

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>)

We would like to give a special shout out to the following individuals for their commitment to this project, including members from the Age Friendly Brandon Senior Resource Guide Working Group Rob Lavin, Deirdre Chisholm and Susan Boyachek, along with Citizen Representatives Johanna Leseho, Linda Kitz, Cheryl Winger and Nancy Newall. Above all, we would like to specifically thank Deryn Werbicki-Mallett, Summer Student with Brandon Seniors for Seniors Co-op Inc., for her valuable contribution toward the design and layout, building on the vision from the 1st edition toward the final design of this 2nd edition.

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.

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SECTION ONE

1) Emergency Services

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

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

Tips When Accessing Emergency Services

- If you accidentally dial 911, stay on the line so the operator knows that help is not needed; otherwise, the operator will notify the Police to investigate.
- While driving — know your location and surrounding area. Take note of the distance you have travelled and know the road name 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

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

1-b) Help/Crisis Lines

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

2) Personal Care Services

2-a) Home Care & Assistance

Business	Contact
Camelot Personal Care D-1229 Richmond Ave.	204-725-0245
CBI Home Health Services 1540 Rosser Ave.	204-727-4222
Daughter On Call 2015 Brandon Ave.	204-725-6629
Prairie Mountain Health Home Care – New Intake	1-855-474-3338
Senior Care in Brandon	www.care.com

2-b) Shopping Services & Delivery

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

NOTES:

NOTES:

2-c) Meal Programs & Delivery

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

2-d) Laundry & Dry Cleaning

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

2-e) Footcare

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

2-f) Massage

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

2-g) Discounted Income Tax Preparation

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

2-h) Victoria Lifeline

Business	Contact
Brandon Seniors for Seniors Co-op Inc. 311 Park Ave. East	204-571-2053

3) Home Maintenance

3-a) House Cleaning

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

3-b) Movers & Lifters

Business	Contact
All-Aboard Moving Services	204-727-5575
Allied Van Lines 189 Park Ave. East	204-808-0937
Canada Moving & Storage 938 Douglas Ave.	204-729-8647 www.canadamoving.com
Howard's Moving Ltd	204-728-6019 www.howardsvan.com
Lawrence Moving & Storage	204-729-9292 lawrencemoving@outlook.com
Marian's Delivery/Moving	204-720-6976
Premiere Van Lines D-730 Richmond Ave.	204-725-2025

3-c) Lawn Care

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

3-d) Snow Removal

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

3-e) Repairs

Business	Contact
Ahumada's Handyman Services	204-720-4204 www.ahumadashandy.com aumadashandy@gmail.com
Brandon Eavestroughing	204-570-0935 www.brandoneavestroughing.ca
Curbside Brandon 103 Sycamore Dr.	204-570-1206
John's Handyman Service	204-730-2844
Odd Jobs 630 Van Horne Ave.	204-596-5320
Oddz & Endz	204-901-1570
Total Fix 323 Park Ave. East	204-727-2011

4) Health Services

4-a) Health Services

Business	Address/Contact
<p>Adult Day Program</p> <ul style="list-style-type: none"> • Provides health and wellness program for adults living in the community • Offers coordinated social/recreational activities 	<p>Referrals made by a case coordinator at Home Care. Call 1-855-474-3338.</p>
<p>Brandon Regional Health Centre 150 McTavish Ave. E.</p> <ul style="list-style-type: none"> • In- and out-patient services • Specific health programs • Therapy services • Regional services 	204-578-4000

4-a) Health Services (Continued)

<p style="text-align: center;">CBI Home Health 1540 Rosser Ave.</p> <ul style="list-style-type: none"> • Personal care • Nursing • In-home therapy services • Respite support • Dementia care • Remote health monitoring 	204-727-4222
<p style="text-align: center;">Daughter On Call 2015 Brandon Ave.</p> <ul style="list-style-type: none"> • Personal care • Hospital sitting & visits • Post-surgery & GI scopes care • Housekeeping/Laundry • Escorts to appointments/Winnipeg • Pet care • Companionship • Respite care • Dementia support • Stroke support 	204-725-6629
<p style="text-align: center;">Dial-A-Dietitian</p> <ul style="list-style-type: none"> • Open for service calls through Monday-Friday 8am-6pm 	204-788-8248 1-877-830-2892
<p style="text-align: center;">Family Dr Finder</p> <ul style="list-style-type: none"> • Connecting you with a home clinic for your health care needs 	204-786-7111 1-866-690-8260 www.manitoba.ca/familydoctorfinder

4-a) Health Services (Continued)

<p style="text-align: center;">Home Care Services 150-B 7th Street</p> <ul style="list-style-type: none"> • Assessment and planning • Case management • Daily living assistance • Nursing care • Respite care • Adult Day Program • Equipment/medical supplies • Home Oxygen Program 	<p style="text-align: center;">1-855-474-3338</p>
<p style="text-align: center;">Prime Time</p> <ul style="list-style-type: none"> • Provides health and wellness program for adults living in the community • Offers coordinated social/recreational activities 	<p style="text-align: center;">Referrals made by Community Mental Health Workers or Aides in the community. Call Seniors Mental Health at 204-578-2400.</p>
<p style="text-align: center;">Seniors Mental Health Unit B13-800 Rosser Ave.</p> <ul style="list-style-type: none"> • Assessment, consultation, and treatment for mental health problems associated with aging including cognitive disorders, anxiety, and depression 	<p style="text-align: center;">204-578-2400</p>

<p>NOTES:</p>

4-a) Health Services (Continued)

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

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

4-c) Pharmaceutical Assessments

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

5) Transportation

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

5) Transportation (Continued)

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

6) Housing

6-a) Where to look for housing or rentals

Business	Contact
Brandon Sun	class@brandonsun.com
Brandon 4 Rent	www.brandon4rent.ca
eBrandon	www.ebrandon.ca
Economic Development Brandon Housing Resources	www.economicdevelopmentbrandon.com
Kijiji Brandon	https://www.kijiji.ca/h-brandon/1700086

6-b) Personal Care Homes

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

6-b) Personal Care Homes (Continued)

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

6-c) Senior Residences

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

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

Business	Contact
Residential Tenancies Board 143-340 9th	204-726-6230

7) Activities

7-a) Community Centres

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

7-a) Community Centres (Continued)

Westridge Community Centre (Capacity 150) 65 Elmdale Boulevard	204-728-0973
Y.M.C.A. 231 - 8th Street	www.ymcabrandon.com

7-b) Senior Organizations/Activities

Business	Contact
Brandon Community Contact List 410 – 9th Street • Contact their office for a hard copy	204-729-2132
Brandon Seniors for Seniors Co-op Inc. 311 Park Avenue East	204-571-2050 www.brandons4s.ca

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:

7-d) Community Activity Centres

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

7-e) Community Organizations

Business	Contact
20/20 Toastmasters Club Rotary Villas	204-726-4191
Art Gallery of Southwestern Manitoba 710 Rosser Ave	204-727-1036 www.agsm.ca
Brandon Badminton Club	204-727-2109 www.brandonbadminton.com
Brandon Camera Club	204-728-2599 www.brandoncameraclub.ca
Brandon Curling Club	204-726-3560 www.brandoncurlingclub.com
Brandon Embroiderers	204-727-1624 204-727-0699
Brandon Garden Club	204-728-0380 204-727-8558
Brandon Gun Club	204-761-8033 rdjlamont@gmail.com
Brandon Neighbourhood Renewal Corporation 440 Rosser Ave	204-729-2490 admin@bnrc.ca www.bnrc.ca
Brandon Riverbank Inc #1 – 545 Conservation Drive	204-729-2141
Brandon Scrabble Club	204-728-3271 204-726-1117 acknight@mymts.net carol@ennsfamily.com
Brandon Ukulele Group	beaudoin.katrina@gmail.com
Genealogy Club	info@swmanitobagenealogy.ca www.swmanitobagenealogy.ca/
Mama Bears Quilt Shoppe	204-725-5227 mamabearsquiltshoppe@hotmail.com
Nifty Needlers	204-728-0268
Peace by Piece Quilting Club	204-725-0148 jenniferj147@hotmail.com
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 Faculty of Education	204-901-3747 204-717-4724
Taoist Tai Chi	204-571-0684 www.taoist.org
Westman Gardeners	www.westmangardeners.weebly.com/
Westman Immigrant Services 100 Pacific Ave	204-727-6031 info@westmanimmigrantservices.ca
Westman Old-timers Softball	204-573-1460 b.hallett@hotmail.com
Westman Wilderness Club	www.westmanwildernessclub.ca
Wheat City Carvers Club	204-726-4191 204-761-2013
Wheat City Lawn Bowling	204-728-0952
Zen Tao Chi-Kung Tai Chi	204-726-8220 www.zentao.ca

7-f) Places of Worship

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

7-f) Places of Worship (Continued)

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

7-f) Places of Worship (Continued)

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

7-f) Places of Worship (Continued)

Ukrainian Catholic - St. Mary's Ukrainian Catholic Church 927 Assiniboine Avenue	204-727-2233
Ukrainian Orthodox - Church of the Holy Ghost 59 - 11th Street North	204-727-3253
United Church - Knox United Church 451 - 18th Street	204-727-6975 www.knoxunitedbrandon.ca knoxchurch@wcgwave.ca
United Church - Trinity United Church 1515 - 6th Street	204-728-4796 trinityucbdn@wcgwave.ca

8) Educational Opportunities

Business	Contact
Assiniboine Community College 1430 Victoria Avenue E. <ul style="list-style-type: none"> • Offers free classes in Adult Basic Education, Adult Upgrading, GED Preparation, and Computer Skills 	204-725-8700 www.assiniboine.net info@assiniboine.net
Brandon Friendship Center Adult Upgrading Program 602 Rosser Avenue <ul style="list-style-type: none"> • Assist individuals in improving skills in areas such as reading, writing, math, and computers 	204-726-1830 https://www.brandonfriendshipcentre.net/ lynbournon@gmail.com
Brandon Literacy Council Inc 129-12 th Street <ul style="list-style-type: none"> • Upgrading, Tutorial support, Mature Student High School Diploma program, Employment and Life Skills instruction 	204-729-9964 bhc@westman.wave.ca
Brandon University 270 - 18th Street <ul style="list-style-type: none"> • Tuition is \$25/session for those 60+ 	204-571- 7847 www.brandonu.ca

8) Educational Opportunities (Continued)

<p style="text-align: center;">Robertson College 800 Rosser Ave</p> <ul style="list-style-type: none"> • A fully licensed leader in Private Vocational Schools operated by The Learning Company of Brandon 	<p style="text-align: center;">204-725-7200 www.robertsoncollege.com</p>
<p style="text-align: center;">Samaritan House Training Centre</p> <ul style="list-style-type: none"> • Certificate in Learning & Literacy/ GED test preparation • One-on-one computer use and assistance • Adult Literacy Program • HATS Computer Training 	<p style="text-align: center;">204-727-1268 lit@samaritanhouse.net trevor.southall@samaritanhouse.net</p>
<p style="text-align: center;">Westman Immigrant Services 1001 Pacific Ave</p> <ul style="list-style-type: none"> • A community based charitable organization that assists immigrants and new Canadians by providing English as an Additional Language (EAL) classes, Settlement Services and Brandon Community Language Centre Interpreter services 	<p style="text-align: center;">204-727-6031 info@westmanimmigrantservices.ca</p>
<p style="text-align: center;">Western Manitoba Regional Library 710 Rosser Avenue, Unit 1 Shoppers Mall Location 1570-18th Street, Unit 21A</p> <ul style="list-style-type: none"> • An adult library card is required to borrow • Photocopying is available for a charge • Public computer workstations with full Internet access are available (iPad for Seniors) 	<p style="text-align: center;">204-727-6648 www.wmrl.ca brandon@wmrl.ca 204-725-9901 wmrlshoppersmall@wmrl.ca</p>

9) Other

9-a) Support for Seniors

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

9-a) Support for Seniors (Continued)

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

9-a) Support for Seniors (Continued)

<p style="text-align: center;">Will Preparation</p> <ul style="list-style-type: none"> • If there is no will, the courts will make decisions about your estate 	<p>Contact a lawyer or notary public of your choice and ask about pricing.</p>
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9-b) Pre-Planning & Funeral Services

Business	Contact
<p style="text-align: center;">Brockie-Donovan Funeral & Cremation Services 332 8th St.</p>	<p style="text-align: center;">204-727-0694</p>
<p style="text-align: center;">Memories Chapel 330-18th St.</p>	<p style="text-align: center;">204-727-3330 office@memorieschapel.com</p>

9-c) Resources for caregivers

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

10) Service Providers Listing

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

10) Service Providers Listing (Continued)

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

10) Service Providers Listing (Continued)

Spinal Cord Injury MB	204-786-4753 www.scimanitoba.ca info@scimanitoba.ca
United Way Brandon & District 201-1011 Rosser Ave	204-571-8929 www.brandonuw.ca office@brandonuw.ca
Westman Hospice Association 435 Rosser Ave.	204-727-1745
Westman Immigrant Services 100 Pacific Ave	204-727-6031 info@westmanimmigrantservices.ca

11) Discount Options

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

11) Discount Options (Continued)

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

11) Discount Options (Continued)

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

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**



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

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



**EMERGENCY RESPONSE
INFORMATION KIT (E.R.I.K.®)**

This kit belongs to: _____

Know your emergency phone numbers. Keep them in a visible location or record them here:

Police _____

Ambulance _____

Fire _____

Here are a few tips to help you when calling emergency services:

- Identify yourself clearly;
- Clearly identify your place of residence (Phone number, Road or Street or legal address): _____
- Ensure your address is clearly visible. If it is dark, leave exterior lights on to assist emergency personnel.

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

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

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

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





United Way
Brandon & District



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



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

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**

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



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

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

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

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.



440 Rosser Ave
Brandon, MB

204-729-2490
admin@bnrc.ca

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

BRANDON RIVERBANK DISCOVERY CENTRE



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

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.

- 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**



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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

www.westmanimmigrantservices.ca

Translate our website into your language in the top left corner



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[@westmanimmigrantservices](https://www.facebook.com/westmanimmigrantservices)



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