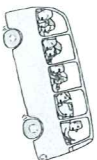


Transportation

Weekly Bus Service to Bancroft

Catch the TROUT Bus to access goods and services throughout North Hastings. Contact us for door-to-door service.



Personal Drives

Get to where you need to go when you need to get there. Volunteer drivers are available for local and out-of-town trips to medical appointments, shopping centres, wherever.



Bus Tours

Ask about group outings for sightseeing, shopping, social activities, and more.

Meals on Wheels



Dinner's ready! Delivered directly to your door, these delicious meals are created to meet daily nutritional requirements.

Ready-to-eat hot meals and frozen selections are offered to suit your lifestyle and taste preferences. Special diet choices are available: Diabetic - Low Cholesterol - Anti - Reflux - Low Salt - Soft Diet.

Security Reassurance

Friendly Phone Calls

Receive a cheery phone call each weekday morning from a community care volunteer who has your safety and security in mind.



Personal Security 24/7

Ask us about an affordable crisis alert safety device that can be activated during a personal emergency to get help when you need it 24-hours-a-day, 7-days-a-week.

Senior Safety Line

Seniors experiencing any form of abuse or neglect are encouraged to call the *Senior Safety Line*: 1 866 299-1011. Service provided by the Ontario Network for the Prevention of Elder Abuse.

Friendly Visiting

Company's coming! Our volunteers would love to visit you. They have the time, energy and conversation to share. Simply call the office to arrange a visit to your home.



Local News On CDs

Listen to articles from our local newspaper rather than read it. Call to order CDs - mailed weekly.

Foot Care Clinic

It's important to take good care of your feet. Book an appointment to see our specially trained foot care nurses. Affordable professional care for your tender tootsies. Call Foot Fix at 613 332 4848 for more information.



Form Assistance

Filling out government forms and other documents can be a challenge. Prepare Canada Pension, Old Age Security, Canada Pension Disability and other forms with the help of our friendly staff.



Income Tax Clinics

Get help filling out your income tax return. Fully trained volunteers are available to assist you in the spring. (Lower income returns only please.)

