

Contact Information



Phone Number

416-424-2900 Ext. 4702



E-mail Address

seniors@tno-toronto.org



Address

10 Gateway Blvd, Unit 104
North York, ON M3C 3A1

For referrals and more information contact us by phone, email or visit us in-person.



**Services are Free,
Private and Confidential,
Funded by Ontario Health**

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Who Is Eligible?

- Over 55 years old of Age
- Residents of Thorncliffe Park, Flemingdon Park, St James Town, Teesdale and surrounding areas.

*Personal Support Services have additional eligibility criteria.

Program Times and Hours

Monday to Friday
9am to 5pm

Please scan the QR code for updated information on programs, services, workshops and support groups.



Or visit us at www.tno-toronto.org



Integrated & Personal Support Services for Seniors 55+



Services Are Offered In Person Only



About Our Program & Services

Enabling Older Adults to age in place independently while addressing social determinants of health, increasing community connections, general wellness and active participation. Our services are designed in consultation with participants and clients.

Services include

- Health & Wellness Activities
- Intake, Referral & Navigation
- Community Outreach & Awareness
- Personal Support & Respite Services

Health & Wellness Activities

- Exercise Groups/Individual Exercise Sessions
- Creative Arts
- Board Games
- Day Trips
- Workshops or Seminars
- Congregate Meals
- Social Engagement
- Intergenerational Programs



Case Management Services

Case Workers assist seniors 55+ to navigate the health care and social service systems, supporting them to stay independent and healthy.

This can include

- Case Work Support
- Care Coordination and Referrals
- Form and Application completion
- Group Sessions



Personal Support Services & Respite Care (if eligible)

Our service helps Older Adults live comfortably at home with an Individualized care plan that is based on an assessment of their abilities and needs, for up to 12 weeks.

Eligibility

- Alternative Level of Care
- Low Acuity
- Post Hospital Discharge

Services

- Personal Care & Hygiene
- Safety Checks/Wellness Calls
- Medication Reminders
- Light Meal Preparation
- Food Bank and Grocery Supports
- Respite Services
- Appointment Accompaniment

