



# Manitoba Association of Senior Communities

GET CONNECTED - JOIN A CENTRE!

*Stay Active - Stay Connected*

www.manitobaseniorkommunities.ca

**Creative Retirement Manitoba Inc.**  
204-481-5030, hello@crcentre.ca  
www.crcentre.ca

## WINNIPEG

**20 Fort Street Seniors Club**  
2200-20 Fort Street / FortStSeniors@Shaw.ca  
**A&O Support Services for Older Adults Inc.**  
200 -207 Donald Street  
204-956-6440 / Toll Free: 1-888-333-3121  
info@aosupportservices.ca  
www.aosupportservices.ca

**Archwood 55 Plus**  
565 Guilbault Avenue / 204-416-1067  
archwood55@shaw.ca  
https://archwood55plus.wildapricot.org/

**Bleak House Centre**  
1637 Main Street / 204-338-4723  
bleakhousecentre@gmail.com  
www.bleakhousecentre.com

**Broadway Seniors Resource Council**  
204-772-3533  
broadwayseniors@gmail.com /  
www.bsrrc.ca

**Brooklands Active Living Centre**  
1960 William Avenue W  
204-632-8367 / bpscc@mymts.net

**Centro Caboto Centre**  
1055 Wilkes Avenue / 204-487-4597 ext. 1  
executivedirector@cabotocentre.com  
www.cabotocentre.com

**Charleswood Active Living Centre**  
5006 Roblin Blvd / 204-897-5263  
info@charleswoodseniorcentre.org  
www.charleswoodseniorcentre.org

**Crescent Fort Rouge 55 Plus**  
525 Wardlaw Ave. / 204-299-9919  
cfruc55Plus@gmail.com  
www.crescentfortrouge.ca

**Dakota Community Centre**  
1188 Dakota Street / 204-254-1010 ext. 217  
lance@dakotacc.com / www.dakotacc.com

**Dufferin Senior Citizens Inc.**  
377 Dufferin Avenue / 204-986-2608

**Elmwood East Kildonan Active Living Centre**  
180 Poplar Avenue / 204-669-0750  
healthrelations@chalmersrenewal.org  
https://chalmersrenewal.org/

**Fort Garry Seniors Resource Council**  
200 - 270 Donald Street / 204-792-1913  
fortgarry@aosupportservices.ca  
www.aosupportservices.ca/resources/  
seniors-resource-finders

**Golden Rule Seniors**  
625 Osborne Street / 204-306-1114  
goldenrule@swsrc.ca  
www.Facebbook.com/GRSRC

**Good Neighbours Active Living Centre**  
720 Henderson Hwy / 204-669-1710  
admin@gnalc.ca / www.gnalc.ca

**Gwen Sectar Creative Living Centre**  
1588 Main Street / 204-339-1701  
becky@gwensectar.com /  
www.gwensectar.com

**Headingley Seniors' Services**  
5353 Portage Avenue  
204-889-3132 ext. 3  
seniors@rmofheadingley.ca  
www.headingleyseniorkommunities.ca

**Indigenous Senior Resource Centre Inc.**  
A1 - 100 Robinson Avenue / 204-586-4595  
executivedirector@isrcwpg.ca  
www.asrcwpg.ca

**Manitoba Korean 55+ Centre**  
900-150 River Avenue  
204-996-7003 / www.ksam.ca

**North Centennial Seniors Association  
of Winnipeg Inc.**  
86 Sinclair Street / 204-582-0066  
ncsc@shaw.ca / www.ncseniors.ca

**North Point Douglas Senior Centre**  
244 Jarvis Avenue

**Pembina Active Living (55+)**  
170 Fleetwood Rd. / 204-946-0839  
office@pal55plus.ca / www.pal55plus.ca

**Rady Jewish Community Centre**  
123 Doncaster Street / 204-477-7539  
lmarjovsky@radyjcc.com / www.radyjcc.com

**Rainbow Resource Centre**  
545 Broadway Ave. / 204-474-0212 ext 255  
OTR@rainbowresourcecentre.org  
www.rainbowresourcecentre.org

**The Salvation Army Barbara Mitchell Family  
Resource Centre**  
51 Morrow Avenue  
204-946-9153 / sheila.keys@salvationarmy.ca

**South Winnipeg Seniors Resource Council**  
117-1 Morley Ave / 204-478-6169  
resources@swsrc.ca / www.swsrc.ca

**Southdale Seniors**  
254 Lakewood Boulevard / 204-257-6171  
gm@southdale.ca / www.southdale.ca

**Sri Lankan Seniors Manitoba**  
113 Stan Baillie Drive  
204-261-9647 / www.srilankanseniorsmb.ca

**St. James-Assiniboia 55+ Centre**  
3-203 Duffield Street  
204-987-8850 / info@stjamescentre.com  
www.stjamescentre.com

**St. Mary's Rd. Seniors**  
613 St. Mary's Rd., Winnipeg  
204-257-0678 / www.stmarysroad.ca

**Transcona Council for Seniors**  
845 Regent Ave / 204- 222-9879  
tcs@mymts.net / www.transconaseniors.ca

**Transcona Retired Citizens Org.**  
328 Whittier Ave. West  
204-222-8473 / trco328@shaw.ca

**Vital Seniors**  
3 St Vital Road  
204-253-0555 / stmary@mymts.net  
www.stmarymagdelenewpg.org

**Winnipeg Chinese Senior Association**  
204-291-7798 / wcsa.wpg@hotmail.com  
www.winnipegchineseseniors.ca

**Winnipeg Condominium Corp #238**  
3281 Pembina Hwy / 204-269-6363

## BEYOND WINNIPEG

### BEAUSEJOUR

**Beau-Head Senior Centre**  
645 Park Avenue  
204-268-2444 / beauhead@mymts.net

### BRANDON

**Brandon Seniors for Seniors Co-op Inc.**  
311 Park Avenue E / 204-571-2050  
reception@brandons4s.ca  
www.brandons4s.ca

**Health Checks -** 204-728-1842  
brandonmbhealthchecks.ca  
healthchecksbrandon@gmail.com

### CARMAN

**Carman Active Living Centre**  
47 Ed Belfour Drive / 204-745-2356  
www.activelivingcentrecarman.ca

### CRANBERRY PORTAGE

**Jubilee Recreation of Cranberry Portage  
Legion Hall**  
217 2nd Ave. SE / 204-271-3081

### CRYSTAL CITY

**Crystal City & District Friendship Club Inc.**  
117 Broadway St. / 431-867-0122  
crystalcityfriendship@gmail.com

### DAUPHIN

**Dauphin Active Living Centre Inc.**  
55 1st Avenue SE  
204-638-6485  
www.dauphinseniors.com

### DELORAIN

**Deloraine Community Club Inc.**  
111 South Railway Ave E  
204-747-2846

**Seniors' Outreach Services of BrenWin Inc.**  
204-747-3283 / sosbrenwin@gmail.com  
sosbrenwin.com

### ERICKSON

**Comfort Drop In Centre**  
31 Main Street  
204-636-2047 / areas@mymts.net

### FLIN FLON

**Flin Flon Seniors**  
2 North Avenue / 204-687-7308

### GILBERT PLAINS

**Gilbert Plains and District Community  
Resource Council Inc.**  
204-548 4131 / gpdcc@mymts.net  
www.gpdcc-newhorizons.wix.com/gpdcc

**Gilbert Plains Drop In Centre**  
22 Main Street North / 204-548-2210

### GIMLI

**Gimli New Horizons 55+ Centre**  
17 North Colonization Road  
204-642-7909 / gimli55@mymts.net  
www.gimlinewhorizons.com

### GLADSTONE

**Gladstone Seniors Inc.**  
32 Morris Ave. North  
204-385-2205

### GRAND MARAIS

**Grand Marais & District Seniors**  
36058 PTH 12 / gmdseniors@gmail.com  
www.gmdseniors.ca

### GRANDVIEW

**Grandview Seniors Drop In**  
432 Main Street / 204-546-2272

### HAMIOTA

**Hamiota 55+ Centre & Restore  
Community Co-op Inc.**  
44 Maple Avenue / 204-764-2658

### KILLARNEY

**Killarney New Horizons Centre**  
520 Mountain Avenue  
www.killarneymbseiors.ca

**Killarney Service for Seniors**  
203 South Railway / 204-523-7115  
seniorservice@killarney.ca

### LA BROQUERIE and STE. ANNE

**Seine River Services for Seniors Inc. /  
Services Rivière Seine pour aînés Inc.**  
93 Principale Street  
204-424-5285 / labseinerss@gmail.com  
seineriverservicesforseniorkommunities.ca

### LUNDAR

**Lundar Community Resources**  
35 Main Street / 204-762-5378  
lrcr@mymts.net

### MANITOU

**Pembina Community Resource Council**  
315 Main Street  
204-242-2241 / pembinaacc@gmail.com

### MINNEDOSA

**Minnedosa Senior Citizens Assoc.**  
31 Main Street S  
204-867-1956 / mdsasca@gmail.com

### MORDEN

**Morden Activity Centre**  
306 N Railway Street / 204-822-3555  
mordenactivitycentre@gmail.com  
www.mordenseniors.ca

### NEEPAWA

**Neepawa Drop In Centre**  
310 Davidson Street / 204-476-5103  
Neepawa-dropin@outlook.com  
www.neepawa.ca/district-drop-in-center

### PILOT MOUND

**Pilot Mound Fellowship Centre**  
203 Broadway Avenue  
204-825-2873

### PLUMAS

**Plumas Seniors Citizens Club Inc.**  
102 White Street / 204-386-2029

### PORTAGE LA PRAIRIE

**Herman Prior Senior Services Centre**  
40 Royal Road N / 204-857-6951  
hermanpriorcentre@gmail.com  
www.hermanprior.com

**Portage Service for Seniors**  
40A Royal Road N. / 204-239-6312  
https://portageservicefors.wixsite.com/psfs

### RIVERTON

**Riverton Seniors Activity Centre**  
12 Main Street / 204-378-5155  
rdcf@mymts.net / www.rivertonfc.com

### SANDY LAKE

**Sandy Lake Drop In Centre**  
100 Main St. / 204-585-2411

**Municipality of Harrison Park -  
Age Friendly Initiative Committee**  
204-585-5310

### SELKIRK

**Gordon Howard Centre**  
384 Eveline Street / 204-785-2092  
executivedirector@gordonhoward.ca  
www.gordonhoward.ca

### SNOW LAKE

**Snow Lake Senior Centre**  
71 Balsam Street  
204-358-2151 / snowsrs@mymts.net

### ST. LAURENT

**Age Friendly Committee of St. Laurent**  
204-906-9607

### STARBUCK

**Macdonald Services to Seniors**  
204-735-3052 / info@macdonaldseniors.ca  
www.macdonaldseniors.ca

### STEINBACH

**Pat Porter Active Living Centre**  
10 Chrysler Gate  
204-320-4600 / ed@patporteralc.com  
www.patporteralc.com

### STONEWALL

**South Interlake 55 Plus**  
374 1st Street West - Oddfellows Hall  
204-467-2582 / si55plus@mymts.net  
www.si55plus.org

### SWAN RIVER

**Swan River & District Community  
Resource Council**  
126 6th Ave N / 204-734-5707  
resourcecouncil@srseniorkommunities.com

**Swan River Senior Citizens Centre**  
702 1st Street North / 204-734-2212

### THE PAS

**The Pas Golden Agers**  
324 Ross Avenue / 204-623-3663  
seniorsthepas@gmail.com

### THOMPSON

**Thompson Seniors Community Resource  
Council Inc.**  
4 Nelson Rd. / 204-677-0987  
thompsonseniors55@gmail.com  
thompsonseniors.ca

### TREHERNE

**Treherne Friendship Centre**  
190 Broadway Street  
204-723-2559 / jstate1066@gmail.com

### VICTORIA BEACH

**East Beaches Social Scene**  
3 Ateah Road / 204-756-6468  
ebssinc1@gmail.com  
https://www.ebseniorkommunities.ca

**East Beaches Resource Centre**  
3 Ateah Road / 204-756-6471  
ebresourcec@gmail.com  
https://ebresourcec.weebly.com

### WINKLER

**Winkler & District MP Senior Centre**  
102-650 South Railway Avenue  
204-325-8964 / director@winklerseniorkommunities.com  
www.winklerseniorkommunities.com