

Adults 55+ Resource Guide

Free Resources to help Pickering Adults 55+ during this challenging time with COVID-19.

Updates:

Property Tax - City of Pickering is waiving penalties and interest for 60 days for all residents and businesses affected with the April property tax installment due April 28.	If you have further questions, please call 905.420.4614 or email propertytaxes@pickering.ca
Durham Region Waste	https://www.durham.ca/en/living-here/garbage-recycling-green-bin-and-other-collection.aspx#
Durham Region Transit	https://www.durhamregiontransit.com/en/news-and-updates/covid-19.aspx
Seniors' Centre Without Walls (SCWW) - a free interactive telephone based program that connects seniors	Email erevell@thegoodcompanions.ca or call 613.236.0428 ext, 2101 to sign up
Community Food Box - Community Care Durham has partnered with local businesses to offer a weekly food box for \$30.00.	Call 1.88.255.6680 to arrange payment & free delivery to your door. *Credit card or pre-authorized payments only*

Prescriptions:

Online Refill	https://mypharmacy.shoppersdrugmart.ca
Shoppers Drug Mart prescription delivery	Call 905. 839. 4488 to arrange delivery

Pickering Stores that have specialty hours for Senior's and those with Disabilities:

Walmart Pickering Supercentre Senior's Hours: Mon – Fri 7 am – 8 am	https://www.walmart.ca/en/stores-near-me/pickering-supercentre-3186
Shoppers Drug Mart - *Seniors who are a PC Member will also receive 20% off selected merchandise during this time* Senior's Hours: Mon – Sun 7 am – 8 am	https://www1.shoppersdrugmart.ca/en/pc optimum/in-store-offers/seniors-first-hour
Metro Amberlea Senior's Hours: Mon – Sun 7 am – 8 am	https://www.metro.ca/en/products-to-discover/grocery/whats-new/metro-pickering
Allan's Your Independent Grocer Senior's Hours: Mon – Sun 8 am -9 am	https://www.yourindependentgrocer.ca/
Loblaws Senior's Hours: Mon – Sun 7 am – 8 am	https://www.loblaws.ca/
Farm Boy Senior's Hours: Mon – Sat 7 am – 8am & Sun 8 am -9 am	https://www.farmboy.ca/locations/pickering-town-centre/

Free Online Activities

It is important to stay in social contact with your friends and family members during this distancing time, reach out to the Pickering Library with any technology related questions at help@picnet.org. Such as: How to Facetime or Text loved ones.

Online Art Show March 23 - April 5 - Show us how you are passing time and being creative during social distancing. Head over to the event and mark yourself as going, and then upload a photo of your creation in the discussion tab at the top to be a part of the show. You could win you a \$100 gift certificate for more craft supplies at Michaels!	Facebook Online Art Show March 23 - April 5
Adult Coloring Book	https://www.pickering.ca/en/living/resources/Programs/Adults-55-Coloring-Book.pdf
Pickering Public Library - Free access to online magazines.	All you need is your library card number! Visit www.picnet.org/digitalmagazines
Brain Games	https://www.memozor.com/
ROM Online Collection	Online Collections
Canada Wildlife Camera	www.pc.gc.ca/en/nature/science/control-monitoring/cameras
Virtual Field Trips	Virtual Field Trips
TED Talks	https://www.ted.com/talks
Ripley's Aquarium at Home	https://www.ripleyaquariums.com/at-home/
Toronto Zoo Podcast	Wild For Life Podcasts
Cyber-Seniors - Over 1200 free Tech-Tutorials for Seniors.	Contact info@cyberseniors.org to register for this Older Adults Centres Association of Ontario membership

COVID-19 Resources

If you are experiencing COVID – 19 symptoms, have recently traveled outside of Canada or have come into contact with a person that has a probable or positive case of Covid-19, please call public health at 1.866.797.0000

Phone Line for Pickering Residents	Toll Free 1 .888.573.0982 or online Caremongers Ajax Pickering
City of Pickering COVID-19 Updates	pickering.ca/covid19
For updates on the novel coronavirus and tips for everyday actions that can help stop the spread of germs	Visit the Government of Canada, Ontario Ministry of Health, The Region of Durham Health Department , and the World Health Organization