

## **Community Seniors Resource Councils and Multi-purpose Senior Centres in Manitoba**

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**Multi-purpose Senior Centres** offer accessible and affordable programs and services that

- support older adults as individuals or in groups
- maintain and improve health and quality of life
- support personal independence
- encourage involvement in community life

The Manitoba Association of Multi-purpose Senior Centres (MAMSC) represents 19 centres with over 10,000 members/clients and countless more users. For further information contact MAMSC at [jweir@shaw.ca](mailto:jweir@shaw.ca)

**Community Seniors Resource Councils (Support Services to Seniors)** are in over 100 communities throughout Manitoba and

- are often the first point of contact for services for seniors and their families
- focus on support services and referral to help older adults remain independent
- develop services specific to local needs

### **Grid of services provided by Multi-purpose Senior Centres and Seniors Resource Councils**

The following pages show the locations and range of services provided. The towns listed show where the offices are located. Most of the councils serve the surrounding areas, including smaller centres. The grid is divided into rural and urban Community Resource Councils and Multi-purpose Senior Centres throughout the province.

Some of the programs described in the manuals refer to this grid.

<b>Rural Community Resource Council</b>	Information and Referral of Services in Area	Advocacy	Congregate Meals	Meal Delivery	House Keeping	Yard Care	Minor Home Maintenance	Handivan Transportation	Transportation	Errands/Shopping	Local Housing Listing	Personal Emergency Response Systems	Emergency Response Information Kits (E.R.I.K.)	Friendly Visiting	Daily Telephone "Hello"	Temporary Lending of Mobility Medical Equipment	Health / Wellness Programs/Activities	Educational Presentations	Foot Care Services	Hearing Services	Extended Education	Assistance Filling Out Forms	Income Tax Preparation	Hairstyling	Reading	Translation/ Interpretation	Support Groups
<b>Altona (Rhineland C.A.R.E)</b> Ph: 324-1528 Email: ann_nikkel@hotmail.com	☑	☑	☑	☑	☑	☑		☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	
<b>Arborg (Arborg and District Seniors Resource Council)</b> Ph: 376-3494 Email: srprogram@mts.net	☑	☑	☑		☑	☑	☑	☑	☑	☑		☑										☑	☑	☑	☑		
<b>Ashern (Living Independent for Elders)</b> Ph: 786-2187 Email:lifeash@mts.net	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	
<b>Baldur (Seniors Independent Services)</b> Ph: 535-2538			☑		☑	☑	☑	☑	☑	☑		☑	☑	☑	☑		☑		☑	☑		☑		☑	☑		
<b>Beausejour (Brokenhead Outreach for Seniors Inc.)</b> Ph: 268-7300 Email: seniors@granite.ca	☑	☑		☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	
<b>Belmont (Seniors Independent Services)</b> Phone: 537-2642			☑		☑	☑	☑	☑	☑	☑		☑	☑	☑	☑		☑		☑	☑		☑		☑			
<b>Binscarth (Senior Services of Banner County)</b> Phone: 532-2134 Email: valjferguson@hotmail.com	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑			☑	
<b>Birtle (Valley Recreation)</b> Phone: 842-3460 Email: wattsvie@mts.net			☑	☑	☑	☑	☑	☑	☑	☑		☑	☑	☑	☑	☑	☑		☑	☑	☑	☑					
<b>Boissevain (Senior Services of Turtle Mountain Area Inc.)</b> Phone: 534-6816			☑	☑	☑	☑	☑		☑			☑	☑	☑	☑							☑					
<b>Brandon (Seniors for Seniors Co-op Inc.)</b> Phone: 571-2053			☑		☑	☑	☑		☑	☑		☑	☑	☑	☑	☑	☑		☑	☑	☑	☑	☑	☑	☑	☑	
<b>Carberry (Carberry Plains Services for Seniors)</b> Phone: 834-3310			☑		☑	☑	☑	☑	☑	☑		☑	☑	☑		☑	☑		☑	☑	☑	☑		☑			

<b>Rural</b> Community Resource Council	Information and Referral of Services in Area	Advocacy	Congregate Meals	Meal Delivery	House Keeping	Yard Care	Minor Home Maintenance	Handivan Transportation	Transportation	Errands/Shopping	Local Housing Listing	Personal Emergency Response Systems	Emergency Response Information Kits (E.R.I.K.)	Friendly Visiting	Daily Telephone "Hello"	Temporary Lending of Mobility Medical Equipment	Health / Wellness Programs/Activities	Educational Presentations	Foot Care Services	Hearing Services	Extended Education	Assistance Filling Out Forms	Income Tax Preparation	Hairstyling	Reading	Translation/ Interpretation	Support Groups	
<b>Carman (Carman Community Resource Council)</b> Phone: 745-6611 Email: carmanseniors@mts.net	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑		☑	☑	☑		☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	
<b>Cartwright (Senior Services for Roblin-Cartwright Mather-RM of Roblin)</b> Phone: 529-2590 Email: ssrocart@hotmail.com	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑		☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑
<b>Dauphin (Dauphin Multipurpose Senior Centre Inc.)</b> Phone: 638-6485 Email: dsc_progs@mts.net	☑		☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑			☑	☑	☑			☑	☑	☑			☑	
<b>Deloraine (Seniors Outreach of Bren Win Inc.)</b> Phone: 747-3283 Email: sosdel@mts.net	☑	☑			☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑			☑	☑					
<b>Dominion City (Franklin Senior Services)</b> Phone: 427-2869 Email:waltersb@mts.net	☑		☑		☑	☑	☑			☑		☑	☑	☑		☑	☑	☑	☑			☑	☑				☑	
<b>Elie (Cartier Senior Citizens Support Inc.)</b> Phone: 353-2470			☑	☑	☑	☑	☑		☑	☑		☑	☑	☑	☑	☑	☑		☑	☑	☑	☑	☑	☑	☑	☑	☑	☑
<b>Elkhorn (Seniors Access to Independent Living Inc. )</b> Phone: 845-2011 Email: jcanart@hotmail.com			☑	☑	☑	☑	☑	☑	☑	☑		☑	☑	☑	☑	☑	☑		☑	☑	☑	☑	☑	☑	☑	☑	☑	☑
<b>Erickson (Erickson-Onanole Services to Seniors)</b> Phone: 636-7895 Email: areas@mts.net	☑	☑		☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑		☑	☑	☑	☑	☑	☑	☑	☑
<b>Eriksdale (Eriksdale Community Resource Council Inc.)</b> Phone: 739-2697			☑	☑	☑	☑	☑	☑	☑	☑		☑	☑	☑	☑	☑	☑		☑	☑	☑	☑	☑	☑	☑	☑	☑	☑
<b>Fisher Branch (Fisher Branch Seniors Resource Council)</b> Phone: 372-7315 Email: prha@prha.mb.ca			☑	☑	☑	☑	☑		☑	☑		☑	☑	☑		☑	☑					☑						



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<b>Headingley (Headingley Seniors Services Inc.)</b> Phone: 889-3132, ext. 3 Email:hdlyseniorservices@mts.net	☑	☑	☑	☑	☑	☑	☑		☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑			
<b>Holland (MILES for Seniors inc.)</b> Phone: 526-2249 Email:miles@rmofvictoria.com	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑		☑	
<b>Kenton (Woodworth Senior Services)</b> Phone: 838-2169 Email: wss@inetlinkwireless.ca	☑	☑			☑	☑	☑		☑	☑		☑	☑	☑			☑	☑	☑	☑	☑	☑	☑				
<b>Killarney (Killarney Share Our Services)</b> Phone: 523-3213			☑	☑	☑	☑	☑	☑	☑	☑		☑	☑	☑	☑		☑	☑	☑	☑	☑	☑	☑	☑		☑	
<b>Lac du Bonnet (Two Rivers SeniorResource Council)</b> Phone: 345-1227 Email: tworiver@granite.mb.ca	☑	☑			☑	☑	☑		☑	☑	☑	☑	☑	☑	☑		☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	
<b>Lundar (Lundar Community Resource Council)</b> Phone: 762-5378	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑		☑	
<b>MacGregor (MacGregor-Austin Seior Support Program)</b> Phone: 685-2083 Email: bdyck@rha-central.mb.ca	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	
<b>Manitou (Pembina Community Resource Council)</b> Phone: 242-2744 Email: pcr@goinet.ca	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑		☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑			☑	
<b>McCreary (McCreary People Helping People)</b> Phone: 835-2782 Email: mssts@mts.net			☑	☑	☑	☑	☑	☑	☑	☑		☑	☑	☑	☑		☑		☑	☑	☑	☑		☑			
<b>Melita (Senior Services of Antler River)</b> Phone: 522-8466	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑		☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑		☑		☑	
<b>Miniota (Miniota Municipal Services to Seniors)</b> Phone: 567-3625			☑	☑	☑	☑	☑	☑	☑	☑		☑	☑	☑	☑	☑	☑		☑	☑	☑	☑				☑	

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<b>Minnedosa (Minnedosa &amp; District Services to Seniors)</b> Phone/Fax: 867-5190 Email: seniors@mts.net	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	
<b>Morden (Morden Services for Seniors Inc.)</b> Phone/Fax: 822-5663 Email: servicesforseniors@mts.net	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑		☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	
<b>Morris (Morris Area Senior Services Inc)</b> Phone: 746-6336	☑	☑	☑		☑	☑	☑	☑	☑	☑	☑			☑	☑	☑	☑	☑	☑	☑	☑			☑			
<b>Neepawa (Home Assistance in Neepawa and District)</b> Phone: 476-2009 Email: handsup@mts.ca	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑		☑	☑	☑			☑		☑	☑	☑	☑	☑	☑		☑	
<b>Niverville(Niverville Senior Services)</b> Phone: 388-9945 Email: liesafunk@hotmail.com	☑	☑	☑	☑	☑	☑	☑		☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑		☑	☑	
<b>Notre Dame de Lourdes (Ensemble Chez Soi)</b> Phone: 248-2687				☑	☑	☑	☑	☑	☑	☑		☑	☑	☑	☑	☑	☑		☑	☑	☑	☑	☑		☑	☑	
<b>Oakbank (Springfield Services to Seniors)</b> Phone: 444-6128 Email: kinplace@mts.net	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	
<b>Oak Lake (Seniors Access to Independent Living Inc. - SAIL)</b> Phone: 855-3150	☑	☑			☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	
<b>Pierson (Senior Services of Antler River)</b> Phone:634-2332	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑		☑	☑	☑	☑	☑	☑	☑	☑			☑		☑			
<b>Pilot Mound (Louise Community Support for Services)</b> Phone: 825-2443 Email: louisecs@mts.net	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	
<b>Pine Falls (Winnipeg River Resource Council)</b> Phone:367-9128 Email:wrss@mts.net	☑	☑	☑		☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑			☑	☑	☑	☑	☑	







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<b>Steinbach (Serving Seniors Inc.)</b> Phone: 320-4604			☑	☑	☑	☑	☑		☑	☑		☑	☑	☑		☑			☑			☑		☑	☑		
<b>Stonewall (South Interlake Seniors Resource Council Inc)</b> Phone: 467-2719	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	
<b>Strathclair (Strathclair Senior Services)</b> Phone/Fax: 365-2012			☑	☑	☑	☑							☑	☑	☑				☑								
<b>Swan Lake (Lorne Community Support Services)</b> Phone: 836-2585	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑				☑	☑		☑	☑	
<b>Swan River (Swan River and District Community Resource Council Inc)</b> Phone: 734-5707 Email: swandcrc@mts.net	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑		☑	
<b>Teulon (Teulon and District Seniors Resource Council)</b> Phone: 886-2570 Email: tdsr@mts.net	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑		☑	
<b>Thompson (Thompson Seniors resource Council)</b> Phone: 677-9676 Email: rotary@mts.net	☑	☑	☑		☑	☑	☑		☑	☑	☑	☑	☑	☑	☑	☑	☑	☑				☑	☑	☑		☑	
<b>Traverse Bay (Helping East Lake People Centre (H.E.L.P Centre)</b> Phone: 756-6471				☑	☑	☑			☑	☑		☑	☑	☑	☑	☑	☑		☑	☑		☑	☑	☑			
<b>Virden (Seniors Access to Independent Living Inc.)</b> Phone: 748-2323 Email: leojo44@hotmail.com	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	
<b>Vita (Vita &amp; District resource Council Inc.)</b> Phone: 425-3701 Email: vdrc@mts.net	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑				☑	☑	☑	☑	☑	
<b>Waskada (Seniors Outreach Services of Bren-Win)</b> Phone: 673-2534 Email: sosdel@mts.net	☑	☑			☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑				☑	☑	☑			

<b>Wawanesa (Seniors Independent Services)</b> Phone: 824-2670 Email: siswawanesa@mts.net	✗	✗		✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗			✗	✗	✗	✗	✗		
<b>Whitemouth (Two Rivers Resource Council)</b> Phone: 348-4610 Email: wmrivers@granite.mb.ca			✗	✗	✗	✗		✗	✗	✗	✗	✗		✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
<b>Winkler (Winkler and District Multi-purpose Senior Centre)</b> Phone: 325-8964 Email: wsc@valleycable.com	✗	✗	✗		✗	✗	✗		✗	✗	✗	✗	✗			✗	✗						



<b>Winnipeg</b> Community Resource Council	Information and Referral of Services in Area	Advocacy	Congregate Meals	Meal Delivery	House Keeping	Yard Care	Minor Home Maintenance	Handivan Transportation	Transportation	Errands/Shopping	Local Housing Listing	Personal Emergency Response Systems	Emergency Response Information Kits (E.R.I.K.)	Friendly Visiting	Daily Telephone "Hello"	Temporary Lending of Mobility Medical Equipment	Health / Wellness Programs/Activities	Educational Presentations	Foot Care Services	Hearing Services	Extended Education	Assistance Filling Out Forms	Income Tax Preparation	Hairstyling	Reading	Translation/ Interpretation	Support Groups	
<b>South Winnipeg Seniors Resource Council</b> Address: 123-1 Morley Ave. Phone: 478-6169 Email: swrc@mts.net	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	
<b>St. James/ Assiniboia Senior Centre- Support Services</b> Address: 2109 Portage Ave. Phone: 987-8858 Email: ghewitt@stjasc.mb.ca			☑	☑	☑	☑	☑		☑				☑					☑	☑					☑				
<b>Transcona Council for Seniors</b> Address: 845 Regent Ave W Phone: 222-9879 Email: tcscordinator@prairie.ca	☑	☑	☑			☑	☑		☑	☑			☑		☑		☑	☑					☑					

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<b>Brandon (Seniors for Seniors Co-op, Inc.)</b> Phone: 571-2050 Email: sfors@westman.wave.ca	☑	☑	☑	☑	☑	☑	☑		☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	
<b>Brandon (Prairie Oasis Senior Centre)</b> Phone: 727-6641		☑		☑			☑	☑					☑	☑	☑	☑	☑		☑								
<b>Dauphin (Dauphin Multi-purpose Senior Centre)</b> Phone: 638-6485 Email: dsc_admin@mts.net	☑	☑	☑	☑			☑	☑	☑	☑	☑	☑			☑	☑	☑		☑								
<b>Gimli (Gimli New Horizons 55+ Centre)</b> Phone: 642-7909 Email: gsrc@mts.net													☑	☑			☑										
<b>Morden (Morden Friendship and Seniors Services and Activity Centre Inc)</b> Phone: 822-3555 Email: plplett@mts.net	☑	☑	☑						☑				☑				☑	☑		☑	☑		☑			☑	
<b>Portage la Prairie (Herman Prior Senior Services Centre Inc.)</b> Phone: 857-6951 Email: hp55plus@mts.net	☑	☑	☑												☑	☑	☑	☑	☑	☑	☑	☑	☑			☑	
<b>Selkirk (Gordon Howard Senior Centre)</b> Phone: 785-2092		☑					☑	☑			☑		☑		☑	☑	☑										
<b>Steinbach (Steinbach 55 Plus-Serving Seniors Inc)</b> Phone: 320-4600 Email: ssinc@mts.net	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	
<b>Stonewall (South Interlake 55+ Inc)</b> Phone: 467-2582 Email: si55plus@mts.net		☑		☑	☑	☑																					
<b>Winkler (Winkler &amp; District Multi-purpose Centre)</b> Phone: 325-8964 Email: wsc@valleycable.com	☑	☑	☑		☑	☑	☑		☑	☑	☑	☑	☑	☑	☑	☑			☑	☑							

	Information and Referral of Services in Area	Advocacy	Congregate Meals	Meal Delivery	House Keeping	Yard Care	Minor Home Maintenance	Handivan Transportation	Transportation	Errands/Shopping	Local Housing Listing	Personal Emergency Response Systems	Emergency Response Information Kits (E.R.I.K.)	Friendly Visiting	Daily Telephone "Hello"	Temporary Lending of Mobility Medical Equipment	Health / Wellness Programs/Activities	Educational Presentations	Foot Care Services	Hearing Services	Extended Education	Assistance Filling Out Forms	Income Tax Preparation	Hairstyling	Reading	Translation/ Interpretation	Support Groups
<b>Winnipeg Senior Centre</b>																											
<b>Aboriginal Senior Resource Centre of Winnipeg Inc</b> Address: 4-100 Robinson St Phone: 586-4595 Email: asrcwpg@mts.net	☑																										
<b>Charleswood Senior Centre Inc</b> 5006 Roblin Blvd. (897-5263) Email: cwsenior@mts.net 450 Laxdal Rm 5 (832-6527) Email: seniors@pembinatrails.ca	☑	☑						☑					☑				☑	☑			☑	☑					☑
<b>Good Neighbours Senior Centre</b> Address: 755 Henderson Hwy. Phone: 669-1710 Email: gnsc@mts.net	☑				☑												☑		☑								
<b>Gwen Sector Creative Living Centre</b> Address: 1588 Main St. Phone: 339-1701 Email: gwensector@shaw.ca			☑														☑										
<b>Main Street Senior Centre</b> Address: 817 Main St. Phone: 942-7486	☑		☑														☑					☑	☑				☑
<b>Rady Jewish Community Centre - 55+ Programming</b> Address: 100-123 Doncaster St. Phone: 477-7545																											
<b>Smith Street Senior Centre</b> Address: 185 Smith St. Phone: 956-6441 Email: smith@ageopportunity.mb.ca	☑		☑														☑					☑	☑				☑
<b>St. Vital/St. Boniface Senior Centre</b> Address: 254 Lakewood Blvd Phone: 956-5734 Email: southd@ageopportunity.mb.ca	☑		☑														☑					☑	☑				☑

<b>Winnipeg Senior Centre</b>	Information and Referral of Services in Area	Advocacy	Congregate Meals	Meal Delivery	House Keeping	Yard Care	Minor Home Maintenance	Handivan Transportation	Transportation	Errands/Shopping	Local Housing Listing	Personal Emergency Response Systems	Emergency Response Information Kits (E.R.I.K.)	Friendly Visiting	Daily Telephone "Hello"	Temporary Lending of Mobility Medical Equipment	Health / Wellness Programs/Activities	Educational Presentations	Foot Care Services	Hearing Services	Extended Education	Assistance Filling Out Forms	Income Tax Preparation	Hairstyling	Reading	Translation/ Interpretation	Support Groups
<b>St. James/Assiniboia Senior Centre Inc.</b> Address: 2109 Portage Ave. Phone: 987-8850 Email: ghewitt@stjasc.mb.ca	☑																☑									☑	
<b>Stradbrook Senior Centre</b> Address: 400 Stradbrook Ave. Phone: 956-6490 Email: info@ageopportunity.mb.ca	☑		☑														☑				☑	☑				☑	
<b>West End Senior Centre</b> Address: 644 Burnell St. Phone: 772-9581 Email: we@ageopportunity.mb.ca	☑		☑														☑				☑	☑				☑	