

2025/2026

DON VALLEY NORTH Seniors Guide



CITY COUNCILLOR

Shelley Carroll 高雪莉

WARD 17 DON VALLEY NORTH

Important Contacts

Organization	Phone Number
Emergencies (Police, Fire, Ambulance)	9-1-1
Toronto Police Non-Emergency	416-808-2222
Toronto Seniors Helpline	416-217-2077
211 Ontario (Social & community services)	2-1-1
City of Toronto	3-1-1
Health811 (Telehealth Ontario)	8-1-1

Letter from Shelley

Dear neighbour,

I'm so pleased to connect with you through my 2025-2026 seniors guide!

Our seniors community here in Don Valley North is vibrant and full of life, and I've had the joy of attending many wonderful seniors events over the years. I know how important it is to have easy access to the services and opportunities that help you stay active, engaged, and connected.

This guide is designed to make that a little easier. Inside, you'll find information on recreation, active living, continuing education and learning, community building, and healthcare - all the services and programs that help make our community stronger and more connected.

I hope you find this guide useful, and please remember that my office is always here to support you. Don't hesitate to reach out whenever you need assistance.

Warm regards,



Shelley Carroll
City Councillor, Ward 17 – Don Valley North



Community Recreation

Community Recreation Centres are places to exercise, learn new skills, and access City-run programs, classes, and social activities. Take a look at the community centres here in Don Valley North:

Community Centre Name	Address	Phone #
Cummer Park	6000 Leslie St.	416-395-7803
Ethennonnhawahstihnen' [et-ta-no-na-wah-STEE-na]	100 Ethennonnhawahstihnen' Lane	416-392-4826
Oriole	2975 Don Mills Road West	416-395-6005
Parkway Forest	55 Forest Manor Road	416-392-6383
Pleasant View	545 Van Horne Avenue	416-395-6006
Seneca Village	1700 Finch Avenue East	416-395-7671

Programs Offered

The City of Toronto offers recreation programs and activities specifically for older adults, including:

- Arts:
 - Crafts & Visual Arts
 - Dance & Line Dance
- General Interest:
 - Computers
 - Cooking
 - Games
- Fitness:
 - Aquatic Fitness
 - Cardio
 - Muscle Conditioning
 - Pilates & Tai Chi
 - Racquet & Paddle Sports
 - Yoga

You can access a full list of programs online at toronto.ca/rec or by calling the Parks & Recreation Client Services Centre at [416-396-7378](tel:416-396-7378). They can answer questions about programming, community centre locations, hours of operation, and assist with program registration.

Seniors Discount

- ➡ Adults aged 60+ enjoy a 50% discount on adult recreation programs. For more information, contact Parks & Recreation Client Services at [416-396-7378](tel:416-396-7378).
- ➡ Residents with low income may be eligible for the Welcome Policy subsidy. Call [416-338-8888](tel:416-338-8888) to have an application form mailed to you.

Outdoor Fitness Parks

Don Valley North is home to several outdoor fitness parks, including a **Seniors Fitness Park** in **Godstone Park** and other outdoor fitness parks at:

- Bellbury Park
(55 Van Horne Ave)
- Pleasant View Park
(61 Pleasant View Dr)
- Parkway Forest Park
(80 Parkway Forest Dr)
- Ruddington Park
(75 Ruddington Dr)
- Shawnee Park
(81 Shawnee Cir)
- Van Horne Park
(561 Van Horne Ave)



Seniors Active Living Centres

There are also many **Seniors Active Living Centres (SALCs)** across Toronto that are run by not-for-profit organizations and offer a variety of programs, groups, and courses for seniors. The closest Seniors Active Living Centre to Don Valley North is **Senior Persons Living Connected** at 3333 Finch Avenue East (Finch & Warden). You can call them at **416-493-3333**. Learn more about Seniors Active Living Centres by calling the Ontario Ministry for Seniors and Accessibility at **1-888-910-1999**.

Learning & Employment

Education Supports: Toronto District School Board Learn4Life

Learn4Life provides a variety of general interest programs for adults and seniors. Seniors (65 and over) receive a 30% discount on course fees. To learn more, visit www.learn4life.ca or call 416-388-4111

Employment Supports: Toronto Employment & Social Services

Toronto Employment & Social Services provides financial benefits through Ontario Works, employment supports, and social supports to people living in Toronto. You can contact the North York location at 416-392-2850.

Volunteering

- ➡ Volunteer Toronto helps local volunteers find opportunities in their community. They can be contacted at 416-961-6888 or info@volunteertoronto.ca.
- ➡ Toronto Public Library has many volunteering opportunities. To learn more call 416-397-5981 or email volunteer@tpl.ca.
- ➡ Call 2-1-1 to find out more about local volunteering opportunities.

Local Organizations

Take a look at the local organizations that provide services and programs catered to seniors in and around Don Valley North:

North York Seniors Centre

Address: 21 Hendon Ave (near Finch and Yonge)

Phone number: 416-733-4111

Services:

- Arts and culture programs
- Fitness Centre and classes
- Health and wellness services
- Lifelong learning classes
- Multicultural social groups
- Recreation and leisure activities
- Special events and travel opportunities



Working Women Community Centre

Address: 5 Fairview Mall Dr

Phone number: 416-494-7978

Services:

- Settlement and integration services for newcomers
- Women's support services
- Culturally sensitive programs

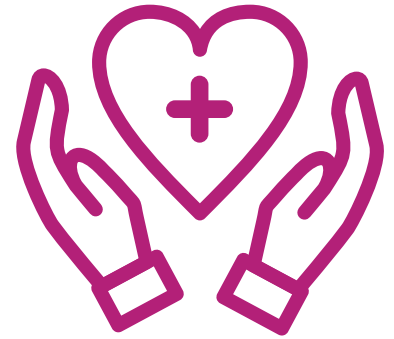
Flemingdon Health Centre: Fairview Health Clinic

Address: 5 Fairview Mall Dr

Phone number: 416-640-5298

Services:

- Free health care services such as medical care, preventative care, health education, and Chiropractic
- Community programs such as arts, fitness, food and nutrition
- Free and confidential 24-hour on-call assistance from staff physicians and residents is available. Call 416-429-4991
- OHIP coverage is not required



Oriole Food Space

Address: 2975 Don Mills Rd W

Phone number: 416-395-6005

Services:

- Community kitchens
- Drop-in food bank
- Workshops
- Farm trips

Don Valley Bible Chapel

Address: 25 Axsmith Crescent

Phone number: 416-491-6421

Services:

- Monthly drop-in meal program

For Meals on Wheels Ontario, call 416-225-6041

Library Services

Toronto Public Library branches give you free access to books, e-books, audiobooks, music, DVDs, and more. You can also enjoy the free use of computers and Wi-Fi, and join computer classes to develop your technology skills.

Free programs and workshops are also available, covering everything from Aging Well in Toronto to Seniors Socials. Here's a listing of libraries in Don Valley North:



Library Branch	Address	Phone #
Ethennonnhawahstihnen' [et-ta-no-na-wah-STEE-na]	100 Ethennonnhawahstihnen' Lane	416-395-5460
Fairview	35 Fairview Mall Drive	416-395-5750
Hillcrest	5801 Leslie Street	416-395-5830
Pleasant View	575 Van Horne Avenue	416-395-5940

Home Library Services

Toronto Public Library offers this service to Toronto residents who are homebound for three months or longer due to age, mobility, illness, or disability. Customers receive a free monthly delivery of up to 20 items, including books, large print books, magazines, CDs, DVDs, and audiobooks.

Computer, Internet & Digital Services

Computers with internet access and Microsoft Office software can be booked up to three days in advance. You can reserve a computer by calling the branch of your preference. Our [Fairview Library](#) branch also has a Computer Learning Centre where you can improve your computer skills.

How to get a Library Card

To get a library card that allows you to borrow both physical and digital materials, you will need to visit a library branch with valid and current name and address identification.

To be eligible for a library card you need to live, work, go to school, or own property in the City of Toronto.



Health Care

Seniors Health Services (City of Toronto)

- ➡ **Homemakers and Nurses Services** is a community-based program operated by the City that provides homemaking services (light housekeeping, laundry, shopping, and/or meal preparation) to individuals with limited financial resources who require assistance with household activities. To get more information on eligibility and how to apply, call **416-392-8579**.
- ➡ The **Seniors Dental Program** provides free dental care for seniors 65+ at Toronto Public Health Dental Clinics if eligible through the Ontario Seniors Dental Care Program. For more information on how to apply for this program, contact the Ontario Seniors Dental Care Program at **416-916-0204** or Toronto Public Health at **416-338-7600**.
- ➡ There are a number of helplines that can support seniors with their **mental health**, including:
 - 211 Central: 2-1-1
 - Toronto Seniors Helpline: 416-217-2077
 - A Friendly Voice: 1-855-892-9992
 - Distress Centres of Greater Toronto: 416-408-4357

Provincial Programs

Ontario Drug Benefit (ODB)

The **Ontario Drug Benefit** covers most of the cost of approximately 5,000 prescription drug products.

Seniors automatically qualify for the Ontario Drug Benefit (ODB) when they turn 65 years old. It is possible to qualify for the ODB prior to turning 65 depending on your health and income. To learn more, call 416-503-4586 or email seniors@ontariodrugbenefit.ca.



Trillium Drug Program

The **Trillium Drug Program** can help Ontario residents who have high prescription drug costs and who are not eligible for the Ontario Drug Benefit. To learn more and to apply, call 416-642-3038 or email trillium@ontariodrugbenefit.ca.

Assistive Devices Program

The **Assistive Devices Program** helps people with long-term physical disabilities pay for customized equipment, like wheelchairs and hearing aids. To qualify, you must be an Ontario resident, have a valid Ontario health card, and have a disability requiring the equipment or supplies for six months or longer. Call 416-327-8804 to learn more.

Call 8-1-1 for more info on Provincial Health Programs

Housing

Access to Housing (Subsidized Housing)

Access to Housing, formerly known as Housing Connections, coordinates a Centralized Waiting List and assesses eligibility for Rent-Geared-to-Income (RGI), or subsidized housing. For more information on eligibility and how to apply, call Access to Housing at **416-338-8888**.

The Housing Help Centre

The **Housing Help Centre** works with both individuals and families in the City of Toronto to find and maintain affordable, safe housing. They provide a range of housing services, including mediating between tenants and landlords, preventing evictions, and providing referrals for other services. You can reach the Housing Help Centre at **416-285-5410**.

Property Tax & Utility Relief Programs

The City of Toronto offers relief programs to help low-income seniors with their property taxes, water bills, and solid waste bills. Eligibility is dependent on household income. To learn more about the program and apply, call **3-1-1**.



Supports for Tenants

RentSafeTO

Access my tenant guides at
shelleycarroll.ca/resources#housing

RentSafeTO: Apartment Building Standards is a bylaw enforcement program that ensures apartment building owners and operators comply with building maintenance standards. The program applies to apartment buildings with three or more storeys and 10 or more units. You can contact RentSafeTO by dialing 3-1-1.

Willowdale Community Legal Services

Willowdale Community Legal Services (WCLS) is a community legal clinic located at 245 Fairview Mall Dr that provides free legal assistance to low-income residents in our community. They provide free legal service in a number of areas, including housing and tenant rights, Old Age Security, Canada Pension Plan, and more. You can contact WCLS at 416-492-2437.

Long-Term Care Homes

Long-term care homes provide 24-hour nursing and personal care and help with daily activities. All applications and admissions to long-term care homes are arranged by Home and Community Care Support Services organizations, and they will help you along the way. To learn more, call 310-2222 (No area code).



Transportation

Toronto Transit Commission (TTC)

Mobility and access to safe and accessible travel in Toronto is important for all seniors. This page provides you with some information on how to access the TTC and what specific programs and supports are available for seniors.

Seniors Fare Discount

Seniors over the age of 65 enjoy discounted TTC single fares and monthly passes. You will need to carry appropriate identification and present it to TTC staff upon request. You can use a government-issued photo ID, such as a Driver's License or the Ontario Photo Card.

Adding Seniors Discount to Presto

- ➡ You can purchase a Presto Card at any fare vending machine in all subway stations or at a Shoppers Drug Mart.
- ➡ Visit a Shoppers Drug Mart and ask to set your Presto card to "senior". You will need to provide government-issued photo ID.
- ➡ Proceed to tap for just one trip or buy a monthly pass at a discounted price.

TTC Wheel-Trans

Wheel-Trans is a shared ride that provides a safe, reliable, and accessible transportation option for persons with disabilities to travel with freedom and dignity. It connects customers to a subway station or bus stop and includes accessible buses, contracted accessible taxi minivans, and sedan taxis. Service is provided anywhere within the City of Toronto under the regular TTC fare structure.

How to Access Wheel-Trans

- ➡ Call **416-393-4111** to check your eligibility and request an application form. Call my office if you need help getting a form. A healthcare practitioner will need to sign a section of the form.
- ➡ Applications can be submitted by email at **wteligibility@ttc.ca**, by fax to **416-338-0126**, by mail to **Wheel-Trans, 580 Commissioners Street, Toronto, ON M4M 1A7**, or by using the Wheel-Trans Self Registration Portal at **portal.ttc.ca**.

Wheel-Trans Travel Training Program

A free Travel Training Program for all Wheel-Trans customers who are required to take conventional transit. The program offers an in-person session with a travel trainer who will help you navigate your trip using the TTC's accessible buses, streetcars and/or subways. To sign up, call **416-472-2393** or email **traveltraining@ttc.ca**.



Driving

Senior Driver's License Renewal Program

This program aims to keep seniors driving for as long as they can safely do so. Once drivers reach 80 years of age, every two years they must:

- ➡ Take a vision test
- ➡ Undergo a driver record review
- ➡ Participate in a 45-minute Group Education Session and during the session, complete two brief non-computerized in-class screening assignments
- ➡ If necessary, take a road test



If you have questions about the renewal program, please call **1-800-396-4233** or **416-235-3579**.

Accessible Parking Permit

This permit allows a person with a disability to park their vehicle in an accessible parking space. To be eligible, you need to have: a health condition that meets the eligible health conditions, and authorization from a healthcare practitioner to be eligible for an accessible parking permit. To inquire about eligibility and apply for this permit, call **1-800-387-3445**.

Scams & Elder Abuse

Preventing Financial Frauds and Scams

- Keep personal documents safe and secure
- Never share passwords, PINs, or bank cards
- Shred bills and statements that contain personal information
- Do not click on pop-up windows or respond to email with attachments if you do not recognize the sender
- Use Caller ID and don't answer calls from unknown numbers
- Be suspicious of anyone who accidentally sends you money
- Ask for ID before hiring service providers or salespeople at the door

Reporting Fraud and Scams

- Canada Anti-Fraud Centre: 1-888-495-8501
- Toronto Police Service Non-Emergency: 416-808-2222 or *TPS (*877)

Elder Abuse

Elder Abuse takes many forms. Recognize warning signs such as sudden changes in behaviour, living arrangements or financial circumstances, and familiarize yourself with supports:

- Police Emergency: 9-1-1; Non-emergency: 416-808-2222 or *TPS (*877)
- Toronto Seniors Helpline: 416-217-2077
- Seniors Safety Line: 1-866-299-1011

CITY COUNCILLOR

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WARD 17 DON VALLEY NORTH



Contact Shelley



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