

INGERSOLL SERVICES FOR SENIORS



**WELCOME**

**MAILING AND STREET ADDRESS**

250 Ingersoll St. S.  
Ingersoll, On.  
N5C 3J7

**Telephone:**  
519-485-2269

**Fax:**  
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519-485-2269

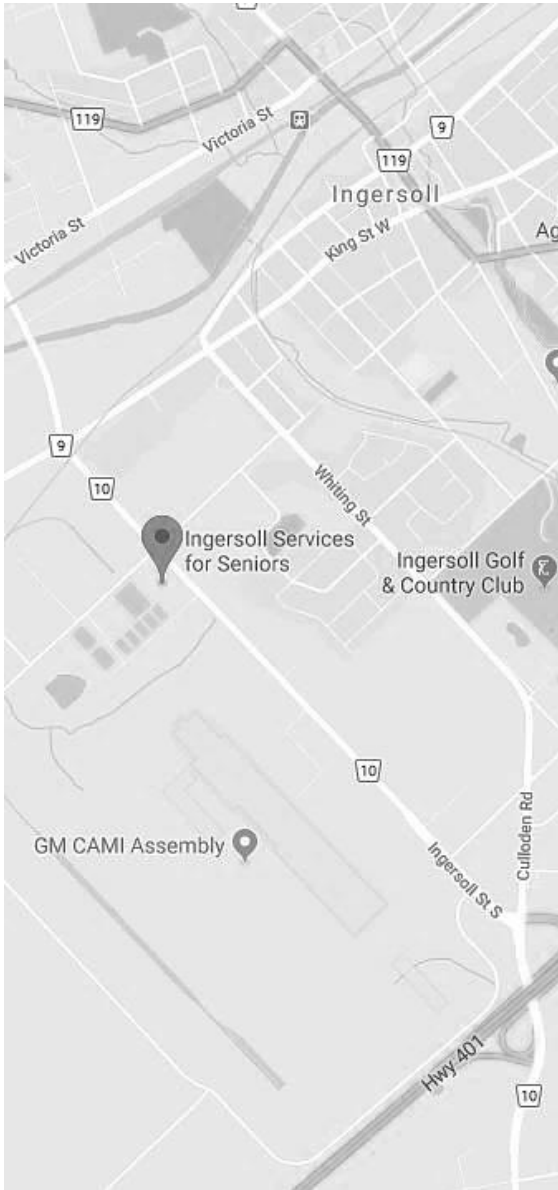
**Ingersoll**

SERVICES FOR SENIORS

250 Ingersoll St. S. Ingersoll, On. N5C 3J7



Monday to Friday 8:30 am – 4:30 pm



Immediately north of Cami Assembly plant on Ingersoll St. S.  
Near the intersection of Ingersoll St. & Thomas St.

## TRANSPORTATION

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### **Small Fee for Service**

Need a ride? Ingersoll Services for Seniors provides transportation to older adults in Ingersoll and surrounding areas. We provide rides to and from appointments, errands, shopping and wherever else you need to go. We have reasonable rates and reliable friendly drivers. 3 days' notice preferred.

### **ASSISTIVE DEVICE LOAN PROGRAM**

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#### **FREE**

Do you or someone you know require assistive devices? Items may include walkers, wheelchairs, bath seats, canes & more. Please call for details or more information.

519-485-2269

*We also welcome donations of used medical equipment / assistive devices for our program.*

## HELP WITH FORMS

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**FREE**- by appointment.

We also carry CPP, OAS, GIS and Passport forms and have access to other government forms.

### **TELEPHONE REASSURANCE**

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Security checks can make all the difference to an individual alone at home. If you or a loved one would like to talk with a friendly volunteer once a day or once a week, give us a call and we can set you up!

## MEAL PROGRAMS

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### **Frosty Meals -**

These meals meet Canada's food guide recommendations and use only the best ingredients. All diet types including gluten free, sodium reduced, lactose free, diabetic and modified texture. A selection of over 30 entrees and 10 soups/desserts! Discount pricing available when purchasing 7 entrees

**Meals on Wheels** – Hot meals delivered to your home Monday to Friday at noon by a friendly volunteer.

### **75+Diners Club**

Enjoy a home cooked meal along with entertainment or informative programming. Meet once a month at various wheelchair accessible locations in town.

### **Wednesday Lunch**

Visit us Wednesdays for a hearty lunch, including coffee and dessert \$8.00 No tip, No tax. Please call by Tuesday for reservations.

CALL - 519-485-2269

### **GROCERY BUDDY**

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Looking for a friend to go shopping with? Let one of our friendly volunteers pick you up and shop with you. They will even carry the bags in for you.

### **ASSISTED LIVING**

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Assisted living programs provide services to people who require daily personal support and essential homemaking to live independently.

Clients must meet eligibility requirements. For more information please call 519-485-2269

## INCOME TAX PROGRAM

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Free tax program that runs March 1 to June 1st. Eligible individuals are those who have a modest income and a simple tax situation. We have arranged for volunteers to complete income tax and benefit returns. You must have all your receipts and tax information for the year and fill out two of our forms. Please call the Centre for more details.

### **G.R.O.W. PROGRAM**

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The Gardening, Recreation, Outreach, Wellness club is a FREE program. Physical and financial barriers are the main contributors in withdrawal from social and recreational programs in older adults. This program aims to remove these barriers, while providing mental stimulation and social interaction.

G.R.O.W club takes place very Tuesday morning from 10:00am to 11:30am. We will pick you up and bring you home safely.

For more information or to come out and give it a try, call 519-485-2269.

### **FOOT CARE CLINIC**

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Join us on Tuesday 8:30 am to 4 pm or Friday mornings from 8:30 to 12 noon (1/2-hour appointments). Call 519-485-2269 for an appointment.

### **HANDYMAN/HANDMAID SERVICE**

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Small fee for service

Help with daily tasks such as grocery shopping, yard work, general maintenance, companionship and house cleaning.

*We welcome anyone who is interested in being on our Handyman/Handmaid list to stop in and pick up an application.*