

**MY LITTLE BLUE BOOK**

**BRANDON  
SENIORS  
RESOURCE  
GUIDE**

**2nd 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. 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:*

*Seniors for Seniors Inc. (<https://brandons4s.ca/>) or  
Age Friendly Brandon (<https://brandon.ca/agefriendly>)*

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*On behalf of Age Friendly Brandon, a Committee of City Council, we would like to thank the many organizations and individuals for their collective efforts to produce this guide for older adults in the Brandon region. As a committee, it is our role to raise awareness and advocate for healthy aging for all in our community. Through teamwork we identify barriers with community consultation and address them through our advisory role to the City of Brandon municipal government. Our focus will continue to support people to age safely, enjoy good health and to have the ability to participate fully in the Brandon community. We are proud to have funded the printing of this guide and would be more than happy to have your involvement, or for you to share your ideas with the Age Friendly Committee for the benefit of all Brandon citizens.*

|                                                           |           |
|-----------------------------------------------------------|-----------|
| <b>1) EMERGENCY SERVICES .....</b>                        | <b>4</b>  |
| 1-A) AMBULANCE, FIRE, POLICE.....                         | 5         |
| 1-B) HELP/CRISIS LINES.....                               | 5         |
| <b>2) PERSONAL CARE SERVICES .....</b>                    | <b>5</b>  |
| 2-A) HOME CARE & ASSISTANCE.....                          | 5         |
| 2-B) SHOPPING SERVICES & DELIVERY.....                    | 6         |
| 2-C) MEAL PROGRAMS & DELIVERY.....                        | 7         |
| 2-D) LAUNDRY & DRY CLEANING.....                          | 7         |
| 2-E) FOOTCARE .....                                       | 8         |
| 2-F) MASSAGE .....                                        | 8         |
| 2-G) DISCOUNTED INCOME TAX PREPARATION.....               | 9         |
| 2-H) VICTORIA LIFELINE .....                              | 9         |
| <b>3) HOME MAINTENANCE .....</b>                          | <b>9</b>  |
| 3-A) HOUSE CLEANING.....                                  | 9         |
| 3-B) MOVERS & LIFTERS .....                               | 9         |
| 3-C) LAWN CARE.....                                       | 10        |
| 3-D) SNOW REMOVAL.....                                    | 10        |
| 3-E) REPAIRS.....                                         | 11        |
| <b>4) HEALTH SERVICES .....</b>                           | <b>11</b> |
| 4-A) HEALTH SERVICES .....                                | 11        |
| 4-A) HEALTH SERVICES (CONTINUED).....                     | 12        |
| 4-A) HEALTH SERVICES (CONTINUED).....                     | 13        |
| 4-A) HEALTH SERVICES (CONTINUED).....                     | 14        |
| 4-B) HOME HEALTH STORES & SERVICES .....                  | 14        |
| 4-C) PHARMACEUTICAL ASSESSMENTS.....                      | 15        |
| <b>5) TRANSPORTATION .....</b>                            | <b>15</b> |
| <b>5) TRANSPORTATION (CONTINUED) .....</b>                | <b>16</b> |
| <b>6) HOUSING.....</b>                                    | <b>17</b> |
| 6-A) WHERE TO LOOK FOR HOUSING OR RENTALS .....           | 17        |
| 6-B) PERSONAL CARE HOMES.....                             | 17        |
| 6-B) PERSONAL CARE HOMES (CONTINUED) .....                | 18        |
| 6-C) SENIOR RESIDENCES.....                               | 18        |
| 6-C) SENIOR RESIDENCES (CONTINUED).....                   | 19        |
| 6-D) KNOW YOUR RIGHTS.....                                | 21        |
| <b>7) ACTIVITIES.....</b>                                 | <b>21</b> |
| 7-A) COMMUNITY CENTRES.....                               | 21        |
| 7-A) COMMUNITY CENTRES (CONTINUED) .....                  | 22        |
| 7-B) SENIOR ORGANIZATIONS/ACTIVITIES .....                | 22        |
| 7-C) AGE FRIENDLY BRANDON TELEPHONE INFORMATION LINE..... | 22        |
| 7-D) COMMUNITY ACTIVITY CENTRES.....                      | 23        |
| 7-E) COMMUNITY ORGANIZATIONS .....                        | 24        |
| 7-E) COMMUNITY ORGANIZATIONS (CONTINUED) .....            | 25        |
| 7-F) PLACES OF WORSHIP .....                              | 25        |
| 7-F) PLACES OF WORSHIP (CONTINUED) .....                  | 26        |
| 7-F) PLACES OF WORSHIP (CONTINUED) .....                  | 27        |
| 7-F) PLACES OF WORSHIP (CONTINUED) .....                  | 28        |

8) EDUCATIONAL OPPORTUNITIES ..... 28

8) EDUCATIONAL OPPORTUNITIES (CONTINUED) ..... 29

9) OTHER ..... 30

9-A) SUPPORT FOR SENIORS .....30

9-A) SUPPORT FOR SENIORS (CONTINUED) .....31

9-A) SUPPORT FOR SENIORS (CONTINUED) .....32

9-B) PRE-PLANNING & FUNERAL SERVICES.....32

9-C) RESOURCES FOR CAREGIVERS .....32

10) SERVICE PROVIDERS LISTING ..... 33

10) SERVICE PROVIDERS LISTING (CONTINUED)..... 34

10) SERVICE PROVIDERS LISTING (CONTINUED)..... 35

11) DISCOUNT OPTIONS ..... 35

11) DISCOUNT OPTIONS (CONTINUED) ..... 36

11) DISCOUNT OPTIONS (CONTINUED) ..... 37

# 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 on which you are travelling.
- 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**

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

**1-b) Help/Crisis Lines**

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

**2) Personal Care Services****2-a) Home Care & Assistance**

| <b>Business</b>                                          | <b>Contact</b>                                 |
|----------------------------------------------------------|------------------------------------------------|
| <b>Camelot Personal Care</b><br>D-1229 Richmond Ave.     | 204-725-0245                                   |
| <b>CBI Home Health Services</b><br>1540 Rosser Ave.      | 204-727-4222                                   |
| <b>Daughter On Call</b><br>2015 Brandon Ave.             | 204-725-6629                                   |
| <b>Prairie Mountain Health</b><br>Home Care – New Intake | 204-578-2339                                   |
| <b>Senior Care in Brandon</b>                            | <a href="http://www.care.com">www.care.com</a> |

## 2-b) Shopping Services &amp; Delivery

| <b>Business</b>                                                     | <b>Contact</b>                                                                                                              |
|---------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| <b>Apna Bazar Asian Grocery</b><br>Thomas Mall 18 <sup>th</sup> St. | 204-717-8088<br>(Free delivery on orders \$20+)                                                                             |
| <b>Co-op Marketplace</b><br>1035 Richmond Ave.                      | 204-727-5660<br>((\$8.00 fee if they do the shopping,<br>\$5.00 fee if you shop and they deliver)                           |
| <b>Instacart</b>                                                    | <a href="https://www.instacart.ca/">https://www.instacart.ca/</a><br>(Delivery starts at \$3.99, order must be<br>\$10.00+) |
| <b>Real Canadian Superstore</b><br>920 Victoria Ave.                | 204-729-4600<br>(No delivery but can order online and<br>pick up)                                                           |
| <b>Sobeys South</b><br>1570 18 <sup>th</sup> St.                    | 204-725-1134<br>((\$9.50 delivery on orders \$50+)                                                                          |
| <b>Sobeys West</b><br>3409 Victoria Ave.                            | 204-727-3443<br>((\$9.50 delivery on orders \$50+)                                                                          |
| <b>Safeway Corral Centre</b><br>921 18 <sup>th</sup> St.            | 204-726-8014<br>((\$4.00 for delivery, no min. order but<br>need to do the shopping in person)                              |
| <b>Walmart Grocery</b><br>903 18 <sup>th</sup> St. N                | 204-726-5821<br>(No delivery but can order online and<br>pick up)                                                           |

**NOTES:**

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## 2-c) Meal Programs &amp; Delivery

| <b>Business</b>                                                                              | <b>Contact</b>                                                                                   |
|----------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|
| <b>Door Dash Delivery</b><br>From participating restaurants                                  | <a href="http://www.doordash.com">www.doordash.com</a>                                           |
| <b>Global Market and Community Kitchen</b><br>Corner of 12 <sup>th</sup> St. and Rosser Ave. | 204-728-2227<br><a href="mailto:globalmarketbrandon@gmail.com">globalmarketbrandon@gmail.com</a> |
| <b>Grandma on Demand</b>                                                                     | 204-720-2456<br><a href="mailto:grandmaondemand60@gmail.com">grandmaondemand60@gmail.com</a>     |
| <b>Heart to Home Meals for Seniors</b>                                                       | 1-866-993-1516<br><a href="http://www.hearttohomemeals.ca">www.hearttohomemeals.ca</a>           |
| <b>Brandon Seniors for Seniors Co-op Inc.</b><br>311 Park Ave East                           | 204-571-2050<br>Dinner is Served & Out to Lunch                                                  |
| <b>Shady Lane</b><br>2.5 mi. East of #1 & #10                                                | 204-728-1245                                                                                     |
| <b>Skip the Dishes</b>                                                                       | <a href="http://www.skipthedishes.com">www.skipthedishes.com</a>                                 |

## 2-d) Laundry &amp; Dry Cleaning

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

## 2-e) Footcare

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

## 2-f) Massage

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

## 2-g) Discounted Income Tax Preparation

| <b>Business</b>                                                     | <b>Contact</b>                                    |
|---------------------------------------------------------------------|---------------------------------------------------|
| <b>Brandon Seniors for Seniors Co-op Inc.</b><br>311 Park Ave. East | 204-571-2050<br>(Based on income)                 |
| <b>7<sup>th</sup> St. Access</b><br>20 7 <sup>th</sup> Street       | 204-578-4800<br>(Free with specific requirements) |

## 2-h) Victoria Lifeline

| <b>Business</b>                                                     | <b>Contact</b> |
|---------------------------------------------------------------------|----------------|
| <b>Brandon Seniors for Seniors Co-op Inc.</b><br>311 Park Ave. East | 204-571-2053   |

## 3) Home Maintenance

## 3-a) House Cleaning

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

## 3-b) Movers &amp; Lifters

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

## 3-c) Lawn Care

| <b>Business</b>                                                                     | <b>Contact</b>                                                                                                                         |
|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|
| <b>Absolute Lawn Care</b><br>Box 20154 Brandon South, R7A 5C0                       | 204-724-0005                                                                                                                           |
| <b>Alternative Landscaping LTD.</b><br>34 <sup>th</sup> Street and Patricia (South) | 204-727-7289                                                                                                                           |
| <b>Bee Ez Tree Service</b><br>Box 22103, Brandon, R7A 6Y9                           | 204-730-0368<br>(Mention Seniors for Seniors for discount)                                                                             |
| <b>Carter Bros Lawn &amp; Garden LTD.</b>                                           | 204-570-1850<br><a href="mailto:Carterbros.will@gmail.com">Carterbros.will@gmail.com</a><br>(Mention Seniors for Seniors for discount) |
| <b>Morgan Mowers Yard Care</b><br>611 Whiteswan Trailer Court                       | 204-573-2487                                                                                                                           |
| <b>Weedman Lawn Care</b><br>1051 26 <sup>th</sup> Street Unit #3                    | 204-728-9333<br>(5% Discount for pre-paying)                                                                                           |

## 3-d) Snow Removal

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

### 3-e) Repairs

| <b>Business</b>                             | <b>Contact</b>                                                                                                                                         |
|---------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Ahumada's Handyman Services</b>          | 204-720-4204<br><a href="http://www.ahumadashandy.com">www.ahumadashandy.com</a><br><a href="mailto:aumadashandy@gmail.com">aumadashandy@gmail.com</a> |
| <b>Brandon Eavestroughing</b>               | 204-570-0935<br><a href="http://www.brandoneavestroughing.ca">www.brandoneavestroughing.ca</a>                                                         |
| <b>Curbside Brandon</b><br>103 Sycamore Dr. | 204-570-1206                                                                                                                                           |
| <b>John's Handyman Service</b>              | 204-730-2844                                                                                                                                           |
| <b>Odd Jobs</b><br>630 Van Horne Ave.       | 204-596-5320                                                                                                                                           |
| <b>Oddz &amp; Endz</b>                      | 204-901-1570                                                                                                                                           |
| <b>Total Fix</b><br>323 Park Ave. East      | 204-727-2011                                                                                                                                           |

### 4) Health Services

#### 4-a) Health Services

| <b>Business</b>                                                                                                                                                                                                                             | <b>Address/Contact</b>                                                   |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|
| <b>Adult Day Program</b> <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>                           | Referrals made by a case coordinator at Home Care.<br>Call 204-578-2325. |
| <b>Brandon Regional Health Centre</b><br>150 McTavish Ave. E. <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> | 204-578-4000                                                             |

**4-a) Health Services (Continued)**

|                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                              |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
| <b>CBI Home Health</b><br>1540 Rosser Ave.<br><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>                                                                                                                                                 | 204-727-4222                                                                                                                 |
| <b>Daughter On Call</b><br>2015 Brandon Ave.<br><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> | 204-725-6629                                                                                                                 |
| <b>Dial-A-Dietitian</b><br><ul style="list-style-type: none"> <li>• Open for service calls through Monday-Friday 8am-6pm</li> </ul>                                                                                                                                                                                                                                                                            | 204-788-8248<br>1-877-830-2892                                                                                               |
| <b>Family Dr Finder</b><br><ul style="list-style-type: none"> <li>• Connecting you with a home clinic for your health care needs</li> </ul>                                                                                                                                                                                                                                                                    | 204-786-7111<br>1-866-690-8260<br><a href="http://www.manitoba.ca/familydoctorfinder">www.manitoba.ca/familydoctorfinder</a> |

4-a) Health Services (Continued)

|                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                             |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Home Care Services</b><br/>150-B 7th Street</p> <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> | <p>204-578-2325</p>                                                                                                                                         |
| <p><b>Prime Time</b></p> <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>                                                                                                                           | <p>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</p> |
| <p><b>Seniors Mental Health Centre for Adult Psychiatry</b><br/>Unit B13-800 Rosser Ave.</p> <ul style="list-style-type: none"><li>• Assessment, consultation, and treatment for mental health problems associated with aging including cognitive disorders, anxiety, and depression</li></ul>                                           | <p>204-578-2458</p>                                                                                                                                         |

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| <p><b>NOTES:</b></p> |
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**4-a) Health Services (Continued)**

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |              |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|
| <p><b>7th St. Health Access Centre</b><br/>20 7<sup>th</sup> Street</p> <ul style="list-style-type: none"> <li>• Nurse practitioner, community nurse</li> <li>• Service navigator</li> <li>• Community mental health worker, community social worker, consumer peer support facilitator</li> <li>• Housing resource worker</li> <li>• Addictions services, rapid access to addictions medicine</li> <li>• MB HIV program clinic</li> <li>• Cultural facilitators</li> <li>• Community volunteer income tax program</li> <li>• Shower, washer/dryer, community phone, computers with internet access, faxing, photocopying, &amp; meeting rooms</li> </ul> | 204-578-4800 |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|

**4-b) Home Health Stores & Services**

| <b>Business</b>                                                                                                                                                                                      | <b>Contact</b>                                                             |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|
| <p><b>Brandon Mobility</b><br/>425 Pacific Ave.</p> <ul style="list-style-type: none"> <li>• Accessibility equipment</li> <li>• Mobility assessments</li> </ul>                                      | 204-727-6191                                                               |
| <p><b>Home Care Wholesale</b></p> <ul style="list-style-type: none"> <li>• Home health gadgets</li> </ul>                                                                                            | <a href="http://www.homecarewholessale.com">www.homecarewholessale.com</a> |
| <p><b>Home Health Care Pharmacy</b><br/>3000 Victoria Ave., unit A</p> <ul style="list-style-type: none"> <li>• Ambulatory aids</li> <li>• Bathroom safety</li> <li>• Braces and supports</li> </ul> | 204-727-2483                                                               |
| <p><b>Rolling Spokes</b><br/>215 6<sup>th</sup> St.</p> <ul style="list-style-type: none"> <li>• Ambulatory aids</li> <li>• Bathroom safety</li> <li>• Braces and supports</li> </ul>                | 204-571-1260                                                               |



#### 4-c) Pharmaceutical Assessments

| <b>Business</b>                                                                                                                                                                                                                                                                                          | <b>Contact</b>                                                                     |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|
| <b>Home Health Care Pharmacy</b><br>3000 Victoria Ave., unit A<br><br><ul style="list-style-type: none"> <li>• Certified surgical appliance technicians</li> <li>• Registered mastectomy and orthotic fitters</li> <li>• Specialty in Geriatric Pharmacy</li> <li>• Deprescribing medications</li> </ul> | 204-727-2483<br><a href="http://www.superthrifty.com">www.superthrifty.com</a>     |
| <b>MedSafe Pharmacy</b><br>335 18 <sup>th</sup> Street<br><br><ul style="list-style-type: none"> <li>• Medication consultation</li> </ul>                                                                                                                                                                | 204-571-0120<br><a href="http://www.medsafepharmacy.ca">www.medsafepharmacy.ca</a> |
| <b>Pharma-Medic Service</b><br>1100 Richmond Ave.<br><br><ul style="list-style-type: none"> <li>• Explains medical conditions with suggested treatments</li> <li>• Advice for Life Blog addresses a large range of topics for health and well-being</li> </ul>                                           | 204-727-6045                                                                       |

#### 5) Transportation

| <b>Business</b>                                                                                                                                                                                                                                                                                                                                              | <b>Contact</b>                                                                                     |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
| <b>Brandon City Transit &amp; Access Transit</b><br><br><ul style="list-style-type: none"> <li>• City Transit Information regarding routes, schedules, and fares can be found online</li> <li>• Brandon Access transit has a supportive transit system for people with limited mobility</li> <li>• You must register in advanced for this service</li> </ul> | 204-729-2300<br>204-729-2437<br><a href="http://www.brandonttransit.ca">www.brandonttransit.ca</a> |
| <b>Brandon Air Shuttle Services</b><br><br><ul style="list-style-type: none"> <li>• Provides ground transportation daily between Brandon and Winnipeg</li> </ul>                                                                                                                                                                                             | 204-729-3332<br>1-888- 884-5533                                                                    |

## 5) Transportation (Continued)

|                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                            |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p style="text-align: center;"><b>Taxi &amp; assisted travel services</b></p> <ul style="list-style-type: none"> <li>• 4-way Taxi, Brandon Sunset Taxi provide discounted rates for seniors</li> </ul>                                                                          | <p>4-Way Taxi –<br/>204-727-2500<br/>Sunset Taxi –<br/>204-729-9000<br/>ABC Taxi –<br/>204-726-1600<br/>Rainbow Taxi –<br/>204-717-4000<br/>United Taxi –<br/>204-571-1111<br/>Wheat City Taxi –<br/>204-717-7070<br/>Abramson Taxi –<br/>204-730-8294</p> |
| <p style="text-align: center;"><b>Transportation Options Network for Seniors<br/>(TONS)</b></p> <ul style="list-style-type: none"> <li>• Informs and educates Manitobans on transportation options that enhance quality of life and promote age-friendly communities</li> </ul> | <p>204-799-1788<br/><a href="http://www.tonsmb.org">www.tonsmb.org</a></p>                                                                                                                                                                                 |
| <p style="text-align: center;"><b>Via Rail Canada Inc</b><br/>Rivers Via Station (40km NW of Brandon)</p> <ul style="list-style-type: none"> <li>• Tickets must be purchased at least 24 hours before scheduled departure</li> <li>• Call for rates and schedule</li> </ul>     | <p>1-888- 842-7245<br/><a href="http://www.viarail.ca">www.viarail.ca</a></p>                                                                                                                                                                              |
| <p style="text-align: center;"><b>Westjet Air Service</b></p> <ul style="list-style-type: none"> <li>• Provides direct passenger air service to Calgary</li> </ul>                                                                                                              | <p><a href="http://www.westjet.com">www.westjet.com</a><br/>Bookings &amp; Info:<br/>1-888-937-8538</p>                                                                                                                                                    |

## 6) Housing

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

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

### 6-b) Personal Care Homes

| <b>Business</b>                                                                                                                                                                                 | <b>Contact</b>                                                                             |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| <b>Fairview Home</b><br>1351 - 13th Street<br><br><ul style="list-style-type: none"> <li>• 248 beds (215 Private, 16 Double, 1 Respite)</li> <li>• Not pet-friendly</li> </ul>                  | 204- 578-2606<br><a href="mailto:swebber@pmh-mb.ca">swebber@pmh-mb.ca</a>                  |
| <b>Hillcrest Place</b><br>930 - 26th Street<br><br><ul style="list-style-type: none"> <li>• 100 Beds (20 Private, 40 Double)</li> <li>• Not pet-friendly</li> </ul>                             | <a href="mailto:cnh_hillcrestplace@extendicare.com">cnh_hillcrestplace@extendicare.com</a> |
| <b>Rideau Park</b><br>525 Victoria Ave East<br><br><ul style="list-style-type: none"> <li>• 100 Beds (98 Private, 2 Respite)</li> <li>• Not pet-friendly (Pets can visit)</li> </ul>            | 204- 578-2674<br><a href="mailto:swebber@pmh-mb.ca">swebber@pmh-mb.ca</a>                  |
| <b>The Salvation Army Dinsdale Home</b><br>510 - 6th Street<br><br><ul style="list-style-type: none"> <li>• 60 Beds (All Private Rooms)</li> <li>• Not pet-friendly (Pets can visit)</li> </ul> | 204- 727-3636                                                                              |

**6-b) Personal Care Homes (Continued)**

|                                                                                                                                                                                      |                                                                                 |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|
| <b>Valleyview</b><br>3015 Victoria Avenue<br><ul style="list-style-type: none"> <li>• 89 beds (49 Private, 14 Double, 3 Four Bed Wards)</li> <li>• Dog &amp; Cat friendly</li> </ul> | 204- 728-2030<br><a href="http://www.reveraliving.com">www.reveraliving.com</a> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|

**6-c) Senior Residences**

| <b>Business</b>                                  | <b>Contact</b>                                                                         |
|--------------------------------------------------|----------------------------------------------------------------------------------------|
| <b>Crocus Gardens</b><br>2 Crocus Gardens        | 204-725-7193<br><a href="http://www.vhproperties.ca">www.vhproperties.ca</a>           |
| <b>Falcon Ridge</b><br>5 Outback Drive           | 204-573-3281<br><a href="http://www.bridgeroad.ca">www.bridgeroad.ca</a>               |
| <b>Fernwood Estates</b><br>Driedger Bay          | 204-726-1681<br><a href="http://www.vhproperties.ca">www.vhproperties.ca</a>           |
| <b>Grand Valley</b><br>218 - 4th Street          | 204-726-6455                                                                           |
| <b>Hobbs Manor</b><br>333 - 15th Street          | 204-728-3151                                                                           |
| <b>Kin Village Inc.</b><br>105-1511 Rosser Ave   | 204-726-1482                                                                           |
| <b>Kiwanis Court Westman</b><br>121 - 4th Street | 204-725-7221                                                                           |
| <b>Lawson Lodge</b><br>261 - 8th Street          | 204-726-6455                                                                           |
| <b>Lions Manor Westman</b><br>35 Victoria Ave E  | 204-727-4911<br><a href="http://www.westmanlionsmanor.ca">www.westmanlionsmanor.ca</a> |
| <b>Odd Fellows Corner</b><br>939 - 9th Street    | 204-726-0122                                                                           |
| <b>Parkview</b><br>1321 - 13th Street            | 204-727-6209                                                                           |
| <b>Princess Park</b><br>249 - 9th Street         | 204-726-6455                                                                           |
| <b>Princess Towers</b><br>248 - 8th Street       | 204-726-6455                                                                           |
| <b>Riverheights Terrace</b><br>4525 Victoria Ave | 204-725-2225<br><a href="http://www.atriaretirement.ca">www.atriaretirement.ca</a>     |



### Senior's Residences Detailed

| Updated Oct 2021          | 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 2022, Economic Development Brandon

## 6-d) Know Your Rights

| <b>Business</b>                                   | <b>Contact</b> |
|---------------------------------------------------|----------------|
| <b>Residential Tenancies Board</b><br>143-340 9th | 204-726-6230   |

## 7) Activities

## 7-a) Community Centres

| <b>Business</b>                                                             | <b>Contact</b>                                                                                                                                                            |
|-----------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Brandon's Community Sportsplex</b><br>30 Knowlton Drive                  | 204-729-2470<br><a href="mailto:www.sportsplex@brandon.ca">www.sportsplex@brandon.ca</a><br><a href="https://mycommunity.brandon.ca/">https://mycommunity.brandon.ca/</a> |
| <b>Brandon Friendship Centre</b><br>836 Lorne Ave                           | 204-727-1407                                                                                                                                                              |
| <b>Central Community Club</b><br>(Capacity 100)<br>529 - 4th Street         | 204-727-7102<br>204-728-4910                                                                                                                                              |
| <b>East End Community Centre</b> (Capacity 117)<br>405 Park Street          | 204-727-2277<br><a href="mailto:eeccrentals@gmail.com">eeccrentals@gmail.com</a>                                                                                          |
| <b>J&amp;G Homes Arena</b><br>34 <sup>th</sup> Street and Patricia Avenue   | 204-728-2235                                                                                                                                                              |
| <b>North End Community Centre</b> (Capacity 173)<br>1313 Stickney Avenue    | 204-725-2973                                                                                                                                                              |
| <b>Park Community Centre</b> (Capacity 143)<br>1428 Louise Avenue           | 204-761-9588<br>204-761-8556                                                                                                                                              |
| <b>South End Community Centre Hall</b><br>1140 - 9th Street                 | 204-728-5720<br>204-728-2504                                                                                                                                              |
| <b>Valleyview Community Centre</b> (Capacity 134)<br>6123 77 Whillier Drive | 204-727-6123                                                                                                                                                              |
| <b>West End Community Centre</b> (Capacity 127)<br>247 - 23rd Street        | 204-727-3024                                                                                                                                                              |

**7-a) Community Centres (Continued)**

|                                                                          |                                                              |
|--------------------------------------------------------------------------|--------------------------------------------------------------|
| <b>Westridge Community Centre</b> (Capacity 150)<br>65 Elmdale Boulevard | 204-728-0973                                                 |
| <b>Y.M.C.A.</b><br>231 - 8th Street                                      | <a href="http://www.ymcabrandon.com">www.ymcabrandon.com</a> |

**7-b) Senior Organizations/Activities**

| <b>Business</b>                                                                                             | <b>Contact</b>                                                           |
|-------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|
| <b>Brandon Community<br/>Contact List</b><br>410 – 9th Street<br><br>• Contact their office for a hard copy | 204-729-2132                                                             |
| <b>Brandon Seniors<br/>for Seniors<br/>Co-op Inc.</b><br>311 Park Avenue East                               | 204-571-2050<br><a href="http://www.brandons4s.ca">www.brandons4s.ca</a> |

**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.**

**NOTES:**

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## 7-d) Community Activity Centres

| Business                                                                                                                                                                                                                                                                                                                 | Contact                                                                                                                                                 |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Brandon Riverbank Inc</b><br/>#1 – 545 Conservation Dr</p> <ul style="list-style-type: none"> <li>• 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</li> </ul>                     | <p>204-729-2141<br/><a href="mailto:info@riverbank.mb.ca">info@riverbank.mb.ca</a><br/><a href="http://www.riverbank.mb.ca">www.riverbank.mb.ca</a></p> |
| <p><b>Brandon Wheelchair Sports and Leisure</b></p> <ul style="list-style-type: none"> <li>• A non-profit community group of volunteers with an interest in making a difference for people with mobility impairments in Westman</li> </ul>                                                                               | <p><a href="mailto:brandonwheelchairsports@gmail.com">brandonwheelchairsports@gmail.com</a></p>                                                         |
| <p><b>Community Health and Housing Association Building Re-Fit Store</b><br/>23-12<sup>th</sup> Street</p> <ul style="list-style-type: none"> <li>• Provides an employment and work training site for disadvantaged individuals and provides affordable building materials, both new and used</li> </ul>                 | <p>204-728-2227<br/><a href="mailto:efit.cmha@gmail.com">efit.cmha@gmail.com</a></p>                                                                    |
| <p><b>Creation Nation Makerspace</b><br/>440 Rosser Ave.</p> <ul style="list-style-type: none"> <li>• Program that allows members to participate in workshops.</li> <li>• Aimed at bringing together a community of craftspeople, artists, innovators, using wood, metals, plastics, textiles, or electronics</li> </ul> | <p>204-729-2490<br/><a href="https://bnrc.ca/creation-nation-makerspace-2/">https://bnrc.ca/creation-nation-makerspace-2/</a></p>                       |

## 7-e) Community Organizations

| <b>Business</b>                                             | <b>Contact</b>                                                                                                                                               |
|-------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 20/20 Toastmasters Club<br>Rotary Villas                    | 204-726-4191                                                                                                                                                 |
| Art Gallery of Southwestern Manitoba<br>710 Rosser Ave      | 204-727-1036<br><a href="http://www.agsm.ca">www.agsm.ca</a>                                                                                                 |
| Brandon Badminton Club                                      | 204-727-2109<br><a href="http://www.brandonbadminton.com">www.brandonbadminton.com</a>                                                                       |
| Brandon Camera Club                                         | 204-728-2599<br><a href="http://www.brandoncameraclub.ca">www.brandoncameraclub.ca</a>                                                                       |
| Brandon Curling Club                                        | 204-726-3560<br><a href="http://www.brandoncurlingclub.com">www.brandoncurlingclub.com</a>                                                                   |
| Brandon Embroiderers                                        | 204-727-1624<br>204-727-0699                                                                                                                                 |
| Brandon Garden Club                                         | 204-728-0380<br>204-727-8558                                                                                                                                 |
| Brandon Gun Club                                            | 204-761-8033<br><a href="mailto:rdjlamont@gmail.com">rdjlamont@gmail.com</a>                                                                                 |
| Brandon Neighbourhood Renewal Corporation<br>440 Rosser Ave | 204-729-2490<br><a href="mailto:admin@bnrc.ca">admin@bnrc.ca</a><br><a href="http://www.bnrc.ca">www.bnrc.ca</a>                                             |
| Brandon Riverbank Inc<br>#1 – 545 Conservation Drive        | 204-729-2141                                                                                                                                                 |
| Brandon Scrabble Club                                       | 204-728-3271<br>204-726-1117<br><a href="mailto:acknight@mymts.net">acknight@mymts.net</a><br><a href="mailto:carol@ennsfamily.com">carol@ennsfamily.com</a> |
| Brandon Ukulele Group                                       | <a href="mailto:beaudoin.katrina@gmail.com">beaudoin.katrina@gmail.com</a>                                                                                   |
| Genealogy Club                                              | <a href="mailto:info@swmanitobagenealogy.ca">info@swmanitobagenealogy.ca</a><br><a href="http://www.swmanitobagenealogy.ca/">www.swmanitobagenealogy.ca/</a> |
| Mama Bears Quilt Shoppe                                     | 204-725-5227<br><a href="mailto:mamabearsquiltshoppe@hotmail.com">mamabearsquiltshoppe@hotmail.com</a>                                                       |
| Nifty Needlers                                              | 204-728-0268                                                                                                                                                 |
| Peace by Piece Quilting Club                                | 204-725-0148<br><a href="mailto:jenniferj147@hotmail.com">jenniferj147@hotmail.com</a>                                                                       |
| Riverview Curling Club                                      | 204-728-6004                                                                                                                                                 |
| Stanley Park Lawn Bowling                                   | 204-571-6962                                                                                                                                                 |

## 7-e) Community Organizations (Continued)

|                                                             |                                                                                                        |
|-------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| Table Tennis Group                                          | 204-725-3330                                                                                           |
| TALC Third Age Learning Cooperative<br>Faculty of Education | 204-901-3747<br>204-717-4724                                                                           |
| Taoist Tai Chi                                              | 204-571-0684<br><a href="http://www.taoist.org">www.taoist.org</a>                                     |
| Westman Gardeners                                           | <a href="http://www.westmangardeners.weebly.com/">www.westmangardeners.weebly.com/</a>                 |
| Westman Immigrant Services<br>100 Pacific Ave               | 204-727-6031<br><a href="mailto:info@westmanimmigrantservices.ca">info@westmanimmigrantservices.ca</a> |
| Westman Old-timers Softball                                 | 204-573-1460<br><a href="mailto:b.hallett@hotmail.com">b.hallett@hotmail.com</a>                       |
| Westman Wilderness Club                                     | <a href="http://www.westmanwildernessclub.ca">www.westmanwildernessclub.ca</a>                         |
| Wheat City Carvers Club                                     | 204-726-4191<br>204-761-2013                                                                           |
| Wheat City Lawn Bowling                                     | 204-728-0952                                                                                           |
| Zen Tao Chi-Kung Tai Chi                                    | 204-726-8220<br><a href="http://www.zentao.ca">www.zentao.ca</a>                                       |

## 7-f) Places of Worship

| Organization                                                       | Contact                                                                                                                                        |
|--------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|
| Alliance - Grand Valley Community Church<br>1620 Braecrest Drive   | 204-728-4822<br><a href="mailto:office@grandvalleycommunitychurch.ca">office@grandvalleycommunitychurch.ca</a>                                 |
| Alliance - McDiarmid Drive Alliance Church<br>635 McDiarmid Drive  | 204-728-2473<br><a href="mailto:info@mdacbrandon.com">info@mdacbrandon.com</a><br><a href="http://www.mdacbrandon.com">www.mdacbrandon.com</a> |
| Anglican - Saint George's Anglican Church<br>1011 - 5th Street     | 204-728-6542<br><a href="mailto:stgeorg8@mts.net">stgeorg8@mts.net</a>                                                                         |
| Anglican - Saint Matthew's Anglican Cathedral<br>403 - 13th Street | 204-727-2380<br><a href="mailto:stmatt@mts.net">stmatt@mts.net</a>                                                                             |
| Anglican - St. Mary's Anglican Church<br>401 - 1st Street          | 204-727-3393<br><a href="mailto:smbdn1@mymts.net">smbdn1@mymts.net</a>                                                                         |

## 7-f) Places of Worship (Continued)

|                                                                                     |                                                                                                                                              |
|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Baha'i Faith</b>                                                                 | 204-726-5122<br><a href="mailto:Isaofbrandon@gmail.com">Isaofbrandon@gmail.com</a><br><a href="http://www.ca.bahai.org">www.ca.bahai.org</a> |
| <b>Baptist - Bible Baptist Church</b><br>1203 - 4th Street                          | 204-726-5806                                                                                                                                 |
| <b>Baptist - Faith Fellowship Baptist Church</b><br>4 Willowdale Cres               | 204-728-9702<br><a href="http://www.faithfellowshipbrandon.com/">www.faithfellowshipbrandon.com/</a>                                         |
| <b>Baptist - First Baptist Church</b><br>3881 Park Avenue                           | 204-727-5557<br><a href="http://www.fbcbrandon.ca">www.fbcbrandon.ca</a>                                                                     |
| <b>Baptist - Keystone Baptist Church</b><br>159 Madison Crescent                    | 204-726-0678                                                                                                                                 |
| <b>Brandon Vineyard Fellowship</b><br>1327 Rosser Avenue                            | 204-726-4784<br><a href="http://www.brandonvineyard.ca">www.brandonvineyard.ca</a><br><a href="mailto:bvf@wcgwave.ca">bvf@wcgwave.ca</a>     |
| <b>Christian Reformed - Church of Christ</b><br>943 - 7th Street                    | 204-728-0957                                                                                                                                 |
| <b>Christian Reformed - First Christian Reformed Church</b><br>1509 Victoria Avenue | 204-727-4652<br><a href="mailto:firstcrc@mts.net">firstcrc@mts.net</a>                                                                       |
| <b>Church of Jesus Christ of Latter-Day Saints</b><br>107 Queens Ave E              | 204-728-3935                                                                                                                                 |
| <b>Islamic Mosque: Brandon Islamic Centre</b><br>834 - 10th Street                  | Dr. F. Ahmad: 204-727-9786<br>204-727-3142<br>Abdul Zeidane: 204-573-1810<br>Mohamed Abidullah:<br>204-740-6673                              |
| <b>Jehovah's Witnesses</b><br>3434 Park Ave.                                        | 204-725-3434                                                                                                                                 |
| <b>Lutheran - Grace Lutheran Church LCC</b><br>3101 Victoria Avenue                 | 204-728-9080                                                                                                                                 |

## 7-f) Places of Worship (Continued)

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| <b>Lutheran - Redeemer Lutheran Church ELCIC</b><br>114 Ashgrove Blvd                             | 204-728-6206<br><a href="mailto:lutheran@mts.net">lutheran@mts.net</a>                                                                                  |
| <b>Mennonite - Grace Mennonite Church</b><br>951 - 10th Street                                    | 204-728-4515<br><a href="https://www.gmcbrandon.com/gmch@mts.net">https://www.gmcbrandon.com/gmch@mts.net</a>                                           |
| <b>Mennonite - Richmond Park Mennonite Church</b><br>1525 - 26th Street                           | 204-571-4444<br><a href="http://www.richmondparkchurch.ca">www.richmondparkchurch.ca</a><br><a href="mailto:rpc@mts.net">rpc@mts.net</a>                |
| <b>National Catholic - Saint Joseph's Polish National Catholic Church</b><br>1111 Assiniboine Ave |                                                                                                                                                         |
| <b>Pentecostal - Bethel Christian Assembly</b><br>440 Richmond Avenue                             | 204-727-0639<br><a href="http://www.bethelbrandon.ca">www.bethelbrandon.ca</a><br><a href="mailto:info@bethelbrandon.ca">info@bethelbrandon.ca</a>      |
| <b>Pentecostal - Calvary Temple</b><br>620 – 34th Street                                          | 204-728-8500<br><a href="http://www.ctbrandon.com">www.ctbrandon.com</a><br><a href="mailto:info@ctbrandon.com">info@ctbrandon.com</a>                  |
| <b>Pentecostal - Christian Life Centre</b><br>1539 Princess Avenue                                | 204-727-8174                                                                                                                                            |
| <b>Presbyterian - First Presbyterian Church</b><br>339 - 12th Street                              | 204-727-5874<br><a href="http://kgsolutions.ca/church/">http://kgsolutions.ca/church/</a><br><a href="mailto:info@fpcbrandon.ca">info@fpcbrandon.ca</a> |
| <b>Presbyterian - Saint Andrew's Presbyterian Church</b><br>361 Russell Street                    | 204-727-4414                                                                                                                                            |
| <b>Roman Catholic - Saint Hedwig's Roman Catholic Church</b><br>227 - 11th Street                 | 204-727-1682                                                                                                                                            |
| <b>Roman Catholic - St. Augustine's Roman Catholic Church</b><br>327 - 4th Street                 | 204-727-4728<br><a href="mailto:staug@mts.net">staug@mts.net</a>                                                                                        |
| <b>Salvation Army</b><br>9 Princess Ave. E.                                                       | 204-727-6271                                                                                                                                            |
| <b>Seventh Day Adventist</b><br>3319 Park Avenue                                                  | 204-725-2066                                                                                                                                            |

## 7-f) Places of Worship (Continued)

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

## 8) Educational Opportunities

| <b>Business</b>                                                                                                                                                                             | <b>Contact</b>                                                                                                                                                                    |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Assiniboine Community College</b><br>1430 Victoria Avenue E.<br><br>• Offers free classes in Adult Basic Education, Adult Upgrading, GED Preparation, and Computer Skills                | 204-725-8700<br><a href="http://www.assiniboine.net">www.assiniboine.net</a><br><a href="mailto:info@assiniboine.net">info@assiniboine.net</a>                                    |
| <b>Brandon Friendship Center Adult Upgrading Program</b><br>602 Rosser Avenue<br><br>• Assist individuals in improving skills in areas such as reading, writing, math, and computers        | 204-726-1830<br><a href="https://www.brandonfriendshipcentre.net/">https://www.brandonfriendshipcentre.net/</a><br><a href="mailto:lynbournon@gmail.com">lynbournon@gmail.com</a> |
| <b>Brandon Literacy Council Inc</b><br>129-12 <sup>th</sup> Street<br><br>• Upgrading, Tutorial support, Mature Student High School Diploma program, Employment and Life Skills instruction | 204-729-9964<br><a href="mailto:blc@westman.wave.ca">blc@westman.wave.ca</a>                                                                                                      |
| <b>Brandon University</b><br>270 - 18th Street<br><br>• Tuition is \$25/session for those 60+                                                                                               | 204-571- 7847<br><a href="http://www.brandonu.ca">www.brandonu.ca</a>                                                                                                             |

## 8) Educational Opportunities (Continued)

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|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Robertson College</b><br/>800 Rosser Ave</p> <ul style="list-style-type: none"> <li>• A fully licensed leader in Private Vocational Schools operated by The Learning Company of Brandon</li> </ul>                                                                                                                                                                                 | <p>204-725-7200<br/><a href="http://www.robertsoncollege.com">www.robertsoncollege.com</a></p>                                                                                                                            |
| <p><b>Samaritan House Training Centre</b></p> <ul style="list-style-type: none"> <li>• Certificate in Learning &amp; Literacy/ GED test preparation</li> <li>• One-on-one computer use and assistance</li> <li>• Adult Literacy Program</li> <li>• HATS Computer Training</li> </ul>                                                                                                     | <p>204-727-1268<br/><a href="mailto:lit@samaritanhouse.net">lit@samaritanhouse.net</a><br/><a href="mailto:trevor.southall@samaritanhouse.net">trevor.southall@samaritanhouse.net</a></p>                                 |
| <p><b>Westman Immigrant Services</b><br/>1001 Pacific Ave</p> <ul style="list-style-type: none"> <li>• 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</li> </ul>                                       | <p>204-727-6031<br/><a href="mailto:info@westmanimmigrantservices.ca">info@westmanimmigrantservices.ca</a></p>                                                                                                            |
| <p><b>Western Manitoba Regional Library</b><br/>710 Rosser Avenue, Unit 1<br/>Shoppers Mall Location 1570-18th Street, Unit 21A</p> <ul style="list-style-type: none"> <li>• An adult library card is required to borrow</li> <li>• Photocopying is available for a charge</li> <li>• Public computer workstations with full Internet access are available (iPad for Seniors)</li> </ul> | <p>204-727-6648<br/><a href="http://www.wmrl.ca">www.wmrl.ca</a><br/><a href="mailto:brandon@wmrl.ca">brandon@wmrl.ca</a><br/>204-725-9901<br/><a href="mailto:wmrlshoppersmall@wmrl.ca">wmrlshoppersmall@wmrl.ca</a></p> |

## 9) Other

### 9-a) Support for Seniors

| <b>Business</b>                                                                                                                                                                                                                                                                                                                                                                                                         | <b>Address/Contact</b>                                                                                                                                                                                                     |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>211 Manitoba</b> <ul style="list-style-type: none"> <li>• Municipal programs and services such as grocery delivery, medication delivery, specialized social services, other well-being resources</li> </ul>                                                                                                                                                                                                          | Dial 2-1-1<br><a href="http://mb.211.ca/">mb.211.ca/</a>                                                                                                                                                                   |
| <b>Advance Care Planning</b> <ul style="list-style-type: none"> <li>• Advance Care Plans can be downloaded for free from Prairie Mountain Health</li> </ul>                                                                                                                                                                                                                                                             | <a href="http://www.wrha.mb.ca/advance-care-planning">www.wrha.mb.ca/advance-care-planning</a><br><a href="http://www.pmh-mb.ca">www.pmh-mb.ca</a><br><a href="http://www.dyingwithdignity.ca">www.dyingwithdignity.ca</a> |
| <b>Age Friendly Brandon</b> <ul style="list-style-type: none"> <li>• Build awareness toward age-friendly priorities and actions and support age-friendly initiatives throughout the community</li> </ul>                                                                                                                                                                                                                | 204-729-2259<br><a href="mailto:agefriendly@brandon.ca">agefriendly@brandon.ca</a><br><br>Telephone Information Line<br>204-729-2525                                                                                       |
| <b>Age &amp; Opportunity Support Services for Older Adults</b><br>200-280 Smith St., Winnipeg, MB <ul style="list-style-type: none"> <li>• Programs for ages 55+:</li> <li>• Social Engagement: “Connect” is a program for those who are socially isolated and would like to be connected with a volunteer over the phone</li> <li>• Seniors Without Walls is a program with group activities over the phone</li> </ul> | 204-956-6440                                                                                                                                                                                                               |
| <b>CAA National Senior Drivers handbook</b>                                                                                                                                                                                                                                                                                                                                                                             | <a href="https://www.caa.ca/driving-safely/senior-drivers/">https://www.caa.ca/driving-safely/senior-drivers/</a>                                                                                                          |
| <b>Canada Pension and Old Age Security</b>                                                                                                                                                                                                                                                                                                                                                                              | Service Canada:<br>1-800-277-9914                                                                                                                                                                                          |



## 9-a) Support for Seniors (Continued)

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| <p><b>Discounted Assistive Devices</b><br/>Seniors for Seniors<br/>311 Park Ave. East Brandon</p> <ul style="list-style-type: none"> <li>• Donated assistive devices available for purchase e.g., canes, walkers, wheelchairs, bathtub aids, commodes, etc.</li> </ul>                                                                                                  | 204-571-2050                                                                                                                                                                                                                                                                                            |
| <p><b>Emergency Response Information Kits</b><br/>(E.R.I.K.)<br/>Seniors for Seniors<br/>311 Park Ave. East Brandon</p>                                                                                                                                                                                                                                                 | 204-571-2050                                                                                                                                                                                                                                                                                            |
| <p><b>Health Care Directives</b><br/>(Also called Advance Directives or Living Wills)</p> <ul style="list-style-type: none"> <li>• Documents that are used to express your health care wishes when you are no longer able to personally communicate those wishes</li> <li>• Includes naming a proxy who can act on your behalf to ensure your wishes are met</li> </ul> | <a href="http://www.dwdwinnipeg.ca">www.dwdwinnipeg.ca</a>                                                                                                                                                                                                                                              |
| <p><b>Senior Abuse Support Line</b></p> <ul style="list-style-type: none"> <li>• 24/7 support line for older adults who are experiencing abuse</li> </ul>                                                                                                                                                                                                               | 1-888-896-7183                                                                                                                                                                                                                                                                                          |
| <p><b>Seniors Information</b></p> <ul style="list-style-type: none"> <li>• Government of Manitoba website dedicated to “Seniors and Healthy Aging” that includes many resources for Manitoba seniors</li> </ul>                                                                                                                                                         | <p>Manitoba Government Inquiry:<br/>204-945-3744 or toll free at 1-866-626-4862<br/>1-800-665-6565<br/><a href="https://www.gov.mb.ca/seniors/">https://www.gov.mb.ca/seniors/</a><br/><a href="mailto:seniors@gov.mb.ca">seniors@gov.mb.ca</a></p>                                                     |
| <p><b>When Your Spouse Passes</b></p> <ul style="list-style-type: none"> <li>• Financial checklist of 10 things</li> <li>• Financial checklist of 13 things</li> <li>• Offers a financial checklist and many more suggestions</li> </ul>                                                                                                                                | <p>Sun Life <a href="http://www.sunlife.ca">www.sunlife.ca</a><br/>Principal <a href="http://www.principal.com">www.principal.com</a></p> <p>Snug Safety<br/><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> |

**9-a) Support for Seniors (Continued)**

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|---------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|
| <b>Will Preparation</b> <ul style="list-style-type: none"> <li>• If there is no will, the courts will make decisions about your estate</li> </ul> | Contact a lawyer or notary public of your choice and ask about pricing. |
|---------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|

**9-b) Pre-Planning & Funeral Services**

| <b>Business</b>                                                                    | <b>Contact</b>                                                                           |
|------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|
| <b>Brockie-Donovan Funeral &amp; Cremation Services</b><br>332 8 <sup>th</sup> St. | 204-727-0694                                                                             |
| <b>Memories Chapel</b><br>330-18 <sup>th</sup> St.                                 | 204-727-3330<br><a href="mailto:office@memorieschapel.com">office@memorieschapel.com</a> |

**9-c) Resources for caregivers**

| <b>Business</b>                                                                                                                                                                                                                                                                          | <b>Address/Contact</b>                                                                                                                     |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Contact Community Information</b> <ul style="list-style-type: none"> <li>• Refers Manitobans to social services and programs</li> </ul>                                                                                                                                               | 1-866-266-4636                                                                                                                             |
| <b>Healthy Aging Resource Teams</b>                                                                                                                                                                                                                                                      | <a href="http://www.wrha.mb.ca/community/seniors/resourceteams/php">www.wrha.mb.ca/community/seniors/resourceteams/php</a>                 |
| <b>Manitoba Caregiver Coalition</b>                                                                                                                                                                                                                                                      | <a href="mailto:mb.caregivercoalition@yahoo.ca">mb.caregivercoalition@yahoo.ca</a><br><a href="http://www.ccc-ccan.ca">www.ccc-ccan.ca</a> |
| <b>Community Respite Service</b><br>710-3 <sup>rd</sup> Street <ul style="list-style-type: none"> <li>• Assists caregivers by providing trained personnel to relieve them temporarily of the responsibility for caring for persons with physical or intellectual disabilities</li> </ul> | 204-953-2401<br><a href="http://www.communityrespiteservice.ca">www.communityrespiteservice.ca</a>                                         |

## 10) Service Providers Listing

| <b>Business</b>                                                                  | <b>Contact</b>                                                                                                                                                         |
|----------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>ALS Society of MB</b>                                                         | 204-831-1510<br><a href="mailto:HOPE@alsmb.ca">HOPE@alsmb.ca</a>                                                                                                       |
| <b>Alzheimer Society of MB</b><br>457 9 <sup>th</sup> St.                        | 204-729-8320                                                                                                                                                           |
| <b>Arthritis Society of MB</b><br>153 8 <sup>th</sup> St.                        | 204-729-9144                                                                                                                                                           |
| <b>Brandon Neighbourhood Renewal Corporation</b><br>440 Rosser Ave               | 204-729-2490<br><a href="http://www.bnrc.ca">www.bnrc.ca</a><br><a href="mailto:admin@bnrc.ca">admin@bnrc.ca</a>                                                       |
| <b>Canadian Cancer Society</b>                                                   | 1-888-939-3333<br><a href="http://www.cancer.ca">www.cancer.ca</a>                                                                                                     |
| <b>Canadian Celiac Association</b>                                               | 1-800-363-7296<br><a href="http://www.celiac.ca">www.celiac.ca</a>                                                                                                     |
| <b>Canadian Liver Foundation</b>                                                 | 1-800-563-5483<br><a href="http://www.liver.ca">www.liver.ca</a>                                                                                                       |
| <b>Community Health and Housing Association</b><br>1233 Rosser Ave.              | 204-726-8865                                                                                                                                                           |
| <b>Canadian Red Cross</b><br>1-817 Rosser Ave.                                   | 204-729-4970<br><a href="http://www.redcross.ca">www.redcross.ca</a><br><a href="mailto:WZinfo.Manitoba@redcross.ca">WZinfo.Manitoba@redcross.ca</a>                   |
| <b>Cardiac Rehabilitation/<br/>Healthy Heart Program</b><br>150 McTavish Ave. E. | 204-578-4225<br><a href="http://www.cardiacrehabilitation.ca">www.cardiacrehabilitation.ca</a>                                                                         |
| <b>Cerebral Palsy Association of MB</b>                                          | 1-800-416-6166<br><a href="http://www.cerebralpalsy.mb.ca">www.cerebralpalsy.mb.ca</a>                                                                                 |
| <b>CNIB</b><br>354 10 <sup>th</sup> St.                                          | 204-727-0631<br><a href="http://www.cnib.ca">www.cnib.ca</a>                                                                                                           |
| <b>Compassionate Friends</b><br>107-328 8 <sup>th</sup> St.                      | 204-727-1823<br><a href="mailto:southwesternmb@gmail.com">southwesternmb@gmail.com</a><br><a href="http://www.compasionatefriends.ca">www.compasionatefriends.ca</a>   |
| <b>Crohn's and Colitis Canada</b>                                                | 1-800-387-1479<br><a href="http://www.crohnsandcolitis.ca">www.crohnsandcolitis.ca</a><br><a href="mailto:support@crohnsandcolitis.ca">support@crohnsandcolitis.ca</a> |

## 10) Service Providers Listing (Continued)

|                                                |                                                                                                                                                            |
|------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Diabetes Canada</b>                         | 1-800-226-8464<br><a href="http://www.diabetes.ca">www.diabetes.ca</a>                                                                                     |
| <b>Epilepsy Society<br/>of MB</b>              | 1-866-EPILEPSY<br><a href="mailto:esam@manitobaepilepsy.org">esam@manitobaepilepsy.org</a>                                                                 |
| <b>Huntington Society of Canada</b>            | 204-772-4617<br><a href="mailto:mbuchhotz@huntingtonsociety.ca">mbuchhotz@huntingtonsociety.ca</a>                                                         |
| <b>Kidney Foundation of Canada</b>             | 204-989-0800<br><a href="http://www.kidney.ca">www.kidney.ca</a>                                                                                           |
| <b>Lung Association</b><br>8-940 Princess Ave. | 204-725-4230<br><a href="http://www.mb.lung.ca">www.mb.lung.ca</a>                                                                                         |
| <b>Lupus Society</b>                           | 204-942-6825<br><a href="http://www.Lupusmanitoba.com">www.Lupusmanitoba.com</a><br><a href="mailto:lupus@mymts.net">lupus@mymts.net</a>                   |
| <b>MB Brain Injury Association</b>             | 1-866-327-1998<br><a href="http://www.mbia.ca">www.mbia.ca</a>                                                                                             |
| <b>Multiple Sclerosis Society of Canada</b>    | 1-800-268-7582<br><a href="http://www.mssociety.ca">www.mssociety.ca</a>                                                                                   |
| <b>Muscular Dystrophy Canada</b>               | 1-800-567-2873<br><a href="http://www.muscle.ca">www.muscle.ca</a>                                                                                         |
| <b>Myeloma Canada</b>                          | 1-800-798-5771<br><a href="http://www.myelomacanada.ca">www.myelomacanada.ca</a>                                                                           |
| <b>Ostomy Canada Society</b>                   | 1-888-969-9698<br><a href="http://www.ostomycanada.ca">www.ostomycanada.ca</a>                                                                             |
| <b>Parkinson's Society of MB</b>               | 1-800-565-3000<br><a href="http://www.parkinson.ca">www.parkinson.ca</a><br><a href="mailto:communications@parkinsons.ca">communications@parkinsons.ca</a> |
| <b>Prostate Cancer Canada</b>                  | 1-888-939-3333<br><a href="http://www.prostratecancer.ca">www.prostratecancer.ca</a><br><a href="mailto:connect@cancer.ca">connect@cancer.ca</a>           |
| <b>Schizophrenia Society of Manitoba</b>       | 204-786-1616<br><a href="http://www.mss.mb.ca">www.mss.mb.ca</a><br><a href="mailto:info@mss.mb.ca">info@mss.mb.ca</a>                                     |
| <b>Seniors Caregivers Network</b>              | 1-877-489-0803<br><a href="mailto:info@caregiversnetworkek.com">info@caregiversnetworkek.com</a>                                                           |

## 10) Service Providers Listing (Continued)

|                                                                 |                                                                                                                                            |
|-----------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Spinal Cord Injury MB</b>                                    | 204-786-4753<br><a href="http://www.scimanitoba.ca">www.scimanitoba.ca</a><br><a href="mailto:info@scimanitoba.ca">info@scimanitoba.ca</a> |
| <b>United Way Brandon &amp; District</b><br>201-1011 Rosser Ave | 204-571-8929<br><a href="http://www.brandonuw.ca">www.brandonuw.ca</a><br><a href="mailto:office@brandonuw.ca">office@brandonuw.ca</a>     |
| <b>Westman Hospice Association</b><br>435 Rosser Ave.           | 204-727-1745                                                                                                                               |
| <b>Westman Immigrant Services</b><br>100 Pacific Ave            | 204-727-6031<br><a href="mailto:info@westmanimmigrantservices.ca">info@westmanimmigrantservices.ca</a>                                     |

## 11) Discount Options

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

**11) Discount Options (Continued)**

|                                                       |                                                                                                                                  |
|-------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|
| <b>Hedley's Health Hut</b>                            | 10% on supplements, beauty products, essential oils and diffusers & 20% on Health First products<br><b>First Friday of month</b> |
| <b>Highland Mini Golf</b>                             | \$5.50 (\$3 off regular adult price)<br><b>Everyday</b>                                                                          |
| <b>Holiday Inn Express &amp; Suites Brandon Hotel</b> | 15% (Rates Fluctuate)<br><b>Everyday</b>                                                                                         |
| <b>Humpty's Restaurant</b>                            | 10% plus a special discount day with a "green card."<br><b>Everyday</b>                                                          |
| <b>Giant Tiger</b>                                    | 10%<br><b>1<sup>st</sup> Monday of the month</b>                                                                                 |
| <b>Kam Lung Asian Cuisine</b>                         | 10% off (65+)<br><b>Everyday</b>                                                                                                 |
| <b>Lakeview Inns &amp; Suites Brandon</b>             | Approximately \$5 off regular rates (Rates Fluctuate)<br><b>Everyday</b>                                                         |
| <b>Landmark Cinema Brandon</b>                        | 20% off senior admission & concession sales<br><b>Every Monday</b>                                                               |
| <b>Lee's Buffet</b>                                   | 10% off (65+)<br><b>Everyday</b>                                                                                                 |
| <b>Michael's</b>                                      | 10%, not clearance items<br><b>Everyday, Members only</b>                                                                        |
| <b>Motel 6</b>                                        | 10%<br><b>Everyday</b>                                                                                                           |
| <b>Mum's Restaurant</b>                               | Lunch/Supper senior's menu (smaller portions & decreased price)<br><b>Everyday</b>                                               |
| <b>M &amp; M</b>                                      | 10%<br><b>Tuesdays</b>                                                                                                           |
| <b>Northern Pines Golf</b>                            | Green Fees couple dollars off of regular price (call for daily prices) (60+)<br><b>Everyday</b>                                  |

## 11) Discount Options (Continued)

|                                  |                                                                          |
|----------------------------------|--------------------------------------------------------------------------|
| Papa John's                      | 30% (60+)<br><b>Everyday</b>                                             |
| Pet Valu                         | 10%<br><b>Last Thursday of month</b>                                     |
| Pharmasave                       | 10% on non-prescription & non-sale items<br><b>Everyday</b>              |
| Safeway                          | 10%<br><b>3<sup>rd</sup> Wed. of the month</b>                           |
| Sobeys Customer Appreciation Day | 10% with \$50 minimum order<br><b>1<sup>st</sup> Tue. of the month</b>   |
| Shopper's Drug Mart              | 20% on non-prescription & non-sale items<br><b>Thursdays</b>             |
| Super Thrifty                    | 15% on non-prescription & non-sale items<br><b>Tuesdays</b>              |
| Super 8                          | 5% (Rates Fluctuate)<br><b>Everyday</b>                                  |
| Travel Lodge by Wyndham Brandon  | Approximately \$5 off regular rates (Rates Fluctuate)<br><b>Everyday</b> |
| Value Village                    | 30%<br><b>Tuesdays</b>                                                   |
| Victoria Inn                     | 10%<br><b>Everyday</b>                                                   |
| Wendy's                          | 10% off (65+)<br><b>Everyday</b>                                         |
| Wheat City Golf                  | \$3 off T-time if individuals have a CAA membership<br><b>Everyday</b>   |

## SECTION TWO

# BRANDON SENIORS FOR SENIORS CO-OP INC.

### THE SERVICES WE OFFER :

- Card Games
- Catering
- Dinner Is Served meal program
- Emergency Response Information Kits
- Exercise Programs
- Lock Boxes
- Out to Lunch meal program
- Technology Access Program for Seniors
- Victoria Lifeline



**311 PARK AVE EAST**  
**204-571-2050**

**For more information visit our website :  
[www.brandons4s.ca](http://www.brandons4s.ca)**





# Age Friendly Brandon

Our goal is to build awareness toward age-friendly priorities and actions and support age-friendly initiatives throughout the community

## OUR COMMITTEE:

- 9 MEMBER BOARD CONSISTING OF:
- 2 CITY COUNCIL REPRESENTATIVES
- 6 APPOINTED CITIZEN REPRESENTATIVES
- 1 PRAIRIE MOUNTAIN HEALTH REPRESENTATIVE



Follow us on Facebook @ Age Friendly Brandon  
Visit our website: [www.brandon.ca/agefriendly](http://www.brandon.ca/agefriendly)

# VICTORIA LIFELINE

Safe and independent living.

**Provides immediate assistance in the event  
of a medical emergency or accident**



**FOR ADDITIONAL INFORMATION CONTACT:  
BRANDON SENIORS FOR SENIORS CO-OP INC.  
311 PARK AVENUE EAST, BRANDON, MB  
204-571-2050**

**Empowering  
Independence  
and Saving  
Lives**



# **AGE FRIENDLY BRANDON TELEPHONE INFORMATION LINE**

**POINT-OF-CONTACT FOR INFORMATION RELEVANT  
FOR OLDER ADULTS**



**REFERRAL INFORMATION FOR LOCAL ACTIVITIES  
AND COMMUNITY RESOURCES**



**1-204-729-2525**

Hours : 7:30am - 4:30pm

Follow us on Facebook @ Age Friendly Brandon



# EMERGENCY RESPONSE INFORMATION KIT



## THE KIT CONTAINS:

1. Emergency Response Information
2. Patient Advocate Agreement
3. Health Care Directive
4. Medical and Medication History

|                                                                                         |                                                                                                                                                                                                                                                                                                                 |
|-----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|       | <b>EMERGENCY RESPONSE<br/>INFORMATION KIT (E.R.I.K.®)</b>                                                                                                                                                                                                                                                       |
| <b>This kit belongs to:</b> _____                                                       | Here are a few tips to help you when calling emergency services:                                                                                                                                                                                                                                                |
| Know your emergency phone numbers. Keep them in a visible location or record them here: | <ul style="list-style-type: none"><li>• Identify yourself clearly;</li><li>• Clearly identify your place of residence (Phone number, Road or Street or legal address): _____</li><li>• Ensure your address is clearly visible. If it is dark, leave exterior lights on to assist emergency personnel.</li></ul> |
| Police _____                                                                            |                                                                                                                                                                                                                                                                                                                 |
| Ambulance _____                                                                         |                                                                                                                                                                                                                                                                                                                 |
| Fire _____                                                                              |                                                                                                                                                                                                                                                                                                                 |

**Free** to pick up at Brandon Seniors for  
Seniors Co-op Inc.  
311 Park Avenue East, Brandon, MB

# **LOCK BOXES**



**The Supra Max Key Box is a small weather-resistant metal box that holds a set of keys**

**In the case of an emergency:**

It provides Emergency Services Personnel  
access to your property safely

311 Park Avenue East, Brandon, MB  
Contact Brandon Seniors for Seniors Co-op Inc.  
for more information  
204-571-2050



**Sexuality Education Resource Centre (SERC) Manitoba is a community-based, non-profit, pro-choice organization.**

**What we offer in Brandon:**

**2STLGBQ+ Program** - outreach and support, community education, free counselling services

**Safer Sex Supplies** - condoms (and more!), STI testing events and referrals

**Lending Library** - check out our selection of books

**Ask a Question** - confidential email service at:

**[thefactsoflife@serc.mb.ca](mailto:thefactsoflife@serc.mb.ca)**

**Education & Outreach** - for community groups on topics related to sexuality, reproductive health, pleasure at any age, relationships, STIs and consent

SERC's Brandon office is location at:

**Unit B – 345 10th Street**

Phone: (204) 727-0417 or email: [brandon@serc.mb.ca](mailto:brandon@serc.mb.ca)

Twitter & Instagram: [@serc\\_mb](https://twitter.com/serc_mb)

Facebook: [/sercmb](https://facebook.com/sercmb)



[WWW.SERC.MB.CA](http://WWW.SERC.MB.CA)





**United Way**  
Brandon & District



[brandonuw.ca](http://brandonuw.ca)

## IMPACTING LOCAL LIVES IN OUR COMMUNITY

United Way's focus is to help create opportunities that make a difference in someone's life through collaboration, cooperation and community support. Working together with local social service agencies, they are able to impact many lives in our community. Through community's support, United Way is able to fund multiple programs at different agencies as well as initiate the programs below.



The **Coats for Kids** program ensures that every child has warm clothing for those chilling Manitoba winters. It provides children and youth with winter coats, toques, and mittens collected throughout the year. It is sorted and disbursed in the fall through the school liaisons.



The **Tools for Schools** program ensures all kids get the opportunity to thrive in school. It is a community initiative that runs throughout August and is intended to make sure that all students receive the educational supplies that they need for success in their classroom.



The **School Readiness** program ensures children develop critical skills at a young age to build a path to a successful life. It runs through July and August and focuses on the social, emotional, literacy, numeracy, and communication skills required for children to obtain as they enter Kindergarten in the fall.



The **Summer of Service** program provides opportunities for students to become a part of the community. It runs through July and August and designed for youth ages 13 to 18. It provides opportunities for participants to gain volunteer hours towards a high school credit.

Contact us at 204-571-8929 or by email [community@brandonuw.ca](mailto:community@brandonuw.ca)



## How can I access Supportive Housing or a Personal Care Home?

### **Supportive housing/personal care home may be the appropriate care setting when:**

1. You can no longer remain safely at home, even with home care services
2. The services you need can be provided more effectively, safely and economically in supportive housing/personal care home

### **Application Process:**

Application forms are available from your Home Care case coordinator. The form includes medical, nursing and other information about you and you will need to sign it. Once completed, the application is reviewed to decide if you are eligible for admission to supportive housing or a personal care home. Your Home Care case coordinator is available to answer any questions that you or your family may have. You and your family/ representative, if appropriate, may wish to visit several supportive housing or personal care homes before deciding which one(s) you would choose. You may be asked to identify more than one supportive housing or personal care home that would be acceptable to you.

### **Placement Process:**

There may be a waiting period before you are admitted to supportive housing or personal care home. During this time, home care services may be provided to you as necessary. You may be asked to accept alternative placement until you can be admitted to your place of choice.

### **Appeal Process for Panel Decisions:**

You have the option to appeal supportive housing or personal care home placement panel decisions to the Manitoba Health Appeal Board (MHAB).

For more information about home care in your community,  
please contact Prairie Mountain Health

Phone: 204-483-5000 Toll free: 1-888-682-2253 Website: [www.prairiemountainhealth.ca](http://www.prairiemountainhealth.ca)

You can review the complete guide at <https://www.gov.mb.ca/health/homecare/guide.pdf>





**Manitoba**

**Need help  
but don't  
know where  
to turn?**

**Call  
2.1.1  
or visit [mb.211.ca](https://mb.211.ca)**



**211 connects you to community services anywhere in Manitoba.**

- Mental health support
- Pension & income support
- Food and clothing
- Transportation for older adults
- Income tax clinics & debt
- Disability supports
- Addiction treatment
- And much more!

**FREE • CONFIDENTIAL • 150+ LANGUAGES • 24/7**



**United Way**  
Winnipeg

It's a beautiful day to visit -

# Art Gallery of Southwestern Manitoba

- Volunteer opportunities
- Enjoy craft & art shows, music and other events
- Learn about a variety of art techniques and practices
- Attend open studios with skilled arts professionals
- Visit free of cost!



» Become a **member** to enjoy  
discounted classes, events  
tickets and workshops  
«

Drop in tours Wednesdays  
1:00 pm by request



**ART GALLERY OF  
SOUTHWESTERN  
MANITOBA**

710 Rosser Avenue, unit #2  
R7A 4S9 Brandon, Manitoba  
[www.agsm.ca](http://www.agsm.ca)

# Alzheimer Society of Manitoba

## Minds *in* Motion®

Designed for people with early signs of dementia to attend with a family member or friend. This weekly program offers 8 sessions including: a gentle chair fitness class followed by engaging activities and conversation.



- Available virtually or in-person
- \$65 per pair
- Chair exercises to improve overall fitness
- Meet and connect with others through fun activities
- Access information about dementia and Alzheimer Society services

For more info: Liz McLeod  
204-729-8320  
[www.alzheimer.mb.ca](http://www.alzheimer.mb.ca)

## Dementia-Friendly Communities

Include and support people with dementia in the places they work, live, and play

- Building dementia-friendly communities online course
- Resources on dementia and covid-19, communication, and housing
- Learn how to create a dementia-friendly environment
- Request a dementia-friendly communities presentation
- Touch Quilts



Visit: [www.alzheimer.mb.ca](http://www.alzheimer.mb.ca)



# BNRC BRANDON NEIGHBOURHOOD RENEWAL CORPORATION

BNRC is a non-profit organization that strives through advocacy, capacity building, provision of knowledge, and sustainable funding from various sources to challenge and empower all citizens of the neighbourhood.



## **Reaching Home:**

Delivers funding to support homelessness prevention

## **BEEP:**

Construction training program for individuals with barriers to employment

## **Ask Auntie:**

Identification services, pathfinding, etc.

## **Makerspace:**

Community workspace – 3D printing, woodworking, sewing, etc.

## **Community Development:**

Programs to beautify and connect neighbourhoods

## **Fresh Start:**

Casual employment for individuals with barriers to employment

## **BLIP:**

Brandon Local Immigration Partnership

## **MHRN:**

Manitoba Harm Reduction Network



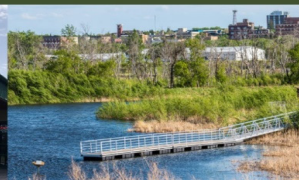
440 Rosser Ave  
Brandon, MB

204-729-2490  
admin@bnrc.ca

# BRANDON RIVERBANK DISCOVERY CENTRE



The Riverbank Discovery Centre serves as the starting point for an extensive trail system that runs through wetlands, prairie grasses, native and introduced trees and shrubs, and connects to the Red Willow Pedestrian Bridge overlooking the Assiniboine River. The area is home to several wetland animal species, prairie and migratory birds, as well as a purple martin sanctuary.



545 Conservation Drive  
Brandon, MB R7A 7L8  
204-729-2141

- Self guided interpretive pond tour
- Self guided trail system
- Senior Fit Camp (June, July)
- Interpretive programs for schools and tour groups
- Summer Swamp Camps (for kids ages 5-9)
- Event hosting
- Annual events
- Gift shop

More info:

<https://riverbank.mb.ca/>



## **VISION LOSS REHABILITATION CANADA**

Vision Loss Rehabilitation Canada (VLRC) is a not-for-profit national healthcare organization and the leading provider of rehabilitation therapy and healthcare services for individuals with vision loss.

---

### **Programs and Services**

Our services are tailored to the unique needs and goals of each person who comes to us for help. Just like every person who experiences vision loss is different, so are the things they're working to achieve in life. While one person may need our help with basic daily tasks like pouring a cup of coffee or preparing food safely, another may want to go to university, pursue a new career or start a family. Most times, an individual first comes to VLR seeking reading devices that may allow them to continue to see prices in stores, read the newspaper, etc. Whatever our clients' goals may be, we're here to help.

**354 10th St, Brandon, MB  
(204) 727-0631**

# **CNIB**

**FOUNDATION**



**354 10th St,  
Brandon, MB  
(204) 727-0631**

**Founded in 1918, the CNIB Foundation is a non-profit organization driven to change what it is to be blind today. We deliver innovative programs and powerful advocacy that empower people impacted by blindness to live their dreams and tear down barriers to inclusion. Our work as a blind foundation is powered by a network of volunteers, donors and partners from coast to coast to coast.**

**\* Provides an opportunity to connect with others who are living with sight loss**

**\* Runs Sharing Circle, a monthly group in Winnipeg and Brandon**

**\* Operates Adjustment to Vision Loss, an 8-week program, offered twice a year in the Winnipeg office and virtually from anywhere else in the province**



# We're here to help

## Newcomer services are available

**If you have moved here from another country,  
free services are available:**

- Settlement Services
  - Health
  - Banking
  - Education
  - Finance
  - Community Connections
  - Document Assistance
- Employment Services
- Interpretation Services
- Language Assessments
- English Language Classes
- Workshops and Group Information sessions
- Programming for all ages
- Supports for Temporary Foreign Workers
- Legal Clinics, Immigration Consultant and Notary Public sessions

## Contact Us Today

204 727 6031

[client@westmanimmigrantservices.ca](mailto:client@westmanimmigrantservices.ca)

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

*Translate our website into your language in the top left corner*



Follow us on Facebook:  
[@westmanimmigrantservices](https://www.facebook.com/westmanimmigrantservices)



**WIS**  
Westman Immigrant Services



---

**2**

20/20 Toastmasters Club · 24  
211 Manitoba · 30

---

**7**

7<sup>th</sup> St. Access · 9  
7th St. Health Access Centre · 14

---

**A**

Absolute Lawn Care · 10  
Adult Day Program · 11  
Advance Care Planning · 30  
Age & Opportunity Support Services for Older Adults · 30  
*Age Friendly Brandon* · 1, 30  
Age Friendly Brandon Telephone Information Line · 22  
Ahumada's Handyman Services · 11  
Al- Marie Massage Therapy · 8  
All-Aboard Moving Services · 9  
Allen & Bolack Excavation · 10  
Alliance - Grand Valley Community Church · 25  
Alliance - McDiarmid Drive Alliance Church · 25  
Allied Van Lines · 9  
ALS Society of MB · 33  
Alternative Landscaping LTD. · 10  
Alzheimer Society of MB · 33  
Amber's Cleaning Service · 9  
Andrews Foot Clinic · 8  
Anglican - Saint George's Anglican Church · 25  
Anglican - Saint Matthew's Anglican Cathedral · 25  
Anglican - St. Mary's Anglican Church · 25  
Apna Bazar Asian Grocery · 6  
Applebee's Restaurant · 35  
Art Gallery of Southwestern Manitoba · 24  
Arthritis Society of MB · 33  
Assiniboine Community College · 28  
Avelle · 8

---

**B**

Baha'i Faith · 26  
Baptist - Bible Baptist Church · 26  
Baptist - Faith Fellowship Baptist Church · 26  
Baptist - First Baptist Church · 26  
Baptist - Keystone Baptist Church · 26  
Bee Ez Tree Service · 10  
Best West Pet Foods · 35  
Best Western Plus Brandon Inn · 35  
Bev Perry Foot Care · 8

Brandon 4 Rent · 17  
Brandon Air Shuttle Services · 15  
Brandon Badminton Club · 24  
Brandon Camera Club · 24  
Brandon City Transit & Access Transit · 15  
Brandon Cleaners Ltd. · 7  
Brandon Community · 22  
Brandon Curling Club · 24  
Brandon Eavestroughing · 11  
Brandon Embroiderers · 24  
Brandon Extreme Clean · 7  
Brandon Friendship Center Adult Upgrading Program · 28  
Brandon Friendship Centre · 21  
Brandon Garden Club · 24  
Brandon Gun Club · 24  
Brandon Literacy Council Inc · 28  
Brandon Massage Therapy Clinic · 8  
Brandon Mobility · 14  
Brandon Neighbourhood Renewal Corporation · 24, 33  
Brandon Regional Health Centre · 11  
Brandon Riverbank Inc · 23, 24  
Brandon Scrabble Club · 24  
Brandon Seniors for Seniors Co-op Inc. · 7, 8, 9, 22  
Brandon Sun · 17  
Brandon Ukulele Group · 24  
Brandon University · 28  
Brandon Vineyard Fellowship · 26  
Brandon Wheelchair Sports and Leisure · 23  
Brandon's Community Sportsplex · 21  
Brockie-Donovan Funeral & Cremation Services · 32  
Bulk Barn · 35

---

**C**

CAA National Senior Drivers handbook · 30  
Camelot Personal Care · 5  
Canada Moving & Storage · 9  
Canada Pension and Old Age Security · 30  
Canadian Cancer Society · 33  
Canadian Celiac Association · 33  
Canadian Liver Foundation · 33  
Canadian Red Cross · 33  
Cardiac Rehabilitation · 33  
Carter Bros Lawn & Garden LTD · 10  
Carter Bros. Lawn & Garden Ltd. · 10  
CBI Home Health · 5, 12  
CBI Home Health Services · 5  
Central Community Club · 21  
Cerebral Palsy Association of MB · 33  
Christian Reformed - Church of Christ · 26  
Christian Reformed - First Christian Reformed Church · 26  
Church of Jesus Christ of Latter-Day Saints · 26  
Clarion Hotel · 35  
CNIB · 33  
Colonial Inn · 35  
Community Health and Housing Association · 33

Community Health and Housing Association Building Re-Fit Store · 23

Community Respite Service · 32

Compassionate Friends · 33

Contact Community Information · 32

Co-op Marketplace · 6

Creation Nation Makerspace · 23

Crime Stoppers · 5

Crocus Gardens · 18

Crohn's and Colitis Canada · 33

Curbside Brandon · 11

---

## D

Daughter On Call · 5, 12

Days Inn & Suites by Wyndham Brandon · 35

Diabetes Canada · 34

Dial-A-Dietitian · 12

Discounted Assistive Devices · 31

Door Dash Delivery · 7

---

## E

East End Community Centre · 21

eBrandon · 17

Economic Development Brandon Housing Resources · 17

Emergency Response Information Kits · 31

Emergency Services · 4

Epilepsy Society · 34

Esprit Wellness Therapy · 8

Eye Outfitters · 35

---

## F

Fairview Home · 17

Falcon Ridge · 18

Family Dr Finder · 12

Farm & Rural Stress Line · 5

Fernwood Estates · 18

Fire Station #1 · 5

Fire Station #2 · 5

Francoeur Transport · 10

---

## G

Genealogy Club · 24

Geoff Dumas Reg. Massage Therapy · 8

Giant Tiger · 36

Glacier Wash · 7

Global Market and Community Kitchen · 7

Grand Valley · 18

Grandma on Demand · 7

---

## H

Hakim Optical · 35

Happy Feet Foot Care - Marlene Worth · 8

Health Care Directives · 31

Healthy Aging Resource Teams · 32

Heart to Home Meals for Seniors · 7

Hedley's Health Hut · 36

Highland Mini Golf · 36

Hillcrest Place · 17

Hobbs Manor · 18

Holiday Inn Express & Suites Brandon Hotel · 36

Home Care Services · 13

Home Care Wholesale · 14

Home Health Care Pharmacy · 14, 15

Howard's Moving Ltd · 9

Humpty's Restaurant · 36

Huntington Society of Canada · 34

---

## I

Instacart · 6

Islamic Mosque: Brandon Islamic Centre · 26

---

## J

J&G Homes Arena · 21

Jehovah's Witnesses · 26

John's Handyman Service · 11

---

## K

Kam Lung Asian Cuisine · 36

Kidney Foundation of Canada · 34

Kijiji Brandon · 17

Kin Village Inc. · 18

Kiwanis Court Westman · 18

Klinic Crisis Line · 5

---

## L

Lakeview Inns & Suites Brandon · 36

Landmark Cinema Brandon · 36

Lawrence Moving & Storage · 9

Lawson Lodge · 18

Lee's Buffet · 36

Lions Manor Westman · 18

Little Chief's Place · 7

Livingstone Landscaping · 10

Lung Association · 34

Lupus Society · 34

Lutheran - Grace Lutheran Church LCC · 26

Lutheran - Redeemer Lutheran Church ELCIC · 27

---

**M**

M & M · 36  
 Mama Bears Quilt Shoppe · 24  
 Manitoba Caregiver Coalition · 32  
 Manitoba Suicide Line · 5  
 Marian's Delivery/Moving · 9  
 MB Brain Injury Association · 34  
 MedSafe Pharmacy · 15  
 Memories Chapel · 32  
 Mennonite - Grace Mennonite Church · 27  
 Mennonite - Richmond Park Mennonite Church · 27  
 Michael's · 36  
 Morgan Mowers Yard Care · 10  
 Motel 6 · 36  
 Multiple Sclerosis Society of Canada · 34  
 Mum's Restaurant · 36  
 Muscular Dystrophy Canada · 34  
 Myeloma Canada · 34

---

**N**

National Catholic - Saint Joseph's Polish National Catholic Church · 27  
 Nature's Own Therapeutic Massage · 8  
 Nifty Needlers · 24  
 Nikki's Cleaning Service · 9  
 North End Community Centre · 21  
 Northern Pines Golf · 36

---

**O**

Odd Fellows Corner · 18  
 Odd Jobs · 11  
 Oddz & Endz · 11  
 Ostomy Canada Society · 34

---

**P**

Papa John's · 37  
 Park Community Centre · 21  
 Parkinson's Society of MB · 34  
 Parkview · 18  
 Peace by Piece Quilting Club · 24  
 Pentecostal - Bethel Christian Assembly · 27  
 Pentecostal - Calvary Temple · 27  
 Pentecostal - Christian Life Centre · 27  
 Pet Valu · 37  
 Pharma-Medic Service · 15  
 Pharmasave · 37  
 Poison Control Centre · 5  
 Police Station · 5  
 Police, Fire, Ambulance · 5  
 Prairie Mountain Health · 5, 30

Premiere Van Lines · 9  
 Presbyterian - First Presbyterian Church · 27  
 Presbyterian - Saint Andrew's Presbyterian Church · 27  
 Prime Time · 13  
 Princess Laundromat · 7  
 Princess Park · 18  
 Princess Towers · 18  
 Pristine Landscaping Ltd. · 10  
 Profile Paving Ltd. · 10  
 Prostate Cancer Canada · 34

---

**R**

Reactive Massage Therapy · 8  
 Real Canadian Superstore · 6  
 Reid Mobile Foot Care Services - Kellee Reid · 8  
 Rejuvenate Massage Therapy & Spa · 8  
 Residential Tenancies Board · 21  
 Rideau Park · 17  
 Riverheights Terrace · 18  
 Riverview Curling Club · 24  
 Robertson College · 29  
 Rolling Spokes · 14  
 Roman Catholic - Saint Hedwig's Roman Catholic Church · 27  
 Roman Catholic - St. Augustine's Roman Catholic Church · 27  
 Rosser Laundromat · 7  
 Rotary Villas · 19

---

**S**

Safeway · 37  
 Safeway Corral Centre · 6  
 Salvation Army · 27  
 Samaritan House Training Centre · 29  
 Schizophrenia Society of Manitoba · 34  
 Senior Abuse Support Line · 31  
 Senior Care in Brandon · 5  
 Seniors Abuse and Info · 5  
 Seniors Caregivers Network · 34  
 Seniors for Seniors · 1, 9, 10  
 Seniors Information · 31  
 Seniors Mental Health Centre for Adult Psychiatry · 13  
 Seventh Day Adventist · 27  
 Sexual Assault Crisis Line · 5  
 Shady Lane · 7  
 Shopper's Drug Mart · 37  
 Skip the Dishes · 7  
 Snow Angels · 10  
 Sobeys Customer Appreciation Day · 37  
 Sobeys South · 6  
 Sobeys West · 6  
 Sokol Manor Apartment · 19  
 Sokol Manor Supportive · 19  
 South End Community Centre Hall · 21

Spinal Cord Injury MB · 35  
 Stanley Park Lawn Bowling · 24  
 Super 8 · 37  
 Super Thrifty · 37

---

## T

Table Tennis Group · 25  
 TALC Third Age Learning Cooperative Faculty of  
 Education · 25  
 Taoist Tai Chi · 25  
 Taxi & assisted travel services · 16  
 The Salvation Army Dinsdale Home · 17  
 Total Fix · 11  
 Transportation Options Network for Seniors · 16  
 Travel Lodge by Wyndham Brandon · 37

---

## U

Ukrainian Catholic - St. Mary's Ukrainian Catholic  
 Church · 28  
 Ukrainian Orthodox - Church of the Holy Ghost · 28  
 United Church - Knox United Church · 28  
 United Church - Trinity United Church · 28  
 United Way Brandon & District · 35

---

## V

Valleyview · 18  
 Valleyview Community Centre · 21  
 Value Village · 37  
 Via Rail Canada Inc · 16  
 Victoria Inn · 37  
 Victoria Landing · 19

---

## W

Walmart Grocery · 6  
 Weedman Lawn Care · 10  
 Wendy's · 37  
 West End Community Centre · 21  
 Western Manitoba Regional Library · 29  
 Western MB Seniors Non-Profit Housing  
 Co Operative Ltd · 19  
 Westjet Air Service · 16  
 West-Man Foot Clinic · 8  
 Westman Gardeners · 25  
 Westman Hospice Association · 35  
 Westman Immigrant Services · 25, 29, 35  
 Westman Old-timers Softball · 25  
 Westman Wilderness Club · 25  
 Westridge Community Centre · 22  
 Wheat City Carvers Club · 25  
 Wheat City Golf · 37  
 Wheat City Laundry · 7  
 Wheat City Lawn Bowling · 25  
 When Your Spouse Passes · 31  
 Will Preparation · 32  
 Winnipeg House · 19

---

## Y

Y.M.C.A. · 22  
 Your Foot Care – Lynn Robertson · 8

---

## Z

Zen Tao Chi-Kung Tai Chi · 25

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[illegible]



