

SENIORS ACTIVITIES

Community Day Program

Provides day time programs and support to adults who live with cognitive and/or physical challenges. Participants must register and be assessed for suitability for the program. Monday - Friday 8:30 am - 4:30 pm

Location: Thomson Centre – 6 Hospital Road, Whitehorse, YT Y1A 3H8
Contact: 393-8640

ElderActive Recreation Association

Organization dedicated to promotion of active living for Yukoners 55+. Organizes Team Yukon to travel to bi-annual Canada 55+ Games. Sponsors Wednesday Senior's Day at Canada Games Centre. Office Address: Sport Yukon Building, 4061 – 4th Avenue, Whitehorse, YT Y1A 1H1
Contact: 456-8252
Email: elderactive@sportyukon.com
Web: www.yukon-seniors-and-elders.org

Golden Age Society

Provides a social centre for seniors; offers a variety of activities. We offer Tai Chi classes, EDGU exercise classes, Quilting Needle work and Crafts, Line Dancing, Pool, Bingo, Floor Curling and Crib. Drop in for a schedule of activities.
Location: 4061A – 4th Avenue, Sport Yukon Building (parking lot entrance)
Contact: 668-5538

Greenwood Activity Centre

Blood Pressure Hour: Tuesday 1015am - 1115am
Location: 3090 – 3rd Avenue, Whitehorse, YT Y1A 1E3
Contact: Lois Fraser, 667-6149

Line of Life Association of the Yukon (Lifeline Canada)

24 hour personal response system which provides peace of mind and security, knowing help is never out of reach.
Location: 3090 – 3rd Avenue, Greenwood Place
Contact: 667-6945
Email: lineoflife@northwestel.net

Seniors Information Centre

The centre offers information on and/or assistance with: pension applications, various grants and supplements, health issues, recreation and education, housing applications, referrals to various agencies and organizations, discounts list and notary public service. Service is free and confidential.
Contact: 668-3383 OR Toll Free 1-866-582-9707

Home and Yard Maintenance Program

This program provides a pool of security-screened workers to assist seniors, elders and persons with disabilities, with normal maintenance jobs at affordable rates. These may include shoveling, lawn and yard maintenance, wood splitting, and housekeeping chores as well as minor repairs and painting.
Contact: 667-4357

Seniors' Services / Adult Protection

Assistance and support for disabled adults or seniors who may be abused or neglected and are unable to seek their own help.
Location: #101 – 204 Black Street, Whitehorse, YT
Mailing address:
Seniors' Services/Adult Protection Unit (H-3)
Box 2703
Whitehorse, Yukon
Y1A-2C6
Ph: 867-456-3946
(Toll free) 1-800-661-0408 ext. 3946

Yukon Council on Aging

The Yukon Council on Aging is a non-profit society that serves Yukon Seniors and Elders, lobbying for better living conditions and communicating information about benefits and issues for all. The Yukon Council on Aging administers the Seniors Information Centre and the Home and Yard Program.

Location: 4061B - 4th Avenue

Whitehorse, Yukon, Y1A 1H1

Office Hours: Monday to Friday, 9:00 am to 1:00pm.

Yukon Order of Pioneers

Contact: Mike Craigen, 660-5703

Gordon Ryder, 668-6068

Peter Murtagh, 633-5211

**Yukon Order of Pioneers - Ladies
Auxiliary**

Contact: Joyce Fuller, 667-4016