



Manitoba Association of Senior Communities

GET CONNECTED - JOIN A CENTRE!
Stay Active - Stay Connected
www.manitobaseniorcommunities.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.bsrb.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@charleswoodsniorscentre.org
www.charleswoodsniorscentre.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
melissal@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 Club
625 Osborne Street / 431-866-6776
goldenrule@swwsrc.ca

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@gwensector.com /
www.gwensector.com

Headingley Seniors' Services
5353 Portage Avenue / 204-889-3132 ext. 3
seniors@rmofheadingley.ca
www.headingleyseniorservices.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
lmajovsky@radyjcc.com / www.radyjcc.com

Rainbow Resource Centre
170 Scott Street / 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@swwsrc.ca / www.swwsrc.ca

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

Sri Lankan Seniors Manitoba
113 Stan Bailie 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.stmarymagdelenenpg.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
gpdcrc@mymts.net
www.gpdcrc-newhorizons.wix.com/gpdcrc

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@mts.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.killarneymbseniors.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
seineriverservicesforseniors.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 / pembinacrc@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://portageserviceforseniors.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

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@srseniorservices.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.ebseniorscene.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@winklerseniorcentre.com
www.winklerseniorcentre.com