

## Our Integrated Services Include:

- Independent Housing for seniors (Life Lease & Rental units)
- Counselling & Support
- Addiction Supportive Housing (ASH) & Addiction Support Program (ASP)
- On-site Restaurant
- Meals on Wheels
- Health Promotion
- GAIN clinic/wellness clinic
- Home Support Services
- Adult Day Programs
- Recreational Programs, Trips & Events
- Transportation Service
- Caregiver & Support Groups

## Connecting with us is easy

Our Customer Service and Intake Teams can provide you with the information you need to receive our services or get further support for a loved one. To get started, please call us or visit our website.

 (416) 493-3333

 [info@splc.ca](mailto:info@splc.ca)

 [www.splc.ca](http://www.splc.ca)

 **Senior Persons Living Connected**  
3333 Finch Avenue East  
Scarborough, Ontario M1W 2R9



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Providing Community  
Services and Housing for  
older adults

[www.splc.ca](http://www.splc.ca)  
416 493 3333

everyone here belongs



## Who We Are

Senior Persons Living Connected is a not-for-profit organization that cares deeply about the well-being of seniors and provides programs and services that meet the diverse needs of older adults and their caregivers. For more than 35 years we've provided affordable housing and been actively involved in supporting independence.

## What We Do

We offer independent and affordable housing for seniors. From support groups, workshops, recreational classes and trips to transportation services, there is something for everyone to experience.



## Caregiver Support

Senior Persons Living Connected values and respects the transformational role caregivers have in the lives of seniors. Our Adult Day Programs, Caregiver Caregiver Support Groups, and home services aim to help caregivers. Our programs are designed with both client and caregivers in mind.

“ I can care for my husband at home because of the wonderful services and support SPLC gives me. ”

-Caregiver, 54

## Diversity: Everyone Here Belongs

SPLC prides itself on reflecting the diverse community of East Toronto. We offer programs in English, Cantonese, Mandarin, Tamil and Greek, and are strong believers in inclusion.

Whether you are 55 or 105, born in Canada or came here later in life, use a walker or a service animal, there's a place for you here.



## Living at SPLC

In addition to the variety of programs and services we offer, Senior Persons Living Connected is home to over 450 seniors. We offer Life-Lease and Rental units with the option to access our many programs and services at affordable rates.

## Living Nearby

Over 4000 local older adults are part of the community at SPLC. Many community members participate in our recreation classes, use our transportation services, attend health promotion programs and are active volunteers.

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