

Social Participation Resource Guide

For older adults aged 55+
in the City of Hamilton.

This guide was developed
by the City of Hamilton



Hamilton

Social Participation



About the Age-Friendly plan

Seniors are the fastest growing age demographic world-wide. In Hamilton, there are 167,170 adults age 55+ which represents 30% of the population and over the next two decades this number is expected to double.

Hamilton's Plan for an Age-Friendly Community (2021-2026) was launched in April 2021 and like Hamilton's first plan, is a guide for municipal decision-making and stakeholders.

Vision

All residents of Hamilton are respected in community life regardless of age, ethnicity, race, gender, ability and background. Policy and planning engages residents, reflects diversity, fosters social connectivity and provides the opportunity for active living and aging in place.

For more information on the 7 goals, 21 objectives, and 61 actions, visit: hamilton.ca/agefriendly

Table of Contents

Importance of Social Participation	4
Risks to lack of connection and isolation.....	5
Ways to Participate!	
Organized Recreation.....	7
Neighbourhood & Community Groups	27
Community Workshops & Skill Building.....	37
Arts & Cultural Programs	41
Volunteerism & Giving Back.....	45

Disclaimer: As best as can be determined, all information in this publication is correct at the time of printing. Reproductions of any part of the publication, in any format, is forbidden without the express authorization of the City of Hamilton.

Accessibility: The City of Hamilton is committed to ensuring the inclusion of individuals with disabilities. If you require accommodations, assistance for participation, program modification, or require part of this publication in an accessible format, please contact accessiblerec@hamilton.ca.

Created in: February 2023



Social Participation

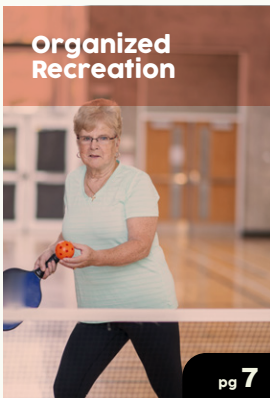
Importance of Social Participation

Social connections play an important role in healthy aging. One cannot overestimate the importance of social connections in our lives.

Social participation can be understood as “a person’s involvement in activities that provide interaction with others in society or the community”. Opportunities for social participation and connecting with others are critical to physical, mental and emotional well-being.

Older people have a variety of interests and needs. There are many opportunities to participate in leisure, social, cultural, spiritual and recreational activities.

This resource guide is organized with the following sections:



Risks to Lack of Connections and Isolation

Lack of social connections increase the risk of social isolation and loneliness leading to much poorer physical and mental health, increasing the risk of a variety of diseases and premature mortality. There is evidence to suggest that lack of social connections is comparable to health risks such as smoking, alcohol use disorder, obesity, physical inactivity and lack of access to care. Some research has shown that engaging older adults in community and social groups can lead to positive mental health effects and reduce feelings of loneliness.

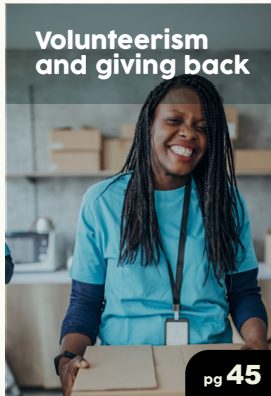
The pandemic has highlighted the negative impacts on seniors' health and well-being that emerged after months of being apart from family and friends and absent from in-person social and recreational activities.

Arts and cultural programs



pg 41

Volunteerism and giving back



pg 45

“To be the best place to raise a child and age successfully.”

City of Hamilton
Vision

Social Participation



“Social connections play an important role in healthy aging.”



A woman with short blonde hair and glasses, wearing a light blue t-shirt and black pants, is playing pickleball. She is holding a blue paddle in her right hand and an orange pickleball in her left hand. She is standing on a wooden floor with a white net in front of her. The background is a blurred indoor setting with large windows and a door.

Organized Recreation

At various Recreation
Facilities and Senior
Centres across Hamilton.

City of Hamilton Recreation & Senior Centres
Phone: 905-546-3747 Website: [hamilton.ca/recreation](https://www.hamilton.ca/recreation)

Ancaster Senior Achievement Centre (ASAC)

Address: 622 Alberton Rd South, Alberton, ON L0R 1A0

Phone number: 905-546-2999



Service Information:

Membership Required:

City of Hamilton
Senior Centre
Membership

Features:

- 3 Outdoor Pickleball courts
- Cafe and Social space
- Garden space
- Woodshop
- Gymnasium
- Court sports
- Library

Programs Offered:

- Cards and games
- Arts and crafts
- Music and dance
- Fitness
- Special events

Flamborough Senior Centre

Address: 163 Dundas St East, Waterdown, ON L8N 2Z7

Phone number: 905-546-2424 ext. 6315



Service Information:

Membership Required:

City of Hamilton
Senior Centre
Membership OR
Flamborough
Senior Club Card

Features:

- 2 multi purpose spaces
- Adjacent library and information services
- Kitchenette

Programs Offered:

- Cards and games
- Arts and crafts
- Music and dance
- Woodcarving
- Fitness
- Social groups
- Special events

Sackville Hill Senior Centre

Address: 780 Upper Wentworth St, Hamilton, ON L9A 4V5

Phone number: 905-546-2541



Service Information:

Membership Required:

City of Hamilton
Senior Centre
Membership

Features:

- Billiards room
- Woodshop
- Gymnasium
and court sports
- Library
- Social space
with hearing loop

Programs Offered:

- Cards and
games
- Arts and crafts
- Music and
dance
- Fitness
- Special events

Dundas Senior Citizen's Club

Address: 10 Market St South, Dundas, ON L9H 5G4

Phone number: 905-546-2424 ext. 2260



Membership Required:
Dundas Club Card

Programs Offered:

- Cards and games
- Billiards
- Fitness and dance
- Special events and socials

Main Hess Senior Centre

Address: 200 Jackson St. North, Hamilton, ON L8P 4R9

Phone number: 905-546-3747



Membership Required:
Main Hess Club Card

Programs Offered:

- Cards and games
- Special events and socials
- Meals

Organized Recreation

Rosedale Senior's Club

Address: 100 Greenhill Ave, Hamilton, ON L8K 6M4

Phone number: 905-540-5320



Membership Required:
Rosedale Club Card

Programs Offered:

- Cards and games
- Special events and socials

Warden Senior Club

Address: 1655 Barton St East, Hamilton, ON L8H 3C3

Phone number: 905-546-4256



Membership Required:
Warden Club Card

Programs Offered:

- Cards and games
- Fitness
- Special events and socials

Club 60 Citizen's Club

Address: 6 King St West, Stoney Creek, ON L8G 1G8

Phone number: 905-664-6110



Membership Required:
Club 60 Club Card

Programs Offered:

- Cards and games
- Special events and socials

Winona Senior's Club

Address: 1239 Hwy 8, Stoney Creek, ON L8E 5G8

Phone number: 905-643-4563



Membership Required:
Winona Club Card

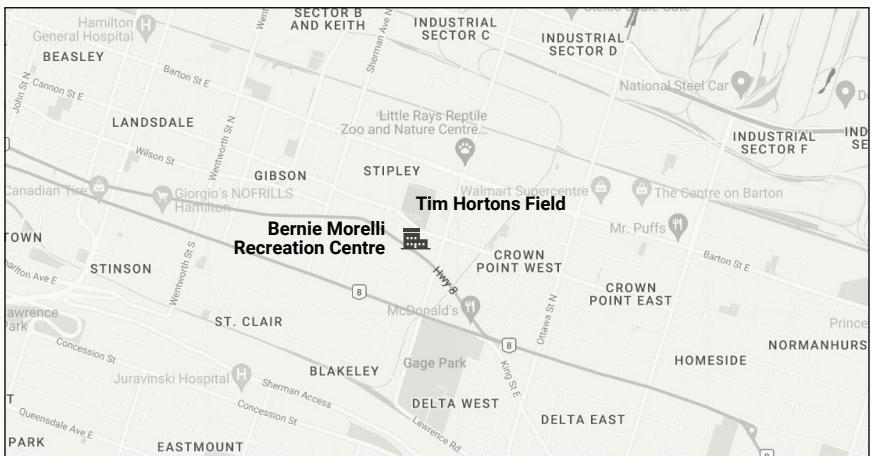
Programs Offered:

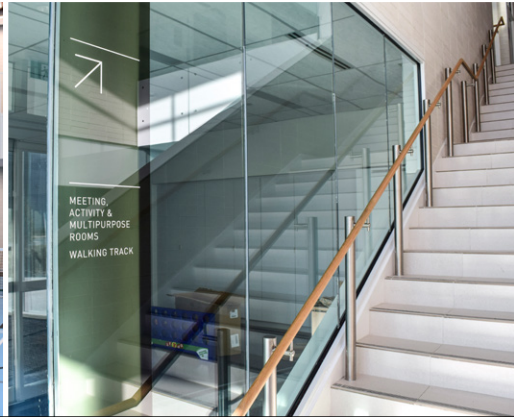
- Cards and games
- Billiards
- Fitness and dance
- Special events and socials

FEATURED RECREATION CENTRE

Bernie Morelli Recreation Centre

876 Cannon St E, Hamilton, ON L8L 0C6





Service Information:

Phone number: 905-546-2424 ext. 4150

Membership Required:
Membership or daily admission options available

Features:

- Dedicated seniors space
- Walking track
- Leisure pool
- Cafe and social space
- Studio
- Gymnasium

Programs Offered:

- Socials and games
- Fitness programs
- Drop-in Swim and Gym
- Drop-in 55+ space

Organized Recreation

Other City of Hamilton Facilities



Organized Recreation



Service Information:

General Phone: 905-546-3747

Membership Required:

Membership or
daily admission
options available

Services Offered:

- Drop in skate and 55+ shinny programs
- Swim & Gym programs,
- Registered and instructed programs
- Workshops and events
- Community rentals,
- Walking track (G.L. Grightmire Arena),
- Golf greens and tournaments

General Info: hamilton.ca/recreation

Drop In information: hamilton.ca/dropin

Registered program info: hamilton.ca/registration

Organized Recreation



Seniors' Centre Without Walls

Seniors' Centre without Walls Phone-in Recreation Program

Phone number: 905-526-4084

Email: scww@hamilton.ca

Website: hamilton.ca/scww

Service Information:

Cost:

FREE

Features:

- Multi person conference calls
- No special equipment required
- Free for Hamilton residents 55+

Programs Offered:

- Fitness
- Art
- Brain Games
- Special Guests
- Workshops

Ontario 
Ministry for Seniors
and Accessibility



Recreation Assistance Program

The Recreation Assistance Program provides City of Hamilton residents living with a low income the opportunity to participate in recreation programs.

Program Benefits For Seniors: (one of)

75% off an Annual Participation Pass

75% off an Annual Skating Pass

50% off an Annual Waterfit Pass

How to Apply: Complete application form and provide proof of family income and home address in Hamilton

Phone number: 905-546-2424 ext. 4569

Email: rap@hamilton.ca

Website: hamilton.ca/RAP

Organized Recreation

YWCA Active Living Centre 55+

Address: 75 MacNab St South, Hamilton, ON L8P 3C1

Phone number: 905-522-9922

Website: ywcahamilton.org



Service Information:

Membership Required:

Senior Centre Membership (purchased at City of Hamilton Senior Centres or YWCA locations)

Features:

- Fully accessible
- Wifi
- Older Adult dedicated space

Programs Offered:

- Social, educational and wellness opportunities
- Cards and Games
- Art programs
- Technology lessons
- Pickleball
- Fitness

Ontario 
Ministry for Seniors
and Accessibility



Putman Family YWCA

Address: 52 Ottawa St North, Hamilton, ON L8H 3Y7

Phone number: 905-522-9922 ext. 541

Website: ywcahamilton.org



Service Information:

Membership Required:

Senior Centre Membership (purchased at City of Hamilton Senior Centres or YWCA locations)

Features:

- Fully accessible
- Wifi
- Courtyard
- Social spaces
- Technology library

Programs Offered:

- Cards and Games
- Arts and crafts
- Dance
- Fitness
- Special events

Organized Recreation

LES CHATER YMCA

Address: 356 Rymal Rd East, Hamilton, ON L8B 1C2

Phone number: 905-667-1515

Website: ymcahbb.ca



Service Information:

Membership Required:

YMCA membership required

Features:

- Gymnasium
- Fitness Centre
- Pool
- Cafe
- Steam Room
- Sauna

Programs Offered:

- Fitness Classes and Coaching
- Swimming Lessons
- Certification Programs



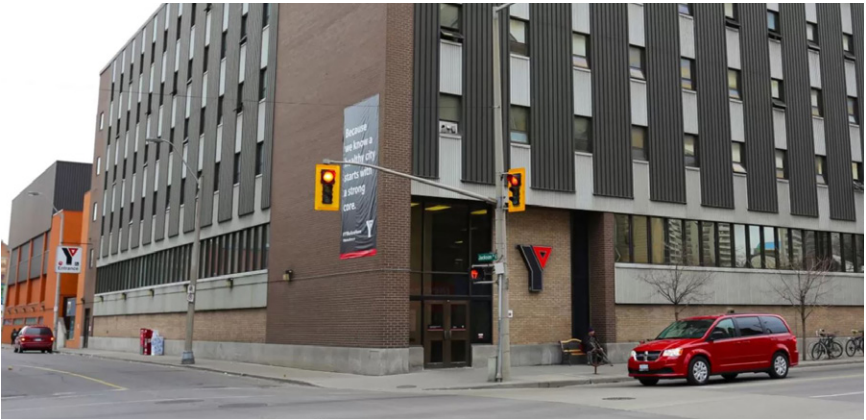
**YMCA of
Hamilton | Burlington | Brantford**

Hamilton Downtown Family YMCA

Address: 79 James St South, Hamilton, ON L8P 2Z1

Phone number: 905-529-7102

Website: ymcahbb.ca



Service Information:

Membership

Required:

YMCA
membership
required

Features:

- Gymnasium
- Fitness Centre
- Pool
- Racquetball/
Squash /
Handball Courts
- Sauna
- Indoor Track



**YMCA of
Hamilton | Burlington | Brantford**

Organized Recreation

Flamborough Family YMCA

Address: 207 Parkside Dr, Waterdown, ON L0R 2H1

Phone number: 905-690-3555

Website: ymcahbb.ca



Service Information:

Membership Required:

YMCA
membership
required

Features:

- Gymnasium
- Fitness
Centre
- Cafe
- Steam Room

Programs Offered:

- Group Fitness
Classes



YMCA of
Hamilton | Burlington | Brantford



NOMINATE A SENIOR
FOR THE

**SENIOR OF THE
YEAR AWARDS**



Senior of the year awards

Recognizes and celebrates citizens aged 65+ who have voluntarily contributed to the social, cultural, or civic life of the community. Nominations can be submitted April-June each year with event celebrated in October.

Phone: 905-546-2424

Website: hamilton.ca/seniorsawards



Organized Recreation



Senior's kickoff event

This event takes place in June, which is Senior's months. Exhibitors from various sectors provide information on programs and services for seniors. Presentations are facilitated on topics related to seniors.

Phone: 905-546-2424 **Website:** hamilton.ca/seniors



Senior 55+ Games

The district 22 Senior Games is welcoming and inclusive of all Hamilton/Wentworth 55+ athletes looking to join in friendly local competition with the opportunity to progress to Provincial and National competitions.

For more information please email:
district22hamiltonwentworth@gmail.com

Neighbourhood and Community Services

Explore your City and discover something new in your neighbourhood.

Information on:

- Getting Around Hamilton
- Parks and Trails
- Community Supports
- Staying Safe



Neighbourhood and Community Services



City of Hamilton Transportation services

Accessible Transportation Services (ATS)

Eligibility for DARTS/Taxi
hamilton.ca/ATS

Trans-Cab On-demand service

Serving Stoney Creek
and Glancaster
hamilton.ca/transcab

HSR myRide

Serving on-demand service
in Waterdown
hamilton.ca/HSRmyRide

PRESTO information

hamilton.ca/PRESTO

Information about (Re)envision the HSR

Community input
to reconfigure our
transit network
hamilton.ca/myHSR

Information and Customer Service Line

905-527-4441

Neighbourhood and Community Services

City of Hamilton parks, trails & amenities

The City of Hamilton has an interactive map to find parks, amenities, trails and green spaces in your neighbourhood. Use this map to filter by specific park features, including:

- Wifi
- Washrooms
- Shaded Areas
- Benches
- Walking Trails
- Courts
- Fields and diamonds
- Bocce Courts
- Lawn Bowling

Website: hamilton.ca/parkfinder **Phone:** 905-546-2424

INTERACTIVE MAPPING

HAMILTON'S PARKFINDER

Search for parks by location, or filter parks by a particular amenity. This information is up-to-date and allows residents to find parks with amenities that are important to them.

Park Finder

Parks Near Me

Search for an address or locate on map

Hamilton

Show results within 1 Kilometers

0 15

Select filters to apply

Parks	(21)
Hamilton Court House , 50 Main St.	0 km
Gore Park , 1 Hughson St. S.	0.17 km
Hunter Street General Open S	0.2 km
Whitehern , 41 Jackson St. W.	0.35 km
Ferguson Station , 244 King St. E.	0.47 km
York Blvd Parkette , 12 York Blvd.	0.52 km

Neighbourhood and Community Services



Municipal golf courses

The City of Hamilton operates 2 municipal golf courses with tee times, leagues/tournaments, and clubhouses (featuring an off-season disc golf course).

Discounted rates for seniors available.

Phone: 905-521-3970

Email: golf@hamilton.ca

Website: hamilton.ca/golf

Neighbourhood and Community Services

Neighbour 2 Neighbour

28 Athens St.
Hamilton, ON L9C 3K9

Phone: 905-574-1334 ext.200

Email: admin@n2ncentre.com

Website: n2ncentre.com

- Emergency Foodbank
- Fresh Produce Affordable Market
- Community Gardens
- Community Kitchens
- Senior Wellness and Fitness Programs
- Help with Electricity Bills
- Newcomer Settlement Services
- Community Counselling
- Education Programs and Workshops

Community Food Centre:

310 Limeridge Rd. West Unit 10.
Hamilton, ON L9C 2V2

NEIGHBOUR
— 2 —
NEIGHBOUR



HAMILTON
community food centre



Neighbourhood and Community Services



Ancaster Community Services

300 Wilson St East, Ancaster, ON L9G 2B9

Phone: 905-648-6675

Website: ancastercommunityservices.ca

- Shopping 4 Seniors
 - Transportation Services
 - Meal and Food Assistance Programs
-

Dundas Community Services

2 King St West, Suite 3A Dundas, ON L9H 6Z1

Phone: 905-627-5461

Website: dundascommunityservices.on.ca

- Meal and Food Assistance Programs
- Transportation Services
- Friendly Visits/Calls
- Caregiver Support and Education

Neighbourhood and Community Services

Flamborough Connects

163 Dundas St. East Hamilton, ON L8N 2Z7

Phone: 905-689-7880

Website: flamboroughconnects.ca

- Information and referrals
 - Shopping and driving services
 - Snow Angels
 - Education series
 - Income Tax Program
 - Fitness classes
-

Glanbrook Community Services

4280 Binbrook Rd. Binbrook, ON L0R 1C0

Phone: 905-692-3464

Website: glanbrookcommunityservices.ca

- Information and Referrals
- Congregate Dining and Food Assistance Programs
- Fitness & Footcare Programs
- Transportation Services



Neighbourhood and Community Services



Phone: 905-546-3200

Email: askhpl@hpl.ca

Website: hpl.ca

Hamilton Public Library (HPL)

Branch locations and hours: hpl.ca/hours

Ancaster Branch

Barton Branch

Binbrook Branch

Bookmobile

Carlisle Branch

Central Library

Concession Branch

Dundas Branch

Freelton Branch

Greensville Branch

Kenilworth Branch

Locke Branch

Lynden Branch

Mount Hope Branch

Parkdale Branch

Red Hill Branch

Saltfleet Branch

Sherwood Branch

Stoney Creek Branch

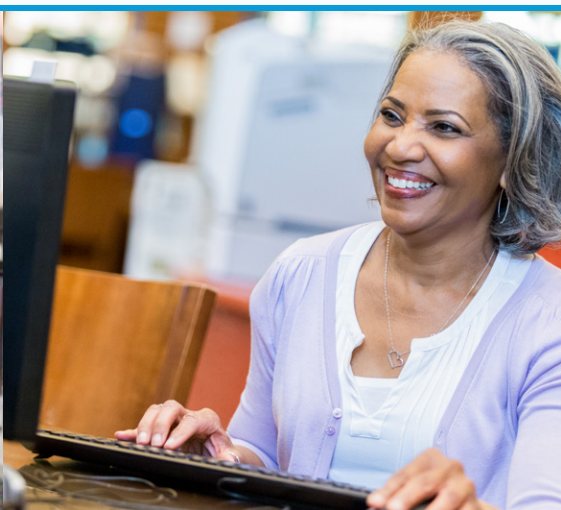
Terryberry Branch

Turner Park Branch

Valley Park Branch

Waterdown Branch

Westdale Branch



Neighbourhood and Community Services

Service Information for Older Adults:

Membership Required:

Library cards are free to anyone living, working or studying in Hamilton

Services:

- Borrow books/CDs/Games
- Large print
- eBooks and audio books
- Music and movies
- Workshops and Classes
- Print/Copy/Scan services
- Jobs support
- Book clubs
- Digital magazines

Equipment:

- eReaders
- Computer and Internet access
- iMac stations
- Music recording
- 3D printers

Red Book Community Information for seniors

Website: seniorshamilton.ca

Website: redbook.hpl.ca

- Staying active
- In home services
- Driving and transportation
- Government financial aid
- Housing options
- Mental health information
- Protecting vulnerable older adults



Neighbourhood and Community Services



United Way
Halton & Hamilton

United Way

United Way Halton & Hamilton has a profound impact on our community, ensuring an essential network of programs and services work together to achieve lasting, positive change for the most vulnerable people. In keeping with their mission to improve lives, build community and ignite action, United Way has released a resource guide to help older adults access local programs and services in partnership with local labour partners.

For a list of senior's services funded by United Way Halton & Hamilton, visit: togetherstronger.ca/agencies-and-programs

Caring for Community booklet

Check out the Caring for Community booklet that works to support older adults and their caregivers by providing information on local programs and services. The guide also includes a supplementary booklet to assist individuals in keeping track of important information in case of an emergency.



Digital booklet download at: uwhh.ca

Community Workshops and Skill building

Attend a workshop to learn new skills and meet community members.



Community Workshops and Skill Building

Hamilton Council on Aging

Our mission is to advance positive aging – promoting the health, well-being and social participation of ALL older adults

coahamilton.ca



Free educational workshops to support positive aging and wellbeing:

- Navigating healthcare system
- Let's Get Moving (Bus, Bike, Car, Walk series)
- Positive Aging

Information and resources for:

- Age Friendly Hamilton
- Social Inclusion
- Improving Access for Seniors
- Eliminating Elder Abuse

Volunteer opportunities

McMaster Optimal Aging Portal

By McMaster University

mcmasteroptimalaging.org



Information on:

- Supportive homes and communities
- Mobility and transportation
- Healthcare and health service delivery
- Healthy lifestyle and wellness
- Staying connected
- Autonomy and independence
- Cognitive health and dementia
- Financial wellness and employment

Community Workshops and Skill Building

The Older Adult Centres' Association of Ontario (OACAO)

Is a recognized leader in the development of quality services, resources and support for our network of community-based older adult centres.

oacao.org

OACAO

The Voice of Older Adult Centres
La voix des centres pour aînés

Programs such as:

- Seniors' Centre Without Walls
- Links2Wellbeing - Social Prescribing for Older Adults Project
- OACAO Awards Program

Events:

- Regional workshops and webinars
- Senior Active Living Fairs
- Aging Well Conference

Resources on:

- Engaging Baby Boomers
- Health and Wellness and Flu Awareness
- Fundraising Governance
- Volunteer Management

Active Aging Canada

Support lifelong healthy active aging of adult Canadians through participation, education, research, and promotion.

activeagingcanada.ca

Resources on:

- Be Wise, Cannabis and Older Adults
- Active Living Tip Sheets
- Mall Mover and indoor mall walking
- Personal Passport to Healthy Living
- Toolkit and Guidebook for healthy living workshops

Community of Practice and information for practitioners



Community Workshops and Skill Building

Hamilton Police Services

For Emergencies
Call 911

Non Emergencies
Call 905-546-4925

hamiltonpolice.on.ca



Seniors support officers are available to assist with:

- Fraud and criminal matters
Scams
- Work with community agencies to address quality of life issues
- Investigate neglect, abuse, and crimes against seniors
- Presentations on scams, abuse, frauds, and personal safety

Hamilton Fire Department

For Emergencies
Call 911

Non Emergencies
Call 905-546-3333

hamilton.ca/fire



STRONG
for **YOU**

Alarm and Ready Program

- Assistance with installing smoke alarms in your own home
- 905-546-3382

Education and Presentations

- Fire Safety Presentations
- Public Events
- 905-546-2424 ext. 1380

Working with community services and other agencies to ensure a safe living environment for seniors



Arts, Culture and Learning Programs

Learn something new and visit
the many museums and
heritage sites in Hamilton

Arts, Culture and Learning Programs

Hamilton Culture and Tourism



Phone: 905-521-3168

Email: museums@hamilton.ca

Website: hamilton.ca/museums

Museum Locations:

- Battlefield National Historic Site
- Dundurn National Historic Site
- Fieldcote Memorial Park & Museum
- Griffin House National Historic Site
- Hamilton & Scourge National Historic Site
- Hamilton Children's Museum
- Hamilton Museum of Steam & Technology National Historic Site



Interactive map of museums and virtual tours:

hamiltoncivicmuseums.ca/museums

hamilton.ca/things-do/hamilton-civic-museums/virtual-tours

Hamilton Art Council



Address: 115 King St. East,
Hamilton, ON L8N 1A9

Phone: 905-481-3218

Website: hamiltonartscouncil.ca

- Fostering a diverse arts community
- Events and Workshops
- Music and Artist series
- Awards and Professional Development programs

Arts, Culture and Learning Programs



Art Gallery of Hamilton

Art Gallery of Hamilton (AGH)

Address: 123 King St West, Hamilton, ON L8P 4S8

Phone: 905-527-6610 ext. 273

Email: artsale@artgalleryofhamilton.com

Website: artgalleryofhamilton.com

The AGH is renowned for presenting outstanding exhibitions and complementary programming for visitors of all ages. There is so much to see and experience.

In addition to AGH Tours and AGH Talks, the Gallery offers studios for adults and kids, family activities, festival programming, performances, and more.

Membership: Available but not required



Arts, Culture and Learning Programs

McMaster University

1280 Main St West
Hamilton, ON
L8S 4K1

mira.mcmaster.ca/



Enroll in:

- Degree studies (tuition free for those 65+)
- Listener/auditor (attend classes with no grade/credit)
- McMaster Learning for 55+
- Continuing Education

Mohawk College

135 Fennell Ave West
Hamilton, ON
L9C 0E5

mohawkcollege.ca/ce

- Continuing education programs with flexibility to study online, in class, or a combination of both
- Micro-credential programs
- Workshops such as computer, business, health, and creative arts



Volunteerism and giving back

Give back to your community
by volunteering at organizations
in the City of Hamilton.



Volunteerism and Giving Back

Volunteerism for Giving Back

As people enter into retirement or transition in their life cycle, many seek new options to engage in their communities and to maintain, grow or develop new skills.

Volunteering ones time and talents provides people with opportunities to:

- Stay Active
- Connect to your community
- Help maintain, grow or develop new skills
- Facilitate your participation in the democratic process
- Help you shape and preserve the society you want to live in for yourself and for generations to come



Volunteer Canada has developed a resource to assist older adults in assessing types of volunteering opportunities, your personal skills, and incorporating volunteering into your healthy aging plan.



Digital download at: volunteer.ca/vdemo

Volunteerism and Giving Back



Volunteer Opportunities in Hamilton

Youth and Sport

- Coaching at local sport organizations
- Recreation centres
- Scouts Canada and Girl Guides

Community Services

- United Way
- Meals on Wheels
- Neighbour 2 Neighbour and local food banks
- Neighbourhood Associations and Community Services
- Church and faith based organizations
- Cultural organizations
- Community gardens

Older Adult

Advocacy & Programs

- Hamilton Council on Aging
- Senior Advisory Committee
- Age friendly plan and committee
- OACAO
- Senior Centre and Club Board of Directors
- Tenant advocacy groups

Service Clubs

- Optimist
- Lions and Lionesses
- Adopt a Park initiatives
- Arts Councils and Public Art projects

FACES OF DEMENTIA



Public Health
Agency of Canada

Agence de la santé
publique du Canada



I am a sister. I am a writer. I like to cook.

**I live with dementia.
I am MORE than my diagnosis.**

Help us build dementia-friendly communities.

Learn more about free workshops
& ways to support.

www.FacesOfDementia.ca

