

My Little  
Blue Book

# Brandon Seniors Resource Guide



1<sup>st</sup> edition



*This Resource Guide is dedicated to the seniors of the City of Brandon and surrounding areas and is distributed as a method to ensure older adults have ready access to services and products they may need to ensure their life is as full and joyful as possible. Not meant to be exhaustive, this resource will point individuals in the right direction to find the service or resource they need or want.*

*Assembly has been a collaborative effort by Brandon Seniors for Seniors Co-op Inc., Prairie Oasis Seniors Centre, and Age Friendly Brandon and does not reflect any specific endorsement of any company or service by these organizations. Efforts have been made to ensure this document is as accurate and user friendly as possible. It must be recognized that, once printed, information does change over time. Readers are encouraged to access this document, along with associated updates, through the partnering websites at:*

*Prairie Oasis Senior Centre (<https://www.prairieoasis.ca/>)  
Seniors for Seniors Inc. (<https://brandons4s.ca/>) or  
Age Friendly Brandon (<https://brandon.ca/agefriendly>)*

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## Section ONE

### 1) Emergency Services

Brandon has its own police service that offers patrol, crime detection and crime investigation, along with public education and a variety of specialized units to support these services.

The Emergency Communications Centre provides E-911/Police dispatch services for areas on-line in the Province of Manitoba and for the Brandon Police Services. The 911 Centre has access to a translation service and operators are trained in Emergency Medical Dispatch and Fire Priority Dispatch. They will ask a series of questions as well as guide you through what to do until help arrives. Ambulance rates are amended annually. For further information regarding rates, please call 204-729-2400.

#### Tips When Accessing Emergency Services

- If you accidentally dial 911, stay on the line so the operator knows that help is not needed; otherwise, the operator will notify the Police to investigate.
- While driving — know your location and surrounding area. Take note of the distance you have travelled and know the road name you are travelling on.
- Teach everyone in your family how to make emergency calls.
- If an emergency is occurring and you dial 911—stay calm.
- When you are talking to the operator you will hear clicking noises, do not hang up.
- Listen carefully to the operator and if you do not understand a question, ask for clarification.

### 1-a) Ambulance, Fire, Police

Business	Address	Contact
Ambulance, Fire, Police		911
Fire Station #1	120 19 <sup>th</sup> St. North	204-727-4222
Fire Station #2	1321 13 <sup>th</sup> St.	204-729-2420
Police Station	1020 Victoria Ave.	204-729-2345

### 1-b) Help/Crisis Lines

Business	Address	Contact
Crime Stoppers		1-800-222-8477
Farm & Rural Stress Line		1-888-367-3276
Klinic Crisis Line		1-888-322-3019
Manitoba Suicide Line		1-877-435-7170
Poison Control Centre		1-800-567-8911
Seniors Abuse and Info		1-866-437-1940
Sexual Assault Crisis Line		1-888-292-7565

## 2) Personal Care Services

### 2-a) Home Care & Assistance

Business	Address	Contact
Camelot Personal Care	D-1229 Richmond Ave.	204-725-0245
CBI Home Health Services	1540 Rosser Ave.	204-727-4222
Daughter On Call	2412B Victoria Ave.	204-725-6629
Prairie Mountain Health Home Care – New Intake		204-578-2339
Senior Care in Brandon		<a href="http://www.care.com">www.care.com</a>

## 2-b) Shopping Services & Delivery

<b>Business</b>	<b>Address</b>	<b>Contact</b>
Apna Bazar Asian Grocery (Free delivery on orders over \$20.00)	Thomas Mall, 18th St.	204-717-8088
Co-op Marketplace (\$8.00 fee if they do the shopping, \$5.00 fee if you shop and they deliver.)	1035 Richmond Ave	204-727-5660
Real Canadian Superstore (No delivery but can order online and pick up.)	920 Victoria Ave.	204-729-4600
Sobey's South Sobey's West (\$9.50 delivery on orders over \$50.)	1570 18 <sup>th</sup> St. 3409 Victoria Ave.	204-725-1134 204-727-3443
Safeway Corral Centre (\$4.00 for delivery, no minimum order but need to do the shopping in person.)	921 18 <sup>th</sup> St.	204-726-8014
Walmart Grocery (No delivery but can order online and pick up.)	903 18th St. N	204-726-5821

### NOTES:


## 2-c) Meal Programs & Delivery

<b>Business</b>	<b>Address</b>	<b>Contact</b>
Dash Delivery	From participating restaurants <a href="http://www.doordash.com">www.doordash.com</a>	
Everyone Eats	Prairie Oasis 241 8 <sup>th</sup> St.	204-441-4551
Global Market and Community Kitchen	Corner of 12 <sup>th</sup> Street and Rosser Ave, Brandon, MB Email: <a href="mailto:globalmarketbrandon@gmail.com">globalmarketbrandon@gmail.com</a>	204-728-2227
Grandma on Demand	Email: <a href="mailto:grandmaondemand60@gmail.com">grandmaondemand60@gmail.com</a>	204-720-2456
Heart to Home Meals for Seniors	<a href="http://www.hearttohomemeals.ca">www.hearttohomemeals.ca</a>	1-866-993-1516
Meals on Wheels	Prairie Oasis 241 8 <sup>th</sup> Ave.	204-727-6641
Seniors for Seniors	311 Park Ave. East Dinner is Served & Out to Lunch	204-571-2050
Shady Lane	2.5 mi. East of #1 & #10	204-728-1245
Skip the Dishes	From participating restaurants <a href="http://www.skipthedishes.com">www.skipthedishes.com</a>	

## 2-d) Laundry & Dry Cleaning

<b>Business</b>	<b>Address</b>	<b>Contact</b>
Brandon Extreme Clean	2019 Richmond Ave.	204-728-4250
Glacier Wash	1526 Park Ave.	204-728-6398
Little Chief's Place	2025 Lyndale Dr.	1-844-807-3998
Princess Laundromat	430 Princess Ave.	204-725-3244
Rosser Laundromat	1502 Rosser Ave.	204-724-2888
Wheat City Laundry	739-17th St	204-728-0028
Brandon Cleaners Ltd	349 – 9 <sup>th</sup> St.	204-571-3033



## 2-e) Footcare

<b>Business</b>	<b>Address</b>	<b>Contact</b>
Andrews Foot Clinic	504 22 <sup>nd</sup> St.	204-726-3494
Bev Perry Foot Care - Nurse	Brandon, Portage la Prairie	204-573-5044
*Happy Feet Foot Care Marlene Worth	Brandon and area	204-541-5324
Reid Mobile Foot Care Services, Kellee Reid	Will travel as needed	431-999-3338
Seniors for Seniors	311 Park Ave. East.	204-571-2050
West-Man Foot Clinic	E-3000 Victoria Ave.	204-727-3734
Your Foot Care, Lynn Robertson	Will travel as needed	204-848-2859 or 204-748-5226

## 2-f) Massage

<b>Business</b>	<b>Address</b>	<b>Contact</b>
Al- Marie Massage Therapy	1439 1 <sup>st</sup> Street, Unit C	204-727-7222
Avelle	761 18 <sup>th</sup> Street	204-728-2828
Brandon Massage Therapy Clinic	2010 Currie Blvd.	204-727-8170
Esprit Wellness Therapy (10% off for seniors.)	256 McDiarmid Ave.	204-720-2727
Geoff Dumas Reg. Massage Therapy	1100 Richmond Ave.	204-725-2098
Nature's Own Therapeutic Massage	635 10 <sup>th</sup> Street	204-725-0805
Seniors for Seniors (Therapy via Robertson College Students FREE 20-minute massages – call for appt)	311 Park Ave. East.	204-571-2050
Reactive Massage Therapy	640 Rosser Ave.	204-571-0949
Rejuvenate Massage Therapy & Spa	2505 Victoria, Unit B	204-726-0832

**2-g) Discounted Income Tax Preparation**

<b>Business</b>	<b>Address</b>	<b>Contact</b>
Seniors for Seniors (Based on income)	311 Park Ave. E.	204-571-2050
7 <sup>th</sup> St. Access (Free with specific requirements.)	20 7 <sup>th</sup> St.	204-578-4800

**2-h) Victoria Lifeline**

<b>Business</b>	<b>Address</b>	<b>Contact</b>
Seniors for Seniors	311 Park Ave. E.	204-571-2053

**3) Home Maintenance****3-a) House Cleaning**

<b>Business</b>	<b>Address</b>	<b>Contact</b>
Amber's Cleaning Service (Mention this guide for \$5/hr. discount)	1159 5 <sup>th</sup> St.	204-570-0188
Nikki's Cleaning Service (Mention Seniors for Seniors for discount.)	399 Park Ave. E.	204-441-5676

**NOTES:**


### 3-b) Movers & Lifters

<b>Business</b>	<b>Address</b>	<b>Contact</b>
All-Aboard Moving Services	<a href="http://www.allaboardmayflower.ca">www.allaboardmayflower.ca</a>	204-727-5575
Allied Van Lines	189 Park Ave. E.	204-808-0937
Canada Moving & Storage	938 Douglas Ave. <a href="http://www.canadamoving.com">www.canadamoving.com</a>	204-729-8647
Howard's Moving Ltd	<a href="http://www.howardsvan.com">www.howardsvan.com</a>	204-728-6019
Lawrence Moving & Storage	Email <a href="mailto:lawrencemoving@outlook.com">lawrencemoving@outlook.com</a>	204-729-9292
Marian's Delivery/Moving		204-720-6976
Premiere Van Lines	D-730 Richmond Ave.	204-725-2025

### 3-c) Lawn Care

<b>Business</b>	<b>Address</b>	<b>Contact</b>
Absolute Lawn Care	Box 20154 Brandon South Brandon. R7A 5C0	204-724-0005
Alternative Landscaping LTD.	34 <sup>th</sup> Street and Patricia (South)	204-727-7289
Bee Ez Tree Service Tree and stump removal. (Mention Seniors for Seniors for discount.)	Box 22103, Brandon R7A6Y9	204-730-0368
Carter Bros Lawn & Garden LTD. (Mention Seniors for Seniors for discount.)	<a href="mailto:Carterbros.will@gmail.com">Carterbros.will@gmail.com</a>	204-570-1850
Morgan Mowers Yard Care	611 Whiteswan Trailer Court	204-573-2487
Weedman Lawn Care (5% Discount for pre- paying.)	1051 26 <sup>th</sup> Street Unit #3	204-728-9333

## 3-d) Snow Removal

<b>Business</b>	<b>Address</b>	<b>Contact</b>
Allen & Bolack Excavation	<a href="http://www.allenandbolack.ca">www.allenandbolack.ca</a>	204-728-6789
Carter Bros. Lawn & Garden Ltd.	<a href="http://www.brandonlawncare.ca">www.brandonlawncare.ca</a>	204-570-1850
Francoeur Transport		204-725-4908
Livingstone Landscaping (Book snow clearing online)	<a href="http://www.livingstoneltd.com">www.livingstoneltd.com</a>	204-578-5291
Pristine Landscaping Ltd. (Offers emergency snow removal.)	<a href="http://www.pristinelandscaping.ca">www.pristinelandscaping.ca</a>	204-724-6759
Profile Paving Ltd.	<a href="http://www.profilepavingltd.com">www.profilepavingltd.com</a>	204-727-7657
Snow Angels (Volunteer will clear the municipal sidewalk in front of your home for free.)	<a href="mailto:snowangels@brandon.ca">snowangels@brandon.ca</a>	204-729-2186

## 3-e) Repairs

<b>Business</b>	<b>Address</b>	<b>Contact</b>
Helpful Handyman	1733 Pacific Ave.	204-727-8550
Ahumada's Handyman Services.	<a href="http://www.ahumadashandy.com">www.ahumadashandy.com</a> <a href="mailto:aumadashandy@gmail.com">aumadashandy@gmail.com</a>	204-720-4204
Brandon Eavestroughing (Repairs and Cleaning of eaves troughs.)	<a href="http://www.brandoneavestroughing.ca">www.brandoneavestroughing.ca</a>	204-570-0935
Odd Jobs	630 Van Horne Ave.	204-596-5320
Oddz & Endz		204-901-1570
Curbside Brandon	103 Sycamore Dr.	204-570-1206
John's Handyman Service		204-730-2844

## 4) Health Services

### 4-a) Health Services

<b>Business</b>	<b>Address/Contact</b>	<b>What they do</b>
Adult Day Program	Referrals made by a case co-ordinator at Home Care. Call 204-578-2325.	<ul style="list-style-type: none"> <li>*Provides health and wellness program for adults living in the community.</li> <li>*Offers coordinated social/recreational activities.</li> </ul>
Brandon Regional Health Centre	150 McTavish Ave. E. 204-578-4000	<ul style="list-style-type: none"> <li>*In- and out-patient services</li> <li>*Specific health programs</li> <li>*Therapy services</li> <li>*Regional services</li> </ul>
CBI Home Health	1540 Rosser Ave. 204-727-4222	<ul style="list-style-type: none"> <li>*Personal care</li> <li>*Nursing</li> <li>*In-home therapy services</li> <li>*Respite support</li> <li>*Dementia care</li> <li>*Remote health monitoring</li> </ul>
Daughter on Call	2412B Victoria Ave. 204-725-6629	<ul style="list-style-type: none"> <li>*Personal care</li> <li>*Hospital sitting &amp; visits</li> <li>*Post surgery &amp; GI scopes care</li> <li>*Housekeeping/Laundry</li> <li>*Escorts to appointments/Winnipeg</li> <li>*Pet care</li> <li>*Companionship</li> <li>*Respite care</li> <li>*Dementia support</li> <li>*Stroke support</li> </ul>

Dial-A-Dietitian	204-788-8248 Toll Free: 1-877-830-2892	Open for service calls through Monday-Friday 8am-6pm
Family Dr Finder	204-786-7111 Toll Free: 1-866-690-8260 <a href="http://www.manitoba.ca/familydoctorfinder">www.manitoba.ca/familydoctorfinder</a>	Connecting you with a home clinic for your health care needs.
Home Care Services	150-B 7th St. (Town Centre) 204-578-2325	<ul style="list-style-type: none"> <li>*Assessment and planning</li> <li>*Case management</li> <li>*Daily living assistance</li> <li>*Nursing care</li> <li>*Respite care</li> <li>*Adult Day Program</li> <li>*Equipment/medical supplies</li> <li>*Home Oxygen Program</li> </ul>
Prime Time	Referrals made by Community Mental Health Workers or Aides in the community. Call Seniors Mental Health at 204-578-2458. Program at Town Centre Mall.	<ul style="list-style-type: none"> <li>*Provides health and wellness program for adults living in the community.</li> <li>*Offers coordinated social/recreational activities.</li> </ul>
Seniors Mental Health, Centre for Adult Psychiatry	Unit B13 – 800 Rosser Ave. 204-578-2458	Assessment, consultation, and treatment for mental health problems associated with aging including cognitive disorders, anxiety and depression.

7th St. Health Access Centre	20 7 <sup>th</sup> St. 204-578-4800  Also available on a first come first serve basis: - Shower, washer/dryer, community phone, computers with internet access, faxing, photocopying, & meeting rooms.	*Nurse practitioner *Service navigator *Community nurse *Community mental health worker *Housing resource worker *Addictions services *Rapid access to addictions medicine *MB HIV program clinic *Community social worker *Cultural facilitators *Consumer peer support facilitator *Community volunteer income tax program
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#### 4-b) Home Health Stores & Services

Business	Address/Contact	What they do
Home Care Wholesale	<a href="http://www.homecarewholesale.com">www.homecarewholesale.com</a>	Home health gadgets
Home Health Care Pharmacy	3000 Victoria Ave., unit A 204-727-2483	Aids to daily living *Ambulatory aids *Bathroom safety *Braces and Supports
Rolling Spokes	215 6 <sup>th</sup> St. 204-571-1260	Aids to daily living *Ambulatory aids *Bathroom safety *Braces and Supports

## 4-c) Pharmaceutical Assessments

<b>Business</b>	<b>Address/Contact</b>	<b>What they do</b>
Home Health Care Pharmacy	3000 Victoria Ave., unit A 204-727-2483 <a href="http://www.superthrifty.com">www.superthrifty.com</a>	*Certified surgical appliance technicians *Registered mastectomy and orthotic fitters *Specialty in Geriatric Pharmacy *Deprescribing medications
MedSafe Pharmacy	335 18 <sup>th</sup> Street 204-571-0120 <a href="http://www.medsafepharmacy.ca">www.medsafepharmacy.ca</a>	1-1 medication consultation
Pharma-Medic Service	1100 Richmond Ave. 204-727-6045 <a href="http://www.pharmachoice.com/blog/">www.pharmachoice.com/blog/</a>	Website explains medical conditions from A-Z with suggested treatments. Advice for Life Blog addresses a large range of topics for health and well-being.

**NOTES:**




## 5) Transportation

Business	Address/Contact	What they do
Transportation Options Network for Seniors (TONS)	<a href="http://www.tonsmb.org">www.tonsmb.org</a> ; 204-799-1788	TONS informs and educates Manitobans on transportation options that enhance quality of life and promote age-friendly communities.
Brandon City Transit & Access Transit	<a href="http://www.brandonttransit.ca">www.brandonttransit.ca</a> 204-729-2300.	<p>City Transit Information regarding routes, schedules, and fares can be found online</p> <p>Brandon Access transit has a supportive transit system for people with limited mobility. You must register in advanced for this service by calling the Dispatch Office at 204-729-2437.</p>
Brandon Air Shuttle Services	<a href="http://www.brandonairstuttle.com">www.brandonairstuttle.com</a> 204-729-3332 1-888- 884-5533	Provides ground transportation daily between Brandon and Winnipeg

Taxi & assisted travel services	4-Way Taxi – 204-727-2500 Sunset Taxi – 204-729-9000 ABC Taxi – 204-726-1600 Rainbow Taxi – 204-717-4000 United Taxi – 204-571-1111 Wheat City Taxi – 204-717-7070 Abramson Taxi – 204-730-8294	4-way Taxi, Brandon Sunset Taxi provide discounted rates for seniors!
Westjet Air Service	<a href="http://www.westjet.com">www.westjet.com</a> Bookings & Info: 1-888-937-8538 (1-888-WESTJET)	Provides direct passenger air service to Calgary
Via Rail Canada Inc	<a href="http://www.viarail.ca">www.viarail.ca</a> 1-888- 842-7245	Rivers Via Station (40km NW of Brandon) Tickets must be purchased at least 24 hours before scheduled departure. Call for rates and schedule.

**NOTES:**


## 6) Housing

### 6-a) Where to look for housing or rentals

Business	Address/Contact
Brandon Sun	<a href="mailto:class@brandonsun.com">class@brandonsun.com</a>
Brandon 4 Rent	<a href="http://www.brandon4rent.ca">www.brandon4rent.ca</a>
eBrandon	<a href="http://www.ebrandon.ca">www.ebrandon.ca</a>
Economic Development Brandon Housing Resources	<a href="http://economicdevelopmentbrandon.com/housing-resources">http://economicdevelopmentbrandon.com/housing-resources</a>
Kijiji Brandon	<a href="https://www.kijiji.ca/h-brandon/1700086">https://www.kijiji.ca/h-brandon/1700086</a>

### 6-b) Personal Care Homes

Business	Address/Contact	Details
Fairview Home	1351 - 13th Street Brandon, MB R7A 4S6 204- 578-2606 Shannon Webber swebber@pmh-mb.ca	248 beds (215 Private, 16 Double, 1 Respite) - Not pet-friendly
Hillcrest Place	930 - 26th Street Brandon, MB R7B 2B8 Kathy Traill cnh_hillcrestplace@extendicare.com	100 Beds (20 Private, 40 Double) - Not pet-friendly
Rideau Park	525 Victoria Ave East Brandon, MB R7A 6S9 204- 578-2674 Shannon Webber swebber@pmh-mb.ca	100 Beds (98 Private, 2 Respite) - Not pet-friendly - Pets can visit
The Salvation Army Dinsdale Home	510 - 6th Street Brandon, MB R7A 3N9 204- 727-3636	60 Beds (All Private Rooms) - Not pet-friendly - Pets can visit
Valleyview	3015 Victoria Avenue Brandon, MB R7B 2K2 204- 728-2030 <a href="http://www.reveralliving.com">www.reveralliving.com</a>	89 beds (49 Private, 14 Double, 3 Four Bed Wards) - Dog & Cat friendly

## 6-c) Senior Residences

<b>Business</b>	<b>Address/Contact</b>
Crocus Gardens	2 Crocus Gardens Brandon, MB R7A 7A9 <a href="http://www.vhproperties.ca">www.vhproperties.ca</a> 204-725-7193
Falcon Ridge	5 Outback Drive, Brandon, MB R7C 0C7 <a href="http://www.bridgeroad.ca">www.bridgeroad.ca</a> 204-573-3281
Fernwood Estates	Driedger Bay, Brandon, MB <a href="http://www.vhproperties.ca">www.vhproperties.ca</a> 204-726-1681
Grand Valley	218 - 4th Street Brandon, MB R7A 3G5 204-726-6455
Hobbs Manor	333 - 15th Street Brandon, MB R7A 6P4 204-728-3151
Kin Village Inc.	105-1511 Rosser Ave Brandon, MB R7A 7C7 204-726-1482
Kiwanis Court Westman	121 - 4th Street Brandon, MB R7A 3G5 204-725-7221
Lawson Lodge	261 - 8th Street Brandon, MB R7A 6K6 204-726-6455
Lions Manor Westman	35 Victoria Ave E Brandon, MB R7A 1Y7 <a href="http://www.westmanlionsmanor.ca">www.westmanlionsmanor.ca</a> 204-727-4911
Odd Fellows Corner	939 - 9th Street Brandon, MB R7A 6R5 204-726-0122
Parkview	1321 - 13th Street Brandon, MB R7A 4S5 204-727-6209
Princess Park	249 - 9th Street Brandon, MB R7A 6B7 204-726-6455
Princess Towers	248 - 8th Street Brandon, MB R7A 6B6 204-726-6455
Riverheights Terrace	4525 Victoria Ave Brandon, MB R7B 4A6 <a href="http://www.atriaretirement.ca">www.atriaretirement.ca</a> 204-725-2225
Rotary Villas	1340 – 10th Street Brandon, MB R7A 6Z3 <a href="http://www.rotaryvillas.ca">www.rotaryvillas.ca</a> 204-725-1340



## Senior's Residences Detailed

Updated Mar 2020	Meals Provided	Security System	Elevator	Near Bus Stop	Resident Parking	Guest Parking	One Bedroom	Two Bedroom	Bachelor Suite	Three Bedroom	Guest Lodging	Activity Room	Lounge	Library	Meeting Room	Craft Room	Kitchen	Workshop	Exercise Room	Investment Required
Crocus Gardens	*	*	*	*	*	*		48				*					*	*		Entry Fee / Life Lease
Falcon Ridge	*	*	*	*	*	*	3	21			1	*					*			Entry Fee & 1 Year lease
Fernwood Estates	*	*	*	*	*	*		24												None - Month to Month
Grand Valley	*	*	*	*	*	*	10	1	41			*	*		*		*			None - Meals available for a fee
Hobbs Manor	*	*	*	*	*	*	89	11				*	*	*	*	*	*	*	*	None - 3 meals / week available for a fee
Kin Village Inc.	*	*	*	*	*	*	47					*	*	*			*			None - Month to Month
Kiwanis Court Westman	*	*	*	*	*	*	18	16		2		*	*		*					None - Month to Month
Lawson Lodge	*	*	*	*	*	*	13		38			*	*		*		*			None - Meals available for a fee
Lions Manor Westman	*	*	*	*	*	*	65	123			1	*	*	*	*	*	*	*	*	Life Lease and MB Housing units
Odd Fellows Corner	*	*	*	*	*	*	46	4				*		*	*		*			None - Month to Month
Parkview	*	*	*	*	*	*	19	8			1	*	*	*	*	*	*			Shares, Co-op
Princess Park	*	*	*	*	*	*	20	1	47			*	*		*		*			None - Meals available for a fee
Princess Towers	*	*	*	*	*	*	16	1	83			*	*	*	*		*			None - Meals available for a fee
Riverheights Terrace	*	*	*	*	*	*	68	16	35		1	*	*	*	*	*	*	*	*	None - Month to Month
Rotary Villas	*	*	*	*	*	*	88	18	2		2	*	*	*	*	*	*	*	*	None - Month to Month
Sokol Manor Apartments	*	*	*	*	*	*	29	3				*	*		*		*			None - Month to Month
Sokol Supportive Housing	*	*	*	*	*	*			10			*	*							None - Month to Month
Victoria Landing	*	*	*	*	*	*	127	9			1	*	*	*	*	*	*	*	*	None - Month to Month
Winnipeg House	*	*	*	*	*	*	19	1	59		1	*	*	*	*		*	*	*	None - 3 meals / week available for a fee
(WMSNH Coop) McDiarmid Dr	*	*	*	*	*	*	14	20				*			*		*			Shares Co-op
(WMSNH Coop) Brandon Ave	*	*	*	*	*	*	23	40			2	*		*	*	*	*	*	*	Shares Co-op

Chart Source: Brandon Relocation Guide 2020, Economic Development Brandon

## 7) Activities

### 7-a) Community Centres

<b>Business</b>	<b>Address</b>	<b>Contact</b>
Brandon's Community Sportsplex	30 Knowlton Drive Brandon, MB R7A 6N7 <a href="mailto:www.sportsplex@brandon.ca">www.sportsplex@brandon.ca</a> <a href="http://www.mycommunity.brandon.ca">www.mycommunity.brandon.ca</a>	204-729-2470
Central Community Club (Capacity 100)	529 - 4th Street Brandon, MB R7B 3H5	Hall: 204-727-7102 Rental booking: 204-728-4910
East End Community Centre (Capacity 117)	405 Park Street Brandon MB R7A 5M6 Rental booking: email <a href="mailto:eeccrentals@gmail.com">eeccrentals@gmail.com</a>	Hall: 204-727-2277
Brandon Friendship Centre	602 Rosser Avenue Brandon, MB R7A 0K7	204-729-8112
North End Community Centre (Capacity 173)	1313 Stickney Avenue Brandon, MB R7A 6P2	Hall/Booking: 204-725-2973
Park Community Centre (Capacity 143)	1428 Louise Avenue Brandon, MB	Rental Booking: 204-761-9588 204-761-8556
South End Community Centre Hall	1140 - 9th Street Brandon, MB R7A 4C4	204-728-5720 Rental booking: 204-728-2504 <b>Currently Not Available</b>

Valleyview Community Centre (Capacity 134)	6123 77 Whillier Drive Brandon, MB R7B 0X8	Rental Booking: 204-727-6123
West End Community Centre (Capacity 127)	247 - 23rd Street Brandon, MB R7B 1V5	Hall/Booking: 204-727-3024
Westridge Community Centre (Capacity 150)	65 Elmdale Boulevard Brandon, MB R7B 2X3	Hall/Booking: 204-728-0973
Y.M.C.A.	231 - 8th Street, Brandon, MB R7A 3X2 <a href="http://www.ymcabrandon.com">www.ymcabrandon.com</a>	The YMCA of Brandon operates the Kinsmen Centennial outdoor pool, Kiwanis YMCA Keystone outdoor community pool, in addition to the YMCA facility pool and all of the city's community paddle pools and spray parks.



## 7-b) Senior Organizations/Activities

Business	Address/Contact	What they do
Brandon Community Contact List	Economic Development Brandon 410 – 9th Street 204- 729-2132 <a href="http://www.economicdevelopmentbrandon.com/contacts/">www.economicdevelopmentbrandon.com/contacts/</a>	Contact their office for a hard copy
Brandon Seniors for Seniors Co-op Inc.	311 Park Avenue East, Brandon, MB R7A 7A4 204-571-2050 Mon to Fri 9:00 am - 4:30 pm <a href="http://www.brandons4s.ca">www.brandons4s.ca</a>  This non-profit organization strives to help seniors (55+) remain independent and active in their community by providing diverse social and wellness programs.	- variety of events, health & wellness clinics, recreational programs, and sales of safety devices. - “Dinner is Served” meal program - “Out to Lunch” congregate meal program
Prairie Oasis Senior Centre	241 - 8th Street Brandon, MB R7A 3X2 204-727-6641 Mon to Fri 9:00 am - 5:00 pm <a href="http://www.prairieoasis.ca">www.prairieoasis.ca</a>  This 55+ charitable organization provides services and activities, which enhance dignity, support independence, and encourage involvement within the community.	- programs and services including educational courses, activities, choir, hall rentals, & more. - inhouse meal program “Meals on Wheels” is a tray service and congregate noon meal.

### 7-c) Age Friendly Brandon Telephone Information Line

The Age Friendly Brandon Telephone Information Line has a full list of activities for seniors in Brandon, including various forms of exercise, gardening and service clubs, crafts and so much more. You can ask about a specific activity or simply what is happening in your area or on a specific day, etc. **Call 204-729-2525.**

### 7-d) Community Activity Centres

<b>Business</b>	<b>Address/Contact</b>	<b>What they do</b>
Brandon Wheelchair Sports and Leisure	<a href="mailto:brandonwheelchairsports@gmail.com">brandonwheelchairsports@gmail.com</a>	A non-profit community group of volunteers with an interest in making a difference for people with mobility impairments in Westman.
Brandon Riverbank Inc	#1 – 545 Conservation Dr 204-729-2141 <a href="http://www.riverbank.mb.ca">www.riverbank.mb.ca</a> Email: <a href="mailto:info@riverbank.mb.ca">info@riverbank.mb.ca</a>	A non-profit, charitable organization developing the Assiniboine River Corridor as a gathering place, home to many events that contribute to an active and prosperous community.

Creation Nation Makerspace	440 Rosser Ave. 204-729-2490 ext.104 to purchase <a href="http://www.bnrc.ca/creation-nation-makerspace-2/">www.bnrc.ca/creation-nation-makerspace-2/</a> Email <a href="mailto:makers@bnrc.ca">makers@bnrc.ca</a>	- Program that allows members to participate in workshops. - Aimed at bringing together a community of craftspeople, artists, innovators, using wood, metals, plastics, textiles, or electronics.
Community Health and Housing Association Building Re-Fit Store	23-12 <sup>th</sup> Street, Brandon, MB 204-728-2227 Email <a href="mailto:efit.cmha@gmail.com">efit.cmha@gmail.com</a>	Provides an employment and work training site for disadvantaged individuals and provides affordable building materials, both new and used.

### 7-e) Community Organizations

Business	Address	Contact
20/20 Toastmasters Club	Rotary Villas	204-726-4191
Art Gallery of Southwestern Manitoba	710 Rosser Ave <a href="http://www.agsm.ca">www.agsm.ca</a>	204-727-1036
Brandon Badminton Club	<a href="http://www.brandonbadminton.com">www.brandonbadminton.com</a>	204-727-2109

Brandon Camera Club	<a href="http://www.brandoncameraclub.ca">www.brandoncameraclub.ca</a>	204-728-2599
Brandon Curling Club	<a href="http://www.branduncurlingclub.com">www.branduncurlingclub.com</a>	204-726-3560
Brandon Embroiderers		204-727-1624 204-727-0699
Brandon Garden Club		204-728-0380 204-727-8558
Brandon Gun Club	Email <a href="mailto:rdjlamont@gmail.com">rdjlamont@gmail.com</a>	204-761-8033
Brandon Neighbourhood Renewal Corporation	440 Rosser Ave <a href="http://www.bnrc.ca">www.bnrc.ca</a> Email: <a href="mailto:admin@bnrc.ca">admin@bnrc.ca</a>	204-729-2490
Brandon Riverbank Inc	#1 – 545 Conservation Drive <a href="http://www.riverbank.mb.ca">www.riverbank.mb.ca</a> Email: <a href="mailto:info@riverbank.mb.ca">info@riverbank.mb.ca</a>	204-729-2141
Brandon Scrabble Club	Email <a href="mailto:acknight@mymts.net">acknight@mymts.net</a> <a href="mailto:carol@ennsfamily.com">carol@ennsfamily.com</a>	204-728-3271 204-726-1117
Brandon Ukulele Group	Email <a href="mailto:beaudoin.katrina@gmail.com">beaudoin.katrina@gmail.com</a>	
Genealogy Club	<a href="http://www.swmantobagenealogy.ca">www.swmantobagenealogy.ca</a> Email <a href="mailto:info@swmanitobagenealogy.ca">info@swmanitobagenealogy.ca</a>	
Mama Bears Quilt Shoppe	Email <a href="mailto:mamabearsquiltshoppe@hotmail.com">mamabearsquiltshoppe@hotmail.com</a>	204-725-5227
Nifty Needlers		204-728-0268

Peace by Piece Quilting Club	Email <a href="mailto:jenniferj147@hotmail.com">jenniferj147@hotmail.com</a>	204-725-0148
Riverview Curling Club		204-728-6004
Stanley Park Lawn Bowling		204-571-6962
Table Tennis Group		204-725-3330
TALC Third Age Learning Cooperative Faculty of Education		204-901-3747 204-717-4724
Taoist Tai Chi	<a href="http://www.taoist.org">www.taoist.org</a>	204-571-0684
Westman Gardeners	<a href="http://www.westmangardeners.ca">www.westmangardeners.ca</a>	
Westman Immigrant Services	100 Pacific Ave <a href="http://www.westmanimmigrant-services.ca">www.westmanimmigrant-services.ca</a> Email: <a href="mailto:info@westmanimmigrant-services.ca">info@westmanimmigrant-services.ca</a>	204-727-6031
Westman Old-timers Softball	Email <a href="mailto:b.hallett@hotmail.com">b.hallett@hotmail.com</a>	204-573-1460
Westman Wilderness Club	<a href="http://www.westmanwildernessclub.ca">www.westmanwildernessclub.ca</a>	
Wheat City Carvers Club		204-726-4191 204-761-2013
Wheat City Lawn Bowling		204-728-0952
Zen Tao Chi-Kung Tai Chi	<a href="http://www.zentao.ca">www.zentao.ca</a>	204-726-8220 204-726-5293

## 7-f) Places of Worship

Organization	Address	Contact
Alliance - Grand Valley Community Church	1620 Braecrest Drive <a href="http://www.grandvalleycommunitychurch.ca">www.grandvalleycommunitychurch.ca</a> Email: <a href="mailto:office@grandvalleycommunitychurch.ca">office@grandvalleycommunitychurch.ca</a>	204-728-4822
Alliance - McDiarmid Drive Alliance Church	635 McDiarmid Drive <a href="http://www.mdacbrandon.com">www.mdacbrandon.com</a> Email: <a href="mailto:info@mdacbrandon.com">info@mdacbrandon.com</a>	204-728-2473
Anglican - Saint George's Anglican Church	1011 - 5th Street Email: <a href="mailto:stgeorg8@mts.net">stgeorg8@mts.net</a>	204-728-6542
Anglican - St. Mary's Anglican Church	401 - 1st Street Email: <a href="mailto:smbdn1@mymts.net">smbdn1@mymts.net</a>	204-727-3393
Anglican - Saint Matthew's Anglican Cathedral	403 - 13th Street Email: <a href="mailto:stmatt@mts.net">stmatt@mts.net</a>	204-727-2380
Baha'i Faith	<a href="http://www.ca.bahai.org">www.ca.bahai.org</a> Email: <a href="mailto:Isaofbrandon@gmail.com">Isaofbrandon@gmail.com</a>	204-726-5122
Baptist - Bible Baptist Church	1203 - 4th Street	204-726-5806
Baptist - Faith Fellowship Baptist Church	4 Willowdale Cres <a href="http://www.faithfellowship.ca">www.faithfellowship.ca</a>	204-728-9702
Baptist - First Baptist Church	3881 Park Avenue <a href="http://www.fbcbrandon.ca">www.fbcbrandon.ca</a>	204-727-5557
Baptist - Keystone Baptist Church	159 Madison Crescent	204-726-0678
Brandon Vineyard Fellowship	1327 Rosser Avenue <a href="http://www.brandonvineyard.ca">www.brandonvineyard.ca</a> Email: <a href="mailto:bvf@wcgwave.ca">bvf@wcgwave.ca</a>	204-726-4784

Christian Reformed - First Christian Reformed Church	1509 Victoria Avenue Email: <a href="mailto:firstcrc@mts.net">firstcrc@mts.net</a>	204-727-4652
Christian Reformed - Church of Christ	943 - 7th Street	204-728-0957
Church of Jesus Christ of Latter Day Saints	107 Queens Ave E	204-728-3935
Islamic Mosque: Brandon Islamic Centre	834 - 10th Street Contact Dr. F. Ahmad 204-727-9786 (w) or 204-727-3142 (h) or Abdul Zeidane 204-573-1810 or Mohamed Abidullah 204-740-6673	
Jehovah's Witnesses	3434 Park Ave.	204-725-3434
Lutheran - Grace Lutheran Church LCC	3101 Victoria Avenue	204-728-9080
Lutheran - Redeemer Lutheran Church ELCIC	114 Ashgrove Blvd Email: <a href="mailto:lutheran@mts.net">lutheran@mts.net</a>	204-728-6206
Mennonite - Grace Mennonite Church	951 - 10th Street <a href="http://www.gracemennonitechurch.org">www.gracemennonitechurch.org</a> Email: <a href="mailto:gmch@mts.net">gmch@mts.net</a>	204-728-4515
Mennonite - Richmond Park Mennonite Church	1525 - 26th Street <a href="http://www.richmondparkchurch.ca">www.richmondparkchurch.ca</a> Email: <a href="mailto:rpc@mts.net">rpc@mts.net</a>	204-571-4444

National Catholic - Saint Joseph's Polish National Catholic Church	1111 Assiniboine Ave	
Pentecostal - Christian Life Centre	1539 Princess Avenue	204-727-8174
Pentecostal - Bethel Christian Assembly	440 Richmond Avenue <a href="http://www.bethelbrandon.ca">www.bethelbrandon.ca</a> Email: <a href="mailto:info@bethelbrandon.ca">info@bethelbrandon.ca</a>	204-727-0639
Pentecostal - Calvary Temple	620 - 34Th Street <a href="http://www.ctbrandon.com">www.ctbrandon.com</a> Email: <a href="mailto:info@ctbrandon.com">info@ctbrandon.com</a>	204-728-8500
Presbyterian - First Presbyterian Church	339 - 12th Street <a href="http://www.churchinbrandon.ca">www.churchinbrandon.ca</a> Email: <a href="mailto:info@churchinbrandon.ca">info@churchinbrandon.ca</a>	204-727-5874
Presbyterian - Saint Andrew's Presbyterian Church	361 Russell Street	204-727-4414
Roman Catholic - St. Augustine's Roman Catholic Church	327 - 4th Street Email: <a href="mailto:staug@mts.net">staug@mts.net</a>	204-727-4728
Roman Catholic - Saint Hedwig's Roman Catholic Church	227 - 11th Street	204-727-1682
Salvation Army	9 Princess Ave. E.	204-727-6271
Seventh Day Adventist	3319 Park Avenue	204-725-2066
United Church - Central United Church	327 - 8th Street <a href="http://www.brandonchurch.ca">www.brandonchurch.ca</a> Email: <a href="mailto:centralu@mts.net">centralu@mts.net</a>	204-727-0577



United Church - Knox United Church	451 - 18th Street (18th & Victoria) <a href="http://www.knoxunitedbrandon.ca">www.knoxunitedbrandon.ca</a> Email: <a href="mailto:knoxchurch@wcgwave.ca">knoxchurch@wcgwave.ca</a>	204-727-6975
United Church - Trinity United Church	1515 - 6th Street Email: <a href="mailto:trinityucbdn@wcgwave.ca">trinityucbdn@wcgwave.ca</a>	204-728-4796
Ukrainian Catholic - St. Mary's Ukrainian Catholic Church	927 Assiniboine Avenue	204-727-2233
Ukrainian Orthodox - Church of the Holy Ghost	59 - 11th Street North	204-727-3253

**NOTES:**

[illegible]

## 8) Educational Opportunities

<b>Business</b>	<b>Address/Contact</b>	<b>What they do</b>
Assiniboine Community College	1430 Victoria Avenue E. Brandon, MB R7A 2A9 204-725-8700 <a href="http://www.assiniboine.net">www.assiniboine.net</a> Email <a href="mailto:info@assiniboine.net">info@assiniboine.net</a>	Offers free classes in Adult Basic Education, Adult Upgrading, GED Preparation, and Computer Skills.
Brandon Friendship Center Adult Upgrading Program	602 Rosser Avenue Brandon, MB R7A 0K7 204-726-1830 <a href="http://brandonfriendshipcentre.net">brandonfriendshipcentre.net</a> Email <a href="mailto:lynbournon@gmail.com">lynbournon@gmail.com</a>	Assist individuals in improving skills in areas such as reading, writing, math, and computers.
Brandon Literacy Council Inc	129-12 <sup>th</sup> Street, Brandon, MB R7A 4L8 204-729-9964 Email <a href="mailto:blc@westman.wave.ca">blc@westman.wave.ca</a>	Upgrading. Tutorial support. Mature Student High School Diploma program. Employment and Life Skills instruction
Brandon University	270 - 18th Street, Brandon, MB, R7A 6A9 204-571- 7847 <a href="http://www.brandonu.ca">www.brandonu.ca</a>	Tuition is \$25/session for those 60+
Robertson College	800 Rosser Ave, Brandon, MB, R7A 6N5 204-725-7200 <a href="http://www.robertsoncollege.com">www.robertsoncollege.com</a>	A fully licensed leader in Private Vocational Schools operated by The Learning Company of Brandon

<p>Samaritan House Training Centre</p> <p>*Adult Literacy Program</p> <p>*HATS Computer Training</p>	<p>204-727-1268</p> <p><a href="mailto:lit@samaritanhouse.net">lit@samaritanhouse.net</a></p> <p><a href="mailto:trevor.southall@samaritanhouse.net">trevor.southall@samaritanhouse.net</a></p>	<p>Certificate in Learning &amp; Literacy/ GED test preparation.</p> <p>One-on-one computer use and assistance.</p>
<p>Westman Immigrant Services</p>	<p>1001 Pacific Ave, Brandon, MB, R7A 0J2</p> <p>204-727-6031</p> <p><a href="http://www.westmanimmigrantservices.ca">www.westmanimmigrantservices.ca</a></p> <p>Email: <a href="mailto:info@westmanimmigrantservices.ca">info@westmanimmigrantservices.ca</a></p>	<p>A community based charitable organization that assists immigrants and new Canadians by providing English as an Additional Language (EAL) classes, Settlement Services and Brandon Community Language Centre Interpreter services.</p>
<p>Western Manitoba Regional Library</p>	<p>Main Branch</p> <p>710 Rosser Avenue, Unit 1, Brandon, MB R7A 0K9</p> <p>204-727-6648</p> <p><a href="http://www.wmrl.ca">www.wmrl.ca</a></p> <p>Email: <a href="mailto:brandon@wmrl.ca">brandon@wmrl.ca</a></p> <p>Shoppers Mall Location</p> <p>1570-18th Street, Unit 21A</p> <p>204-725-9901</p> <p>Email: <a href="mailto:wmrlshoppersmall@wmrl.ca">wmrlshoppersmall@wmrl.ca</a></p>	<p>An adult library card is required to borrow.</p> <p>Photocopying is available for a charge.</p> <p>Public computer workstations with full Internet access are available.</p> <p>iPad for Seniors</p>

## 9) Other

### 9-a) Support for Seniors

Business	Address/Contact	What they do
211 Manitoba	Dial 2-1-1  <a href="http://www.mb211.ca">www.mb211.ca</a>	Municipal programs and services such as grocery delivery, medication delivery, specialized social services, other well-being resources.
Advance Care Planning	Winnipeg Regional Health Authority <a href="http://www.wrha.mb.ca/advance-care-planning">www.wrha.mb.ca/advance-care-planning</a>  Prairie Mountain Health <a href="http://www.pmh-mb.ca">www.pmh-mb.ca</a>  Dying with Dignity <a href="http://www.dyingwithdignity.ca">www.dyingwithdignity.ca</a>	Advance Care Plans can be downloaded for free from Prairie Mountain Health
Age Friendly Brandon	204-729-2259 Email <a href="mailto:agefriendly@brandon.ca">agefriendly@brandon.ca</a>  Telephone Information Line 204-729-2525	Build awareness toward age-friendly priorities and actions and support age-friendly initiatives throughout the community.

Age & Opportunity Support Services for Older Adults	200-280 Smith St. Winnipeg 204-956-6440	Programs for ages 55+: Social Engagement: CONNECT is a program for those who are socially isolated and would like to be connected with a volunteer over the phone. Seniors Without Walls is a program with group activities over the phone.
Canada Pension and Old Age Security	Service Canada: 1-800-277-9914	
CAA National Senior Drivers handbook	<a href="https://www.caa.ca/driving-safely/senior-drivers/">https://www.caa.ca/driving-safely/senior-drivers/</a>	Topics such as how aging can affect driving, signs that habits should change, etc.
Discounted Assistive Devices	Seniors for Seniors 311 Park Ave. East Brandon 204-571-2050	Donated assistive devices available for purchase eg. canes, walkers, wheelchairs, bathtub aids, commodes, etc.

<p>Emergency Response Information Kits (E.R.I.K.)</p>	<p>Seniors for Seniors 311 Park Ave. East Brandon 204-571-2050</p> <p>Contains an information brochure, health information form (including a list of your medications), health care directive information and form, organ donation card, donation slip, a slot to insert a business card (for contact or sponsor) and a sticker for the front door of a residence so that emergency response providers know an E.R.I.K. is present. The responders take the kit with you to the hospital to provide necessary information for your care.</p>	
<p>Health Care Directives (also called Advance Directives or Living Wills)</p>	<p><a href="http://www.gov.mb.ca/health/livingwill.html">www.gov.mb.ca/health/livingwill.html</a></p> <p>Dying with Dignity (Canada) <a href="http://www.dwdwinnipeg.ca">www.dwdwinnipeg.ca</a></p>	<p>Documents that are used to express your health care wishes when you are no longer able to personally communicate those wishes. They include naming a proxy who can act on your behalf to ensure your wishes are met.</p>

Senior Abuse Support Line	1-888-896-7183	24/7 support line for older adults who are experiencing abuse.
Seniors Information	<p>Manitoba Government Inquiry: 204-945-3744 or toll free at 1-866- MANITOBA (1-866-626-4862)</p> <p>1-800-665-6565</p> <p><a href="http://www.gov.mb.ca/seniors">www.gov.mb.ca/seniors</a> Email: <a href="mailto:seniors@gov.mb.ca">seniors@gov.mb.ca</a></p>	Government of Manitoba website dedicated to “Seniors and Healthy Aging” that includes many resources for Manitoba seniors.
When Your Spouse Passes	<p>Sun Life <a href="http://www.sunlife.ca">www.sunlife.ca</a></p> <p>Principal <a href="http://www.principal.com">www.principal.com</a></p> <p>Snug Safety <a href="http://www.snugsafe.com/all-posts/what-to-do-when-a-spouse-dies">www.snugsafe.com/all-posts/what-to-do-when-a-spouse-dies</a></p>	<p>Financial checklist of 10 things</p> <p>Financial checklist of 13 things</p> <p>Offers a financial checklist and many more suggestions</p>
Will Preparation	<p>Contact a lawyer or notary public of your choice and ask about pricing.</p> <p>You can download a will for free from the internet but it is usually more beneficial to use a lawyer.</p>	If there is no will, the courts will make decisions about your estate.

## 9-b) Pre-Planning &amp; Funeral Services

<b>Business</b>	<b>Address</b>	<b>Contact</b>
Brockie-Donovan Funeral & Cremation Services	332 8 <sup>th</sup> St.	204-727-0694
Memories Chapel	330-18 <sup>th</sup> St. office@memorieschapel.com	204-727-3330

## 9-c) Resources for caregivers

<b>Business</b>	<b>Address/Contact</b>	<b>What they do</b>
Contact Community Information	1-866-266-4636 <a href="http://www.contactmb.org/index.html">www.contactmb.org/index.html</a> .	Refers Manitobans to social services and programs
Healthy Aging Resource Teams	<a href="http://www.wrha.mb.ca/community/seniors/resourceteams/php">www.wrha.mb.ca/community/seniors/resourceteams/php</a>	
Manitoba Caregiver Coalition	Email: <a href="mailto:mb.caregivercoalition@yahoo.ca">mb.caregivercoalition@yahoo.ca</a>  <a href="http://www.ccc-ccan.ca">www.ccc-ccan.ca</a>	
Community Respite Service	710-3 <sup>rd</sup> Street, Brandon MB. R7A 3C8 204-953-2401 <a href="http://www.communityrespiteservice.ca">www.communityrespiteservice.ca</a>	Assists caregivers by providing trained personnel to relieve them temporarily of the responsibility for caring for persons with physical or intellectual disabilities.



## 10) Service Providers listing

<b>Business</b>	<b>Address</b>	<b>Contact</b>
ALS Society of MB	<a href="mailto:HOPE@alsmb.ca">HOPE@alsmb.ca</a>	204-831-1510
Alzheimer Society of MB	457 9 <sup>th</sup> St.	204-729-8320
Arthritis Society of MB	153 8 <sup>th</sup> St.	204-729-9144
Brandon Neighbourhood Renewal Corporation	440 Rosser Ave <a href="http://www.bnrc.ca">www.bnrc.ca</a> Email: <a href="mailto:admin@bnrc.ca">admin@bnrc.ca</a>	204-729-2490
Canadian Cancer Society	<a href="http://www.cancer.ca">www.cancer.ca</a>	1-888-939-3333
Canadian Celiac Association	<a href="http://www.celiac.ca">www.celiac.ca</a>	1-800-363-7296
Canadian Liver Foundation	<a href="http://www.liver.ca">www.liver.ca</a>	1-800-563-5483
Community Health and Housing Association	1233 Rosser Ave.	204-726-8865
Canadian Red Cross	1-817 Rosser Ave. <a href="http://www.redcross.ca">www.redcross.ca</a> Email: <a href="mailto:WZinfo.Manitoba@redcross.ca">WZinfo.Manitoba@redcross.ca</a>	204-729-4970
Cardiac Rehabilitation/ Healthy Heart Program	150 McTavish Ave. E. <a href="http://www.cardiacrehabilitation.ca">www.cardiacrehabilitation.ca</a>	204-578-4225
Cerebral Palsy Association of MB	<a href="http://www.cerebralpalsy.mb.ca">www.cerebralpalsy.mb.ca</a>	1-800-416-6166
CNIB	354 10 <sup>th</sup> St. <a href="http://www.cnib.ca">www.cnib.ca</a>	204-727-0631

Compassionate Friends	107-328 8 <sup>th</sup> St. Email: <a href="mailto:southwesternmb@gmail.com">southwesternmb@gmail.com</a> <a href="http://www.compasionatefriends.ca">www.compasionatefriends.ca</a>	204-727-1823
Crohn's and Colitis Canada	<a href="http://www.crohnsandcolitis.ca">www.crohnsandcolitis.ca</a> Email: <a href="mailto:support@crohnsand.colitis.ca">support@crohnsand.colitis.ca</a>	1-800-387-1479
Diabetes Canada	<a href="http://www.diabetes.ca">www.diabetes.ca</a>	1-800-226-8464
Epilepsy Society of MB	Email: <a href="mailto:esam@manitobaepilepsy.org">esam@manitobaepilepsy.org</a>	1-866-EPILEPSY
Huntington Society of Canada	Email: <a href="mailto:mbuchhotz@huntingtonsociety.ca">mbuchhotz@huntingtonsociety.ca</a>	204-772-4617
Kidney Foundation of Canada	<a href="http://www.kidney.ca">www.kidney.ca</a>	204-989-0800
Lung Association	8-940 Princess Ave. <a href="http://www.mb.lung.ca">www.mb.lung.ca</a>	204-725-4230
Lupus Society	<a href="http://www.Lupusmanitoba.com">www.Lupusmanitoba.com</a> Email: <a href="mailto:lupus@mymts.net">lupus@mymts.net</a>	204-942-6825
MB Brain Injury Association	<a href="http://www.mbia.ca">www.mbia.ca</a>	1-866-327-1998
Multiple Sclerosis Society of Canada	<a href="http://www.mssociety.ca">www.mssociety.ca</a>	1-800-268-7582
Muscular Dystrophy Canada	<a href="http://www.muscle.ca">www.muscle.ca</a>	1-800-567-2873
Myeloma Canada	<a href="http://www.myelomacanada.ca">www.myelomacanada.ca</a>	1-800-798-5771
Ostomy Canada Society	<a href="http://www.ostomycanada.ca">www.ostomycanada.ca</a>	1-888-969-9698

Parkinson's Society of MB	<a href="http://www.parkinson.ca">www.parkinson.ca</a> Email: <a href="mailto:communications@parkinsons.ca">communications@parkinsons.ca</a>	1-800-565-3000
Prostate Cancer Canada	<a href="http://www.prostratecancer.ca">www.prostratecancer.ca</a> Email: <a href="mailto:connect@cancer.ca">connect@cancer.ca</a>	1-888-939-3333
Schizophrenia Society of Manitoba	<a href="http://www.mss.mb.ca">www.mss.mb.ca</a> Email: <a href="mailto:info@mss.mb.ca">info@mss.mb.ca</a>	204-786-1616
Seniors Caregivers Network	Email: <a href="mailto:info@caregiversnetwork.com">info@caregiversnetwork.com</a>	1-877-489-0803
Spinal Cord Injury MB	<a href="http://www.scimanitoba.ca">www.scimanitoba.ca</a> Email: <a href="mailto:info@scimanitoba.ca">info@scimanitoba.ca</a>	204-786-4753
United Way Brandon & District	201-1011 Rosser Ave <a href="http://www.brandonuw.ca">www.brandonuw.ca</a> Email: <a href="mailto:office@brandonuw.ca">office@brandonuw.ca</a>	204-571-8929
Westman Hospice Association	435 Rosser Ave.	204-727-1745
Westman Immigrant Services	100 Pacific Ave <a href="http://www.westmanimmigrant.com/services.ca">www.westmanimmigrant.com/services.ca</a> Email: <a href="mailto:info@westmanimmigrant.com/services.ca">info@westmanimmigrant.com/services.ca</a>	204-727-6031

**NOTES:**


## 11) Discount Options

<b>Business</b>	<b>Period</b>	<b>Discount</b>
Applebee's Restaurant	Everyday	Seniors' menu with discounted items.
Best West Pet Foods	First Tuesday of Each Month	10% off
Best Western Plus Brandon Inn	Everyday	10% off regular room rate
Bulk Barn	Wednesday's	10%
Clarion Hotel	Everyday	10%
Colonial Inn	Everyday	Approximately 5% off
Days Inn & Suites by Wyndham Brandon	Everyday	Rates Fluctuate – call to get an exact price reduction estimate
Eye Outfitters	Everyday	2 <sup>nd</sup> set of frames 25% off regular price
Hakim Optical	Everyday	Extra 10% off advertised promotion depending on current running promotions, call to ask about current senior deals.
Hedley's Health Hut	First Friday of month	10% on supplements, beauty products, essential oils and diffusers & 20% on Health First products

Highland Mini Golf	Everyday	\$5.50 (\$3 off regular adult price)
Holiday Inn Express & Suites Brandon Hotel	Everyday	15% (Rates Fluctuate)
Humpty's Restaurant	Everyday	10% plus a special discount day with a "green card."
Giant Tiger	1 <sup>st</sup> Monday of the month	10%
Kamlung Asian Cuisine	Everyday	10% off (65+)
Lakeview Inns & Suites Brandon	Everyday	Approximately \$5 off regular rates (Rates Fluctuate)
Landmark Cinema Brandon*	Every Monday	20% off senior admission & concession sales
Lee's Buffet	Everyday	10% off (65+)
Michael's	Everyday, Members only, Ask for it	10%, not clearance items
Motel 6	Everyday	10%
Mum's Restaurant	Everyday	Lunch/Supper senior's menu (smaller portions & decreased price)
M & M	Tuesdays	10%
Northern Pines Golf	Everyday	Green Fees couple dollars off of regular price (call for daily prices) (60+)
Papa John's	Everyday	30% (60+)
Pet Valu	Last Thursday of month	10%
Pharmasave	Everyday	10% on non-prescription & non-sale items
Safeway	3 <sup>rd</sup> Wed. of the month	10%



## Section TWO

Coping with Covid-19: A practical toolkit for Manitobans

# Coping with COVID-19:

*A practical toolkit for  
Manitobans*



***Developed by Nealy Armstrong, Jenn Casey, and Morgan Evans  
Student Occupational Therapists  
University of Manitoba***

*Special thank you to Tanya Swanson (Healthy Aging Resource Team - River East/Transcona), Susan Sader (Good Neighbours Active Living Centre), Kayla Maubert (My Health Team - Downtown/Point Douglas), and Laura Durling (Access - West Winnipeg) for your contributions and guidance in this project.*

***Disclaimer:*** *This document was developed by one or more students on placement from the University's Rady Faculty of Health Sciences in accordance with their program requirements. The information provided in this document is intended to provide helpful information and is not intended to replace advice and guidance of a professional health care provider. There are no guarantees of completeness or accuracy with regard to the information contained in this document. All individuals involved in the creation of this document disclaim any liability in connection with the use of this document and of the information contained herein. This document is provided without warranty of any kind.*



## Introduction

The COVID-19 pandemic has transformed the world in which we live. We are all likely feeling a range of emotions such as fear, anxiety, anger, and sadness, which can affect how we feel and respond in daily life.

This toolkit was created to provide strategies and resources to help Manitobans effectively, and positively cope with the changes that COVID-19 has made in everyone's lives. The toolkit includes educational material, practical skills, local resources, and activities for living well during the pandemic.

While this toolkit is a resource to help you develop positive coping skills in the short- and long-term in response to the loss, grief, and other difficult emotions that have come with COVID-19; **if you are in an immediate crisis, call Manitoba Suicide Prevention Line toll-free (1-877-435-7170), Klinik Crisis Line toll-free (1-888-322-3019), or Crisis Response Centre (1-204-940-1781).** These lines are all open 24/7.

"We are all dealing with  
the collective loss of the  
world we once knew."  
-Brené Brown



Image: <https://images.app.goo.gl/BCPKkEqK6AmzPT57A>

## Emotions

It is common to be experiencing many emotions as we try to navigate this new world. You may feel like you are on a never-ending rollercoaster of emotions as you watch the news, hear the updates, think about the losses, and what the future may hold. It is important to recognize these emotions and allow yourself to embrace what you are feeling.









With these challenging times bring feelings of anxiety, uncertainty, and grief. If you've felt any of these emotions in response to the pandemic, you are not alone. The following chart lists some common difficult emotions and how they can feel in your body. Take time to bring awareness to how you are feeling right now.

**Activity:** Circle the emotions and feelings that you have noticed in the last week. Feel and accept your emotions...there is no judgement!

### Difficult emotions and how they affect your body:



ANGER	SADNESS
 Muscles tightening	 Crying
 Teeth and jaw clenching	 Feeling exhausted
 Feeling flush or hot	 Difficulty swallowing
 Wanting to hit or throw something	 Feeling empty
FEAR	GUILT
 Breathlessness	 Sweating
 Pounding heart	 Difficulty sleeping
 Feeling butterflies in your stomach	 Stomachache
 Wanting to run and hide	 Feeling nervous, shaking

## Mindfulness

Mindfulness is paying attention to what is happening in the here and now, and bringing awareness to your body, thoughts, and feelings, without judgment<sup>1</sup>. Many people are experiencing higher levels of anxiety, fear, sadness, and guilt due to COVID-19. Mindfulness works to control stress, ease anxiety and depressive symptoms, improve relationships, control emotions, and decrease intense reactions to difficult situations<sup>2</sup>. Here are some mindfulness activities for you to try! Discontinue any exercises if you feel pain or discomfort and seek help from your provider for assistance with these exercises if needed.

### Mindfulness Activities

- 1. 5 Senses<sup>3</sup>:** Make a conscious effort to notice the present moment through each of your 5 senses. Right now, what are:



- 2. Mindfulness during everyday activities:** Pay attention to the 5 senses through activities you do every day. Examples include:



<sup>1</sup>Adapted from Linehan (2015).

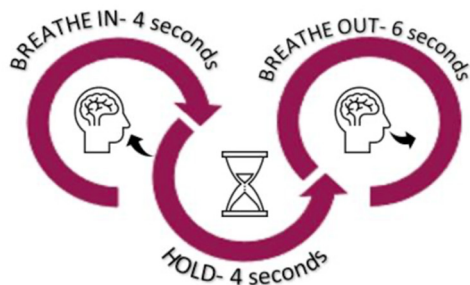
<sup>2</sup>Davis & Hayes (2011).

<sup>3</sup>Adapted from Therapist Aid (2017c).

### 3. Deep Breathing

Deep breathing is a relaxation exercise that involves breathing in and out, slowly and deeply. When experiencing anxiety, the body produces a stress response which results in higher heart rate, tense muscles, and shallow and rapid breathing. Deep breathing can promote relaxation, energy and alertness, and reduce feelings of anxiety, depression, confusion and anger<sup>1</sup>.

**How it works:** Use your finger to trace the curves. Breathe in for 4 seconds. Hold that breath for 4 seconds, then slowly release that breath for 6 seconds. Repeat 5 times when needed<sup>2</sup>.



### 4. Mindful Stretches<sup>3</sup>

Think about how each of your body parts feel as you try out these stretches<sup>3</sup>. Notice any sensations like pulling, tightness, discomfort, or pain. Stretch your body to the point where you can feel a slight sensation, but not to the point of pain. Hold each stretch for 15-30 seconds and complete daily. Check with your provider before starting any stretches.



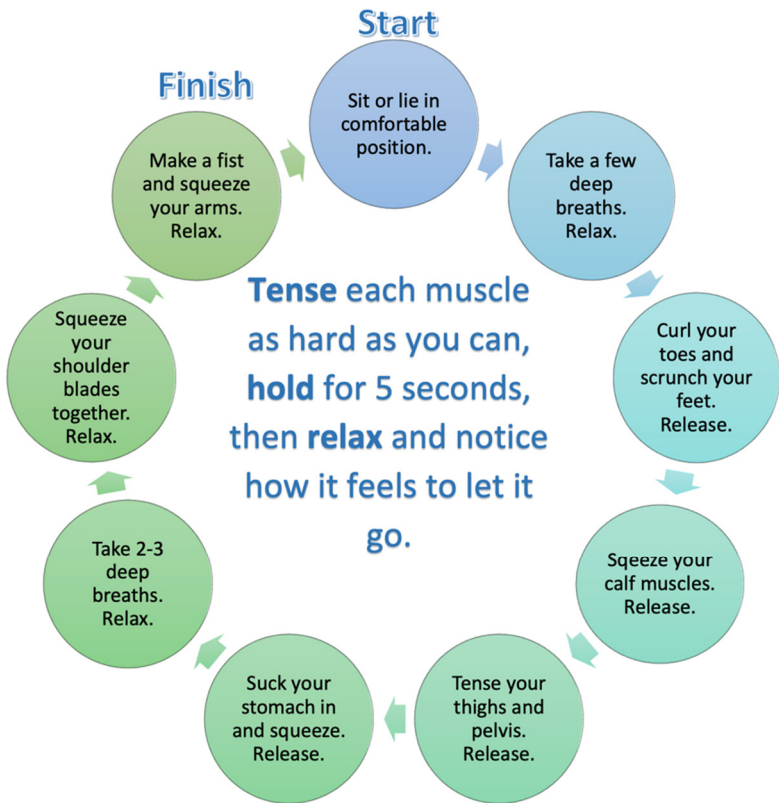
<sup>1</sup>Zaccaro, Piarulli & Laurino (2018).

<sup>2</sup>Adapted from Therapist Aid (2017a).

<sup>3</sup>Images: <https://www.pinclipart.com>

### 5. Progressive Muscle Relaxation<sup>1,2</sup>

This activity can help you let go of built-up stress and anxiety by tensing, then releasing your muscles one at a time. With practice, you will notice when you feel tension in your muscles, and when you need to relax your muscles. Additionally, be mindful of any injuries or pain you are experiencing and pass over those body parts.



<sup>1</sup>Adapted from Therapist Aid (2017b).

<sup>2</sup>Adapted from Linehan (2015).

## Positive Communication

Since the beginning of the pandemic, many people have experienced feelings of anger, loneliness, isolation, and anxiety. Such emotions can make it difficult to communicate with others. The DEARMAN<sup>1</sup> is a tool that is used when interacting with those around you and a good strategy to express your needs. This is important for maintaining healthy relationships.

D

**Describe** the situation. Use only facts and avoid opinions. For example, "You told me you would call me back and you didn't".

E

Clearly **express** your feelings. Don't expect others to know how you feel. For example, "when you didn't call me back, I got worried something bad happened to you".

A

Be **assertive**. Say what you need to say. For example, "I feel hurt when you don't remember that I am waiting for your call".

R

**Reward** people who respond well, and say how this change will benefit you. For example, "if you call me back when you say you will, I would be so relieved".

M

Be **mindful**. Stick to the point of the conversation and avoid arguing. For example, don't say: "I guess this means our relationship is never going to work", instead say: "No that's not it, I would just appreciate if you would call me back when you say you will".

A

**Appear** confident. Consider your posture, tone of voice, eye contact and body language. Avoid saying things like, "I'm not sure".

N

Be open to **negotiation** and be willing to offer solutions to the problem. For example, "If you can't call back, texting me to tell me you're busy is ok with me".

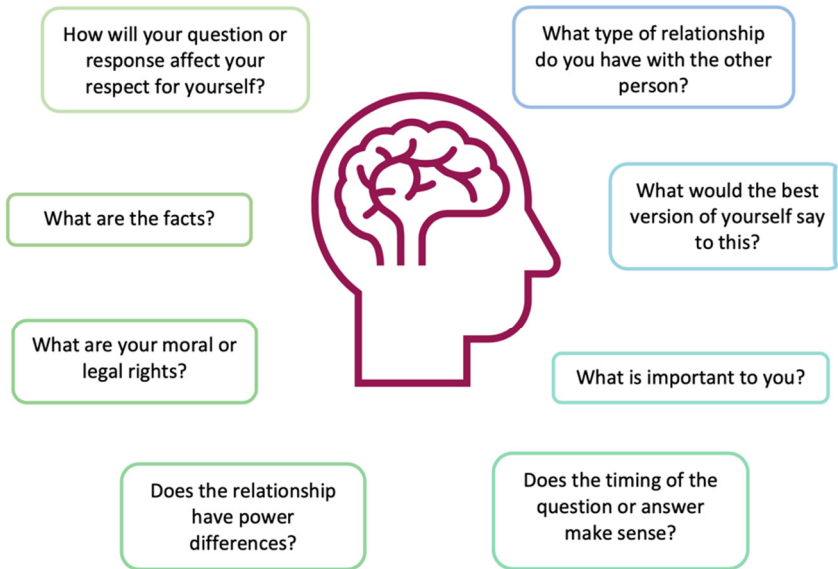
<sup>1</sup>Adapted from Linehan (2015).

## Healthy Boundaries for Requesting and Responding

When in an anxious or stressed state, it is important to remember that there are boundaries for what is or isn't appropriate to ask others. The same boundaries also apply when you are deciding whether to say "Yes" or "No" to what another is asking you. For example, you might call a friend or family member to ask for a ride, however, you would not ask your health care provider for the same request. Likewise, if a friend or family member asked you for a ride, you might say "Yes", whereas you might say "No" if it was a stranger.



**When someone has asked something of you, or you are considering asking something of someone else, consider the following questions<sup>1</sup>:**



<sup>1</sup>Adapted from Linehan (2015).



## STOP Skill

The STOP skill<sup>1</sup> is used to bring awareness to the moment and **STOP** you from acting on your emotions. Instead, consider your thoughts, feelings, and the people involved when you're in a stressful situation. Here's what to do:



Stop

- Don't move! It's tempting to quickly react, but stay in control. **STOP** and drop what you're doing!

Take a  
step back

- Take a step back from what's happening. Breathe deeply. Inhale. Exhale. Give yourself permission to let go of what is happening.

Observe

- Consider: What am I thinking?  
What am I reacting to?  
What am I feeling in my body?

Proceed  
mindfully

- Consider the facts and the thoughts and feelings of everyone involved, including yourself. What can you do right now to improve the situation for everyone?

<sup>1</sup>Adapted from Linehan (2015).



## The Importance of Routine

As part of the human experience, our bodies thrive on routine. Having a routine is important for our physical and mental health<sup>1</sup>. With the changes that have come with COVID-19, it has been difficult to maintain a daily schedule. Many things are out of our control with COVID-19; however, having a routine is something that we can take control over to make things more certain.

Some tips for keeping a regular routine:



If possible, go to bed at the same time everyday. This will help your body maintain a schedule so it knows when to shut down for the day, and get going in the morning.



Get dressed and get ready for the day like you did pre-pandemic, even if you are staying/working at home.



Continue to connect regularly with others via phone, email, or virtual platform, or by saying a distanced "hello" to neighbours or people outside. Staying connected with others is more important than ever during these difficult times!



Limit your consumption of daily news and seek information from credible sources only.

<sup>1</sup>Robins (n.d.).

**Activity: What is your routine?**

Fill out this 7-day routine chart by writing down all the things you do in a day.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Think about the balancing your activities and answer the questions below:

- What activities would you like to add into your routine?
- What activities would you like to reduce or remove from your routine?
- What activities are the most important to you? What activities are the least important?



## Goal Setting – making your goals SMART



In response to the pandemic, we may find ourselves coping in unhealthy ways. Goal setting can help to make positive changes in our lives (including healthy ways of coping) and help to figure out the steps needed to make those changes. The SMART method of goal setting works to help make goals more likely to achieve. Below are two examples of goals about practicing more mindfulness:



### Goal: Do more mindfulness

This goal does not give much information about what steps I would need to take to practise mindfulness, which makes my goal much harder to achieve because I won't know if I've achieved it!



**SMART Goal:** Starting today, I will do a mindfulness meditation for 5 minutes/day on Mondays, Wednesdays, and Fridays every week, for one month, as measured by checkmarks on my calendar.

This SMART goal is specific, realistic, can be measured, recorded, and has a time frame.

**Activity:** Think about a current coping behavior (for example: more substance use, watching a lot of TV, oversleeping) that you would like to change. Use the SMART goal setting worksheet below to make a plan on how you will change your behavior. Set 1 goal for this week, and 1 goal for the month.

Images: <https://basketballqld.com.au/goal-setting/>  
[https://www.pinclipart.com/pindetail/iixTIT\\_goal-oriented-clipart/](https://www.pinclipart.com/pindetail/iixTIT_goal-oriented-clipart/)

<div>S</div> <div>Specific</div>	Define your goal – who, what, when, and where?
<div>M</div> <div>Measurable</div>	Can you track your progress and outcomes? How will you do this?
<div>A</div> <div>Achievable</div>	Is it possible for you to achieve?
<div>R</div> <div>Realistic</div>	Do you have the resources, time, and energy to complete the goal?
<div>T</div> <div>Timely</div>	What is the timeframe for completing the goal?

1

Goal 1: By 1 week, I will...

Goal 2: By 1 month, I will...

<sup>1</sup>Adapted from Storyboard That (n.d.).

## Self-Soothing Activities<sup>1</sup>

When experiencing a stressful situation, take some time to soothe your five senses. This will help you regulate and tolerate any distress you are experiencing. This list is not exclusive and activities that might be soothing to one person, may not be to the next. The important thing to remember is to do what feels soothing for you and use all five senses.



### Sight

- Find a spot to sit and people-watch
- Look at the stars
- Observe nature: do you see birds, trees, sky, people?
- Watch the sunset

### Sound

- Listen to calming music or the sounds of nature
- Listen to your favorite song
- Play an instrument, or tap your feet
- Close your eyes and pay attention to what you can hear in your surroundings

### Smell

- Step outside or open a window and smell the fresh air
- Breathe in a strong scent, such as coffee or mint
- Take a walk in the park or nearby forest and breathe in the fresh smell of wood and nature
- Light your favourite scented candle

### Touch

- Pet an animal or a soft fabric
- Place a cold cloth on your forehead
- Put on comfy clothes or wrap up in a blanket
- Take a bath or shower

### Taste

- Have a warm drink (ie. tea, coffee)
- Eat your favorite dessert
- Chew gum
- Close your eyes while tasting your food, and eat one piece at a time

<sup>1</sup>Adapted from Linehan (2015).

## Guided Imagery

Guided imagery involves using your imagination to picture a relaxing scene or destination that brings you joy and happiness. Visualizations use the mind to encourage positive feelings associated with that place.

You may feel silly or strange when you first try this, but practice this skill for a week before deciding on its effectiveness. Studies have found that guided imagery exercises can reduce cognitive and emotional stress<sup>1</sup>.



### Instructions<sup>2</sup>:

1. Sit or lie down in a comfortable position in a room that is quiet and relaxing.
2. Close your eyes. Imagine a place that is calming to you. This could be up on a mountain with the fresh breeze blowing, sitting in the warm sand on a beach, at the cabin with the rain coming down on the roof, or sipping coffee in a cozy cafe.
3. Begin to visualize your chosen scene. Feel the temperature, breathe in all the scents, and listen to the sounds. Try to involve all of your senses in this process. Taste, touch, smell, sound, and sight.
4. Allow yourself to get lost in this imagery and embrace all the positive feelings associated with it. Relax your body and mind. Block out everything else and enjoy the experience.
5. After 5 or 10 minutes, slowly start to move your body again. Gently open your eyes. You can adjust the timing for longer or shorter sessions.



<sup>1</sup>Bigham, McDannel, Luciano, & Salgado-Lopez (2014).

<sup>2</sup>Adapted from <https://www.therapistaid.com/therapy-guide/relaxation-skills-guide>  
Images from: Shutterstock.com.



## Sleep

Sleep is so important for overall health and well-being. It can be hard to stick to a consistent sleep schedule right now since our routines have changed. You may stay up too late, find it difficult to get out of bed in the morning, or sleep restlessly. Listed below are some practical tips to improve your sleep!<sup>1</sup>

- ★ Set a schedule — try to set a regular sleep routine; aim to go to bed and wake up at the same time daily. Most people need 7-9 hours of sleep a night.
- ★ Avoid caffeine, alcohol, and nicotine — these substances can affect ability to fall or stay asleep.
- ★ Check your environment — ensure your room is a comfortable temperature, quiet and dark enough. Consider a fan, room darkening blinds or curtains, eye-mask, or ear plugs to suit your needs.
- ★ Don't force it — If you are having difficulty getting to sleep after 20 minutes, get up and do something calming such as read a book, meditate, or write in a journal.
- ★ Avoid late naps — napping during the day will affect your ability to sleep at night. If you need to nap, keep it short and earlier in the day.
- ★ Only use your bed for sleeping — avoid watching tv, reading, and hanging out in bed during the day.
- ★ Exercise — exercising regularly has been shown to improve sleep. However, avoid strenuous exercise before going to bed.



<sup>1</sup>Adapted from Therapist Aid (2016).  
Image from: Shutterstock.com.





## Nutrition

COVID-19 has created challenges to healthy eating. We can no longer sit down and enjoy a meal with family or friends and a reduced income might mean less healthy food choices. We might be hesitant to run to the grocery store when we want something, making access to food more difficult. Eating a well-balanced diet with nutritious and healthy foods is important for your mood, energy, and overall well-being.


Canada's Food Guide recommends<sup>1</sup>:





<sup>1</sup>Adapted from Health Canada (2019).


## Recipes

Here are some quick and easy recipes – Cut out the recipe cards to keep handy!

<b>OATMEAL</b>		
<u>Ingredients</u>	<u>Directions</u>	
½ cup quick oats OR 1-minute oats 1 cup water *Optional top with: 1 tbsp. peanut butter 1 tbsp. brown sugar Canned or frozen fruit of choice Splash of milk	Add oats and water to cereal bowl.  Microwave for 1 minute and 30 seconds. Check to see if cooked. Cook longer if using large flake oats.	

<b>TUNA SALAD SANDWICH</b>		
<u>Ingredients</u>	<u>Directions</u>	
1 can tuna 2 tbsp. mayonnaise 2 tbsp. diced onion Salt + pepper to taste 2 slices bread *Optional: add lettuce or cucumber	In a bowl, combine tuna, mayonnaise, onion, and salt and pepper. Use a fork to mix together until evenly mixed. Spread tuna salad onto bottom slice of bread, and place the other slice on top!	

<b>VEGETABLE STIR-FRY</b>		
<u>Ingredients</u>	<u>Directions</u>	
½ cup rice 1 cup water 1 can vegetables of choice (ex. corn, peas, carrots, green beans, mushrooms) 2 tbsp. soy sauce *Optional: 1 can meat of choice	Combine rice and water in a bowl. Microwave rice for 2-5 minutes (depending on type of rice), stir and cook more if needed. Add canned vegetables (and optional meat) and microwave until warm. Stir in soy sauce.	

<b>BANANA OATMEAL MUFFINS<sup>1</sup></b>		
<u>Ingredients</u>	<u>Directions</u>	
2 eggs 2 bananas 2 cups oats 1 tsp baking powder 1 tbsp. butter (or margarine or oil)  *Optional: 1 cup crushed nuts	Crack eggs into bowl, add bananas. Mash bananas until larger clumps are broken down. Add oats and baking powder and stir until well-mixed. Grease muffin tin with butter, then pour the mixture into muffin tin. Bake at 375 degrees for 15-20 minutes or until golden brown.	

<sup>1</sup> Adapted from Winnipeg Harvest (2019).

Images: <https://webstockreview.net/explore/outline-clipart-muffin/>; <http://clipart-library.com/picture-of-a-carrot.html>; <http://clipart-library.com/sandwich-cliparts.html>; <https://webstockreview.net/explore/cereal-clipart-oats/>

## Physical Activity

The Canadian 24-Hour Movement Guidelines<sup>1</sup> recommends the following:



- ♥ Participate in a variety of physical activities in different environments during all seasons!
- ♥ 150 minutes of moderate to intense aerobic activity per week.
- ♥ Examples: brisk walking, pickleball, dancing, cleaning your home, cycling, gardening, mowing the lawn, or anything that gets your heart pumping!
- ♥ Muscle strengthening activities at least 2 days/week
- Examples: lifting weights, resistance training, or lifting groceries, books, or household items.



- ♥ Limit long periods of sitting to less than 8 hours/day.
- ♥ Limit leisure screen time to less than 3 hours/day.
- ♥ Take breaks! Break up long periods of sitting as much as possible by standing and moving around. Even 1 minute every hour helps!



- ♥ In addition to above, older adults (65+) should incorporate balance activities which are essential in preventing falls. For example, you can try balancing on one leg for 5 seconds while holding a table surface, alternate legs. Once you feel stable, you can progress your practice by taking away less support such as one hand on table, one fingertip on table, no hands, or while brushing your teeth<sup>2</sup>. \*Use caution, you must be stable before trying more challenging exercises\*
- ♥ Other ways to prevent falls: removing clutter or throw rugs from the floor, wearing shoes that fit well, taking medications as directed, regular eye checkups, and managing overall health<sup>2</sup>.

<sup>1</sup>Canadian Society for Exercise Physiology (2020)

<sup>2</sup>Staying On Your Feet (2016)

Images: <https://creazilla.com/nodes/38676-woman-is-walking-for-exercise-clipart>

<https://www.xbox.com/en-NZ/apps/family-settings-app>

[https://www.123rf.com/clipart-vector/senior\\_exercise.html?sti=mul9rq5cehyyawec8cl](https://www.123rf.com/clipart-vector/senior_exercise.html?sti=mul9rq5cehyyawec8cl)

## Self-Care Word Search

Puzzles and games are not just for fun! Activities such as these keep your mind active and engaged. Think of these activities like a workout for your brain! Find and circle the words listed below<sup>1</sup>:



M	E	R	R	E	A	D	I	N	G	C	P	U	N	T
G	O	X	W	E	J	O	U	R	N	A	L	I	N	G
V	J	V	E	D	T	W	C	A	R	D	S	P	B	Q
G	O	M	I	R	A	W	A	L	K	J	A	D	U	R
P	D	Y	G	E	C	N	K	P	Y	C	L	X	I	M
A	V	O	H	U	F	I	C	C	G	L	E	L	L	T
I	O	G	T	F	P	Z	S	E	A	E	A	O	D	Y
N	Z	A	L	W	I	O	L	E	R	A	R	E	I	P
T	K	N	I	T	T	I	N	G	D	N	N	H	N	S
I	W	T	F	U	D	R	P	U	E	I	I	H	G	I
N	L	X	T	I	I	S	R	U	N	N	N	Z	K	N
G	M	G	I	M	U	S	I	C	I	G	G	F	O	G
C	Z	P	N	F	B	A	T	H	N	I	R	M	V	I
M	S	X	G	R	D	G	Y	T	G	F	T	A	C	N
M	E	D	I	T	A	T	I	O	N	C	E	T	P	G

GARDENING  
PAINTING  
EXERCISE  
BATH  
DANCE  
READING  
KNITTING

WEIGHTLIFTING  
MEDITATION  
CARDS  
BUILDING  
MUSIC  
SINGING

WALK  
LEARNING  
JOURNALING  
CLEANING  
YOGA  
MOVIE

<sup>1</sup>Created using: <https://tools/atozteacherstuff.com/word-search-maker/wordsearch.php>



## Gratitude

Gratitude is expressing appreciation for all the things in your life. It involves feeling thankful and grateful for the people and the world around you. Practising gratitude means accepting the negative aspects and learning to focus your attention on the things that matter to you. Having an attitude of gratitude can lead to improvements in mood, physical well-being and to greater happiness.

### Gratitude Journal

Each day, take time to write down three things that you are grateful for. You could make this a daily habit when you wake up or before you go to bed. For example, you might be grateful to have a roof over your head, to have good friends and family, to be healthy, to not have burned the toast this morning, to be reading a great book, etc. Nothing is too big or too small when it comes to being grateful. Celebrate the positive!

A template for a gratitude journal. It features a large, open book-like shape with a thick maroon border. Inside the book, there are three horizontal lines for writing, each preceded by a number (1., 2., 3.). To the right of the book, there is a small, stylized pink pen icon.

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