



CASL

Chamber for the Advancement of Senior Living

FALL 2026



FOR MEMBERS IN TORONTO AND THE GTA

Member Benefit Guide, *Fall 2026*

Offers from trusted local businesses, help finding the right professional, apps and games, learning, events and a quarterly giveaway. Membership is free for seniors and families.

thecasl.ca

Free forever for seniors and families
We never sell your information

**WELCOME TO CASL**

What your membership *gives you*

CASL, the Chamber for the Advancement of Senior Living, is a free network of trusted local businesses for seniors and families in Toronto and the GTA. This guide gathers what your membership gives you, so it's all in one place.

**Offers made for members**

Exclusive offers from vetted local businesses, negotiated for CASL members. CASL never takes a cut.

**Ask CASL**

Not sure who to ask? Tell us what you need, and we'll point you to the right vetted professional, with no pressure.

**Trusted introductions**

Introductions to senior-serving professionals who've been vetted first, and only when you say yes.

**Apps and games**

Keepwell, made by CASL, plus partner apps and games for everyday life, free with your member number.

**Guides, videos and a podcast**

Plain-language articles, 13 free downloadable guides, videos and interviews, and the Next Stage podcast.

**Events, seminars and lunches**

Free events, seminars and community lunches across the GTA. Members are invited first.

**A giveaway every quarter**

Every active member is entered: gift cards, lunches and prizes donated by our partners. No purchase necessary.

**The CASL community**

Ask other members a question, or answer one. Anyone can read; members post.

OUR PROMISES

- ✓ Membership is free, forever
- ✓ CASL never takes a cut of an offer
- ✓ We never sell your information
- ✓ An introduction only when you say yes



THREE STEPS

How to use *your benefits*

1**Find the business**

Look through the offers in this guide, or see them all, always current, at thecasl.ca/discounts. Each listing shows how to reach the business, and its own page on thecasl.ca with the details.

2**Mention your CASL membership when you first get in touch**

Then give them your member number, so they can record that a CASL member came to them.

3**Claim the offer**

The partner honours it in full. CASL takes nothing, and you are never obliged to go ahead.

YOUR MEMBER NUMBER

CASL- _____

You got it when you joined. Write it here to keep it handy. It's also what opens Keepwell, the apps and the games, and lets you post in the community.

**Not sure who to ask? Ask CASL.**

Email info@thecasl.ca and tell us what you need. We'll point you to the right vetted professional, with no pressure, and we introduce you only when you say yes.

USEFUL PAGES ON THECASL.CA



Every offer, always current
thecasl.ca/discounts



Apps and games
thecasl.ca/apps



Guides, videos and the podcast
thecasl.ca/education



Events
thecasl.ca/events



The community
thecasl.ca/community



Join, or tell a friend
thecasl.ca/join

Offers are provided and honoured by each partner and may change or end over time. Always confirm the current terms with the partner before you commit to anything. This guide lists the offers as published on thecasl.ca on 24 September 2026.

**CARE & HEALTH AT HOME****HyperTherapy****In-home health & massage**

Toronto • North York • Scarborough • Markham

\$10 off your first visit for CASL members. A registered massage therapist comes to your door, so there's no travel and no waiting room.

🌐 hypertherapy.ca → thecasl.ca/partners/hypertherapy

**Heartfelt Health****Home care**

Toronto • North York • Scarborough • Etobicoke

Free in-home care consultation for CASL members, with no obligation, and priority matching with the right PSW.

🌐 heartfelthealth.org → thecasl.ca/partners/heartfelt-health

**LifeCare Mobility****Home Stair Lift Solutions • Mobility equipment & stair lifts**

Toronto • Scarborough • North York • Markham

5% off the purchase and professional installation of a new stair lift for CASL members, to a maximum of \$500, plus the standard no-obligation in-home or virtual consultation. Conditions apply.

🌐 lifecaremobility.ca → thecasl.ca/partners/lifecare

**The Ear & Audiology Clinic****Hearing & audiology**

Scarborough • Oshawa • Toronto • Ajax

\$500 off premium-level hearing aids and \$200 off every other technology level for CASL members. Conditions may apply.

🌐 earandaudiologyclinic.ca

→ thecasl.ca/partners/ear-audiology

**Wheel Walkers****Mobility device rentals & sales**

Toronto • North York • Scarborough • Etobicoke

10% off any rental or purchase, plus same-day delivery on in-stock devices ordered by noon for CASL members.

🌐 wheelwalkers.ca → thecasl.ca/partners/wheel-walkers

**RightKind Care****Private PSW staffing & managed care**

Toronto • Thornhill • North York • Scarborough

First four hours free, as a free trial for CASL members.

🌐 rightkindcare.com → thecasl.ca/partners/rightkind-care

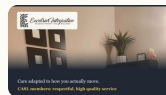
**Qualicare North York****Home care & nursing support**

North York

A free in-home assessment for CASL members.

📞 416-429-2899 🌐 qualicare.com

→ thecasl.ca/partners/qualicare-north-york

**Excelsior Integrative Massage Therapy and Wellness****Massage therapy & wellness**

Midtown Toronto • Yonge and Eglinton • North Toronto • Davisville

Seniors aged 65 and older can select the seniors massage option on the booking menu and receive 10% off every session.

📞 416-567-2896 🌐 excelsiorintegrative.com

→ thecasl.ca/partners/excelsior-integrative

**Aviora Healthcare****Home care & nursing support**

Toronto • the GTA • Whitby • Durham Region

A complimentary care consultation and personalized home care needs assessment with an Aviora care coordinator. One per household, and no purchase or service commitment is required.

📞 437-446-7752 🌐 aviorahealthcare.ca

→ thecasl.ca/partners/aviora-healthcare

**Regal Village Pharmacy****Pharmacy**

Toronto • St. Clair West • across the GTA

Reduced dispensing fees or a waived co-payment for CASL members who fill their prescriptions at Regal Village. Mention your membership when you first get in touch.

📞 416-410-2444 🌐 regalvillagepharmacy.com

→ thecasl.ca/partners/regal-village-pharmacy



HOME REPAIRS & TRADES

**RenoHouse****Accessible renovations**

Toronto · North York · Scarborough · Etobicoke

A free in-home accessibility assessment for CASL members: an honest walk-through with clear advice on grab bars, walk-in showers, ramps, and wider doorways.

☎ 1-289-212-2345 (call or WhatsApp) 🌐 renohouse.ca

→ thecasl.ca/partners/renohouse

**Homenza****Home repair & renovations**

Toronto · North York · Scarborough · Etobicoke

10% off for CASL members, plus a free consultation: handyman work, repairs, and the small safety installs that make a home easier to live in.

🌐 homenza.ca → thecasl.ca/partners/homenza

**ADM Access****Accessible renovations**

Toronto · GTA

Free in-home accessibility assessment for CASL members: grab bars, ramps, and stair-lift advice.

→ thecasl.ca/partners/adm-access

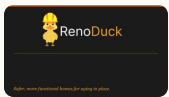
**Top Hat Chimney****Chimney cleaning & repair**

Toronto · North York · Scarborough · Etobicoke

\$30 off every chimney cleaning, year round: \$195 plus HST instead of \$225 plus HST for CASL members.

☎ 416-785-9003 🌐 tophatchimney.ca

→ thecasl.ca/partners/top-hat-chimney

**RenoDuck****Home repair & renovations**

Toronto · Vaughan · Richmond Hill · Markham

An exclusive seniors discount for CASL members aged 65 and older. The amount is based on the project scope and is confirmed in your written estimate before any work begins.

☎ 647-245-2405 🌐 renoduck.com

→ thecasl.ca/partners/renoduck

**EAS Repair & Installation****Appliance repair & installation**

Toronto · Etobicoke · Thornhill · Newmarket

\$35 off a completed appliance repair for CASL members. The discount comes off the repair itself, not the \$95 plus HST service call and diagnostic fee, and it cannot be combined with other offers.

☎ 905-773-3668 🌐 canadianapplianceservice.ca

→ thecasl.ca/partners/eas-repair

**Skypole****Window & eavestrough cleaning**

Etobicoke · Toronto · Alderwood · Mimico

10% off for CASL members. Mention your membership when you first get in touch.

☎ 416-662-2500 🌐 skypole.ca

→ thecasl.ca/partners/skypole

**Simply Laundry****Dry cleaning & laundry**

Toronto · Scarborough · North York · East York

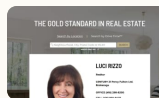
10% off for CASL members on wash and fold, wash and hang and dry cleaning, with free pickup and delivery. Register at simply-laundry.com and enter the code CASL10 in the coupon field when you place an order.

☎ 647-483-7390 🌐 simply-laundry.com

→ thecasl.ca/partners/simply-laundry



MOVING & DOWNSIZING

**Luci Rizzo****Downsizing**

Scarborough · Toronto · Markham · Pickering

A free project management consultation for a seamless transition, plus free standard prelist professional cleaning of your home, for CASL members.

→ thecasl.ca/partners/luci-rizzo

**Storks Liberation****Property & family transition support**

Nova Scotia

Get 10% off your first service when you recommend a family member or friend, or 10% off if you are a pet owner.

☎ 902-293-9790 → thecasl.ca/partners/storks-liberation

**Oakville Moving & Storage****Moving & storage**

Oakville • Burlington • Mississauga • Toronto

10% off any and all services for CASL members.

☎ (289) 230-2544 🌐 oakvillemovingandstorage.com→ thecasl.ca/partners/oakville-moving-and-storage**Junk N Truck****Junk removal & estate cleanouts**

Toronto • North York • Scarborough • Etobicoke

20% off for CASL members who are new customers. Mention your membership when you first get in touch.

☎ 905-783-2725 🌐 junkntruck.ca→ thecasl.ca/partners/junk-n-truck**REAL ESTATE****Gordons Real Estate Brokerage****Real estate & downsizing**

Toronto • Ottawa • Kingston • Clarington

\$1,000 off Gordon's real-estate, downsizing, and estate-settlement services for CASL members. Conditions may apply.

🌐 gogordons.com → thecasl.ca/partners/gordons**Transition With Ease****Real estate & senior transitions**

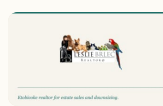
Toronto • York Region • Richmond Hill • Peel Region

3 bonus hours of packing, unpacking, or decluttering assistance for CASL members. Mention code CASL3 when you get in touch. Conditions apply.

🌐 transitionwithease.ca→ thecasl.ca/partners/transition-with-ease**Rose Hill Realty & Brokerage****Real estate**

Toronto • North York • GTA

Complimentary home evaluation and a patient, no-pressure downsizing consultation for CASL members.

→ thecasl.ca/partners/rose-hill-realty-brokerage**Leslie Brlec Real Estate Service****Real estate**

Etobicoke • Eringate • Markland Woods • The Kingsway

A complimentary in-home downsizing and home sale consultation for CASL members. Leslie walks the property with you, talks through what the family wants to do, and sets out what is worth doing before the home goes to market and what is not worth spending money on. She can also connect you with trusted trades if the house needs work first.

☎ 416-277-5444 🌐 lesliebrlec.ca→ thecasl.ca/partners/leslie-brlec**MONEY & TAX****Monica Young****Financial planning**

Toronto • North York • GTA • Ontario

Free reverse-mortgage review for CASL members: clear numbers and honest answers, no pressure.

→ thecasl.ca/partners/monica-young**Capex CPA****Accounting & tax**

Mississauga • Toronto • the GTA • across Canada

20% off all quoted fees for CASL members.

☎ 416-275-2714 🌐 capexcpa.com→ thecasl.ca/partners/capex-cpa**Metatax****Accounting & tax**

Scarborough • Toronto • North York • Markham

A flat \$50 plus HST for a senior personal tax return, or \$75 plus HST for a senior couple. That covers the whole return, the age amount, pension splitting, medical expenses, the disability tax credit where it applies and the Ontario senior benefits, e-filing, and copies of your return and assessment. No extra charge for a small rental or a spouse final return. Consultations are free at any time of year.

☎ 437-849-7494 🌐 metatax.ca→ thecasl.ca/partners/metatax



PLANNING AHEAD



Sensible Choice Cremation

Cremation & funeral planning

Toronto · Gormley · Richmond Hill · Markham

Free delivery of the cremated remains and the documentation for CASL members.

🌐 sensiblechoice.ca → thecasl.ca/partners/sensible-choice



ACE Planning Company

Advance care planning & nursing consultation

Halton Region · Peel Region · Toronto and the GTA
· Across Ontario

20% off The ICU Journal for seniors and their families who are CASL members.

📞 365-228-7167 🌐 aceplanningco.com
→ thecasl.ca/partners/ace-planning-company



TECHNOLOGY HELP



Geek Square

Computer repair & technology help

Toronto · Scarborough · North York · Markham

10% off computer repair and support for CASL members, at home or remotely.

📞 647-478-9245 🌐 geeksquare.ca
→ thecasl.ca/partners/geek-square



FOOD, PETS & EVERYDAY



Life's Poochy Pet Care

Pet care & dog walking

Thornhill · Richmond Hill · North York · Maple

A CASL member rate on regular dog walking and pet care, tailored to the schedule you need. Mention your CASL membership when you first get in touch.

🌐 lifespoochy.com → thecasl.ca/partners/lifes-poochy



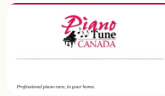
Lighthouse 971

Family restaurant & food

Upper Beaches · The Beaches · East Toronto

10% off food for CASL members, dine in, Sunday to Thursday (food only: not alcohol or social hour items, and not combined with other promotions). Plus the CASL Early Bird on Saturday and Sunday, 9:30 to 10:30am: two eggs any style, bacon, sautéed potatoes, toast, and coffee or tea for \$11.

📞 416-792-8490 🌐 lighthouse971.ca
→ thecasl.ca/partners/lighthouse-971



Piano Tune Canada

Piano tuning & repair

Toronto · Mississauga · Brampton · Markham

\$10 off a piano tuning for CASL members. Mention your membership when you book.

🌐 pianotune.ca → thecasl.ca/partners/piano-tune-canada



GelaTeo Cafe

Cafe & gelateria

Danforth · Riverdale · East York · Toronto

25% off on Tuesdays for CASL members, the same seniors discount they give in store, plus their loyalty program: \$5 back for every \$100 spent, which adds up across visits.

📞 647-329-3034 🌐 gelateocafe.com
→ thecasl.ca/partners/gelateocafe



Seven Numbers Eglinton

Family restaurant & food

North Toronto · Forest Hill · Eglinton West · Danforth

10% off food for CASL members, dining in, Tuesday to Thursday, for parties of up to 8, at either Seven Numbers restaurant, Eglinton or Danforth. Show your CASL membership when you dine. Excludes alcohol, taxes, gratuities, private events, special event menus and other promotions; not valid on statutory holidays.

📞 416-322-5183 🌐 sevennumbers.com
→ thecasl.ca/partners/seven-numbers-eglinton



More businesses in the network

Every CASL partner signs up to respectful, high quality service for members. Mention your membership when you first get in touch.

CARE & HEALTH AT HOME

Murray Shore Pharmacy Pharmacy • Member offer being finalized

📞 416-789-1800 🌐 murrayshore.com
→ thecasl.ca/partners/murray-shore-pharmacy

Starkmans Health Care Medical supplies & mobility aids
📞 416-534-8411 🌐 starkmans.com
→ thecasl.ca/partners/starkmans-health-care

Core Wellness Centre Chiropractic, physiotherapy & massage
📞 416-479-8311 🌐 corewellnesscentre.ca
→ thecasl.ca/partners/core-wellness-centre

HOME REPAIRS & TRADES

Clear Cut Group Snow removal & landscaping
📞 647-284-2910 🌐 clearcutgroup.ca
→ thecasl.ca/partners/clear-cut-group

OddJob Handyman Services Home repair & renovations
📞 416-520-1161 🌐 oddjob.ca → thecasl.ca/partners/oddjob

Solex Group Professional Home Inspection Home & condo inspection
📞 416-850-1002 🌐 solexgroup.ca
→ thecasl.ca/partners/solex-group

Kolji Bros Electrical Electrical services
📞 1 866 565 5427 🌐 koljibroselectrical.ca
→ thecasl.ca/partners/kolji-bros-electrical

Door2Door Dry Cleaning Dry cleaning & laundry • Member offer being finalized
📞 416-505-7005 🌐 door2doordrycleaning.ca
→ thecasl.ca/partners/door2door-dry-cleaning

MOVING & DOWNSIZING

Move Seniors Lovingly Moving & downsizing
🌐 moveseniorslovingly.com
→ thecasl.ca/partners/move-seniors-lovingly

The Junkboys Junk removal & estate cleanouts • Member offer being finalized
📞 416-655-8260 🌐 thejunkboys.com
→ thecasl.ca/partners/the-junkboys

REAL ESTATE

Michael John Lau, REALTOR® Real estate
📞 416-700-0286 🌐 callmikelaui.com
→ thecasl.ca/partners/michael-john-lau

The Battaglia Team Real estate
📞 416-564-6611 🌐 battagliateam.com
→ thecasl.ca/partners/battaglia-team

Nu-Key Realty Real estate
📞 705-321-0132 🌐 barriereahomesearcher.com
→ thecasl.ca/partners/nu-key-realty

MONEY & TAX

Dwayne Richards CPA Accounting & tax
📞 416-859-5865 🌐 dwaynerichardscpa.com
→ thecasl.ca/partners/dwayne-richards

Apex Accounting & Tax Accounting & tax
📞 647-979-7728 🌐 apexaccounting.ca
→ thecasl.ca/partners/apex-accounting

Tax Warriors Accounting & tax
📞 1-877-202-2575 🌐 taxwarriors.ca
→ thecasl.ca/partners/tax-warriors

PLANNING AHEAD

Cardinal Funeral Homes End of life planning & care • Member offer being finalized
📞 416-603-1444 🌐 cardinalfuneralhomes.com
→ thecasl.ca/partners/cardinal-funeral-homes

TECHNOLOGY HELP

Silver Wizard Technology help for seniors
📞 416-733-7658 🌐 silverwizard.ca
→ thecasl.ca/partners/silver-wizard

FOOD, PETS & EVERYDAY

Canada Piano Tuning Piano tuning & repair
📞 416-237-0488 🌐 canadapianotuning.com
→ thecasl.ca/partners/canada-piano-tuning

PianoTuners.ca Piano tuning & repair
📞 647-206-7563 🌐 pianotuners.ca
→ thecasl.ca/partners/pianotuners-ca

Good Behaviour Ice cream & sandwich shop
🌐 goodbehaviourto.ca → thecasl.ca/partners/good-behaviour

Smash Kitchen & Bar Family restaurant & food
📞 905-940-2000 🌐 smashkitchenandbar.com
→ thecasl.ca/partners/smash-kitchen-bar

NextDoor Restaurant Family restaurant & food
📞 905-604-6983 🌐 nextdoorrestaurant.com
→ thecasl.ca/partners/nextdoor-restaurant

**FREE WITH YOUR MEMBER NUMBER**

Apps and games, *free for members*

One member number opens them all, on your phone, tablet or computer. See them at thecasl.ca/apps.

**Keepwell****MADE BY CASL**

Get your family estate-ready, privately: a readiness score, notes for your lawyer, the people you trust and a plan for Mom or Dad. Your plan stays on your own device.

thecasl.ca/keepwell**Hello Again****CASL TRUSTED**

One simple daily check-in for your family.

thecasl.ca/apps/hello-again**Kinweek****CASL TRUSTED**

A family calendar for appointments, visits and rides.

thecasl.ca/apps/kinweek**Alongside****CASL TRUSTED**

A family care board for meals, visits and rides.

thecasl.ca/apps/alongside**Family Gazette****CASL TRUSTED**

Your family's news as a newspaper, on screen or on paper.

thecasl.ca/apps/family-gazette**Basketful****CASL TRUSTED**

A shopping list that's easy to read in the shop.

thecasl.ca/apps/basketful**At Hand****CASL TRUSTED**

A second look at a suspicious call, text or request for money.

thecasl.ca/apps/at-hand**Oddly Good****CASL TRUSTED**

Three small daily puzzles, with no timer.

thecasl.ca/apps/oddly-good**GAMES IN THE MEMBERS' CORNER****Word Trail**

Swipe letters to fill a small crossword, on a trail across Canada.

**Postcard Puzzles**

Relaxing jigsaws of painted Canadian postcards.

**Scam or Safe?**

Real-looking messages: spot the scams, and learn what normal looks like.



What the badges mean. Made by CASL: CASL built it. CASL Trusted: a partner's app that CASL looked at before offering it to members, for what it does and what it does with your information.

**LEARNING, EVENTS AND THE DRAW**

Learn, meet *and win*



Guides and articles

13 free guides you can print and use today, from home care to legacy planning, and plain-language articles on senior living.

thecasl.ca/education



The Next Stage podcast

Professionals from the CASL network, in plain language. Plus videos and interviews on the CASL channel.

thecasl.ca/education



Events, seminars and lunches

Free senior-focused events, seminars and community lunches across the GTA. Members are invited first, and dates are announced by email.

thecasl.ca/events



The community

Questions and answers from CASL members. Anyone can read; post with your member number.

thecasl.ca/community



A giveaway every quarter

Every quarter, CASL and our partners give away gift cards, lunches and prizes donated by our partners. Every active member is entered automatically.

No purchase necessary. Winners answer a skill-testing question. Each draw follows the rules posted with it.



CASL

Chamber for the Advancement of Senior Living

Know someone who'd like this?

It's free.

Membership is free for seniors and families in Toronto and the GTA, and joining takes about a minute. Pass this guide on, or send them to the page below.



thecasl.ca/join

Scan the code with a phone camera, or type the address. No payment, no credit card.

- ✓ Membership is free, forever
- ✓ CASL never takes a cut of an offer
- ✓ We never sell your information
- ✓ An introduction only when you say yes