Social	<ul style="list-style-type: none"> <li>- Dinners</li> <li>- Bocce</li> <li>- Sewing</li> <li>- Ping Pong</li> <li>- Tai Chi</li> <li>- Wood working</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	Social	<ul style="list-style-type: none"> <li>- Third Youth Program</li> <li>- Open to Latin American seniors</li> <li>- social interaction, health, learning about Canadian culture and language education</li> </ul>	Open to immigrant and refugee Latin American seniors	None	Maria Valerrama: (905) 523-6611 ext. 2017
Portuguese Support Services for Quality Living	Social	<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 Riberio: (905) 522-4612

Organization	Program	Description	Open to	Requirement	Contact Information
Riverdale Seniors Punjabi Group	Social	<ul style="list-style-type: none"> <li>- Card games</li> <li>- Various activities</li> </ul>	Seniors from Hamilton and surrounding areas	Fee for classes; Contact for more information	Galjit Koura: (905) 664-5511
The Fraternity Hispanic Association	Social	<ul style="list-style-type: none"> <li>- Fraternity cafe second Friday of every month</li> <li>- Computer and guitar classes etc.</li> <li>- Male choir</li> <li>- Various other social events</li> <li>- Most programs/ events take place at St. Charles Adult Education School</li> </ul>	Hispanic Seniors from Hamilton and surrounding areas	Contact organization for fee and program schedule	(289) 689-5563