

**WINNIPEG HOUSING DIRECTORY
FOR
OLDER ADULTS**



A&O

Support Services
for Older Adults

\$7.00

Winnipeg Housing Directory for Older Adults

Note: This directory is intended to be used as a resource guide to provide information on locations, management companies and phone numbers. Prices will change over time due to the fluctuation of the rental market. A & O has made every effort to provide the most up to date information, however for any updates on prices please visit our website @ www.ageopportunity.mb.ca and view the map listings.

Funding for A & O's Housing Program is provided by the United Way of Winnipeg.

A & O also receives funding from The Winnipeg Foundation, the City of Winnipeg, the Winnipeg Regional Health Authority, the Government of Manitoba and the Government of Canada.

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It is important to note that A & O: Support Services for Older Adults does not evaluate the quality of the listings in this directory, nor does it recommend one residence or service over another. **The inclusion of a residence or service does not imply endorsement by A&O.**

A & O: Programs and Services

SAFETY & SECURITY

Elder Abuse Prevention Services

Social Workers respond to the needs of individuals 55+ who are experiencing neglect, emotional, financial, sexual or physical abuse. Information and resources are provided to family and friends who may be concerned about an older adult.

All calls are strictly confidential.

Safe Suite Program

The Safe Suite Program provides temporary housing for men, women, and couples 55+ who are in need of a safe place to stay due to abuse or neglect. Clients are provided with furnished accommodations for up to 60 days at no cost. Social Workers provide counselling services and practical assistance in arranging finances, housing and legal services.

Older Victim Services

The agency works closely with the Winnipeg Police Service to assist people over 60 who are victims of crime. Staff Social Workers provide emotional support and counselling. They also provide information about the investigation, court procedures and assistance with the Victim Impact Statement and Compensation for Victims of Crime Programs.

SafetyAid: Crime & Falls Prevention for Older Manitobans

SafetyAid is a FREE program offered in partnership with A & O: Support Services for Older Adults and the Province of Manitoba. Older adults age 65+, regardless of income, are eligible to have a safety audit of their home and property. Older adults, whose income is under \$25,000 (single) and \$30,000 (couple), or who have been the victim of a break and enter, are eligible to have safety devices installed in their home. The team can install deadbolts, peepholes, swing bars and smoke alarm batteries. The team also provides falls prevention materials including: non-slip bath mats, night lights and flashlights.

This Full House

This program is the first of its kind in Canada and is designed to assist older adults whose “stuff” fills their home and limits their lives. Houses full of saved items result in falls and injury, loss of relationships, isolation and emotional distress and can cause fires and evictions.

Program & Services cont'd

SOCIAL ENGAGEMENT

Senior Centre Without Walls

This program is the first of its kind in Canada and offers a unique opportunity for Manitobans, 55 years of age and older, to join educational and interactive programs from the comfort of their own homes. Programming topics include educational presentations, language classes, book clubs, travelogues and support groups. The free programs are accessed through a toll-free number and are offered during the day and evenings.

Connect Program

Agency Social Workers assist socially isolated older adults living within the community in Winnipeg by connecting them to resources that will facilitate independent living. Clients of the program may be connected to: Volunteer Visitors & Callers, Community Resources, Senior Centre Without Walls, Safety & Security Programs, Counselling and Support Services

Entry Program for Older Adult Immigrants (please call for program updates)

The program offers settlement and orientation sessions on topics of healthy living, law and getting around places in the community. All 55+ newcomers who have not previously attended the ENTRY program are welcome to attend. Upon completing ENTRY sessions, participants are welcome to join English Conversation Circles covering topics of importance to older adults. Learners can get together to practice their English communication skills through peer interaction.

Centres

A & O operates two centres in the city of Winnipeg. Centres are community focal points where older adults, as individuals and in groups, come together for services and programs that maintain and improve health and quality of life, support personal independence and encourage community involvement.

COUNSELLING SERVICES

Counselling

A range of counseling services is available. Some of the services available address loneliness, death of a family member, loss of health and adult child, grandchild / aging parent relationships.

Information and Referral

The Agency provides pertinent information about a wide range of services for older adults and links or refers them to the network of programs that exist in community.

Program & Services cont'd

Intake

The Agency's Intake Worker acts as the first point of contact between A & O: Support Services for Older Adults and potential clients. The Intake Worker will also provide direct service including client assessment, resource coordination, consultation, advocacy, outreach and community education to older adults and their families. The Intake process works in close contact with the Social Work team to coordinate clients' social, emotional, and cultural needs.

Housing

A & O: Support Services for Older Adults' Housing Program and related services are evolving to suit the needs of older adults. One-on-one consultations with the Housing Project Coordinator are available by appointment. The Coordinator will provide clients and their families with information to assist them with the selection of an appropriate housing option. A & O publishes the Winnipeg Housing Directory for Older Adults that contains information on housing for older adults in Winnipeg. The directory includes independent Living, Life Leasing, Assisted Living, Companion Care, Supportive Housing, Intermediate Personal Care Home and Personal Care Homes.

Legal Clinics

In cooperation with Legal Aid Manitoba, professional lawyers provide services to older adults 55+ on such matters as wills, powers-of-attorney and other concerns requiring legal consultation.

A & O: Support Services for Older Adults Locations:

Central Office

200 - 280 Smith St., Winnipeg, MB R3C 1K2

Phone: 204-956-6440 FAX: 204-946-5667

Email: info@ageopportunity.mb.ca Website: www.ageopportunity.mb.ca

West End Centre

Administration Office

715 Telfer St. N. at Isaac Brock Community Centre, Winnipeg, MB R3G 2Y6

Phone: 204-772-9581

ALSO OFFERING A & O ACTIVITIES AT:

Clifton Community Centre, 1315 Strathcona St.

Stradbrook Centre

400 Stradbrook Ave., Winnipeg, MB R3L 2P8

Phone: 204-956-6490

Table of Contents

Forward.....	7
Tips for Renters.....	8
RentAid for Seniors Program.....	10
Definition of Symbols & Abbreviations.....	11
Independent Living.....	12
Assiniboine South.....	13
Central.....	18
Fort Garry.....	29
Point Douglas.....	38
River East.....	41
River Heights.....	51
Seven Oaks.....	57
St. Boniface.....	63
St. James - Assiniboia.....	70
St. Vital.....	80
Transcona.....	88
Life Leases.....	90
Assisted Living (Independent Living with a Service Package).....	94
Companion Care.....	97
Supportive Housing.....	98
Pocket Suites.....	100
Intermediate Personal Care Homes.....	101
Long Term Care.....	102
Personal Care Homes.....	103
Sample Checklist for Renters.....	107
Index.....	108

Foreword

The Winnipeg Housing Directory for Older Adults contains housing information for the City of Winnipeg. It is important to note that A & O does not evaluate the quality of housing or services listed in this guide, nor does it recommend one dwelling over another. **The inclusion of an accommodation in this guide does not imply endorsement by A & O.**

The information provided in this guide is subject to change. We try to keep the information listed up to date however, after publication, rental information and / or prices may change. If you are interested in a specific residence, please contact the person or agency listed to receive the most current information.

If you have a housing unit you would like to list in the Directory, or you would like to update information in your current listing, please contact A & O's Central Office at **204-956-6440**. Alternatively, you may fill out the form below and mail, fax to **204-946-5667**, or e-mail info@ageopportunity.mb.ca

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Central Office, 200 - 280 Smith St.

Phone: **204-956-6440** Fax: **204-946-5667**

Housing Directory Correction Form

One building per form please

Change(s) effective immediately as of: _____

Change(s) effective as of: _____

Name / Address of Building: _____

Contact Name: _____

Telephone / Fax Number: _____

I / We would like to suggest the following changes be made to the Winnipeg Housing Directory for Older Adults, regarding the above mentioned building, found on **page** _____:

(Please Sign Here)

Tips for Renters

- 1. Start by deciding what area(s) of Winnipeg you could see yourself living in:**
 - The Housing Directory is divided into areas of Winnipeg with the most budget friendly places listed at the beginning of each section.
 - Due to the low vacancy rate in Winnipeg, you might want to pick several areas to research so that you are not limited and have more options.
 - If you wish to remain in your area, start your research early and get your name on wait lists.
 - Wait until you have an apartment confirmed before selling your house.

- 2. Review your financials, you need to know what you can afford:**
 - Decide on how much you are able to spend on rent, be aware of utility costs.
 - Ask the right questions about extras such as parking, storage, emergency pull cord costs, and activity fees, so that you can better judge how much you will need.
 - There are programs available to help such as the RentAid for Seniors (see page 10).

- 3. Decide what your housing needs are:**
 - Book a free Housing Consultation to discuss your options with the Housing Coordinator call **204-956-6440**.
 - Do you need a place that offers rent geared to income? If so, have you looked into the wait lists for these places?
 - What type of social activities or amenities are you looking for?
 - What is your current health status? Are you able to navigate stairs? Do you need a place that offers parking? Do you have a pet? Do you want social programs? Do you smoke? (many buildings are non-smoking)

- 4. Select the places that meet your needs and explore those options:**
 - If you are moving from a house, you might need to take measurements to ensure that your furniture will fit.
 - Call the managers or contact numbers listed and make an appointment to view the places that may have a show suite.
 - Bring a checklist with you and a family member or a friend you trust to help you make a decision that is right for you.
 - When you go view a building, do not hesitate to ask questions, this could be your next home and you want to make a well informed decision.
 - If there is no suite to view, attend a congregate meal program in the building, if available, and speak directly to current tenants. Many buildings also have events open to the public where you can ask tenants about their experience living there (craft sales, bake sales, holiday events, etc.).
 - View the place(s) of your choice by driving by in the daytime as well as at night. Find out about safety issues: parking, elevator use, security cameras, security staff, and management - are they on-site or off?
 - Check the condition of the building both inside and out. How old is it? Is it clean and well maintained? Does everything work: locks, windows, plumbing, appliances, etc. Do you like the neighbourhood? Will you be safe walking in the area? Where is the bus stop? Do they allow power scooters?

5. Know your rights and be aware of what to ask for:

- Are there any membership fees or expenses not covered in the rent?
- Many apartments do not require a security deposit for older adults. If one is required, make sure it is not more than half of the first month's rent. If it is, they are overcharging you according to Provincial Law.
- You can call the [Manitoba Residential Tenancies Board at 204-945-2476](https://www.mbrtb.ca/) to enquire about allowable rent increases, what costs are considered to be part of your rent, and to enquire about any previous complaints and any outstanding issues that may have been filed. Staff can answer questions about Rights and Responsibilities for the tenant and can assist in conflict mediation.
- Inquire about the **Tenancy Agreement**: is it month to month, or is it a fixed-term agreement? Whatever is agreed upon, be sure to get it in writing to prevent future disputes. A Tenancy Agreement should state the amount of rent to be charged, when it should be paid, what is included in the rent, and the utilities the tenant is responsible for.
- For those with pets, landlords are now allowed to request you sign a pet agreement form and may ask for additional damage deposit to cover potential damages caused by pets such as holes in the lawn, carpet stains, etc.
- You should know how soon you can move in and how much notice is required if you want to move out.
- Ask if you have the option to sublet your apartment.
- If there are damages to the suite, be sure to write it down on a piece of paper, or ask the manager to add it to the move-in inspection report. Also, if the landlord says there are repairs to be made, get it in writing.

6. Waiting List Information:

- Don't be intimidated by the length of waiting lists, put your name on as many lists that appeal to you.
- Keep track of the calls you have made and the lists you are on. Some management companies start a new list every few years while others do not keep a list more than a year. Knowing when you called, who you spoke to, and what they said will help avoid future miscommunications.
- Some places require a deposit for holding your name on their waiting list. This is usually refunded if you take your name off the list, or it can be applied towards your damage deposit upon moving in. Either way, obtain a receipt as a record of the transaction.

7. Start changing your life and make the move a reality:

- Take inventory of your possessions, decide what to keep, what to give away, what to sell. Invite trusted friends and family over to help you downsize.
- If required, have an antique appraisal conducted to define your insurance needs for moving.
- Get an estimate on your house, if selling. There are several real estate companies who specialize in working with older adults.
- Start packing! Get started on changing your life, the sooner you start the less overwhelming it will be. **Be proactive not reactive!**

RentAid for Seniors

(Formerly Manitoba Shelter Benefit Program)

Financial assistance, to a maximum of **\$230 per month**, is available to eligible persons aged 55 and over who rent their living accommodation in the private market and who are required to spend a large portion of their income on rent. The benefit is based on household income and rent paid.

Eligibility:

- Or their spouse or common-law partner is 55 years of age; and
- Is a renter in Manitoba spending more than 25% of income on rent; and
- Is a Canadian citizen, landed immigrant or refugee claimant; and
- Is a single renter with an annual household income less than **\$24,167**; or
- Is a couple with an annual household income less than **\$27,126**
(Please note: amounts listed are 2013 rates and are subject to change)

Ineligibility:

- If you rent from The Manitoba Housing Authority (MHA)
- If you receive another type of housing benefit (or the building receives any kind of housing benefit)
- If you receive Employment and /or Income Assistance*
- If you reside in a Nursing Home, hospital or residential care facility**
- If you live on a First Nations reserve
- If you have any children under 18 years old living with you***
- If your roommate is receiving Rent Aid or any other type of housing benefit****

*If you are on EIA you may already be receiving Rent Aid for Seniors

**If your partner is in a nursing home, or if you are paying Room & Board, call Provincial Services to enquire if you are eligible

***You may be able to get Rent Aid for Families

****Depending on the total income of the household of all people in the household

Additional information, assistance and applications are available at:

Provincial Services

(8:30 am - 4:30 pm weekdays)

Manitoba Family Services and Housing

102 - 114 Garry St.

Winnipeg, MB R3C 1G1

Phone: 204-945-2197 Fax: 204-945-3930

Toll-free: 1-877-587-6224 TTY: 204-948-3698

E-mail: provservic@gov.mb.ca

Website: www.gov.mb.ca/tce/eia/assistance/shelterbenefit-seniors.html

Download an application: www.gov.mb.ca/fs/assistance/shelbenefit-seniors.html

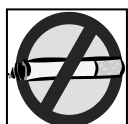
Definition of Symbols



Indicates the building is not wheelchair accessible



Indicates there is a meal program available



Indicates the entire building is non-smoking. Tenants cannot smoke in their suites



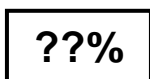
Indicates cats and / or dogs are allowed in the building, subject to restrictions



Indicates caged birds are allowed in the building, subject to restrictions



Indicates there is grocery delivery available



Indicates the percentage of older adults within the building

Abbreviations used in this book:

A/C = Air Conditioning or Central Air
BR = Bedroom
Sq/ft = Square footage
Incl = Includes
Bldg = Building

Bach = Bachelor suite
Pkg = Parking
Apts = Apartments
Inc = Incorporated
WRHA = Winnipeg Regional Health Authority

1: Independent Living

Definition of Independent Living

Independent living facilities, also known as; retirement residences, retirement communities, or apartments for older adults, are places designed for those who are mobile and can take care of themselves. The size and cost of these facilities can vary considerably and depend on the services available.

Independent Living Offers:

Independent living facilities offer private accommodations ranging from a studio or bachelor suite to a full-sized; one, two, or three-bedroom apartment with a kitchen. In many places residents may prepare their own meals or they can eat with other older adults in a common dining room while participating in any existing congregate meal programs. Some independent living facilities may offer a recreation program, transportation, housekeeping and / or laundry services. Additional charges may apply for these services.

Independent living facilities do not provide personal care, such as help with toileting, bathing and / or dressing.

If you require assistance to remain independent, contact the intake line for **WRHA** to enquire about receiving Home Care services. **Call 204-788-8330** to book an appointment for an assessment or fax your request to **204-940-2227**.

Cost of Independent Living Facilities

Just like hotels, accommodations in independent living facilities range from very basic to one with more features and / or services; and the costs vary accordingly. Some facilities provide personal laundry services, hairdressing / barber services, parking and overnight guest accommodations and may be included in the cost of rent. For others, the cost is extra. Costs for basic subsidized facilities start at 25% of a single older adults' annual gross income and up to 27% - 30% of a couples combined annual gross income. A flat rate applies to most non-subsidized facilities.

Accessing Independent Living

In the Winnipeg area, there are many locations that offer a variety of social opportunities, special amenities, subsidized, non-profit, mixed housing, pet friendly, congregate meal programs, and co-ops. To access this type of housing, it is recommended that you contact the manager or caretaker who will have information on any wait lists that might exist. Many of these dwellings require a deposit to hold your name on a wait list and may require references, credit checks, as well as banking information.

Assiniboine South

COLUMBUS COURTS INC.

253 Edgeland Blvd

R3P 0S1

Phone: 204-982-2006

E-mail: Brenda@lifelease.ca

Managed by: Murdoch Management
204-982-2000



Rent: Bach: \$349 (327 sq/ft)
1 BR: \$462 (431 sq/ft)
1 BR large: \$587 (654 sq/ft)
Subsidized rent available

Included: Heat, laundry & water

Parking: Surface lot \$12 / month
Visitors parking on street

Safety: Alarm system, camera, emergency pull-cord, enterphone system & on-site caretaker

Activities: Yes > call for more info

Shuttle: No

Features: Party room, lounge & tile flooring

Structure: Built in 1975, 14 floors & elevator

Bus Stop: On Edgeland Blvd routes 67, 79 & 95

HAVEN TWO

1 Boulton Bay

R3N 1Z5

21 Boulton Bay

R3N 1Z8

Phone: 204-942-0991

Managed by: S.A.M. Management
204-942-0991

Rent: Bach: \$359 - \$382 (320 sq/ft)
1 BR: \$484 (430 sq/ft)
Subsidized rent available

Included: Cable, heat, hydro & water

Parking: Surface lot \$22 / month
Visitor parking available

Safety: Cameras, enterphone system & on-site caretaker

Activities: Yes > call for more info

Shuttle: No

Features: Lounge, party room, coin-op laundry, carpet & vinyl flooring

Structure: Built in 1974 & elevator

Bus Stop: On Kenaston Blvd route 78

SWEDISH CANADIAN HOME FOR SENIOR CITIZENS

5419 Roblin Blvd

R3R 0G8

Phone: 204-832-4040

Rent: Bach: \$390 (350 sq/ft)
1 BR: \$530 - \$660 (475 - 700 sq/ft)

Included: Cable, heat, hydro, laundry & water

Parking: Surface lot \$25 / month
Visitor parking available

Safety: Alarm system, enterphone system & on-site caretaker

Activities: Yes > call for more info

Shuttle: No

Features: Exercise facilities, storage locker / room, carpet & vinyl flooring

Structure: Built in 1965 & 1 level

Bus Stop: On Roblin Blvd routes 65, 66, 67 & 79

MANITOBA EASTERN STAR CHALET, INC.

13-525 Cathcart St

R3R 0S6

Phone: 204-889-3687

E-mail: chalet@oesmanitoba.ca

Website: www.oesmanitoba.ca



Rent: 1 BR: \$458 - \$525
(340 - 440 sq/ft)
Subsidized rent available

Included: Cable, heat, hydro & water

Parking: Surface lot \$35 / month (stall & plug)
Visitor parking available

Safety: Alarm system & enterphone system

Activities: Yes > see website or call

Shuttle: To grocer every Monday morning

Features: Party room, coin-op laundry, carpet & vinyl flooring

Structure: 1 level

Bus Stop: On Grant Ave routes 65, 66 & 98

Meals: Mon, Wed & Fri, \$5 / meal

Assiniboine South

VIALOUX VILLAGE

3420 Vialoux Dr R3R 0A4

Phone: 204-417-2528

Managed by: Globe General Agencies
204-956-2233

Website: www.globegeneral.ca

Rent: Bach: \$620+
1 BR: \$730+
2 BR: \$1010+
3 BR: \$1090+

Included: Hydro, heat, water + 1 Parking stall

Parking: Visitor parking available

Safety: Security entrance & on-site manager

Activities: No

Shuttle: No

Features: In suite laundry, A/C, recycling,
carpet & vinyl

Structure: 2 floor walk up

Bus Stop: On Corydon routes 67 & 79



10%



CHARLESDALE GARDENS

3201 Grant Ave R3R 2A3

Phone: 204-896-6705

Managed by: Globe General Agencies
204-956-2233

Website: www.globegeneral.ca

Rent: Bach: \$700+
1 BR: \$800+
2 BR: \$950+

Included: Heat, hydro & water

Parking: Surface lot \$45 / month

Visitor parking available

Safety: Enterphone system & on-site
caretaker

Activities: No

Shuttle: No

Features: A/C, balcony / patio, courtyard,
carpet, vinyl flooring & dishwasher

Structure: 3 floor walk up

Bus Stop: On Grant Ave routes 65, 66 & 98



CENTURY PLACE

3500 Roblin Blvd / 211 Laxdal Rd R3R 0C8

Phone: 204-774-2534

Managed by: Globe General Agencies
204-956-2233

Website: www.globegeneral.ca

Rent: Bach: \$650+ (470 sq/ft)
1 BR: \$790+ (670 sq/ft)
2 BR: \$900+ (950 sq/ft)

Included: Heat & water

Parking: Surface lot \$45 / month

Visitor parking available

Safety: Enterphone & manager on-site

Activities: No

Shuttle: No

Features: Smart Card laundry, A/C, recycling,
balcony / patio, storage in suite,
carpet & vinyl

Structure: 3 floor walk up

Bus Stop: On Roblin Blvd routes 65, 66, & 67



10%



BRAMBLE ESTATES

3901 Grant Ave R3R 2Z4

Phone: 204-837-2243

Managed by: Marwest Management Canada Ltd.
204-947-1200

Rent: 1 BR: \$850 - \$876+ (648 sq/ft)
1 BR: \$1021+ (960 sq/ft) (with den)
2 BR: \$1025 - \$1100
(986 - 1042 sq/ft)

Included: Heat, hydro, laundry & water

Parking: Surface lot regular \$17 / month

Covered \$22 / month

Visitor parking available

Safety: Camera, enterphone system
& on-site caretaker

Activities: No

Shuttle: No

Features: A/C, balcony / patio, carpet & vinyl
flooring

Structure: Built in 1980 & 2 elevators

Bus Stop: On Grant Ave routes 65, 66 & 98

80%

Assiniboine South

BOULTON ESTATES

690 Kenaston Blvd R3N 1Z3

Phone: 204-489-1098

Managed by: Marwest Management Canada Ltd.
204-947-1200

E-mail: info@marwest.ca

30%

Rent: 1 BR: \$900+ (650 sq/ft)
2 BR: \$950 - \$1050+
(750 - 900 sq/ft)



Included: Heat, hydro & water

Parking: Surface lot \$17 / month
Visitor parking available

Safety: Camera, enterphone system
& on-site caretaker

Activities: Yes > call for more info

Shuttle: To grocer weekly

Features: A/C, balcony / patio, Smart Card
laundry, carpet & vinyl flooring

Structure: Built in 1978 & 2 elevators

Bus Stop: On Kenaston Blvd route 78

Coming in 2013

BRIDGEWATER HEIGHTS

225 North Town Rd R3Y 0P6

Phone: 1-204-415-3744

Managed by: Broadstreet Properties Ltd.

Website: www.broadstreet.ca

E-mail: info@broadstreet.ca



Rent: 1 BR: \$945+ (604 - 676 sq/ft)
2 BR: \$1140 - \$1165 (859 - 971 sq/ft)
3 BR: \$1265 (971 sq/ft)

Included: In suite washer & dryer

Parking: Parking available
Visitor parking available

Safety: Secured building entry

Activities: No

Shuttle: No

Features: A/C, balcony / patio, party room
hardwood, carpet & vinyl flooring

Structure: Built in 2013, 4 floors & elevators

ASSINIBOINE LINKS

(Assisted Living)

4025 Roblin Blvd

R3R 3V5

Phone: 204-897-6854

E-mail: assiniboinelinks@shaw.ca



Rent: Bach: \$1504 - \$1825 (342 - 467 sq/ft)
1 BR: \$1716 - \$2230 (405 - 605 sq/ft)

Extra person: add \$450 / month

Included: Cable, heat, hydro, laundry, water & meals

Parking: Surface lot > call for pricing
Visitor parking available

Safety: Enterphone system, key-card entry,
on-site caretaker & Victoria Lifeline

Activities: Yes > call for more information

Shuttle: To grocer

Features: Party room, storage, carpet & vinyl

Structure: Built in 1922 (renovated in 2001), 3
floors & elevator

Bus Stop: On Roblin Blvd routes 67 & 79

Meals: Breakfast, lunch, dinner & snacks

PORTSMOUTH RETIREMENT RESIDENCE

(Assisted Living)

125 Portsmouth Blvd

R3P 2M3

Phone: 204-284-5432

Managed by: Revera Retirement Residences

Website: www.retirementresidences.com

E-mail: retirementinfo@reveraliving.com



Rent:** Bach: \$1820 - \$2120 (417 - 482 sq/ft)
1 BR: \$2080 - \$2950 (508 - 780 sq/ft)
2 BR: \$3050 - \$3500 (854 - 976 sq/ft)

Included: Heat, hydro, laundry, water & meals

Parking: Surface lot 1 stall included in rent,
Garages \$55 / month
Visitor parking available

Safety: Alarm system, emergency pull-cord,
on-site caretaker & 24 hr security

Activities: Yes > call or visit website

Shuttle: To grocer 3x / week

Features: A/C, balcony / patio, exercises, party
room, linens laundered weekly,
carpet & vinyl flooring

Structure: Built in 2000, 3 floors & 2 elevators

Bus Stop: On Taylor Ave route 95

Meals: Lunch, dinner & snacks every day

Information current as of 2012

Assiniboine South

SHAFTESBURY PARK RETIREMENT RESIDENCE

(Assisted Living)

905 Shaftesbury Blvd R3P 0Y3

Phone: 204-885-7272

Managed by: All Seniors Care

E-mail: rlindquist@allseniorscare.com

Website: www.allseniorscare.com



- Rent:** 1 BR: \$2793 - \$3473
2 BR: \$4035 - \$4142
Extra person: add \$520 / month
- Included:** Heat, hydro, laundry, water & meals
- Parking:** Surface lot 1 stall included in rent
Visitor parking available
- Safety:** Alarm system, cameras, emergency pull-cord, on-site caretaker & 24 hr security
- Activities:** Yes > Call or visit website
- Shuttle:** To grocer 4x / week
To medical appointments 2x / week
- Features:** A/C, balcony / patio, barber, beauty parlor, exercise facilities, family dining room, library, storage in suite, theatre, tuck shop, linens & towels weekly, carpet & vinyl
- Structure:** Built in 2007, 3 floors & elevator
- Bus Stop:** On Shaftesbury Blvd route 95
- Meals:** Lunch, dinner & snack, every day

Internet Resource list

- www.ageopportunity.mb.ca - look under the Housing tab for all areas of the city of Winnipeg, view the Housing Directory for free
- www.kijiji.ca - user friendly, can also place an ad for an apartment
- www.rentcanada.ca - type in province and city and follow the links
- www.rentmb.com
- www.winnipegrentnet.ca
- www.gov.mb.ca/shas will bring you to the Seniors Secretariat website which also has listings for Rural Manitoba
- www.virtualhospice.ca info on palliative care

THE WELLINGTON (Assisted Living)

3161 Grant Ave

R3R 3R1

Phone: 204-831-0788

Managed by: Revera Retirement Residences

E-mail: thewellington@lrc.ca

Website: www.lrc.ca



- Rent:** 1 BR: \$2900+ (655 sq/ft)
2 BR: \$3500+ (800 - 1000 sq/ft)
- Included:** Cable, heat, hydro, laundry, water & meals
- Parking:** Surface lot \$20 / month
Garage stall \$55 / month
Visitor parking available
- Safety:** Alarm system, cameras, emergency pull-cord, enterphone system, night security & emergency pendant response system
- Activities:** Yes > call or visit website
- Shuttle:** To grocer 3x / week
- Features:** A/C, balcony / patio, exercise facilities, party room, small store on-site, storage locker / room & carpet
- Structure:** Built in 1988, 3 floors & elevator
- Bus Stop:** On Grant Ave routes 65, 66 & 98
- Meals:** Lunch, dinner & snack, every day

MAKING THE MOVE A REALITY

1. Decide which areas appeal to you.
2. Go over financials – what can you afford?
3. Buy a Housing Directory from A & O to use as a guide.
4. Take inventory of possessions – begin downsizing.
5. Get antique appraisals in home.
6. Get estimate(s) on house.
7. Call managers and caretakers and make appointment to view apts.
8. Bring a friend or family member on the tour to get their feedback.
9. Put name on many waiting lists – if you don't put your name on the list, you are guaranteed to never live there.

Start packing, it will be less overwhelming if you start now!



We're by your side
so you can stay at home.

Whether you are looking for someone to help an aging parent a few hours a week, or need more comprehensive assistance, Home Instead can help.

Services Include:

- Companionship
- Meal Preparation
- Personal Care
- Light Housekeeping
- Medication Reminders
- Shopping and Errands
- Incidental Transportation
- Alzheimer/Dementia Care

Call for a free,
no-obligation appointment
204.953.3720

Serving Winnipeg



To us, it's personal.

HomeInstead.com/3021

Central

185 SMITH ST

185 Smith St R3C 3G4

Phone: 204-945-5086

E-mail: diane.eggertson@gov.mb.ca

Apply to: Manitoba Housing Authority
204 945-4663



Rent: Bach: 25% of gross income (340 sq/ft)
1 BR: 27% of gross income (490 sq/ft)
Subsidized rent available

Included: Heat, hydro, laundry & water

Parking: Surface lot \$12 / month
No visitors parking available

Safety: Cameras, emergency pull-cord, enterphone system, key-card entry, locked building, night security & on-site caretaker

Activities: Yes > call for more info

Shuttle: To grocer 2x / month

Features: Vinyl flooring

Structure: Built in 1969, 20 floors & elevator

Bus Stop: On Smith St routes 37, 44, 62, 65, 66 & 70

Meals: Breakfast, lunch & dinner, Mon - Fri, \$3.50 / meal

HOW TO START DOWNSIZING:

- Using painter's tape, mark items as: give away, keep, junk, or use three bins.
- If you don't really love it, use it, or need it, get rid of it.
- Do one room at a time.
- Use a timer and set for 1 hour per room.
- Once items are sorted, invite friends and family over to help organize and to pass on items before the move.
- Call your favorite charities to pick up or donate gently used items.
- Hire a company that specializes in downsizing and helping seniors move.
- Not all items in your house will fit in a smaller apartment. Measure furniture and bring measurements on a tour of any potential apartment. You will then have a better idea of what you can keep.
- Remember, don't let your stuff hold you hostage, free yourself of clutter.

195 YOUNG ST

195 Young St R3C 3S8

Phone: 204-945-1263

E-mail: ute.mckee@gov.mb.ca

Apply to: Manitoba Housing Authority
204 945-4663

Rent: Bach: rent geared to income (450 sq/ft)
2 BR: rent geared to income (650 sq/ft)
Subsidized rent available

Included: Heat, hydro, laundry & water

Parking: Surface lot \$12 / month
Visitor parking available

Safety: Alarm system, cameras, emergency pull-cord, enterphone system, key-card entry, patrolled security & on-site caretaker

Activities: Yes > call for more info

Shuttle: No

Features: Vinyl flooring

Structure: 12 floors & elevator

Bus Stop: On Broadway routes 17, 20 & 29

340 PRINCESS ST

340 Princess St R3B 3L2

Apply to: Manitoba Housing Authority
204-945-4663



Rent: 1 BR: 27% of gross income
Subsidized rent available

Included: Heat, hydro, laundry & water

Parking: Surface lot \$12 / month
No visitor parking available

Safety: Cameras, enterphone system, key-card entry & on-site caretaker

Activities: No

Shuttle: No

Features: Vinyl flooring

Structure: 12 floors & elevator

Bus Stop: On Princess St route 44

It is important to note that A & O: Support Services for Older Adults Inc. does not evaluate the quality of housing or services listed in this guide, nor does it recommend one dwelling over another. The inclusion in this guide does not imply endorsement by A & O.

Central

385 CARLTON ST

385 Carlton St R3B 3A1
Apply to: Manitoba Housing Authority
204-945-4663



Rent: Bach: 25% of gross income
1 BR: 27% of gross income
2 BR: 27% of gross income
Subsidized rent available

Included: Heat, hydro, laundry & water

Parking: Surface lot \$12 / month
Visitor parking available

Safety: Alarm system & on-site caretaker

Activities: Yes > call for more info

Shuttle: No

Features: Grab bars in bathrooms

Structure: 14 floors & elevator

Bus Stop: On Carlton St routes 3, 37, 62 & 70

444 KENNEDY ST

444 Kennedy St R3B 2Z1
Apply to: Manitoba Housing Authority
204-945-4663



Rent: Bach: 25% of gross income
1 BR: 27% of gross income
2 BR: 27% of gross income
Subsidized rent available

Included: Heat, hydro, laundry & water

Parking: Surface lot \$12 / month
Visitor parking available

Safety: Alarm system, cameras, locked building & on-site caretaker

Activities: Yes > call for more info

Shuttle: No

Features: Grab bars in bathrooms

Structure: 14 floors, elevator

Bus Stop: On Kennedy St route 15

Meals: Lunch, 5 days / week, \$3.50 / meal

470 PACIFIC AVE

470 Pacific Ave R3A 1R6
Apply to: Manitoba Housing Authority
204-945-4663



Rent: Bach: 25% of gross income
1 BR: 27% of gross income
Subsidized rent available

Included: Heat, hydro, laundry & water

Parking: Surface lot \$12 / month
No visitor parking available

Safety: Enterphone system & locked building

Activities: No

Shuttle: No

Features: Grab bars in bathrooms

Structure: 14 floors & elevator

Bus Stop: On Isabel St routes 17 & 38

515 ELGIN AVE

515 Elgin Ave R3A 1N9
Apply to: Manitoba Housing Authority
204-945-4663



Rent: Bach: 25% of gross income
1 BR: 27% of gross income
Subsidized rent available

Included: Heat, hydro, laundry & water

Parking: Surface lot \$12 / month
No visitor parking available

Safety: Enterphone system & locked building

Activities: Yes > call for more info

Shuttle: No

Features: Grab bars in bathrooms

Structure: 14 floors & elevator

Bus Stop: On Isabel St routes 17 & 38

Meals: Every day, \$3.50 / meal

WAITING LIST FACTS

- In some buildings there is a deposit fee required to keep your name on the waiting list.
- Accepting a smaller apartment will sometimes get you on the in-house wait list for a bigger unit.
- The more flexible you are, the better your chances of moving within your time frame.

Central

ARLINGTONHAUS INC.

(Independent, Assisted Living & Supportive Housing)

880 Arlington St R3E 3H2

Phone: 204-783-3752

Managed by: The Bethania Group
204-667-0795



- Rent:** Bach: rent geared to income (max \$350)
1 BR: rent geared to income (max \$450)
Subsidized rent available
- Included:** Heat, hydro, laundry & water
- Parking:** Surface lot \$12 / month
Visitor parking available
- Safety:** Alarm system, cameras, enterphone system, emergency pull-cord & on-site caretaker
- Activities:** Yes > call for more info
- Shuttle:** To grocer
- Features:** Carpet & vinyl flooring
- Structure:** Built in 1973, 11 floors & elevator
- Bus Stop:** On Arlington St routes 12, 19 & 71
- Meals:** Breakfast, lunch, dinner & snack, every day, extra cost

AUTUMN HOUSE INC.

790 Wellington Ave R3E 3K9

Phone: 204-772-5929



- Rent:** Bach: 25% of gross income
1 BR: 27% of gross income
2 BR: 27% of gross income
Subsidized rent available
- Included:** Heat, hydro & water
- Parking:** Surface lot \$30 / month
No visitor parking available
- Safety:** Enterphone system, locked building & on-site caretaker
- Activities:** Yes > call for more info
- Shuttle:** To grocer 2x / week
- Features:** A/C, balcony / patio, exercise facilities, party room, storage, coin-op laundry, carpet & vinyl flooring
- Structure:** Built in 1968, 6 floors & elevator
- Bus Stop:** On Wellington Ave routes 12 & 77
- Meals:** Lunch, Mon - Fri, \$5 / meal

BAPTIST MISSION APTS

777 Sargent Ave R3E 0B6

Phone: 204-837-7118

- Rent:** Bach: 25% of gross income
1 BR: 27% of gross income
Subsidized rent available
- Included:** Laundry
- Parking:** Surface lot \$12 / month
Visitor parking available
- Safety:** Alarm system, enterphone system & on-site caretaker
- Activities:** No
- Shuttle:** No
- Features:** A/C & carpet
- Structure:** Built in 1972, 6 floors & elevator
- Bus Stop:** On Sargent Ave route 15



ELLICE PLACE

555 Ellice Ave R3B 3C4

Apply to: Manitoba Housing Authority
204-945-4663

- Rent:** Bach: 25% of gross income
1 BR: 27% of gross income
Subsidized rent available
- Included:** Heat, hydro, laundry & water
- Parking:** Surface lot \$12 / month
No visitor parking available
- Safety:** Cameras, enterphone system, key-card entry & night security
- Activities:** Yes > call for more info
- Shuttle:** No
- Features:** Grab bars in bathrooms
- Structure:** 14 floors & elevator
- Bus Stop:** On Ellice Ave route 14

Central

LAR SANTA ISABEL

857 Wall St R3G 2T9
Managed by: Murdoch Management Inc.
204-982-2000



Website: www.lifelease.ca

Rent: 1 BR: 27% of gross income
Subsidized rent available
Included: Heat, hydro & water
Parking: Surface lot \$12 / month
Visitor parking available
Safety: Locked building
Activities: Yes > call for more info
Shuttle: No
Features: Balcony, common room, gazebo &
lounge, carpet, vinyl & coin-op
laundry
Structure: 3 floors & elevator
Bus Stop: On Ellice Ave route 14

WHAT HAPPENS AT A CENTRE

Our senior centers offer a wide range of services and programs for seniors of all ages, interests and needs.

Active Living Programs

Dance, fitness, games & sport.

Community Leadership

Information / referral, direct services for individuals and community partners.

Counselling and Support Groups

Creative Pursuits

Arts, crafts, hobbies, music, reading, story-telling, writing.

Lifelong Learning

Computers, languages, issues & skills.

Cultural, Social, Recreation, Travel

Meal Programs

Balanced nutritious, affordable meals.

Personal Business

Financial, housing, income tax, legal.

Health and Wellness Promotion

Clinics, demonstrations, direct services, presentations, and printed material, screening programs, supports groups, workshops.

ST ANDREWS PLACE

425 Elgin Ave R3A 1P2
Managed by: S.A.M. Management Inc.
204-942-0991



E-mail: admin@sam.mb.ca

Website: www.sam.mb.ca

Rent: Bach: rent geared to income
1 BR: rent geared to income
Subsidized rent available
Included: Cable, heat, laundry & water
Parking: No resident parking
Visitor parking on street
Safety: Cameras, emergency pull-cord,
enterphone system, night security &
on-site caretaker
Activities: Yes > call for more info
Shuttle: No
Features: Vinyl flooring
Structure: Built in 1975, 11 floors & elevator
Bus Stop: On Isabel St route 17

VILLA HEIDELBERG INC.

33 Edmonton St R3C 1P8
Phone: 204-942-7633
E-mail: villaheidelberg@shaw.ca



Rent: Bach: 25% of gross income
Subsidized rent available
Included: Heat, laundry & water
Parking: Surface lot \$12 / month
Visitor parking on street
Safety: Alarm system, cameras, emergency
pull-cord, enterphone system, on-site
caretaker & 24 hr security
Activities: Yes > call for more info
Shuttle: To grocer 1x / month
Features: Exercise facilities, party room, carpet
& vinyl flooring
Structure: Built in 1976, 9 floors & elevator
Bus Stop: On Edmonton St route 43

Leadership and Volunteer Opportunities

Connect Program (phone a friend or visitor), Senior Centre Without Walls facilitator, program leader, computer coach, and language partner at all senior centers at various times.

Call A & O at 204-956-6440

Central

BLUEBIRD LODGE

97 Keewatin St R3E 3J1

Phone: 204-949-2880

Managed by: Winnipeg Housing Rehabilitation Corporation



Rent: Bach: 25% of gross income (320 - 360 sq/ft)
1 BR: 27% of gross income (440 sq/ft)

Included: Heat, water & laundry

Parking: None available
Visitor parking on street

Safety: Alarm system, cameras, enterphone system, locked building, on-site caretaker & key entry

Activities: Yes > call for more info

Shuttle: No

Features: Elevator, exercise facilities, recycling program, roof top terrace, solarium on top floor & tile flooring

Structure: 11 floors & elevator

Bus Stop: On Keewatin routes 19 & 31

Meals: Dinner Mon - Fri \$5 / meal

SEK ON TOI

289 Pacific Ave R3B 3B7

Phone: 204-957-0290

Managed by: Winpark Dorchester
204-633-8787

Rent: Bach: 25% of gross income
1 BR: 27% of gross income

Included: Hydro, water & heat

Parking: Surface lot \$12 / month
Visitor parking on street

Safety: Enterphone system, locked building, medical emergency switch in suite & on-site management

Activities: Yes > call for more info

Shuttle: No

Features: Coin-op laundry, lounge in building, recycling program, exercise room & tile floors

Structure: 13 floors & elevator

Bus Stop: On Logan Ave route 26

VILLA FEL RODRIGUEZ HOUSING CO - OP

442 William Ave R3A 0J6

Phone: 204-982-2000

Managed by: Murdoch Management Inc.
Website: www.lifelease.ca

Rent: 1 BR: 27% of gross income
2 BR: 27% of gross income
Subsidized rent available

Included: Water, heat, hydro

Parking: Call for more information

Safety: Locked building

Activities: Call for more information

Shuttle: No

Features: Multipurpose room

Structure: 3 floors & elevator

Bus Stop: On William routes 12 & 17

ARMS OF THE CROSS HOUSING INC.

555 Burnell St R3G 3L7

Phone: 204-774-6664

Managed by: Massey Management Services
204-885-0006

E-mail: raymary@mts.net



Rent: Bach: \$290 (430 sq/ft)
1 BR: \$423 - \$433 (517 sq/ft)
2 BR: \$583 (902 sq/ft)

Included: Heat, hydro & water

Parking: Surface lot \$35 / month
Visitor parking available

Safety: Alarm system, cameras, enterphone system & key-card entry

Activities: Yes > call for more info

Shuttle: To grocer weekly

Features: A/C, party room, storage locker / room, coin-op laundry & vinyl flooring

Structure: Built in 1976, 9 floors & elevator

Bus Stop: On Ellice Ave route 14



Central

SUNSET HOUSE

888 Arlington St R3E 2E4
Phone: 204-772-0508



Rent: Bach: \$345 (336 sq/ft)
 1 BR: \$450 - \$615
 (454 - 689 sq/ft)

Included: Heat, hydro, laundry & water

Parking: Surface lot \$25 / month
 Visitor parking available

Safety: Alarm system, enterphone system & on-site caretaker

Activities: Yes > call for more info

Shuttle: To grocer 2x / week

Features: A/C on main floor, party room, carpet & vinyl flooring

Structure: Built in 1969, 6 floors & elevator

Bus Stop: On Notre Dame Ave routes 19, 28, 31, 34 & 36

Meals: Lunch, Mon, Wed, Fri, \$5 / meal

LIONS MANOR

320 Sherbrook St R3B 2W6
Phone: 204-784-1239



Rent: Bach: \$476 (300 sq/ft)
 1 BR: \$643 (490 sq/ft)

Included: Heat, hydro, laundry & water

Parking: Surface lot \$49 / month
 Visitor parking available

Safety: Camera & key-card entry

Activities: Yes > call for more info

Features: On-site grocery store, 5 suites are wheelchair accessible, carpet & vinyl flooring

Structure: North tower built in 1965, 11 floors & elevator

Bus Stop: On Portage Ave routes 11, 21, 22, 24, 25 & 67

Meals: On-site restaurant serves breakfast, lunch & dinner daily, extra cost

PAMELA APTS

761 Wolseley Ave R3G 1C5
Phone: 204-416-5552
Managed by: Globe General Agencies
 204-956-2233



25%

E-mail: info@globegeneral.ca
Website: www.globegeneral.ca

Rent: Bach: \$480+
 1 BR: \$610+
 2 BR: \$780+

Included: Heat & water

Parking: Surface lot \$45 / month
 Visitor parking available

Safety: Secure entrance & manager on-site

Activities: No

Shuttle: No

Features: Recycling, Smart Card laundry, storage locker, vinyl & hardwood

Structure: 5 floors & elevator

Bus Stop: On Wolseley Ave route 10

RONEY PLAZA

10 Edmonton St R3C 1P7
Phone: 204-944-8776
Managed by: JC Property Management
 204-943-1720

25%

E-mail: jcpm@rentcanada.com

Rent: Bach: \$504+
 1 BR: \$612+
 2 BR: \$719+

Included: Heat, water, & cable

Parking: Available, \$57 / month
 Visitor parking on street

Safety: On-site manager, security doors & cameras

Activities: No

Shuttle: No

Features: Free laundry on each floor, storage lockers on each floor, drapery & parquet floors

Structure: 6 floors & elevator

Bus Stop: On Edmonton St route 43

Central

EASTRY HOUSE

61 Edmonton St R3C 1P9
Phone: 204-955-9999 or 204-944-8776
Managed by: JC Property Management
204-943-1720
E-mail: jcpm@rentcanada.com

Rent: Bach: \$587+
1 BR: \$719+
2 BR: \$855+

Included: Heat, water, hydro, cable & laundry

Parking: Available, call for pricing
Visitor parking on street

Safety: Security entrance, cameras 24 / 7,
mail boxes on every floor & on-site
manager

Activities: No


Shuttle: No

Features: Free laundry, storage lockers on
every floor & parquet flooring

Structure: 7 floors & elevator

Bus Stop: On Edmonton St route 43

LE CHATEAU YORK

134 Smith St R3C 3W2 
Phone: 204-942-7784
Managed by: 3901751 Manitoba Ltd.
E-mail: leasing@lechateauyork.com

Rent: 1 BR: \$595+
2 BR: \$735+
Penthouse: \$840+

Included: Water

Parking: Surface lot, \$70 / month
Visitor parking on street

Safety: Locked building & cameras

Activities: No

Shuttle: No

Features: A/C, balcony, patio pool, sauna,
storage, exercise facilities &
Smart Card laundry

Structure: 22 floors & elevator

Bus Stop: On Smith Street routes 62 & 66

KEYSTONE SENIOR CITIZENS HOUSING

224 Colony St R3C 3X9
Managed by: Brydges Property Management
204-489-9510
E-mail: jkswall@brydgespropertymanagement.com

Rent: 1 BR: \$600+ 

Included: Heat, hydro & water

Parking: Surface lot \$35 / month 
Visitor parking available

Safety: Enterphone system, key-card entry &
on-site caretaker

Activities: Yes > call for more info

Shuttle: No

Features: Exercise facilities, party room, Smart
Card laundry, carpet & vinyl flooring

Structure: Built in 1978, 6 floors & elevator

Bus Stop: On Memorial Blvd routes 1, 2, 10,
17, 20, 32, 34, 43, 44 & 45

BETELSTADUR HOUSING CO - OP LTD.

1061 Sargent Ave R3E 3M6
Managed by: S.A.M Management Inc.
204-942-0991 
E-mail: admin@sam.mb.ca
Website: www.sam.mb.ca

Rent: 1 BR: Starts at \$609
2 BR: Starts at \$731
Co-op shares \$1000
Subsidized rent available

Included: Heat & water

Parking: Surface lot \$30 / month
Visitor parking available

Safety: Alarm system, cameras, emergency
pull-cord, enterphone system & key-
card entry

Activities: Yes > call or visit website

Shuttle: To grocer on Thursdays

Features: A/C, exercise facilities, hairdresser,
multipurpose room, non-profit store,
party room, coin-op laundry & carpet

Bus Stop: On Sargent Ave route 15

Meals: Dinner, Mon, Wed & Fri, extra cost

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Central

COLONY CREEK

250 Colony St R3C 3L8

Phone: 204-775-3855

Managed by: Sussex Realty
204-488-4444

35%

Website: www.sussexrealty.ca

Rent:** Bach: \$626+
1 BR: \$709+ - \$893+
2 BR: \$900+

Included: Heat, hydro & water

Parking: 1 stall included in rent
Visitor parking on street

Safety: Enterphone system & on-site caretaker

Activities: No

Shuttle: No

Features: Coin-op laundry & carpet

Structure: 7 floors, elevator

Bus Stop: On Memorial Blvd routes 1, 10, 17, 20, 34, 43 & 44,

**Information current as of 2011

MADISON MEMORIAL LODGE

210 Evanson St R3G 3K9

Managed by: Siloam Mission
204-956-4344



25%



Rent: Bed sitting room: \$627 (8 x 10 sq/ft)

Included: Heat, hydro, water & meals

Parking: No resident or visitor parking available, street parking only

Safety: Alarm system, cameras, locked building & on-site caretaker

Activities: Yes > call for more info

Shuttle: No

Features: Games room, TV lounges, coin-op laundry, carpet & vinyl flooring

Structure: Built in 1941, 4 floors & elevator

Bus Stop: On Portage Ave routes 11, 21, 22, 24 & 67

Meals: Breakfast, lunch & dinner

MCCLURE PLACE INC.

533 Greenwood Pl R3G 3M1

Managed by: S.A.M. Management Inc.
204-942-0991

E-mail: admin@sam.mb.ca

Website: www.sam.mb.ca



Rent: 1 BR: \$630
2 BR: \$764

Included: Heat, hydro, water & laundry

Parking: Surface lot \$32 / month
Visitor parking on street

Safety: Alarm system, cameras & enterphone system

Activities: Yes > call for more info

Shuttle: To grocer weekly

Features: Party room, balconies & coin-op laundry

Structure: 10 floors & elevator

Bus Stop: On Portage Ave route 11

Meals: Lunch & dinner, Tues, Wed & Fri, extra cost

FORT GARRY PLACE 3

20 Fort St R3C 4L3

Phone: 204-940-3475

Managed by: Edison Properties
204-940-3450

E-mail: 20fort@edisonproperties.ca



Rent: 1 BR: \$772+ (588 - 696 sq/ft)
2 BR: \$885 - \$1027
(910 - 1142 sq/ft)
Penthouse: \$1249 - \$1608

Included: In suite laundry, A/C & water

Parking: Underground \$50 / month
Visitor parking available

Safety: Alarm system, cameras, enterphone system, key-card entry, on-site caretaker & 20 hr security

Activities: Yes > call for more info

Shuttle: To grocer every 2 weeks

Features: Activity room, A/C, balcony / patio, exercise facilities, hot tub, pool, steam room, carpet & ceramic tile flooring

Structure: Built in 1990, 21 floors & elevator

Bus Stop: On Fort St routes 1, 2 & 24

Central

PLACE PROMENADE

400 Webb Pl R3B 3J3
410 Webb Pl R3B 3J5
420 Webb Pl R3B 3J6
44 The Promenade R3B 3H9
Phone: 204-988-6880



Rent: Bach: \$640+
1 BR: \$745+
2 BR: \$925+
2 BR: \$940+ (2 Bathrooms)

Included: Heat & water

Parking: \$78 / month underground
Visitor parking available

Safety: Security entrance, on-site management

Activities: No

Shuttle: No

Features: A/C, exercise facilities, pool, balcony, storage in suite, restaurant, grocery store, bank machine on-site & skywalk to mall

Bus Stop: On Vaughan St route 15

KIRKBY TERRACE

393 Kennedy St R3B 3H2
Phone: 204-942-2554
Managed by: Winpark Dorchester
204-633-8787

45%

Rent: 1 BR: \$640+
2 BR: \$730+

Included: Water

Parking: Call for pricing
Visitor parking on street

Safety: On-site management, security entrance & enterphone

Activities: No

Shuttle: No

Features: Fireplace, dishwasher, Smart Card laundry, exercise room, carpet & vinyl floors

Structure: 7 floors & elevator

Bus Stop: On Kennedy St route 15

CHATEAU 100

72 Donald St R3C 1L7
Phone: 204-223-4463
Managed by: Quality Management Ltd.
204-452-0110

10%

E-mail: winnipeg@qualitymanagement.net
Website: www.rentcanada.com

Rent: Bach: \$642 - \$712 (415 sq/ft)
1 BR: \$850+ (517 & 650 sq/ft)
1 BR: \$1450+ (furnished)
2 BR: \$970+ (786 - 900 sq/ft)
2 BR: \$1700+ (furnished)

Included: Heat, hydro & water

Parking: Parkade \$83 / month
No visitor parking available

Safety: Cameras, enterphone system, night security & on-site caretaker

Activities: No

Shuttle: No

Features: Central air, balcony / patio, exercise facilities, sauna, some wheelchair accessible suites, Smart Card laundry, carpet & vinyl flooring

Structure: Built in 1977, 22 floors & 3 elevators

Bus Stop: On Donald St routes 37, 62, 65, 66 & 70

COLONY SQUARE

555 St Mary Ave R3C 3X4
Phone: 204-989-7660
Managed by: Shelter Canadian Properties Ltd.
204-982-7973

25%

E-mail: fdesk@colony-square.com
Website: www.rentcanada.com



Rent: Bach: \$650 - \$750 (600 sq/ft)
1 BR: \$677 - \$800 (700 sq/ft)
2 BR: \$850 - \$1000 (881 sq/ft)

Included: Water

Parking: Underground \$100 / month
Visitor parking on street

Safety: Cameras, enterphone system, on-site caretaker & 24 hr security

Activities: No

Shuttle: No

Features: A/C, balcony / patio, exercise facilities, pool, sauna, Smart Card laundry, carpet & vinyl flooring

Structure: Built in 1980, 15 floors on Eastside, 16 floors on Westside & elevators

Bus Stop: On Portage Ave routes 40, 41, 42, 46, 47, 48, 49, 50, 53, 54 & 56

Central

Coming in the Fall of 2013

WESTLANDS HOUSING CO - OP

50 Oddy St R2R 0L2

Phone: 204-982-2000

Managed by: Murdoch Management Inc.

Website: www.lifelease.ca

- Rent:** 1 BR: \$665 (570 sq/ft)
2 BR: \$890 (770 sq/ft)
Co-op share \$1000
Subsidized rent available
- Included:** Water, heat & hydro
- Parking:** Surface lot \$12 / month
- Safety:** Locked building
- Activities:** Call for more information
- Shuttle:** Call for more information
- Features:** Multipurpose rooms
- Structure:** Built in 2013, 2 floors & elevator
- Bus Stop:** On King Edward routes 26, 28 & 77

LIONS PLACE

610 Portage Ave R3C 0G5

Phone: 204-784-1273 Ext 2

- Rent:** 1 BR: \$731 - \$788
(525 - 550 sq/ft)
2 BR: \$923 (725 sq/ft)
Add \$13 for double occupancy
- Included:** Heat, hydro, laundry & water
- Parking:** Surface lot & covered \$49 / month
Visitor parking available
- Safety:** Cameras, enterphone system, key-card entry
- Activities:** Yes > call for more info
- Shuttle:** No
- Features:** A/C, garden patio, dining room, exercise facilities, green house, on-site grocery store, party room, carpet & vinyl flooring
- Structure:** Built in 1983, 18 floors & elevator
- Bus Stop:** On Portage Ave routes 11 & 29
- Meals:** On-site restaurant serves breakfast, lunch & dinner daily, extra cost



KELLY HOUSE

15 Carlton St

R3C 1N8

Phone: 204-956-1221

Managed by: Globe General Agencies
204-956-2233

Website: www.globegeneral.ca

- Rent:** 1 BR: \$800+
2 BR: \$980+
3 BR: \$1090+
Penthouse: \$1816+
- Included:** Heat, hydro & water
- Parking:** Outdoor \$55 / month
Indoor \$55 / month
Visitor parking available
- Safety:** Enterphone system & on-site caretaker
- Activities:** No
- Shuttle:** No
- Features:** A/C, balcony / patio, indoor pool, carpet & vinyl flooring
- Structure:** Elevator
- Bus Stop:** On Carlton St route 43

50%



RIDEAU TOWERS

90 Garry St

R3C 4J4

Phone: 204-947-9732

Managed by: Crystal Properties Ltd.
204-957-6350

Website: www.homebase.ca

- Rent:** 1 BR: \$830+ (674 - 696 sq/ft)
2 BR: \$1003+ (1080 - 1513 sq/ft)
Penthouse: \$2000
- Included:** Laundry (mostly in suite) & water
- Parking:** Surface lot \$40 / month
Covered \$60 / month
No visitor parking available
- Safety:** Alarm system, cameras, enterphone system & on-site caretaker
- Activities:** No
- Shuttle:** No
- Features:** A/C, balcony / patio, storage locker / room, coin-op laundry, carpet & vinyl flooring
- Structure:** Built in 1986, 18 floors & elevator
- Bus Stop:** On Garry St routes 2 & 34
On Donald St route 66

60%

THE QUEST INN
(Assisted Living)

367 Ellice Ave R3B 1Y1
 Phone: 204-956-0100
 E-mail: questinn@escape.ca
 Website: www.questinn.com



75%

- Rent:** Bach: \$1300 (350 sq/ft)
- Included:** Cable, heat, hydro, telephone & water
- Parking:** Surface lot 1 stall included in rent
Visitor parking available
- Safety:** Camera, locked building, night security, on-site caretaker & 24 hr security
- Activities:** Yes > call or visit website
- Shuttle:** No
- Features:** A/C, coin-op laundry & carpet
- Structure:** 7 floors in new building, 4 floors in old building & elevator
- Bus Stop:** On Carlton St routes 3, 37, 62 & 70
- Meals:** Breakfast, lunch & dinner, every day, included in rent

Bereavement Support Groups

At some point in our lives, all of us face the death of someone close to us. While this bereavement is probably the most serious loss we will have to cope with, it is something we are often completely unprepared for. When we lose someone important to us, we can be overwhelmed by our pain and distress and may begin to believe that these feelings will never pass. Our reactions can be very frightening. Bereavement is an experience we must all go through when a death occurs. Someone who was important to us is no longer alive, and we must somehow find ways to accept that. This healing process cannot be hurried, and it affects each of us differently. It is important to remember that there is no right or wrong way of grieving for our loss. We need to acknowledge our feelings and express them, for grieving is itself part of recovery.

**Do you have one hour
a week or a month to
volunteer?**



You can make a difference in the life of someone else in as little as one hour a week!

Exciting opportunities include:

- Community Outreach Volunteers
- Senior Centre Without Walls
- Older Victim Services
- Entry Program for Older Adult Immigrants
- This Full House

Opportunities are flexible:

- *Daytime / evening / weekend*
- *In-person / phone / virtual*
- *Urban / rural opportunities*
- *Weekly / monthly / episodic*

**Want to learn more?
Find out how you can help!**

Call: **204-956-6440** in Winnipeg
 or toll-free at **1-888-333-3121**
 Visit us on our website at:
www.ageopportunity.mb.ca
 Or e-mail us at info@ageopportunity.mb.ca

Fort Garry

FORT GARRY ROTARY VILLA

528 Hudson St R3T 4E3
Managed by: Fort Garry Services Inc.
204-284-7228



Rent: Bach: rent geared to income (367 sq/ft)
1 BR: rent geared to income (457 sq/ft)
Subsidized rent available

Included: Heat, hydro, laundry & water

Parking: Surface lot \$12 / month
Visitor parking available

Safety: Emergency pull-cord, enterphone system & on-site caretaker

Activities: Yes > call for more info

Shuttle: To grocer 1x / week

Features: Balcony / patio on ground floor, guest suite available & tile flooring

Structure: Built in 1974, 2 floors & elevator

Bus Stop: On Chevrier Blvd route 94
On Pembina Hwy routes 60, & 62

Meals: Breakfast & dinner, Mon - Fri, extra cost

VILLA NOVA SENIOR HOME

1035 Wilkes Ave R3P 1T1
Phone: 204-489-8648
E-mail: jnasuti@shaw.ca



Rent: 1 BR: 27% of gross income
Subsidized rent available

Included: Heat & water

Parking: Surface lot \$12 / month
Visitor parking available

Safety: Alarm system, enterphone system & on-site caretaker

Activities: Yes > call for more info

Shuttle: To grocer 1x / week

Features: Party room, coin-op laundry & vinyl flooring

Structure: Built in 1993, 5 floors & elevator

Bus Stop: On Wilkes Ave route 86

Meals: Lunch, Mon, Wed & Fri, \$5 / meal

FORT GARRY KIWANIS PLAZA

230-970 Point Rd R3T 1E1
Phone: 204- 475-6412
E-mail: kiwanis@mts.net



85%

Rent: Bach: \$312 (350 sq/ft)
1 BR: \$405 (450 sq/ft)

Included: Heat, hydro & water

Parking: Surface lot \$30 / month
Visitor parking available

Safety: Alarm system, cameras, enterphone system & on-site caretaker

Activities: No

Shuttle: To grocer

Features: Coin-op laundry, carpet & vinyl flooring

Structure: Built in 1965, 2 floors & elevator

Bus Stop: On Pembina Hwy routes 60, 61, & 62

RICHMOND GARDENS

Greater Winnipeg Senior Citizen Non- Profit Housing
2900 Pembina Hwy R3T 3Z3
Phone: 204-261-8145
E-mail: gwsc@shaw.ca



Rent: Bach: \$393 (378 sq/ft)
1 BR: \$466 (525 sq/ft)
2 BR: \$480 - \$641 (656 sq/ft)

Included: Heat, hydro & water

Parking: Surface lot \$30 / month
Visitor parking available

Safety: Cameras, enterphone system & on-site caretaker

Activities: Yes > call for more info

Shuttle: To grocer every Monday

Features: A/C, party room, coin-op laundry, carpet & tile flooring

Structure: Built in 1974, 6 floors & elevator

Bus Stop: On Pembina Hwy routes 37, 62, 70, 91 & 109

Fort Garry

ARIZONA PLAZA

1650 Pembina Hwy

R3T 2G3

Phone: 204-275-0884

Managed by: W.R.E. Development Ltd.
204-889-5409

E-mail: wredev@mts.net

Website: www.wredevelopment.ca



55%

Rent: Bach: \$543+ (500 sq/ft)
1 BR: \$689+ (900 sq/ft)
2 BR: \$809+ (1300 sq/ft)
3 BR: \$919+ (1500 sq/ft)

Included: Heat & water

Parking: Surface lot \$36 / month
Visitor parking available

Safety: Cameras, enterphone system,
locked building & caretaker on-site

Activities: No

Shuttle: Yes to grocer & bank 1x / week

Features: A/C, elevator, recycling, storage,
carpet & vinyl

Bus Stop: On Pembina Hwy routes 60 & 70

DELTA MANOR

100 Adamar Rd

R3T 3X6



Phone: 204-940-3480

Managed by: Edison Properties
204-940-3450

E-mail: 100adamar@edisonproperties.ca

Rent: Bach: \$533 **newly renovated**
1 BR: \$622 (720 sq/ft) \$895 **renov.**
2 BR: \$692 (810 sq/ft)

Renovated units - contact Manager

Included: Heat, hydro & water

Parking: Underground \$36 / month
Visitor parking available

Safety: Alarm system, cameras, enterphone
system, key-card entry & on-site
caretaker

Activities: Yes > call for more info

Shuttle: To grocer 1x / week

Features: A/C, balcony / patio, exercise
facilities, party room, pool, sauna,
coin-op laundry, carpet & vinyl
flooring

Structure: Built in 1973, 12 floors & elevator

Bus Stop: On Pembina Hwy routes 60 & 70

Meals: Lunch, Mon, Wed & Fri, extra cost

COOPERATIVE CHALET ST NORBERT LTD.

80 St. Pierre St

R3V 1J8

Phone: 204-275-0901

E-mail: csn80@shaw.ca



Rent: 1 BR: \$634 - \$667 (562 - 645 sq/ft)
2 BR: \$692 - \$759 (732 - 807 sq/ft)
Subsidized rent available

Included: Heat, hydro, laundry & water

Parking: Surface lot \$25 / month
Visitor parking available

Safety: Alarm system, emergency pull-cord,
enterphone system & on-site
caretaker

Activities: Yes > call for more info

Shuttle: To grocer every Monday

Features: Balcony / patio, party room, storage,
fridge, stove, carpet & vinyl flooring

Structure: Built in 1989, 3 floors & elevator

Bus Stop: On St. Pierre St routes 37, 62 & 91

ARMADALE HOLLOWES

1750 Pembina Hwy

R3T 4J5

15%

Phone: 204-269-8148

Managed by: A.S.H. Management
204-982-7973

E-mail: suites@armadale-hollowes.com

Rent: 1 BR: \$740+
2 BR: \$840+

Included: Water

Parking: Covered \$40 / month
Surface \$35 / month
Visitor parking available

Safety: On-site security, enterphone system
& cameras in building

Activities: No

Shuttle: To mall 1x / month & to grocer 1x /
week

Features: Outdoor pool, laundry on each floor,
lounge, game room, whirlpool,
sauna, tennis court, horseshoe pit,
putting green & courtesy van

Structure: 14 floors, elevator, 2 buildings &
sunken living rooms

Bus Stop: On Pembina Hwy routes 62, 70 & 78

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Fort Garry

REMBRANDTGARDENS

2393 & 2395 Pembina Hwy R3J 2H4
Phone: 204-414-3935
Managed by: Globe General Agencies
204-956-2233



10%

Rent: 1 BR: \$777+
2 BR: \$980+

Included: Heat, hydro & water

Parking: Surface lot \$43 / month
Visitor parking available

Safety: Locked building, enterphone system & on-site personnel

Activities: No

Shuttle: No

Features: A/C, balcony / patio, recycling program, storage locker / room, courtyard, coin-op laundry, carpet & vinyl flooring

Structure: 3 floors

Bus Stop: On Pembina Hwy routes 51, 62, 70 & 78
On Markham routes 51 & 63

SUMMERLAND APTS

77 University Cres R3T 3N8
Phone: 204-269-7677
Managed by: W.R.E. Development Ltd.
204-889-5409

E-mail: wredev@mts.net

Website: www.wredevelopment.ca

75%

Rent: Bach: \$780 (520 sq/ft)
1 BR: \$860+ (800 sq/ft)
2 BR: \$990+ (950 sq/ft)
3 BR: \$1400 (1200 sq/ft)

Included: Heat, hydro & water

Parking: Underground \$37 / month
Visitor parking available

Safety: Alarm system, cameras, enterphone system, key-card entry, night security & on-site caretaker

Activities: Yes > call for more info

Shuttle: To grocer 1x / week

Features: A/C, balcony / patio, exercise facilities, party room, pool, sauna, tropical atrium, coin-op laundry, carpet, vinyl & ceramic tile flooring

Structure: Built in 1975, 16 floors & elevator

Bus Stop: University Cres routes 60, 75 & 76

THE PARKWAY II

100-95 Paget St R3P 1E8
Phone: 204-487-8500
Website: www.theparkway.ca
Managed by: Marwest Management Canada Ltd.
204-947-1200



Rent: Bach: \$825 (543 sq/ft)
1 BR: \$1275 (730 sq/ft)
2 BR: \$1659 (1087 sq/ft)

Included: Heat, hydro, laundry in suite & water

Parking: Surface lot \$50 / month,
Underground \$125 / month
Visitor parking available

Safety: Enterphone system, manager on-site & 24 hr security

Activities: No

Shuttle: No

Features: A/C, balcony / patio, exercise facilities, party room, storage locker carpet & vinyl flooring

Structure: Built in 2012, 4 floors & 2 elevators

Bus Stop: On Waverley St routes 64, 84 & 86

KILLARNEY GARDENS

207-130 Killarney Ave R3T 3B2
Phone: 204-269-0216
Managed by: Lakewood Agencies Ltd.
204-982-5959
Website: www.rentcanada.com/lakewood



25%

Rent: 1 BR: \$827+ (795 sq/ft)
2 BR: \$925+ (935 sq/ft)

Parking: Surface lot 1 stall included in rent
Visitor parking available

Safety: Alarm system, enterphone system & on-site caretaker

Activities: No

Shuttle: No

Features: A/C, balcony / patio, coin-op laundry, carpet & vinyl flooring (cats only)

Structure: Built in 1968 & 3 floors

Bus Stop: On Killarney Ave route 72

Fort Garry

TUDOR VILLAGE

106-160 Ulster St R3T 3A2 / R3T 4W3

Phone: 204-269-9864

Managed by: Lakewood Agencies Ltd.
204-982-5959



Rent: 1 BR: \$836+ (702 - 755 sq/ft)

2 BR: \$935 - \$1068

(Some with fireplace & den)

15%

Included: Water, A/C, cable, washer & dryer in suite, drapes & dishwasher

Parking: Surface lot 1 stall included
Visitor parking available

Safety: Private entrance

Activities: No

Shuttle: No

Features: A/C, balcony / patio, carpet & storage in suite

Structure: 3 floor walk up

Bus Stop: On Dalhousie Dr route 72

WESTMINSTER COURT

2945 Pembina Hwy R3T 3R1

Phone: 204-275-5614

Managed by: Globe General Agencies
204-956-2233

E-mail: info@globegeneral.ca

Website: www.globegeneral.ca

40%



Rent:** 1 BR: \$840+

2 BR: \$950+

Included: Heat, hydro & water

Parking: Surface lot \$50 / month
Visitor parking available

Safety: Security entrance, locked building, enterphone system & manager on-site

Activities: No

Shuttle: No

Features: A/C, coin-op laundry, sauna, storage locker, balcony, whirlpool, recycling, carpet & vinyl flooring

Structure: 6 floors & elevator

Bus Stop: On Pembina Hwy routes 37, 62 & 70

** Information current as of 2011**

RICHMOND VILLAGE

106-160 Ulster St R3T 4W3

Phone: 204-269-1649

Managed by: Lakewood Agencies Ltd.
204-982-5959



Website: www.rentcanada.com/lakewood

Rent: 1 BR: \$868+ (700 - 795 sq/ft)

2 BR: \$970+ (885 - 980 sq/ft)

3 BR townhomes: \$1180 (1160 sq/ft)

4 BR town home: \$1220

Included: Heat, hydro, water & 1 parking stall

Parking: Surface lot, covered & some indoor
Visitor parking available

Safety: Alarm system, enterphone system & on-site caretaker

Activities: No

Shuttle: No

Features: A/C, balcony / patio, storage locker / room, coin-op laundry, mixed housing (unknown percentage), carpet & vinyl flooring

Structure: Built in 1969, 3 floors & 2 storey town homes

Bus Stop: On Dalhousie Dr route 72

SOUTHVIEW PLAZA

2080 Pembina Hwy R3T 2G9

Phone: 204-269-8078

Managed by: Globe General Agencies
204-956-2233



E-mail: info@globegeneral.ca

Website: www.globegeneral.ca

Rent: 1 BR: \$905+ (619 sq ft)

2 BR: \$1050+ (839 sq ft)

3 BR: \$1215+ (1040 sq ft)

Included: Heat, hydro & water

Parking: Indoor \$35 / month
Second stall \$65 / month

Safety: Enterphone system, locked building & manager on-site

Activities: Yes > call for more info

Features: Balconies, coin-op laundry, sauna, whirlpool, indoor pool, activity room, storage lockers & recycling program

Structure: 12 floors & elevator

Bus Stop: On Pembina Hwy routes 37, 62, 70 & 78

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Fort Garry

BAYLOR PLACE

110 Baylor Ave R3T 3K1

Phone: 204-269-5643

Managed by: Lakewood Agencies Ltd.
204-982-5959

Website: www.rentcanada.com/lakewood



Rent: 1 BR: \$918+
2 BR: \$1016+
3 BR town homes: \$1216+
4 BR town homes: \$1300+ 15%

Included: Heat & water (apts only)

Parking: Surface lot 1 stall included in rent
Visitor parking available

Safety: Fire alarm system, enterphone system & on-site caretaker

Activities: No

Shuttle: No

Features: A/C, coin-op laundry, carpet & vinyl flooring

Structure: Built in 1970-1971, 3 floor apts & 2 storey town homes

Bus Stop: On Baylor Ave routes 37, 62 & 70



CHANCELLOR GATE

100-919 Chancellor Dr R3T 6B5

Phone: 204-899-7368

Managed by: Karma Property Management
204-415-7368

Website: 35%

Rent: 1 BR: \$1025 (960 - 1012 sq/ft)
2 BR + den: \$1266 (1012 sq/ft)
2 BR + 2 baths: \$1400 (1046 sq/ft)

Included: Laundry, water & parking

Parking: Surface lot
Visitor parking available

Safety: Camera & enterphone system

Activities: No

Shuttle: To grocer daily

Features: A/C, balcony / patio, exercise facilities, party room, storage, carpet & hardwood flooring

Structure: Built in 2003, 4 floors & elevator

Bus Stop: On Pembina Hwy routes 62, 70 & 78

SILVERVIEW ESTATES

2141 Pembina Hwy R3T 5S9

Phone: 204-275-5644

Managed by: Laurence Management Group
204-831-9960



Rent: 1 BR: \$1139 (1000 sq/ft)
2 BR: \$1149 - \$1249 (2 baths)
(1022 - 1067 sq/ft)

Included: Laundry in suite & water

Parking: Surface lot \$26 / month
Visitor parking available

Safety: Alarm system, enterphone system & on-site caretaker

Activities: Yes > call for more info

Shuttle: To grocer and mall 1x / week

Features: A/C, balcony / patio, exercise facilities, hairdresser, library, party room, carpet & vinyl flooring

Structure: Built in 1989, 3 floors & elevator

Bus Stop: On Pembina Hwy routes 62, 70 & 78



THE WAVERLEY RETIREMENT COMMUNITY (Assisted Living)

857 Wilkes Ave

R3P 2M1

R3P 2M2

Phone: 204-487-9600

E-mail: thewaverley@reveraliving.com

Managed by: Revera Inc.

Website: www.reveraliving.com



Rent:** Bach: \$1890+ (403 sq/ft)
1 BR: \$2350+ (593 sq/ft)
2 BR: \$3160+ (761 - 851 sq/ft)

Extra person: add \$450 / month

Included: Heat, hydro, laundry, water & meals

Parking: Surface lot included in rent
Visitor parking available

Safety: Alarm system, cameras, enterphone system, key-card entry & 24 hr security on-site, emergency pendant

Activities: Yes > call or visit website

Shuttle: To grocer, doctor's appt. 5x / week

Features: A/C, exercise facilities, party room, carpet & vinyl flooring

Structure: Built in 1999, 3 floors & elevator

Bus Stop: On Wilkes Ave routes 64, 84 & 86

Meals: Breakfast & lunch (optional)
\$155 / month



Fort Garry

LINDENWOOD MANOR

(Assisted Living)

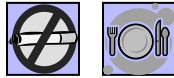
100-475 Lindenwood Dr E

R3P 2P3

Phone: 204-475-9990

E-mail: recept@lindenwood.ca

Website: www.lindenwood.ca



- Rent:** 1 BR: \$1911 (562 sq/ft)
2 BR: \$2359 (826 sq/ft)
Extra person: add \$374 / month
- Included:** Heat, hydro, laundry, cable, water & meals
- Parking:** Surface lot \$31 / month
Visitor parking available
- Safety:** Cameras, enterphone system, alarm system, locked building & 24 hr staff on-site
- Activities:** Yes > call or visit website
- Shuttle:** To grocer every Thurs
- Features:** A/C, balcony / patio, exercise facilities, party room, carpet & vinyl
- Structure:** Built in 2000 & elevator
- Bus Stop:** On Lindenwood Dr E routes 84, 86 & 94
- Meals:** Lunch, dinner, snacks every day

LINDENWOOD TERRACE

(Assisted Living)

490 Lindenwood Dr E

R3P 0Y5

Phone: 204-489-2112

E-mail: recept@lindenwood.ca

Website: www.lindenwood.ca



- Rent:** 1 BR: \$2066 (609 sq/ft)
2 BR: \$2532 (836 sq/ft)
Extra person: add \$374 / month
- Included:** Heat, hydro, laundry, water & meals
- Parking:** Surface lot \$31 / month
Visitor parking available
- Safety:** Cameras, enterphone system, 24 hr staff on-site, locked building & alarm system
- Activities:** Yes > call or visit website
- Shuttle:** To grocer monthly
- Features:** A/C, balcony / patio, exercise facilities, party room, carpet & vinyl
- Structure:** Built in 2008 & elevator
- Bus Stop:** On Lindenwood Dr E routes 84, 86 & 94
- Meals:** Lunch, dinner, snacks every day

STERLING HOUSE

(Assisted Living)

909 Wilkes Ave

R3P 2S5

Phone: 204-489-4745

Managed by: Homestead Manitoba Ltd.

Website: www.homesteadmanitoba.ca



- Rent:** 1 BR: \$2150 + (640 -811 sq/ft)
2 BR: \$2430+ (909 sq/ft)
Extra person: add \$325 / month
- Included:** Heat, hydro, laundry, water & meals
- Parking:** Surface lot \$38 / month
Visitor parking available
- Safety:** Alarm system, cameras, enterphone system & on-site caretaker
- Activities:** Yes > call or visit website
- Shuttle:** To grocer 3x / month
- Features:** A/C, balcony / patio, exercise facilities, party room, storage room in suite, carpet & vinyl flooring
- Structure:** Built in 2004, 4 floors & elevator
- Bus Stop:** On Wilkes Ave routes 64, 84 & 86
- Meals:** Breakfast, lunch, every day

THE PARKWAY

(Assisted Living)

100-85 Paget St

R3P 0Y8

Phone: 204-487-8500

Website: www.theparkway.ca

Managed by: Marwest Management Canada Ltd.
204-947-1200



- Rent:** 1 BR: \$2195 \$2395 (626 - 760 sq/ft)
2 BR: \$2885 (913 sq/ft)
Extra person: add \$350 /month
- Included:** Heat, hydro, laundry in suite, water & meals
- Parking:** Surface lot \$45 / month
Covered \$85 / month
Visitor parking available
- Safety:** Camera, enterphone system, 24 hr security & manager on-site
- Activities:** Yes > call for more info
- Shuttle:** To grocer 1x / week
- Features:** A/C, balcony / patio, chapel, exercise facilities, games room, party room, private dining room, lounge, café, store, hair salon, carpet & vinyl
- Structure:** Built in 2007, 4 floors & 4 elevators
- Bus Stop:** On Waverley St routes 64, 84 & 86
- Meals:** Breakfast, dinner, snacks, every day

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Fort Garry

RIVERWOOD SQUARE - THE LANDING (Assisted Living)

1778 Pembina Hwy R3T 2G2

Phone: 204-275-7632

Fax: 204-942-4012

Email: info@riverwoodsquare.com

Managed by: Riverwood Square

Website: www.riverwoodsquare.com



- Rent:**** 1 BR: \$2275+ (552 - 654 sq ft)
2 BR: \$3350+ (832 - 912 sq ft)
- Included:** Heat, hydro, cable, water, A/C, appliance maintenance repair, meals 3x / day, housekeeping & laundry
- Parking:** Surface lot \$35 / month
Covered parking \$70 / month
Visitor parking available
- Safety:** 24 / 7 on-site security staff, authorized card access, cameras in building & bath room safety features
- Activities:** Yes > call or visit website
- Shuttle:** Yes > call or visit website
- Features:** Library, multi-use private dining room, 2 BR units have A/C in two rooms with separate controls, lounge with a licensed bar, guest suite available at \$70 / night, carpet, tile, elevators & all suites are wheelchair friendly
- Structure:** Built in 2008, 6 floors, elevator & interconnected buildings
- Bus Stop:** On Pembina Hwy routes 60 & 70
- **Information current as of 2012****

WAITING LIST FACTS

- In some buildings there is a deposit fee required to keep your name on the waiting list
- Accepting a smaller apartment will sometimes get you on the in-house wait list for a bigger unit
- The more flexible you are, the better your chances of moving within your time frame

THE PARKWAY II (Assisted Living)

100-95 Paget St R3P 0Y8

Phone: 204-487-8500

Website: www.theparkway.ca

Managed by: Marwest Management Canada Ltd.
204-947-1200



- Rent:** 1 BR: \$2400 (650 sq/ft)
2 BR: \$2975 (970 sq/ft)
Extra person: add \$350 / month
- Included:** Heat, hydro, laundry in suite, water & meals
- Parking:** Surface lot \$45 / month
Covered \$85 / month
Visitor parking available
- Safety:** Camera, enterphone system, 24 hr security & manager on-site
- Activities:** Yes > call for more info
- Shuttle:** To grocer 1x / week
- Features:** A/C, balcony / patio, chapel, exercise facilities, games room, party room, private dining room, lounge, café, store, hair salon, carpet & vinyl flooring
- Structure:** Built in 2012, 4 floors & 2 elevators
- Bus Stop:** On Waverley St routes 64, 84 & 86
- Meals:** Breakfast, dinner, snacks, every day

THIS FULL HOUSE: CHANGE TAKES A TEAM

It is possible to get treatment that can help to reduce the collection and retention of things. A & O: Support Services for Older Adults Inc. is able to provide assistance to individuals 55 years of age and older, dealing with Hoarding Disorder (HD).

In some instances, financial assistance for cleaning services may be available. Even if you just want to find out more information before you ask for help, you can seek the assistance of understanding professionals.

For more information please call A & O's Intake Line at: 204-956-6440

Live. Life. Here.

Enjoy a *Healthy Lifestyle!*



OPEN HOUSE

Every Saturday
10am-3pm
Tours & Refreshments

The Landing at RIVERWOOD SQUARE

All Inclusive Living for Active Seniors

- Shuttle Bus for Medical Appointments
- Courtyard with Garden
- Weekly Light Housekeeping
- 24 Hour Security
- Concierge Service
- Theatre & Exercise Facilities

1778 Pembina Hwy
204.275.7632

Harmony Court at RIVERWOOD SQUARE

The Finest in Supportive Housing

Designed specifically for seniors who require caring 24 hour supervision in a safe, supportive environment. We will ensure that loved ones, who can no longer live alone, enjoy life with the dignity and comfort they deserve!

1778 Pembina Hwy
204.275.7632



RIVERWOOD
SQUARE

www.riverwoodsquare.com

Point Douglas

145 POWERS ST

145 Powers St R2W 5J4
Apply to: Manitoba Housing Authority
204-945-4663



20%

Rent: Bach: 25% of gross income
1 BR: 27% of gross income
Subsidized rent available
Included: Heat, hydro, laundry & water
Parking: Surface lot \$12 / month
No visitor parking available
Safety: Locked building
Activities: No
Shuttle: No
Structure: Elevator & 11 floors
Bus Stop: On Salter St route 38

CANADIAN POLISH MANOR

300 Selkirk Ave R2W 5H7
Phone: 204-582-4435
Apply to: Winnipeg Housing Rehabilitation
Corporation
204-949-2880

Rent: Bach: 25% of gross income
(340 sq/ft)
1 BR: 27% of gross income
Subsidized rent available
Included: Heat, hydro, laundry & water
Parking: Surface lot stall \$12 / month
No visitor parking available
Safety: Cameras, emergency pull-cord,
enterphone system, night security &
on-site caretaker
Activities: Yes > call for more info
Shuttle: To grocer 3x / month
Features: A/C, storage, grab bars & tile flooring
Structure: Elevator
Bus Stop: On Selkirk Ave route 16
Meals: Breakfast & lunch extra cost

CGS MANOR INC.

595 Mountain Ave R2W 5L7
Apply to: Winnipeg Housing &
Rehabilitation Corporation
204-949-2880



Rent: 1 BR: 27% of gross income
2 BR: 27% of gross income
Included: Laundry & water
Parking: Surface lot \$12 / month
No visitor parking available
Safety: Alarm system, emergency pull-cord,
enterphone system, key entry & on-
site caretaker
Activities: Yes > call for more info
Shuttle: To grocer 1x / month
Features: Balcony / patio, party room, vinyl &
tile flooring
Structure: Built 1986, 11 floors & elevator
Bus Stop: On Mountain Ave routes 15 & 97

KEKINAN CENTRE INC.

100 Robinson St R2W 5M8
Managed by: Winnipeg Housing & Rehabilitation
Corporation
Phone: 204-949-2880

Rent: 1 BR: rent geared to income
Subsidized rent available
Included: Heat & water
Parking: Surface lot, call for pricing
Visitor parking available
Safety: Alarm system, cameras, emergency
pull-cord, enterphone system, night
security & on-site caretaker
Activities: Yes > call for more info
Shuttle: No
Features: Party room, Smart Card laundry &
vinyl flooring
Bus Stop: On Dufferin Ave route 97

HOUSING CONSULTATIONS:

If you are overwhelmed at the prospect of moving and find it difficult to know where to start, call **204-956-6440** to arrange for a Housing consultation. Our Housing Coordinator can arrange to meet with you either in your home or in our central office to help provide information and direction for your move. These consultations are provided free of charge and can help link you to services you might need. Family members are encouraged to be part of the consultation, if possible, and contact can be made via the telephone, or via email: info@ageopportunity.mb.ca. **Be proactive not reactive**, call before there is a crisis.

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Point Douglas

LORD SELKIRK TOWERS

269 Dufferin Ave R2W 2X8

Phone: 204-943-3615

Apply to: Manitoba Housing Authority
204-945-4663

55%

Rent: Bach: 25% of gross income
1 BR: 27% of gross income
2 BR: 27% of gross income
Subsidized rent available

Included: Heat, hydro, laundry & water

Parking: Surface lot \$12 / month
Visitor parking available

Safety: Cameras & night security

Activities: Yes > call for more info

Shuttle: No

Structure: Elevator

Bus Stop: On Dufferin Ave route 97
On Main St routes 15, 16, 18, 20 & 45

POINT DOUGLAS MANOR

817 Main St R2W 5J2

Phone: 204-945-3588

Apply to: Manitoba Housing Authority
204-945-4663

65%

Rent: Bach: 25% of gross income
1 BR: 27% of gross income
2 BR: 27% of gross income
Subsidized rent available

Included: Heat, hydro & water

Parking: Surface lot \$12 / month
Visitor parking available

Safety: Cameras, key-card entry, night security & on-site caretaker

Activities: No

Shuttle: Yes 1x / month to grocer

Structure: Elevator

Bus Stop: On Main St routes 15, 16, 18, 20 & 45

ST. JOSAPHAT SELO-VILLA

114 McGregor St R2W 5J7

Managed by: Knights of St. Josaphat Inc.

Phone: 204-586-4346

E-mail: selovilla@mts.net



Rent: Bach: 25% of gross income
1 BR: 27% of gross income
Subsidized rent available

Included: Heat, hydro, laundry & water

Parking: Surface lot \$12 / month
Visitor parking available

Safety: Camera, emergency pull-cord, enter-phone system & on-site caretaker

Activities: Yes > call for more info

Shuttle: Yes 1x / month to grocer

Features: Party room & tile flooring

Structure: Built in 1977, 8 floors & elevator

Bus Stop: On McGregor St route 17

FRED DOUGLAS APTS

1280, 1290 & 1300 Aberdeen Ave R2X 0X3

Phone: 204-654-1919

Managed by: Fred Douglas Society
204-586-8541

E-mail: ajanuska@shaw.ca

Website: www.freddouglassociety.mb.ca



Rent: Bach: \$384 - \$487 (300 sq/ft)
1 BR: \$511 - \$601 (440 sq/ft)

Included: Heat, hydro & water

Parking: Surface lot \$31 / month

Safety: Enterphone system, locked building & mobile patrol by security company

Activities: Yes > call for more info

Shuttle: To Grocer 1x / week
To Polo Park 1x / month

Features: Recycling program, lounge, common room, gift shop, hairdresser, newly renovated suites & wheelchair ramps available

Structure: Built 1964, 1 & 2 floors

Bus Stop: On Burrows Ave route 16
On Fife routes 88 & 97

Meals: Breakfast \$3.50, lunch & dinner \$6.50 / meal

Point Douglas

WILLOW CENTRE

61 Tyndall Ave R2X 2T4
Phone: 204-632-5940
Managed by: The Willow Centre



Rent: Bach: \$411 - \$471 (400 sq/ft)
Included: Cable, heat, hydro & water
Parking: Surface lot \$12 / month in summer
 \$24 / month in winter
 Visitor parking on street
Safety: Enterphone system, locked building,
 on-site caretaker & stand-alone A/C
Activities: Yes > call for more info
Shuttle: No
Structure: Built 1972, 2 floors & elevator
Bus Stop: On Tyndall Ave route 16
Meals: Dinner, Mon, Wed, Fri \$4 / meal

“Volunteerism has little to do with being a ‘do-gooder.’ It is about... self-esteem and freely sharing one’s talents and wisdom; being valued, not paid; empowerment, growth, creativity, and enhancing the community’s quality of life. It is also about having fun in the process.”

-Michael L. Hadley

ST. MARY THE PROTECTRESS UKRAINIAN ORTHODOX MILLENNIUM VILLA INC.

800 Burrows Ave R2X 3A9
Phone: 204-586-5816

Rent: 1 BR: \$545 (520 sq/ft)
 2 BR: \$619 (700 sq/ft)
 Subsidized rent available
Included: Heat, hydro, laundry & water
Parking: Surface lot, fenced \$12 / month
 No visitor parking available
Safety: Cameras, emergency pull-cord,
 enterphone system & on-site caretaker
Activities: Yes > call for more info
Shuttle: To grocer 1x / week
Features: Balcony / patio, storage, sauna,
 carpet & tile flooring
Structure: Built in 1989, 5 floors & elevator
Bus Stop: On Arlington St route 71

IVAN FRANKO MANOR

200 McGregor St R2W 5L6
Phone: 204-589-4949



Rent: 1 BR: \$575 (500+ sq/ft)
 2 BR: \$660 (600+ sq/ft)
Included: Heat & laundry
Parking: Surface lot \$27 / month
 Visitor parking on street
Safety: Alarm system, cameras, emergency
 pull-cord, enterphone system & on-site caretaker
Activities: Yes > call for more info
Shuttle: No
Features: A/C, balcony / patio, party room,
 pool, sauna, carpet & vinyl flooring
Structure: Built in 1984, 7 floors & elevator
Bus Stop: On McGregor St routes 17 & 97

FLORA PLACE

1 Flora Place R2X 0A9
Phone: 204-949-2885
Managed by: Winnipeg Housing Rehabilitation Corporation
 204-949-2880

Rent: 1 BR: \$748 (600 sq/ft)
 2 BR: \$939 (720 sq/ft)
 3 BR: \$1123 (880 sq/ft)
Included: Heat, hydro & water
Parking: Surface lot \$12 / month
 Visitor parking available
Safety: Grab bars & cameras on-site
Activities: No
Shuttle: To grocer 1x / week
Features: In suite storage, Smart Card laundry,
 individual water tanks and furnaces,
 porches, some with patios & back yards
Structure: 28 ground levels units built 2007
Bus Stop: On Sinclair St route 71

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River East

53 STADACONA ST

53 Stadacona St R2L 1P8
Apply to: Manitoba Housing Authority
 204-945-4663

Rent: Bach: 25% of gross income
 1 BR: 27% of gross income
 Subsidized rent available

Included: Heat, hydro, laundry & water

Parking: Surface lot \$12 / month
 Visitor parking available

Safety: Enterphone system & locked building

Activities: No

Shuttle: No

Features: Common room, carpet & tile

Structure: 14 floors & elevator

Bus Stop: On Stadacona St route 44

GET THE FACTS ABOUT FRAUD

Older adults lose millions of dollars every year to; door-to-door sales, illegal telemarketing, identity theft, internet fraud, investment scams, and bogus charities. **Become a tough target. Book a free Safety & Security presentation by calling 204-956-6440.**

DONWOOD MANOR (Independent & PCH)

165 Donwood Dr R2G 2H9
Phone: 204-668-4410



Rent: Bach: 25% of gross income (350 sq/ft)
 1 BR: 27% of gross income (485 sq/ft)
 \$11 Hydro + \$20 emergency & activity monthly fee

Included: Heat, laundry & water

Parking: Surface lot \$12 / month
 Visitor parking available

Safety: Alarm system, cameras, emergency pull-cord, enterphone system, key-card entry, locked building & security

Activities: Yes > call for more info

Shuttle: To grocer 3x / week

Features: Balcony / patio, exercise facilities, party room & vinyl flooring

Structure: Built in 1974, 8 floors & elevator

Bus Stop: On Donwood Dr routes 11 & 85

Meals: Lunch & dinner available



BETHANIAHAUS INC.

1060 Kimberly Ave R2K 4J7
Phone: 204-654-5041
Managed by: The Bethania Group
 204-667-0795



Rent: 1 BR: rent geared to income (564 sq/ft)
 2 BR: rent geared to income (724 sq/ft)
 Subsidized rent available

Included: Heat, hydro, laundry & water

Parking: Surface lot \$12 / month
 Visitor parking available

Safety: Emergency pull-cord, enterphone system, locked building & on-site caretaker

Activities: Yes > call for more info

Shuttle: To grocer weekly

Features: A/C, balcony / patio, party room & carpet flooring

Structure: Built in 1989, 6 floors & elevator

Bus Stop: On Molson St route 77

Meals: Dinner every day, \$4 / meal

KILDONAN HORIZONS

505 Munroe Ave R2K 3Z2
Phone: 204-669-0754

Rent: Bach: 25% of gross income
 1 BR: 27% of gross income
 Subsidized rent available

Included: Laundry

Parking: Surface lot \$12 / month
 Visitor parking available

Safety: Enterphone system & emergency medical switch

Activities: Yes > call for more info

Shuttle: Yes to grocer

Features: Common room

Structure: 12 floors & elevator

Bus Stop: On Munroe Ave route 43
 On Watt St route 20

River East

KILDONAN MANOR

1607 Henderson Hwy R2G 4B7

Phone: 204-334-9537

Managed by: Marwest Management Canada Ltd.
204-947-1200



Rent: 1 BR: rent geared to income
Included: Heat & water
Parking: Surface lot \$25 / month
Visitor parking available
Safety: Cameras, emergency pull-cord,
enterphone system, locked building
& on-site caretaker
Activities: Yes > call for more info
Shuttle: To grocer 1x / week
Features: A/C, balcony / patio, coin-op laundry,
carpet & vinyl flooring
Structure: Built in 1993 & 2 elevators
Bus Stop: On Henderson Hwy routes 11 & 41

SIGNS OF A GOOD MOVING COMPANY:

1. Estimates are done in person and in writing.
2. Company trucks with company logo.
3. Deposits usually ensure job satisfaction.
4. Ask about rates: is it hourly or total job?
5. How many years in business, more is better.
6. Offers mid-month moves discounts.
7. Offers seniors' discounts.
8. Will provide and deliver packing materials.

COSMOPOLITAN CLUB HOMES

561 A, B, C Cosmo Pl R2L 1J2

570-574 Herbert Ave R2L 1E9

Managed by: S.A.M. Management Inc.
204-942-0991

E-mail: admin@sam.mb.ca

Website: www.sam.mb.ca

Rent: Bach: \$246+
1 BR: \$377
Included: Heat & water
Parking: Surface lot \$25 / month
Visitor parking available
Safety: Locked building & on-site caretaker
Activities: No **Shuttle:** No
Features: Party room, coin-op laundry & vinyl
flooring
Structure: 2 floors
Bus Stop: On Talbot Ave routes 44 & 45

KIWANIS HOMES OF EAST KILDONAN

821 Golspie St R2K 2V5

735-749 Golspie St R2K 2V3

602-614 Kimberly Ave R2K 0Y2

Phone: 204-668-0076



Rent: Bach: \$270
1 BR: \$345
Included: Heat & water
Parking: Surface lot \$20 / month
Visitor parking on street
Safety: Alarm system & locked building
Activities: Yes > call for more info
Shuttle: No
Features: Party room, coin-op laundry, carpet
& vinyl flooring
Structure: Built in 1963 & 1 floor
Bus Stop: On Kimberly Ave Route 90

INTERNET RESOURCE LIST

- www.ageopportunity.mb.ca - look under the Housing tab for all areas of the city of Winnipeg, view the Housing Directory for free
- www.winnipegrentnet.ca - user friendly, place an ad for an apartment wanted
- www.rentcanada.ca - view vacant apartments, apply on line

CANADIAN LEGION GARDENS

675 Talbot Ave R2L 0R9

Managed by: Canadian Legion Memorial Housing
Foundation
204-669-9969



Rent: 1 BR: \$355 - \$360
Included: Heat, hydro & water
Parking: Surface lot \$20 / month
Visitor parking on street
Safety: Enterphone system & on-site
caretaker
Activities: No
Shuttle: No
Features: A/C & coin-op laundry
Bus Stop: On Talbot Ave route 45

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River East

SUNRISE TOWERS

225 Arby Bay

R2G 0P1



Phone: 204-940-3491

Managed by: Edison Properties
204-940-3450



E-mail: 1335henderson@edisonproperties.ca

- Rent:** Bach: \$467 (400 sq/ft)
1 BR: \$634 (700 sq/ft)
2 BR: \$763 (850 sq/ft)
- Included:** Heat, hydro & water
- Parking:** Underground \$36 / month
Visitor parking available
- Safety:** Alarm system, cameras, enterphone system, key-card entry, locked building, on-site caretaker & 24 hr security
- Activities:** Yes > call for more info
- Shuttle:** To grocer 3x / week
- Features:** A/C, balcony / patio, exercise facilities, party room, pool, sauna, coin-op laundry, carpet, hardwood & vinyl flooring
- Structure:** Built in 1966 & 7 floors
- Bus Stop:** On Henderson Hwy routes 11, 41 &

RIVERSIDE VILLAGE B TOWNHOUSES

1600-1650 Henderson Hwy R2G 1N7



Phone: 204-940-3494

Managed by: Edison Rental Agency
204-940-3450



E-mail: 1660henderson@edisonproperties.ca

- Rent:** Bach: \$463
3 BR: \$928 - \$1419
4 BR: \$1445
- Included:** Laundry in suite & water
- Parking:** Underground \$34 / month
Visitor parking available
- Safety:** On-site management, security bldg
- Activities:** Organized senior group, seniors committee, social club
- Shuttle:** No
- Features:** A/C, patio, mixed housing (unknown percentage) indoor pool & sauna, beauty salon, convenience store, carpet & vinyl flooring
- Structure:** Built in 1972 & townhouses
- Bus Stop:** On Henderson Hwy routes 11 & 41

OAKLAND GARDENS

210 Oakland Ave

R2G 3G6

220 Oakland Ave

R2G 3G7

Phone: 204-940-3484

Managed by: Edison Properties
204-940-3450



E-mail: 210oakland@edisonproperties.ca

- Rent:** Bach: \$489+
1 BR: \$610 - \$639
1 BR: \$818 (newly renov)
2 BR: \$804 - \$1133
2 BR: \$1,004 - \$1,014 (newly renov)
- Contact Manager for 2 BR with dens**
- Included:** Water
- Parking:** Underground \$36 / month
Visitor parking available
- Safety:** Cameras, enterphone, key-card entry, locked building & on-site caretaker
- Activities:** Yes > call for more info
- Shuttle:** To grocer
- Features:** A/C, balcony / patio, party room, whirlpool, coin-op laundry & carpet
- Structure:** Built in 1978, 12 floors & elevator
- Bus Stop:** On Henderson Hwy routes 11, 90, 40 & 41

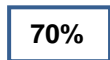
SILVERLION APARTMENTS

273 Talbot Ave

R2L 0P7

Phone: 204-663-6409

Managed by: Sussex Realty
204-488-4444



Website: www.sussexrealty.ca

- Rent:** Bach: \$500 - \$520
1 BR: \$618+
2 BR: \$729+
- Included:** Heat & water
- Parking:** Surface lot 1 stall included in rent
Visitor parking available
- Safety:** Enterphone system, locked building & on-site caretaker
- Activities:** No
- Shuttle:** No
- Features:** Laundry, storage on every floor, carpet & vinyl
- Structure:** 3 floor walk up
- Bus Stop:** On Talbot Ave route 44

River East

RIVERSIDE VILLAGE A TOWNHOUSES

1600-1650 Henderson Hwy R2G 1N7

Phone: 204-940-3493

Managed by: Edison Rental Agency
204-940-3450

E-mail: 1660henderson@edisonproperties.ca



Rent: Bach: \$505 - \$719
3 BR: \$1013 - \$1549
4 BR: \$1577

Included: Laundry in suite & water

Parking: Underground \$34 / month
Visitor parking available

Safety: On-site management, security bldg

Activities: Organized senior group, seniors committee, social club

Shuttle: No

Features: A/C, patio, mixed housing (unknown percentage) indoor pool & sauna, beauty salon, convenience store, carpet & vinyl flooring

Structure: Built in 1972 & townhouses

Bus Stop: On Henderson Hwy routes 11 & 41

GABLE ARMS

1590 Henderson Hwy R2G 2B8

Phone: 204-940-3492

Managed by: Edison Properties
204-940-3450

E-mail: 1590henderson@edisonproperties.ca



Rent: 1 BR: \$510 - \$633
1 BR: \$815 - \$869 (newly renov)

Included: Heat, hydro & water

Parking: Underground \$36 / month
Visitor parking available

Safety: Alarm system, cameras, enterphone system, key-card entry, on-site caretaker & 24 hr security

Activities: Yes

Shuttle: To grocer 3x / week

Features: A/C, balcony / patio, exercise facilities, party room, pool, sauna, coin-op laundry, carpet, tile & vinyl flooring

Structure: Built in 1972, 12 floors & elevator

Bus Stop: On Henderson Hwy routes 11 & 41

Meals: Lunch, Tues, Thurs & Fri, \$5 / meal

GRANITE HOUSE

1100 Henderson Hwy R2G 1L2

Phone: 204-940-3489

Managed by: Edison Properties
204-940-3450

E-mail: 1100henderson@edisonproperties.ca



Rent: Bach: \$525 (newly renov)
1 BR: \$755 - \$848 (newly renov)
2 BR: \$615

Included: Heat, hydro & water

Parking: Underground \$36 / month
Visitor parking available

Safety: Enterphone system, locked building & on-site caretaker

Activities: Yes > call for more info

Shuttle: To grocer 2x / week

Features: A/C, balcony / patio, whirlpool & coin-op laundry

Structure: Built in 1970, 10 floors & elevator

Bus Stop: On Henderson Hwy routes 11, 77 & 90

Meals: Lunch, Mon, Wed & Fri, \$5 / meal

SARINA TOWERS

1335 Henderson Hwy R2G 1M6

Phone: 204-940-3491

Managed by: Edison Properties
204-940-3450

E-mail: 1335henderson@edisonproperties.ca



Rent: Bach: \$528 (400 sq/ft)
1 BR: \$691 - \$719 (700 sq/ft)
2 BR: \$827 - \$844 (850 sq/ft)

Included: Heat, hydro & water

Parking: Underground \$36 / month
Visitor parking available

Safety: Alarm system, cameras, enterphone system, key-card entry & on-site caretaker

Activities: Yes > call for more info

Shuttle: To grocer 3x / week

Features: A/C, balcony / patio, exercise facilities, party room, pool, sauna, coin-op laundry, carpet, hardwood & vinyl flooring

Structure: Built in 1969 & 10 floors

Bus Stop: On Henderson Hwy routes 11, 41 & 77

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River East

DONWOOD SOUTH

1245 Henderson Hwy R2G 1M1

Phone: 204-338-8688

E-mail: donwoodsouth@donwoodmanor.org



- Rent:** 1 BR: \$562 max (600 sq/ft)
2 BR: \$690 max (800 sq/ft)
Subsidized rent available
- Included:** Heat, hydro, laundry & water
- Parking:** Surface lot \$12 / month
No visitor parking available
- Safety:** Alarm system, cameras, emergency pull-cord, enterphone system, locked building & on-site caretaker
- Activities:** Yes > call for more info
- Shuttle:** To grocer 3x / week
- Features:** Balcony / patio, party room, carpet & vinyl flooring
- Structure:** Built in 1982, 14 floors & elevator
- Bus Stop:** On Henderson Hwy routes 11, 40, 41, 77 & 90

L & B TOWERS

415 Edison Ave R2G 0M3

Phone: 204-940-3487

Managed by: Edison Properties
204-940-3450

E-mail: 415edison@edisonproperties.ca

- Rent:** Bach: \$582 - \$667
1 BR: \$848
2 BR: \$984 - \$1,002
3 BR: \$1083
- Included:** Hydro, heat & A/C
- Parking:** Underground \$36 / month
Visitor parking available
- Safety:** On-site management
- Activities:** Yes > call or visit website
- Shuttle:** No
- Features:** Indoor pool, sauna, balcony, elevator organized senior group activities & Smart Card laundry
- Structure:** 12 floors & elevator
- Bus Stop:** On Edison Ave routes 11, 40, 90 & 77

KINGSFORDHAUS CO-OP LTD.

426 Kingsford Ave R2G 0J8

Phone: 204-663-2233

Managed by: The Bethania Group
204-667-0795



- Rent:** 1 BR: \$610 (625 sq/ft)
2 BR: \$714 (825 sq/ft)
Subsidized rent available
- Included:** Heat, hydro, laundry & water
- Parking:** Surface lot \$25 / month
Visitor parking available
- Safety:** Alarm system, cameras, emergency pull-cord, enterphone system, locked building & on-site caretaker
- Activities:** Yes > call for more info
- Shuttle:** To grocer on Tues & Fri
- Features:** A/C, exercise facilities, party room, storage locker / room, carpet & vinyl flooring
- Structure:** Built in 1968, 3 floors & elevator
- Bus Stop:** On Edison Ave routes 11, 40 & 90
- Meals:** Lunch, Mon - Fri \$6 / meal
(Guest: \$8 / meal)

PARKWOOD SQUARE

365 Thames Ave R2L 2B7

Phone: 204-654-4672

Managed by: Quality Management Ltd.
204-452-0110

E-mail: winnipeg@qualitymanagement.net



40%

- Rent:** Bach: \$657 (420 sq/ft)
1 BR: \$787+ (760 - 1060 sq/ft)
2 BR: \$957+ (1080 sq/ft)
3 BR: \$1086+ (1300 sq/ft)
- Included:** Heat, hydro & water
- Parking:** Surface lot \$48 / month,
Underground \$50 / month
Visitor parking available
- Safety:** Cameras, enterphone system, locked building, night security & on-site caretaker
- Activities:** No
- Shuttle:** To grocer 1x / week
- Features:** Balcony / patio, exercise facilities, party room, sauna, coin-op laundry, carpet & vinyl flooring
- Structure:** 5 floors & 2 elevators
- Bus Stop:** On Watt St route 43

River East

NORWAY HOUSE

1301 Rothesay St R2G 1T9

Phone: 204-940-3490

Managed by: Edison Properties
204-940-3450

45%

E-mail: 1301rothesay@edisonproperties.ca

Rent: Bach: \$674 (536 sq/ft)
1 BR: \$851 (680 sq/ft)
2 BR: \$989 - \$1,011 (880 - 910 sq/ft)
3 BR: \$1057+ (1000 sq/ft)

Included: Heat, hydro & water
Parking: Underground \$36 / month
Visitor parking available

Safety: Alarm system, cameras, enterphone system, key-card entry & on-site caretaker

Activities: Yes > call for more info

Shuttle: To grocer 3x / week

Features: A/C, balcony / patio, party room, pool, sauna, storage locker / room, coin-op laundry, carpet & hardwood

Structure: Built in 1967, 6 floors & 2 elevators

Bus Stop: On Springfield Rd route 90
On Rothesay St route 11

COLUMBUS CENTENNIAL SENIORS CO-OP HOUSING

404 Desalaberry Ave R2L 2G3

Managed By: Murdoch Management
204-982-2000

Rent: 1 BR: \$687+ (600 - 700 sq/ft)
2 BR: \$836+ (858 - 887 sq/ft)
\$863+ (954 sq/ft)

Subsidized rent available

Included: Heat, hydro, laundry & water

Parking: Surface lot \$28 / month
Visitor parking available

Safety: Emergency pull-cord, enterphone system, on-site caretaker & 24 hr security

Activities: Yes > call for more info

Shuttle: To grocer weekly

Features: A/C, balcony / patio, exercise facilities, party room, storage / locker room & carpet

Structure: Built in 1989, 6 floors & elevator

Bus Stop: On Nairn Ave routes 47 & 43
On Watt St route 20

FORT AGASSIZ

1080 Henderson Hwy R2G 1H3

Phone: 204-940-3488

Managed by: Edison Properties
204-940-3450



E-mail: 1080henderson@edisonproperties.ca

Rent: 1 BR: \$720 - \$848 (newly renov)
2 BR: \$989 (newly renov)

Contact manager for suites without balconies

Included: Heat, hydro & water

Parking: Underground \$31 / month
Visitor parking available

Safety: Cameras, enterphone system, locked building & on-site caretaker

Activities: Yes > call for more info

Shuttle: To grocer 3x / week

Features: A/C, whirlpool, coin-op laundry, carpet & tile flooring

Structure: Built in 1971, 12 floors & 2 elevators

Bus Stop: On Henderson Hwy routes 11, 40, 41 & 90

PARK GLEN MANOR

120 Prevette St R2K 3L4

Phone: 204-667-2342

Managed by: WRE Developments

E-mail: wredev@mts.net

Rent: 1 BR: \$722+
2 BR: \$857+

Included: Heat, hydro, water & A/C

Parking: Surface lot \$36 / month
Visitor parking on street

Safety: On-site management, key-card entry & locked building

Activities: No

Shuttle: No

Features: Seasonal pool, window coverings, storage, central laundry with Smart Card, carpet & vinyl

Structure: 5 floors & elevator

Bus Stop: On Prevette St routes 43, 44 & 45

River East

PARKSIDE PLAZA

1630 Henderson Hwy

R2G 2B9

90%

Phone: 204-940-3493

Managed by: Edison Properties
204-940-3450



E-mail: 1630henderson@edisonproperties.ca

Rent: 1 BR: \$755 (700 sq/ft)
1 BR: \$1,000 (newly renov)
2 BR: \$885 (800 sq/ft)
2 BR: \$1,200 (newly renov)
3 BR: \$931 (900 sq/ft)
Penthouse \$1056 - \$1372

Please contact Manager for rates

Included: Heat, hydro & water

Parking: Underground \$36 / month

Visitor parking available

Safety: Cameras, enterphone system, key-card entry & on-site caretaker

Activities: Yes > call for more info

Shuttle: To grocer 3x / week

Features: A/C, balcony / patio, party room, pool, sauna, coin-op laundry & carpet flooring

Structure: Built in 1973, 14 floors & elevator

Bus Stop: On Henderson Hwy routes 11 & 41

Meals: Lunch, Tues, Thurs & Fri, \$5 / month

CRESCENTRIDGE TOWERS

15 Reay Cres

R2K 3X6

35 Reay Cres

R2K 3X7

Phone: 204-663-3530

Managed by: Crystal Properties Ltd.
204-957-6350



Website: www.homebase.ca

30%

Rent: 1 BR: \$790+ (718 sq/ft)
2 BR: \$890+ (857 - 1018 sq/ft)

Included: Heat, hydro & water

Parking: Surface lot 1 stall included in rent
Visitor parking available

Safety: Alarm system, enterphone system, locked building & on-site caretaker

Activities: Yes > call or visit website

Shuttle: No

Features: Activity room, A/C, balcony / patio, storage, coin-op laundry, carpet & vinyl flooring

Structure: Built in 1976, 6 floors & elevator

Bus Stop: On London St route 44

KIMBERLY GARDENS

710 & 720 Grey St

R2K 3W9

Phone: 204-668-5549

Managed by: Crystal Properties Ltd.
204-957-6350



Website: www.homebase.ca

30%

Rent: 1 BR: \$803 (718 sq/ft)
2 BR: \$911 (857 sq/ft)

Included: Heat, hydro & water

Parking: Surface lot 1 stall included in rent
Visitor parking available

Safety: Enterphone system, locked building & on-site caretaker

Activities: No

Shuttle: No

Features: A/C, balcony / patio, storage in suite, coin-op laundry, carpet & vinyl flooring

Structure: Built in 1976 & 3 floors

Bus Stop: On Gateway Rd route 90

WINWOOD GARDENS

1150 Munroe Ave

R2K 3S4

1152 Munroe Ave

R2K 3V5

1154 Munroe Ave

R2K 3V6

Phone: 204-668-4700

Managed by: Globe General Agencies
204-956-2233



E-mail: info@globegeneral.ca

Website: www.globegeneral.ca

20%

Rent: 1 BR: \$804+
1 BR: \$925+ (includes den)
2 BR: \$803+

Includes: Heat, hydro & water

Parking: Surface lot \$25 / month
Extra parking stall \$60 / month
Visitor parking on street

Safety: Enterphone, manager on-site & locked building

Activities: No **Shuttle:** No

Features: A/C, balcony / patio, outdoor pool, tennis courts, sauna, recycling, carpet, vinyl & Smart Card laundry

Structure: 7 floors & elevator

Bus Stop: On Munroe Ave routes 43 & 44

River East

RIVERSIDE PLAZA

1660 Henderson Hwy R2G 1H7

Phone: 204-940-3494

Managed by: Edison Properties
204-940-3450



90%

E-mail: 1660henderson@edisonproperties.ca

- Rent:** 1 BR: \$825 (700 sq/ft)
1 BR: \$990 - \$1,081 (newly renov)
2 BR: \$966 (800 sq/ft)
2 BR: \$1,139 - \$1,478 (newly renov)
3 BR: \$1,018 (900 sq/ft)
- Included:** Heat, hydro & water
- Parking:** Underground \$36 / month
Visitor parking available
- Safety:** Cameras, enterphone system, key-card entry & on-site caretaker
- Activities:** Yes > call for more info
- Shuttle:** To grocer 3x / week
- Features:** A/C, balcony / patio, party room, pool, sauna, coin-op laundry & carpet flooring
- Structure:** Built in 1971, 12 floors & elevator
- Bus Stop:** On Henderson Hwy routes 11 & 41

TU-PELO ESTATES

351 Tu-Pelo Ave R2K 4H1

357 Tu-Pelo Ave R2K 4H2

Phone: 204-663-0127

Managed by: W.R.E. Development Ltd.
204-889-5409



30%

- Rent:** 1 BR: \$830+ (640 sq/ft)
2 BR: \$930+ (850 sq/ft)
Subsidized rent available
- Included:** Heat, hydro & water
- Parking:** Surface lot \$25 / month
Visitor parking available
- Safety:** Cameras, enterphone system & on-site caretaker
- Activities:** No
- Shuttle:** No
- Features:** Coin-op laundry, storage, dishwasher, high speed internet access available & carpet flooring
- Bus Stop:** On McLeod Ave routes 44 & 77

EAST CONCORDIA LANDING

525 Peguis St R3W 0G9

Phone: 204-414-2421

Managed by: Broadstreet Properties Ltd..
866-736-8515

Website: www.broadstreet.ca

Email: info@broadstreet.ca



- Rent:** 1 BR: \$945 (676 sq/ft)
2 BR: \$1140 - \$1165 (859 - 971 sq/ft)
3 BR: \$1265 (971 sq/ft)
- Included:** Water
- Parking:** One stall \$50 / month
Visitor parking available
- Safety:** Enterphone system, locked building & on-site personnel
- Activities:** No
- Shuttle:** No
- Features:** Balcony / patio, A/C, washer & dryer in suite, party room, hardwood, carpet & vinyl flooring
- Structure:** Built in 2013, 3 buildings, 4 floors & elevator
- Bus Stop:** On Concordia Ave Route 44

EAST CONCORDIA MANOR

1350 Concordia Ave E R2C 3S7

Phone: 204-415-3600

Managed by: Broadstreet Properties Ltd.
866-736-8515

Website: www.broadstreet.ca

E-mail: info@broadstreet.ca



- Rent:** 2 BR: \$1195+
- Included:** Water
- Parking:** Included in rent
Additional parking \$50 / month
Visitor parking available
- Safety:** On-site management, cameras & locked building
- Activities:** No
- Shuttle:** No
- Features:** Balcony / patio, laundry in suite, carpet, tile & vinyl
- Structure:** Built in 2009, 4 floors & elevator
- Bus Stop:** On Molson St routes 77 & 90

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River East

CONCORDIA VILLAGE I & II

(Assisted Living)

1125 Molson St R2K 0A7

Phone: 204-667-6479

Managed by: Wellness Projects Inc.

E-mail: ecunningham@concordiavillage.ca



Rent: 1 BR: \$1772 - \$1876
2 BR: \$2165 - \$2282
Extra person: add \$270 / month

Included: Heat, hydro, laundry, water & meals

Parking: Surface lot \$26 / month
Visitor parking available

Safety: Cameras, locked building & on-site caretaker

Activities: Yes > call for more info

Shuttle: To grocer every 2 weeks

Features: A/C, balcony / patio, exercise facilities, party room, storage locker / room, carpet & laminate flooring

Structure: Built in 2006, 3 floors & elevator

Bus Stop: On Molson St routes 77 & 90

Meals: Breakfast & dinner every day

KILDONAN HOUSE

(Assisted Living)

216 Edison Ave R2G 4H7

Phone: 204-338-8182

E-mail: kildonanhouse@mts.net

Managed by: Homestead Manitoba Ltd.

Website: www.homesteadmanitoba.ca



Rent: 1 BR: \$1925+ (598 - 622 sq/ft)
2 BR: \$2380 (865 sq/ft)
Extra person: add \$325 / month

Included: Heat, hydro, laundry, water & meals

Parking: Surface lot \$50 / month
Visitor parking available

Safety: Enterphone system

Activities: Yes > call for more info

Shuttle: To grocer 2x / week

Features: A/C, balcony / patio, exercise facilities, party room, carpet, vinyl flooring & guest suite \$50 / day

Structure: Built in 2002, 4 floors & elevator

Bus Stop: On Henderson Hwy routes 11, 40, 41 & 77

Meals: Brunch & dinner every day

CONCORDIA VILLAGE III

(Assisted Living)

1115 Molson St R2K 0A7

Phone: 204-667-6479

Managed by: Wellness Projects Inc.

E-mail: ecunningham@concordiavillage.ca



Rent: 1 BR: \$1968
2 BR: \$2394
Extra person: add \$270 / month

Included: Heat, hydro, laundry, water & meals

Parking: Surface lot \$26 / month
Visitor parking available

Safety: Cameras, locked building & on-site caretaker

Activities: Yes > call for more info

Shuttle: To grocer every 2 weeks

Features: A/C, balcony / patio, exercise facilities, party room, storage locker / room, carpet & laminate flooring

Structure: Built in 2006, 3 floors & elevator

Bus Stop: On Molson St routes 77 & 90

Meals: Breakfast & dinner every day

DID YOU KNOW

- You should get a moving rider on your existing household insurance policy to cover your possessions from your current dwelling to your next one?
- There are three types of policies available; Increased Value Protection (from movers), a separate actual moving policy and a moving rider.
- Help is available to assist in packing, planning, and downsizing.
- Many moving companies are "Bonded and Insured" but that usually means that the driver is bonded and the truck is insured, your possessions are your responsibility.



Why make it harder than it has to be?
We can do it ALL!

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- ▶ Professional downsizing strategies and assistance
- ▶ Estate services

Complete and customized service packages
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(204) 415-4444

lisa@seniorsmovingco.com

www.seniorsmovingco.com



The
Seniors
Moving
Company

The Trusted Seniors Relocation Specialists

River Heights

285 PEMBINA INC. DEAF CENTRE MANITOBA

285 Pembina Hwy R3L 2E1
Phone: 204-284-0802



- Rent:** Bach: 25% of gross income
1 BR: 27% of gross income
Subsidized rent available
- Included:** Heat, hydro & water
- Parking:** Surface lot \$12 / month
No visitor parking available
- Safety:** Alarm system, emergency pull-cord
night security & 24 hr security
- Activities:** Yes > call for more info
- Shuttle:** To grocer 1x / month
- Features:** A/C, balcony / patio, daycare, party
room, resource centre, coin-op
laundry, carpet & linoleum flooring
- Structure:** Built in 1975, 6 floors & elevator
- Bus Stop:** On Pembina Hwy routes 37, 62, 65,
66 & 70
- Meals:** Breakfast, lunch & dinner, every day,
extra cost

33%

FORT ROUGE ECUMENICAL APTS INC.

400 Stradbrook Ave R3L 2P8
Phone: 204-284-5801



- Rent:** Bach: 25% of gross income
(380 sq/ft)
1 BR: 27% of gross income
(450 sq/ft)
Subsidized rent available
- Included:** Laundry
- Parking:** Surface lot \$12 / month
Visitor parking on street
- Safety:** Alarm system, cameras, emergency
pull-cord, enterphone system, key-
card entry & on-site caretaker
- Activities:** Yes > call for more info
- Shuttle:** To grocer 2x / month
- Features:** Balcony / patio, exercise facilities,
party room & vinyl flooring
- Structure:** Built in 1973, 14 floors & elevator
- Bus Stop:** On Osborne St routes 16, 18, 58, 60,
61, 63, 64, 80 & 81

FRED TIPPING PLACE

601 Osborne St R3L 2P9
Phone: 204-945-8477



Apply to: Manitoba Housing Authority
204-945-4663

60%

- Rent:** Bach: 25% of gross income
1 BR: 27% of gross income
Subsidized rent available
- Included:** Heat, hydro, laundry & water
- Parking:** Surface lot \$15 / month
Visitor parking available
- Safety:** Cameras, emergency pull-cord &
key-card entry
- Activities:** Yes > call for more info
- Shuttle:** No
- Features:** A/C, exercise facilities, lounge area,
kitchen & vinyl flooring
- Structure:** 19 floors & 2 elevators
- Bus Stop:** On Osborne St routes 16 & 58
- Meals:** Lunch, Mon - Fri, \$3.50 / meal

RIVERBORNE SENIORS PLACE

324 Stradbrook Ave R3L 0J6

Managed by: Winnipeg Housing Rehabilitation
Corporation
204-949-2880

E-mail: info@whrc.ca

Website: www.whrc.ca

- Rent:** 1 BR: rent geared to income
Subsidized rent available
- Included:** Heat, hydro & water
- Parking:** Surface lot \$12 / month
Visitor parking available
- Safety:** Enterphone system
- Activities:** No
- Shuttle:** No
- Features:** Party room, coin-op laundry, tile &
vinyl flooring
- Structure:** Built in 1991, 3 floors & elevator
- Bus Stop:** On Stradbrook Ave routes 62, 65, 66
& 70

River Heights

KOREAN CANADIAN HOUSING CO-OP

160 River Ave R3L 0A9
Managed by: Murdoch Management Inc.
204-982-2004
Website: www.lifelease.ca



Rent: 1 BR: 27% of gross income
2 BR: 27% of gross income
Subsidized rent available
Included: Heat, hydro & water
Parking: Surface lot
Safety: Call for more information
Activities: Call for more information
Shuttle: Call for more information
Features: Multi-purpose rooms
Structure: 6 floors & elevator
Bus Stop: Osborne & River Routes 16, 18, 39,
60 & 68

LEGION CREST APTS

819 Grant Ave R3M 1Y1
Managed by: Canadian Legion Memorial Housing
Foundation
204-669-9969 

Rent: Bach: \$265+
1 BR: \$540
Included: Heat, hydro & water
Parking: Surface lot \$20 / month
Visitor parking on street
Safety: Enterphone system & on-site
caretaker
Activities: No
Shuttle: No
Features: A/C & coin-op laundry
Structure: 2 Floors
Bus Stop: On Grant Ave route 66

TIMES SQUARE PATIO APTS

1061 - 1137 Taylor Ave R3M 2K6
Phone: 204-488-8463
Managed by: Winpark Dorchester
204-633-8787  

Rent: Bach: \$450+ 10%
1 BR: none
2 BR: \$985+ (furnished \$1950)
3 BR: \$1100+
Included: Heat, water, A/C & dishwasher
Parking: Call for surface lot prices
Visitor parking available
Safety: On-site management, enterphone
system & locked building
Activities: No
Shuttle: No
Features: Storage locker available, Smart Card
laundry, exercise room, carpet &
hardwood floors
Structure: 2 floor walk up
Bus Stop: On Taylor Ave route 95

BETHEL PLACE

445 Stafford St R3M 3V9
Managed by: Bethel Mennonite Care Services
204-284-3762
E-mail: bethel.place@shawcable.com  

Rent: 1 BR: \$643 max. (650 sq/ft)
2 BR: \$735 max. (828 sq/ft)
Subsidized rent available
Included: Cable, heat, hydro & water
Parking: Surface lot \$36 / month
Visitor parking on street
Safety: Alarm system, cameras, enterphone
system & 24 hr security
Activities: Yes > call for more info
\$35 *monthly program & service fee*
Shuttle: To grocer
Features: A/C, balcony / patio, exercise
facilities, party room, coin-op
laundry, carpet & vinyl flooring
Structure: Built in 1980, 5 floors & elevator
Bus Stop: On Stafford St routes 29 & 36
Meals: Lunch: Mon - Fri,
Dinner: Tues & Thurs, \$6.25 - \$8.75

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River Heights

GENERAL GRANT

1281 Grant Ave R3M 1Z6
Phone: 204-284-1144
Managed by: W.R.E. Development Ltd.
204-889-5409
E-mail: wredev@mts.net



20%

Rent: Bach: \$650+ (250 sq/ft)
1 BR: \$850+ (650 sq/ft)
2 BR: \$950+ (850 sq/ft)
Included: Heat, hydro & water
Parking: Surface lot & covered \$36 / month
Visitor parking on street
Safety: Enterphone system & on-site caretaker
Activities: No
Shuttle: No
Features: A/C, balcony / patio, pool, storage locker / room, coin-op laundry, carpet & vinyl flooring
Structure: Built in 1966, 5 floors & 2 elevators
Bus Stop: On Grant Ave routes 64, 66, 84, 86 & 95

STRADA VILLA

333 Stradbrook Ave R3L 0J5
Phone: 204-452-5014
Managed by: Globe General Agencies
204-956-2233
E-mail: info@globegeneral.ca
Website: www.globegeneral.ca



Rent: Bach: \$666
1 BR: \$720 - \$800
2 BR: \$840+
Included: Heat, hydro & water
Parking: Surface lot \$46 / month
Visitor parking on street
Safety: Enterphone system & manager on-site
Activities: No
Shuttle: No
Features: A/C, Smart Card laundry, storage locker, carpet & vinyl
Structure: 6 floors & elevator
Bus Stop: On Stradbrook route 68
On Osborne St routes 16, 18 & 60

VILLA CABRINI

433 River Ave R3L 2V1
Phone: Murdoch Management Inc.
204-982-2000



Rent: 1 BR: \$669
Included: Heat, hydro & water
Parking: \$35 / month
Visitor parking on the street
Safety: Cameras, enterphone, locked building, on-site security
Activities: Various call for more info
Shuttle: Yes call for more info
Shuttle: Yes call for more info
Features: Regular foot care visits, on-site church services & 2nd floor has garden terrace
Structure: 8 floors & elevator
Bus Stop: On Osborne St routes 16, 18, 58, 60, 61, 63 & 64

ST. JOHN'S HAVEN INC.

1015 Grant Ave R3M 1Y3
Phone: 204-284-2422
E-mail: sjhaven@mts.net



Rent: 1 BR: \$696 (\$567 subsidized)
(580 sq/ft)
2 BR: \$846 (\$783 subsidized)
(750 sq/ft)
Subsidized rent available
Included: Heat, hydro, laundry & water
Parking: Surface lot \$35 / month
Visitor parking on street
Safety: Alarm system, camera, enterphone system & on-site caretaker
Activities: Yes > call for more info
Shuttle: To grocer 6x / month
Features: Balcony / patio, exercise bikes, 5 apts are wheelchair accessible, carpet & vinyl flooring
Structure: Built in 1986, 6 floors & elevator
Bus Stop: On Grant Ave routes 64, 66, 84 & 86

River Heights

64 NASSAU ST

64 Nassau St N R3L 2T2
Managed by: Murdoch Management Inc.
204-982-2000

Website: www.lifelease.ca

Rent: 1 BR: \$710 (598 sq/ft)
2 BR: \$838 (690 sq/ft)
Included: Heat, hydro, laundry & water
Parking: Surface lot \$30 / month
Visitor parking on street
Safety: Alarm system, cameras, enterphone system & on-site caretaker
Activities: Yes > call for more info
Shuttle: To grocer weekly
Features: A/C, storage in suite, grab bars, balcony, garden with screened in gazebo & carpet flooring
Structure: 16 floors & elevator
Bus Stop: On River Ave route 68

SOUTH OSBORNE HOUSING CO-OP

360 Osborne St R3L 2V6
Managed by: S.A.M. Management Inc.
204-452-2300

E-mail: admin@sam.mb.ca

Website: www.sam.mb.ca

Rent: 1 BR: \$712
2 BR: \$789 - \$869
Co-op share \$1000
Subsidized rent available
Included: Heat, hydro & water
Parking: Surface lot \$30 / month
Visitor parking available
Safety: Alarm system, cameras, enterphone system, key-card entry & on-site caretaker
Activities: Yes > call for more info
Shuttle: To grocer 2x / week
Features: A/C, balcony / patio, hairdresser, party room, coin-op laundry & carpet
Structure: Elevator & 5 floors
Bus Stop: On Osborne St route 16

SHALOM GARDENS HOUSING CO-OP LTD.

360 Wilton St R3M 3X6
Phone: 204-452-1924

Rent: 1 BR: \$750 - \$813 (617 - 680 sq/ft)
2 BR: \$838 - \$901 (840 - 920 sq/ft)
Subsidized rent available
Included: Cable, heat, hydro & water
Parking: Surface lot \$25 / month,
Underground \$35 / month
Visitor parking on street
Safety: Cameras, emergency pull-cord & enterphone system
Activities: Yes > call for more info
Shuttle: To grocer 2x / week
Features: A/C, balcony / patio, party room, coin-op laundry, carpet & vinyl flooring
Structure: Built in 1988, 7 floors & elevator
Bus Stop: On Grant Ave routes 64, 66, 84 & 86

RIVER CRESCENT GARDENS

595 River Ave R3L 0E6
Phone: 204-452-4047
Managed by: Globe General Agencies
204-956-2233

E-mail: info@globegeneral.ca

Website: www.globegeneral.ca

Rent: 1 BR: \$800+
2 BR: \$1100+
Included: Heat & water
Parking: Surface lot \$33 / month
Visitor parking on street
Safety: Management on-site & enterphone system
Activities: No
Shuttle: No
Features: A/C, seasonal pool, balcony, window coverings, carpet, tile & hardwood
Smart Card laundry on each floor, storage lockers & recycling program
Structure: 11 floors & elevator
Bus Stop: On River Ave route 68
On Osborne St routes 16, 18, & 60

35%

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River Heights

GRANT WILTON

1055 Grant Ave R3M 1Y5
Phone: 204-475-5849
Managed by: The Smith Agency
204-287-2872

Rent: 1 BR: \$800+
2 BR: \$996+

Included: Heat & water

Parking: Covered \$33 / month
Surface lot \$27 / month

Safety: Enterphone system, management on-site & no party policy

Activities: No

Shuttle: No

Features: A/C, storage in suite, venetian blinds, balcony, Smart Card laundry, carpet, hardwood & vinyl

Structure: 5 floors & elevator

Bus Stop: On Grant Ave route 66

CAMBRIDGE GARDENS

850 Cambridge St R3M 3W8
Phone: 204-475-0232
Managed by: Crystal Properties Ltd. **80%**
204-957-6350
Website: www.homebase.ca

Rent: 1 BR: \$825+ (742 - 757 sq/ft)
2 BR: \$1026+ (896 - 1178 sq/ft)

Included: Water

Parking: Surface lot 1 stall included in rent
Extra stall outdoors \$25 / month
Visitor parking available

Safety: Alarm system, cameras, enterphone system & on-site caretaker

Activities: Yes > call for more info

Shuttle: To grocer 1x / week

Features: A/C, balcony / patio, storage in suite, coin-op laundry, carpet & vinyl flooring

Structure: Built in 1984, 10 floors & elevator

Bus Stop: On Cambridge St routes 64, 78, 84 & 86

RIVERVIEW TOWERS

3 Donald St R3L 2P6
240 Stradbrook Ave R3L 2P7 **10%**
Phone: 204-453-3586 or 204-453-6896
Managed by: Quality Management Ltd.
204-452-0110
E-mail: winnipeg@qualitymanagement.net
Website: www.rentcanada.com

Rent: 1 BR: \$870 - \$890 (800 sq/ft)
2 BR: \$1020 - \$1035 (908 sq/ft)
Furnished suite: \$1450

Included: Heat, hydro, water & 12 channels of satellite TV

Parking: Parkade \$74 / month
Visitor parking available

Safety: Cameras, enterphone system, night security & on-site caretaker

Activities: No

Shuttle: No

Features: A/C, balcony / patio, exercise facilities, sauna, Smart Card laundry, carpet & vinyl flooring

Structure: Built in 1977, 18 floors (3 Donald) 15 floors (240 Stradbrook) & 2 elevators

Bus Stop: On Stradbrook Ave route 16, 18, 58, 60, 63, 64 & 68

CANTERBURY HOUSE

270 Roslyn Rd R3L 0H3
Phone: 204-452-6481 **15%**
Managed by: Akman Management
204-944-9721
E-mail: dgreaves@akman.mb.ca

Rent: 1 BR: \$875 - \$950
2 BR: \$1100 - \$1150

Included: Heat, hydro, water & central air

Parking: Indoor \$44, surface lot \$34
Visitor parking available

Safety: Secure building, management on-site & enterphone system

Activities: No

Shuttle: No

Features: Party room, balcony, window coverings, exercise room, laundry on every floor & hardwood floors

Structure: 12 floors & elevator

Bus Stop: On Osborne St route 16, 18 & 60

River Heights

WELLINGTON ARMS

277 Wellington Cres R3M 3V7

Managed by: Rivard Apartments
204-452-7388



Website: www.rentcanada.com

10%

Rent: Bach: \$923 (550 sq/ft)
1 BR: \$1275+ (755 & 770 sq/ft)
2 BR: \$1450 - \$1700
(800, 910, 915, 945 & 1100 sq/ft)

Included: Heat, hydro, laundry & water

Parking: Underground \$37 / month
Visitor parking available

Safety: Alarm system, cameras, enterphone system, key-card entry, night security & on-site caretaker

Activities: No

Shuttle: No

Features: A/C, balcony / patio, exercise facilities, pool, sauna, storage, carwash, whirlpool, carpet & ceramic tile flooring

Structure: Built in 1978, 19 floor & elevator

Bus Stop: On Wellington Cres route 68
On Corydon Ave route 18

HAREWOOD HOUSE

605 River Ave R3L 0E7

Managed by: Dorchester Developments
204-633-8787



Contact: 204-284-4434



Rent: 1 BR: \$1000+ (780 sq/ft)
2 BR: \$1250+ (1030 sq/ft)

Included: Heat, hydro & water

Parking: Underground \$74 / month
Visitor parking available

Safety: Alarm system, cameras, enterphone system & on-site caretaker

Activities: No

Shuttle: To grocer 1x / week

Features: A/C, balcony / patio, exercise facilities, storage, sauna, coin-op laundry, hardwood flooring & sunken living room

Structure: Built around 1969, 18 floors & elevator

Bus Stop: On River Ave route 68

60%

HAMPTON HOUSE

333 Wellington Crescent R3M 0A1

Phone: 204-475-5169

Managed by: Akman Management
204-944-9721

10%



E-mail: dgreaves@akman.mb.ca

Rent: 1 BR: \$1100+ (700 - 900 sq/ft)
2 BR: \$1330+ (1200 sq/ft)

Included: Heat, water & storage locker

Parking: Indoor \$38 / month
Surface lot \$25 / month
Visitor parking on street

Safety: Secure building & management on-site

Activities: No

Shuttle: No

Features: ATM on-site, Smart Card laundry, storage in suite & ramp in back for loading

Structure: 6 floors & elevator

Bus Stop: On Corydon Ave route 18

THE BOULTON

(Assisted Living)

45 Boulton Bay R3N 2C3

Phone: 204-475-4500

Managed by: Marwest Management Canada Ltd.

Website: www.theboulton.ca

E-mail: lsawatzky@theboulton.ca



Rent: 1 BR: \$2120 - \$2245 (600 /622 sq/ft)
2 BR: \$2715+ (865 sq/ft)
Extra person: Add \$350 / month

Included: Heat, hydro & water

Parking: Surface lot \$35 / month
Visitor parking available

Safety: Enterphone system, 24 hr security, camera & staff nurse

Activities: Yes > call or visit website

Shuttle: Outings, appointments & grocer

Features: A/C, balcony / patio, laundry in suite, party room, recycling, exercise room, carpet & vinyl flooring

Structure: Built 2005, 4 floors & elevator

Meals: 7 days / week, breakfast, dinner & snack included in rent

Bus Stop: On Kenaston Blvd route 78

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Seven Oaks

D.A.L.A.C.P.T. HOUSING CO-OP

200 Watson St R2P 1Z6

Managed by: Murdoch Management Inc.
204-982-2000



Website: www.lifelease.ca

Rent: 1 BR: 27% of gross income
2 BR: 27% of gross income
3 BR: 27% of gross income

Included: Heat, hydro & water

Parking: 1 stall included in rent
Visitor parking available

Activities: Yes > call for more info

Shuttle: To grocer 1x / week

Structure: Independent entrances

Bus Stop: On McPhillips St routes 18 & 71

MONASH MANOR INC.

865 Sinclair St R2V 3H3

Phone: 204-338-4671 ext 2223

Managed by: Astroid Management
204-338-4671 ext 2225



E-mail: astroid@mts.net

Rent: Bach: 25% of gross income
(370 sq/ft)
1 BR: 27% of gross income
(560 sq/ft)

Included: Heat, hydro, laundry & water

Parking: Surface lot \$12 / month
Visitor parking available

Safety: Enterphone system & on-site
caretaker

Activities: Yes > call for more info

Shuttle: No

Features: Party room & tile flooring

Structure: Built in 1976, 9 floors & elevator

Bus Stop: On Sinclair St route 71

TEMPLETON PROPERTIES

250-300 Templeton Ave R2V 1S2

Phone: 204-334-0420

Managed by: W.R.E. Development Ltd.
204-478-2450



E-mail: wredev@mts.net

Rent: Bach: \$331+
1 BR: \$422+
Subsidized rent available

Included: Laundry & water

Parking: Surface lot \$24 / month
No visitor parking available

Activities: No

Shuttle: No

Features: Carpet & vinyl flooring

Structure: Built in 1956 & 1966

Bus Stop: On Templeton Ave route 77

H.S.B.A. GARDENS

1001 Sinclair St R2V 3E7

Managed by: Astroid Management
204-338-4671



E-mail: astroid@mts.net

Rent: Bach: \$370 & \$385

Included: Heat, hydro, laundry & water

Parking: Surface lot \$32 / month
Visitor parking available

Safety: Enterphone system & on-site
caretaker

Activities: No

Shuttle: No

Features: Party room, carpet & vinyl flooring

Structure: 3 floors & elevator

Bus Stop: On Sinclair St route 71

Seven Oaks

CARRIAGE HOUSE NORTH

535 Leila Ave R2V 3N5
Phone: 204-338-9323
E-mail: chn1@shaw.ca



Rent: Bach: \$475
1 BR: \$700
2 BR: \$770
Included: Heat, hydro & water
Parking: Surface lot \$32 / month
Visitor parking available
Safety: Cameras, enterphone system,
on-site caretaker & 24 hr security
Activities: Yes > call for more info
Shuttle: To grocer 2x / week
Features: A/C, balcony / patio, exercise
facilities, party room, coin-op
laundry, carpet & vinyl flooring
Structure: Built in 1980, 6 floors & elevator
Bus Stop: On Leila Ave routes 17, 18, 32 & 77

GARDEN TOWERS

611 Jefferson Ave R2V 0P4
Phone: 204-339-4687
Managed by: Winpark Dorchester
204-633-8787

2%

Rent: Bach: \$660+
1 BR: \$780+
2 BR: \$900+
Included: Heat & water
Parking: \$35 / month
Visitor parking on street
Safety: Security entrance, on-site
management
Activities: No
Shuttle: No
Features: Coin-op laundry, carpet, vinyl &
elevator
Bus Stop: On Jefferson Ave route 18

LUTHER HOME

1084 Powers St R2V 2G8
Phone: 204-338-4641
E-mail: rhardie@lutherhome.mb.ca
Website: www.lutherhome.com



Rent: 1 BR: \$580 (650 sq/ft)
1 BR: \$630 (oversized)
2 BR: \$674 (750 sq/ft)
Included: Cable hydro A/C & water
Parking: Surface lot \$25 / month
Visitor parking available
Safety: Enterphone system & night security
Activities: Yes > call or visit website
Shuttle: To grocer every Wednesday
Features: Coin-op laundry & carpet
Structure: Built in 1969, 3 floors & elevator
Bus Stop: On Leila Ave routes 18, 32 & 77
Meals: Lunch & dinner, everyday;
\$165 / month for one meal / day or
\$245 / month for two meals / day

98%



BEIT-AM B'NAY ABRAHAM

765 Aikins St R2V 3S2
Managed by: Astroid Management Ltd.
204-338-4671
E-mail: astroid@mts.net



Rent: 1 BR: \$725
2 BR: \$800
Included: Heat, hydro & water
Parking: Surface lot \$30 / month
Visitor parking available
Safety: Enterphone system & on-site
caretaker
Activities: No
Shuttle: No
Features: Balcony / patio, coin-op laundry &
carpet flooring
Structure: 9 floors & elevator
Bus Stop: On Jefferson Ave route 18

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Seven Oaks

CRYSTALLITE APTS

445 Partridge Ave R2V 3H6

Phone: 204-338-1137

Managed by: Crystal Properties Ltd.
204-957-6350

Website: www.homebase.ca



60%

Rent: 1 BR: \$740+ (644 - 651 sq/ft)
2 BR: \$854+ (859 sq/ft)

Included: Heat, hydro & water

Parking: Surface lot, 1 stall included in rent
Visitor parking on street

Safety: Alarm system, enterphone system & on-site caretaker

Activities: No

Shuttle: No

Features: A/C, coin-op laundry, carpet & vinyl flooring

Structure: Built in 1976, 6 floors & elevator

Bus Stop: On Partridge Ave routes 18, 32 & 77

ROSH PINA HOUSING CO-OP

133 Matheson Ave R2W 5M7

Managed by: Astroid Management Ltd.
204-338-4671

E-mail: astroid@mts.net

Rent: 1 BR: \$750
2 BR: \$800
Subsidized rent available

Included: Heat, hydro & water

Parking: Surface lot \$31 / month
Visitor parking available

Safety: Emergency pull-cord, enterphone system, key-card entry & on-site caretaker

Activities: Yes > call for more info

Shuttle: No

Features: Balcony / patio, multi-purpose room, coin-op laundry, carpet & vinyl flooring

Structure: Built in 1990, 5 floors & elevator

Bus Stop: On Matheson Ave route 88

OLYMPIC TOWERS

480 Charles St R2W 4B9

Phone: 204-586-8737

Managed by: Towers Realty Group
204-956-2739

35%

Rent: 1 BR: \$750 - \$780
2 BR: \$903+

Included: Heat, hydro, water & A/C

Parking: Surface lot \$40 / month
Visitor parking on street

Safety: On-site management, security entrance & security camera

Activities: No

Shuttle: No

Features: Smart Card laundry, hardwood floors & elevator

Structure: 11 floors

Bus Stop: On Main St routes 18 & 32

NORTHWOOD OAKS

1452 Jefferson Ave R2P 0Z2

Phone: 204-633-2708

Managed by: Globe General Agencies
204-956-2233



Email: northwood@globegeneral.ca

10%

Rent: 1 BR: \$750+
1 BR: \$811+ (includes den)
2 BR: \$850+

Included: Water

Parking: \$37 / month surface lot
Visitor parking on street

Safety: Security entrance & on-site manager

Activities: No

Shuttle: No

Features: A/C, seasonal pool, Smart Card laundry, carpet & vinyl

Structure: 6 Floors & elevator

Bus Stop: On Jefferson Ave routes 33, 34 & 36

Seven Oaks

PARK ROYAL APTS

1050 McGregor St R2V 2J3

Managed by: Sussex Realty
204-488-4444

Website: www.sussexrealty.ca



50%

Rent: 1 BR: \$823
2 BR: \$908

Included: Cable, heat, hydro & water

Parking: Surface lot \$30 / month
Visitor parking available

Safety: Enterphone system & on-site caretaker

Activities: No

Shuttle: No

Features: Balcony

Structure: Elevator

Bus Stop: On McGregor St route 17

LEILA SQUARE

207-211-215 Watson St R2P 2E1

Phone: 204-633-2085
Managed by: Sussex Realty
204-488-4444

Website: www.sussexrealty.ca



Rent: 2 BR: \$860 - \$900

Included: Laundry in suite & water

Parking: Included in rent
2nd stall \$30 / month
Visitor parking available

Safety: Enterphone system & on-site caretaker

Activities: No

Shuttle: No

Features: Dishwasher & wood burning fireplaces

Structure: 2 floor walk up

Bus Stop: On Leila Ave routes 17 & 77

CONSULATE NORTH

595 Leila Ave R2V 3R7

Phone: 204-334-4357
Managed by: Laurence Management
204-831-9960

Rent: 1 BR: \$920 - \$935 (865 sq/ft)
1 BR: \$1050 - \$1150 (den included)
(1310 sq/ft)
1 BR + loft: \$1050 - \$1200 (970 sq/ft)
2 BR: \$1100 - \$1350 (970 sq/ft)

Included: Laundry in suite & water

Parking: Surface lot \$30 / month
Visitor parking available

Safety: Alarm system, camera, enterphone system & on-site caretaker

Activities: Yes > call for more info

Shuttle: To grocer on Tuesday afternoons

Features: A/C, balcony / patio, carpet & vinyl flooring

Structure: Built in 1987, 3 floors & elevator

Bus Stop: On Leila Ave routes 17, 18, 32 & 77

SHELARD MANOR

200 Adsum Dr R2P 0W7

Phone: 204-633-0716
Managed by: Globe General Agencies
204-956-2233



Email: shelard@globegeneral.ca

15%

Rent: 1 BR: \$950+
1 BR: \$1050+ (den included)
2 BR: \$1150+

Included: Heat, hydro, water & A/C

Parking: Covered lot \$42 / month
Surface lot \$36 / month
Visitor parking on street

Safety: Security entrance & manager on-site

Activities: No

Shuttle: No

Features: Seasonal pool, balcony, sauna, storage in suite & dishwasher

Structure: Elevator & sunken living room

Bus Stop: On Adsum Dr routes 17 & 77

Seven Oaks

RIVER RIDGE RETIREMENT RESIDENCE

(Assisted Living)

50 Ridgecrest Ave R2P 2X5

Phone: 204-589-2273

Managed by: All Seniors Care Living
Living Centres

Website: www.allseniorscare.com



- Rent:** 1 BR: call for price
2 BR: call for price
- Included:** Cable, heat, hydro, laundry & water
- Parking:** Surface lot
Visitor parking available
- Safety:** Alarm system, emergency call system, live-in managers & staff nurse
- Activities:** Yes > call
- Shuttle:** Yes > call for more information
- Features:** A/C, balcony / patio, exercise facilities, party room, games room & carpet
- Structure:** Built in 2012, 4 floors & elevator
- Bus Stop:** Ridgecrest route 32, Chief Peguis & Main St route 77
- Meals:** Breakfast, lunch, dinner & snacks every day, included in rent

WEST ST. PAUL

ST. BENEDICT'S PLACE

225 Masters Ave R4A 0A2

Managed by: Sisters of the Order of St. Benedict
204-338-4601

E-mail: stbens@mts.net

Website: www.stbens.ca



- Rent:** 1 BR: \$1472 (375 sq/ft)
- Included:** Cable, heat, hydro, laundry, telephone, water & weekly housekeeping
- Parking:** Garage with plug \$40 / month
Outside with plug \$20 / month
Outside no plug included in rent
Visitor parking available
- Safety:** Alarm system & enterphone system
- Activities:** No
- Shuttle:** To mall 2x / week
- Features:** A/C, exercise facilities, party room, carpet & vinyl flooring
- Structure:** Built in 1966 (renovated in 2006), 3 floors & elevator
- Meals:** Breakfast, lunch, dinner & snack, every day, included in rent

OLDER VICTIM SERVICES: HOW CAN WE HELP

We can help by providing; emotional support or an opportunity to talk about difficult feelings, information on the progress of the police investigation, information about the Criminal Justice System, information about the recovery and return of stolen property, assistance in applying for compensation, practical tips for personal and home safety, referrals to other community resources, including A & O's Program and Services.

BEREAVEMENT SUPPORT GROUPS: What is a Support Group?

A support group consists of individuals who find emotional support and healing through sharing their pain and learning from others. Groups are small to promote an informal, caring atmosphere.

St. Boniface

101 MARION ST

101 Marion St R2H 3C5
Phone: 204-945-7585
Apply to: Manitoba Housing Authority
 204-945-4663



65%

Rent: Bach: 25% of gross income (350 sq/ft)
 1 BR: 27% of gross income (580 sq/ft)
 Subsidized rent available

Included: Heat, hydro, laundry & water

Parking: Surface lot \$12 / month
 Visitor parking available

Safety: Alarm system, cameras, enterphone system & key-card entry

Activities: Yes > call for more info

Shuttle: No

Features: Grab bars

Structure: Elevator

Bus Stop: On Marion St routes 19 & 57

Meals: \$3.50 / meal

COLUMBUS MANOR

100-303 Goulet St R2H 3C4
Managed by: Tri Council Inc.
 204-233-7080

85%



Rent: Bach: 25% of gross income (360 sq/ft)
 1 BR: 27% of gross income (480 sq/ft)
 Subsidized rent available

Included: Heat, hydro, laundry & water

Parking: Surface lot \$12 / month
 Visitor parking on street

Safety: Alarm system, cameras, enterphone system, key-card entry, on-site caretaker & 24 hr security

Activities: Yes > call for more info

Shuttle: No

Features: Lounge, 9 suites are wheelchair accessible & tile flooring

Structure: Built in 1971, 10 floors & 2 elevators

Bus Stop: On Goulet St routes 19 & 56

Meals: Lunch, Mon - Fri, \$3 / meal, 50 cents for delivery to room, frozen meals available

875 ELIZABETH RD

875 Elizabeth Rd R2J 3K6
Apply to: Manitoba Housing Authority
 204-945-4663



75%

Rent: Bach: 25% of gross income
 1 BR: 27% of gross income
 Subsidized rent available

Included: Heat, hydro, laundry & water

Parking: Surface lot \$12 / month
 No visitor parking available

Safety: Emergency pull-cord, enterphone system & on-site caretaker

Activities: Yes > call for more info

Shuttle: To grocer & mall 1 - 2x / month

Features: Patio in backyard, garden & vinyl flooring

Structure: Built in 1975, 3 floors & elevator

Bus Stop: On Elizabeth Rd route 19

Meals: Lunch, Mon, Wed & Fri, \$3.50 / meal

CHEZ NOUS

187 Rue de la Cathedrale R2H 3C6
Phone: 204-233-7761
Managed by: L'Accueil Colombien Inc.
 204-233-0501



E-mail: gmacceuil@shaw.ca

Rent: Bach: 25% of gross income (380 sq/ft)
 1 BR: 27% of gross income (500 sq/ft)
 Subsidized rent available

Included: Heat, hydro & water

Parking: Surface lot \$25 / month
 Visitor parking available

Safety: Alarm system, camera, emergency pull-cord, enterphone system & on-site caretaker

Activities: Yes > call for more info

Shuttle: To grocer 2x / month

Features: Rooftop patio, gazebo, coin-op laundry & tile flooring

Structure: Built in 1973, 9 floors, elevator

Bus Stop: On rue de la Cathedrale route 56
 On Provencher route 10

Meals: Lunch, Mon - Fri, \$4.75 / meal

St. Boniface

HOLY CROSS MANOR

266 Enfield Cres R2H 1B7
Managed by: Holy Cross Housing Inc.
204-237-4125

15%

Rent: Bach: 25% of gross income
1 BR: 27% of gross income
Included: Heat, hydro, laundry & water
Parking: No resident or visitor parking
available & street parking only
Safety: Locked building at night
Activities: No
Shuttle: No
Features: Party room & vinyl flooring
Structure: Built in 1972, 3 floors & elevator
Bus Stop: On Eugenie St DART stop 171 &
route 10

Housing Information

A & O: Support Services for Older Adults Inc. provides housing consultations and presentations free of charge. If you would like to make a tax-deductible donation to help us maintain our services, please contact the Central Office at **204-956-6440**. The Housing Directory costs \$7.00 and is updated on a regular basis. It can also be downloaded from our website free of charge please visit us at: www.ageopportunity.mb.ca.

LEGION TOWERS

270 Kenny St R2H 2E6
Managed by: Canadian Legion Memorial
Housing Foundation
204-669-9969



Rent: Bach: \$280
1 BR: \$540
Included: Heat, hydro & water
Parking: Surface lot \$20 / month
No visitor parking available
Safety: Intercom system & on-site caretaker
Activities: No
Shuttle: To grocer 2x / month
Features: A/C & coin-op laundry
Structure: 10 floors & elevator
Bus Stop: On Tache Ave route 10

FOYER VINCENT INC.

200 Horace St R2H 0W5
Phone: 204-233-1925
E-mail: foyervincent@mts.net



Rent: Bach: \$320 (377 sq/ft)
1 BR: \$550 - \$618 (510 - 755 sq/ft)
Included: Laundry
Parking: Surface lot \$25 / month
Visitor parking available
Safety: Alarm system, emergency pull-cord,
enterphone system & on-site
caretaker
Activities: Yes > call for more info
Shuttle: To grocer every 2nd week
Features: A/C, exercise facilities, storage,
chapel, hairdresser, carpet & vinyl
flooring
Structure: 10 floors & elevator
Bus Stop: On Marion St route 19
Meals: Lunch, Mon - Fri, \$4.00 / meal

CHATEAU GUAY

231 Goulet St R2H 0S1
Phone: 204-940-3485
Managed by: Edison Properties
204-940-3450
E-mail: 231goulet@edisonproperties.ca

98%

Rent: Bach: \$488
1 BR: \$654
2 BR: \$776
Included: Heat, hydro & water
Parking: Underground \$36 / month
Visitor parking available
Safety: Cameras, enterphone system, key-
card entry & on-site caretaker
Activities: Yes > call for more info
Shuttle: No
Features: A/C, balcony / patio, party room,
pool, sauna, coin-op laundry, carpet,
parquet & vinyl flooring
Structure: Built in 1969, 15 floors & elevator
Bus Stop: On Goulet St route 19

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St. Boniface

MAISON DORCHESTER

300 Marion St R2H 0T9
Phone: 204-415-1520
Managed by: Winpark Dorchester
204-633-8787



10%

Rent: 1 BR: \$575+
2 BR: \$718+
Included: Heat, water
Parking: Surface parking available
Safety: On-site management
Activities: No
Shuttle: DART service
Features: Carpet, hardwood floors & coin-op laundry
Structure: 3 floor walk up
Bus Stop: On Marion St route 19

PLACE ST. BONIFACE

325 Enfield Cres R2H 1C3
Phone: 204-231-1050
Managed by: Winpark Dorchester
204-633-8787
E-Mail: placestb@mts.net



5%

Rent: 1 BR: \$598+
2 BR: \$742+
Included: Heat & water
Parking: \$46 / month
Visitor parking on the street
Safety: Security entrance, on-site management & 24 hr emergency service
Activities: No
Shuttle: DART service in area
Features: Newly renovated, new appliances, light fixtures & hardwood floors
Structure: 3 floor walk up
Bus Stop: On Marion St route 19
On Des Meurons St route 10

EIFFEL TOWER B

261 Goulet St R2H 0S3
Phone: 204-231-2215
Managed by: Globe General Agencies
204-956-2233
Website: www.globegeneral.ca



30%

Rent: Bach: \$598+
1 BR: \$778+
2 BR: \$879+
Included: Hydro, heat, water
Parking: Covered \$48 / month
Visitor parking available
Safety: Security entrance & on-site manager
Activities: Call for more info
Shuttle: To mall 1x / month
Features: Balcony, A/C, party room, seasonal pool, storage, carpet, vinyl & Smart Card laundry
Structure: 4 floors & elevator
Bus Stop: On Goulet St route 19 & DART service

EIFFEL TOWER A

291 Goulet St R2H 0S4
Phone: 204-237-8013
Managed by: Globe General Agencies
204-956-2233
Website: www.globegeneral.ca



30%

Rent: Bach: \$625+
1 BR: \$761+
2 BR: \$876+
Included: Hydro, heat, water
Parking: Covered \$48 / month
Visitor parking available
Safety: Security entrance & on-site manager
Activities: Call for more info
Shuttle: To mall 1x / month
Features: Balcony, A/C, party room, seasonal pool, storage, carpet, vinyl & Smart Card laundry
Structure: 4 floors & elevator
Bus Stop: On Goulet St route 19 & DART service

St. Boniface

GRANDVIEW APTS

77, 85, 93 Eugenie St R2H 0X6

Phone: 204-231-3796

Managed by: Globe General Agencies
204-956-2233

E-mail: info@globegeneral.ca



10%

Rent: Bach: \$630+
1 BR: \$720+
2 BR: \$850+

Included: Heat & water

Parking: \$55 for surface stall
Visitor parking on street

Safety: Security entrance & on-site manager

Activities: No

Shuttle: No

Features: On-site laundry, storage locker,
carpet & vinyl floors

Structure: 3 floor walk up

Bus Stop: On Goulet St route 19
On Des Meurons St route 10

COLONIAL COURTS

1006-1024 Archibald St R2J 0Z1

Phone: 204-233-7916

Managed by: WRE Developments
204-889-5409

Email: wredev@mts.net



5%

Rent: 1 BR: \$730+
2 BR: \$820+

Included: Heat, water, hydro & parking

Parking: Surface lot 1 stall included in rent
Visitor parking available

Safety: Management on-site, locked building
& enterphone

Activities: No

Shuttle: No

Features: Near BoniVital Pool, near Windsor
Park Golf Course, storage in suite,
carpet, tile & coin-op laundry on
each floor

Structure: 2½ story walk up

Bus Stop: On Archibald St route 19

PLACE RENNES

344 Enfield Cres R2H 1C5

Phone: 204-235-0568

Managed by: J.C. Property Management
204-943-1720



5%

Rent: 1 BR: \$639+
2 BR: \$755+

Included: Heat, hydro & water

Parking: Available call for more info
Visitor parking on the street

Safety: On-site resident manager

Activities: No

Shuttle: No

Features: Hardwood floors, coin-op laundry on
each floor & close to amenities

Bus Stop: On Goulet St route 19

Pour les services en francais: Conseil des francophones 55+

- Ressources et services en francais
- Trousse d'information pour les situations d'urgence (T.I.S.U.)
- Information sur les services communautaires et gouvernementaux
- Logement 55+
- Services de Sante
- Repas et Transport
- Activites et Loisirs

400 rue Des Meurons
Winnipeg, MB
R2H 2R1

Clement Perrault

Coordonnateur

Tel: 204-793-1054

Telec / Fax: 204-231-7071

conseil55@fafm.mb.ca

<http://www.fafm.mb.ca>

St. Boniface

ENFIELD ESTATES

358-370 Enfield Cres R2H 1C7

Phone: 204-237-6682

Managed by: Sherwood Development Ltd
204-953-1758



E-mail: 370enfield@gmail.com

5%

Rent: 1 BR: \$837+
2 BR: \$994+
3BR: \$1115+

Included: Heat, hydro, water, laundry in suite, dishwasher, A/C

Parking: Indoor \$36, outdoor \$24 / month
Visitor parking on street

Safety: Security entrance & on-site management

Activities: No

Shuttle: No

Features: Balcony, storage in suite & close to amenities

Structure: Stairs & 2 levels

Bus Stop: On Goulet St route 19
On Des Meurons St route 10 & DART service in area

GRENOBLE MANOR

415 Rue St Jean Baptiste R2H 2X6

Phone: 204-257-5838

Managed by: Globe General Agencies
204-956-2233



Website: www.globegeneral.ca

65%

Rent: 1 BR: \$837+
2 BR: \$994+
3 BR: \$1115+

Included: Heat, hydro & water

Parking: Surface lot & covered \$45 / month
Visitor parking available

Safety: Enterphone system & on-site caretaker

Activities: No

Shuttle: No

Features: A/C, balcony / patio, storage, carpet, hardwood, vinyl flooring & coin-op laundry

Structure: 5 floors, elevator

Bus Stop: On St Jean Baptiste route 56 & DART service in area

WILLOWLAKE GARDENS

321-133 Willowlake Cres R2J 3E6

Phone: 204-253-9753

Managed by: Lakewood Agencies Ltd.
204-982-5959



Website: www.rentcanada.com/lakewood



Rent: 1 BR: \$901+
2 BR: \$1015+

Included: Heat & water

Parking: Surface lot 1 stall included in rent
Visitor parking available

Safety: Alarm system, enterphone system & on-site caretaker

Activities: No

Shuttle: No

Features: A/C, balcony / patio, storage, coin-op laundry, mixed housing (unknown percentage), carpet & vinyl flooring

Structure: Built in 1973, 3 floors

Bus Stop: On Willowlake Cres routes 50, 75 & 96

WICKHAM PARK

100 Wickham Rd R2J 2L4

Phone: 204-254-7143

Managed by: Lakewood Agencies Ltd.
204-982-5959



Website: www.rentcanada.com/lakewood



Rent: 3 BR Town Homes call for prices
4 BR Town Homes call for prices

Included: Laundry in suite

Parking: Surface lot 1 stall included in rent
Visitor parking available

Safety: Alarm system

Activities: No

Shuttle: No

Features: A/C, balcony / patio, basement, mixed housing (unknown percentage), carpet & vinyl flooring

Structure: Built in 1970, 2 floors

Bus Stop: On Drake Blvd route 19

St. Boniface

DAWSON TRAIL APARTMENTS

5 Levesque St
25, 35, 45 & 55 Levesque St
Phone: Leasing office 204-256-1011
E-mail: dawson@wredevelopment.ca
Website: www.dawsontrailapt.ca
Managed by: W.R.E. Development Ltd.
204-889-5409
E-mail: wredev@mts.net

R2J 0S9
R2J 0T6
80%

Rent: 1 BR: \$1013+ (848 sq/ft)
2 BR: \$1186 - \$1273+ (980 sq/ft)
3 BR: \$1505+ (1229 sq/ft)

Included: Laundry in suite & water

Parking: Surface lot \$40 / month
Underground \$75 / month
Visitor parking available

Safety: Cameras, enterphone system, key-card entry & on-site caretaker

Activities: Yes > Call or visit website

Shuttle: No

Features: A/C, balcony / patio, exercise facilities, clubhouse, carpet & vinyl

Structure: Built in 2007, 3 floors, elevator

Bus Stop: On Lagimodiere Blvd routes 50 & 19

Signs of a good moving company:

1. Estimates are done in person and are available in writing.
2. Company trucks with company logo.
3. Deposits usually ensure job satisfaction.
4. Ask about rates: is it hourly or total job?
5. How many years the company has been in business – the more the better.
6. Offers mid-month moves discounts
7. Offers seniors' discounts.
8. Will provide and deliver packing materials.

CATHERINE PLACE

(Assisted Living)
190 Raymond Pl
R2H 1C8
Phone: 204-231-0999
E-mail: info@catherineplace.com
Website: www.catherineplace.com



Rent: Bach: \$1404 - \$1775
1 BR: \$1850 - \$2297

Included: Cable, heat, hydro, water & meals

Parking: Outdoor \$30, garage \$60 / month
Visitor parking available

Safety: Cameras, emergency pull-cord, on-site caretaker & 24 hr security

Activities: Yes > call or visit website

Shuttle: To grocer and mall on Tuesdays

Features: A/C, balcony, activity room, coin-op laundry & carpet flooring

Structure: Built in 1990, 3 floors & 2 elevators

Bus Stop: On Enfield Cres route 10

Meals: Breakfast, lunch, dinner & snacks & 24 hr cafeteria

MANOIR DE LA CATHEDRALE MANOR

(Assisted Living)
321 Rue de la Cathedrale
R2H 0A3
Phone: 204-231-2277
E-mail: jrbrown@calebgroup.ca
Website: www.calebgroup.ca
Managed by: Caleb Group
306-934-2075
E-mail: headoffice@calebgroup.ca



Rent: Bach: \$1495 (268 sq/ft)
1 BR: \$2195 (416 sq/ft)
2 BR: \$3295+ (707 sq/ft)
Extra person: add \$495 / month

Included: Heat, hydro, laundry, water & meals

Parking: Surface lot, covered, garages
\$40 - \$65 / month
Visitor parking available

Safety: Alarm system, emergency pendant, key-card entry, night security, on-site security & 24 hr security

Activities: Yes > call or visit website

Shuttle: Trips to medical appointments, special outings & mall

Bus Stop: On Rue de la Cathedrale route 56
On Des Meurons St route 10

Meals: Breakfast, lunch, dinner & snacks

St. Boniface

RESIDENCE DESPINS

(Assisted Living)

151 Rue Despins R2H 0L7

Phone: 204-480-2900

E-mail: afoidart@sgm.mb.ca

Managed by: Despins Charities

Affiliated with: Tache Nursing Centre



Rent: Bach: \$1500 - \$1610 (397 - 549 sq/ft)
1 BR: \$1705 - \$1955 (537 - 778 sq/ft)
2 BR: \$2150 - \$2310
(941 - 1156 sq/ft)

Included: Housekeeping, bed & linen service, meals, heat, water, laundry & hydro

Parking: Available at group rate
Visitor parking available

Safety: Security system, on-site personnel, secure building & in-house lifeline available at \$10 / month

Activities: Yes > call for more info

Shuttle: Trips to mall & special outings

Features: A/C, library, media room, games room, hobby kitchen, spa room with whirlpool & hair salon services

Structure: Formerly the provincial House of The Grey Nuns, renovated in 2005, 5 floors, 2 elevators, 48 Supportive units & 82 Assisted Living units

Bus Stop: On Tache Ave route 10

VILLA AULNEAU

(Assisted Living)

601 Aulneau Street R2H 2V5

Phone: 204-594-6300

Managed by: Despins Charities



Rent: Bach: \$1590 - \$1950
1 BR: \$1805 - \$2342
2BR: \$2342 - \$2870

Included: Cable, heat, hydro, water, house-keeping & meals

Parking: \$35 / month surface lot
Street parking for visitors

Safety: 24 / 7 on-site personnel

Activities: Yes > call

Shuttle: Yes for organized activities

Features: Services offered in French including Supportive Housing

Structure: 5 floors Former Grey Nuns building

Bus Stop: On Provencher Blvd Ave route 10 & DART service in area

Meals: Breakfast, lunch, dinner & snacks

[Manitoba Residential Tenancies Board](#)

For information on: Rights & Responsibilities, rent increases, landlord concerns, or in need of someone to advocate for you contact:

Residential Tenancies Branch

302-254 Edmonton St.

Winnipeg, MB

R3C 3Y4

Ph: **204-945-2476**

Fax: **204-945-6273**

Email: rtb@gov.mb.ca

Website: www.residentialtenancies.mb.ca

Organismes au services des aines:

La Federation des aines franco-manitobain

Gerard Cure, directeur general

605, rue Des Meurons, bureau 201

204-235-0670

www.fafm.mb.ca

Secretariat manitobain du mieux-etre des personnes agees et du vieillissement en santé

Personne-ressource

155, rue Carlton, bureau 822

204-945-6565

www.gov.mb.ca/shas/index.fr.html

Conseil manitobain du vieillissement

Jean-Yves Rochon, president

www.gov.mb.ca/shas/manitobacouncil/index.fr.html

Coalition d'une vie pour les aine.e.s au Manitoba

Elaine Primeau, coordinatrice des conferenciers

Courriel: eprimeau@shaw.ca

www.alcoa.mb.ca

St. James-Assiniboia

22 STRAUSS DR

22 Strauss Dr R3J 3V2
Apply to: Manitoba Housing Authority
 204-945-4663



Rent: Bach: 25% of gross income (420 sq/ft)
 1 BR: 27% of gross income (627 sq/ft)



55%

Included: Heat, hydro, laundry & water

Parking: Surface lot \$12 / month
 Visitor parking available

Safety: Enterphone system & medical alarm in suite

Activities: Yes > call for more info

Shuttle: To grocer weekly

Bus Stop: On Strauss Dr route 83

Meals: Mon - Fri, \$3.50 / meal

529 COUNTRY CLUB BLVD

529 Country Club Blvd R3K 1Z8
Apply to: Manitoba Housing Authority
 204-945-4663



Rent: Bach: 25% of gross income (420 sq/ft)
 1 BR: 27% of gross income (627 sq/ft)



75%

Included: Heat, hydro, laundry & water

Parking: Surface lot \$12 / month
 Visitor parking on street

Safety: Enterphone system & medical alarm in suite

Activities: Yes > call for more info

Shuttle: To grocer 2x / week

Bus Stop: On Portage Ave at Country Club Blvd routes 11, 21, 22 & 82

Meals: Mon - Fri, \$3.50 / meal

ST. JAMES LEGION LODGE

2730 Ness Ave R3J 1A7
Managed by: S.A.M. Management Inc.
 204-942-0991

E-mail: admin@sam.mb.ca

Website: www.sam.mb.ca

Rent: Bach: rent geared to income (max \$340)
 1 BR: rent geared to income (max \$600)

Included: Heat & water

Parking: Surface lot \$12 / month
 Visitor parking available

Safety: Alarm system, enterphone system & on-site caretaker

Activities: No

Shuttle: No

Features: Coin-op laundry & vinyl flooring

Structure: 3 floors, elevator

Bus Stop: On Ness Ave at Harcourt St routes 24 & 25

HAMILTON HOUSE

475 Hamilton Ave R2Y 2G5
Phone: 204-832-5501
E-mail: hamhouse@shaw.ca



Rent: Bach: \$430 (380 sq/ft)
 1 BR: \$555 (525 sq/ft)



Included: Heat, hydro & water

Parking: Surface lot \$20 / month
 Visitor parking available

Safety: Camera, enterphone system & on-site caretaker

Activities: Yes > call for more info

Shuttle: To grocer 3x / week

Features: Party room, coin-op laundry, carpet & vinyl flooring

Structure: Built in 1977, 6 floors & elevator

Bus Stop: On Hamilton Ave routes 24 & 25

St. James-Assiniboia

ST. JAMES KIWANIS COURTS

101-122 & 167-188 Sinawik Bay R3J 2Z4

Phone: 204-837-2305

E-mail: stjadmin@shaw.ca

Website: www.kiwanishomes.org



Rent: 1 BR: \$464 (440 sq/ft)
Included: Heat, hydro & water
Parking: Surface lot \$25 / month
Visitor parking available
Safety: On-site caretaker
Activities: Yes > call or visit website
Shuttle: To grocer 2x / week
Features: Balcony / patio, storage, coin-op laundry, carpet & vinyl flooring
Structure: Built in 1953, 1 floor
Bus Stop: On Ness Ave routes 24, 25 & 83

BILLINGSLEY MANOR

2515 Portage Ave R3J 0P2

Phone: 204-889-7012

Managed by: The Smith Agency
204-287-2872



22%

Rent: Bach: \$500+
1 BR: \$723+
2 BR: \$830+
Included: Heat & water
Parking: Underground \$34 / month
Visitor parking on street
Safety: Secure building, on-site caretaker
Activities: No
Shuttle: No
Features: Some balconies, storage, individual heat control, garbage chutes, coin-op laundry, carpet & vinyl flooring
Structure: Elevator & 6 floors
Bus Stop: On Portage Ave route 11

ST. JAMES KIWANIS MANOR

135 Sinawik Bay R3J 4A2

Phone: 204-837-2305

E-mail: stjadmin@shaw.ca

Website: www.kiwanishomes.org



Rent: 1 BR: \$563 (650 sq/ft)
2 BR: \$992 - \$1002 (860 - 885 sq/ft)
Included: Water
Parking: Surface lot \$25 / month
Visitor parking available
Safety: Camera, enterphone system & on-site caretaker
Activities: Yes > call or visit website
Shuttle: To grocer 2x / week
Features: A/C, balcony / patio, lounge, coin-op laundry, carpet & vinyl flooring
Structure: Built in 2005, 4 floors, elevator
Bus Stop: On Ness Ave routes 24, 25 & 83

WESTWOOD ESTATES

429 Westwood Dr R3K 2B9

Phone: 204-832-0981

Managed by: W.R.E. Development Ltd.
204-889-5409

Website: www.wredevelopment.ca

75%

Rent:** Bach: \$605+
1 BR: \$755+
1 BR: \$830+ (den included)
2 BR: \$846+
Includes: Water & A/C
Parking: Aboveground \$36 / month
Visitor parking available
Safety: Alarm system, camera, enterphone system, key-card entry & on-site caretaker
Activities: Yes > call or visit website
Shuttle: To grocer weekly
Features: A/C, balcony / patio, party room, coin-op laundry, carpet, vinyl flooring & dishwasher
Structure: Built in 1983, 15 floors & elevator
Bus Stop: On Portage Ave route 11

Information current as of 2011

St. James-Assiniboia

ST. JAMES KIWANIS LODGE

100 Sinawik Bay R3J 2Z4

Phone: 204-837-2305

E-mail: stjadmin@shaw.ca

Website: www.kiwanishomes.org

Rent: 1 BR: \$621 (560 sq/ft)
2 BR: \$705 (690 sq/ft)

Included: Heat, hydro & water

Parking: Surface lot \$25 / month
Visitor parking available

Safety: Enterphone system & on-site caretaker

Activities: Yes > call for more info

Shuttle: To grocer 2x / week

Features: A/C, balcony / patio, activity lounge, coin-op laundry, carpet & vinyl flooring

Structure: Built in 1983, 3 floors, elevator

Bus Stop: On Ness Ave routes 24, 25 & 83

COURTS OF ST. JAMES

2727 Portage Ave R3J 0R2

Phone: 204-888-3747 ext 304

E-mail: courts@globegeneral.ca

Managed by: Globe General Agencies
204-956-2233



Website: www.globegeneral.ca

55%

Rent: Bach: \$660+ Studio: \$700+
1 BR: \$835 - \$1041
2 BR: \$1010 - \$1364
3 BR: \$1294 - \$1999

Included: Heat, hydro & water

Parking: Surface & underground \$35 / month
Visitor parking available

Safety: Enterphone system, key-card entry, night security & manager on site

Activities: Yes > call for more info

Shuttle: To grocer

Features: A/C, balcony / patio, billiard room, convenience store, guest suites, indoor pool, carwash, party room, sauna, storage locker, Smart Card laundry, carpet, hardwood & vinyl

Structure: Elevator, 16 floors & 3 buildings

Bus Stop: On Portage Ave routes 11, 21, 22, 82 & 98

CARILLON TOWERS

1790 Portage Ave

R3J 0E9

Phone: 204-898-6973

Managed by: Towers Realty Group
204-956-2739

15%

Rent: Bach: \$679+
1 BR: \$876+
2 BR: \$1000+
Penthouse: \$1300+

Included: Heat & water

Parking: \$40 / month
Visitor parking on street

Safety: Management on-site & enterphone

Activities: No

Shuttle: No

Features: Balcony, recycling, storage locker, garburator, Smart Card \$10 / month, carpet & vinyl flooring

Structure: Elevator, 7 floors

Bus Stop: On Portage Ave route 11

BIRCHWOOD TERRACE

2440 Portage Ave

R3J 0N5

Phone: 204-837-6911

Managed by: Lakewood Agencies Ltd.
204-982-5959



Website: www.rentcanada.com



Rent: Bach: \$686+ (582 sq/ft)
1 BR: \$870+ (706 sq/ft)
2 BR: \$967+ (790 - 1020 sq/ft)

Included: Heat, water & hydro

Parking: Call for price
Visitor parking available

Safety: Alarm system, enterphone system & on-site caretaker

Activities: No

Shuttle: No

75%



St. James-Assiniboia

MANDEVILLE TOWERS

2075 Portage Ave R3J 0L1

Phone: 204-475-3858

Managed by: Globe General Agencies
204-956-2233

15%

E-mail: info@globegeneral.ca

Rent: Bach: \$698

1 BR: \$725

2 BR: \$845

Includes: Heat & water

Parking: Surface lot \$50 / month

Visitor parking on street

Safety: Security entrance, on-site management

Activities: No

Shuttle: No

Features: Storage locker, recycling program, laundry on-site, carpet & vinyl

Structure: Elevator, 5 floors

Bus Stop: On Portage routes 11, 21 & 22

VICTORIA ARMS

700 Setter St R2Y 0L5

Phone: 204-888-8490

Managed by: Globe General Agencies
204-956-2233



65%

Website: www.globegeneral.ca

E-mail: victoria@globegeneral.ca

Rent: Bach: \$750+

1 BR: \$940+

2 BR: \$1050+

Included: Heat, hydro & water

Parking: 1 parking stall included in rent

Visitor parking available

Safety: Camera, enterphone system, key-card entry & on-site caretaker

Activities: Yes > call for more info

Shuttle: To grocer 3x / week

Features: A/C, balcony / patio, party room, indoor pool, carwash, sauna, storage, Smart Card laundry, hardwood flooring & seniors club

Structure: Elevator & 14 floors

Bus Stop: On Sturgeon Rd route 83

On Portage Ave route 11

PARK TOWERS

2300 Portage Ave. R3J 0M4

Phone: 204-896-0216

Managed by: A.S.H. Management

E-mail: ash_management@rentcanada.com

15%

Rent: 1 BR: \$760+

2 BR: \$870+

Included: Heat & water

Parking: Surface lot, call for prices

Visitor parking on street

Safety: Security entrance

Activities: No

Shuttle: No

Features: Balcony / patio, coin-op laundry on every floor, A/C, carpet, hardwood & tile flooring

Structure: Elevator, 7 floors

Bus Stop: On Portage Ave routes 11 & 21

TOWERS OF POLO PARK

666 St. James St R3G 3J6

Phone: 204-786-3376

Managed by: W.R.E. Development
204-889-5409

55%

E-mail: wredev@mts.net

Rent: Bach: \$767+

1 BR: \$870+

2 BR: \$1042+

3 BR: \$1370+

Included: Heat, hydro, water & A/C

Parking: Heated, indoor parking \$50 / month

Visitor parking available

Safety: On-site manager, key-card entry & enterphone

Activities: Yes > call for more info

Shuttle: Call for more info

Features: Senior's games room, rooftop pool, in suite storage, balconies, wheelchair accessible, coin-op laundry, across from Polo Park, carpet & parquet floors

Structure: Two elevators & 16 floors

Bus Stop: On Portage Ave routes 11, 12, 20, 24, 26, 66, 67, 77, 78, 79 & 95

St. James-Assiniboia

STURGEON PARK HOUSE

3063 Portage Ave R3K 1Z2

Phone: 204-832-6776

Managed by: W.R.E. Development Ltd.
204-889-5409

35%

Rent: 1 BR: \$780+ (675 sq/ft)
2 BR: \$850+ (855 sq/ft)

Included: Heat, hydro, A/C & water

Parking: \$36 / month
Visitor parking available

Safety: Alarm system, enterphone system,
on-site caretaker & key-card entry

Activities: No

Shuttle: No

Features: A/C, Smart Card laundry, storage in
suite & carpet flooring

Structure: 14 floors, elevator

Bus Stop: On Portage Ave routes 11, 21, 22 &
82

THE MOUNT ROYAL APTS

2265 Portage Ave R3J 0M1

Phone: 204-479-3336

Managed by: Winpark Dorchester
204-633-8787



Rent: 1 BR: \$815+
2 BR: \$1015+



10%

Included: Heat & water

Parking: Surface lot \$45 / month
Visitor parking available

Safety: On-site management, security
entrance, enterphone system &
locked building

Activities: No

Shuttle: No

Features: Newly renovated, A/C, dishwasher,
Smart Card laundry, exercise room,
hardwood floors & pet friendly (cats
only)

Structure: 3 floor walk up

Bus Stop: On Portage Ave routes 11, 21 & 22

ST. JAMES KIWANIS VILLA

155 Sinawik Bay R3J 0H5

Phone: 204-837-2305

E-mail: stjadmin@shaw.ca

Website: www.kiwanishomes.org



Rent: 1 BR: \$825 (650 sq/ft)
2 BR: \$992 - \$1002 (860 - 885 sq/ft)

Included: Water

Parking: Surface lot \$25 / month
Visitor parking available

Safety: Camera, enterphone system
& on-site caretaker

Activities: Yes > call for more info

Shuttle: To grocer 1x / week

Features: A/C, balcony / patio, lounge, coin-op
laundry, carpet & vinyl flooring

Structure: Built in 2007, 4 floors & elevator

Bus Stop: On Ness Ave routes 24, 25 & 83

PINEWOOD PLACE

2510 Portage Ave R3J 0N9

Phone: 204-832-4159

Managed by: Globe General Agencies
204-956-2233

15%

Rent: 1 BR: \$830 - \$850
2 BR: \$970 - \$990

Included: Heat, hydro, water

Parking: Underground \$44 / month
Surface lot \$33 / month
Visitor parking on street

Safety: Security building & on-site caretaker

Activities: No

Shuttle: No

Features: Balconies, in suite storage, coin-op
laundry & hardwood floors

Structure: Elevators & 8 floors

Bus stop: On Portage Ave route 11

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St. James-Assiniboia

VILLAGE SQUARE

505 Rouge Rd R3K 1Y3

Phone: 204-837-8948

Managed by: A.S.H Management
204-982-7973

E-mail: villagesquare@shaw.ca



53%

Rent: 1 BR: \$830 - \$900 (718 - 733 sq/ft)
2 BR: \$985 - \$1027 (968 sq/ft)

Included: Heat, hydro & water

Parking: Surface lot 1 stall included in rent
Visitor parking available

Safety: Enterphone system

Activities: No

Shuttle: To grocer 1x / week

Features: A/C, storage in suite, Smart Card laundry & carpet flooring

Structure: 1 level with stairs

Bus Stop: On Rouge Rd routes 11, 21 & 22

2600 / 2610 PORTAGE AVE

R3J 3R2

Phone: 204-832-3693

Managed by: Lakewood Agencies Ltd.
204-982-5959

Website: www.rentcanada.com



45%

Rent: 1 BR: \$846 - \$904
2 BR: \$1005 - \$1022+

Included: Heat, water, A/C & drapes

Parking: Aboveground & covered included in rent
Visitor parking available

Safety: Alarm system, enterphone system & on-site caretaker

Activities: No

Shuttle: No

Features: Balcony / patio, coin-op laundry, carpet, linoleum & hardwood

Structure: Built in 1971, 7 floors, elevator

Bus Stop: On Portage Ave routes 11, 21, 83 & 98

DAVID ESTATES

3563 / 3567 Portage Ave R3K 2E1

Phone: 204-837-5440

Managed by: W.R.E. Development Ltd.
204-889-5409

Website: www.wredevelopment.ca



25%

Rent: 1 BR: \$860+
2 BR: \$980+

Subsidized rent available

Included: Heat, hydro, A/C & water

Parking: Surface lot \$25 / month
Visitor parking available

Safety: Camera, enterphone system & on-site caretaker

Activities: Yes > call for more info

Shuttle: To grocer 1x / week

Features: Balcony / patio, exercise facilities, sauna, coin-op laundry, carpet, vinyl flooring & dishwasher

Structure: Built in 1980 & 3 floors

Bus Stop: On Portage Ave routes 11, 21, & 22

HILLSBORO HOUSE

616 Strathcona St R3G 3E8

Phone: 204-786-3301

Managed by: Laurence Management Group
204-831-9960

E-mail: Lmgroupp@shaw.ca

25%

Rent: 1 BR: \$900 (without balcony)
1 BR: \$925 (wait list for balcony)
2 BR: \$1010 (without balcony)
2 BR: \$1035 (wait list for balcony)
Seniors discount available

Included: Heat & water

Parking: Underground \$50 / month
Surface \$35 / month
Visitor parking on street

Safety: Caretaker on-site & security monitored entrance

Activities: Yes > call for more info

Shuttle: No

Features: Central air, newly renovated, dishwasher, seasonal pool, garbage chutes, Smart Card laundry, recycling, ceramic, parquet, some hardwood & tile flooring

Structure: Elevator & 8 floors

Bus Stop: On Portage Ave route 11

St. James-Assiniboia

ASHBURY PLACE

299 Queen St

R3J 3V5



Phone: 204-832-5847

Managed by: Marwest Management Canada Ltd.
204-947-1200

E-mail: info@marwest.ca

50%

Rent: 1 BR: \$950+ (586 - 600 sq/ft)
2 BR: \$1100+ (740 - 830 sq/ft)

Included: Heat, hydro & water

Parking: Surface lot \$17 / month,
Covered \$22 / month
Visitor parking available

Safety: Camera, enterphone system
& on-site caretaker

Activities: Yes > call for more info

Shuttle: To grocer 1x / week

Features: A/C, balcony / patio, Smart Card
laundry, carpet & vinyl flooring

Structure: Built in 1978, 11 floors & 2 elevators

Bus Stop: On Ness Ave routes 24 & 25

QUAIL RIDGE ESTATES

210 Quail Ridge Rd

R2Y 2N1



Phone: 204-885-0769

Managed by: Weidner Apartment Homes

E-mail: quailridge@dweidner.com



25%

Rent: 1 BR: \$950 - \$980 (580 sq/ft)
2 BR: \$1020 - \$1045 (830 sq/ft)

Included: Heat, water, & parking

Parking: Surface lot call for pricing
Visitor parking available

Safety: Alarm system, enterphone system
& on-site caretaker

Activities: Yes > call for more info

Shuttle: No

Features: Balcony, A/C, grab bars, carpet &
linoleum flooring, washer & dryer in
suite

Structure: Elevator & 5 floors

Bus Stop: On Quail Ridge Rd route 83

455 WESTWOOD DRIVE

455 Westwood Dr

R3K 1W6

Phone: 204-889-6073

Managed by: WRE Development
204-889-5409

E-mail: westwood455@hotmail.com



Rent: 1 BR: \$996 (687 sq/ft)
2 BR: \$1275 & \$1375
(929 sq/ft & 1020 sq/ft)

3 BR: \$1575 (1166 sq/ft)

Included: Water

Parking: Surface \$36 / month
Underground \$100 / month
Visitor parking available

Safety: Key-card entry, enterphone system,
locked building, on-site caretaker &
manager

Activities: Cribbage, birthday parties, exercise
classes, shuffleboard & card games

Shuttle: No

Features: A/C, balcony / patio, exercise
facilities, recycling, carpet & tile
flooring

Structure: Built 2012, elevator & 12 floors,

Bus Stop: On Portage Ave route 11, 21, 22 &
24

Internet Resource list

- www.ageopportunity.mb.ca – map listings with latest changes and rent updates
- www.winnipegrentnet.ca
- www.rentcanada.ca - type in Province and city and follow the links
- www.kijiji.ca - user friendly, can also place an ad for an apartment
- www.sublet.com - follow the links
- www.wfpstuff.ca - Winnipeg Free Press Classifieds on line
- www.gov.mb.ca/shas will bring you to the Senior Secretariat website which also has listings for Rural Manitoba
- www.virtualhospice.ca

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St. James-Assiniboia

METROPOLITAN KIWANIS COURTS

(Assisted Living) 2300 Ness Ave

Phone: 204-885-7700

E-mail: shunter@kiwaniscourts.ca

R3J 1A2



Rent: Bach: \$1040 (287 sq/ft)

1 BR: \$1290 - \$1580

(585 - 795 sq/ft)



Phase II 2BR: \$2025

Extra person: add \$450 / month

Included: Heat, hydro, water (free laundry only for \$1580 rent) & meals

Parking: Surface lot, call for pricing

Visitor parking available

Safety: Alarm system, camera, enterphone system, night security & on-site caretaker

Activities: Yes > call for more info

Shuttle: To grocer 2x / week

Features: A/C, exercise facilities, party room, coin-op laundry, carpet & vinyl

Structure: Phase I built in 1995, Phase II built in 2000, 3 floors & 3 elevators

Bus Stop: On Ness Ave routes 24, 25 & 83

Meals: Breakfast, lunch, dinner & snack



STURGEON CREEK I RETIREMENT

RESIDENCE

(Assisted Living)

10 Hallonquist Dr

R2Y 2M5

Managed by: All Seniors Care

204-885-1415

Website: www.allseniorscare.com

Rent: 1 BR: \$2400+ (470 - 678 sq/ft)

2 BR: \$3500+ (705 - 840 sq/ft)

Extra person: add \$395 / month

Included: Heat, hydro, water, laundry, meals & housekeeping

Parking: Surface lot, 1 stall included in rent, garages \$50 / month

Safety: Alarm system, camera, emergency pull-cord, night security, nurse on staff, on-site caretaker & 24 hr security

Activities: Yes > call for more info

Shuttle: To grocer 4x / week, to medical appointments 2x / week

Features: See listings in Sturgeon Creek II

Structure: Built in 2005, 4 floors & elevator

Bus Stop: On Sturgeon Rd route 83

Meals: Lunch, dinner & snacks



WAITING LIST FACTS

- Put your name on as many waiting lists as you like, but keep track of them
- The length of waiting lists does not always reflect the actual number of people still waiting
- Each place has their own way of handling their waiting lists

MANITOBA APPEAL BOARD

For information on decisions made regarding:

- Insured Benefits
- Authorized charges
- Home Care
- Other appeals as mandated in legislation

Consolidated Telephone Lines:

Appeal Line: **204-788-6704**

Provincial Toll Free: **1-866-744-3257**

Mailing Address:

Manitoba Health Appeal Board
Room 4012
300 Carlton St.
Winnipeg, MB
R3B 3M9

St. James-Assiniboia

STURGEON CREEK II RETIREMENT RESIDENCE

(Assisted Living)

707 Setter St R2Y 0A4

Managed by: All Seniors Care
204 885-0303

Website: www.allseniorscare.com



- Rent:** 1 BR: \$2400+ (410 - 605 sq/ft)
2 BR: \$3500+ (740 - 822 sq/ft)
Extra person: add \$395 / month
- Included:** Heat, hydro, water, laundry, housekeeping & meals
- Parking:** Surface lot 1 stall included in rent
Visitor parking available
- Safety:** Alarm system, camera, emergency pull-cord, nurse on staff, on-site caretaker & 24 hr security
- Activities:** Yes > call for more info
- Shuttle:** To grocer 3x / week
To medical appointments 2x / week
- Features:** A/C, balcony / patio, exercise facilities, storage space, spa tub, chapel, movie theatre, multi-purpose room, internet, lounge, library, convenience store, beauty salon / barber, bistro lounge, games room, carpet & vinyl flooring
- Structure:** Built in 2007, 4 floors & elevator
- Bus Stop:** On Portage Ave routes 11, 21, 22 & 82
- Meals:** Breakfast, lunch, dinner & snack

BECOME A TOUGH TARGET

Safety & Security presentations from A & O are free. Trained speakers deliver an informative and entertaining presentation geared to older adults.

Call **204-956-6440** for more information.

THE WESTHAVEN

(Assisted Living)

3033 Portage Ave R3K 2E3

Phone: 204-831-6742

Managed by: Holiday Retirement Corp.
503-370-7071

Website: www.holidaytouch.com



- Rent:** 1 BR: \$3000+ (580 sq/ft)
2 BR: \$5200+ (1200 sq/ft)
- Included:** Cable, heat, hydro, laundry, water & meals
- Parking:** Surface lot included in rent
Visitor parking available
- Safety:** Alarm system, emergency pull-cord, enterphone system, live-in managers & on-site caretaker
- Activities:** Yes > call for more info
- Shuttle:** To grocer 6x / week
- Features:** A/C, balcony / patio, exercise facilities, hair salon, party room, carpet & vinyl flooring
- Structure:** Built in 1984, 13 floors & elevator
- Bus Stop:** Portage Ave routes 11, 21, 22 & 82
- Meals:** Breakfast, lunch, dinner & snack

SAFETYAID: CRIME AND FALLS PREVENTION FOR OLDER MANITOBANS

What is the SafetyAid program?

SafetyAid is a crime and falls prevention program that helps prevent break and enters and gives seniors a greater sense of safety and security in their homes. SafetyAid also provides material on how to prevent falls. Call **204-956-6440** to book an appointment.



BACHMAN & ASSOCIATES



**Dave Lowery & Associates
Century21 Bachman & Associates
204-797-3000**

May we recommend:

Dave Lowery from Century21 Bachman & Associates is the guy who is the Realtor® of choice! He is honest, reliable, and friendly. The choice is clear for many of the following reasons:

- Expert with Senior Clients
- 30 years experience
- Top Realtor, CENTURION® Awards Winner since 1997
- Supporter of the A & O Seniors Housing & Lifestyles Expo since 2008
- No charge / obligation market evaluation
- Personal performance guarantee

info@davelowery.com
www.davelowery.com

St. Vital

60 CHESTERFIELD

60 Chesterfield Ave R2M 5A3
Apply to: Manitoba Housing Authority
204-945-4663



Rent: Bach: 25% of gross income
1 BR: 27% of gross income
Subsidized rent available

Included: Heat, hydro, laundry & water

Parking: Surface lot \$12 / month
Visitor parking available

Safety: Camera, emergency pull-cord,
enterphone system, locked building
& on-site caretaker

Activities: Yes > call for more info

Shuttle: To grocer 1x or 2x / month

Features: Patio, garden & vinyl flooring

Structure: Built in 1975, 14 floors & elevator

Bus Stop: On St. Mary's Rd routes 14, 51, 54 & 76

Meals: Lunch, Mon - Fri, \$3.50 / meal



Senior Centre Without Walls

This program offers a variety of recreational and educational classes to older adults over the phone. You can participate from the comfort of your home through telephone conference calls. No special equipment is needed and the calls are completely free. Call **204-956-6440** to find out more.

ST VITAL KNIGHTS VILLA PHASE 1

537 St. Anne's Rd R2M 3E8
Managed by: Murdoch Management Inc.
204-982-2000

Website: www.lifelease.ca



Rent: 1 BR: 27% of gross income
Subsidized rent available

Included: Heat, hydro & water

Parking: Resident & visitor parking available

Safety: Locked building

Activities: Yes > call for more info

Shuttle: No

Features: Games room, lounge, multi-purpose room & garden plots available

Structure: 6 floors & elevator

Bus Stop: On St. Anne's Rd routes 55 & 59

CHESTERFIELD HOUSING DEV. INC.

30 Chesterfield Ave R2M 1T6
Phone: 204-803-1310

Owned by: Kinsmen Club of St. Boniface, St. Vital & Norwood



Rent: Bach: \$290
1 BR: \$370

Included: Heat & water

Parking: Surface lot \$15 / month
Visitor parking available

Safety: Alarm system & on-site caretaker

Activities: No

Shuttle: No

Features: Party room, storage locker / room,
coin-op laundry & tile flooring

Bus Stop: On St. Mary's Rd routes 14, 51, 54 & 76
On Dakota route 55

Safe Suite Program

The Safe Suite Program provides temporary housing for men, and women and couples 55+ who are in need of a safe place to stay due to abuse or neglect. Clients are provided with furnished accommodations for up to 60 days at no cost. Social Workers provide counselling services and practical assistance in arranging finances, housing and legal services. For more information call **204-956-6440**.

MIKE SUNKA PLACE

275 St. Anne's Rd R2M 4V1
Managed by: S.A.M. Management
204-942-0991

Rent: Bach: \$309 - \$345 (375 sq/ft)
1 BR: \$415 (424 sq/ft)
2 BR: \$561 (567 sq/ft)

Included: Cable, heat, hydro & water

Parking: Surface lot \$22 / month
Visitor parking available

Safety: Camera, enterphone system, locked building & on-site caretaker

Activities: Yes > call for more info

Shuttle: To grocer

Features: Party room, coin-op laundry, carpet & vinyl flooring

Structure: Built in 1969, 6 floors & elevator

Bus Stop: On St. Anne's Rd routes 55 & 59

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CHALET LOUIS RIEL

67 Richfield Ave R2M 2R9
Managed by: Chalet Louis Riel Corp.
204-255-6026

Rent: Bach: \$320 (330 sq/ft)
1 BR: \$376 (460 sq/ft)
Included: Heat, hydro & water
Parking: Surface lot \$20 / month
Visitor parking on street
Safety: Alarm system & locked building
Activities: Yes > call for more info
Shuttle: To grocer on Tues & Thurs
Features: Patio, storage in suite, common room, coin-op laundry, vinyl & tile flooring
Structure: Built in 1972 & 1 floor
Bus Stop: On St. Anne's Rd routes 55 & 59

[Pour les services en français:](#)
[Conseil des francophones 55+](#)

400 rue Des Meurons, Winnipeg, MB R2H 2R1
Clement Perrault, Coordonnateur
Tel: **204-793-1054**
Telec / Fax: **204-231-7071**
conseil55@fafm.mb.ca
<http://www.fafm.mb.ca>

ANAVET LODGE

166 Beliveau Rd R2M 1S9
Managed by: S.A.M Management
204-942-0991

Rent: Bach: \$331 - \$356
1 BR: \$426
Included: Cable, heat, hydro & water
Parking: Surface lot \$22 / month
Visitor parking on street
Safety: Enterphone system, locked building & on-site caretaker
Activities: No
Shuttle: No
Features: Party room, lounge, kitchen, coin-op laundry, carpet & vinyl flooring
Structure: 1 floor
Bus Stop: On Beliveau Rd route 55

MEADOWOOD MANOR TOWERS

575 St. Anne's Rd R2M 5B2
Phone: 204-257-2394
E-mail: info@meadowood.ca
Website: www.meadowood.ca

Rent: Bach: \$418 (405 sq/ft)
1 BR: \$523 (486 sq/ft)
Subsidized rent available
Included: Heat, hydro & water
Parking: Surface lot \$25 / month
Visitor parking available
Safety: Camera, emergency pull-cord, enterphone system & locked building
Activities: Yes > see website or call
Shuttle: To grocer on Tues and Thurs
Features: Party room, coin-op laundry & tile flooring
Structure: Built in 1977, 10 floors & elevator
Bus Stop: On St. Anne's Rd routes 55 & 59
Meals: Lunch & dinner, every day
Extra cost / meal



RIVERSIDE LIONS ESTATES

188 Worthington Ave R2M 5K1
Phone: 204-255-8940
Managed by: Riverside Lions Estate

Rent: 1 BR: \$558 - \$619 (560 - 620 sq/ft)
2 BR: \$561 - \$757 (760 - 820 sq/ft)
3 BR: \$710 - \$875 (835 - 1000 sq/ft)
Subsidized rent available
Included: Heat, hydro & water
Parking: Surface lot \$40 / month
Underground \$65 / month
Visitor parking available
Safety: Alarm system, camera, enterphone system & on-site caretaker
Activities: Yes > call for more info
Shuttle: To grocer Tues, Thurs & every second weekend
Features: A/C, grab bars, storage in suite, coin-op laundry & carpet flooring
Structure: Elevator
Bus Stop: On St. Anne's Rd routes 55 & 59
Meals: Available a la Carte



90%

St. Vital

RIVER CLAYTON

61 Clayton Dr R2M 1G3

Phone: 204-254-1731

Managed by: Globe General Agencies
204-956-2233

E-mail: info@globegeneral.ca



Rent: Bach: \$560+

1 BR: \$650+

2 BR: \$744+

5%

Included: Heat, water

Parking: Surface lot \$50

Visitor parking on street

Safety: Locked building, on-site personnel & enterphone system

Activities: No

Shuttle: No

Features: A/C, recycling, storage locker / room
coin-op laundry, carpet & vinyl
flooring

Structure: 3 floors

Bus Stop: On St. Anne's Rd route 55 & 59

RIVER GARDENS

21 Clayton Dr R2M 1G2

Phone: 204-940-3476

Managed by: Edison Properties
204-940-3450

E-Mail: 21clayton@edisonproperties.ca

80%

Rent: Bach: \$589

1 BR: \$661 - \$701

2 BR: \$797 - \$845

3 BR: \$862

Included: Heat, hydro, water & A/C

Parking: Underground \$36 / month

Non-residents \$40 / month

Visitor parking available

Safety: On-site management & secured
building

Activities: Yes > call for more info

Shuttle: Call for more info

Features: Balcony, wheelchair access, seniors'
social club, recreation room,
convenience store on-site, Smart
Card laundry, carpet & vinyl

Structure: Elevators & 5 floors

Bus Stop: On St. Anne's Rd route 55

SEINE RIVER GARDENS

41 Clayton Dr R2M 1G3

Phone: 204-940-3477

Managed by: Edison Properties
204-940-3450

E-mail: 41clayton@edisonproperties.ca

60%

Rent: Bach: \$619

1 BR: \$822

2 BR: \$924 - \$974

Included: Heat, hydro, water & A/C

Parking: Underground \$36 / month

Non-resident \$40 / month

Visitor parking on street

Safety: Secure building, on-site caretaker &
enterphone system

Activities: Yes > call for more info

Shuttle: Call for more info

Features: Elevator, balcony, indoor pool,
sauna, wheelchair access, on-site
convenience store, recreation room,
Smart Card laundry, carpet & vinyl

Structure: 2 buildings, 6 floors & elevator

Bus Stop: On St. Anne's Rd route 55

SOUTHGATE PLAZA

50 Alpine Ave R2M 0Y6

Phone: 204-257-8228

Managed by: Sussex Realty
204-488-4444

Website: www.sussexrealty.ca



20%

Rent: Bach: \$638

1 BR: \$980

2 BR: \$1100

Included: Cable, heat, hydro, water & A/C

Parking: Included in rent

Visitor parking available

Safety: Enterphone system, locked building
& on-site caretaker

Activities: No

Shuttle: To grocer

Features: Balcony & seasonal pool, coin-op
laundry, carpet & vinyl

Bus Stop: On Alpine Ave route 16

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St. Vital

APPLETON ESTATES 2

133 Niakwa Rd R2M 5J5

Phone: 204-940-3482

Managed by: Edison Properties
204-940-3450

E-mail: 135niakwa@edisonproperties.ca



Rent: 1 BR: \$643 (690 - 710 sq/ft)
1 BR: \$876 (newly renov)
2 BR: \$763 - \$929 (810 - 950 sq/ft)
Penthouse \$1364
Subsidized rent available

Included: Water & heat

Parking: Underground \$36 / month
Visitor parking available

Safety: Alarm system, camera, enterphone system, key-card entry

Activities: Yes > call for more info

Shuttle: To grocer 2x / week

Features: A/C, balcony / patio, party room, pool, sauna, coin-op laundry & carpet flooring

Structure: Built in 1983, 16 floors & elevator

Bus Stop: On St. Anne's Rd route 55
On Niakwa Rd route 16

KENBUR GARDENS

329 St. Anne's Rd R2M 3B2

Phone: 204-940-3486

Managed by: Edison Properties
204-940-3450

E-mail: 329stannes@edisonproperties.ca



Rent: 1 BR: \$650 (694 sq/ft)
1 BR: \$1078 - \$1089 (newly renov)
2 BR: \$706 - \$933 (923 - 935 sq/ft)

Included: Heat, hydro & water

Parking: Underground \$36 / month
Visitor parking available

Safety: Alarm system, camera, enterphone system, locked building & on-site caretaker

Activities: Yes > call for more info

Shuttle: To grocer 2x / week

Features: A/C, balcony / patio, party room, pool, sauna, coin operated laundry, carpet, vinyl & tile flooring

Structure: Built in 1970, 10 floors & elevator

Bus Stop: On St. Anne's Rd routes 55 & 59

APPLETON ESTATES 1

133 Niakwa Rd R2M 5J5

Phone: 204-940-3482

Managed by: Edison Properties
204-940-3450

E-mail: 133niakwa@edisonproperties.ca



Rent: 1 BR: \$660 (690 - 710 sq/ft)
1 BR: \$802 - \$867 (newly renov)
2 BR: \$781 - \$950 (950 sq/ft)
Subsidized rent available

Included: Water, heat & 1 parking stall

Parking: Underground \$36 / month 95%
Visitor parking available

Safety: Alarm system, camera, enterphone system, locked building

Activities: Yes > call for more info

Shuttle: To grocer 3x / week

Features: A/C, balcony / patio, sauna, whirlpool, coin-op laundry & carpet

Structure: Built in 1983, 17 floors & elevator

Bus Stop: On St. Anne's Rd route 55
On Niakwa Rd route 16

CHELSEA PLACE 1 & 2

130 Beliveau Rd R2M 1S7

88 Eric St R2M 4A7

Phone: 204-452-0110 ext 116

Managed by: Quality Management Ltd.
204-452-0110

E-mail: qualitymanagement@mts.net

Website: www.qualitymanagement.net

10%

Rent: Bach: \$696 (520 sq/ft)
1 BR: \$843 (785 sq/ft)
2 BR: \$1039 (1000 - 1030 sq/ft)
3 BR: \$1297 (1150 sq/ft)

Included: Heat, hydro & water

Parking: Above \$40 / month
Underground \$50 / month
Visitor parking available

Safety: Enterphone system, night security & on-site caretaker

Activities: No

Shuttle: No

Features: A/C, balcony / patio, exercise facilities, pool, Smart card laundry, carpet & vinyl flooring

Structure: Built in 1970, 12 floors & elevator

Bus Stop: On Beliveau Rd route 55

St. Vital

ROTUNDA TOWERS

22 Beliveau Rd R2M 1S5

Managed by: Sussex Realty
204-488-4444

Website: www.sussexrealty.ca



50%

Rent: 1 BR: \$770+ (600 - 900 sq/ft)
2 BR: \$800+ (900 sq/ft)
Included: Heat, hydro, water & A/C
Parking: Underground \$32 / month
Visitor parking available
Safety: Enterphone system, locked building,
on-site caretaker & 24 hr security
Activities: Yes > call for more info
Shuttle: Grocer 1x / week
Features: A/C, laundry on every floor & carpet
flooring
Structure: Elevator
Bus Stop: On Dakota St routes 16, 51, 55 & 58

NIAKWA TOWER

115 Niakwa Rd R2M 5A8

Phone: 204-254-4176

Managed by: Rancho Realty
204-233-4200



70%

Rent:** 1 BR: \$790 - \$820+ (600 - 675 sq/ft)
2 BR: \$890 - \$950 (830 sq/ft)
Included: Heat, hydro & water
Parking: Surface lot 1 stall included in rent
Visitor parking available
Safety: Enterphone system & on-site
caretaker
Activities: Yes > call for more info
Shuttle: To mall 2x / week
Features: A/C, balcony, storage in suite, Smart
Card laundry & carpet flooring
Structure: Elevator
Bus Stop: On St. Anne's Rd route 55
On Niakwa Rd route 16

****Information current as of 2011****

ARDEN ESTATES

24 Arden Ave R2M 2J9

Phone: 204-960-1344

Managed by: A.S.H. Management Group
204-982-7973

E-mail: fdesk@ashmanagementgroup.com

Rent: 1 BR: \$795+
2 BR: \$895+
Included: Water
Parking: Surface lot \$25 / month
Visitor parking available
Safety: Secured entrance
Activities: No
Shuttle: No
Features: Large balcony, dishwasher, laundry
on-site, A/C, carpet & vinyl
Structure: Multi-level & elevator
Bus Stop: On St. Mary's Rd routes 14, 54, 51 &
76

SEINE RIVER HAVEN

571 St. Anne's Rd R2M 1T3

Phone: 204-942-0991

Managed by: S.A.M. Management

Rent: 1 BR: \$800
2 BR: \$880
Included: Water
Parking: Surface lot \$35 / month
Visitor parking available
Safety: Locked building, enterphone system
Activities: To be organized by tenants
Shuttle: No
Features: 3 laundry facilities / floor, recreation
rooms, pet friendly wing available,
carpet & vinyl
Structure: Built 2008, 4 floors, 3 elevators & all
wheelchair accessible
Bus Stop: On St. Anne's Rd routes 55 & 59



St. Vital

GOLDEN ARMS

11 St. Michael Rd R2M 2K5

Phone: 204-255-8600

Managed by: Globe General Agencies
204-956-2233

Website: www.globegeneral.ca



65%

Rent: 1 BR: \$890+
2 BR: \$1140+

Included: Heat, hydro & water

Parking: Surface lot \$55 / month
Visitor parking available

Safety: Enterphone system & on-site caretaker

Activities: No

Shuttle: No

Features: A/C, balcony / patio, carpet, vinyl flooring & Smart Card laundry

Structure: Elevator

Bus Stop: On St. Mary's Rd routes 14, 51, 54 & 76

RIVER MEADOW ESTATES

1153 St. Anne's Rd R2N 0G2

Phone: 204-256-5666

Managed by: Broadstreet Properties Ltd.
204-415-3004

45%

E-Mail: rivermeadowestates@broadstreet.ca

Rent: 1 BR: \$950 (650 sq/ft)
1 BR: \$1030 (includes den)
2 BR: \$1195 (750, 835 & 860 sq/ft)

Included: Water

Parking: Surface lot \$50 / month
Parking included in rent for 2 BR
Visitor parking available

Safety: Alarm system, camera, enterphone system, locked building & on-site personnel

Activities: Yes > call for more info

Shuttle: No

Features: A/C, balcony / patio, recycling, laundry in suite, carpet & vinyl flooring

Structure: Built in 2007, 4 floors & elevator

Bus Stop: St. Anne's Rd routes 58, 59 & 93

MEADOWOOD GARDENS

576 St. Anne's Rd R2M 5S8

Phone: 204-255-8346

Managed by: Crystal Properties Ltd.
204-957-6350

50%

Rent: 1 BR: \$990+ (700 - 740 sq/ft)
1 BR + den: \$1000+ (920 sq/ft)
2 BR: \$1307+ (920 - 1135 sq/ft)

Included: Laundry & water

Parking: Surface lot \$45 / month
Underground \$90 / month
Visitor parking available

Safety: Alarm system, camera, enterphone system, locked building & on-site caretaker

Activities: No

Shuttle: No

Features: A/C, balcony / patio, party room, storage in suite, carpet & vinyl floor

Structure: Built in 2005, 5 floors & elevator

Bus Stop: On St. Anne's Rd routes 55 & 59

ARDEN HOLLOWS

15 Arden Ave R2M 2J8

Phone: 204-509-7806

Managed by: Timbercreek Asset Management
Inc.
204-942-5622

10%

Rent: 1 BR: \$1051
2 BR: \$1250 - \$1450

Included: Heat & water

Parking: Surface lot \$65 / month
Heated underground \$85 / month
Visitor parking on street

Safety: Cameras, keyless entry

Activities: No

Shuttle: No

Features: Newly renovated, hardwood and ceramic floors, fireplaces, central air, dishwasher, microwave, washer & dryer in suite

Structure: Elevator & 9 floors

Bus Stop: On St. Mary's routes 14, 54, 51 & 76



St. Vital

CREEKSIDE TERRACE

200, 208, 212, 216, & 220 Burning Glass Rd

Phone: 204-415-3913 R2X 0H3

Managed by: Broadstreet Properties Ltd.
866-736-8515

E-Mail: info@broadstreet.ca

Website: www.broadstreet.ca



- Rent:** 2 BR: \$1085 (850 - 922 sq/ft)
2 BR: \$1115 (923 - 943 sq/ft)
- Included:** Water
- Parking:** \$50 / stall
- Safety:** Enterphone, locked building & on-site personnel
- Activities:** No
- Shuttle:** No
- Features:** A/C, balcony / patio, party room, washer & dryer in suite, hardwood, carpet & vinyl flooring
- Structure:** Built in 2010, 5 buildings, 4 floors & elevator
- Bus Stop:** On Sage Creek routes 20 & 50

86 NIAKWA ROAD

86 Niawka Rd R2M 3A5

Phone: 204-257-1887

Managed by: Sherwood Development Ltd.
204-953-1750



Website: www.sherwooddevelopments.com

- Rent:** 2 BR: \$1355+
- Included:** Heat, hydro & water
- Parking:** Heated underground parking
- Safety:** Camera, secure building entry & on-site personnel
- Activities:** Call for more info
- Shuttle:** No
- Features:** A/C, balcony / patio, recreation room, recycling, washer & dryer in suite, indoor bicycle parking, carpet & vinyl flooring
- Structure:** Built in 2011 & elevator
- Bus Stop:** Niawka at Seagrim route 16
Niawka at St. Anne's routes 55 & 59

RIVERSIDE LIONS SENIORS RESIDENCES

(Assisted Living)

c/o 188 Worthington Ave R2M 5K1

Phone: 204-255-8940

Fax: 204-257-8538

Assisted Living (27 units 3 wheelchair access):

- Rent:** 1 BR: \$1943+
(552 - 654 sq/ft)
- Included:** Heat, water, hydro, basic cable, meals & laundry
- Parking:** Above \$35 / month
Covered \$70 / month
Visitor parking available
- Safety:** Enterphone, camera, key-card entry & caretaker on-site
- Activities:** Yes > call for more info
- Shuttle:** To grocer & outings
- Features:** A/C, exercise facilities, recycling, courtyard & party room
- Structure:** Built in 2008 & 5 floors
- Bus Stop:** On St. Anne's Rd routes 55 & 59
- Meals:** Breakfast, lunch, dinner & snack



DAKOTA HOUSE

(Assisted Living)

1145 Dakota St R2N 0A4

Phone: 204-663-4983

Managed by: Homestead Manitoba Ltd.

Website: www.homesteadmanitoba.ca



- Rent:** 1 BR: \$2290 - \$2600
(640 - 815 sq/ft)
2 BR: \$2800+ (865 sq/ft)
- Included:** Heat, hydro, laundry, water & meals
- Parking:** Surface lot \$50 / month
Visitor parking available
- Safety:** Camera, enterphone system, locked building & on-site caretaker
- Activities:** Yes > see website
- Shuttle:** To grocer 1x / week
To mall 2x / month
- Features:** Balcony / patio, party room, A/C housekeeping 1x / week, catering, walking paths, carpet & vinyl flooring
- Structure:** Built in 2006, 4 floors & elevator
- Bus Stop:** On Dakota St routes 14, 58, 93 & 96
- Meals:** Morning buffets & dinner

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St. Vital

SEINE RIVER RESIDENCES

(Assisted Living)

1015 St. Anne's Rd

R2N 4G5

Phone: 204-256-8877

Managed by: All Seniors Care
204-885-0303



Website: www.allseniorscare.ca

E-mail: hmutcheson@allseniorscare.com

- Rent:** 1 BR: \$2800+
2 BR: \$3750
Extra person: add \$500 / month
- Included:** Heat, hydro & water
- Parking:** Surface lot stall included
Visitor parking available
- Safety:** 24 hr on-site staff, locked building, enterphone system, bathroom safety features & intercom system
- Activities:** Yes > call for more info
- Shuttle:** Yes > call for more info
- Features:** A/C, balcony / patio, exercise facilities, party room, recycling program, storage locker, free laundry & linen service
- Structure:** 4 floors & elevator
- Bus Stop:** On St. Anne's Rd route 55
- Meals:** 3 meals provided daily & snacks

THE CANOE CLUB

(Assisted Living)

40 Dunkirk Dr

R2M 5R4

Phone: 204-231-5777

Managed by: The Caleb Group

Website: www.calebgroup.ca

Email: gm.canoeclub@calebgroup.ca



- Rent:** 1 BR: \$2900+
All inclusive
- Parking:** Underground parking \$100 / month
Visitor parking available
- Safety:** 24 hr on-site security & Concierge service
- Activities:** Yes > see website or call
- Shuttle:** Yes > call for more info
- Features:** Full food services, 24 hr Bistro, valet, housekeeping, transportation, carpet, tile & ceramic flooring
- Structure:** Built in 2008, elevators & 4 floors
- Bus Stop:** On Dunkirk routes 16, 51, 55 & 58
- Meals:** 24 hour Bistro, 3 meals daily & snacks included

Notes

Organismes au services des aines:

La Federation des aines franco-manitobain

Gerard Cure, directeur general
605, rue Des Meurons, bureau 201
204-235-0670

www.fafm.mb.ca

Secretariat manitobain du mieux-etre des personnes ages et du vieillissement en santé

personne-resource
155, rue Carlton, bureau 822
204-945-6565

www.gov.mb.ca/shas/index.fr.html

Conseil manitobain du vieillissement

Jean-Yves Rochon, president
www.gov.mb.ca/shas/manitobacouncil/index.fr.html

Coalition d'une vie pour les aine.e.s au Manitoba

Elaine Primeau, coordinatrice des conferenciers
Courriel: eprimeau@shaw.ca
www.alcoa.mb.ca

Transcona

COLUMBUS VILLA

680 Kildare Ave E R2C 3M8
Phone: 204-222-8292

Rent: Bach: rent geared to income (360 sq/ft)
1 BR: rent geared to income (525 sq/ft)
Subsidized rent available

Included: Heat, hydro, laundry & water

Parking: Surface lot \$12 / month
Visitor parking on street

Safety: Alarm system, camera, emergency pull-cord, enterphone system & on-site caretaker

Activities: Yes > call for more info

Shuttle: No

Features: Storage space & vinyl flooring

Structure: Built in 1973, 3 floors & elevator

Bus Stop: On Kildare Ave E routes 46 & 47

500 WIDLAKE

500 Widlake St R2C 3K8
Phone: 204-414-4919
Managed by: Widlake Properties Inc



Rent: Bach: \$310
1 BR: \$380

Included: Heat, hydro & water

Parking: Surface lot \$20 / month
Visitor parking on street

Safety: Alarm system & on-site caretaker

Activities: Yes > call for more info

Shuttle: To grocer 1x / week

Features: Party room, storage space, coin-op laundry, carpet & vinyl flooring

Structure: Built in 1964, 1 floor

Bus Stop: On Kildare Ave E routes 46 & 47



BECOME A TOUGH TARGET

Safety & Security presentations are free. Trained speakers deliver an informative and entertaining presentation geared to older adults. Call **204-956-6440**.

EAST PARK LODGE

720 Kildare Ave E R2C 4P2
Phone: 204-222-3251 ext 0

Rent: 1 BR: \$602 (575 sq/ft)
2 BR: \$714 (675 sq/ft)
Subsidized rent available

Included: Heat, hydro, laundry & water

Parking: Surface lot \$20 / month
Visitor parking available

Safety: Enterphone system

Activities: Yes > call for more info

Shuttle: To grocer 1x / week

Features: Balcony & lounge

Bus Stop: On Kildare Ave E routes 46 & 47



EDGEWOOD PLACE

30 Guy Savoie Dr R2J 3R7
Phone: 204-777-5182
Managed by: Broadstreet Properties Ltd.
866-736-8515



Website: www.broadstreet.ca
E-Mail: info@broadstreet.ca



Rent: 2 BR: \$1085 (861 - 922 sq/ft)
2 BR: \$1115 (923 - 971 sq/ft)

Included: Water

Parking: \$50 / stall
Visitor parking available

Safety: Enterphone system, locked building & on-site personnel

Activities: No

Shuttle: No

Features: A/C, balcony / patio, party room, washer & dryer in suite

Structure: Built in 2012, 3 buildings, 4 floors & elevator

Bus Stop: On Dugald routes 49 & 87

Transcona

KILDONAN GREEN APTS

45 Kildonan Green Dr R3W 0E6

Phone: 204-330-9755

Managed by: Homestead Manitoba

Website: www.homesteadmanitoba.ca



Rent: 1 BR: \$1224 (906 sq/ft)
2 BR: \$1290 - \$1525
(906 - 1132 sq/ft)

Included: Heat, hydro & water

Parking: Surface lot \$50 / month
Visitor parking available

Safety: Call for more info

Activities: Call for more info

Shuttle: No

Features: A/C, balcony / patio, storage locker & recycling program

Structure: Built in 2011, 4 floors & elevator

Bus Stop: Plessis at Spring Meadow routes 42 & 92

DEVONSHIRE HOUSE I

(Assisted Living)

75 Kildonan Green Dr R3W 0E1

Phone: 204-667-2412

Managed by: Homestead Manitoba

Website: www.homesteadmanitoba.ca

Email: devshire@mts.net



Rent: 1 BR: \$1920 - \$2102
(622 - 738 sq/ft)
2 BR: \$2490 - \$2570
(879 - 904 sq/ft)

Extra Person: Add \$299 / month

Included: Heat, hydro, water, A/C & central air
Parking: Surface lot \$50 / month
Visitor parking available

Safety: Enterphone system, camera & locked building

Activities: Yes > call for more info

Shuttle: Yes to grocer

Features: Balcony / patio, party room, storage in suite, recycling program, carpet & vinyl

Structure: Built in 2009, 4 floors & elevator

Meals: Daily brunch & dinner included

Bus Stop: On Plessis Rd routes 42 & 92

DEVONSHIRE HOUSE II

(Assisted Living)

65 Kildonan Green Dr R3W 0E7

Phone: 204-222-8962

Managed by: Homestead Manitoba

Website: www.homesteadmanitoba.ca

Email: devshire@mts.net



Rent: 1 BR: \$2000 (622 - 738 sq/ft)
2 BR: \$2620 (879 - 904 sq/ft)

Extra person Add \$275 / month

Included: Heat, hydro, water, A/C & central air

Parking: Surface lot \$50 / month
Visitor parking available

Safety: Enterphone system, camera & locked building

Activities: Yes > call for more info

Shuttle: Yes to grocer

Features: Balcony / patio, party room, storage in suite, recycling program, carpet & vinyl

Structure: Built in 2011, 4 floors & elevator

Meals: Daily brunch & dinner included

Bus Stop: On Plessis Rd routes 42 & 92

Senior Centre Without Walls

This program offers a variety of recreational and educational classes to older adults over the phone. You can participate from the comfort of your home through telephone conference calls. No special equipment is needed and the calls are completely free. Call **204-956-6440** to find out more.

2: Life Leasing www.lifelease.ca / www.sam.mb.ca

Life Lease projects are an independent living form of rental housing and are governed by legislation in Manitoba. The “deposit” required to purchase the Life Lease is called an **Entrance Fee**. Fees usually range from \$25,000 to \$80,000. Entrance fees are recovered when the tenant leaves the residence, either as a refund from the landlord, or through the sale (assignment) or the right to lease. An increased **Entrance Fee** would directly reduce your monthly costs. For example: if the minimum entrance fee for your suite was \$33,254 and you added \$50,000, 100% of the interest earned on the additional investment would be applied toward lowering the monthly operating costs of your suite.

Why Life Lease?

In Manitoba, Life Lease projects have age restrictions; they are reserved for those aged 55 plus. They are designed to have recreational facilities, security systems, and other amenities desired by older adults. Landlords of Life Lease projects are usually not for profit organizations formed by churches, service clubs or not for profit sponsors, most of whom want to keep monthly occupancy fees affordable. Life Lease residents are represented by a Board of Directors, and thus have some input into the management and operation of their building.

Life Lease refers to the *Life Expectancy* of the building.

Depending on the Life Lease setup, tenants can realize several benefits:

- The flexibility of rental combined with the stability of ownership
- Usually only 90 days’ notice is needed to terminate the lease unless; a death occurs and then all capital is returned to the Estate, or to a surviving spouse on the lease, or other arrangements have been made.
- All building and grounds maintenance, administration, common costs, property taxes, building insurance, & all utilities are the responsibility of the organization.
- Residents are only responsible for the costs of telephone, cable TV, and household insurance costs
- Residents can enjoy the use of common amenities, games room, exercise room, multipurpose rooms, solariums, landscaped grounds, etc.

**** Life Lease agreements are very complex. You are encouraged to seek legal advice or assistance before signing a contract***

Accessing Life Lease Housing

Due to the nature of life lease housing, tenant costs and building features vary greatly between establishments. For information on this type of housing, you must contact the organization that manages the residence, using the phone numbers provided:

Life Leasing Sites

Assiniboine South

Beauchemin Park Place

5995 Roblin Blvd.

Phone: **204-982-2000**

Central

Kiwanis Chateau

430 Webb Pl.

Phone: **204-943-8647**

Fort Garry

Lions Park Square

65 Paget St.

Phone: **204-475-6565**

River Heights

Riverbend Plaza

400 Osborne St.

Phone: **204-942-0991**

River East

Lions Cove

15 Valhalla Dr.

Phone: **204-942-0991**

St. Boniface

Agape Villa

395 Beaverhill Blvd.

Phone: **204-942-0991**

St. Boniface

Villa Beliveau

500 Beaverhill Blvd.

Phone: **204-982-2000**

Assiniboine South

Vasa Lund Estates

5445 Roblin Blvd.

Phone: **204-942-0991**

Fort Garry

Lindenlake Terrace

895 Wilkes Ave.

Phone: **204-487-6519**

Fort Garry

Southpark Estates

132 Marrington Rd.

Phone: **204-269-7382**

River East

The Cornerstone Life Lease Estates I

1865 Gateway Rd.

Phone: **204-667-0866**

River East

The Cornerstone Life Lease Estates II

Gateway and Knowles

Phone: **204-633-5373**

River East

Baron Estates

1395 Molson St.

Phone: **204-667-5768**

St. Boniface

Place Eugenie

201 Eugenie St.

Phone: **204-237-0141**

St. Boniface

Villa Tache Inc.

400 Des Meurons St.

Phone: **204-233-5337**

Central

Fred Douglas Place

333 Vaughan St.

Phone: **204-982-0330**

Fort Garry

Lindenwood Estates

495 Lindenwood Dr. E.

Phone: **204-475-9990**

Fort Garry

Lindenholtm Place

885 Wilkes Ave.

Phone: **204-489-1398**

Point Douglas

Valhalla Cove

147 Aberdeen Ave.

Phone: **204-589-7381**

St. Boniface

Saints Peter & Paul Manor

375 Goulet St.

Phone: **204-231-9420**

St. James Assiniboia

Colorado Estates

140 Ferry Rd.

Phone: **204-942-0991**

Life Leasing Sites Cont'd

St. James Assiniboia

St. James Lions Estates

866 Sturgeon Rd.

Phone: **204-889-2150**

St. James Assiniboia

Glendale Court

3950 Portage Ave.

Phone: **204-837-2150**

St. James Assiniboia

Donwood West

1490 Portage Ave.

Phone: **204-783-8045**

St. Vital

St. Vital Knights Villa Ph II

537 A St. Anne's Rd.

Phone: **204-783-8045**

St. Vital

Vic Wyatt House

919 St. Anne's Rd.

Phone: **204-982-2000**

St. Vital

Kirchoff Gardens

1295 Dakota St.

Phone: **204-253-8690**

Seven Oaks

Middlechurch on the Red

260 Balderstone Rd.

Phone: **204-982-7973**

St. Andrews

Mapleton Lane

1192 River Rd.

Phone: **204-953-1470**

Transcona

Park City Meadows

1090 Devonshire Dr. W.

Phone: **204-982-2000**

Transcona

St. Michael's Villa

114 Yale Ave. E.

Phone: **204-982-2000**

Transcona

Transcona Place

110 Victoria Ave. W.

Phone: **204-989-5922**

204-224-3879

Proud to Support the Community



ALL SENIORS CARE™ LIVING CENTRES

Call to find a Retirement Residence nearest you!

855.316.CARE (2273)

Victoria Landing

10 Victoria Ave. E
(204) 571-6000

Sturgeon Creek I

10 Hallonquist Dr.
(204) 885-1415

Sturgeon Creek II

707 Setter St.
(204) 885-0303

River Ridge

50 Ridgecrest Ave.
(204) 589-2273

Winnipeg

Shaftesbury Park

905 Shaftesbury Blvd.
(204) 885-7272

Seine River

1015 St. Anne's Rd.
(204) 256-8877

Brandon

www.allseniorscare.com



PROUDLY  CANADIAN

3: Assisted Living

“Independent Living with a Service Package”

Assisted Living

Assisted Living is a rental unit designed for those who wish to remain independent, but who need a little extra help with daily tasks. Assisted living is similar to Supportive Housing in the sense that it combines independent living with services such as meals, housekeeping and laundry, without 24 hour home care. Because each residence is independently owned and operated, the level of services provided varies from facility to facility.

It is also important to note that Assisted Living facilities are not licensed as such. Essentially, they are room and board facilities geared to the needs of older adults. Any special needs you or your loved ones may have must be kept in mind when considering a move to an Assisted Living community.

Assisted Living Offers

A private apartment / room	Meals
Housekeeping, laundry & support services	Common living & recreation areas
Assistance with some daily activities	Social opportunities

Cost of Assisted Living

Expect to pay more for Assisted Living than you would if living independently. As the level of services increase, so does the cost of the apartment. It is recommended that you contact or visit the residence for more information.

Accessing Assisted Living

In the Winnipeg area, there are many locations that offer standard housekeeping, meals and / or laundry services in an effort to reduce daily chores. To access this type of housing, you must contact the organization that manages the residence using the contact info provided on the following pages.

Deciding on the Right Place for You

It is important that you research the facility you are interested in. We suggest making several visits, at various times of the day, to each residence you are considering. Go on a tour and try one of the meals. Doing so will help you determine whether the level of service provided is consistent, and will help you acquire a realistic view of what it will be like to live there. Bring someone you trust with you to help make a decision that is right for you. Consider the following:

- What did the atmosphere feel like to you, did you feel welcome?
- Consider the quality of the accommodations is it clean, is there enough room for any mobility equipment you might need?
- Many buildings do not allow scooters or power wheelchairs; ask the right questions as it affects your lifestyle.

Assisted Living Projects:

Assiniboine South

Assiniboine Links

4025 Roblin Blvd.
Phone: **204-897-6854**

The Wellington

3161 Grant Ave.
Phone: **204-831-0788**

Portsmouth Retirement Residence

125 Portsmouth Blvd.
Phone: **204-284-5432**

Shaftesbury Park Retirement Residence

905 Shaftesbury Blvd.
Phone: **204-885-7272**

Central Winnipeg

Arlingtonhaus

880 Arlington St.
Phone: **204-783-3752**

The Quest Inn

367 Ellice Ave.
Phone: **204-956-0100**

Fort Garry

Lindenwood Manor

475 Lindenwood Dr. E.
Phone: **204-475-9990**

Lindenwood Terrace

490 Lindenwood Dr. E.
Phone: **204-489-2112**

Sterling House

909 Wilkes Ave.
Phone: **204-489-4745**

Riverwood Square

1778 Pembina Hwy.
Phone: **204-275-7632**

The Parkway I

85 Paget St.
Phone: **204-487-8500**

The Parkway II

95 Paget St.
Phone: **204-487-8500**

The Waverley

857 Wilkes Ave.
Phone: **204-487-9600**

River East

Kildonan House

216 Edison Ave.
Phone: **204-338-8182**

Concordia Village I & II

1125 Molson St.
Phone: **204-667-6479**

Concordia Village III

1115 Molson St.
Phone: **204-667-6479**

River Heights

The Boulton

45 Boulton Bay
Phone: **204-475-4500**

Assisted Living Projects cont'd

Seven Oaks

Amber Meadow
320 Pipeline Rd.
Phone: **204-633-5467**

River Ridge Retirement Residence
50 Ridgecrest Ave.
Phone: **204-589-2273**

St. Boniface

Catherine Place
190 Raymond Pl.
Phone: **204-231-0999**

Residence Despins
151 Rue Despins
Phone: **204-480-2900**

Manoir de la Cathedrale
321 Rue de la Cathedrale
Phone: **204-231-2277**

Villa Aulneau
601 Aulneau St.
Phone: **204-594-6300**

St. James-Assiniboia

Metropolitan Kiwanis Courts
2300 Ness Ave.
Phone: **204-885-7700**

Sturgeon Creek I
10 Hallonquist Dr.
Phone: **204-885-1415**

Sturgeon Creek II
707 Setter St.
Phone: **204-885-0303**

The Westhaven
3033 Portage Ave.
Phone: **204-831-0788**

St. Vital

Dakota House
1145 Dakota St.
Phone: **204-663-4983**

Seine River Residences
1015 St. Anne's Rd.
Phone: **204-256-8877**

The Canoe Club
40 Dunkirk Dr.
Phone: **204-231-5777**

Riverside Lions Seniors Residences
188 Worthington Ave.
Phone: **204-255-8940**

Transcona

Devonshire House I
75 Kildonan Green Dr.
Phone: **204-667-2412**

Devonshire House II
65 Kildonan Green Dr.
Phone: **204-222-8962**

4: Companion Care

Companion Care

Companion Care is for people who can no longer manage independently, but prefer to live in a house rather than a personal care home. Companion Care providers offer personal care and support to older adults within the warmth and comfort of a private home. The Winnipeg Regional Health Authority (WRHA) selects and monitors Companion Care homes.

Companion Care Offers

The Companion Care program offers the advantage of being part of a family and part of the community. Because finding the right match is important, the personal preference and background are considered when placing an individual with a family. A Companion Care client has access to services such as:

24 hr support services	Housekeeping and laundry services
Medications and some supplies provided	Nutritious home - cooked meals
Opportunities for social outings	Aid with personal care & medications
Access to health consultation services	

Requirements for Companion Care Providers

The WRHA selects and monitors Companion Care providers and their homes. The application process for Companion Care providers includes a comprehensive screening process and participation in an orientation program.

Access the Companion Care Program

Access to the Companion Care program is coordinated through Home Care and the WRHA Long Term Access Centre (panel process). People who wish to access the Companion Care Program must contact their WRHA Home Care Case Coordinator. If you do not have a Home Care Case Coordinator, you may request one by phoning the WRHA Central Intake Line at **204-940-2655**. The Home Care Case Coordinator will then work with you to complete your assessment application. If you are in hospital and cannot return home, your health care team will work with you to determine which of the sponsoring homes best suits your needs.

Cost of Companion Care

Companion Care clients will pay a pre-determined rate based on their income, similar to living in a personal care home.

For additional program information contact:
Housing Coordinator
Winnipeg Regional Health Authority (WRHA)
Phone: 204-940-2655

5: Supportive Housing

Supportive Housing:

Supportive Housing provides personal support services and homemaking in group community residential settings (*Manitoba Health 1997*). Supportive Housing combines apartment living, services such as meals and homemaking and access to 24 hr support care and supervision.

Supportive Housing Offers:

A private apartment	Assistance with personal care
Common kitchen and lounge areas	Social and recreational opportunities
Housekeeping and laundry services	24 hr support care & supervision
Access to professional Home Care services for eligible clients	Meals

Cost of Supportive Housing:

Costs vary depending on the site. Individuals pay the sponsoring organization directly for the rent and service package. The Winnipeg Regional Health Authority provides 24 hr support and supervision through funding to approved sponsors for one multi - skilled worker for 12 individuals.

Accessing Supportive Housing

People living in the community access Supportive Housing through Home Care. Individuals in the hospital will access Supportive Housing through the Long Term Care Access Centre. Individuals will work with a Home Care Case Coordinator or Long Term Care Access Coordinator to complete their assessment application. If deemed eligible for the program, individuals will meet with the sponsoring organization to ensure a match within the setting.

Supportive Housing Projects:

Lion's Centre (32 spaces)

320 Sherbrook St.
Winnipeg, MB R3B 2W6
Telephone: **204-784-1240**

Arlingtonhaus (20 spaces)

880 Arlington St.
Winnipeg, MB R3E 3H2
Telephone: **204-783-3752**

The Rosewood Village (144 spaces)

857 Wilkes Ave.
Winnipeg, MB R3P 2M1
Telephone: **204-487-9600**

Fred Douglas Heritage House (28 spaces)

YM / YWCA Downtown
100 The Promenade
Winnipeg, MB R3B 3H9
Telephone: **204-949-9027**

Supportive Housing Projects Cont'd:

Residence Despins

(48 spaces)

151 Despins St.

Winnipeg, MB R2H 0L7

Telephone: **204-480-2900**

Irene Baron Eden Centre

(48 spaces)

1385 Molson St.

Winnipeg, MB R2K 4K8

Telephone: **204-668-7460**

Harmony Court

(96 spaces)

1778 Pembina Hwy.

Winnipeg, MB R3T 1R2

Telephone: **204-275-7632**

Riverside Lions Seniors Residence

(48 spaces)

180 Worthington Ave.

Winnipeg, MB R2M 1S4

Telephone: **204-255-8940**

Chez Nous

(24 spaces)

187 Rue de la Cathedrale

Winnipeg, MB R2C 0A1

Telephone: **204-233-3692 Ext. 554**

875 Elizabeth Rd.

(24 spaces)

Windsor Park Pl.

Winnipeg, MB R2J 3K6

Telephone: **204-233-3692 Ext. 554**

For additional program information contact:

Housing Coordinator

Winnipeg Regional Health Authority (WRHA)

Phone: **204-788-8330**

6. Pocket Suites

Pocket Suites:

Pocket Suites are a unique alternative to living in a rooming house setting. Each home has 8 individual units thereby providing privacy, no shared spaces and a private bathroom. Each unit is approximately 200 sq/ft with a small kitchen, a sleeping area and a 3 piece bathroom. Windows provide natural light and good cross ventilation during the summer. The main floor units have no stairs and one unit for each home is handicap accessible.

Subsidies:

There are subsidies available for this project, call the number below to see if you qualify.

Features & Amenities:

Monthly charge includes water & hydro.

- Parking is available
- Outdoor area for tenant use
- Close to laundry services
- 3 piece bath; shower, sink & toilet
- Near shopping districts
- Kitchen has a 2 element hotplate
- Each unit has a small bar fridge

Managed Properties:

- 156 Kate St. (R3A 1K2) Downtown Area
- 374 Maryland St. (R3G 1M3) Downtown Area
- 409 Maryland St. (R3G 1M1) Downtown Area
- 592 Ross Ave. (R3A 0M1) Downtown Area

Managed by:

S.A.M. Management
Phone: **204-942-0991**

www.sam.mb.ca

7: Intermediate Personal Care Home

Intermediate Care

Intermediate Personal Care is provided to those who require more assistance than in Assisted Living or supportive type housing, yet only require “light personal care” when compared to the attention given at a Personal Care Home. This type of care is provided in a government approved facility, but is run by private ownership. In this type of housing, needed support services are provided to residents to aid them in their everyday activities. Meals, housekeeping, laundry and 24 hour support staff are also provided.

Intermediate Personal Care Offers

A bed-sitting room	Aid with daily activities & medical needs
40 hrs / week of social activities	Meals provided
Common living and recreational areas	Housekeeping & laundry
More flexibility than a Personal Care Home	24 hour support services

Accessing Intermediate Personal Care

At the present time, there is only one Intermediate Personal Care facility that provides 24 hour care and supervision with full medical staff on duty.

Cost of Intermediate Personal Care

Expect to pay more for Intermediate Personal Care, as the level of care and services is increased in this type of housing.

THORVALDSON CARE CENTRE

495-505 Stradbrook Ave R3L 5O5



Phone: 204-452-4044

Website: www.thorcare.ca

Rent: Bachelor / studio: \$2200 (225 sq/ft)
Subsidized rent available

Included: Heat, hydro, laundry & water

Parking: Aboveground included in rent
Visitor parking available

Safety: Nurse call system in every unit & 24 hr security

Activities: Yes > call for more information

Shuttle: Call for more information

Features: A/C, grab bars, housekeeping, landscaped grounds, large lounge areas, outdoor patios, storage, carpet & hardwood flooring

Structure: Elevator

Bus Stop: On Osborne routes 16, 18, 58, 60, 61, 63, 64, 80 & 81

Meals: Three meals and snacks included in rent

8: Long Term Care

What Long Term Care options are available?

- Chronic Care
- Companion Care
- Personal Care Homes
- Respite Care
- Supportive Housing

How do I access Long Term Care and Housing Services?

In the Community:

To access Home Care in Winnipeg you must contact the Winnipeg Regional Health Authority through their intake line at **204-788-8330**. The person you speak with through the Intake Line will identify what will occur next and provide you with further guidance. whether it be home care, supportive housing or a personal care home, you must start here for guidance.

To access Home Care in rural Manitoba, you must contact the Regional Health Authority (RHA) for the area you live in. Visit the following website to find the appropriate RHA in your area <http://www.gov.mb.ca/health/rha/contact.html>

In Hospital:

If you become ill and are admitted to hospital, the hospital will inform the Home Care Program and a plan is made for when you are discharged from hospital. The goal is to help you return home with the support of Home Care. If you cannot return home, the Care Coordinator can help you access appropriate housing and care options such as Supportive Housing, Companion Care, Personal Care Home or Chronic Care Hospital placement. You will be assessed individually to find the best fit for you and the available care options.

What is the Long Term Care Access Centre?

The Long Term Care Access Centre is responsible for scheduling panel dates to ensure clients have access to long term care services that are most appropriate to their needs and maintaining waiting lists for personal care homes / long term care programs.

For additional program information contact:

Long Term Care Access Centre
Winnipeg Regional Health Authority (WRHA)

Phone: 204-788-8330

Website: www.wrha.mb.ca/ltc/access.php

9: Personal Care Homes

What is a Personal Care Home?

A Personal Care Home in Manitoba is a facility dedicated specifically to providing care for those individuals whose long term care needs can no longer be met appropriately at home by the family and / or by supporting community services. The insured personal care home program in Manitoba is provided in licensed Personal Care Home facilities designated by the Minister of Health.

What are my rights as a resident of a Personal Care Home?

Each Personal Care Home has a Resident's Bill of Rights. Residents have input into the Bill of Rights and it is reviewed with them at least every year. The Bill of Rights will include such things as; the right to be treated with courtesy, respect and dignity and to be free from all forms of abuse, the right to privacy, to be informed of treatments and the right to refuse, and the same rights as any citizen to raise concerns and recommend change.

Who is eligible for a Personal Care Home?

- Any citizen of Canada where their residency has been established according to the Health Services Insurance Act, Personal Care Services and Administration Regulation.
- When it has been established that the care needs of the individual can no longer be met appropriately by the family and /or the supporting community services.
- Approval has been received by the appropriate Personal Care Panel in the Health Region where you reside.

For more information on Personal Care Homes, please visit the Long Term Care Association website at www.ltcam.mb.ca or www.wrha.mb.ca

The following is a list of Personal Care Homes in Winnipeg:

Assiniboine South

<u>Facility Name</u>	<u>Address</u>	<u>Contact Info</u>
Charleswood Care Centre	5501 Roblin Blvd. R3R 0G8	204-888-3363
Extendicare / Tuxedo Villa	2060 Corydon Ave. R3P 0N3	204-889-2650
West Park Manor Personal Care Home	3199 Grant Ave. R3R 1X2	204-889-3330

Personal Care Home cont'd

Central

<u>Facility Name</u>	<u>Address</u>	<u>Contact Info</u>
Calvary Place Personal Care Home	1325 Erin St. R3E 2S7	204-943-4424
Central Park Lodges - Beacon Hill Lodge	190 Fort St. R3C 1C9	204-452-6204
Central Park Lodges - Parkview Place	440 Edmonton St. R3B 2M4	204-942-5291
Kivalliq Inuit Centre	310 Burnell St. R3G 2A8	204-944-7110
Lions Care Centre	320 Sherbrook St. R3B 2W6	204-784-2700
Misericordia Place Personal Care Home	44 Furby St. R3C 2A1	204-774-6581
Misericordia Health Centre	99 Cornish Ave. R3C 1A2	204-788-8152

Fort Garry

<u>Facility Name</u>	<u>Address</u>	<u>Contact Info</u>
Golden Door Geriatric Centre	1679 Pembina Hwy. R3T 2G6	204-269-6308
Sharon Home - Simkin Centre	1 Falcon Ridge Dr. R2W 2B4	204-586-9781
St. Norbert Personal Care Home	50 St. Pierre St. R3V 1J6	204-269-4538

Point Douglas

<u>Facility Name</u>	<u>Address</u>	<u>Contact Info</u>
Holy Family Home	165 Aberdeen Ave. R2W 1T9	204-589-7381
Sharon Home – Kanee Centre	146 Magnus Ave. R2W 2B4	204-586-9781

Personal Care Home cont'd

River East

<u>Facility Name</u>	<u>Address</u>	<u>Contact Info</u>
Bethania Mennonite Personal Care Home Inc.	1045 Concordia Ave. R2K 3S7	204-667-0795
Concordia Place Care Centre	1000 Molson St. R2K 4L5	204-661-7372
Donwood Manor Personal Care Home	171 Donwood Dr. R2G 0V9	204-668-4410
Kildonan Personal Care Home	1670 Henderson Hwy. R2G 1P2	204-334-4633
River East Personal Care Home	1375 Molson St. R2K 4K8	204-668-7460

River Heights

<u>Facility Name</u>	<u>Address</u>	<u>Contact Info</u>
Central Park Lodges - Poseidon Centre	70 Poseidon Bay R3M 3E5	204-452-6204
Pembina Place Mennonite Personal Care Home	285 Pembina Hwy. R3L 2E1	204-284-0802
The Convalescent Home of Winnipeg	276 Hugo St. N. R3M 2N6	204-453-4663
Riverview Health Centre	1 Morley Ave. R3L 2P4	204-478-6203

St. Boniface

<u>Facility Name</u>	<u>Address</u>	<u>Contact Info</u>
Tache Nursing Centre	185 Rue Despins R2H 2B3	204-233-3692

Transcona

<u>Facility Name</u>	<u>Address</u>	<u>Contact Info</u>
Park Manor Personal Care Home Inc.	301 Redonda St. R2C 1L7	204-222-3251

Personal Care Home cont'd

St. James Assiniboia

<u>Facility Name</u>	<u>Address</u>	<u>Contact Info</u>
Deer Lodge Centre	2109 Portage Ave. R3J 3J4	204-837-1301
Extendicare Oakview Place	2395 Ness Ave. R3J 1A5	204-888-3005
Golden West Centennial Lodge	811 School Rd. R2Y 0S8	204-888-3311
Heritage Lodge Personal Care Home	3555 Portage Ave. R3K 0X2	204-888-7940

St. Vital

<u>Facility Name</u>	<u>Address</u>	<u>Contact Info</u>
Foyer Valade Inc.	450 River Rd. R2M 5M4	204-254-3332
The Golden Links Lodge	2280 St. Mary's Rd. R2M 4A5	204-257-9947
Meadowood Manor Personal Care Home	577 St. Anne's Rd. R2M 5B2	204-257-2394
River Park Gardens	735 St. Anne's Rd. R2N 0C4	204-255-9075
Vista Park Lodge	144 Nova Vista Dr. R2N 1P8	204-257-6688

Seven Oaks

<u>Facility Name</u>	<u>Address</u>	<u>Contact Info</u>
Luther Home	1081 Andrews St. R2V 2G9	204-338-4641
Maples Personal Care Home	500 Mandalay Dr. R2P 1V4	204-632-8570
Middlechurch Home of Winnipeg	280 Balderstone Rd. R3C 2E6	204-339-1947
St. Joseph's Residence Inc.	1149 Leila Ave. R2P 1S6	204-697-8031
Fred Douglas Lodge	1275 Burrows Ave. R2X 0B8	204-586-8541

Sample Checklist for Visiting Potential Rental Properties

(Add or change this checklist to suit your personal needs)

	Apartment #1	Apartment #2	Apartment #3
ADDRESS	_____	_____	_____
VIEWING TIME	_____	_____	_____
CONTACT PERSON	_____	_____	_____
PHONE NUMBER	_____	_____	_____
BASIC INFORMATION:			
Monthly rent	\$ _____	\$ _____	\$ _____
Parking	\$ _____	\$ _____	\$ _____
Type of parking	_____	_____	_____
INCLUDED IN RENT:			
Cable	_____	_____	_____
Heat	_____	_____	_____
Hydro	_____	_____	_____
Internet	_____	_____	_____
Telephone	_____	_____	_____
Water	_____	_____	_____
APPLIANCES			
Dishwasher	_____	_____	_____
Fridge	_____	_____	_____
Stove	_____	_____	_____
Laundry on-site	_____	_____	_____
▪ In suite	_____	_____	_____
▪ Included in rent	_____	_____	_____
▪ Coin operated	_____	_____	_____
▪ Smart Card	_____	_____	_____
EXTRAS:			
Activities	_____	_____	_____
Air Conditioning	_____	_____	_____
Balcony / Patio	_____	_____	_____
Exercise Facilities	_____	_____	_____
Meals	_____	_____	_____
Party Room	_____	_____	_____
Pool	_____	_____	_____
Sauna	_____	_____	_____
Storage	_____	_____	_____
Shuttle bus	_____	_____	_____
RESTRICTIONS			
No pets	_____	_____	_____
No smoking	_____	_____	_____
No wheelchair access	_____	_____	_____
CONSIDERATIONS			
Close to bus route	_____	_____	_____
Close to amenities	_____	_____	_____

INDEX

(IN ALPHABETICAL ORDER)

A

A & O Locations, 5
A & O Programs and Services, 3-5
A.S.H. Management, 30,74,75,84
Abbreviations, 11
Aberdeen Ave, 39,91,104
Adamar Rd, 30
Adsum Dr, 60
Agape Villa, 91
Aikins St, 58
Akman Management, 55
All Seniors Care, 16,61,77,87
Alpine Ave, 82
Amber Meadow, 61,96
Anavet Lodge, 81
Andrews St, 106
Appleton Estates, 83
Arby Bay, 43
Archibald St, 66
Arden Ave, 84,85
Arden Estates, 84,85
Arden Hollows, 85
Arizona Plaza, 30
Arlington St, 20,23,95,98
Arlingtonhaus, 20,95,98
Armadale Hollows, 30
Arms of the Cross Housing Inc, 22
Ashbury Place, 76
Assiniboine Links, 15,95
Assiniboine South, 13-16,91,95,103
Assisted Living, 94-96
Astroid Management, 57,58,59
Aulneau St, 69,96
Autumn House, 20

B

Balderstone Rd, 92,106
Baptist Mission Apartments, 20
Baron Estates, 91
Baylor Ave, 33
Baylor Place, 33
Beauchemin Park Place, 91
Beaverhill Blvd, 91
Become a Tough Target, 36,78,88
Beit-Am B'nay Abraham, 58

Beliveau Rd, 81,83,84
Bereavement Support Groups, 28,62
Betelstauder Housing Co-op, 24
Bethania Group, The, 20,41,44
Bethania Mennonite Personal Care Home Inc, 105
Bethaniahaus, 41
Bethel Mennonite Care Services, 52
Bethel Place, 52
Birchwood Terrace, 72
Billingsley Manor, 71
Bluebird Lodge, 22
Boulton Bay, 13,56,95
Boulton Estates, 14
Boulton, The, 56,95
Bramble Estates, 14
Bridgewater Heights, 15
Broadstreet Properties, 15,47,48,61,85,86,88
Brydges Property Management, 24
Burnell St, 22,104
Burning Glass Rd, 86
Burrows Ave, 40,106

C

Caleb Group, 69,87
Calvary Place Personal Care Home, 104
Cambridge Gardens, 55
Cambridge St, 55
Canadian Legion Gardens, 42
Canadian Legion Memorial Housing Foundation, 42,52,64
Canadian Polish Manor, 38
Canoe Club, 87,96
Canterbury House, 55
Carillon Towers, 72
Carlton St, 19,27
Carriage House North, 58
Cathcart St, 13
Catherine Place, 68,96
Central Office, 5
Central Park Lodge - Beacon Hill, 104
Central Park Lodge - Parkview Place, 104
Central Park Lodge - Poseidon Care Centre, 105
Central Winnipeg, 18-28,91,95,104
Century Place, 14
CGS Manor, 38

Chalet Louis Riel, 81
Chalet Louis Riel Corp, 81
Chancellor Dr, 33
Chancellor Gate, 33
Charles St, 59
Charlesdale Gardens, 14
Charleswood Care Centre, 103
Chateau 100, 26
Chateau Guay, 64
Chelsea Place I & II, 83
Chesterfield Ave, 80
Chesterfield Housing Dev. Inc, 80
Chez Nous, 63,99
Clayton Dr, 81,82
Colonial Courts, 66
Colony Creek, 25
Colony Square, 26
Colony St, 25
Colorado Estates, 91
Columbus Centennial Seniors Co-op
Housing, 46
Columbus Courts Inc,13
Columbus Manor, 63
Columbus Villa, 88
Companion Care, 97
Concordia Ave, 48,105
Concordia Place Care Centre, 105
Concordia Village I, II, & III, 49,95
Connect Program, 4
Conseil des francophones, 66,81
Consulate North, 60
Convalescent Home of Wpg, The, 105
Cooperative Chalet of St. Norbert, 30
Cornerstone Life Lease Estates, 91
Cornish Ave, 104
Corydon Ave, 103
Cosmo Pl, 42
Cosmopolitan Club Homes, 42
Counselling, 4
Country Club Blvd, 70
Courts of St. James, 72
Creekside Terrace, 86
Crescent Ridge Towers, 47
Crystal Properties Ltd, 27,47,48,59,85
Crystallite Apts, 59

D

D.A.L.A.C.P.T. Housing Co-op, 57
Dakota House, 86,92,96

Dakota St, 87,92,96
David Estates, 75
Dawson Trail Apts, 68
Deaf Centre (285 Pembina Hwy), 51
Deer Lodge Centre, 106
Definition of Symbols, 11
Delta Manor, 30
Des Meurons St, 91
Desalaberry Ave, 46
Despins Charities, 69
Devonshire Dr, 92
Devonshire House I & II, 89,96
Did You Know, 49
Donald St, 26, 55
Donwood Dr, 41,105
Donwood Manor, 41
Donwood Manor Personal Care Home, 41,105
Donwood South, 45
Donwood West, 92
Dorchester Developments, 56
Dufferin Ave, 39
Dunkirk Dr, 87,96

E

East Concordia Landing, 48
East Concordia Manor, 48
East Park Lodge, 88
Eastry House, 24
Edgeland Blvd, 13
Edgewood Place, 88
Edison Ave, 45,49,95
Edison Properties, 25,30,44-48,64,81,82,83
Edmonton St, 21,23,24,104
Eiffel Tower A & B, 65
Elder Abuse Services, 3
Elgin Ave, 19,21
Elizabeth Rd, 63,99
Ellice Ave, 95
Ellice Place, 20
Enfield Cres, 64,65,66
Enfield Estates, 67
Entry Program for Older Adult Immigrants, 4,62
Erin St, 104
Eugenie St, 66,91
Evanson St, 24
Extendicare - Oakview Place, 106
Extendicare - Tuxedo Villa, 103

F

Falcon Ridge Dr, 104
Ferry Rd, 91
Flora Place, 41
Foreward, 7
Fort Agassiz, 46
Fort Garry, 29-36,91,95,104
Fort Garry Kiwanis Plaza, 29
Fort Garry Place, 25
Fort Garry Rotary Villa, 29
Fort Rouge Ecumenical Apts Inc, 51
Fort St, 25,104
Foyer Valade Inc, 106
Foyer Vincent Inc, 64
Fred Douglas Apts, 39
Fred Douglas Heritage House, 98
Fred Douglas Lodge, 106
Fred Douglas Place, 91
Fred Douglas Society, 39
Fred Tipping Place, 51
Furby St, 85

G

Gable Arms, 44
Garden Towers, 58
Garry St, 27
Gateway Rd, 91
General Grant, 53
Get the Facts About Fraud, 41
Glendale Court, 92
Globe General Agencies, 14,23,27,31,32,47,
53,54,59,65-67,72,73,75,82,85
Golden Arms, 85
Golden Door Geriatric Centre, 104
Golden Links Lodge, The,106
Golden West Centennial Lodge, 106
Golspie St, 42
Goulet St, 64,65,66,91
Grandview Apts, 66
Granite House, 44
Grant Ave, 14-16,53,54,55,95,103
Grant Wilton Apts, 55
Greater Winnipeg Senior Citizens Non-Profit
Housing Corporation, 29
Greenwood Pl, 25
Grenoble Manor, 67
Grey St, 47
Guy Savoie Dr, 88

H

H.S.B.A. Gardens, 57
Hallonquist Dr, 77,96
Hamilton Ave, 70
Hamilton House, 70
Hampton House, 56
Harewood House, 56
Harmony Court, 99
Haven Two, 13
Henderson Hwy, 42-48,105
Herbert Ave, 42
Heritage Lodge Personal Care Home, 106
Hillsboro House, 75
Holiday Retirement Corp, 61,78
Holy Cross Manor, 64
Holy Cross Housing Inc, 64
Holy Family Home, 104
Homestead Manitoba, 34,49,86,89
Horace St, 64
Housing Consultations, 5,38,
Housing Corrections Form, 7
Housing Info, 64
How to Start Downsizing, 18
Hudson St, 29
Hugo St North, 105

I

Independent Living, 12
Index, 108-114
Information & Referral, 4
Intake, 5
Intermediate Personal Care Home, 101
Internet Resource List, 42,76
Irene Baron Eden Centre, 99
Ivan Franko Manor, 40

J

JC Property Management, 23,24,64
Jefferson Ave, 58,59

K

Karma Property Management, 33
Kate St, 100
Keewatin St, 22
KeKinan Centre Inc, 38
Kelly House, 27

Kenaston Blvd, 15
Kenbur Gardens, 83
Kennedy St, 19,26
Kenny St, 64
Keystone Senior Citizen Housing, 24
Kildare Ave E, 88
Kildonan Green Apts, 88
Kildonan Green Dr, 89,96
Kildonan Horizons, 41
Kildonan House, 49,95
Kildonan Manor, 42
Kildonan Personal Care Home, 105
Killarney Ave, 31
Killarney Gardens, 31
Kimberly Ave, 41,42
Kimberly Gardens, 47
Kingsford Ave, 45
Kingsfordhaus Co-op Ltd, 45
Kinsmen Club, 80
Kirchoff Gardens, 92
Kirkby Terrace, 26
Kivalliq Inuit Centre, 104
Kiwanis Chateau, 91
Kiwanis Homes of EK, 42
Knights of St. Josaphat Inc, 39
Korean Canadian Housing Co-op, 52

L

L'Acceuil Colombien Inc, 63
L & B Towers, 45
Lakewood Agencies Ltd, 31,32,67,72,75
Lar Santa Isabel, 21
Laurence Mgmt Group Inc, 33,60,75
Laxdal Rd, 14
Le Chateau York, 24
Leadership & Volunteer Opportunities, 21,36
Legal Clinics, 5
Legion Crest Apts, 52
Legion Towers, 64
Leila Ave, 58,60,61,106
Leila Square, 60
Levesque St, 68
Life Lease, 90-92
Lindenholm Place, 91
Lindenlake Terrace, 91
Lindenwood Dr E, 34,91,95
Lindenwood Estates, 91
Lindenwood Manor, 34,95
Lindenwood Terrace, 34,95

Lion's Care Centre, 98,104
Lions Cove, 91
Lions Manor, 23
Lion's Park Square, 91
Lions Place, 27
Long Term Care, 102
Lord Selkirk Towers, 39
Luther Home, 58,106

M

Madison Memorial Lodge, 24
Magnus Ave, 104
Main St, 39,61
Maison Dorchester, 65
Making the Move a Reality, 16
Madalay Dr, 106
Mandeville Towers, 73
Manitoba Appeal Board, 77
Manitoba Eastern Star Chalet, 13
Manitoba Housing Authority, 18-20,22,38,39,41,52,63,70,80
Manitoba Residential Tenancies Board, 9,69
Manoir de la Cathedrale, 68,96
Maples Personal Care Home, 106
Mapleton Lane, 92
Marion St, 63,65
Marrington Rd, 91
Marwest Mgmt Canada Ltd, 14,15,34,35,42,56,76
Maryland St, 100
Massey Management Services, 22
Masters Ave, 62
Matheson Ave, 59
McClure Place Inc, 25
McGregor St, 39,40,60
Meadowood Gardens, 85
Meadowood Manor Personal Care Home, 106
Meadowood Manor Towers, 81
Metropolitan Kiwanis Courts, 77,96
Middlechurch Home of Wpg Inc, 106
Middlechurch on the Red, 92
Mike Sunka Place, 80
Misericordia Health Centre, 104
Molson St, 49,91,95,99,105
Monash Manor, 57
Morley Ave, 105
Mount Royal Apts, 74
Mountain Ave, 37
Munroe Ave, 41,47
Murdoch Management Inc, 21,22,27,51,53,57,80

N

Nassau St. North, 54
Ness Ave, 70,77,96,106
Niakwa Tower, 84
Niakwa Rd, 83,84,86
North Town Rd, 15
Northwood Oaks, 59
Norway House, 46
Nova Vista Dr, 106

O

Oakland Ave, 43
Oakland Gardens, 43
Older Victim Services, 3,62
Olympic Towers, 59
Organismes Au Services Des Aines, 69,87
Osborne St, 51,54,91

P

Pacific Ave, 19,22
Paget St, 31,34,91
Pamela Apts, 23
Park City Meadows, 92
Park Glen Manor, 46
Park Manor Personal Care Home, 105
Park Royal Apts, 60
Park Towers, 73
Parkside Plaza, 467
Parkway, The (I & II), 31,34,35,,95
Parkwood Square, 45
Partridge Ave, 59
Peguis St, 48
Pembina Hwy, 29-33,35,95,99,104,105
Pembina Place Mennonite Personal Care Home, 105
Personal Care Homes, 103-106
Pinewood Place, 74
Pipeline Rd, 61,96
Place Eugenie, 91
Place Promenade, 26
Place Rennes, 66
Place St. Boniface, 65
Pocket Suites, 100
Point Douglas, 38-40,91
Point Douglas Manor, 39
Point Rd, 29

Portage Ave, 27,72-75,78,92,96,106
Portage Ave 2600/2610, 75
Portsmouth Retirement Residence, 15,95
Portsmouth Blvd, 15,95
Poseidon Bay, 105
Powers St, 39,57
Prevette St, 46
Princess St, 18
Promenade, The, 25,98
Provincial Services, 10

Q

Quail Ridge Estates, 76
Quail Ridge Rd, 76
Quality Management Ltd, 26,45,55,83
Queen St, 76
Quest Inn, The, 28,95

R

Rancho Realty, 84
Raymond Pl, 68,96
Reay Cres, 47
Redonda St, 105
Rembrandt Gardens, 31
RentAid for Seniors, 10
Residence Despins, 69,96,99
Revera Retirement Residences, 15,16
Richfield Ave, 81
Richmond Gardens, 29
Richmond Village, 32
Rideau Towers, 27
Ridgecrest Ave, 62,96
Rivard Apts, 56
River Ave, 53,54,56
River Clayton, 82
River Crescent Gardens, 54
River East, 41-49,91,95,105
River East Personal Care Home, 105
River Gardens, 82
River Heights, 51-56,91,95,105
River Meadow Estates, 85
River Park Gardens, 106
River Rd, 92,106
River Ridge Retirement Residence, 62,96
Riverbend Plaza, 91
Riverbend Terrace, 61
Riverborne Seniors Place, 51
Riverside Lions Estates, 81

Riverside Lions Seniors Residences, 86,96,99
Riverside Plaza, 48
Riverside Village A Townhouses, 44
Riverside Village B Townhouses, 43
Riverview Health Centre, 105
Riverview Towers, 55
Riverwood Square, 36,95
Robinson St, 38
Roblin Blvd, 13-15,91,95,103
Roney Plaza, 23
Rosewood, The, 98
Rosh Pina Housing Co-op, 59
Roslyn Rd, 55
Ross Ave, 100
Rothesay St, 46
Rotunda Towers, 84
Rouge Rd, 75
Rue de la Cathedrale, 63,68,95,99
Rue Despains, 69,96,99,105
Rue St. Jean Baptiste, 67

S

S.A.M. Management Inc, 21,24,25,42,54,70,100
SafetyAid, 3,36,78
Safe Suite Program, 3,80
Saints Peter & Paul Manor, 91
Sample Checklist, 107
Sargent Ave, 20,24
Sarina Towers, 44
School Rd, 106
Seine River Gardens, 82
Seine River Haven, 84
Seine River Residences, 87,96
Sek On Toi, 22
Selkirk Ave, 38
Senior Centre Without Walls, 4,80,89
Services en Francais, 66,81,87
Setter Ave, 73,77,96
Seven Oaks, 57-62,92,96,106
Shaftesbury Blvd, 16,95
Shaftesbury Retirement Residence, The, 16,95
Shalom Gardens Housing Co-op, 54
Sharon Home Kanee Centre, 104
Sharon Home Simkin Centre, 104
Shelard Manor, 60
Shelter Canadian Properties Ltd, 26
Sherbrook St, 23,98
Sherwood Development Ltd, 67,86
Signs of a Good Moving Company, 42, 68

Siloam Mission, 24
Silverlion Apts, 43
Silverview Estates, 33
Sinawik Bay, 71,72,74
Sinclair St, 57
Sisters of the Order of St. Benedict, 62
Smith Agency, The, 55,71
Smith St, 18,24
South Osborne Housing Co-op Ltd, 54
Southgate Plaza, 82
Southpark Estates, 91
Southview Plaza, 32
St. Andrews Place, 21
St. Anne's Rd, 80,83-85,92,96,106
St. Benedict's Place, 62
St. Boniface, 63-69,91,96,105
St. James-Assiniboia, 70-78,91,92,96,106
St. James Kiwanis Courts, 71
St. James Kiwanis Lodge, 72
St. James Kiwanis Manor, 71
St. James Kiwanis Villa, 74
St. James Legion Lodge, 70
St. James Lions Estates, 92
St. James St, 73
St. John's Haven Inc, 53
St. Joseph's Residence, 106
St. Josephat's Selo-Villa, 39
St. Mary's Rd, 106
St. Mary Ave, 26
St. Mary The Protectress Ukrainian Orthodox Millennium Villa, 40
St. Michael's Rd, 85
St. Michael's Villa, 92
St. Norbert Personal Care Home, 104
St. Pierre St, 30,104
St. Vital, 80-88,92,96,106
St. Vital Knights Villa - Ph I, 80, Ph II, 92
Stadacona St, 41
Stafford Ave, 52
Sterling House, 34,95
Strada Villa, 53
Stradbrook Ave, 5,51,53,55,101
Stradbrook Centre, 5
Strathcona St, 41,75
Strauss Dr, 70
Sturgeon Creek Retirement Res. I & II, 77,78,96
Sturgeon Park House, 74
Sturgeon Rd, 92
Summerland Apts, 31
Sun Haven Management, 13,81,84

Sunrise Towers, 43
Sunset House, 23
Supportive Housing, 98-99
Sussex Realty, 25,43,60,82,84
Swedish Canadian Home, 13

T

Table of Contents, 6
Tache Nursing Centre, 69,105
Talbot Ave, 43,
Taylor Ave, 52
Templeton Ave, 57
Templeton Properties, 57
Thames Ave, 45
This Full House, 3,34
Thorvaldson Care Centre, 101
Timbercreek Asset Mgt. Inc, 85
Times Square Apts, 52
Tips for Renters, 8,9
Towers of Polo Park, 74
Tower's Realty Group, 72
Transcona, 88,89,92,96
Transcona Place, 92
Transcona Kiwanis Centre, 88
Tri-Council Inc, 63
Tudor Village, 32
Tu-Pelo Ave, 48
Tu-Pelo Estates, 48
Tyndall Ave, 40

U

Ulster St, 32
University Crescent, 31

V

Valhalla Dr, 91
Valhalla Cove, 91
Vasa Lund Estates, 91
Vaughan St, 91
Vialoux Dr, 14
Vialoux Village, 14
Vic Wyatt House, 92
Victoria Arms, 73
Victoria Ave West, 92
Villa Aulneau, 68,95
Villa Beliveau, 91
Villa Cabrini, 53
Villa Fel Rodrigues Housing Co-op, 22
Villa Heidelberg Inc, 14

Villa Nova Senior Home, 29
Villa Tache, 91
Village Square, 75
Villagio, The, 61
Vista Park Lodge, 106
Volunteerism, 39

W

W.R.E. Development, 30,31,46,48,53,57,66,71,73
Waiting List Facts, 19,20,32,77
Wall St, 21
Watson St, 57,60
Waverley, The, 36,95
Webb Place, 26,91
Weidner Apartment Homes, 61,76
Wellington Arms, 56
Wellington Ave, 20
Wellington Cres, 55,56
Wellington, The, 16,95
Wellness Projects Inc, 49
West End Centre, 5
Westlands Housing Co-op, 27
West Park Manor Personal Care Home, 103
West St. Paul, 62
Westhaven Retirement Residence, 78,96
Westminster Court, 32
Westwood Dr, 71,76
Westwood Estates, 71
Wickham Park, 67
Wickham Rd, 67
Wilkes Ave, 29,33,91,95,98
William Ave, 22
Willow Centre, The, 40
Willowlake Cres, 67
Willowlake Gardens, 67
Wilton St, 54
Windsor Park Place, 99
Winnipeg Housing Rehab Corp, 22,38,40,51
WRHA, 12,97,99,102,
Winpark Dorchester, 22,26,52,58,65,74
Winwood Gardens, 47
Wolseley Ave, 23
Worthington Ave, 81,86,96,99

Y

Yale Ave, 92
YM/YWCA Downtown, 98
Young St, 18



Support Services for Older Adults

Making a Difference! Opportunities for Giving



“Before, I felt like I was always walking on eggshells. I enjoyed the quiet. There is strength in silence and I was able to heal”. - Safe Suite client

A & O: Support Services for Older Adults is a charitable organization governed by a volunteer Board of Directors. Every year, we assist tens of thousands of older adults living in Winnipeg and across the province. As a not-for-profit, we rely on the generosity of donors like you!

GIVE YOUR WAY!

No donation is too big or too small!

You may support the Agency in several ways:

- Any donation of \$10 or more will receive a tax receipt
- **‘In Honour’** of someone or a special occasion
- **‘In Memory’** of a friend or family member
- **Wall of Honour:** Donations of \$250 or more receive a plaque in your name or the name of a loved one on our Wall of Honour
- **A & O Endowment Fund:** The Endowment Fund is managed by The Winnipeg Foundation. The interest will be used to provide sustainable programs and services for older adults living in Manitoba now, and in the future.

DID YOU KNOW?

Your donation can help over 15 programs and services? Or, you may wish to designate your gift to one or more of the programs below:

SAFETY & SECURITY

- Elder Abuse Prevention Services
- Safe Suite Program
- Older Victim Services
- SafetyAid: Crime & Falls Prevention for Older Manitobans
- This Full House

SOCIAL ENGAGEMENT

- Senior Centre Without Walls
- Connect Program
- Volunteer Opportunities
- Entry Program for Older Adult Immigrants
- Senior Centres

COUNSELLING SERVICES

- Counselling
- Support Groups
- Information & Referral
- Legal Clinics
- Housing Program

“After many years of being financially and emotionally abused by a close family member, I found myself with very little financial security and still working at eighty years of age. Following an incident at my residence, charges were laid. A & O Social Workers visited my home and helped me throughout the legal process.

The expressions ‘willing to go the extra mile’ and ‘above and beyond the call of duty’ aptly describe the continuing care provided by A & O’s Older Victim Services.”

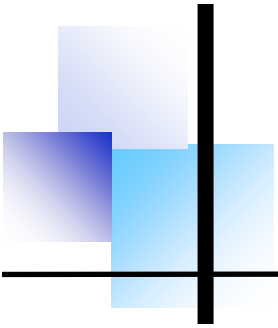
- Older Victims Services and Elder Abuse Services client



Want to learn more about how you can help? Please contact us:

Phone: 204-956-6440 in Winnipeg or toll-free: 1-888-333-3121

E-mail: info@ageopportunity.mb.ca or visit our website at www.ageopportunity.mb.ca



A&O

Support Services for Older Adults

A & O: Support Services for Older Adults Inc. is a not for profit social agency that offers life-enhancing programs and services to older adults 55+ living in the province of Manitoba. A & O's programs and services support and enhance the physical, intellectual, emotional, social, and spiritual lives of older persons and actively promote participation in all aspects of community life.

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