

Toronto | Scarborough | Markham – Seniors Resource Directory

#	Resource Name	Description	Contact Info	Website
1	Toronto Seniors Helpline	24/7 helpline offering crisis support, referrals, mental health & home care navigation.	☎ 416-217-2077 / 1-877-621-2077	torontoseniorshelpline.ca
2	Scarborough Centre for Healthy Communities (SCHC)	Adult day programs, caregiver wellness, meals-on-wheels, and transportation.	☎ 416-847-4134	schcontario.ca
3	City of Toronto – Seniors Services	Wheel-Trans, dental care, tax relief, social programs, housing, and recreation.	☎ 311 (in Toronto)	toronto.ca/seniors
4	CareFirst Seniors & Community Services Association	Chinese-language support, meals, caregiver support, and virtual programs.	☎ 416-502-2323	carefirstontario.ca

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5	WoodGreen Community Services	Assisted living, safety checks, and affordable housing support for seniors.	☎ 416-645-6000	woodgreen.org
6	Family Service Toronto – Seniors & Caregivers Program	Elder abuse prevention, counselling, support groups, and workshops.	☎ 416-595-9618	familyserVICetoronto.org
7	Islamic Foundation of Toronto – Seniors Program	Faith-based wellness and education, fitness groups, and halal social activities.	☎ 416-321-0909	islamicfoundation.ca
8	Reh'ma Community Services (at IIT)	Halal meals-on-wheels, social dining, caregiver support, and elder safety.	✉ info@rehma-cs.org	rehma-cs.org
9	Markham Seniors Activity Centre (OAIA)	Social groups, fitness classes, peer support, and workshops for older adults.	☎ 905-294-5111	markhamseniorcentre.com



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10	Thornhill Seniors Club (TSC)	Offers arts, bridge, dance, fitness, and multilingual programs.	☎ 905-944-3781	tsclub.ca
11	SPLC – Seniors Programs	Culturally inclusive home care, adult day programs, and language-specific groups.	☎ 416-493-3333	splc.ca
12	TransCare Community Support Services	Transportation, shopping support, and PSW help for aging at home in Scarborough.	☎ 416-750-9885	transcare.ca
13	Muslim Seniors Care Services (MSCS)	Subscription-based rides, tax help, social programs, & spiritual support for Muslim seniors.	✉ info@muslimseniors.ca	muslimseniors.ca
14	Oak Valley Health – Seniors Health Clinic (Markham Stouffville Hospital)	Geriatric assessment for memory, falls, medication, by referral.	☎ 905-472-7373 ext 6881	oakvalleyhealth.ca





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15	Markham Public Library – Older Adults Programs	Book clubs, tech help, dementia-friendly kits, and gentle exercise.	📞 905-513-7977	markhampubliclibrary.ca
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Tips for Use:

- **In Toronto:** Call **211** or **311** to be referred to government and non-profit services based on your location.
- **In Scarborough:** Services like SCHC and TransCare are local leaders in at-home aging and culturally diverse care.
- **In Markham:** City services and OAIA/Thornhill Seniors Club offer enriching peer-focused programs.

